Gunter's confectioner's oracle containing receipts for desserts on the most economical plan for private families : and all founded on the actual experiments of thirty years. With an appendix, containing the best receipts for pastry-cooks, and an elucidation of the principles of good cheer. Being a companion to Dr. Kitchiner's Cook's Oracle / by W. Gunter.

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GUNTER'S

CONFECTIONER'S ORACLE

CONTAINING

RECEIPTS FOR DESSERTS

ON THE

MOST ECONOMICAL PLAN FOR PRIVATE FAMILIES, AND ALL FOUNDED ON THE ACTUAL EXPERIMENTS OF THIRTY YEARS.

WITH AN APPENDIX, CONTAINING THE BEST RECEIPTS FOR PASTRY-COOKS, AND AN ELUCIDATION OF THE PRINCIPLES OF GOOD CHEER.

BEING

A COMPANION TO

DR. KITCHINER'S COOK'S ORACLE.

BY

W. GUNTER.

Palmam qui meruit ferat.

LONDON:

ALFRED MILLER, 137, OXFORD STREET.

1830.

PREFACE.

Ebbe il migliore
De' miei giorni la patria !

METASTASIO.

IT is a remarkable fact, that in this country the art of Confectionery has hitherto, for the most part, been surrounded with as many mysteries as the temple of Osiris used to be among the ancient Egyptians, or as the craft of Free-Masonry is at the present day, —or there has, with one or two exceptions, been so great a disregard of candour in rehearsing processes, that

an Amateur who should hope to satisfy a delicate tooth by his calorific experiments, for instance, would infallibly see his labours end in having reduced good materials to a mass resembling *chalk*, and quite as digestible. *

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* Or bearing a resemblance to a cake much in vogue at Shrewsbury, called a *simnel-cake*, which itself resembles, more exactly than any thing else I can imagine, the *mortar* of some antique *prison*, mixed up with gingerbread. It is *grating* in the extreme,—at least to a London palate,—but the inhabitants of the Welsh borders may require it as a digester, in the same way that rabbits do sand.

W. G.

On all these accounts, I have been persuaded by many persons of fashion, of rank, and of high respectability, to copy down from my NOTE BOOK OF EXPERIENCE, full and undisguised directions to those who would not only execute but *excel,* in the art of Confectionery: and I feel persuaded that a cursory perusal will amuse and stimulate curiosity, while a more attentive one will ensure me the commendation of all who can appreciate the arduous nature of my undertaking, and the way in which it has been overcome.

W. G.

INTRODUCTION.

I remember when I last dined with that eccentric but amiable and intelligent man, the late Doctor Kitchiner, in Warren-street, he said to me as the dessert made its appearance, "Gunter, my friend, for the benefit of mankind, you ought to write a book on Confectionery as a companion to mine on the art of Cooking.

You would have the advantage over *me*, in as much as you are *profession-*

ally famed, and your Work would be popular, for it is of as vital importance in perfecting the *jouissances* of life, as my own.

" It is true, that your mere cook and no gentleman, underrates Confectionery as an edulcorated bauble ; but let me ask if any dinner is complete as to three fifths of its *propriety*, without the supervention of that delightful art ?*—No.—Besides, there is another

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* I never think of Moore, — the exquisite Moore ! — without fancying that his diet from childhood has been composed of Meringues, ice-creams, and Maraschino. We have a very similar thought in Anacreon, as applied by him to an early Greek poet : I forget the number of the ode.

W. G.

and a paramount consideration—the epicurism of that sex (who hang upon the cheek of this dark world like 'pearls within an Ethiop's ear!') may be said to centre in your art; and since

> *'Les femmes peuvent tout—elles gouvernent les personnes qui gouvernent tout!'*

since all the great affairs of this world have been promoted or immediately originated by women,— *you,* by a Work which shall give a sort of electrical and thrilling impulsion to the whole sex, will in fact set in motion a new era of extraordinary events, and philosophically considered, be a

mightier man, if not a more celebrated one, than Alexander of Macedon himself!!!"

Making some allowance for the Doctor's enthusiasm, I am really of opinion that a good book on my Art may be productive of a beneficial effect on a great proportion of the inhabitants of this country. We are perhaps never in such good-humour as when we are eating a delicious *morçeau* of confectionery: compared to the violent gesticulation with which we attack a *ragout*, the feeling of the moment may be compared to that beautiful reaction, as described in '*The Disowned*,'

by the author of Pelham, and wherein, with his usual tact and felicity of expression, he gives a decided preference to the nice gradations of sentiment which accompany a *second* love over the undistinguishing ardour of a *first* attachment.

There is a *delicacy* in our art, and properly considered, a *poetry*, which fascinates by the most exquisite association.

The Gnomes and Sylphs of our olden and charming Mythology seem to preside over the distilling sweets, the floral luxuriance, the fructiferous incentives to enjoyment, wherewith our

Temple of delightfulness abounds.—
An Ariel

"———like to a nymph o' the sea,
Subject to no sight—with diligence"*

directs the work, and is especially careful to drive away that envious and homonymous personage Queen Mab—who is our especial enemy, and who is described as driving

" O'er ladies' lips, who straight on kisses dream,—

But which she oft

———" with blisters plagues,
Because their lips with *sweetmeats* tainted are !"

Wretch ! ! ! We revel among

" Nectareous essences,"

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* Shakespeare—*Tempest.*

only more widely to disseminate their thrilling influences, while mayhap "Music wakes around" and the "grace evolving" dance stirs within us an excess of happiness.—For us, the trees

"—Ambrosial fruitage bear—and vines
Yield nectar,—and from off the boughs each morn
We brush mellifluous dews!" *———

To sum up all, I will present to the reader a dream which immediately preceded the composition of this book, and which visited me on the night after dining with my friend the Doctor. His *remark* had thrown me into a fevered agitation, altogether adverse

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Milton.

to that tranquillity of sleep which I never knew his *dinners* even to *interrupt*: yet it will not surprise my readers if I say that I found myself a happier man on the following morning.—My vision was as follows:—

Methought I lay in placid recumbency on the banks of a slow-winding and translucent stream. It was fringed with willows, through whose knotted stems were visible the scattered cottages of the plain beyond, partly obscured by brush-wood composed of brambles, and whose chimneys were rife with fuliginous beauty.

I thought of the Elizabethan Spencer—I even compared myself to that

delightful bard, as closing my eyes in enviable listlessness, the poetry of Nature, by an insensible gradation thrilled through my heart, and lifted it to ecstasy!—But before my feelings had resolved themselves into stanzas, a voice, like that of an old woman, cried, "Gunter! Gunter! Gunter!" I started up, and saw one before me.

As usual, she had on a red cloak, a linsey-wolsey petticoat, a pair of black worsted stockings, and a mob night-cap. She looked fiercely at me, like an eagle, first placing a pair of horny spectacles upon her aquiline nose.—"Monster of Idleness!" said she, or rather screamed: "is all mankind to

be longer defrauded of the duty thou owest it? Shalt thou still batten upon cates, and live selfishly within the precincts of thy own oven, while ten million mouths in the *half-openness* of despair, lack the exquisite delicacies which a book of thine might teach them to create, and so rescue their bodies from a state of horrible exaustion!!!"

Saying this, she pulled a small dutch-broom out of her hind-pocket, kicked up her left-leg, and flew away—leaving in her place a more gentle Spirit, who, unfolding his beautiful wings, beckoned me to follow him: I instantly obeyed, and after crossing several

stiles, which cost him no labour at all, whereas to *me* they were a very serious one, we arrived suddenly at the brink of a precipice.

A mist hung over the plain below; as we descended into which, I kept my regards upon our path, for fear of stumbling,—for it was chalky, and as slippery as a greased board. We arrived safely at the foot of the declivity, when, on opening my eyes, they were, as Lord Byron would have said, "dazzled and drunk"* with enchantment.

An immense plain extended itself

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* I use the word *drunk* merely in a metaphorical sense, as I am, personally, of extremely sober habits. W. G.

on all sides, in the middle of which was a table, set out with a *dessert* for at least—, indeed, I dare not say *how many* people. The *plateau* was the most magnificent piece of workmanship that the imagination can conceive, representing as its centre a triumphal arch of solid gold. But if this sight was already unmatchable, what must it have been, when, at a slight movement of his wand by the Spirit who conducted me, an assemblage of handsome men and beautiful women crowded round the table, at the head of which appeared one of my chief Patronesses, Lady Agar Ellis, and at its foot, my cherished Patron, the Earl of Powis!!!

After the party had indulged their gustatory nerves in silent rapture, save the *chuchottant* noise which accompanies the act of eating, the Earl arose, and addressed them in a speech which called forth continual interruptions of applause: in the course of it I heard my name frequently mentioned, and at its conclusion was conducted by the amiable Spirit to the very centre of the table, where, on looking up, I observed the name of *Gunter* engraved on the golden arch, and below, these lines from Tacitus, in allusion to my absence during the repast. *Eo magis præfulgebat, quod non videbatur.* While I stood gazing in inex-

pressible delight the arch very gradually crumbled away before me into an immense heap of sovereigns (that is, twenty shilling ones; not such as we estimate by a crown each!* and with a flour-sack, which, I suppose the Spirit had provided for me, I began, very naturally, to gather them up: I had already bagged about half, when I observed the ugly old witch approaching me, whom I mentioned before. There was something exceedingly spiteful in her face, as though she envied me the possession of both fame and money in such abundance:

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* Thank heaven, we have now a Sovereign worth his weight in gold!

fearing the worst, I closed the bag and held it tight: she suddenly jumped upon the table, (knocking out Sir G—— F——'s eye, with her high heeled shoe,) and gave me such a kick as I shall never forget. I rolled over, keeping however fast hold of the bag, and with the suddenness of the motion, awoke.

This dream has been in part realized,—always excepting the *kick*, and if I gain the approbation of my readers, I can assure them that I shall, even as to that *peine forte et dure*, be wholly inapprehensive.

ADVICE TO CONFECTIONERS,

COMPRISING

A BRIEF HISTORY OF THE RISE AND PROGRESS OF THE ART.

οὐ γνωσις, ἀλλα πραξις.

My first and most strenuous precept is, that you be at all times cleanly, for otherwise you will be fit only to fabricate the wretched trumpery that is hawked about the streets, in lieu of preparing dainties for the tables of Princes, Nobles, and persons of fortune.

My next piece of advice is, that you cultivate an agreeable temper, which will very materially influence the propriety of your decisions, and will ward off the prevalence and ill consequences of *accident*. Silly, weak people, have

a sort of veneration for that which chance occurrences may produce, particularly if they have had the good luck once or twice to find their remissness or negligence turn to good account: —but you may rest assured that in the end, they are always unfortunate.

In addition,—you must have a quick eye, a delicate tongue, (both for tasting and for speaking)—a facility of manœuvring your hands, — an extreme patience,—a sustained vigilance, —and, above all, a thorough love for, and devotedness to, your profession.

Enthusiasm is only made a mockery of among those who are remarkable for unambitious mediocrity: it is the surest test of latent excellence in a

young mind,—and therefore, never attempt to conceal or subdue the feelings which attach you to a laudable pursuit: on the contrary, give all your better energies an unreserved exercise: remember—

Paulum sepultæ distat inertiæ celata virtus.

Although you may have been tolerably educated, I think it more than probable that you are unacquainted with the *history* of your art, and as *patience* is one of your chief characteristics, (*if you are good for any thing*) you will read attentively what I am now about to write,—by which means, you will, I expect, find all that I shall recount to you

Notwithstanding the numerous festivities celebrated in the Iliad and Odyssey, yet I do not recollect a single instance wherein any word may be distinctly applied to cates or beverages, of whose components we can form a just conception.—This, I think, is easily to be accounted for: an epic poet can only make *allusions:* if he descends to the mere *mechanism* of art or science, he becomes a driveller at once.

This exemption from detail does not however apply to the *historian,* and therefore I cannot do less than exceedingly blame Herodotus, who, makes no mention of them, notwithstanding the many opportunities he pos-

sessed of expatiating learnedly on the nature of confections. Were it not for the note of one Joachim Camerarius, which I have read in a rare edition printed at Milan in 1703, I should have been no wiser, after going through his ten thousand pages than before.

By this I learn that one of the Ptolemies having conveyed his bevy of beauty up the Nile, as far as the island of Elephantina, entertained them and the Nobles of his household with a collation served in double vessels *lined with ice*, brought from the hills of Wady Halfa.

This is something to have gleaned; and then also we have an undeniable testimony in the charming 'Libanius'

(where he describes an ancient festival) of the existence of Pâtés d'office, Spongati, iced-fruit waters, and even *fruits moulded in ice!*

Aristotle is too vague for any determinate inference as to the components of a Macedonian dessert, but in Alfarabius, his apologist, we have ample amends: he treats very interestingly of *syrups;* these were a substitute for the after-invention of *Jellies.*

Ovid, (not being an epic poet, he was permitted to be discursive) in various portions of his Metamorphoses, makes it extremely evident that either *candy* or some material extremely analogous to it, was known in his time. Both *biscuits* (a few va-

rieties only) *compotes,* and *preserved fruits,* were known to Suetonius,* as we may gather from his description of the *petits soupers* of Augustus. "Sparsit et missilia variarum rerum et panaria cum opsonio viritim divisit," says he in speaking of Caligula,—by which I am not inclined to understand bread and victuals, but confectionery,—that is, Spanish bread.

From the writers during the reigns of the later Emperors, we can gain

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* What imagination so infertile as not to conceive the dessert which must have followed the elegant yet rural feast, which Horace promises Ælius Lamia:

——Dum potes, aridum
Compone lignum: cras genium mero
Curabis, et porco bimestri,
Cum famulis operum solutis.—

neither facts nor valuable opinions: as to confectionery, it is (I am sorry to say) never once alluded to; a circumstance, it will be allowed, that argues a considerable absence of taste.

It was reserved for Goldoni and Bocaccio in a still less remote century to yield us a delightful meed of information: *then*, the *maraschino ice-cream*, four varieties of *jellies* and *apricot-marmalade* were favourite confections with the beauties and the beaux of Venice and Milan. The French historian, De Thou, or Thuanus, informs us that it was a Count Albufage Caramel of Nismes, who discovered precisely the 7th stage of boiling sugar, termed after him a *caramel*.

It was not until the time of Louis XIV. that our art approached to perfection. That munificent and luxurious Prince encouraged all experiments in it, and rewarded the inventors of *marmalade, jujube and orgeat pastes, —spongati,—dents de loups biscuits,* —several very delicate liqueurs, especially that *à la vanille,—gimblettes, orangeade, —Flemish wafers, —rose whipt cream,*— and the family of *prawlings.*

Comfits were at about the same period invented in Italy, and during the reign of Louis XV. the first grand *Pièce montée,* consisting of a *rocher, moulin, cathedral, waterfall* and *boats* was introduced at Versailles during

the *Fête de Saint Louis:* portions of which were set in motion by concealed machinery, to the astonishment and delight of the guests and spectators.*

We have now followed up all the records of our art to the dynasty of Louis XV., since which very considerable improvements have taken place in the fabrication of *Jellies* and in *Caramel Work,* and indeed in every other department, so that it is probable

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* I may be permitted to say here, (and not irrelevantly) I am far from being a disciple of Epicurus, and that I entirely agree with Plutarch in supposing that his doctrines much rather tend to extinguish what he calls "the divine fury or *supreme delight* of a congregated festival, than to yield it an added excitation." W. G.

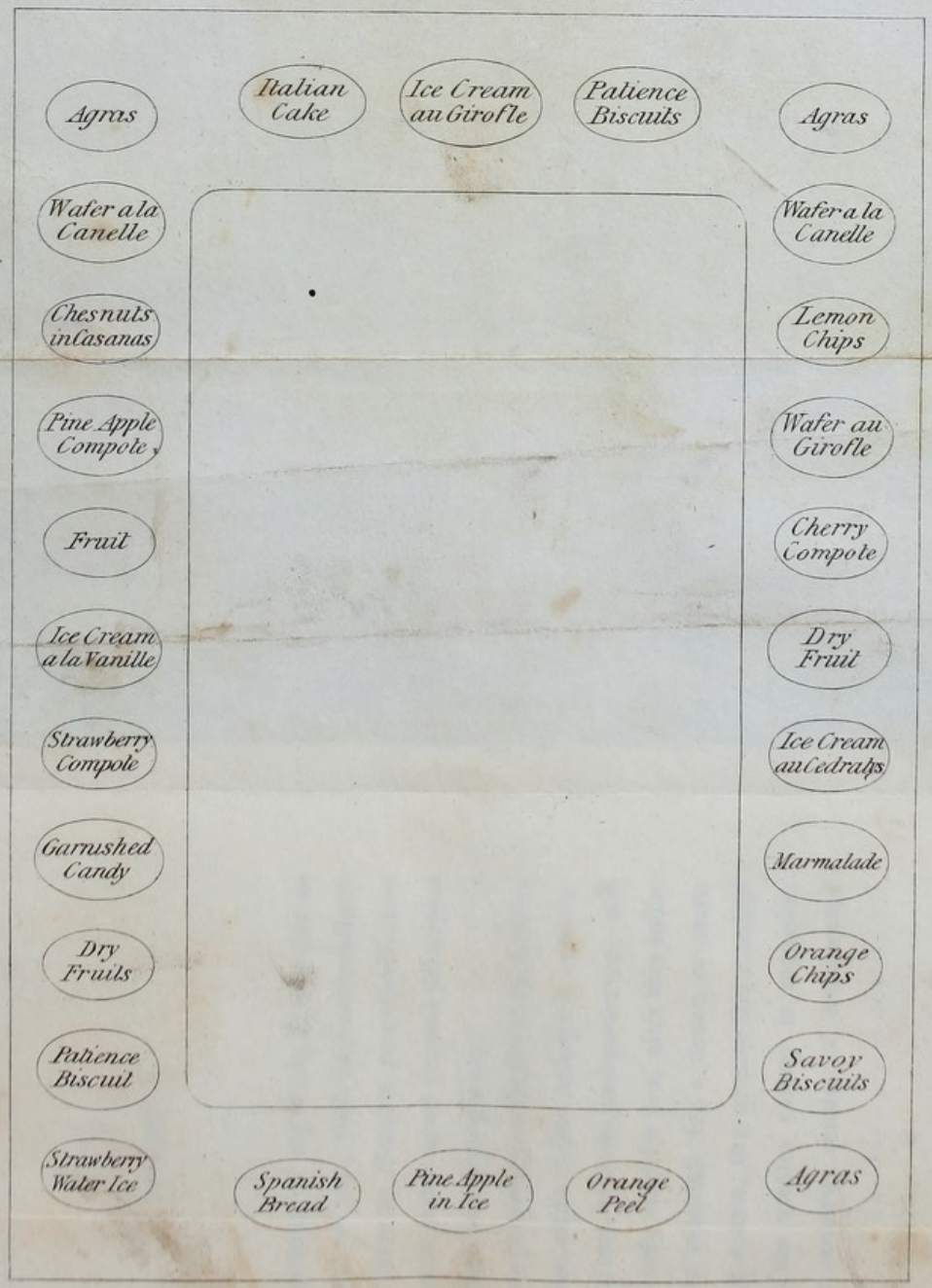
henceforth the advances will be slow and not very material.

You should therefore study the art, with a view to come up to the excellence of your contemporaries, than to *invent;* in which last attempt you may injure your health, and render your character ambiguous;—and instead of being a respectable and thriving professor in Regent Street, Bond Street, St. James's Street, or Berkeley Square,—you may end your days in a prison, after having pined away for years, with scarcely the means of keeping soul and body together.

Nec tibi quid liceat, sed quid fecisse decebit
Occurrat; mentemque domet respectus honesti.

CLAUDIAN.

DESSERT FOR 35 PERSONS.



