Domestic economy, and cookery, for rich and poor; containing an account of the best English, Scotch, French, Oriental, and other foreign dishes; preparations of broths and milks for consumption; receipts for sea-faring men, travellers, and children's food. Together with estimates and comparisons of dinners and dishes. The whole composed with the utmost attention to health, economy, and elegance / by a Lady.

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Publication/Creation

London : Printed for Longman, Rees, Orme, Brown and Green, 1827.

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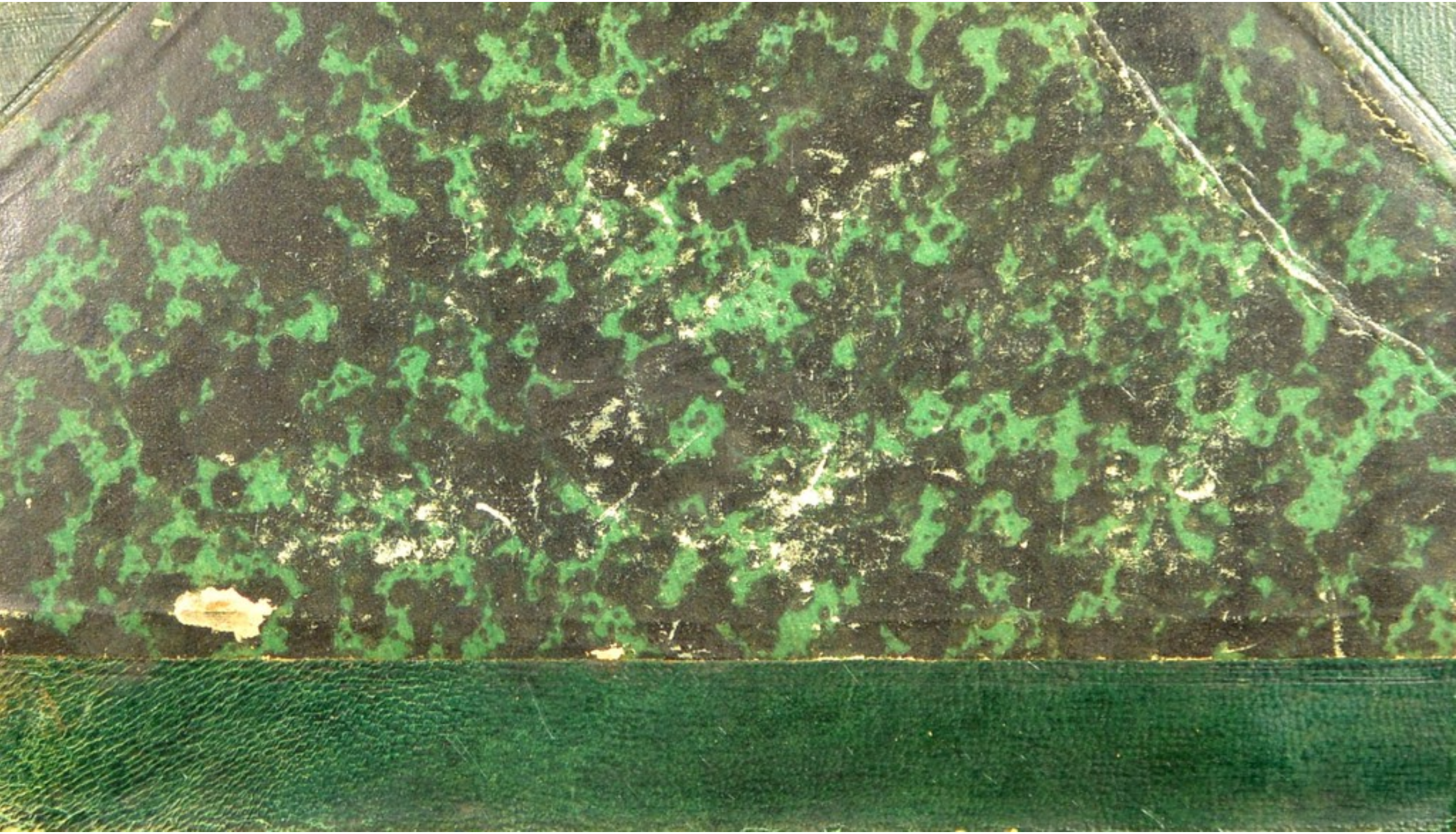
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DOMESTIC ECONOMY,

AND

COOKERY,

FOR RICH AND POOR;

CONTAINING

AN ACCOUNT OF THE BEST ENGLISH, SCOTCH, FRENCH, ORIENTAL, AND OTHER FOREIGN

DISHES;

PREPARATIONS OF BROTHS AND MILKS FOR CONSUMPTION;
RECEIPTS FOR SEA-FARING MEN, TRAVELLERS, AND CHILDREN'S FOOD.

TOGETHER WITH

ESTIMATES AND COMPARISONS

OF DINNERS AND DISHES.

THE WHOLE COMPOSED WITH THE UTMOST ATTENTION TO HEALTH, ECONOMY, AND ELEGANCE.

BY A LADY.

LONDON:

PRINTED FOR

LONGMAN, REES, ORME, BROWN, AND GREEN,

PATERNOSTER-ROW.

1827.



LONDON:
Printed by A. & R. Spottiswoode,
New-Street-Square

S.14413.

PREFACE.

THE following receipts were collected during twenty years' experience in housekeeping, and have been written for the especial purpose of affording to heads of families, as well as to cooks, a knowledge of the elegancies and comforts of a good table, and of the easiest modes and the most proper seasons for procuring and preparing them.

Particular attention has been given to the details of the table, as well as to the estimates introduced for regulating this important branch of household expenditure; and the most approved rules have been added for detecting whatever deleterious substances may have been mixed up with provisions of every kind. The best information has been collected in regard to milks, broths, and other diet adapted for infancy, debilitated constitutions, and consumption; and many receipts are inserted expressly for the comfort of seafaring men, and for the relief of artisans and the poor.

The department of foreign European cookery is constructed according to the best practice, which a long residence abroad enabled the Author to appreciate; and in this branch of the work will be found receipts for many excellent dishes which have never before been described to the public. The mulakatanees and curries of India; the sweet pillaus, yahourt, and cold soups of Persia; the cubbubs, sweet yaughs, and sherbets of Egypt; the cold soups and mixed meats of Russia; the cuscussou and honeyed paste of Africa; a light imitation of turtle, and methods of dressing the real, &c. &c. have been, for the most part, inserted with the view of introducing a less expensive, a more wholesome, and a more delicate mode of cookery.

DOMESTIC ECONOMY

AND

COOKERY.

No nation has written more on the subject of economy than our own, and no nation has practised it less. Indeed, the mass of the population can receive little or no benefit from the clearest general precepts. When they are told economy is a good and useful thing, that it will secure a comfortable subsistence to their children in their infancy, and themselves in their old age, they hear and believe; but this will never teach them that 3 lbs. of one sort of meat may be had for the same price as one of another*, or that they may make wholesome beer for themselves, at one eighth of the price that they pay, as their forefathers did, and their neighbours do, for poisonous porter. Such precepts must proceed from those that have devoted a considerable portion of their time to domestic concerns; and in no work can they with more propriety be given than in a cookery-book,

* Were I not afraid of frightening my readers, I should have added, and that they may make one of these pounds go farther than three cooked in the ordinary way.—This, however, the receipts will show. I once saw a French family, consisting of six grown persons, a child, and a jack-daw, who, by the by, was the heaviest of the eight on the meat, dine on one pound of lean veal, made into a rich ragout, with mushrooms, morels, &c. (see receipt) and goose fat, the properties of which I have amply enlarged upon. This may astonish my country folks, as I assure them it did me; and in the expectation that the moral of it may impress itself on others as it did on myself, I place it thus forward as being the first thing that opened my eyes to the advantages of French cookery. I may further add, that this entire family was enjoying perfect health, and had never heard of many of those disorders, which, under the different appellation of nervous, bilious, &c. are so prevalent in this country.

from the hands it is likely to fall into, from its embracing the objects of expenditure more than any other, and because the waste of the necessaries of life is, of all others, the most injurious.

The arrangement of those receipts has been no trifling labour. I indulge, however, in the hope that, by pointing out the means of preventing waste, I may be enabled, in some degree, to diminish the cares of the rich, and encrease the happiness of the poor. The dishes of our own and other countries which are given, have been all dressed in my own kitchen; and the foreign ones which are not yet used in England I have had proved. I have assigned a reason for every thing, *as far as the limits would permit*, that the cook may understand what she does, and why she does it. In gardening, agriculture, &c. analysis and generalisation have been introduced, to the great ease of the learner, and advantage of the community. In cookery, generalisation has certainly been recommended, but very little practised, because that art, though indebted to some professional men, as Dr. Hill, (Mrs. Glasse,) Dr. Hunter, and Dr. Kitchener, for the three best cookery-books we have at present, engages still less than any other the attention of those whose education renders them best calculated to simplify and improve. Not that cookery is in itself any ways inferior to many others in which they pride themselves in excelling, but they neglect it from the very reason that should have induced them to lend their assistance to it, namely, its universal practice; and in this consideration I perhaps may be excused when I say, that I treat more of universals than the few who have restricted that term to themselves. As I shall have frequently to use the word economy, let it be understood that it is not saving mean. Saving is the privation of a comfort or luxury; economy, the procuring it at the least expence.

Though deeply impressed with the importance of economy, and though convinced of the facility with which it may be practised, and of the happiness which may be the result, still it is with a feeling far short of confidence that I propose the following system, when I look around me on the habitual extravagance of every rank, the depravity of servants, the inability of women to manage their own affairs, and the rooted prejudice

against improvement, — a prejudice that has prevented ournsople from benefiting by the better customs of their neighbours, which the profusion of money, and local and accidental circumstances, have prevented them from discovering, or (more hopeless still) have brought into disuse. The middling classes, so far from wishing to save, seem to consider profusion a mark of affluence. The higher orders, who are above this vanity, are, in most cases, equally ignorant of the state of their establishments: while the poor are proportionably more extravagant than either. In fact, I know not where any thing like economy is to be found amongst us, except in the reduced families of the higher, and sometimes of the middling ranks. It is worse than ridiculous to hear the English boasting of their charitable and benevolent institutions, and valuing themselves on a comparison with the virtuous and unobtrusive frugality of the French, and indeed of every other nation, when there is twice as much wasted by their menials as would, if fitly administered, maintain in honest independence the wretches whose name is a sanction for drunkenness in a tavern, or dissipation at a masquerade. "A French family would live well on what is daily wasted in an English kitchen."

This national blemish has originated amongst the rich, in the enormous disproportion between the wealth of this and of other countries; amongst the poor, in the demand for workmen, and the consequent high price of labour which attends a flourishing state. The habits of extravagance thus acquired, in subsequent reduction, by fall of wages, sickness, or any other cause, are no less heavy and calamitous than they were criminal before. The manhood of such persons is a succession of intemperance and want; their age is spent in a workhouse. But we must contrast them with the working classes of other countries, to be awakened to the wretchedness of a condition to which, unfortunately, its very prevalence renders us callous. To these causes, and, in a great measure, to the fall of the Roman Catholic religion, I am inclined to attribute the manifest decline of the culinary art. The frequency of fasts and jours-maigres forced the people to exert their ingenuity in dressing vegetables, fish, eggs, &c.; and Friar's chicken, Pope's posset, Bishop, and Monk,

are reliques that have not been swept away with their cells and monasteries; whilst New-College pudding, Oxford John, Dean's particulars, &c., still grace their ancient halls. In an old family register I find, besides many other dainties requisite for a bishop's table, that capon was a standing dish, and formed a considerable portion of his *kain*.* I do not believe, that now-a-days, a single capon would be procured for money, from Tweed to John-o'-Groats. To the patriotic zeal of the monks†, are we much more indebted for fine breeds of animals, than to the Agricultural Society of the present day. They discovered a spring of action, as yet wholly overlooked, by the less scientific members of that society; for they received no poultry, as kain, under an enormous weight; and I saw, a few years ago, at Paisley Abbey, a pretty tolerable sized ring for measuring eggs, beneath which, the friars used to place a basin; the eggs that fell through were, of course, not counted, being broken, and only fit for puddings.

With respect to servants, their depravity is too notorious to require exposure or minute detail. Its evil effects are so universally, and so severely felt, that the bare mention of a chance for ameliorating it, would, it might be supposed, be seized with avidity. This, however, is far from being the case, because the real root of the evil is in the factitious state of society, and want of proper education.

But, at all events, the more we can be useful to ourselves, and the more we can do without servants, the happier we shall be. It would be quite Quixotic to call society by its right name, or to think even of the pains and assumed happiness it costs; but let those who have the greatest trial and exertion to maintain themselves in it, and who are, consequently, most dependent on servants,

* A portion of rent or tithe paid in kind.

† The monks on the continent, at this moment, are reputed the best of cooks. I may say that I never saw a better dressed or better served dinner than one that was begged, cooked, and served by a mendicant friar. He came to Rome once a-week, went his rounds, and brought his gleanings to an *Abbate* who patronized him. The door was then shut, the outer cloak thrown off, and half a dozen bags, plump as their carrier, displayed themselves to the enraptured eyes of the benevolent host. Fearing that the load under which the frater's shoulders themselves were made to bend, would completely overwhelm the credulity of my readers, I abstain from the bill of lading. Suffice it to say, that for a dinner of ten dishes, no one ingredient was wanting, not even oil. The receipt for one of them—baked curds—I regret I have lost. I shall refer to the receipts for a *Quarter of kid dressed à l' Isaac*, which was truly savory. I had an opportunity of witnessing several sights of the kind, being introduced by the friendly Abbate as the Sorella ——

mark some point at which they judge the pleasures of society to be more than counterbalanced by its pains. Let such persons, then, summon up courage, and retire from it at once, and save, for the support of their children, the substance they lavished on strangers, that ridiculed them while they fed on their misapplied bounty. Let them not suppose, that, in the parade of society, there is any thing captivating beyond idea. It is afflicting to think, that the mind, which we are accustomed to call free and uncontrolled, should not only be less free than the body, but that the means of enslaving it should be greater: "when goods increase, they are increased that eat them; and what good is there to the owners thereof, save the beholding them with their eyes." I should recommend that no servant be taken, without a character of three years at least; that no master or mistress give a good character to bad servants, for the sake of getting rid of them; and that no servant be taken from the recommendation of trades-people.* Were these simple maxims attended to, the result, I have no doubt, would answer the most sanguine expectations. Servants would then seldom quit their places; they would have an interest in pleasing their masters; and masters have always an interest in overlooking a few faults, that they may not be put to the inconvenience of changing. In short, servants would consider their places as their homes. The system of giving false characters†, seems now quite a matter of course. Indeed, a brother, a husband, or a father of a family, would risk much in refusing one to an impertinent fellow. The only means of remedying this, is requiring testimonials of a period of residence in one family of a considerable length; surely people could not falsify in this respect. If a man, who knows himself wholly de-