PART I.

In the opening of my work, I may just as well state to you, that as Confectionery chiefly relates to *Desserts*, you should form in your own mind some general principles concerning their arrangement.

For *four* persons, you should have, besides the plateau, eight dishes around it, containing fruits, ices, biscuits, and preserves; and it will be very easy for you, after this information, to calculate for a dozen or more guests: of course, the greater the number of dishes, the greater variety is requisite. Let your removes consist of *ornamented* dishes.

SUGAR.

The basis of our art resolves itself to this ingredient; you should therefore be particular to choose your loaf-sugar of a fine quality, white, and *perfectly dry:* it should, when broken up, sparkle throughout its grain.

Clarification of Loaf Sugar.

This is variously conducted. As good a plan as any, is to break up the sugar, put it in a good sized pan: add a pint of water to every two pounds and an eighth of sugar, and beat up with it *whites of eggs* at the rate of three whites to fourteen pounds of sugar; when it boils up the fourth time, skim it and strain it through a bag.

Fine Clarification.

Break up a twelve-pounds loaf of fine sugar, and put it in a vessel with two quarts and half-a-pint of water; mix three whites of eggs with a pound and a quarter of ivory-black. Put all together on a slow fire, so that the sugar does not boil (cold water, in small quantities, prevents ebullition): and when the dissolution is complete, pass the mass frequently through a bag of flannel. The product will be at length of exquisite transparency and whiteness.

Mystery of Confectionery.

This consists in the *degrees* of sugar boiled, which we may class as follows:—

1. The large and small thread.
2. The Pearl.
3. The Blow.

4. The Feather.
5. The Ball, both large and small.
6. The Crack.
7. The Caramel.

The Thread.

If the boiling sugar, taken up between the thumb and finger, breaks at a small distance, it is the *little thread*; if at a greater distance, we call it the *great thread.*

The Pearl.

If the thread does *not* break, it is the *small pearl:* and, when *at the span*, it does not break, it is the *large pearl.*

The Blow.

Sparkling and bubbling created by blowing through the holes of the skimmer, discover the *blow.*

The Feather.

A *great quantity* of said bubbles describe the *large feather.*

The Ball.

With a little cold water on the finger you make the sugar, by manipulating, into the *small ball;* or, if larger, into the *great ball.*

The Crack.

If, in taking the finger out, the sugar breaks with a noise, it is the Crack; if, in placing the finger in water, it breaks, it is the *great crack:* for this purpose, it must be boiled up again.

The Caramel.

It breaks with a noise like glass: add

some drops of lemon acid to prevent graining when at the crack; and, on taking off your pan, place it in a dish of cold water two inches deep. This will prevent *burning*, a circumstance most to be feared in this process.

Be attentive to the instructions I have given above, and by continual practice you will arrive at a sort of *certainty* in your operations. Doctor Johnson says, that "he who would learn to do a thing with ease, must first learn to do it with *diligence*." Amateur or Professional, *this* should be attended to by all.

PART II.

Works in Caramel or Barley Sugar.

Add some drops of acid while the sugar is at the crack, take it off the fire, and instantly plunge the lower part of the pan in a dish of cold water.

Pour it on a marble table prepared with oil, and, dividing the barley-sugar into portions, roll it out with your hand; add any essence you think proper, but always in moderation, or delicacy of flavour will be destroyed.

Twisted sugar is somewhat *vulgar* as an article; it is produced from the lip of a pan in the form of sticks, which are twisted.

Drops in Barley Sugar.

Are dropped on the marble through a funnel, and strewn over with powdered sugar.

Tablets in Ditto.

Are run out on the table, divided, and powdered with dry sugar.

Ribbon à la Française.

Is clarified sugar, boiled to the *crack*, greased, and poured out *(unburnt)* upon the oiled table.

Fold the mass while hot; colouring portions of it; joining them together; rolling, flattening, and lengthening. Use the colours in *powder*. This article is pretty, and may be shaped in any given way for ornaments.

Tablets of Pine Apple.

Bruise a pine-apple, and draw out the juice through a bag. As your boiling sugar approaches the crack, add the juice of the fruit. Pour on the table and finish.

Tablets of Ginger.

Use a small portion of the Essence of Ginger, when the sugar is at the degree called *Crack*.

Tablets in Barley Sugar.

Boil some of the very finest apples, and use the decoction: finish as in the former article.

Tablets of Elder Flowers.

One pound and a half of Elder Flowers to four pounds of sugar, are the components;

boiling the flowers, and allowing them to infuse five hours, and then adding the decoction to the sugar while it (the sugar) is boiling. Pour on the slab, &c.

Chesnuts in Caramel.

Are peeled and roasted Chesnuts, stuck on pieces of withy, or whisk; dipped in boiling sugar, and placed on a marble slab. They may be ornamented with flowers and Caramel.

Preserved fruits, done in Caramel, are treated in the same way.

Quarters of Orange.

Are treated in the same way; also lemons. *Fresh* grapes also make a pleasing dish.

Caramel Baskets with Almonds.

Are made by blanching, cutting into strips, and colouring them with some boiling liquid, and then placing them in a mould, and intersecting them with spun sugar.

Spun Sugar.

This art depends entirely on the experience of the operator. The sugar, boiled to the *Crack*, and *greased*, is twirled dexterously by means of a pronged instrument, or a pointed knife, into the intended shape, and is used for various purposes in combination with sugar cast in moulds. Antique Temples, Figures, Vases, &c. may be made by this means.

Nogat.

Is composed of 14 oz. of almonds, and 10 oz. of sugar; the sugar being pulverized and melted on a slow fire, and the almonds (blanched and in strips) being mixed with it: pour it into a mould.

Bon-Bons.

These are of little importance with ourselves, but in Italy and France, on New Year's Day, they incite to more merriment and gallantry, than, with our soberer habits, can well be imagined.

They are composed of syrup boiled to a *blow*, and essenced, and formed in moulds of lead. They may be tinted with liquid colouring: some chiefly use the funnel, and drop them.

Boil the sugar another degree if they are to be transparent, using essence, and moulding it.

The Bon-Bons so made, are to be placed in a graduated heat, till they become covered with crystals.

They are also made with liqueurs in Hungary; the sugar being pulverized and worked into a paste with water; the liqueur, in a small quantity, added, and the whole boiled, and afterwards funnelled and dried.

Fruits imitating Nature.

Are made by means of wooden *shells;* (the colour of the stone and containing an almond,) overlapped with an imitation of the *Fruit* itself, made by means of leaden moulds, into which sugar boiled to the *blow* has been poured.

When taken from the mould, the sugar is varnished with isinglass; and this last is strewn over with dry colour, to represent the peculiar *bloom* of the fruit. I should have stated, that the isinglass is tinted with liquid colour to represent that of the fruit while it (the isinglass) is dissolving.

I describe the nature of *Colours*, &c. at the end of the Work.

Chesnuts in Clarified Sugar

Are a favorite little dish. The sugar (2 lbs.) is boiled to the *blow*, and ten yolks of eggs being beaten up with a small quantity of some choice liqueur, these last are added, and the whole is manipulated into a paste, which, with powdered sugar, is formed into the appearance of Chesnuts: colour them a little where necessary.

Liqueur Drops.

After having used a small quantity of liqueur, *coloured* or *plain*, while the syrup is at the blow, mark the period when a skin forms on the surface, and then pour it into a screw-funnel. Let it drop, and dry the drops in a graduated heat.

Rings

In liqueur, are run out of the funnels into wooden moulds.

Gem Drops

Are made as the other Drops, but the sugar must be of exquisite fineness. They are perfectly diaphanous, and very charming to the eye, if made *small*.

Common Drops.

Moisten pulverised double refined sugar with rose-water, while it (the sugar) is *near* boiling, and add, if you like, a liquid colouring. Stir the sugar, and when boiling, fill a small *lipped* pan, from which eject the drops on a metal surface. Keep the said small *lipped* pan hot. Clove, vanilla, cinnamon, coffee, chocolate, barberry, angelica, orgeat, lemon, vinegar, peppermint, rue, pine-apple, carraway, poppy, raspberry, and ginger-drops,—are all made by using the especial extracts of each.

PART III.

Sugar Candy

Is simply crystallized sugar.—Boil clarified sugar (syrup) to the *small feather*, and add a small quantity of spirits of wine when it *feathers*. Pour it into your moulds, and let it remain for ten days in a graduated heat.

To Candy Fruit.

Arrange preserved fruits in layers, in a mould, and having boiled your sugar to the *little blow*, skim off the candy which forms as it cools, and pour it into the mould: let

it drain well. Let the process of candying go on without your meddling with it. Keep it in a graduated heat for fourteen hours:—afterwards let it *drain* well.

*Grapes in Candy**

Are a very beautiful production, and are made by filling moulds with syrup, boiled to the *small blow*, and coloured. Use the stove, —drain well,—and afterwards separate and arrange them.

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* Agnes Sorel, the favourite of Henry IV. is said to have invented this delightful confection; for which his gallic Majesty presented her with the revenue of one-third of the Bearnoise territory. This was a tolerable remuneration!—at all events it places our art in no very despicable light, when kings can so highly estimate *one* of its products.—W. G.

Orange Candied

Is made with large fine oranges, blanched, sliced, and gently boiled in tepid syrup for a few days. The fifth day the syrup must be raised to the *blow*, and the slices placed in it. Take these last out again, after having had a single boil, and when dry, candy them, by pouring over them clarified sugar boiled to the *feather*.

Harlequin Candy

Is composed of $1\frac{1}{2}$ pound of blanched and sliced almonds to $1\frac{3}{4}$ sugar, clarified: while the sugar is at the *feather*, the almonds are thrown in, and kept in movement with a stirrer. Afterwards, in brief,—sift them, colour them, and candy them: at all which operations you may be *au fait* for any purpose, after a week's practice.

Rock Candy

Is made by beating up the yolks of eggs with some choice liqueur, and pouring the mixture through a *lipped* pan into clarified sugar at the *blow*. Take out the *thread* which forms, with your *prong*, and throw it into agglomerations, like rocks, which dry in the graduated heat of a stove.

Chocolate Candied

Is made by placing articles formed in chocolate, into syrup, at the *feather* which has been poured out into cases. Complete this as other Candies.

Artificial Jelly Candy.

Make this by placing apple jelly in leaden moulds in a stove, that a slight crystalliza-

tion may form on the surface. Candy it as "Orange Candied."*

Fruit Pastes.

It will be evident that all *fruit pastes* may, *when dried in the stove*, be *candied:* also *chips* of lemon, orange, &c. &c. &c.

Candy Spheres

Are made by means of a double slide mould, which, of course, leaves a *shell.* It is filled with clarified sugar, boiled to the *blow*, and kept in a hot stove (that is, 20 or 30 moulds are so kept) for eight hours: the syrup is drained off. Open the moulds,

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* This confection *melts in the mouth,* leaving a charming tittilation on the tongue. Lady De R— it was, who first introduced it into general notice in high life.—W. G.

take out the internal ones, join the outer shell carefully. The effect is very beautiful and diaphanous.*

Prawlings

Is a confectioner's technicality to describe articles preserved from humidity by being covered with dry sugar.—For

Prawlings in White,

The sugar must be boiled to a *feather*,

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* In order to candy *fruits*, steep them for a short time in tepid water: drain them, and when dry, by having been placed in a warm situation for a quarter of an hour, immerse them in syrup, boiling at the *great pearl*, one by one. Stir it about carefully, in the centre of the syrup: take it out, and place it on a wire sieve, to drain and dry. *Grain* your sugar before putting in the fruit, by taking it from the fire awhile, and stirring it a little and slowly.

the fruit thrown in, and the boiling being raised to a *crack*, the whole must be worked with a spaddle till the sugar becomes a snowy dust. Sift the articles, and put them by.

For Almond Prawlings in Red.

Use 1½lb. of almonds: dissolve with water in 1½lb. of sugar; mix in the almonds. Stir them *well*, and boil to the *caramel*, adding a little liquid carmine. They must absorb all the sugar before they are sifted and then be sprinkled with Cedratys water. For

White Almond Prawlings.

Use 2lbs. blanched almonds and 5lbs. of sugar. Boil the clarified sugar a degree less than the caramel.

Pistachio and Nut Prawlings.

In these are nearly equal portions of sugar. If the last is in a little excess, it is of no consequence.

Orange Flower Prawlings.

Boil clarified sugar to the *little blow*, add the flowers, and *stir well*. Separate the whole with delicacy, while the sugar is tepid.

PART IV.

JELLIES, SYRUPS, AND MARMALADES.

Jellies

Are the juices of any description of fruit combined intimately with sugar.

Jelly from Currants.

This is a Jelly, perhaps the most demanded: its acidity is perhaps more agreeable than that of others, and as a medicament is superior.

The currants, after the process of the rough sieve are placed on the fire to boil,

and are well stirred: obtain the juice through a bag of flannel. Boil your syrup to within a shade of the *crack:* add the juice (nearly in equal quantities with the syrup; if a trifle more, it is of no consequence:) and let all boil. Ascertain the consistency by means of a wooden dipper, to which the compound will adhere, if it be fit to remove from the fire. Skim off the scum: have your pots ready, and with paper dipped in some ardent spirit, cover the jelly when cold.

Barberry Jelly.

Be careful always to clear your fruits of stalks and stones, before expressing their mucilage. Barberries *added to syrup* (nearly an equal quantity) must pass the sieve to express their mucilage, while just warm,

and then be boiled up again, and finished as the article which precedes this, and according to which are made

*All other Jellies.**

N. B.—*Pare* fruits that have thick skins, before boiling and expressing their juice.

Marmalade

Differs from jelly, in being the *pulp* of fruit combined with sugar *rather* in excess as to quantity.

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* The principal Jellies may be enumerated, as
Apple Jelly.
Black Currant ditto.
Cherry ditto.
Quince ditto.

Plum Marmalade

Is made by boiling the Plums for a short time, draining them, pouring them through a sieve; (of hair) again boiling, so as to reduce the pulp considerably, and adding it (the pulp) to clarified loaf sugar, boiling at near the *crack:* when you obtain a good stiff consistence on your dipper, the compound is finished. Mind to *stir the mass well while on the fire.*

Put it in pots.

Cherry Marmalade.

Always take out the *stones* and *stalks* of fruits for Marmalades. Use $1\frac{3}{4}$ lbs. of sugar to 1lb. of the fruit.

Green Apricot Marmalade.

Is made by boiling the fruit, till the down becoming loose, you can rub it off with a cloth. Mash them; dry the pulp a little; and just before your boiling sugar (as above) comes to the *little ball*, add the pulp; *stir*, and boil the whole *well* together.—Pot it.

Apricots, ripe.

Are treated nearly in the same way. I always blanch and *bruise up* the kernels, and add them just before I take the compound from the fire:—*Chacun a son gout.*

What I have communicated, will apply to Orange, Pear, Peach, Black Currant, Raspberry, Pine Apple, and Red Currant Marmalade.

Raspberries require more than double the

quantity of sugar in proportion to the pulp.

I have been very careful throughout this Work, to lead your mind to *general principles*, which are the only safe guides to *certainty* in various processes.

Some are very careful to give exact and excessively minute Recipes, but every one knows how difficult it is to follow directions characterized by such complexity.—If I were directing a person to Saint Paul's Churchyard from Grosvenor Square, I would first make him acquainted with the points of the compass, and enforcing on him to bear on *such or such a point*, I would next name the streets through which he must pass. I have no doubt that I make myself intelligible by this illustration of my plan.

SYRUPS.

Always fabricate these in the *Bain Marie.** They are *liquid juices* combined with sugar.

Use the very best double-refined sugar, which dissolve in the decoction of the particular fruit, both being placed in a closed glass vessel, surrounded with hot water on the fire.

Syrup of Raspberries.

To 2 pints of the filtered Raspberries, add 4¼lbs. of sugar. For

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* *Not* in *Mary's Bath*, as the old confectioners have it,—and about which Dr. Kitchener once told me one of his drollest stories.

Morillo Syrup,

Use the same proportions; also, for

Currant Syrup,

Raspberry Syrup,

Lemon-juice Syrup,

Coffee-decoction Syrup,

Red-pinks-decoction Syrup.

(You pound, boil, and strain the flowers.)

Syrup of Violets.

(The flowers prepared as above.)

Syrup of Roses.

(The flowers prepared as above.)

Syrup of Strawberry, and of Mulberry,

Require just half the sugar given to Raspberries.

Capillaire.

This is a fashionable and delicate syrup, but is rarely obtained genuine.

Make an infusion of four ounces of American Capillaire, add to it 4¼lbs. of sugar: boil the whole gently; add a small portion of orange-flower water; pour it off through a strainer, and leave it to cool: bottle it close.

Syrup of Orgeat.

The components are 2lbs. of sweet almonds, and 3 oz. bitter ditto, reduced to a *milk*, by blanching them in hot water,—

washing them in a mortar, with a little acid and some water,—mixing them afterwards well with a quart of fresh water, and squeezing the *mash* through a hair cloth.

This *milk* is added to 6¼lbs. of sugar in the *Bain Marie*. Add a very small portion of the Tincture of Orange-flowers.

PART V.

Chocolate and Fruit Pastes.

THE proportion of one third St. Magdalen to a remainder of Curaçoa cocoa, is the best production of chocolate.

CHOCOLATE.*

Roast the kernels, stirring them well,

* They take infinitely more pains in the manufacture of chocolate in Paris than in London, and consequently have it of a very superior description. There is an impatience about the English in operations chiefly manual, that injures most of their processes. It is also to be remarked, however, that *more* chocolate is drunk in France than in this country: the people there *bathe* about three times a-week, and always take a cup of Vanilla chocolate before quitting the warm water.—W. G.

and deprive them of all *husk*. Reduce them to a *paste* in a *hot* iron mortar. Use the proportions of 12lbs. cocoa to 8lbs. sugar; and after adding the sugar, still keep working the mixture in the mortar: put the whole in a *hot* place, and on a *hot flat stone*, with a metal roller, laminate half-a-pound (adding an ounce or two of *pulverized* vanilla, if it is to be so flavoured); and when all is done well, and with expedition, and is perfectly reduced to a dissoluble paste, put it into small moulds, from which eject it when cold.

Drops in Chocolate,

Are made by simply forcing chocolate paste into small moulds, after having flavoured it with any desired essence, or a combination of aromatic materials, such as vanilla,

cloves, ambergris, and cinnamon, with a small additional portion of sugar, double refined and pulverized.

Pistachios in Chocolate,

Are made by moulding the paste in the form of a nut, and subsequently covering it with coloured nonpareils. You may flavour the paste with *naroli*, and omit covering the nut with nonpareils.

Grains of Catechu,

Are composed of $2\frac{1}{4}$ oz. of gum senegal, a pound and a quarter of sugar, melted down and sifted, and to which you make the superaddition of $\frac{3}{4}$lb. of catechu powder, resolving all into a stiff paste, which work into *grains*, and dry in a warm place, preparatory to doing them nicely up for

use. You may use, of course, any flavours (in *essences*) that you think proper, while the paste is soft.

FRUIT (Pastes).

These are formed of the clear pulp of the fruit, the particles of which are concentrated by heat into a clayey adhesiveness. They will bear candying, and may be moulded into any required form.

Paste of Apricots.

Pass your fruit, after having kept it for a short time in boiling water, through a sieve, then boil it and stir it *well*, till it becomes a paste, adding at that period clarified loaf sugar, boiling at the *blow:* keep the whole *(stirring)* on the fire a short time longer, and then mould it as you de-

sire. To 2lbs. of paste use 1⅛lbs. of sugar. You may tint the paste with a liquid colour.

Paste of Apple.

Treating these in the same way as the above, boil the sugar to the *ball.*
Use to 2lbs. paste 2⅛lbs of sugar.