* Though it is not my plan to enter particularly into the subject of servants, yet there is an abuse too serious to be omitted, as it is not generally known, though I do not see how it is to be remedied. A gentleman runs about to a dozen coach-makers to save a couple of pounds on his carriage, and (say) it costs him 200*l*. The coachman, before he drives it from the tradesman's door, receives, perhaps, 200 shillings, though the tradesman has to wait for his money, and long enough too sometimes. He has likewise to supply the coachman with tickets for drink when he chooses to pay him a visit, with dinners, civilities, and whatever else may be going on; and to pay him three times the value of the old harness, should that be unfortunately a perquisite. The cause of this is, that the coachmaker has warranted the coach to run for a certain period, and of course he must season the coachman as well as the coach.

† A case of false character has lately been tried, and 700*l*. damages were adjudged against a person who gave a character for honesty to a servant whom it was proved he knew to be dishonest. A few such examples would have a very salutary effect.

ficient, in point of honesty, find his master give him the character of an honest servant, what inducement can he have to forego a practice that adds to his stock, and detracts not from his good name?

But it requires something more than precept and the terror of true characters to constitute a well-principled and a well-regulated family — the good conduct and good principles in the master and mistress, of which servants are the best judges. What can oral precepts do, when constant practical ones are in opposition to them? or with what reverence can servants look up to those whose duplicity and petty frauds they daily witness? How can they receive benefit from their instructions, when they merely recommend honesty and truth? This remark I would address more particularly to the mistress, as her conduct is an example to her husband, as well as to others, from the persuasive and engaging delicacy that belongs to the female character;— the only return, and a poor one it is, that woman receives in lieu of every thing society denies. And besides, it is her virtues alone that can be displayed in the most necessary and endearing offices of domestic life, in the management of the household, in the toils and anxieties of bringing up a family, and in the tender and indefatigable watchfulness of a sick bed. Evil example is generally considered much more contagious than good; but, placing the standard a good way below perfection, as is requisite to make the cases admit of comparison, I think it is just the reverse. I could mention instances of prudent women whose example has influenced their neighbourhood for miles around; and, while no female tongue could allow them the slightest praise, mothers became more attentive to their families, and mistresses to their households.

Another fundamental error is the ignorance in which the wife is kept of the real state of her husband's affairs, of whose ruin she may thus be the innocent and unconscious cause. Men often seem more anxious to conceal from their wives, than from others, the embarrassment they should wish them alone to know. They have buoyed them up with expectations, the failure of which mortifies their own pride. With the rent-roll let the debts and mortgages be produced, and at all events, let the young wife, before she runs into the heedless expense, find

some means to ascertain whether there be incumbrances, and to what extent. If example be required, I will produce that of a lady of more than patrician birth, and of a mind as elevated as her rank. Suspecting, from several circumstances, the embarrassed state of her husband's affairs, she went into the steward's office, and, locking the door after her, declared that she would not quit the place till he made her acquainted with her real situation. Her suspicions being more than confirmed, she prevailed on her husband to go and pay some visit, and then immediately dismissed the carriages, horses, servants, hounds, and all the et cetera of expense, and when her husband returned, received him with open arms to a state of peace and comfort to which his former condition rendered him a stranger, and which pomp and festivity had served at best to interrupt. The creditors, by wisely trusting their honour and discretion, saved their own money, and prevented the ruin of the family. It was, however, a long and painful task of fourteen years. With less labour the fortune might have been triply earned; but it had more value as the work of integrity. Had the lady been a merchant's daughter, in all probability the family would have been ruined; for what judgment or feeling can be expected from boarding-school discipline? Many mistresses, who subscribe to the Bible Society, have servants at home without a Bible. Let them take home a common Bible, and books, of which there are many suited to their capacity, both engaging and instructing. These books should be changed at proper intervals (say once a week) and some of them examined as to their contents to secure their perusal. Thus mistresses would gain a knowledge of the dispositions of their servants, and obtain intellectual authority over them, the reaction of which, by requiring in her the same moral superiority and a regard for the principles which she nurtures, would extend its beneficial influence to the society in which she moves, to her children, and even to her children's children. Let us not regard remote causes as insignificant. The highest flights of genius, and the profoundest arguments of philosophy, are but assemblages of minute and individually inconsequent relations. By this discipline, servants also will have their minds occupied and improved, and consequently their happiness increased. Is

not idleness the source of all evil? What then can be expected from a number of idle people sitting down together from three to five hours every evening, deprived by dependence and distrust of every sense of honour, with no spur to improvement, and every incentive for vice? As their service is indispensable to our comfort, their comfort, morals, and happiness, are indispensable to our tranquillity. Their life, however, is far from being happy, and, though our happiness is intimately connected with theirs, we seem not to have a care on the subject. We are exalted by their degradation, but let it not appear that we are happy by their misery. There is a great deal of time, precious to their families, wasted by well meaning and virtuous women in running after charitable institutions, whilst their children are suffering from neglect, or abandoned to neglectful servants, and whilst there is perhaps twenty times the value of their alms wasted in their kitchens, not from any particular mismanagement, but from the want of attention to economy and knowledge of it so universal in this country. I do not mean to say that charities are always prejudicial: there are many on the contrary highly meritorious; such as schools of all descriptions, when food and clothes are not given; relief in all cases of accident, unforeseen calamity, fires, &c. But the constant and systematic practice of alms-giving, the Foundling and Lying-in Hospitals, and the like, are checks to industry, and premiums for vice, and are as remote from the spirit, as from the letter of the Scripture, on the authority of which they are generally maintained. There are, who are carried away by what they call tender sympathies, and who give some from their abundance, some from their necessity, and some forgetting that justice is before liberality; and there are, I am sorry to say, whose sole aim is a fair report, who would think it very harsh that the poor should be taught to have an honest contempt for the bread of charity, and that they should save even from their needful to support their aged parents, or to keep in store for their own necessities. But what could such people think of any one who would say, that, "If any man provide not for his own, and especially for his own kindred, he hath denied the faith: he is worse than an infidel?"

Women, guided by judgment and reason (as well as

by the best intentions), will begin with studying and practising economy in their own families, and they will then instruct the poor or peasantry around them to increase their means by diminishing their waste and their wants, and to pride themselves on independence. But, till women's minds are more improved, and their views more extended, they naturally will endeavour to render themselves as necessary to the poor as the poor are to them. The dreadful lessons we have at different times received, by the failure of harvest or stagnation of commerce, seem to be entirely lost upon us.* The miseries of Spitalfields are forgotten as if they had never been; and fewer heed than recollect the loaf of bread hung in crape in Hyde Park, with an alarming motto. It is not decrees of government or acts of parliament that can eradicate an evil rooted as this is in the universal and individual extravagance of the people.† That must result from the united

* Such opinions I have heard reprobated, as the doctrine of despots, who wish to make the people as tame as possible, and satisfied with whatever their bounty may condescend to permit them to retain. But can it be maintained, in the first instance, that inducing them to be frugal, and consequently rendering them independent of their superiors, is the way to debase them? and, in the next place, what happiness can exist in the midst of ineffectual struggles against abitrary power? I will even go so far as to say, that there accrues as much happiness, or at least as little unhappiness, from the impossibility of acquiring any object, (of course beyond the necessaries of life,) as from its absolute possession. What is the utmost of the benefits to be reaped from such struggles or explosions? a very slight experience, considering the magnitude of the event, and a little stimulus to improvement. How differently might these objects be met, by affording the people leisure with the means of improvement, now so easily procured by education and books! Others may suppose, that by promoting contentment, industry is checked. But contentment is not apathy, and frugality and indolence agree neither in sense nor in sound.

† "A moralist of Henry the Eighth's time, contrasting the character of that period "with all which had preceded, would say that voluptuousness and depravity had "then reached their utmost pitch. One who witnessed the excesses of Charles the "Second and his boon companions, would, by the same rule, deem it almost impos-"sible for vice to be carried further, These specimens, as far as they extended, "were certainly gross and execrable enough; but the sphere of voluptuousness then, "compared with that of our own times, was very narrow. Money being the scale by "which licentiousness is to be measured and compared, let us by this apostolic in-"strument, compare and estimate our own purity.

"During the thirty-eight years that Henry reigned, the total expenditure of the "government was 30 millions; being on the average about 800,000*l.* annually. The "reign of Charles was thirty-six years, in the whole of which time 64 millions were "expended, the annual average being 1,800,000*l.* Now, comparing these sums with "our annual payments, independent of interest on monies borrowed at various times, "called the National Debt, and which ought not to be left out of the calculation, "making this money-business the criterion of national licentiousness, it appears that "ours is about fifteen times as profligate as the reign of Charles, and about thirty-"four times worse than that of Henry.

"To come, however, to facts, let us, as a further test of our prudence and virtue, "view the four longest reigns, which will furnish fair *data* for our purpose.

			Yearly Expenditure.	Total.
"Henry III.	reigned 56	Years	£.80,000	£.4,480,000.
"Edward III.	—— 50	——	154,000	7,700,000.
"Elizabeth	—— 45	——	500,000	22,500,000.
"George III.	—— 59	33	16,320,000	2,357,436,000
		26	70,071,000	

endeavours of the mistresses of families, who alone are enlightened enough for undertaking it, influential enough to recommend and enforce it, and numerous enough to carry it into effect. As one instance in a thousand of the contrast between English workmen and those of other countries, an extensive manufacturer at Manchester told me that for thirty years he had employed none but Scotchmen, because in times of scarcity and sickness he had no trouble or expense with them. They had always sufficient in his hands, with their own frugality, to carry them through.

We all of us, and at all times, consume more food than health or prudence would warrant. What gives trouble to one man to digest would maintain three in comfort. One pound of food a-day, says the Koran, is sufficient to support a man: if he take more he has to support it. The criminality of this waste is more particularly evident in the severe afflictions of famine. One portion of the community will abate nought of their ordinary excess for the preservation of the other. Servants will not submit to the slightest privation, while perhaps the nearest relations of their master are starving. Masters will use substitutes of any kind, against which the poor have prejudices. They go among their people, comforting and advising them, and share in their misery: while servants will with great difficulty suffer, if any at all, some trifling reductions. Snails and frogs, so much prized in all other states of Europe, might have greatly assisted us at that period

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"Now, to apply these facts to our present purpose, we will say from the accession of Henry Third, to the middle of the reign of Elizabeth, to the death of George Third, is 284 years. During the first period the annual expenditure increased *six fold*; during the latter, which is forty years short of the former, it increased *a hundred and twenty fold*, and in the whole period of 600 years it increased *nine hundred fold*. Now it cannot reasonably be expected that an equal rate of expenditure could be observed throughout the whole term; the question therefore is, what would any competent mathematician of the age of Elizabeth, with the practical *data* before that time, as here furnished, have said might be the probable expenditure in 1808, or in 250 years time. His calculation would be simply as follows:—During the 160 years from Henry to Edward, the ratio of increase would not be quite 2: in the last 226 years, from Edward to Elizabeth, not quite 2¼, computing by centuries. Now, allowing for all moral contingencies during the 250 years to which his calculation related, he would, perhaps, have said, let three be the ratio; or, allowing extravagantly, four: the former would make 6,750,000*l.* the charge on the nation in 1808; and if *four* were the ratio, it would have been 12 millions. For the last twenty-six years of George III., 60 millions therefore were squandered annually more than any prudent calculator would have estimated on the data before given. If, then, I might be allowed to call the means of gratifying sensuality in the time of Elizabeth, *unit*; the political economists of George III, had contrived to make it *one hundred and twenty times* greater; and granting money *to be the standard of gradations in vice*, could any times, let me ask, be more flagitious?"

when provisions were scarce ; as they were, like the shell fish, in great plenty. I regret this prejudice of ours very much ; as, in this country so liable to consumption, they might be of great service. I give receipts for preparing them, and I should recommend that broths be made of them for consumptive patients, and, if necessary, without their knowledge.

Those who have leisure, and who employ themselves in making experiments, might render infinite service to the community, by making bread, as the Laplanders do, of pine bark. Wake Robin and the root of Dent-de-Lion, were they properly treated, would make excellent bread; and indeed almost all the roots of wholesome plants might be eaten boiled. The discovery of their nutritious properties would be a fine employment and amusement for children of opulent families, who have gardeners capable of directing their researches. It would enlarge their minds, not only in the knowledge of nature, but also in the feelings and relations of humanity. Beech masts, acorns, horse chesnuts, and even sloes, by steeping, might be made useful for food, and new qualities discovered in other weeds and vegetables. *

The physician of one of the embassies to China told me, that he had seen children (almost infants) lying upon the sides of tanks, gathering every thing that had life, and putting what they had collected into little boxes formed like mouse-traps, to prevent their escape. The produce was put into the rice-pot. Such things should be known, as well in case of necessity as to clear away prejudices. Ass and horse-flesh might be used, at least in scarcity. Asses were considered a luxury by the Romans. An elephant was shot at Geneva, from exhibiting symptoms of madness. Finding that my landlady had had some of it for dinner, I requested her to procure some for me, but it was all gone. In a few hours the people had bought up the whole of it at one franc the twelve ounces. I suspect it would have remained longer on hand

* "A corps which was employed to invest Neo-Patra in 1823, being unable to "procure any corn for some weeks, tried many substitutes, until they at length "began to try fern roots, which were found to yield more nutriment than any "other succedaneum. Captain Fanganas, who had often partook of this new spe-"cies of bread, describes it as being very palatable."

Had our military in the American wars fallen upon such resources, it would have saved many a life, when the short provisions were almost in a state of putrefaction, the biscuit destroyed by the weavel, and the men dying of want.

in England. Parents, officers, and masters, ought to know these things; for, supposing themselves to be exempt from personal misfortune, yet it may be in their power to succour those by their advice, whom they could not assist in any other way. But deliverance from prejudice should in itself be a sufficient motive to induce a rational being to throw aside the peculiarities of a country, and the antipathies of a nursery.

An officer, recounting the dreadful calamities to which the army at one time in America was reduced, emphatically said, "But I have to thank the good sense and propriety with which my mother brought me up, in the midst of the prejudice and superstition of the country in which I was born."