Cherry Paste.

1⅛lb. sugar, 1lb. paste. Clarify and boil the sugar to the *blow.*

Currant Paste.

2lb.1-16th loaf sugar to 1¾lb. currant paste. Clarify and boil the sugar a little beyond the *blow.*

Quince Paste.

See *Apricot Paste.* 2lbs. paste, $2\frac{1}{8}$lbs. sugar.

Plum Paste.

Boil the sugar almost to the *crack.* 2lbs. paste, $2\frac{1}{8}$lbs. sugar.

Raspberry Paste.

See *Currant Paste.*

Peach Paste.

See *Apricot Paste.*

Lemon and Orange Pastes.

Use the *pounded* rinds of fine fruit, deprived of the white, to mix with the pulp, *avoiding* the *juice.* Boil the sugar to the

great feather. 2lbs. paste, 4½lbs. loaf sugar.

Paste Jujube. *

Dissolve in water, wherein you have dropped a small portion of *naroli*, 2lbs gum Senegal; boil it, stirring it, and add 1¼lb. of clarified loaf sugar, boiling at the *feather*. Dry this paste in small vessels in your stove, and afterwards *stamp* it out into shape.

Paste of Liquorice,

Is rarely called for, and is hardly a confection. The juice of the liquorice, with some

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* Jujubes are much in vogue abroad,—but it would be exceedingly difficult to say *wherefore*:—they are at the best very little better than a sweetish sort of *India-rubber!!*—W. G.

delicate acid, is added to dissolved gum Senegal. Little sugar is used.

Paste of Orgeat.

Blanch and pulverize almonds, sprinkling the produce with *naroli.* Add clarified loaf sugar, boiled to the *crack.*

Use the *stirrer* incessantly, which will communicate a *springiness* to the paste before you roll it out with pulverized loaf sugar into form.

PART VI.

COMPOTES.

THESE are fruits partially boiled, immersed in syrup, or they are preserved fruits so immersed. They are served up with *ices.*

Cherry Compote.

Boil your clarified sugar to the *blow;* immerse your cherries; keep them on the *hot* fire for a time; take them off and let them cool. Use syrup enough to *cover them.*

Compote of Green Apricot.

Blanch and immerse them: let them

remain four hours in the cooling sugar. They must be served up soon.

Raspberry Compote.

The sugar must be at the *blow:* take off the raspberries immediately after the immersion, and let them remain in the cooling syrup four hours.

Currant Compote.

See *Raspberry*. Extract the pips.

For *Plum*,
Peach,
Ripe Apricot,
Apple,
Pear Compote,

See *Green Apricot Compote.*

I always take out *cores* and stones, leaving a small portion of stalk. By *blanching*, (a term I used to Green Apricots,) I would have understood, *boiling them till soft.*

Interlarded Compotes,

I do not much admire. They are made by filling the interior of apples or pears with a marmalade before baking them.

Barberry,

Quince,

Strawberry Compotes,

Are treated as Raspberry Ditto.

Nut, and

Chesnut Compotes,

Require the nut to be peeled and blanched, and also demand the addition of some *piquant* essence to their syrup.

PART VII.

Fruits preserved in Sugar,—and Diaphanous Jellies.

In Pausanias we find mention of a method which had recently been adopted in Greece for the preservation of fruits. It appears that a Sybarite had set up as a confectioner in Athens, and had taught them, by boiling their fruits *several times over for several days together in clarified honey*, to preserve them.

In this simple narration we have the whole of the general principle to be attended to in fabricating Preserved Fruits. But now, *sicut ante*, we continue.

WET FRUIT.

Green Apricot.

Blanch young apricots quite *soft:* clarify and boil your loaf sugar to the *feather;* add the apricots, and let the syrup boil up three times; pour out the whole, and skim the surface. Treat the fruit thus for six days consecutively, reducing the degree of boiling each day, until at last it reaches only the *pearl.* Add fresh syrup each day.

Pared Apricots (Green).

Blanch, and treat as above.

Ripe Apricots.

Stone and *blanch* them, and treat them as green apricots.

You may also pare them.

Cherries.

Stone the fruit, and treat it as the green apricot.

Raspberries.

Boil these on two consecutive days in syrup, adding the juice of red currants already boiled in their syrup. Put all these *wet* compotes into pots covered over.

Walnuts.

For preserving these *half*-fruits, the plan is to *pour the syrup* over the *peeled* and *blanched* kernel for six days consecutively, the syrup being all the time near the *blow*.

Pears.

Prick them over. Select them *tender*,

blanch them *soft:* boil them in syrup for five consecutive days.

Peaches. (Prick them.)

Figs.

Quinces. (Prick them.)

Pine Apples. (Prick them.)

Cucumber. (Ditto.)

Gooseberries.

Damasins. (Prick them.)

Treat as green gages.

Also,

Mogul Plums.

Bunch Currants.

(Take out the pips.)

Chesnuts.

Treat as Walnuts.

DRY FRUITS.

Cherries.

Use 1¼lb. sugar to 2lbs. cherries. Take the stones out; surround them well with the loaf sugar in dust, and the second day boil up all together *eight* times. Turn them out (after draining) on sieves in the stove, till they arrive at perfect siccity.

Raspberries.

Treat in the same way.

Note.—Orange, lemon, and pine apple chips, and orange and lemon rind, cut into forms, are treated as are the *wet* fruits.—CHERRIES IN BUNCHES, are *got up* as are CURRANTS IN BUNCHES.

DIAPHANOUS JELLIES.

As isinglass is much used in the formation of these *half-culinary* compounds, we will direct you, in order to clarify it, to reduce it into small *pieces* in an iron mortar; afterwards to wash it well in water, and next using a pint of water to an ounce of isinglass, to boil and reduce it *half*, skimming it well, and subsequently straining it through a fine sieve.

Plain Jelly.

Boil down three calves' feet in four quarts of water, till the water is reduced to $2\frac{3}{4}$pints: strain off the whole, and when settled, cold, and coagulated, boil it with the following additions:—

11 whites of eggs, beaten up well; $2\frac{1}{8}$ pints of Madeira wine; $1\frac{1}{2}$lb. loaf sugar; the juice of an orange and $3\frac{1}{2}$ lemons; a little *clove* in powder, and *cinnamon;* half an ounce of isinglass (prepared): *stir the mixture well:* let it boil up three times, and take it off.

Jelly à la Macédoine,

Is a technicality applied to all iced jellies which contain, in the summer, fresh fruits, and in winter, those preserved in ardent

spirits. Of iced jellies we shall speak under the general head of ICES.

Coffee Jelly.

Infuse 5 oz. *Mocha* coffee, pulverized or ground; strain off the decoction; boil up 6 oz. prepared isinglass, and 8 oz. loaf sugar, which add to the decoction:—add also a little brandy.

Tea Jelly.

Treat in the same way, and use the same quantities.

Blanc Mange.

Boil clarified sugar so as to obtain 1 pint syrup; to which add $2\frac{1}{2}$ oz. prepared isinglass, and $3\frac{1}{4}$ pints milk of almonds. Let the whole boil, and add (stirring well) any

essence or delicate *tint* you may think proper.

*Jelly Cakes,**

Are elegant articles, and are made by putting the common jellies into shallow moulds in the stove, leaving them there ten hours, and then *candying* them,—a process we before described.

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* It is to Lady Julia H——d we are indebted for the vogue which these delicacies now possess in desserts. It is said, that the change of her maiden name of C——, arose from the very elegant manner in which a plate of these was pointed out to her by her present Lord, and the few words of his musical voice which accompanied the *politesse* of the moment.—

"What great events from, &c. &c."

W. G.

PART VIII.

COMFITS.*

——————— Sweet
As any CORDIAL COMFIT (Comfort) !
SHAKSPEARE.

BEFORE informing you how to fabricate Plain Comfits, or in liqueurs, &c. I will just

* I have been exceedingly surprised to hear it asserted, that the French make *better* Comfits than the English; they decidedly fail in this compound, and would appear (see my motto) to know as little of *Comfit* as *comfort*. In *this* department of Art, they appear to employ persons altogether uninitiated, and unlikely to *improve:* for my part, as sayeth Horace, in his first Ode :—
" Odi profanum vulgus, et arceo." W.G.

mention the apparatus for accomplishing this difficult branch of our Art generally. You must have

1. A copper-pan, *balanced* with cords.
2. A chaffing dish.
3. A screw funnel.
4. Two ladles.
5. A small moveable stove.

Plain Almond Comfits,

Are made by taking, say 13lbs. of almonds, blanching and drying them in the stove. Boil 10 lbs. of syrup to the *pearl*,—add a small quantity of dissolved gum Senegal: take it off the fire, but keep it hot on the top of the moveable stove. Then give the blanched almonds three *coverings* of gum in the pan: dry them, and give them

eight different coverings of syrup, adding more gum Senegal to the syrup each time.

Stove them for twenty-four hours; after which, having clarified and boiled the finest loaf-sugar to the *Pearl*, *cover* the Comfits fifteen several times, adding more gum each time. Next day, give them twelve coverings more of the same kind, letting an hour elapse between each: keep all the while a gentle heat under the comfit-pan; but, at this point, increase it a little. Stove them for fifteen hours, and then give them three coverings more; keeping a gentle heat under them, which increase a little towards the last. They will be beautifully white, after a careful fabrication according to these rules.

*Cordial Comfits,**

Are made by steeping the almonds in any liqueur you think proper, in a closed vessel for three weeks before making them into COMFITS. Stove them before beginning to *cover* them with gum, &c.

Coloured Comfits.

Add the tint (a delicate one) to the syrup used in the *latter coverings.*

Mixed Flavours,

Are given by adding to the *earlier coverings* of syrup, severally, an essence of some kind.

Vanilla, pulverized, (for *Vanilla Comfits*) is added (a small portion) to the syrup in

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* See the motto, page 55.

the earlier stages.—*Cinnamon Comfits*, treat in the same way.

Pistachio Comfits,

Are made with fine green Pistachio kernels, in lieu of almonds.

Lemon Peel (Cut).

Orange Do. (Do.)

Angelica Stems (Do.)

Celery Seeds (Do.)

Cinnamon (Do.)

Prepare with sugar boiled to the *small pearl*, and then treat them as Almond Comfits. The latter coverings must be given

through the screw funnel, the syrup being very near the *blow*.

Caraway Comfits.

Treat as Celery Seed, ditto.

Cherry Comfits,

Are made by covering dried Cherries with pulverized sugar, drying them in a gentle heat, and then treating them as almonds. Other dried (small) fruit Comfits are made in the same way.

*Nonpareils.**

Pulverize and sift 1 lb. of the best *Orris-root*, and with the syrup at the *little blow*,

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* These, mixed up with other Comfits, play a most important part in the ceremonies of New

form seeds, repeating the coverings till they are finished,—and using the *finest* sugar. Dry, and sift them frequently.

For *Coloured Nonpareils*, mix your liquid or pulverized colours with the syrup for the latter coverings.

Year's Day, in France and Italy. Every BEAU is expected to present to *all* his lady acquaintance, a packet of *Dragêts*, saluting her at the same time, as his reward. We may suppose the quantity required; and I have been informed of an Englishman in Bordeaux, who hired a CART! to convey his load of gallantry from house to house!!!—In Italy, they pleasantly pelt each other with these trifles, as they move along the Corso. The Italians pelt gently enough,—but an English country gentleman, threw *his* Comfits with such *savagery*, that he actually *put out one of the eyes of his young bride!!!*

PART IX.

CREAMS.*

In whipping up your Cream, use pulverized loaf-sugar, and a little Naroli. Whip it *frequently*, abstracting the surface *as it forms*, and putting it into a bowl. All creams may be iced in the ice-vessel.

Coffee Cream.

Chocolate Cream.

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* In France, these are a substitute for our puddings, and flavoured with Vanilla or Girofle, are excellent.

Add a strong infusion to the Cream, after it has been whipped, and is settled.

Vanilla Cream.

Blend with the sugar a little pulverized Vanilla. For

Orange or Lemon Cream,

Rasp the peel of either on sugar, and add the sugar to the cream.

Essence and Fruit Creams.

Use any delicate essence for the first, and the juice of any fruit for the last,—as Raspberry, Currant, Strawberry, &c. *Tint* your Cream occasionally with the eatable colours, such as Carmine, &c.

PART X.

PRESERVED FRUITS.

BRANDY.

Green Gages.

Prick, blanch, and put them in cold water. *Drain; dry;* and arranging them in glass jars, pour over them a mixture of two-thirds *best* French brandy, combined with one-third clarified loaf-sugar, boiled to near the *great Pearl.* Let it strain first.

Peaches.

Treat in the same way.

Plums and Apricots,

Are usually *boiled in syrup*, before the brandy, &c. is poured over them: they must of course be blanched in the first instance.

Cherries.

Use only the finest Cherries, (washed and dried) after having steeped them in brandy for six weeks.

By adding to British brandy a small proportion of Sugar-Candy, boiled to the *great pearl*, you may produce a spirit almost equal to French brandy.

ECONOMY is a prime virtue. Too often,

" Ea sub oculis posita negligimus; próximorum incuriosi, longinqua sectamur.

Steamed Fruits.

The principle on which this is effected, is that of corking fruit, or the pulp of fruit, in bottles, and tying down the corks; after which, placing them in a vessel half-filled with cold water, and turning a steam-pipe on the vessel, so as to raise the water to *boiling heat*, and so to leave it for 18 hours, the vessel being closed, air-tight, during that time. The fruit must be invariably *gathered the same day;* and large fruit must be cut in quarters and stoned.

The *juices* of fruits may be preserved in this way to admiration.

PART XI.

ICES AND FRUIT-WATERS.

ICES.

The Spaniards are famous for their ices; and, perhaps, this is not extraordinary, considering that their climate renders the use of them so indispensable. In this country, we are hardly permitted to form an opinion as to the exquisite relief they afford to a system, of which the energies have been in a state of retrogradation for twelve or fifteen hours. AGRAS,—that is, the *Green-Grape iced*, is the favourite.

The Vessel.

Mix salt and ice well together in a vessel, and place your *freezing pot* in the midst: put into the last your juice, or cream, &c. and *stir it about well:* put on the cover of the vessel, and keep the ice-pot moving quickly round, by means of transverse handles; taking off the cover continually to stir up the contents of the *freezing-pot.* Serve it up; or if not immediately wanted, put ice on the cover of the freezing-pot.

Creams for Icing.

Add 13 yolks of eggs to $1\frac{3}{4}$ pints of cream; put them on a *very* gentle fire, and whisk them gradually, mixing in a flavour (as you think proper). After stirring it round in

this tepid state for some time, add some loaf-sugar, pulverized. Strain it.

Tea Ice-cream.

Make a *strong* decoction of Gunpowder Tea, or of the quality called Pekoe; add it to your cream.

Coffee Ice-cream,

Is made by throwing into the cream the coffee-berries, roasted and hot, and then placing a cover over the vessel in which is the cream. It must be strained two hours afterwards.

Coffee is seldom *infused* like Tea.

Chocolate Ice-cream.

The Chocolate is infused, mixed with the cream, and strained.

Vanilla Ice-cream.

Cinnamon ditto.

Almond ditto.

Are made by bruising the materials for flavour, (the Vanilla, &c.) and mixing them with the pounded loaf-sugar, before adding it to the cream.

Liqueur Ice-creams,

Are made by adding a small portion of liqueur to the pounded loaf-sugar.

Fruit Ice-creams,

Are made by adding a portion of the strained juice to the sugar in powder. Use a little lemon-juice to all.

Cedraty, and Orange Ice-cream,

Are made by rubbing either on sugar to obtain their flavour.

1. *Fruit Ice-water.*

2. *Liqueur ditto.*

AND

3. *Wine ditto.*

Are made by expressing the juices, (No. 1.) adding to them syrup, and a little juice of lemon, and icing them.

Liqueur (No. 2.) is usually made by adding liqueur to a *Lemon Ice-water.*

Wine (No. 3.) is usually accompanied with Essence of Lemon. *Sauterne* makes the most delicate Wine Ice: use a couple of bottles of it.

*Indian Ice.**

Whip up the yolks of 20 eggs, with two glasses of any liqueur; pour it into a pan; add syrup: let it *just* boil; (stirring *well* with the whisk) take it off; put it in the freezing-pot, which line with muslin. Turn it out of the freezing-pot *whole*, after having placed the last for an instant in warm water.

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* This may appear contradictory; but we are to recollect, that some of the *highest mountains* in the world are in torrid India, and are perpetually capped with snow and ice.

The beautiful Mrs. Palmer, of Calcutta, at a table of extraordinary magnificence, is remarked for the quantity and tasteful varieties of ices which she introduces.

*Ice Fruits.**

Mould any of the ices in *double moulds* to shape, and place these moulds in ice, adding real stems and leaves. Prepare liquid colours, and with a broad sable pencil colour them: keep them in ice. They should be served up in cut-glass plates over silver-plate.

Drinks for Assemblies,

Are a sort of *half-ice*, formed of the juices of mashed fruits, combined with syrup and water, and *cooled down*, (after being strained) in the freezing-pot.

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* These are among our triumphs, and deservedly. A summer dessert, at *Windsor*, would speak volumes on this subject.

Strawberry, Currant, Raspberry, Cherry, are thus fabricated.

Orangeade and Lemonade,

Are made by expressing the juice of either, and adding water and syrup, and the *outer* rinds: let all steep together for five hours, and then strain and cool down.

Orgeat Water.

Blanch 1lb. of sweet almonds with 20 bitter ones, and after mashing them, add syrup and essence of Naroli, and strain.—Cool down.

PART XII.

BISCUITS, CAKES, WAFERS.

BISCUITS.

Savoy Biscuits.

Grate some lemon-peel, divide the yolks from the whites of twenty eggs; work the yolks well, and add 1½lb. of sugar to them. Add half the *whites*, whipped strong to the mixture, and gradually, as you keep stirring, 14 oz. flour; add the grated lemon-peel.

With the large screw funnel lay out the biscuits on paper; sift fine sugar dust over them; bake them.

Patience Biscuits.

Whip up ten whites of eggs, adding 11oz. sugar in powder, and 14oz. flour, with rasping of cedratys. With the large screw funnel lay them out the size of a halfpenny, and bake them.

Case Biscuits.

When the paste is run out, sift over the biscuits coarse sugar; put them in the oven, and as the sugar dissolves, give your *paper* case to each, a shape. A *square* is usual.

Brown Biscuits.

Mix brown pulverised bread with the flour: for the rest see *Savoy Biscuits.* Bake them in moulds, with eight sheets of paper under them.

Chesterfield Biscuits.

Use a small portion of carraway seeds, and no lemon. See *Savoy Biscuits.*

Spanish Biscuits.

The same ingredients as for *Savoy Biscuits*, except that you add 9 oz. of fine starch in powder to the flour. Bake the paste in tins, $1\frac{1}{2}$ inches deep, and afterwards cut it into very small squares; colouring, flavouring, and dusting them over with sugar.

Almond Biscuits.

Add to the ingredients for the *Savoy*, $3\frac{1}{2}$ oz. sweet, and $1\frac{1}{4}$ oz. bitter almonds, mashed up with a little water.

Cream Biscuits.

Use 13 yolks and 6 whites of eggs, 6 oz. sugar, and 1 pint of good cream: add the cream last; ice them and bake them. See *Savoy Biscuits.*

Chocolate Biscuits.

Melt down chocolate, add white of egg and powdered sugar, flavoured with vanilla; spread this liquid compound over baked Savoy paste.

Coffee Biscuits.

Add a *strong* infusion of Coffee to the former liquid compound.

Zephyr Biscuits.

Boil sugar to the *great blow*, and mix

with it almonds pounded up with essence of Naroli, and a little water. Mix well, pour out the paste over a table laid with powdered sugar: roll, and cut it into shape, and bake.