The vulgar would say, if he could eat rancid meat and mity bread, he must have been low born: but that is not the case; for the low born are the last to accommodate themselves to any privations. On the contrary, he is of a very ancient family, of which he was then only the younger branch, though now the heir; but he owes his life to his mother's good sense, and not to hereditary honour.

I would gladly draw the attention of land-owners, and particularly those upon the coast*, to the many unexplored resources they possess on sea and land; for were they to examine their shores more closely, they might find them to contain fish not known to frequent them, or not taken. For instance, dragging for muscles upon the northern coasts of the island, a variety of fish have been taken which the fishermen did not know: red and grey mullet in particular, sole, and some others which I have forgotten. There is found also, in the spring, at the high tides, a curious ugly flat fish, vulgarly called the pedal. It is generally found fixed upon a roe heavier (I believe) than itself. The peasantry eat this roe, and the skin (which is a thick jelly) raw, or heated over the coals. The rich, to whom it is sent in presents, cook it in a fricasée sauce; but it is best dressed as turtle. It is taken when it overstretches the water-mark to deposit the spawn. There was brought to me, in the spring of 1813, a fish of the trout species, that the sea had left. It

* The sand reed is worth the notice of such proprietors.

weighed above sixteen pounds; and although it had lain upon the shore till hardened on the upper side, it was perfectly fresh, and the most delicious of the kind I ever tasted. Although at that time I could get no account of it, I have since met with it on the Barbary coast. It is the *chabbel* of the Mediterranean, a species of salmon, but much more delicate. Were people who go to these and other coasts, to enquire into the manner of taking the different fish, it might be ascertained whether such fish are visitors or natives of our own? Where turbot is not fished for it is often taken upon skate-lines. There are more likely places for them than at Aberdeen further north, where the climate is more genial.

Where samphire, dulse, laver, or shell-fish is found, the poor ought to be instructed to gather and preserve it for a little commerce, and to make their own salt. Cheap as it is, the very carriage is of consequence to them; and, if they made the salt, they might make excellent soy of dulse, either for themselves or for sale.

The only true secret of assisting the poor is making them agents in bettering their own condition, and supplying them, not with temporary stimulus, but with permanent energy. Many hardships might be washed out of the lot of the poor, by turning their attention to such little occupations; and this only requires to be set a-going. It employs, likewise, much idle time which the men have in winter. Remember, that the waste of one extravagant servant would keep two or three of these families: though I would much rather that, if possible, they subsisted by the sweat of their own labour. I have read many works upon saving the food of the poor — many excellent treatises indeed; but they all suppose that every one who reads is convinced by reason and guided by conviction. They are swayed by example, that is, constant repetition. The oftener, then, that such precepts are repeated, and the more they are insisted upon, the more chance there is of success.

I have said to the cook a good deal about bread; yet, as a mistress may not look into that part of the work, I will tell her, that during the scarcity, every family that attended properly to it, in some cases saved nearly a half, and in others fully so. Some families had to threaten to turn away their servants, not that they had too little, but

got dissatisfied and haughty, because they saw regulations going forward against their waste. It is very bad economy to buy bread, even if the bakers did not adulterate it. I saw bread baked in a family at Chatham, last summer, which was made better than baker's, at two-thirds of the price; and I found it would still have been cheaper had the flour been bought by the sack. The deleterious substances that are put into porter by the retailers, (even when the brewers are suspected of doing so likewise,) should bring families to the resolution of not allowing a drop of it to come into large establishments, which ought to brew their own from good malt and hops.* And there are many economical methods of brewing good and nourishing materials for servants, and those of smaller incomes, receipts for which I have given. There is not a more exhausting expence on the middling and lower classes than that for malt liquors. I once saw a young woman with a fine child twenty months old in her arms, she was still nursing it. Her face was inflamed to a deep scarlet, but not bloated. I asked about the child, and, after some questions, I found she lived upon broiled meat and porter. When I attempted to dissuade her from this diet she turned to her husband, and said, "You know, Joey, how often I tell you I cannot drink a pint of it; for I am in a hot fever all night, and thirsty next day till dinner-time." "And why will you still drink it, since you are so reasonable? Take, then, only a small tea-cupful or less, and make negus of it, with a good deal of sugar and nutmeg, and your fever will decrease, you will have no thirst, and your natural colour will return." I had the pleasure of seeing my advice take effect in this as in many other instances. I recommended the porter negus, in order to wean her from the pure porter. She now takes gruel. I find that poor people (the women especially) prefer porter negus to porter, and afterwards gruel to either, as it admits of such variety in dressing. (See Receipts.)

* Cobbet's Cottage Economy, 2*s.* 6*d.* — This is the best gift the lady of the manor could make to the cottagers, teaching them the best modes of brewing, baking, keeping cows, rearing pigs, bees, and poultry. The manner of sowing wheat to get the fine straw for hat-making, such as the Italians grow, &c. &c. besides much other useful information.

Cobbet's Art of Brewing.—The whole system of ale, table beer, and porter brewing, with names and proportions of materials used, cider, perry, and home-made wines.

Every family who brews ought to be in possession of this little treatise.

There would be a great saving in using rice, and grinding it at home. The small rice, which is indeed the best, and if free from a musty smell, ought to be chosen. If bought in tierces, it may be had for little more than three halfpence a pound. Many sorts of nuts may be used instead of almonds. There is a time for buying in each article at the cheapest rate. A great deal of peculation is thus prevented in price, weight, and measures, as well as in waste of time: but whoever has the charge of such things ought to give them out with care. I have seen the consumption of potatoes reduced one half throughout the season by the housekeeper having the saucepan in which they were to be boiled brought as a measure. It was a good cook that gave me this hint. Of course, if the keys are trusted to servants, laying in large stores is perfect ruin. On hiring a housemaid, I asked her on what account she had left her last mistress, with whom she had been to Brighton, and who gave her an excellent character, she said that the lady, when she went to Brighton, took no other servant but her, and that the tradespeople brought in every day just what was necessary; so that when she had any friends to tea, she had nothing to give them. This plan in a town is the very best for those of small incomes, though it is subject to inconvenience and imposition; but a knowledge of the prices and weighing the articles will greatly obviate the evil.

One day a carpenter's bill appearing to be highly charged, I objected to it, and ordered it to be reduced. The servant said, (I believe unawares,) Oh, it is a true bill. What is meant by a true bill? I mean a printed one.* To this I made no reply, as it immediately recalled the similarity of the hand-writing I had often paid bills in. This was a serious lesson.

I have been anxious to give proper receipts for children's food. Parents should be persuaded to give them oatmeal, which is far more nourishing than meat, when it agrees with them. A scale of the nutritive properties of different victuals is given, that mothers may be able to choose for their children. Meat inflames the blood, particularly so in some constitutions, not to say any thing

* I have found from the enquiry this led to, that bad servants get fictitious bills made out for them.

of (that first of objects with mothers) beauty. Lady M———, I know, considers good living the best receipt for good looks. Her ladyship's "good living" is however, I fear, far different from Daniel's pulse. Then, to be sure, we have only his word for the efficacy of his receipt. Let mothers try both.

The great object throughout has been not only to give the cook and housekeeper a knowledge of their office, but to give them lessons of economy, and instructions to assist in enlarging their ideas. These instructions their mistress ought sometimes to read to them.

It is the fault of many cooks to give servants their meals cold, or in a slovenly manner. This always brings disgrace upon the management of a house, and is attended with much waste: as in such cases the servants generally take all they can lay their hands on.

Finding it impossible to give a complete system of the economy of a table, and all that is necessary in French cookery, I have in many cases referred to Beauvilliers. The receipt of eastern and other foreign dishes I have picked up myself in my peregrinations, and from travellers and natives. Many of them have been dressed by native cooks for my own table, and I have found English dishes treated after these methods equally good.

In the oriental cookery, there is a marked distinction between the Hindoo and the Mahometan. The Hindoo is all pepper and sweet herbs, the Mahometan all sugar, fruit, and spice. The fare of the Bedoween Arabs is not coarse. The Arabs live principally upon mutton, pulse, coarse bread, fruit, and milk. Myriads of people live all their lives upon rice, without thinking of a change. How different are the English, and how inconsistent! What one half of the community pays any price for, the other will not eat for pay.*

Many a mistress indulges her servants for the sake of a good report; but a character is a hard purchase from them, for which she may serve all her life, but for which they will not serve her one hour. I speak of servants

* A gentleman travelling in Scotland, found in Aberdeen the turbot so cheap that he determined to remain some time there, and wishing his servants to enjoy that luxury with him, he ordered turbot and lobster sauce for them all. Some days after his coachman gave up his place, feigning some necessity to return to London. He was discharged. Another appeared to take his leave. The master asked what was the matter. The servants said, that though their master could live upon fish, they could not: so he very properly discharged them.

as I have found them, good and bad. The bad have prevailed, but I do not blame them; on the contrary I am truly grieved at their infatuation.

There is a silly vanity in the middling ranks of forcing themselves into the company of their superiors. They fix upon a rich, a noble, or a literary relation to assist at their entertainments, who, when they have no better engagement, honour their humble relatives; but will not scruple, in case of a better chance, to cause a card of apology to be conveyed to the lady, when all is expectation for him in the drawing-room. The disappointment is great, and the chagrin of the lady damps all. "It must be sickness, or some extraordinary event that could make him disappoint me." "There is no doubt of that, my dear," replies the good-natured husband. "Shall I ring for dinner?" "If you expect no one else," resumes the lady, trying to get into spirits. This, however, is the conduct of a man fresh from the university, or of one maturer in years, but not more so in the ways of society—not that of a gentleman. Every man knows his value in the different ranks which he frequents, and will never accept an invitation from an inferior that he does not mean to fulfil. A disappointment would be of little consequence to an equal, and of none to a superior. Thus people often spend their money very foolishly in boring their superiors.

By the reductions in their establishments, that many families were obliged to make at the conclusion of the late war, many, by their own confession, made great advance in happiness, being in spite of themselves disencumbered of a load of care. This is the remark of one whose calling frequently presented such examples to his view.

I give the following quotation from a writer of the sixteenth century, chiefly from the remark he makes on the carriage of the good wife, when every thing is not exactly such as her vanity would wish. Than this attempt at display, nothing can be more fertile in all sorts of unpleasant feeling. It is completely subversive of all the real pleasures of society, and there is certainly nothing like hospitality in the master of the feast. Perhaps it may be rather called hospitality in the guests, who fed him with approving of his goldsmith and cook.

Hospitality has hung itself in a halter of its own twisting. This passage* will dispel any doubts the reader may entertain of the good cheer of our ancestors. We have not even gained one course upon them.

In the conducting of good tables, sameness of ornament or of dishes should be carefully avoided; but as that subject will be often recurred to, I shall only make one remark here, to induce the mistress not to neglect it. She would not like that her guests should be betting, as they rolled along, on the particular dishes that she was to set before them. Another remark may be necessary, that some distinction ought to be made between dinners professedly different. Thus, a country gentleman meets a friend in town, who asks him to a family dinner. He, perhaps, is just come from placing a son at college, or a daughter at school. He considers the matter in his warm clothing — they are by themselves — they will receive me as we do one another in the country. He walks up stairs and finds a party of fashionables. Some titter, and others give way for fear of their dresses. I have seen much *trifling* distress from invitations of this kind to those that are unaccustomed to the etiquette of the present time.

Persons of smaller income require to give still more attention to management. They often, from their situation, have to pay much higher rents proportionally, than

* "Is it for nothing that other countries, whom we upbraid with drunkenness, "call us bunster-bellied gluttons? We make our greedy paunches pondering tubs "of beefe, and eat more meat at one meal than the Spaniard or Italian in a month. "Good threftie men, they drag out their dinner with sallets, and make madame "nature their best caterer. We must have our tables furnished like poulters' "stalls, or as if we were to victual Noah's ark, or else the good wife will not open "her mouth to bid one welcome. A stranger that should come to one of our mag-"nificoe's houses, when dinner is set on the board, and he not yet set, would think "the good man of the house were a haberdasher of wilde fowle, or a merchant ven-"ture of daintie meate that sells commodities of good chere by the great, and hath "traders in Arabia, Turkey, Egypt, and Barbary, to provide him of strange birds, "China mustard, and odde patterns to make custards by.

"Lord, what a coyle have we with this course and that course, remounting this "dish higher, and setting that lower, and making always the third? A generall "might in lesse space remove his campe than they stand disposing of their glut-"tony; and whereto tends all this gormandise but to give sleep gross humors to "feede on, to corrupt the brain, and make it unapt and unwieldy for any thing? "The Roman censors if they lighted on a fat corpulent man, they straight took "away his horse, and constrained him to go on foot; positively concluding his "carcasse was so puft up with gluttony or idleness. If we had such horse-takers "amongst us, and that surfeit swolne churles, who now ride on their foote cloath, "might be constrained to carry their flesh badges from place to place on foot, the "price of velvet would fall with their bellies. Plenus venter nil agit libenter, et "plures gula occidit quam gladius. A man is but his breath, and that may as well "be stopped by putting too much in his own mouth at once, as by receiving too "much from that of a cannon."

their incomes can afford, which bring on higher taxes. They are subjected to many privations, of which neither the higher nor lower classes know any thing of, and often to the caprice of one bad servant, who robs and leaves them.

Sea-faring men are too well acquainted with the utility of fresh provisions, not to seize every opportunity of procuring them. Soups, however, I am too partial to, to omit any occasion of recommending. I have inserted many various modes of making fish soups, which they will find both palatable and wholesome. On long voyages, they should carry prepared skins of beef and veal, for making soup; and, indeed, the skins of the cattle killed on board, may always be cured as per receipt; as also other meats, after the manner of curing the pork and geese in Languedoc, where hardly so much salt as is necessary for the palate is used; and, were that meat to be drest as ragouts, only half the stowage would be necessary, the bones being abstracted; and the flour and other farinaceous ingredients would be more nourishing and less heating, than quantities of salt animal food. A portion of salted provisions might be added at pleasure. Sour krout may be made on board, from an excellent receipt. The pickles should not, of course, be made in copper vessels, or greened with any injurious substance. Butter, too, may always be cured without salt, in the French way. (See Receipts.)

Sauces and ketchups are indispensable in the kitchens of the rich; they are also a great saving and comfort to the lower classes, particularly to artisans, who labour from morning till night, with curbed bodies, over work that is of an unwholesome tendency. To this valuable class, I anxiously wish to give instruction with respect to proper diet. Were they to use soups, and little ragouts, seasoned with ketchups, they would not only be better fed than by chops and porter, which heat and bring on that debility, which afterwards rarely admits of cure; but they would be relieved from the desire for fermented liquors, and allowed, by diminution of expense, now and then to take some exercise in the open air, so necessary to health and comfort.