Fancy Biscuits.

Pound 1½lb. of blanched almonds, and mix them with 1¼lb. sugar, in powder; warm up the whole in a pan, on the fire, stirring *well.* Use moulds, essences, and colours, and icings.

Apple Biscuits.

Add to 2lbs. apple pulp 2¾lbs. pulverized sugar, 3 whole eggs, and a portion of essence of clove; stir all well together in a pan, over a moderate fire, adding 3¼lbs. flour, and ½lb. starch in powder, when the

mixture is hot; lay it out with the large screw funnel, ice the biscuits, and bake them.

Stick Cinnamon Biscuit,

Is made by sifting over the paste of fancy biscuit, moulded into form, cinnamon dust. Bake.

Wafer Biscuits.

To melted sugar (6 oz.) add a small portion of essence of cloves, 10 oz. flour, and the whites of 7 eggs. Drop them through the large screw funnel on buttered plates, roll them thin; bake them.

Petit Blow Biscuits.

To ten whites of eggs add 6lbs. sugar: work this paste well, and divide it into por-

tions for various colours and essences: bake them, with paper under them, in a moderate oven.

Cocoa Biscuits.

Pound up 1½lb. sweet almonds, and 1¼ picked cocoas; add 2 whites of eggs, and 6lbs. of sugar in powder; add a small portion of vanilla: stir well. Manipulate and form your paste by a cutter, and bake: make them shine, by touching them with cold water as you put them in the oven.

Italian Biscuits.

Add 2 oz. of all-spice to 3½lbs. clarified sugar, at the *thread:* add 2lbs. candied orange; 2lbs. almonds: boil the whole a short time. Pour out, and with 1lb. flour

form the mass into tolerably sized squares, which must be iced *à la royale.*

Biscotini Almonds.

To the yolks of 25 eggs, add 1½lb. sugar, 1½lb. flour, and 10 oz. almonds. Use cases 1½ deep: bake the mass, and slice it when done.

Aniseed biscuits are made in this way, using aniseed in lieu of almonds. Strew them over with small comfits before baking.

We have now completed a review of the family of *desirable biscuits*, which require an extreme and delicate attention in the *manipulation of their paste*, and in their gradual *baking:* they may be infinitely varied, of course, both as to colour, consistence, and flavour. We now proceed to

CAKES.

Italian Cake, (Gonsalvi).*

Make a paste by dissolving 3 oz. of gum dragon in half a pint of water, tinctured with Naroli, and add it to 19lbs. of pounded loaf sugar, blent up with 8¾lbs. of fine starch powder: add Madeira wine, and work the whole on a marble slab, well together: into a crust formed of this paste, place the following ingredients, well mixed together before hand:—10 oz. of pulverised bread, that has been stoved; 5 oz. of wild

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* This is an admirable cake; and, with the addition of a few *raisins,* becomes a BRIDE-CAKE worthy of the highest nuptials: at all events, above one hundred persons calling at the late Earl of B——'s, so declared.

pine-apple kernels; 4 drachms of cinnamon; 4 do. nutmeg; 1½ do. pepper dust: 3 oz. preserved cedratys; 1lb. 6oz. roasted and blanched almonds; 8 egg yolks; and 2lbs. of loaf-sugar in powder. Keep the whole in a moderate heat for 8 hours, and then bake *gradually*. This is a delightful cake at Christmas.

Berlin Cake.

Get the whites of 14 eggs beaten to a dross; and in the mean time, stir in their yolks, with 1½lb. of butter melted, 1¾lb. loaf-sugar dust: add the whites, one-eighth at a time; 2½lbs. currants; 2 glasses brandy; 2lbs. candied citron, and other fruits; 2lbs. flour; 3 oz. sweet almonds; a clove or two; a little cinnamon, and allspice. Raise the heat of your oven, and bake the cake in a

hoop of tin, for three hours and a half, surrounded and bottomed with plenty of paper.

Jerusalem Cakes,

Are very delicate, and have chiefly the flavour of *lemon.*

Add the raspings and juice of 7 lemons and a small portion of tincture of roses, to the yolks of 19 eggs; stir *well* together this mass, and after whisking up the whites *strong*, add the above to them, and thin through a sieve; add 1½lb. of flour. Butter your tins before baking.

Indian Cake.

To 2¼lbs. loaf sugar in dust, add 1¾lb. butter melted: stir, and as you stir, add 18 whole eggs (*not* including the *shells*): add

1½lb. RICE flour, and 1lb. of flour, and the raspings of a lemon. Bake as the Berlin Cake.

Gimblettes.

To 1lb. sugar (loaf dust) add 7 whole eggs, and some rasping of cedratys and lemon; stir,—add ¼lb. of fine flour; make a paste; turn the articles you form in it into boiling hot water; drain, dry, and bake them in moderate heat; icing them with water or white of egg, when nearly baked.

Rusks.

The whites of 19 eggs, beaten up, add to the yolks, and 1½lb. loaf sugar dust: add 1½lb. of flour, and a few caraway seeds. Butter your moulds; bake; cut them in slices; *brown* them in heat.

Bitter Almond Macaroons.

Pound, with the whites of 13 eggs, 1½lbs. of bitter almonds, (blanched) adding 5½lbs. of loaf-sugar dust. Make a paste.

Drop it through the large screw-funnel, into rounds, which touch with cold water as a glaze or icing. Bake them in a moderate oven.

Sweet Almond Macaroons.

(See Bitter Almond Macaroons.) Use instead *sweet* almonds. Add the rasping of lemon if you think proper.

Chocolate Macaroons.

Use sweet almonds, and 6 oz. of chocolate, with a small portion of cinnamon, va-

nilla, and cloves,—and make them as the bitter macaroons.

Sponge Macaroons.

With 2lbs. of loaf-sugar dust, mix up the whites of 6 eggs, and 1lb. sweet almonds, and ½lb. bitter do. blanched and whitened, and then stained with heat at the opening of the oven. Drop your paste through the large screw funnel, bake in moderate heat, and glaze.

Almond Wafers.

Make a paste of 1lb. almonds, 7½ oz. pounded sugar, 2 oz. flour, and 3½ eggs, add a drop of naroli, or any other essence. Roll out the whole on a buttered surface; bake, and mould into the usual shapes.

Venetian Wafers,

Are made by strewing chopped (finely) almonds over Sweet Almond Macaroon paste, cut into rounds, &c. They are baked on pans, in the form of an *arch.*

*English Meringues.**

Add to 2lbs. of loaf-sugar dust, the whites, beaten up, of 25 eggs, with some most delicate essence, disposing the paste in small

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* An especial favourite with the Marchioness of C——; I could write a poem *(almost)* in gratitude for her praises, and those of her charming daughter,—but they would be so inadequate to the subject, that I should have necessarily to exclaim :—

O matre pulcra, filia pulcrior,
Quem criminosis cunque voles modum
Pones ïambis :——

masses, and covering them with fine loaf-sugar dust. Bake these on a deal board; press down the upper part when near done, and serve them up with jelly or cream placed in the hollow. You may of course vary this delicious cate infinitely.

Blanched Meringues.

Put the whites, beaten up, of 10 eggs in a pan, in which has been worked clarified boiled sugar, till it is *white*. Make a good paste; pour it out; mould your meringues, and bake them in moderate heat.

Meteors.

Have beaten up the whites of 5 eggs, and add to these syrup at the *great pearl;* make a good paste by stirring. If you colour

them, add colour to the syrup: also essence. Mould; dry them in heat, and candy them.

PASTES FOR EMBELLISHMENTS.

Gum Paste.

This is chiefly employed in what are called *Pièces Montées*, and which have a very beautiful effect, when fabricated and arranged with taste and adherence to the appearances of Nature.

Dissolve *Gum Dragon* in water, strain it well, add fine loaf-sugar dust, and any essence you like. This is an *eatable* paste, and may be moulded into ANY FORM YOU THINK PROPER.*

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* I remember once moulding a *wolf*, such an one as is described by Dionysius, as being at the

Colours.

Use only harmless colours, such as prepared

Cochineal

Carmine (without any mixture of Cinnabar

Gamboge

Saffron

Spanish Green

Sap Green (very little)

Vermillion (never)

Temple of Romulus,—and the moment it appeared at the Marquis of C——y's table, he, in a manner but too complimentary, exclaimed in the beautiful verses of Virgil,—

"Geminos huic ubera circum
Ludere pendentes pueros, et lambere matrem
Impavidos: illam tereti cervice reflexam
Mulcere alternos, et corpora fingere linguâ."

Prussian Blue (very little)
Ivory Black
Bistre

You may buy all these, prepared in cakes, at Newman's, Soho Square, or in powder. Chocolate, Caramel, and Coffee, are also used, liquid and in powder.

Gilding.

Always employ a journeyman gilder.

Varnishing.

Gum Arabic dissolved with loaf-sugar, in hot water, is the best varnish.

Oil Varnishes for the INEDIBLE ornaments are sold by colourmen.

Moulds.

There are persons whose trade it is to

make every description of engraved and plain mould.

ROCK SUGAR,

and Wrought Sugar Tablets,

Are used to ornament both *pièces montées*, and *assiettes montées*. The last being almost exclusively in vogue in this country.

Rock Sugar.

Mix clarified double-refined sugar with whites of eggs and loaf-sugar dust,—add your colour, (divide it into portions for *colours*) boil the syrup to the *crack*, after having previously stirred it *well*. Add a little *royal icing*:—pour it off through a sieve.

By pouring it into lead and other moulds, you make vases, mushrooms, baskets, columns, &c. &c. of this material.

Tablets of Wrought Sugar.

Double-refined loaf-sugar, clarified and boiled to the *feather*, must have added to it an *essence* while boiling, and after being stirred till it is bright and shining at the edges of the pan, it may be poured out into moulds of paper, and afterwards divided into tablets. Fruit pastes, chocolate, and pounded almonds, are also used (mixed in with the boiling syrup) for this purpose.

Spun Sugar Ornaments.

We have before described the mode of of fabricating spun sugar: while it is warm, put it into buttered moulds, and spin *over*

it the smaller ornaments combining them with caramel.

Classic temples, &c. &c. are sometimes made with this material, of considerable size.

Flour Paste.

Fourteen whites of eggs, 1lb. fine flour, 2¼lbs. loaf-sugar dust. Knead, roll out, and bake on buttered tins or plates, and, when one third baked, cut it into shape for buildings of any description.

You may use *gum arabic* or *gum dragon* in the paste, and colours, and *wooden moulds.*

Almond Paste

Is composed of Almonds blanched, pounded with lemon juice, and boiled with sugar (3lbs. almonds, 1lb. sugar). Stir it well,

and thicken it with dissolved gum arabic or gum dragon.

*Pièces Montées.**

May be executed by making the grand surface of *flour* paste; the edifices of almond paste, spun sugar, and gum paste;—using glaze (or pieces of mirror) for water;—rock sugar for rocks,—gum paste moulded and coloured for trees,—and coloured savoy biscuits for stones, moss, &c. Sometimes we intermix coloured lozenges and wafers.

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* I make no distinction in the present day between *assiettes montées* and *pièces montées,* both having resolved themselves into an eatable dish, (save and except the pieces of mirror, when used!) or ornament, of whatever size;—although the act of *dismantling* is certainly a painful one, we are, at such times, greedier in creating ruins than even TIME himself. W. G.

LOZENGES AND WAFERS.

Roseate Lozenges,

Are made by saturating gum dragon in rose-water, using a *large quantity* of loaf-sugar dust, mixed in with colour and essence. The paste rolled out is combined with starch in powder, cut into shape, (a small quantity) and dried in a stove.

You may vary lozenges by any colours or essences you like.

Ornament Wafers.

Mix with 1¼ pints of milk, 2 oz. yeast, 18 oz. flour; make a paste; put in a warm place for a time. Add the yolks of 14 eggs, and essence of cedratys, or lemon, or naroli.

Stir well, and add the whipped whites of eggs.

Put the paste into your stove on wrought-iron double-mould plates, engraven deep, sifting essenced sugar, in powder, over the wafers when done.

DISTILLATION.

Always use the *Bath*, and never fill your cucurbit *full*. Put *cold* water in the worm-tub; cement; lute your cucurbit with cement of whiting, spread on lint.

Orange-flower Water.

Put $1\frac{1}{4}$ pints flowers to $1\frac{3}{4}$ pints of water, in the cucurbit. Distil.

Rose Water.

To 2 lbs. rose-leaves add 1½ pints water, and some salt: they must steep 32 hours. *Bed* the cucurbit with hay, pour in, and distil.

Flower Spirits.

Add to every 1½ pint of flowers, 1 pint of alcohol. Distil.

INFUSIONS are made by steeping substances in spirits of wine.

Maraschino.

The juice of ½lb. Morello cherries, must be mixed with the juice of wild black cherries, (⅞ of a pound; the stones of which are also beaten up before extracting the juice)

$\frac{3}{8}$lb. peach leaves,—steep these for a week in five pints of brandy, and $\frac{1}{4}$ pint of water. Distil.

Angelica.

An infusion for ten days, in the brandy, of 6 oz. seeds, to 11 pints brandy. Distil.

Aniseed.

An infusion for ten days, in the brandy, of 9 oz. seeds to $9\frac{1}{2}$ pints brandy.

Vanilla.

One ounce cinnamon, 4 orange raspings, 10 oz. fennel, $\frac{3}{4}$ oz. aniseed, a small quantity of cedratys and cloves,—infuse in eight pints of brandy for three weeks and then distil.

Orange.

Infuse the raspings of 10 Seville oranges, and 8 China ditto, for three weeks, in 10 pints brandy. Distil.

Barbadoes Cream.

Four lemon raspings,—10 Seville orange ditto,—7 China orange ditto,—$\frac{1}{8}$ oz. mace, a little cedratys, some cloves, and cinnamon.—Infuse in 6 pints brandy, and $\frac{1}{2}$ pint water for a fortnight. Distil.

Cinnamon.

Ten pints brandy,—1$\frac{1}{2}$lbs. cinnamon.—Distil.

Venus.

Two orange raspings, 2¼ oz. raspings of cedratys, 7 oz. juniper, 2¼ oz. cinnamon, 6 oz. coriander, 3 oz. celery-seed, ¼ oz. vanilla, infuse three weeks. Distil.

Cedratys.

Fourteen cedratys' raspings, 10½ pints brandy; infuse 20 days. Distil.

Coffee.

Infuse 2lbs. roasted ground coffee in 12 pints of brandy for fourteen days. Distil.

Pinks.

One drachm angelica seeds, 1½ drachm mace, 1½ drachm cloves, the raspings of a

cedraty, and a pint measure full of pink leaves. Infuse three days: distil.

Escubac.

Pound up 10 oz. Spanish nuts, add 1 gr. ambergris, 3 drachms coriander, raspings of three oranges and one cedraty; 1 oz. saffron, and 3 oz. catechu. Infuse in 14 pints of brandy for ten days. Distil.

Tea.

An infusion of 6 oz. of Pekoe tea added to 13 pints of brandy. After fourteen days distil.

Curaçao.

Infuse for fifteen days the raspings of 30 Seville oranges, and of 1 China orange; 6

drachms cinnamon, 3 drachms mace, a few cloves,—in 16 pints brandy. Distil.

Almonds.

The raspings of a cedraty; 1½lbs. bitter almonds; 2 oz. Angelica root. Pound up, and infuse in 13 pints Brandy for 3 weeks. Distil.

Cloves.

The raspings of a cedraty; ½ oz. mace, 8 oz. cloves, and 13 pints brandy. Infuse 1 week.—Distil.

Cherries.

Wild black Cherries, kept for some time (freed of stalks) in a heap, and distilled in one-third Brandy, two-thirds water.

Percicole.

Apricot kernels, 1½lbs.; Cinnamon, 2 drachms; cloves, ½ drachm; rasping of one lemon; peach leaves, 1¼lbs. Pound up and infuse for 3 weeks in 13 pints brandy.

Anisette de la Gironde.

Two oz. fennel; 11 oz. stone aniseed; 3¾ oz. cucumbers; one-sixteenth oz. cloves; a few raspings of lemon. Infuse in 17 pints brandy for 18 days.—Distil.

N. B. In distilling, always abstract the phlegm as it rises.

*Liqueurs,**

Are made by adding the finest loaf-sugar

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* Are much more used abroad than in England.

dust, and some water to any of the above spirits—leaving all to dissolve, and afterwards filtering through a bag formed of ten folds of fine Irish linen.—Colour as you like.

Alaméda,

Formerly called *Ratafia*, is a liqueur made by an infusion of fruits, &c. in spirits.

Alaméda of Cherries.

Infuse 12lbs. wild cherries pounded
13lbs. Morello ditto

In France, the ladies sit with the gentlemen, refine their conversation, rise with them, and in the Drawing room partake of *Liqueur* and *Coffee* as a necessary sequence to the dinner and wines. *Tea* they now take also, at about ten o'clock in the evening.

1lb. Raspberries
1lb. Currants
4lbs. Sugar
3 drachms Cinnamon
3½ drachms Mace
7 oz. Coriander
1 oz. Cloves

in 11 pints Brandy for two months.—Filter.

Alaméda of black Currants.

3½lbs. Black currants
½lb. of the leaves
1½lbs. Morello cherries

The raspings of a cedraty; a little cinnamon, and 2 drachms cloves; 13lbs. sugar, and 11½ pints Brandy. Steep for a month, and filter.

Alaméda of Orange.

The rind of one cedraty; 8 china oranges; 2 Seville oranges; 7 pints Brandy; 3lbs. sugar; 1½ pints water. Steep one month—Filter.

Alaméda of Raspberries.

A little ambergris, cinnamon, cloves, rasping of cedraty, a few red currants, 12lbs. raspberries, 7lbs. sugar, 14 pints brandy, ½ pint water. Steep one month—filter.

Alaméda of Mulberries.

Same as raspberries

Alaméda de Palerme.

Raspings of one cedraty
1 oz. of Cloves

½ oz. of Mace
½ oz. of Cinnamon
Raspings of 3 Lemons
1½ oz. Corianders
A little Ambergris
3 drachms Angelica
1½ oz. Fennel
1½ oz. Aniseed
2½lbs. Sugar
3¾ pints Brandy
½ pint Water

Steep for six weeks—Filter

PASTRY.

In order to make this work generally useful, I have appended Receipts for those who enter the province of the Pastry-cook. All households require information on the subject, quite as eagerly as on the more delicate one of confectionery,—both of which may, in great part, be carried on in the *country*, so as to obviate the possibility of being badly served by inferior professors of the art.

I cannot help feeling convinced, that my readers will give me credit for an extreme

anxiety to make my book an useful one; and I care not for being accused of a sanguine temperament, when I assert, that, by anticipation, I already see it in its TENTH edition!!

LIGHT PASTE,

Commonly called *Puff Paste*, is made by rubbing into sifted, fine flour, a little more than one-third its weight of the best fresh Aylesbury butter. Add a little water, (fresh and clean) knead it; let it stand; roll it out; *thumb* it all over with butter; double it five fold: roll it out again.

For *Pies* leave out the *thumbing*.

For *Tarts* add a little powdered loaf-sugar, a little cream or new-milk, three or four eggs, and a little lemon-sugar-essence.

For *Raised Meat Pies* use lard in lieu of butter, and more water.

For *Puddings* to be *boiled*, use *suet of beef* in lieu of butter; also a little milk, salt, and water. Knead all *well* together with your hands.

Venison Pasty.

Bone* the Venison and add onions, Port wine, eschalots, mace, allspice, lemon essence, cloves, pepper, salt. Cover it with veal broth; stir it; add the liquor from the trimmings; fill your pasty dish, and add a *Sauce* from the *Venison liquor*, cedraty essence, Port wine and Jamaica pepper, and salt, flour and butter being all mixed in with it.

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* I hope no malicious and double meaning will be put upon this expression.

Hare Pie.

Parboil a skinned, washed Hare; wash it again. Stew it with parsley, sweet marjoram, cloves, lemon juice, allspice, cinnamon, a little nutmeg, thyme, Port wine, savory, eschalots: cover it with veal broth. Fill the bottom of the pie-dish with rich stuffing, and pour in the contents of the stew-pan, adding essence of cedratys and seasoning; cover with *raised paste.*

Veal Pie.

I need not tell you how to prepare the meat: add plenty of seasoning, and some lemon juice. *Raised Paste.*

Mutton Pie.

The same. What rules I have given will

apply to almost every description of *plain or savoury pie.*

Eel Pie.

Cut off the heads and tails of the fish; season them; use broth; cover them with light paste; bake them an hour and one quarter; pour in through the top a boiling hot, rich sauce, composed of white wine; broth, seasoning, butter, half a cedraty's essence, flour.

Vol-au-Vent.

Use the paste as described for tarts, *leaving out the sugar and essence;* bake it in a mould, thin, and place it over any fricassee.

Chicken Patties.

Use the breast parboiled and stewed; season; cover with *light paste.*

Oyster Patties.

Parboil, strain, wash, beard, and cut up your Oysters; stew them with essence of lemon, white wine, butter, flour, cream, the oyster liquor, nutmeg, allspice, pepper, salt. Bake your *light paste* cover in moulds, and cover the patties.

Apple Pie. (the best)

Cut up and boil the apples a short time, with a little clove essence, before placing them in your pie-dish; add lemon sugar-candy powder; cover all with light paste; bake.

Mince Pies.

Chopped raisins; chopped suet (*beef*) chopped apple; chopped currants; essence

of cedratys; chopped roast hare or snipe, or any game; lemon and orange chips; salt, allspice, ambergris, cucumbers, pepper, nutmeg, cinnamon, cloves, brandy or Madeira, loaf-sugar, chopped yolk of eggs, essence of Naroli, and lemon juice. Stir well; bake in pans, under *tart paste.*

Cheese-cakes.

Bake *a Cream* in pans lined with paste; cover with *tart* paste. You may vary these very nice eatables by the various essences and liqueurs.

Trifle.

Cream, loaf-sugar dust, essences of lemon, cedratys, Naroli, cinnamon, Calcavella wine, brandy; whisk all *well.* Steep macaroons in wine, spices and essences; take them

out; cover them with a rich *cream*, and cover the cream with trifle.

Gingerbread.

Flour, candied lemon and orange peel, ginger, cinnamon, allspice, nutmeg, butter. Make into paste; bake in a moderate oven. Glaze with white of egg.

Add carraway seeds and cedraty essence for *nuts* in Gingerbread.

Buns.

One and a quarter pound loaf-sugar dust; 4½ flour; cream; yeast; work up, and add butter and cream; make a good paste, and out of it your buns. Let your oven be hot.

You may vary your buns with currants, essences, &c.

Short Cakes.

One and ½lb. butter
2¼lbs. flour
2 eggs
1⅛lb. loaf-sugar dust
¾ pint cream

mix, roll out, cut, bake, (*moderate oven.*)

Muffins.

One and a ¼ pint warm cream
3 pints yeast
Flour
Butter
An egg or two

Knead; bake.

Rice Puddings.

One pint cream
1 pint milk
Candied lemon chips
Essence of cedratys and Naroli
½ glass Maraschino
A little fresh butter
Nutmeg
Cinnamon pounded
6 eggs
8 oz. boiled and steamed rice (*Carolina*)
A glass of Madeira

Line your baking-dish with light paste.

For Ground Rice Puddings,

Stir all into batter, and use more eggs

For Batter Pudding

Use six eggs to nine oz. flour; 1¼ pint of cream; some lemon chips; loaf-sugar dust; Madeira; beat up; bake.

The best Suet Puddings.

4 oz. pulverized brown bread.

9 oz. flour, sifted.

7 Eggs.

½ Pint Cream.

10¼ oz. impalpable Suet, (that is chopped *exceeding fine.)*

Mix well together, and add Essence of Naroli. Tie up the paste in cloth tight, after rolling it in ¼ lb. loaf-sugar, in dust, 1 lb. flour—mixed together. Boil them 1¼ hours.

The Oven

Is best made of fine bricks somewhat porous: keep it clean, and always prepare it, by heating it four hours before-hand.

Stoves.

There are persons in London very clever in constructing them.

The heat for drying Candy, is	123	degrees
Ten days Candy	92	do.
Comfits	78	do.
Quick Candy	105	do.
Liqueur Drops.....	82½	do.

APPENDIX.

THE TWELVE MONTHS OF THE YEAR.

(A Dissertation "en qualité de bonne bouche.")

When I began my work, I had no idea of extending it beyond the precincts of simple—*simple*, do I say?—rather sublime Confectionery: but I have since, and after profound reflection, deemed it my duty to enlarge somewhat, and to take a general survey of the more delicate branches of Gastrology.

I firmly believe that no one will deny me, that most precious of human qualifica-

tions—good sense,—the chief evidence of which is an invariable consistency. Now, throughout my treatise on confections, I have kept my own art in its place: I have represented it as furnishing a completion to the prior enjoyments of a *cuisine française* or *anglaise*. And, in order to produce a more vivid effect upon my readers, I mean, in this present instance, to oppose, in some measure, the one to the other; as a painter does his colours,—and thus form a twin *bon-bouche*, of exquisite flavour and rarity. Thomson has given to us a poem on the SEASONS, which will always be read with pleasure; and I, humble as I am near so great a writer, hope to produce a treatise on the Seasons, as they especially apply to the province of the Palate, which shall be equally popular. For this purpose, I should

have adopted blank verse, but that I was informed by a bon-vivant friend, (and with the greater candour, since he was partial to *liquids*) that *blank* verse was by no means *Bank*-verse, as the large octavo volumes by Messrs. Robert Montgomery, Atherstone, Phillips and Company, abundantly testified. I am therefore reduced to more unambitious prose; and I only hope that the sublime imaginations which occasionally visit me, over my third bottle of Barsac, on a Thursday afternoon, will not be obstructed in their exercise, for the want of a due medium.

I begin—(not after the Hebrew fashion of our writers of the present day) at the beginning,—with

JANUARY,

premising, that the following observations are the result of various conversations, du-

ring the last Spring, with my waggish Parisian friend, "Barba," of the Cours des Fontaines.

January is perhaps of all the months in the year the most favourable to enjoyments of the table: then it is, that the gastrologist, vigorous, in high spirits, and with a voracious and insatiable appetite, is a most welcome guest at the tables of—the RICH! —Nor ought he to lack an equal opulence, for he will be expected to act the Amphytrion in his turn. A gastrologist without money is, in fact, one of the most pitiable creatures existing. I remember once seeing through my shop window, a shabby-genteel man, of middle size, adust, and whose suit and hat *had been* black. He was devouring (in imagination) a little side-dish of *truffes à la purée d'alouettes*, which I had, as a

favour, just prepared for the Duchess of Leeds. As my servant carried it up, in its *steam carriage*, the man in black let fall a tear, less certainly than six inches in diameter, but which had the appearance of one entire and perfect chrysolite: I could not help sincerely compassionating him, as he stood shaking, with his hands in his pockets, and an icicle at his nose. Eventually I beckoned him in: he approached me with humility: doubtless, he perceived that I was not only a confectioner, but a man of talent and literary acquirement: not one of your *pain-au-lait* of the city, but a *croquant* of the west end. I offered him a *pâté à la bécasse*, of which, as a favour, I had prepared twenty for the Duchess of ——'s luncheon. He hesitated,—when, with a delicacy worthy of imitation, I just insinuated that I never

charged my friends for what they might fancy. The gentleman immediately seized the pâté, and devoured it at two mouths-full. I ordered some of another kind, and when he appeared more abdominally tranquil, I begged to know by what means he had been reduced to that situation.

"Alas! Sir," said he, "in me you behold one who was the most formidable critic of his time, and the most *recherché* gastrologist. Aiming at notoriety, and careless how I acquired it,—being likewise in circumstances somewhat desperate, and which permitted not the indulgence of my propensity to good living, I solicited by my eccentricities the notice of certain publishers, and, by a piquancy of style, and an extreme perseverance, was employed by them at one farthing per line, during three years. I thus kept soul and

body together, occasionally indulging myself in a *fricandeau;* but forgetting the Italian proverb, I wished to be better than well—and used my introduction to a weekly periodical so energetically, that I at last became its editor.

"Now it was, that I exercised the carving-knife and the tomahawk without mercy. I had always considered, that the first step to being thought clever, was to be critically severe. I set out, therefore, by praising all works of inferior merit, and condemning those of real ability. The truth is, that with all the weekly reviews, excepting the Literary Gazette, Court Journal, and Edinburgh Literary Journal, works of standard merit are NOT UNDERSTOOD,—and, therefore, the only safe means left is to dispraise them generally. My system excited an universal feeling, and sold an addi-

tional number of the periodical* for six calendar months. I lived like an Apicius, and was dreaded as the Domitian of literature: but after that time, labours, even Herculean, were vain to preserve our respectability: the public (which is *not* the many-headed nincompoop that critics think) began to look round,—to awake,—and discerned that the *critiques* upon even the *least talented* of the works condemned by me, *were not by any means equal in talent to the works themselves.* This discovery, which will always be made sooner or later, if it *is* to be made, was our immediate perdition. Puffing was in vain: we might as well have attempted to raise the sea with a pair of bellows!— Atlas (that is, *I*) became prostrate, blown upon, marked—but, unfortunately, not forgotten.

* It was one of those pompous and foolish non-descripts—"a Literary Newspaper."

A fallen diplomatist has as little chance of future employment as an empty, ill-natured, and broken-down critic. I have been reduced to the most abject poverty. I cannot fabricate a story, for I am so well known, that detection would shortly ensue; and my own narrative will necessarily excite only contempt. I, a few days ago, (inclement as is the season) pawned my wig for a shilling,—need I say *more?*

"Poor fellow! I pitied him sincerely, for he was evidently thoroughly repentant of his career; and being so humbled as to care little about the kind of situation he obtained, provided it yielded him the *where-withal*, I procured, through my interest with the Marquis Graham, a situation for him in Lord S——'s establishment, as butler's porter. He now digests about three times his due portion of my lord's delicacies as

they leave the dining-room, with the appetite of a jackall, and brushes off the saw-dust from a cork, more naïvely and hypercritically than any butler, or man-critic in London.

But, what am I doing?—I have quite forgotten the month of January. January is Nature's spoilt-child: all her gifts are laid under contribution by a cook of genius. Beef, veal, mutton, pork, venison, hare, pheasant, plover, the black cock, partridge, wild goose, duck, woodcock, &c., troop up to the great city, dead or alive; and in battalions that serve only to entrance with delight the assembled forces of *bons-vivans*, to whom gold will render them an easy and immediate sacrifice. Cauliflowers and celery rear their tender and delicately juicy heads, merely for the pleasure of being decapitated. At this period, truffles are poetry. And now it is, that a householder must either give good

and frequent dinners, or permit himself to be thrown without the pale of society, with, to use an animating figure, the pitchfork of universal resentment. When the appetite is both excellent and discriminating, the dinner must be abundant and admirable,—anything short of these qualities, is at all times a fault, but, in January, it is a moral assassination!

Talk not to me about presents at this time of the year: there are gifts which are to be valued more, than gold, silver, or precious stones,—I mean good dinners. Who can ever forget the amiable and distinguished Amphytrion, who has caused us to swallow with delight, an incomparable pâté, an indescribable ragout, an inestimable roast, a fowl delicate as the breath of spring, a wine full of incommunicable *attraits*, a liqueur

vrai-vrai-vrai Martinique? Gratitude and digestion combine to offer him homage; his memory lives—in our stomachs, and is therefore ineffaceable!

FEBRUARY.

In foreign countries, February is remarkable for its time of Carnival, wherein the Genius of Good-cheer descends among his votaries, and stimulates them to continued exertions, for the honour of his reign. Then it is, that the veteran cook must prepare for a long and arduous campaign. He must be as indomitable as another Charles XII., for he will have to stand under a *hot fire* for thirty consecutive days. But then, during the hissing of stew-pans and roast mutton, he is permitted to cast a sheep's eye towards Lent, wherein he will be comparatively at

rest. February is rich in excellent things, but we are sorry to say, that the demon EXCESS is then but too busy ;—not so much at family parties, as at those scourges of every domestic tie, *club-dinners*, which admit, of course, the untender sex alone. It is then that *Kœnig Gout*, and the *feu Abbé Apoplex*, make rapid advances over our destinies, and happy is he who comes off without a token of their presence.

Yet how impossible, is it not, to resist the temptations to drive away the gloom of this season of the year, by even extraordinary enjoyments of the table, when, with a sharp appetite, we behold beef, veal, and ham, in their prime; game retaining its odour; and ducks, hens, chickens, and pigeons, with geese at their head, crying out lustily for the spit and the stew-pan !

This is truly *the* month of dinners, indigestions, suppers, balls, fun and confectionery. In this month, old, young, and middle-aged, all *sup*,—a ball without a supper is a fiddle without catgut.

The true hero of this month is the HOG. He appears in all forms, and protean as he is, is the admired of all beholders: *en boudin, à l'andouille, au cervelas, à la rezille de saucisse*,—and in a dozen other disguises, is charming; in short, he is the most solid, and, at the same time, the tenderest of friends!

MARCH.

The month of March is a most happy intervention of abstinence, after the feasting of the prior month. In Catholic countries, it is more remarkable than among ourselves,

but even here custom establishes a diet chiefly composed of fish, during the greater part of the month. Nature, also, would seem to point out to us this procedure; for now Father Ocean is abundantly generous. Billinsgate presents the appearance of our two Houses of Parliament, with their members in full attendance;—while the galleries are shadowed forth to us in the crowd of *gaping* gastrologists, ennuyéd by anticipation of the *fast*, intellectual and bodily, before them!

The labours of the heroic cook, as we have premised, are now infinitely ameliorated, as it respects corporeal employment; but his mind is perhaps more than ever taxed as to its ingenuity. He has but one string of an instrument, on which to play a melody that shall delight the most fastidious!—Unhappy cook!—unless—he *suc-*

ceeds!—then, indeed, he deserves to be chaired from Charing Cross to Spithead; his arms being emblazoned, exhibiting a cod's-head and shoulders, gills, quartered with gudgeons, and with soals for supporters.

The sturgeon, salmon, turbot, carp of the Rhine, eels, crawfish, soals, perch, gudgeon, salmon-trout, lobster, smelt, oyster, &c.&c.,* make their appearance upon the stage of the fishmonger, in all the ravishing and downcast modesty of a *début*.

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* I recollect my friend Barba told me, that they had a favourite fish brought to table in France, called a *vive:* now, since my return I have looked for this marine gentleman in a dictionary, and, to my consternation, I there find, "*Vive*, a SEA-DRAGON"!!!—Stomach of Epicurus, what a digestion our neighbours must have!

Yet, notwithstanding this immense variety, it is still fish,—and what a profound knowledge of animal nature, what science, what an imagination, kindled at the fire of genius, must not that cook possess, who, from one individual source, creates the *gust* of a whole feast!

APRIL.

But fish and vegetables soon tire the stomach,—and in this month fish is fairly hissed from the theatre of good-living. What savory odour is that which salutes our nasal organ, as the folding-doors of the dining-room open their affectionate arms to receive us? What exquisite fragrance is it which stimulates in us the appetite of a giant, and, at the same time, a sweetness of temper analogous to that of a young lady

who has just fallen deeply in love? Oh! mysterious resuscitators of past enjoyment! 'Tis ye,—LAMB, HAM, and GREEN-PEAS! We seat ourselves—we spread our napkins—the half-pint bottle of claret* refreshes our glance to the right,—a goblet, ready for Calvert's brownest, to the left,—we attack in silence,—

(———" Delightful thought,
To rear the tender morsel to the mouth.")

we swallow—we *almost* gormandize. Does any one venture irrelevantly to ask a question? he is unheard. Does another, distant from the dish of peas, require helping, after all but himself have begun the work masti-

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* My friend " Wollaston," of Regent Street, has at all times, in my humble opinion, the very best batch of claret in London.

catory? he *must*, (we are sorry to say) wait, or, fee the domestic. It is the only *mot du guet;* until the guests, with one accord, lifting their sublime heads from their plates, exclaim:

"Moveo et propitior!"

April is the month of hope; we behold in perspective the fête champêtre of May: the flowers have begun to adorn themselves: the fruit-blossoms are so many stars in the atmosphere of the Amphytrion. The asparagus delicately presses us to swallow it, —and, on the horizon, a shoal of mackerel dazzles us with delight! The heart is light, the neck supple, the muscles vivacious, the stomach vigorous. We are happy, simply, in the pleasure of living,—but infinitely more in that of EATING!

MAY

Is the month of music. "Peas!" and "Mackerel!" fill the air with every variety of harmonious combination. Compare an Italian singer,—dare to compare one, for an instant, to a costermongeress, or that Nymph of Billingsgate! What! institute for one moment a likeness between the flatulent "Veluti," and either of those female heralds of enchanting news?—Never!

In this month, beloved reader, we counsel thee to step into the splendid "Café de l'Europe," in the Haymarket. We will not venture to anticipate your happiness as the Carte is at this period placed in your hands; for although May is by no means rich in products, the Conductors

continue to vary with such exquisite taste their viands, from the woodcock to the cutlet, that it is impossible not to sit down with the prospect of a full enjoyment, which, we can promise, will be fully realized. May is the month of all the gentler affections :— would we were young again !

JUNE.

In this month we are almost forced to send our amiable guests *to grass*. With the exception of poultry, we have scarcely anything that is excellent, excepting it be vegetable. Yet the strawberry, raspberry, and cherry, are in perfection ; and the pale-faced and interesting cauliflower, with its powdered head, submits without a murmur to our gastrological caresses.

JULY.

A dinner is now out of the question: now it is that *my* art is felt in all its most enchanting influences: now the dessert is the dinner, and the guests have an air truly homeric:—they are demi-gods and Hebes,—feasting on pine-apples and candied orange-chips!

AUGUST

Is a month *de rien;* every body buries him or herself in the country,—of

SEPTEMBER

we may say the same thing:—and

OCTOBER,

being as much a month of hope as April, conducts us swiftly to

NOVEMBER.

When, emblem of Modesty, and therefore disregarded and contemned, the herring makes his bow. Amiable young creature! while I have a silver-fork left, thou shalt feel its prongs at the very bottom of thy heart!

DECEMBER.

Now comes the month of enjoyment.—Meat and vegetables are all excellent during this month; and, on Christmas-day, the cup of abundance is emptied in sublime confusion on millions of tables!

Thy heart is of granite, whoever thou art, that dost not remember and generously reward the cook wherever thou dinest at this season. Behold, male or female, that

living cinder! It is in thy service he or she has undergone the transformation: pour a *sovereign* balm instantly into their wounds, and so wind up liberally thy twelve months of good cheer,—of which, mayest thou have MANY!

After the above enthusiastic display of the gastrological charms of the year, I think myself in duty bound to point out the very best means of continuing to enjoy them during a long life. Otherwise I should be fearful, lest the fascination of my style might lead some unreflecting persons into the extremes of epicurism, to their manifest and irreparable injury.

APPENDIX II.

THE STOMACH.*

That mysterious, all-consuming, bourne,
Whence neither beef nor pudding e'er return.