Where a good table is kept, it is a great saving to make ketchups at home; besides, were they really as expensive as those from the shops, the assurance of having them

without adulteration would be a great satisfaction. The articles for making these ketchups, when bought at the proper season, are very reasonable, and a poor workman ought to forego a few quarts of porter, for what will assist in giving him many a comfortable meal, during the short, hard, cold days of winter. To men that labour in the fields, health and appetite give a zest to food, however coarse; but a poor man, labouring all day, as above described, Sunday often not excepted, requires some little additional zest.

I am quite delighted to see the cheap coffee shops establishing in London: but what a blessing would it be to the people if gin shops were suppressed. But, as this may not be possible, I would humbly suggest, that no spirits be sold under a quart. The reduction of the price of spirits, though, in the end, it must tend to diminish the consumption, still will be very detrimental in its immediate consequences on the very poor. This, of course, would be prevented by either of the above plans. When the duty was taken off spirits, under Charles the Second, what excesses were not the result! The sign posts held out drunkenness for one penny, and straw to lie on gratis!

From the following pages, the humane may assist the poor, by making them as comfortable, in their way, as the rich, and, with a little good cookery and good management, easy and respectable. They should particularly impress upon artisans the use of onions and garlic, which greatly repairs the exhaustion of the lungs, occasioned by such occupations, as gilding, chemistry, house painting, tin soldering, brass work, shoemaking, tailoring, baking, and many others. Those employed in such occupations, require to have well drest food, that they may not wish for fermented liquors, which are poison to them. Fine thick oat-meal gruel, with plenty of sugar, to which may be added a little butter, is a nutritive repast, which they would soon come to relish. Is it any wonder, from their confinement, that so many fall into consumptions and die?

Let those who distribute charities, and who ought consequently to know who those are that deserve them, attend the markets in the evening, from seven to ten, and especially on Saturday evenings, when things are dearer; the dealers knowing that the people have money, and must spend it. I cannot more strongly show their

silly extravagance, and their pride in paying high prices, than by the following little affair, which took place under my own observation. A poor woman, on a Friday evening, had bought some pigeons, at fivepence a-piece. Another woman, all in rags, came up to her, and asked her the price of them. She answered sixpence. And very cheap too, replied the other! and went immediately and tendered her sixpence for one. I told her, (for which, indeed, I was nearly mobbed,) that the other woman had paid but fivepence. Indignant at my interposition, she said she would certainly pay the sixpence, as it was well worth it, and that it would be tenpence to-morrow.

It is a notorious fact, that the poor people pay much more than the rich. As to tea, which is one of their greatest comforts, and a harmless one it is, if a poor woman goes to buy it, she approaches the counter as if it were for charity, and receives for her money the most abominable trash. But the other day, I ordered a servant to go for some tea, to one of the most respectable houses in London. She, however, sent a char-woman, and, though the quantity was considerable, the stuff she brought was, in the most unqualified sense, undrinkable. I sent the servant herself back with it, and they changed it, with excuses and assurances, that it was a mistake. When the poor go to market, they are absolutely blackguarded into buying; and, though they are forced to pay much more than the middling classes, they receive, as if it were a charitable contribution, the meat, that is absolutely thrown at them. In their coals, and in every thing else, they are in the same manner brow-beaten and cheated — cheated in the quality, price, and measure. What wonder is it, then, that they are degraded below savages and slaves? for they suffer the privations and degradations of both, without enjoying the independence of the one, or being lulled by the apathy of the other.

The best way to ascertain the real state of poor people is to send persons whom they do not suspect to visit them. A visitor of this kind, going into a poor woman's house at market-time, on a Saturday evening, found nobody at home. She seated herself in a corner, and waited. The woman came in, and placed on the table (on which lay a society's ticket for a blanket and sheet)

a lump of butter of the value of 3*s*., a large fat goose, sauce, apples, celery, and sweet herbs. The stranger stepped forward, and said she was afraid she was mistaken; that she was the bearer of 5*s*. to a *poor* woman of her name. The woman seemed ashamed, stood aside, and gladly got rid of her visitor. This is instanced not to check benevolent feelings, but to regulate the exercise of them. One shilling earned by labour is better than three gotten in charity. With the first there is every inducement to sobriety and economy; the latter always tends to enervation, and too generally to riot. Much better than to give money would it be to read to the poor (as they believe what is printed in a large book) of the poisonous things that are put into porter, and then to send them a little hot gruel, with a little sugar and nutmeg, rice, or vegetable soup. Use them in their prejudices like children, and when they come to taste your advice in their comforts, you may open their minds, and lead them to look forward to higher things. I am induced to press this subject, as a publication of this kind may fall into the hands of some that may be disposed to give advice, and which, perhaps, was never before thought of by masters and mistresses who have work-people in their pay. The knowledge of these little comforts, so easily procured, would operate usefully among that class of the community, whose languor often forces them into excesses, which might almost always be avoided, if their home were made comfortable, and their diet nourishing and exhilarating.

Let something be done to put down spirit and porter shops, and supply their place with coffee, small beer, and soup-shops. What a comfortable breakfast would a pint of nice soup make, with a pennyworth of bread, instead of a pot of porter. The poor might live very comfortably on the price of the porter they drink. On the continent, with a warm climate, and bread, wine, and fruit cheap, they know that fermented liquors are not good alone; therefore the poor have meat cooked in this way in the street and in shops. Who does not know what porter and gin, as well as bread, contain? but the evil might be abated, by places of proper accommodation, with ovens and furnaces erected from distance to dis-

tance, for the convenience of the poor ; and those houses might be let to respectable people, who would supply such as chose with home-made bread and ale.

When a cook comes into a family, she ought to be examined upon her style, her ideas of management, what cookery-books she has been used to, what her opinion is of them, and of brass and copper vessels. Enquire of her whether such and such things be proper? Ask her if she uses bay? how she makes up the fires? if she understands fats? if she attempts filtering or purifying the water? how she preserves fresh, or recovers tainted meat? what are her ideas upon the management of servants? Simple questions of this nature, though they may appear to the inexperienced frivolous, are the only means of ascertaining the qualifications of the cook, at the same time that it lets her see her mistress's opinion and knowledge in household concerns, and prevents causes of discontent and change. If money is entrusted to her to disburse, every day's expence should be made up, and laid in the evening upon the mistress's table, whether she has time to look at it or no. Surely there is nothing in all this mean or shabby, but the very reverse. It is by such management that, to use the words of Solomon, " the family is clothed in scarlet and fine linen, and that the master sits in honour at the gate." Johnson prefers in a wife the knowledge of domestic economy to a fortune of 10,000*l*. What will the young ladies say to this? " Oh ! the foolish gourmand ! Did he know how many comforts 10,000*l*. can procure?" Yes, but we know also how soon 20,000*l*. might be thrown away by want of management. Rawleigh, quoting Beersheba's advice to king Lemuel, and many others, concludes thus : " Have, therefore, ever more care that thou be beloved of thy wife, rather than thyself be besotted on her ; and thou shalt judge of her love by these two observations ; first, if thou perceive that she hath care of thy estate, and exercise herself therein ; the other, if she study to please thee, and be sweet in her conversation." An experienced head of a family, to whom I submitted these observations on economy, remarked that she had generally found servants more attentive to order, when once established, than mistresses, who, when they think of length of bills and shortness of income, are ready enough to