The Stomach has a great deal more laid to its charge than it is guilty of; it is just as tractable as any other part of the system when well used; and is often more indulgent. It possesses exquisite sympathy, and is alive to all the injuries inflicted on

* I owe the following ideas, in great measure, to my friend Dr. ——, one of the most talented men I know,—and one of the most philanthropic; but whose modesty will not permit my naming him here.

any of its dependencies: but that it is either a dumpling-bag, or a pair of saddle-bags, to be crammed as full as it can hold, is a mistaken and frequently a fatal notion; in the absence of a better simile, it may be likened both in an anatomical and physiological point of view, to a pair of bag-pipes, which, having an entrance and an exit for the necessary quantity of air they ought to receive and contain, without over-distending its sides beyond the natural elasticity, it submits to the functions it has to perform with equal ease and harmony. In like manner the stomach has its conducting tube for the aliment it is destined to hold for the nourishment of the system; so also has it its common drain, (the intestinal canal) by which all superfluous substances are carried off. By this succession of

changes being regularly kept up, the health and strength of the system is maintained.

The stomach is a membraneous receptacle, placed in what anatomists term the epigastric region, or superior part of the abdomen; and is capable in the adult, of holding upwards of three quarts of water. It receives the *ingesta* from the œsophagus. When empty, it is divided into an anterior and a posterior surface; a great and a little curvature; the *cardiac*, or superior opening; the *pyloric*, or inferior opening. The first, or superior opening, derives its name from its being situated near the heart; the second, or inferior opening, from the latin word *pylorus*, a porter or sentinel; because it guards, as it were, the entrance of the intestines.

The stomach is connected with the *œso-*

phagus or gullet, the duodenum, or first small intestine, the omentum, and pancreas. It is composed of three coats or membranes; and some anatomists enumerate a fourth, or nervous coat. It is supplied with arteries, veins, nerves, absorbents and glands, and is adapted in every respect to receive the *ingesta* or food from the mouth, to retain, mix, digest, and expel it into the duodenum, there to undergo the process of

DIGESTION.

Digestion or chymification, is that change the food undergoes in the stomach, by which it is converted into chyme. The circumstances necessary to effect a healthy digestion of food, are, 1. A certain degree of heat in the stomach. 2. A free mixture of *saliva* with the food in the stomach. 3. A

certain quantity of healthy gastric juice; viz. of that limpid colourless fluid so called, secreted by the exhaling vessels of the very numerous arteries which are distributed on every part of the stomach, and whose principal use it is to digest the food. 4. The natural peristaltic motion of the stomach. 5. The pressure of the contraction and relaxation of the abdominal muscles and diaphragm.

From these circumstances the particles of food are softened, dissolved, diluted and intimately mixed into a soft pap, called chyme, which passes through the pylorus or inferior aperture of the stomach, into the duodenum, or first small intestine, where the nutritious part is separated from it, and taken up by the lacteals or mouths of the absorbent vessels; by which it is carried to

the receptacle of the chyle, and by means of the thoracic duct, carried into and assimilated with the blood.

INDIGESTION.

Organs in the animal economy, cannot long be so deranged as to produce vitiated secretions, without at the same time, giving rise to other deviations from health. The debility of stomach which prevents a due secretion of gastric juice, must at length produce some of those other effects, which are witnessed in disorders of this organ. The symptoms which arise immediately from undigested food, exist in various degrees in different cases. People frequently complain of a sense of distention after eating, of flatulent and acid eructations, who, notwithstanding, enjoy good general

health; and find that even these symptoms may be prevented by taking less food, and that of a more digestible quality.

Among the causes of indigestion, may be enumerated every thing which tends to weaken the system generally, or the stomach in particular; for instance, narcotics, as opium, taken in immoderate quantity, and spirituous liquors, are the most frequent causes; tea, tobacco, &c. the frequent use of warm relaxing liquors; sedentary and studious occupations; imperfect mastication of the food; certain depressing affections of the mind; over-loading the stomach; exposure to moist and cold air; long watching; want of sleep, besides a variety of other causes, depending on local and general disease.

The symptoms, are loss of appetite; nau-

sea, vomiting, flatulence, eructations, rumination, heartburn, pain of the stomach, at least having some or more of these at once; mostly with costiveness; and recovering without disease of the stomach or other parts.

Out of the above cause, arise the *vapours*, *hypochondriasm*, or lowness of spirits, the *fidgets*, *horrors*, *blue-devils*, with their concomitant paraphernalia, and consequent disease. In like manner when indigestion is a consequence of local disease, the primary affections must be attended to.

To remove crudities from the stomach, gentle emetics of ipecacuanha may be prescribed; morbid acidity may be corrected by the interposition of alkalies and absorbents, alone or combined with laxatives. To restore the tone of the stomach and

intestines, vegetable bitters, as infusion of quassia, columba, gentian, &c. Tonics combined with aromatics, air, exercise, the flesh brush, or coarse towel, and the cold bath; attention to regimen, by not overloading the stomach, carefully avoiding the more indigestible and flatulent vegetables; too free indulgence in malt liquors; substituting for them soda-water, toast and water, balm or ginger-beer, &c. when thirst requires such diluents. Brandy and water, madeira and sherry, used in moderation are also beneficial, as cordial and strengthening beverages, but it requires sometimes more than ordinary stoicism, to limit the quantity of such generous luxuries to the just medium necessary to a state of convalescence.

The internal use of the Buxton waters, a warm mineral spring in Derbyshire, has

been found to be of considerable service in symptoms of defective digestion of the alimentary organs.

In investigating the treatment of the disorders of the digestive organs, it is necessary to ascertain, not only what medicines are beneficial, but also what change they produce in the circumstances of the disorder. The administration of a medicine may in one case be succeeded by a discharge of bile, and a striking relief from long-continued and distressful feelings; yet the same medicine may be given in many other instances, without producing the same effects. To what then are such changes to be attributed?

"I have generally explained to the patients," observes an author already quoted, "the objects I had in view, in correcting disorders of the digestive organs, by saying,

that there are three things which I consider as right and necessary to the cure of disorders. *First*, that the stomach should thoroughly digest all the food that is put into it. The patient, perceiving the necessity of this end, becomes attentive to his diet, and observes the effect which the quantity and quality of his food and medicine have upon his feelings, and the apparent powers of his stomach. *Secondly*, that the residue of the food should be daily discharged from the bowels; here too, the patient, apprized of the design, notes what kind and dose of purgative medicine best effect the intention; and whether it answers better if taken at once, or at intervals. *Thirdly*, that the secretion of bile should be right, both with respect to quantity and quality. In cases where the secretion of bile has been

for a long time deficient or faulty, I recommend, as I have said, irritating and undebilitating doses of mercury,* to be taken every second or third night.

This mode, it is observed, of exhibiting the medicine, has at least the advantage of being innocent; and if months elapse before the object is accomplished, we cannot wonder at the tardiness of the cure, when we consider the probable duration of the disorder, prior to our attempts to correct it. The patient is relieved in proportion as the end is accomplished, which feeling induces him to persevere in such innocent measures.

THE ADVANTAGE OF PURE AIR AND EXERCISE.

The advantages of exercise in nervous

* From three to five grains of the blue pill.

disorders, upon which those of the digestive organs in general so greatly depend, are sufficiently apparent. It were to be wished that some criterion or index existed, to denote the strength and irritability of the nervous system, serving as the pulse does with regard to the sanguierous organ. It is probable the strength, agility, and indefatigability of the muscles, may be regarded as the surest evidence of energy, of nervous power, and bodily vigour. If this, however, were admitted, it would follow that many persons, possessing great nervous power, have nevertheless great nervous irritability.

Many who are excessively irritable and hypochondriacal, and are constantly obliged to take medicines to regulate their bowels, whilst they live an inactive life, soon get clear of their nervous irritation, or they re-

quire aperient medicines, when they use exercise to a degree that would be immoderate in ordinary constitutions. The conclusion that may have been drawn, is, that nervous tranquillity is restored in consequence of the redundant energy becoming exhausted by its proper channels, the muscles. On the contrary, when the nervous system is weak and irritable, exercise is equally beneficial; though some caution may be requisite as to the extent in which it may be indulged. A weak and irritable patient may not be able to walk more than half a mile without nearly fainting with fatigue on the first day of the experiment; but by persevering in the effort, he will be able to undergo considerable muscular exertion without fatigue. This certainly does imply a considerable increase of bodily

strength, the acquisition of which is the principal object aimed at in the cure of disorders. The nervous irritability, in like manner, will proportionably diminish with its cause. In the latter case, the nervous energy seems to be augmented in consequence of the demand for it being increased. The elegant and eloquent Addison, speaking of its importance, observes :

" I consider the body as a system of tubes and glands, or, to use a more rustic phrase, a bundle of pipes and strainers, fitted to one another in so wonderful a manner, as to make a proper engine for the soul to work upon. This description does not only comprehend the bowels, bones, tendons, veins, nerves, and arteries, but every muscle and every ligature, which is a composition of fibres, that are so many imperceptible tubes

or pipes, interwoven on all sides with invisible glands or strainers."

This general outline of the human body, without considering it in the niceties of anatomy, points out to us how absolutely necessary exercise is for the right preservation of it. There must be frequent motions and agitations, to mix, digest, and separate the juices contained in it, as well as to clear and cleanse that infinitude of pipes and strainers of which it is composed, and to give their solid parts a more firm and lasting tone. Labour or exercise ferments the humours, casts them into their proper channels, throws off redundancies, and helps nature in those secret distributions, without which the body cannot subsist in its vigour, nor the soul act with cheerfulness. It keeps the understanding clear, and the imagination untroubled

by refining those spirits that are necessary for the proper exertion of our intellectual faculties, during the present laws of unison between soul and body.

It is, in fact, to the neglect of exercise that must be ascribed the spleen, and a variety of similar complaints that flesh is heir to; particularly that irritability of temper, which men of studious and sedentary habits are so apt to acquire; as well as that fretfulness of disposition called the vapours, to which the other sex are so often subject.

Had exercise not been absolutely necessary for our well-being, nature would not have made the body so proper for it, by giving such activity to the limbs, and such pliancy to every part as necessarily produce those compressions, extensions, contorsions, dilatations, and all other kinds of motions

necessary to the preservation of such a system of tubes and glands as before mentioned. And that inducements might not be wanting to engage us in such an exercise of the body as it is proper for its welfare, it is so ordered, that nothing valuable can be procured without it. Not to mention riches and honour, even food and raiment are not to be come at without the toil of the hands and the sweat of the brow. Providence furnishes materials, but expects that we should work them up ourselves. The earth must be laboured before it gives its increase; and when it is forced into its several products, how many hands must they pass through before they are fit for use; manufactures, trade and agriculture, naturally employ more than nineteen parts in twenty of the species; and, as respects

those who are not obliged to labour, by the condition in which they are born, they are more miserable than the rest of mankind, unless they indulge themselves in that voluntary labour, which goes by the name of exercise.

Mr. ABERNETHY, who justly conceives that exercise is not employed as a medical agent, to the extent that its efficacy seems to deserve; and who of its medical effects, as is well known, entertains the highest opinion, prescribes the following rather questionable rules for his patients; whom, we presume, he must, from a species of animal analogy, consider very much in the light of stage-horses.

"They should rise," says he, "early when their powers have been refreshed by sleep, and actively exercise themselves in

the open air till they feel a slight degree of fatigue; they should rest one hour, then breakfast, and rest three hours, in order that the energies of the constitution should be concentered in the work of digestion; then taking active exercise again for two hours, rest one; then taking their dinner they should rest for three hours, exercise two, rest one, and take their slight meal. The state of the weather need present no objection to the prosecution of measures so essential to health, since it is in the power of every one to protect themselves from cold by clothing; independent of this, exercise may be taken in a chamber, with the windows thrown open, by walking actively backwards and forwards, as sailors do on ship-board;" that is, trotting up and down stairs, or playing Tom Cox's traverse, out of one room into another.

People are also cautioned againgt sleeping too much, as it is a cause of gout and other chronic disorders. Waking, undisturbed from sleep, indicates that the bodily powers are refreshed. Many persons upon first waking, feel alert and disposed to rise, when, upon taking a second nap, they become lethargic, can scarcely be awakened, and feel oppressed and indisposed to exertion for some time after they have arisen.

When nervous disorders, which are invariably complicated with those of the digestive organs, and are often mistaken for them, are long continued, they do not admit of a speedy cure; hence, attention to diet, air, exercise, and mental tranquillity, are more decidedly beneficial than medicines. And it is well authenticated, that patients labouring under the irritation of

a local disease, who can scarcely either eat or sleep in town, recover their appetite and digestion, and sleep so soundly, on their removal to the country, as to leave no room for doubting, that the change of air has produced this beneficial alteration in their health. But this does not prove the case in all instances; in the majority of cases, neither change of air, nor change of diet, will do any good; and frequently also they do harm. Sleep nevertheless is a branch of the restorative principle; it is indispensable to life; and may without injury be shortened by habit.

Let it be further observed, that "he who concocts and digests well, will be long lived; concoction is performed during rest and sleep, and digestion by watching and exercise. From eating comes sleep, from

sleep, digestion; and from digestion a good perspiration.

What are termed bilious constitutions are very much hurt by too much sleep, which chokes up as it were, the perspiratory functions, and exposes the head and bowels to be affected by retention. As an incentive to health, exercise gives vigour and strength, consequently ought never to be disregarded where it can conveniently be adopted; but if exercise conduces to throw off all superfluities in the system, temperance in diet prevents their accumulation, and renders it less necessary; if exercise clears the vessels, temperance neither satiates nor overstrains them; if exercise raises the proper ferments in the humours, and promotes a salutary state of the circulation, temperance gives nature her full

scope, and enables her to exert herself with all her force and vigour: and if exercise dissipates a growing distemper, temperance starves it.

The man who will not eat when he is hungry, but waits an hour longer for a dinner or any other meal, deserves to lose his appetite for his pains.

As regards the quantity of food, this will mostly be regulated by the appetite, which cloys in proportion as the containing medium fills; and the man who neither knows nor cares when he has eaten enough, will be little benefited by any instruction. The quality of food will also be considerably regulated by the appetite, and the means of procuring one description of aliment in preference to another; not forgetting the facility or difficulty with which

it may be obtained. The mode of preparing food, will, in like manner, depend as much on convenience as upon taste. But the most difficult and perplexing circumstance, frequently connected with the process of digestion, is the means of procuring any quantity or quality of food. This is the grand consideration with the majority of people; and to those in good health, there are no rules like nature's—that is to say, eat, drink, and sleep, as she dictates, if you have the means, and nothing particular interposes, between these restoratives and her cravings.

A healthy stomach, so far from submitting to rules, would spurn them with contempt. To talk about the digestive organs of a man in health, digesting this or that substance, we laugh at such non-

sensical notions. The healthy stomach knows no distinctions, and, with the exception of the duration of the process, which is the only difference, it is as capable of digesting a cobler's lapstone, as it is a red potatoe.

A debilitated or morbid state of the stomach, in consequence of long continued intemperance, local or general disease, &c. may have its powers diminished often so considerably below the standard of health, as frequently to require some little nicety in the selection and preparation of food; but the man in health must be an epicure, more or less, who diverges beyond the simplest mode of cookery in the gratification of his palate, or in the choice of his nutriment.

A sensible writer observes, that " the

diet of a human creature, full grown, and in the state of manhood, ought to be solid, with a sufficient degree of tenacity, without acrimony, their chief drink cold water; because, in such a state, it has its own natural spirit and air, (which heat destroys,) with a quantity of fermented liquors, proportioned to their natural constitutions.

"The solidity, quantity, and strength of the aliment is to be proportioned to the labour or quantity of muscular motion, which in youth, is greater than any other age, on which account, a strong and solid diet would seem to be indicated. But as their age is still in a state of accretion, the diet ought still to be emollient and relaxing, copious and without acrimony."

"Infancy and childhood demand such copious nourishing aliment, as lengthens

their fibres, without breaking or hardening, because of their weakness and state of accretion. Milk has all these qualities."

A variety of the most equivocal experiments have been made to prove individual facts on the subject of digestion, few of which, though many of them revolting to nature, have proved conspicuously useful. Among these are a number of useless essays on digestion, or rather on the powers of the stomach in preparing the food for the purpose of nutrition. Dogs and cats without number have been sacrificed to ascertain a mere nothing—ransacked, to ascertain whether beef, pork, mutton, veal, gristle, sinew, bone and fat, were easiest of digestion. But admitting that pork be more easily digested than any of the other named substances in a dog's stomach, by analogy

in a man's, does it not equally prove, that that food which the stomach most easily digests, requires most frequently to be replenished? and that were such rapid digestion uniformly effected, either indigestion from continued exertion, or a morbid fatness or obesity would be the inevitable consequence. But it does not follow that the food easiest of digestion, is on that account the most nutritive; although that which is most easily and rapidly digested, may accord best with the intention of nature. Instead, therefore, of butchering dogs and cats in cold blood, to ascertain, after a given time, the particular power of digestion that takes place in different kinds of animal food, would it not be more humane, and the experiment more decisive, to take a number of dogs, of equal species and

magnitude, (if the same number of half-starved fellow-creatures would not answer the same purpose) and feed them for three or six months, one upon pork, another upon mutton, the third on beef, and the fourth upon veal, and so on? would it not be visible by the end of this, or a less degree of time, which of these animals was in the best condition? consequently the particular food it was fed with, by analogy, might be considered the most nutritive, the most healthy to the human species.

The stomach has gone through such a variety of metamorphoses in the hands of different digesting gentlemen, that it has been assimilated by them to every thing but what it actually is. It has occasionally been converted into a grinding-mill; a common digester for making soup; a brewer's

vat, or a fermenting tub, &c. We can however assure the less informed, that digestion does in no way resemble any chymical process; for digestion alters all kinds of vegetables and animal substances in their original structure, and a third sort of homogenous matter is the result; viz. chyle, which resembles neither the one nor the other of these, before they are converted into nourishment for the body; and this change in their natural properties takes place, in these different substances, at the same time, which never occurs in any chymical process.

In a word then, as regards food, that quality of it, generally speaking, is the best and most conducive to health, which is most simple, purest and most free from irritating properties, and such as approaches nearest to the nature of our bodies when in a state

of health, or which admits of being more easily converted or assimilated into their substances by the powers of life, after it has been duly prepared by the art of cookery, although at times it is quite superfluous to be over nice even on this point; and viewing the subject on a comprehensive scale, there is much reason to suppose that there is scarcely a substance, animal, vegetable, or mineral, that does not in some manner or other contain the basis from which some animal is capable of extracting nutriment.

THE PHILOSOPHY OF THE STOMACH.

"Ingenii largitor venter!"—*Persius.*

THE stomach, though the main spring of our system, ought not unnecessarily to engage more of the attention of men, than is requisite to the due performance of its func-

tions and the maintenance of health. If it be not however, sufficiently wound up to warm the heart and support the circulation, the whole business of life will in proportion be ineffectively performed; we can neither think with precision, sleep with tranquillity, walk with vigour, or sit down with comfort. That the stomach has considerable influence over all the natural functions, must unquestionably be admitted; but that any of these functions are subject to be seriously deranged by a partial or occasional privation of aliment, is supposing at once that the wheels of the machine become instantly clogged and rusty, unless the anti-attrition be constantly administered to keep them in full play. This, however, is not the case, as abstinence, when not carried too far, quick-

ens the perceptions, and gives fresh energy to the powers of the mind.

In almost all ages there have been disputes, and controversies concerning the food best suited to the nature of man; in order to ascertain whether a mixed diet, or one purely vegetable or animal, be most favourable to the development of the bodily powers and mental faculties. With regard to the effects of these foods on men, it must be observed, that there are no persons who live entirely on vegetables. The Pythagoreans themselves ate milk; and those who do so mostly, as the Pythagoreans, are weakly, sick and meagre, labouring under constant diarrhœa, and several other diseases. The hardy and robust never live on these, but on more substantial aliment; although in hot climates, vegetable diet, without inconveni-

ence, may be carried to great excess; and although it be granted that man is intended to live promiscuously on these different foods, yet the vegetable should be a very great proportion.

Animal food, although it gives strength to the body, is, nevertheless, not without its hazards to the system; insomuch that it is productive of plethora with all its consequences. By acting as a stimulus to the stomach in particular, and to the system in general, it excites fever, accelerates the circulation, and promotes perspiration. By a repetition of these stimuli, the system is soon exhausted; and a man who has betimes accustomed himself to animal diet, is either early carried off by inflammatory diseases, or if he does not take exercise enough to render that diet salutary, such an accumu-

lation of putrescent food is made, as in his late life lays the foundation of the most inveterate chronic distempers. It becomes, therefore, a question whether such a degree of bodily strength, with so many dangers and inconveniences attending it, is at all desirable.

By a long continued use of animal food, several instances of scurvy in excess have been produced; it is then always unlucky to be obliged to prescribe meat; but, when it is become absolutely indispensable, it should be combined with as much vegetable aliment as possible; and when a cure is effected, it should be gradually resumed.

The assimilation of vegetable aliment is more easily effected in warm than in cold climates, so that in the former it may be more plentifully used, and when joined to

exercise, it imparts a tolerable degree of strength and vigour; and, although the general rule be in favour of animal diet, for giving strength, still there are many instances of it being produced in a remarkable degree from vegetables, which have the advantage of whetting the appetite as well as being less liable to affect us from a full meal of it. In short, a variety of considerations taken into the account, it may be justly concluded that a large proportion of vegetable food is beneficial to the generality of mankind; inasmuch as it secures health, and tends to the prolongation of life. Infancy and youth, should principally be confined to it. In manhood and in the decline of life, animal food may be more freely used; and towards the end of life, a return to a vegetable diet should be again solicited.

COOKS.

As the chief business of cooking is to render food easy of digestion, and to facilitate nutrition; this object is most completely accomplished by the simplest process. Unfortunately, however, this intention is frequently overlooked, and that which was designed for a wholesome and nutritious purpose, is by the ingenuity of the cook converted into a stimulus, to excite the organs of digestion to undue action, thereby exhausting the energy of the digestive organs, which in this manner get out of repair.

Livy informs us that, in ancient days, a cook was considered as a base knave; but he is now a great man, in high request, a companion for a prince, and the rival of a gentleman, and his skill now ranks among the finest arts, and most noble sciences.

A thorough knowledge of the aliment destined for our constitution and of good cookery, stand in the foremost rank of the science of gastrology, as being the most important towards the preservation of the human species, and as leading to the perpetuity of all the enjoyments of nature. It is by wholesome and nutritious aliment that our limbs are strengthened, and that those organs destined to the perfection of the senses, are reanimated. It is from the juice of our alimentary fluids, that the entire texture of our frail machine is formed. It is to the chyle which proceeds from our food, that we are indebted for our blood, flesh, nerves, organs; and all our senses owe their existence and sensibility to it. Is it not then a matter of some surprise and of considerable regret, that so much pains should be taken

to sophisticate the very staff of life, by every art and invention that refined epicurism and unnatural palates can suggest.

Appetites are often capricious when left to the imagination; and the stomach when accustomed to artificial stimuli, plays such fantastic tricks, that a straight jacket would be as indispensable on these occasions, to prevent it from destroying itself, as upon the most determined suicide.

According to gastronomers there are three sorts of appetite, two of which come more immediately under the consideration of the gourmand. "The first is that which we feel upon an empty stomach, a sensation so imperious that it does not quibble much with the description of food; but which makes the mouth water at the sight of a good ragout. The second is that which is felt

when sitting down to a table without being hungry, we taste some succulent dish, which realizes the proverb that 'an appetite comes by eating;' and which may be compared to a husband whose lukewarm heart grows warm on the first caresses of his wife. The third is that excited by some delusive viand, which makes its appearance toward the end of a meal, when the stomach already satisfied, the temperate man is about to retire without reluctance. This may be typified by the gross desires of libertinage, illusory, and feeding only in the mind. A knowledge of stomachical metaphysics ought to direct a skilful cook how to prepare, the first, second, and third courses; the last of which usually consists of a ridiculous variety of wines, liquors, fruits, confectionery, &c. to feed the eye, to overcome the stomach, paralyze di-

gestion, and 'seduce children of a larger growth,' to sacrifice the health and comfort of several days, for the baby pleasure of tickling their tongues with these new-fangled lollypops."*

The most insane stomach, or if the expression please better, the greatest epicure of whom we have any modern account, was Lewis Count Zinzendorf, who was no less distinguished by all the memoir writers of the last century, from the solemn Marquis de Lamberti, down to the ingenious Baron de Pollnitz: the latter of whom remarks "that he kept the noblest and most elegant table at Vienna." With all his shining talents, and profound abilities, which had rendered him admired in so many different

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* See Goëthe's Faust.

courts, the Count was less zealous of his reputation in the cabinet, than of his honour in displaying the most splendid, and the most exquisite table, that perhaps was ever kept in that or any other capital. His magnificence in this point would have been truly wonderful, if it had not been eclipsed by various excellences of a superior kind. His skill was so great, that he was equally acquainted with Asiatic and Italian luxury. His olios exceeded those of Spain; his pastry was much more delicate than that of Naples; his perigord pies were truly brought from thence; his sausages were made at Bologna; his macaroni at the grand duke's court; and as for his wines, no country that produced a grape of any repute, but a sample of it, for the honour of its vineyard, was to be found at his all-spacious side-board. His

kitchen was an epitome of the universe; for there were cooks in it of all nations; and in the adjacent numerous and spacious apartments, were to be found rarities collected from all the quarters of the globe. He had, in order to collect these, his agents for provisions in every country; the carriages on which they were laden, came quicker and more regular than the posts, and those who were well informed believed that the expense of his entertainments, ran higher than that for secret correspondence, though very possible they might be rendered subservient to each other.

In order to display his superior learning, he would discourse at large, and deliver the most curious as well as copious lectures on all his domestic and exotic delicacies. In these he showed a true spirit of justice; no

man was ever less a plagiary. "This pillau," he would observe, he had from prince Eugene, who had it from the bashaw of Buda; the egg soup, was made after the mode of the marchioness de Prie; the roan ducks were stewed in the style of the cardinal du Bois; and the lampreys came ready dressed from a great minister in England. His dishes furnished him with a kind of chronology; his water *souchy* was borrowed from marshall d'Auvergue's table when he was first in Holland; the pheasant *tourte* was a discovery he made in Spain, where he was so lucky to pick up a man, who as a purveyor, had been in the service of that prince of *bons-vivans*, the duke de Vendome; but he always allowed that the grand school of cookery was the congress at Soissons, where the political conferences proved ineffectual,

but the entertainments of the several ministers were splendid beyond description. In a word, with a true Apician eloquence, he generously instructed all the novices in good living; began with a champignon no bigger than a Dutchman's waistcoat button, and ended with a wild boar! the glory of German forests.

On his public days, there was an half hour, and sometimes near a whole one, when he was altogether inaccessible; and with respect to his employment on these seasons, as is ever the case as to the privacies of prime ministers, there was a great variety of deep as well as different speculations. An inquisitive foreigner, however, resolved to be at the bottom, cost what it would; and by a gratification to one of his pages, which might have procured a greater secret,

he was let into this, when he beheld from his recess the following scene. The count, seated in his elbow chair, gave the signal for his being ready for the important business, when, preceded by a page, with a cloth on his arm, and a drinking glass, one of his principal domestics appeared, who presented a silver salver, with many little pieces of bread, elegantly disposed; he was immediatele followed by the first cook, who, on another salver, had a number of small vessels filled with so many different kinds of gravy. His excellency then tucking his napkin into his cravat, first washed and gargled his mouth, and having wiped it, dipped a piece of bread into each kind of sauce, and having tasted with much deliberation, rinsing his palate (to avoid confusion) after every piece, at length, with inexpressible sagacity de-

cided as to the destination of them all. These grand instruments of luxury, with their attendants, were then dismissed; and the long expected minister having fully discussed this interesting affair, found himself at liberty to discharge the next duties of his political functions. This proves that the science of eating, after all, is no liberal science; and that such finical nicety, and such studious deference to pamper the palate, is more noxious than beneficial; for let us only draw a comparison between the plainest and the most choice and refined *bon-vivans*, and we shall find upon an average, that the lives of the latter barely number above half the years of the former.

SALUTARY ADMONITIONS. THE HUMAN FRAME, A BARREL ORGAN.

Instead, therefore, of adopting or imitating the destructive refinement of the epicure, it would be well, without falling into the other extreme, were people to follow the advice given by Mr. Addison in the Spectator, of reading the writings of Cornaro; who, having naturally a weak constitution, which he seemed to have so ruined by intemperance, was expected to die at the age of thirty-five; but who at that time of life, adopted such a regimen, that he only allowed himself twelve ounces of food daily. By this plan of diet, he lived upwards of an hundred years; and it is pleasing to observe the tranquil, cheerful, and energetic state of mind accompanying his bodily health, which in a great degree was induced by it.

Cornaro found, that as the powers of his stomach declined with the powers of life in general, it was necessary he should diminish the quantity of his food, and by so doing, he retained to the last the feelings of health. Hence again, the comparison of the human frame to a barrel organ, possessing a systematic arrangement of parts, played upon by peculiar powers, and executing particular purposes; life being the music produced by the general assemblage or result of the harmonious action; so long, therefore, as either the vital or the mechanical instrument is duly wound up by a regular supply of food, or of the wind, so long the music will continue; but both are worn out by their own action; and when the machine will no longer work, the life has the same close as the music; and in the language of Corne-

lius Gallus, as quoted and applied by Pope Leo X.

Redit in nihilum, quod fuit ante nihil.

"Simple diet," observes Pliny, "is best; for many dishes bring many diseases; and rich sauces are worse than even heaping several meats upon each other." But there is not so much harm proceeding from the substance and quality of the food itself, as from the intemperate and unseasonable use of it. As a general rule, therefore, that quantity of food may at all times be ventured upon, which nature is able to "*concoct, digest* and *perspire;*" and if it were exactly known how much food it would be convenient for the stomach to bear every day, a man's health and strength might be preserved to a great age, but *malheureusement*, the all devouring gut, the "*omnivo-*

rantia et homicida gula," destroys more than the sword.

Gluttony is the source, indeed, of all our infirmities, and the fountain of all our diseases. "As a lamp is choaked by a superabundance of oil, a fire extinguished by excess of fuel, so is the natural heat of the body destroyed by intemperate diet." An insatiable stomach is a pernicious sink. Mercurialis eloquently insists that gluttony is a peculiar cause of disease; and this opinion is not only confirmed by Hippocrates, Solander, Crato, and other writers, but by the common observation and experience of mankind.

The old proverb, that "a good appetite is the best sauce," is true to an azimuth. The artificial palate of the epicure, how keen soever it may be, stands far below the

natural stimulus. The black broth of Lacedemon has long continued to excite the wonder of the philosopher, and the disgust of the epicure. When Dionysius had tasted, he exclaimed against it as miserable stuff. The cook replied, "it was no wonder, for the sauce was wanting."—"What sauce?" asked Dionysius; the answer was "*labour* and *exercise*, *hunger* and *thirst*, these are the sauces we Lacedemonians use, and they render the coarsest fare agreeable.*"

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* By a *recent* Publication, I find I am at liberty to announce that ornament to his Profession, Dr. Stevenson, as the Author of the foregoing very talented observations.—W. G.

APPENDIX III.

DICTIONARY OF RAW MATERIALS,

IN USE BY CONFECTIONERS.

I have now, gentle reader, given you about as much of the *blue-pill*, as is perhaps agreeable, and as the subject may be becoming somewhat prosy, I at once relinquish it, and leave to your own good sense, any further considerations on the subject of *digestion*. I now proceed to a very important part of my work, and which is in the form of a dictionary of the *Raw Material* of Confectionery. Nothing of the kind has ever yet appeared, and I feel convinced that it will be greedily consulted by the profession, and read with pleasure by the amateur.

A.

ALMONDS.—The *Communis* or common Almond is a native of Africa, and grows to the height of 20 feet. It is a beautiful flowering shrub.

The Dwarf Almond is a native of Asia Minor. The double kind bears a charming flower, and is the ornament of our plantations.

Sweet Almonds afford very little nourishment, and are not easy of digestion.

Bitter Almonds are deleterious, when eaten in quantities and unprepared. The presence of Prussic acid is very manifest.

APPLE.—The common Apple tree grows about thirty feet high. Botanists contend that the Crab Apple of the hedges is the *original*. There are about forty-five varieties in use, eighteen of which are for deserts. I need not make a catalogue for the fruiterer.

B.

Is to us an empty letter.

C.

brings us at once upon the delicious beverage Coffee, the nature of which, every true Confectioner should be thoroughly master of. We treat Coffee also in a variety of ways, by way of obtaining its flavour for creams, liqueurs, &c. &c. All however that I can say, must come short of the *naïve* humour of the following charming discussion, in a language with which, at the present day, all are familiar, of course,—if not, the march of Intellect has hired him ten thousand steamers, from the tower steps to Calais, but to little purpose indeed!!—

"Parmi les boissons, la plus flatteuse, la plus inspiratrice, le café, est digne de tout notre amour. Il éloigne le sommeil ou le

rend agréable et léger ; il ravive l'imagination, dispose à la gaîté, facilite la digestion, dissipe l'ivresse, ajoute à l'esprit de ceux qui en ont, en donne pour quelques instans à ceux à qui est dévolu le royaume des cieux, fortifie le cerveau, dissipe les vapeurs, et rend la mémoire plus sûre.

"L'histoire du café, toute moderne, est peu connue ; elle est pourtant intéressante, et doit plaire à tous ceux qui apprécient ses bienfaits. Cette considération nous engage à en consigner ici les détails principaux.

"L'arbuste qui produit le café est originaire de l'Arabie Heureuse (cette plante pouvait-elle naître ailleurs qui dans le paradis terrestre ?)

"Quand il a atteint toute sa hauteur, il ressemble assez à nos arbres fruitiers de huit à dix ans. Le bois en est tendre et

pliant à tel point, qu'on peut facilement faire toucher la terre à la plus haute branche sans la casser.

"Son écorce est blanchâtre et raboteuse; la feuille ressemble à celle du laurier, quoique un peu moins pointue; l'arbre est toujours vert, il ne se dépouille jamais de toutes ses feuilles à la fois; elles sont rangées, des deux côtés des rameaux, à une médiocre distance. Pendant toute l'année, et dans le même temps; on voit sur le même arbre, feuilles, fleurs, et fruits, en différens degrés de maturité. Les fleurs sont blanches et ressemblent beaucoup à celles du jasmin; l'odeur en est très-agréable, quoique la saveur en soit amère; elles sont placées entre la queue des feuilles et la tige; chaque fleur produit un fruit très-vert d'abord, mais qui devient rouge en mûris-

sant, et ressemble à une grosse cerise; il est agréable à manger alors, nourrit, et rafraîchit beaucoup. Sous la chair de cette cerise, on trouve, au lieu de noyau, la fève que nous appelons café, enveloppée d'une très-fine pellicule; cette fève est alors extrêmement tendre; sa saveur est désagréable; mais à mesure que cette espèce de cerise mûrit, la fève qu'elle renferme se durcit insensiblement. Enfin, le soleil ayant tout-à-fait desséché ce fruit rouge, la pulpe, que l'on mangeait auparavant, devient une baie de couleur fort brune; ce n'est plus qu'une écorce qui enveloppe le café. La fève est pour lors solide et d'un vert clair; elle nage dans une sorte de liqueur épaisse, noirâtre et très-amère; la baie est attachée à l'arbre par une guerre courte; chaque baie contient une seule fève qui se divise en deux moitiés ou grains.

"La récolte du café pourrait se faire en tout temps; mais les Arabes choisissent le mois de mai pour le moment de leur cueillette. Ils étendent alors de grandes pièces d'étoffe sous les arbres, qu'ils secouent pour faire tomber le café mûr qui se détache des branchages.

"Depuis que le café a été transplanté dans les colonies, il est devenu fort commun; mais le meilleur croit toujours dans le royaume d'Yémen; celui d'Oudet est le plus renommé parmi les Orientaux; on lui donne en France le nom de café Moka, parce qu'en 1709 une compagnie de Français, sous la conduite du capitaine Merveille, a commencé à faire le commerce du café dans la ville de Moka, où résident les courtiers des Indes.

"Le café faisait les délices des Turcs, dès le seizième siècle. Au commencement du dix-septième, quelques négocians hollandais et

anglais, ayant pris l'habitude d'en boire dans le Levant, firent connaître cette décoction dans leur patrie. On en avait cependant goûté déjà à Marseilles dès 1654, mais si mal apprêté, qu'il n'avait inspiré que du dégoût. Le célèbre voyageur Thévenot, au retour de ses courses en 1658, regala de café ses plus intimes amis. Dès lors, la réputation d'un certain breuvage oriental presque inconnu, se répandit insensiblement en France. On citait un homme qui avait pris du café, à peu près comme on dirait aujourd'hui, M. un tel a vu les sources du Nil, M. un tel a été à Pékin. Enfin, en 1669, le Grand-Seigneur ayant envoyé à Louis XIV un ambassadeur nommé Soliman-Aga, qui plut beaucoup aux Parisiens et aux Parisiennes par son esprit et sa galanterie, on voulut goûter la liqueur qu'il

offrait aux dames, selon l'usage de son pays, et quoique sa couleur fût noire, et sa saveur âpre et amére, disent les Mémoirs du temps, sa singularité ou sa nouveauté le firent réussir.

"Après le départ de Soliman-Aga, on voulut se procurer du café, et surtout le prendre à la turque. On imita mal le procédé, de sorte qu'on le faisait détestable. On se consolait de ce petit désagrément; on avait l'essentiel, les cabarets vernis, les tasses de porcelaine de la Chine, et les serviettes de mousseline à franges d'or, comme les Ottomans.

"Dès qu'il fut convenu que le café faisait partie des jouissances de la classe opulente et distinguée, chacun voulut en prendre, au moins de temps à autre, et comme par partie de plaisir.

"Alors, en 1672, un Arménien, nommé

Pascal, s'avisa d'ouvrir à la foire Saint-Germain une boutique où il donnait à boire du café. La foire étant finie, il alla s'établir sur le quai de l'Ecole ; là il fit une fortune rapide. Mais ses successeurs, soit qu'ils n'eussent pas le talent, aujourd'hui si commun, de bien apprêter le café, soit (ce qui est plus probable) qu'ils n'inspirassent pas de confiance aux badauds, parce qu'ils n'avaient pas de larges robes arméniennes, et qu'on voulait plutôt du café à la turque que de bon café, ses successeurs, dis-je, se ruinèrent tous, et près d'un siècle s'écoula avant que le café reprît sa première gloire.

"Cependant les grands et la haute société en continuèrent l'usage ; on commençait méme à en savourer le parfum, à le préparer convenablement, à le prendre plutôt par goût que pour se distinguer.

" Dès-lors s'opéra en France une grande révolution morale. La cour de Louis XIV se fit distinguer par une politesse exquise de mœurs, une finesse parfaite de tact, une élégance soutenue de manières ; elle donna le ton à l'Europe, et ces progrès sensibles de civilisation, c'est au seul café qu'il faut en faire honneur.

" C'est à lui aussi, à la puissance d'imagination, à l'excitation des facultés du cerveau, produites par son usage, que l'on doit le développement des beaux génies qui ont brillé dans cette cour, tandis que le peuple (qui ne prenait pas encore de café,) plongé dans l'épaisse matière, restait ébloui de l'éclat extraordinaire de ces êtres supérieurs, dont les facultés intellectuelles venaient en droiture de la Mecque et du royaume d'Yémen.

"Aussi, dès que l'usage du café devint général, dès que cette source d'imagination, de gaîté, d'esprit, de génie, coula pour tout le monde, il arriva ce que l'on pouvait prévoir, ce que nous voyons aujourd'hui ; que personne n'apprécie plus l'esprit parce que tout le monde en a.

Revenons à l'histoire du café : au commencement du dix-huitième siècle, un Sicilien, nommé Procope, releva l'honneur de la cafetière ; comme Pascal, il loua une boutique à la foire Saint-Germain : elle fut décorée avec élégance, et dans ce local la meilleure société de Paris sembla s'être donné rendez-vous.

"Il signor Procope, que tous les cafetiers de la capitale devraient fêter comme leur patron, joignit à son débit de café celui du thé, du chocolat, et des liqueurs chaudes de

toute espèce. Enfin, il se logea vis-à-vis de l'ancienne salle de la Comédie française, où son établissement, encore en vogue aujourd'hui, fut long-tems le rendez-vous des amateurs de spectacle, et le champ de bataille des querelles littéraires.

"Les médecins, qui rarement sont d'accord entre eux, ont émis une foule d'opinions sur les effets du café; nous laisserons ces graves personnages s'en tirer comme ils pourront, et passerons à côté de cette mêlée, pour nous livrer paisiblement à quelques observations sur ses effets remarquables.

"Tout homme qui boit du café pour une première fois, est inévitablement privé de son sommeil habituel; il est beaucoup de personnes sur qui cet effet continue d'avoir lieu, sans que l'habitude puisse le vaincre. On en doit conclure que le café exerce une

puissante irritation sur les facultés cérébrales. Ce qui confirme cette observation c'est que la plupart de nos grands écrivains ont pris beaucoup de café; Voltaire et Buffon en faisaient un usage immodéré : aussi remarque-t-on dans leurs écrits une lucidité, un enthousiasme, un esprit qui devient en quelque sorte communicatif pour le lecteur qui a pris aussi son café.

" Napoléon buvait jusqu'à vingt tasses de café par jour, et ne s'en portait par plus mal.

" Cette prédilection du maître de l'empire pour le café fut cause des nombreuses tentatives, des coûteuses recherches, auxquelles se livraient presque simultanément tous les savans, il y a quelques années, pour arriver à découvrir la meilleure manière de faire le café.

" La physique alors fut appelée au secours de la chimie, pour perfectionner cette im-

portante branche de l'économie domestique.

" Pour faire de bon café, en effet, il faut déterminer d'une maniere précise, invariable, le degré de torréfaction du café ; degré tel que ses principes odorans ne soient pas dissipés par une chaleur trop vive, mais qu'ils se trouvent développés dans une proportion convenable.

" Obtenir, du café liquide, un point de concentration tel qu'il garde tout son arôme, tout cet esprit recteur qui lui donne l'âme et la vie.

" Conduire cette opération de manière à ce que cette matière âpre et stiptique qui se trouve dans les arrière-principes du café, ne se mêle jamais a son infusion.

" Ce sont autant d'opérations vraiment chimiques, qui exigent beaucoup de connaissances théoriques, une pratique habituelle,

et un degré de savoir et d'expérience qu'on ne peut raisonnablement exiger d'une cuisinière, d'un officier, d'un limonadier, ni même de beaucoup de savans.

"Pour arriver à ce sublime résultat, on proposa mille méthodes; on voulut faire le café: sans le réduire en poudre, en l'infusant à froid, en le soumettant à l'autoclave, etc., etc.; toutes ces belles inventions ont amené de piteux résultats; une seule les a toutes vaincues, c'est la *cafetière à la Dubelloy*, et après avoir nous-même expérimenté en cent façons, nous avons fini par nous arrêter à la manière suivante, que nous donnons pour officielle.

"On brûle séparément, et *soi-même** une

* Recommandation importante. La bonté de la liqueur dépend spécialement du degré de torréfaction; la moindre négligence à cet égard

partie de café Martinique vert, une café Bourbon, une Moka. On opère ensuite le mélange, et on réduit le tout en poudre (pas trop fine ;) puis on opère d'aprés le système de la cafetière *Dubelloy*, qui consiste à verser l'eau bouillante sur le café placé dans un vase à double fond percé de très-petits trous. L'eau s'écoule chargée de toute la partie essentielle. On la met alors sur le feu jusqu'à ébullition, on la repasse de nouveau dans l'appareil, et on obtient un café aussi clair, aussi bon qu'il se puisse faire : celui qui a le gosier pavé, et peut avaler toute bouillante cette délicieuse boisson, ne doit plus envier l'idéale ambroisie.

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altère le parfum du cafê. Brûlé à point, le grain doit être *alesan clair*. Il vaut mieux brûler moins que plus ; l'inconvénient subsiste dans les deux cas, mais dans le premier il est moins désastreux.

D and E being unprolific we proceed to

F.

Which brings under our contemplation one of the chief bases of a portion of our art in FLOUR.—Wheaten flour consists of two ingredients, one called *farina*, the other *gluten*: the last is the most nutritious. Wheaten bread contains a greater portion of *gluten* than others.

New flour never makes good dough: it should have lain over some three months at the least. The theory of the fermentation of dough is involved in very considerable obscurity, notwithstanding the many experiments of Monsieur Duportal.

The flour of this country is peculiarly white, but it has a tendency to harden and

soon becomes musty; that is, filled with a worm, its own colour, and therefore invisible. In brown flour the colour of the worm is brown.

The French flour makes better bread, although it is by no means so fit for delicate pastry as ours; French articles in pastry never possess that transparent whiteness for which ours are remarkable. I advise to be very particular in selecting your flour merchant; it is a trade so open to every species of fraud that too much caution cannot be preserved.

You may perhaps recollect that it was proved, on one occasion, that no less than two hundred tons of PIPE-CLAY were shipped at Poole, and consumed in this metropolis as *flour*. More wholesale murder it were impossible to conceive: in compa-

rison, even the scale of the infernal Burke, kicks the beam.

The kinds of flour you are to use, I have described in the body of the work. I now skip a number of useless letters till I arrive at P. I might indeed have launched out in descriptions of certain fruits of the Plum kind, such as Green-gages, &c. but I have thought it better to confine such observations to apples and pears, and of those to treat lightly. By the way, I may as well render one important remark, as it respects home-made wines: their *bases* are confined to *Cider and Perry*, in the hands of the wholesale makers; this may be a valuable hint to some of our friends.—Of

PEARS.—There are forty-one varieties; seventeen of which are for dessert. (Refer

to your fruiterer's catalogue.) Almost every summer brings a new variety into the Covent Garden market.

SPIRITS.—I have already given directions for the distillation of the various Liqueurs, and, therefore, under this head I have little to remark. I might indeed dissert largely on those substances wherein alcohol is presented to us more or less copiously, but the inutility of any such procedure must be manifest to all: at the same time, there is, in this metropolis, such an overwhelming thirst for ardent spirits, that I verily believe, could I reveal that by distilling our fathers and mothers we might procure the *Esprit à la Juniper*, there would (in the neighbourhood of St. Giles' for instance,) be fifty thousand additional well-grown orphans, to morrow.

Those who may be diffident of their abilities in the management of the Still, I do strongly counsel to procure their liqueurs from Messrs. Johnson, Justerine and Co.* in the Opera Arcade: it is as necessary a precaution with a view to obtaining an excellent article, as that of applying to Messrs. Johnston and Bevern, of Henrietta-street, Covent-gardent, in the event of our wishing a suit of clothes to fit us to the ninety-ninth part of an inch, which yet shall leave us the most delectable facility of movement!

"It is only in very large domestic establishments, or in the antique mansion of some rural Lady Bountiful, that an apartment is now dedicated to purposes of distillation. On this consideration then we shall not enter far

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* Dr. Kitchiner also repeatedly commends these gentlemen to our notice.

into the subject, but content ourselves with a few hints, that may be of general use in regard to various liquids connected with it.

"To those who may choose to make their own rose water or cordial compounds, it may be matter of convenience to know that where there is sufficient space, a flat condenser, supplied judiciously with water, is much more powerful than the spiral worm, and more rapid in its condensation.

"But there is even a more simple mode of distillation, which any one may try, and which depends upon the principle that the bladder of an ox, though actually pervious to water, has yet the property of retaining alcohol. The process founded upon this is merely to put the liquid intended for the distillation into a bladder, until half full. Close the orifice, and expose the bladder to

the action of the sun, of the air, or the heat of a stove, when the watery particles will evaporate, and leave the spirituous part behind.

"We must beg leave here to offer one important caution to all domestic chemists, in regard to the factitious flavours recommended in most books that treat of this branch, and which are often directed to be produced by substances which are highly deleterious.

"The foreign papers have recently announced the death of a celebrated chemist of Vienna, named Schavinger; in consequence of having spilt upon his naked arm a quantity of prussic acid, which he was preparing, and which proved fatal in a few hours. It is well known to chemists that the principle of this acid, one of

the most subtle poisons with which we are acquainted, exists in the leaves of the peach tree, the wild laurel, the almond, and most of those that bear fruits with kernels. The late Duke Charles of Lorraine, had well nigh lost his life by swallowing a few drops of *eau de noyau* too highly impregnated. It is also generally known how dangerous it is to chew the leaves of the wild laurel. The odorous principle of the prussic acid is of the same nature; and a small quantity of it inhaled when the acid is in the state of gas, is sufficient to produce death, without convulsions, in a few seconds. A tea-spoonful of water or spirits, impregnated with a small quantity of this acid will kill the largest dog. It is believed that the sudden death of Scheele, the celebrated Swedish chemist, while engaged in some

experiments upon prussic acid, was caused by the deleterious nature of the gas.

"Those who have any regard for their own health, or that of their friends, will scrupulously avoid in their distillations and confectionery the so often recommended leaves of the cherry laurel.

"Those who chuse to prepare their own alcohol, may do so by a very easy and cheap mode; as they will find, that ripe potatoe apples, when they are plucked, mashed, and fermented with one twentieth of a ferment, yield from distillation as much spirit as is obtained from the best grapes. Numerous experiments made in France with them upon a large scale, leave no doubt respecting this valuable application of the plant.

"The alcohol thus prepared may be tinted any colour, or impregnated with any particular flavour that the domestic chemist may

please from wholesome materials."—*Practical Economy.*

SUGAR.—What an awful subject!—All the sensations of horror, commingled with fear, which take possession of a true poet ere he begins the developement of an epic poem, present themselves to *me!* Sugar is, *par excellence*, THE basis of our sublime art: its history, therefore, should be admirable for unity of parts: the beginning should be calm; the middle fervent; the end, exciting beyond all example: the *machinery*,—but stay! I must refer that most insuperable difficulty to the celebrated "Collinge" of Westminster-bridge Road, the best sugar-mill manufacturer in the kingdom! In a very useful work on *Practical Economy*, published by Mr. Colburn, which has passed through several editions, and which I have before quoted, I find the following:—

"Sugar is to the confectioner what gravy is to the cook, the very basis of all his excellence and fame. There is scarcely indeed any article in the consumption of a family in more daily use, and therefore the following hints relative to the purchase of them may not be unacceptable to our readers. The coarsest in quality, and consequently the cheapest in price, is far from being the cheapest in the end, as it is heavy, dirty, and of a very inferior degree of sweetness. That which is most refined is always the sweetest. White sugars should be chosen as shining, and as close in texture as possible. The best sort of brown has also a bright and gravelly look, and is often to be bought in its pure imported state. East India sugars appear finer, in proportion to the price, but they do not contain so much

saccharine matter, consequently they are less fit for wines and sweetmeats, though when they are good of their sort they do as well for common household purposes as any other.

"The indiscriminate use of sugar, however, in confectionery, both in regard to health and economy, deserves some notice. That sugar possesses strong nutritious powers cannot be denied, especially before granulation; a fact proved by the fatness of the negroes in the West Indies during the cane season, from eating the juice in the form of syrup; and even by the improved condition of the mill cattle, which are fed on the crushed canes; but we must not forget that in its prepared state, perhaps principally owing to its impregnation with lime, sugar is pernicious both to the teeth and bowels. Reasoning from these facts

then, we should recommend the use of those fruits, in confectionery, which contain most sugar in their own composition, in preference to those whch require sugar to make them palatable. It is unnecessary to specify all the varieties; but we may notice the apple as that English fruit which, of all others, contains the greatest proportion of sugar; whence the addition of prepared sugar is almost totally unnecessary in the different preparations of the fruit, whether boiled, baked, or even in marmalade."

[POTATOES.—Do not fancy most delicate reader, that I intend a dissertation upon the Irish root under this title.] The Potatoe of the Pastry Cook is that most exquisite natural production the

TRUFFLE.—Whose properties, alas! are

both too little known and appreciated in this country. To make amends for this circumstance, it possesses a physical and moral influence in France, which, unless by those who have resided there, would not be credited. We give the annexed particulars from the works of a celebrated French writer.

"Les truffes jouent, depuis quelques années, un si grand rôle, que l'on ne saurait trop faire de recherches et de méditations sur les propriétés physiques et morales de ce précieux tubercule.*

"La généalogie de la truffe est inconnue, les naturalistes se sont donné beaucoup de

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* Quelques savans soutiennent *mordicus* qu'il faut classer la truffe dans la famille des minéraux, parce qu'elle se forme sans germe, et par juxtaposition. Nous ne sommes pas de cet avis. Du reste, tubercule ou minéral, l'important est que la truffe soit noire, oncteuse et parfumée.

mouvement pour découvrir le mode de reproduction de cette sorte de champignon, qui naît, végète, et meurt, dans le sein de la terre. On a fait grand bruit récemment de découvertes importantes: à l'avenir, disait-on, on sèmara la truffe, l'eau venait à la bouche des lecteurs, et un honnête allemand a composé un gros livre sur l'art de la faire multiplier; mais quant au résultat, néant. La truffe, précieuse comme l'or, est toujours, comme lui, mystérieuse, inimitable, et adorée.

"Cet admirable végétal, qui, depuis quelques années, a vu croître si prodigieusement sa renommée et son influence, n'appartient pas indifféremment à tous les pays. Il affectionne particulièrement nos provinces méridionales, le Périgord (Potose de la truffe), le Quercy, le Languedoc, la Gascogne, et une partie du Dauphiné.

"L'Italie produit beaucoup de truffes, mais

elles y sont communément blanches; celles des environs de Turin sont remarquables par un petit goût d'ail qui ne nuit pas, dit-on, à leur perfection, parce qu'il ne donne lieu à aucun retour désagréable. La Bourgogne, la Champagne, l'Allemagne, le Tyrol, produisent aussi des truffes, mais en petite quantité, et l'espèce en est si peu savoureuse, que c'est par pure galanterie qu'on les décore de ce beau nom, qu'elles devraient rougir de porter.

"Capricieuse de sa nature, la truffe, que d'Aigrefeuille appelait *belle et bonne*, ne se plait que dans les terrains argileux mêlés de sablons et de parties ferrugineuses; elle habite surtout les lieux humides, ombragés, et tempérés: on la trouve le plus souvent le long du rivage, des ruisseaux, dans des terrains en pente, sur la lisière des bois,

sous l'ombrage des chênes, des trembles, des peupliers noirs, des bouleaux blancs, et des saules.

On se sert, dans quelques cantons, pour trouver les truffes, de chiens dressés à cet effet. Certains amateurs indigènes ont aussi le coup-d'œil si exercé, qu'à l'inspection d'un terrain, ils peuvent dire si l'on y doit trouver des truffes; ils en prévisent même la grosseur et la qualité.

"Mais le véritable Christophe Colomb de la truffe, c'est le cochon. La finesse d'odorat de cet animal, déja si cher à tant de titres au gourmand, est telle, qu'il est dans ce genre l'explorateur par excellence. Aussi l'illustre M. Grimaud de la Reynière décerna-t-il une couronne méritée au génie *inventif* des cochons, et leur rendit-il la justice de dire, dans son immortel ouvrage: 'Qu'ils

ne nous sont pas moins utiles de leur vivant qu'après leur mort, car sans eux les truffes pourriraient ignorées au sein de la terre, et seraient le pâture des larves et des tipules, au lieu de devenir celle de nos plus illustres gourmands.'

"On connaît trois principales variétés de truffes, la blanche, la rouge, et la noire. La première est la moins estimée, la seconde la plus rare, et la troisième est incontestablement la meilleure; c'est elle qui fait l'honneur et la gloire de nos banquets.

"Les truffes ont, comme toutes les plantes, leur degré de maturité. Il faut les récolter alors seulement qu'elles possèdent le complément de leur arôme et de leur saveur; mais, délicates qu'elles sont, il est difficile de leur conserver toutes leurs précieuses qualités. Dans quelques cantons, on les

lave; cette opèration leur fait le plus grand dommage; dans d'autres, on les brosse, l'inconvénient est le même; le seul moyen de les conserver avec toutes leurs vertus, est de les laisser entourées de quelques parties de leur terre natale. Les marchands, il est vrai, nous vendent cette terre à la livre, et nous la payons neuf francs comme le fruit; mais oserâit-on s'en plaindre, lorsque c'est à la terre qui les protège que l'on doit leur exquise supériorité?

"Les truffes veulent être mangées fraîches et dans leur saison. Tous les procédés que l'on emploie pour les conserver ou les confire, soit dans le sable, soit dans l'huile, le vinaigre, l'eau-de-vie, les bouteilles à la Appert, leur font absolument perdre leur arôme et leur goût; les truffes séchées deviennent de même inodores.

"Les Romains, qui ont été nos maîtres dans la gastronomie, comme les Grecs dans les lettres et les arts, ont connu la truffe. Toutefois, il ne parait pas que la truffe périgourdine soit parvenue jusqu'à eux. Celles qui faisaient leurs délices venaient de Grèce, d'Afrique, et principalement de Lybie: elles étaient de l'espèce blanche ou rougeâtre; celles de Lybie étaient plus recherchées, comme, à la fois, plus délicates et plus parfumées.

"L'interrègne de la truffe a été de près de cinq cents ans; aucun de nos anciens dispensaires ne fait mention de son usage; c'est sous nos yeux que sa résurrection a eu lieu. Il y a trente ans, une dinde truffée était un objet de luxe, qui ne paraissait que rarement, et sur la table des grands seigneurs.

"C'est à la rapidité des fortunes révolutionnaires, et à la prodigalité du régime impérial, et à la démoralisation du système restaurateur, que l'on doit les progrés croissans de la truffe.

"Du jour où, de tous côtés, les marchands ont adressé des demandes dans nos provinces trufficoles; du jour où, attachant une haute importance à ce tubercule, on l'a acheté à tout prix, la recherche en est devenue générale; et, bien qu'on ne la plante pas, on a pu suffire à l'accroissement prodigieux de la consommation, à force de soins et de recherches.

"La truffe échauffe légèrement, aide à la digestion, et excite l'hilarité. On croit, à tort, qu'elle est indigeste. Des expériences auxquelles nous nous sommes soumis nous-même, nous avons déduit cet aphorisme:

'La truffe est plus légère et plus saine que la pomme de terre.*' "

And now most patient, kind, and patronizing Reader, I bid you adieu, hoping you may find in my work wherewithal to *feast* many a leisure hour, both *mentally* and *materially*.

W. G.

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* M. Th. Bidault de Courrouge, l'un des plus experts gourmands de la capitale, a même substitué avantageusement la truffe à la pomme de terre dans la sauce hollandaise, pour laquelle il professe un culte tout particulier, et qui seule, selon lui, doit être en possession d'accompagner une belle pièce de marée.

FINIS.

C. Richards, Printer, 100, St. Martin's-lane, Charing-cross.