form plans of reform, that are punctually attended to for a week, perhaps for a fortnight; after which they begin to be weary of the regularity of the cook, or other servants, in bringing in their bills. This is very natural: order saves the servant trouble, by preventing confusion that she herself must put to rights; to the mistress it gives trouble, by making her attend to what otherwise she would have little or nothing to do with. The consequences in the end may be severer to her than to the servant; but things that are distant are scarcely ever believed, and never heeded. The only way to render women economical is to give them charge of little affairs in the household, as early as the age of five, or even four years. The department that is entrusted to them will be better looked to than any other, if they are not indulged or praised for what they do. The soul of children is activity, and, if it is not employed in something that interests them, it must find vent in ill temper and crying, the consequences of which are ill looks, ill health, and often fits. An eminent practitioner told me, that, excepting in some particular complaints, he never knew a child to have fits that was not indulged, and consequently had its passions excited. The improvement I have witnessed in the looks, temper, and intellect of children, simply from keeping them employed in this way, is truly astonishing, and the little things seem so delighted with being useful, and with the trust reposed in them, — a principle, the strongest perhaps in our nature, which we recommend to those more advanced in life, and expect from them, while we neglect to excite and to cherish it at an age when the feelings are warmest, and the confidence in others still undiminished. But perhaps it is better as it is; it would add but one regret the more, to think that such children should be doomed to a *boarding-school education*.

Were the attention of every master or mistress of a family turned to the ventilation of their dwelling, it would be greatly the means of insuring health. One single ventilator in the uppermost staircase window would effect a great deal. Great attention ought to be paid to letting the chamber-windows down from the top frequently through the day, particularly where the family sits.

If a pipe was laid to conduct the soapy water to destroy

the bad effluvia that proceeds from back-yards, so obnoxious, particularly in London, in wet or damp weather *; round such places an open leaden trough might be constructed and kept constantly filled with lime water.† And also in wide receivers in cellars and other shut-up or under-ground apartments as is directed. See Underwoods's Theory and Practice of warming and ventilating public Buildings and private Dwellings; let it then be strongly pressed home as if the utmost consequence to health, and that ease of mind that no one can have without ease of circumstances, which cannot be possessed by the great multitude of the people without the strictest attention to economy, and that even ventilation and things still apparently more remote, are very deeply and nearly concerned, not only with economy but with our dearest interests, which cannot be better illustrated than in the following melancholy, I may say tragical event, to which I was an eye witness.‡

However desirable it might have been in such a treatise to go into a proper dissertation of the whole duties

* Cellars, damp yard walls, kitchens, and ground apartments ought to be done over frequently with lime, it being a great purifier. It would also be not only a great economy but a comfort and productive of health, if the fires on the ground floors were burned upon hearths instead of grates.

† The drains or sewers passing through any house, if there is no stoppage beyond might be taken up for a few pounds, and laid and covered in with proper cement. This would do a great deal to confine the pernicious effluvia, particularly in damp weather, which is so offensive in London, but this must not be trusted to common workmen. This will not, however, prevent the annoyance from neighbouring sewers, but it is to be hoped, for the comfort of the people, that they will occupy those who at present are busy with the improvements and decorations of the first city in the world, as cleanliness and health is of the first importance.

‡ A family leaving town in the autumn of 1811, shut up their house, which was very large and airy; upon their return they went immediately into it, without paying any attention to ventilating or airing it.

It was observed to be damp, with a very noxious smell, which was got rid of by large fires, and the air being admitted freely, and no bad consequences were apprehended. In a very short time, a fine healthy family of children got all into bad health, a typhus fever ensued, and two or three children were carried off by it, and one so weakened as probably to influence its health during life.

The havock and expense this occasioned is beyond calculation, without taking into account the agonizing compunctions of a mother who always laid the loss of her children to her own charge.

But the truth is, women are not instructed enough in those matters; their instruction in infancy and youth does not ever lead to what is necessary in the duties of life, and the thinking part only arrives from dire experience at a practical and systematic knowledge when they have no more use for it.

An accident of another kind, but which had nearly the same evil effects, which happened from a large bottle of lavender water being broken near an infant of five days old, who was immediately almost suffocated, and was in a dangerous situation for many days.

The father, who was a physician, was laughed at by every one, for supposing such a thing possible, but the child felt uneasy during his first years when any strong smelling thing was brought near him, which was proof enough of the cause. From such hints an anxious mother will see cause of looking very narrowly into the minutest circumstance that concerns her nursery, as above all she cannot be too scrupulous upon its conduct.

belonging to the mistress of a family, the thing is impracticable to assume not only its present comfort but its future prosperity. A family in conduct, health, and means, and to her who wishes conscientiously to discharge those duties, little more will be necessary than right hints to put her in the way, and let her be convinced that there is nothing more necessary to health and comfort than the ventilation of her house, which is seldom difficult, and that attention be paid to drains and sewers, which would prevent many a death, as the effluvia from them is particularly detrimental, but more particularly so to infancy and childhood, giving that sallow complexion always met with in fenny countries by breathing pestilential air, *malaria*, so well known in Italy and other swampy countries.

THE TABLE.

The taste and management of the mistress are always displayed in the general conduct of the table; for although that department of the household be not always under her direction, it is always under her eye. This I do not say with respect to company-days alone, as it is the every-day table, that is the test of good housewifery; regularity and order are absolutely requisite to comfort, economy, and the management of a table. If the servants are allowed to neglect their ordinary duty, what can be expected from them when more than that is required. The result must be waste of time, waste of substance, confusion in the family, disappointment to the mistress, and no great treat to the guests.

Nothing in her household concerns requires more attention from the mistress than the furniture of the table, no less in regard to economy than appearance, from its extreme liability to accident, and from the paramount importance that is very absurdly attached in England to its display.

In choosing for her table, the mistress should have in view her style of life, her house, her service, the length and breadth of her tables, and even the furniture, and the size of her rooms, and should pay particular attention to have her different sets of china to assimilate with one another in colour and shape. This is not meant servilely, as a good taste will mix all shapes, so that the

colour is the same, to have a better effect than the sets from the hands of the manufacturer will produce. This must be understood, therefore, as addressed to the economist, who already knows the value of having dishes to replace, if any accident should occur at the moment of serving dinner, or in dressing out longer tables.

The style of tables may be called three-fold. The magnificent, the elegant, and the simple.

The magnificent, gold and silver plate, highly decorated.

The elegant, rich china, with ornamental plate.

The simple, Nankeen china, with no more ornament than is useful, or to fill up simply the size of the tables.

There are many intermediate stages which taste must direct in the mixtures of these three styles, as occasion may call forth. The best English china, from the fineness of its texture, its elegance of shape, and fine colouring, may be used with the most splendid plate*, and requires magnificent plateaux, crystal, and the finest linen, and indeed every thing equal to plate in the furniture of the table, and is well suited to entertainments of the first order, and makes a most splendid display, when the meats are handsomely dished, and highly garnished with jelly; but Nankeens are better suited to family dinners.

The iron-stone china would be a valuable acquisition was it better shaped and more delicately coloured; but in its present form it is very exceptionable by being vulgar.

There is a very nice texture of china, which is white, and has large patches of flowers; but however beautiful in the hand, the economist will avoid it as well as French white, and all pale china, which are very trying, requiring, as the finest china, the finest linen and crystal, and, above all, very nice dished meats; and even after all this care, it can never be raised above the simple, as relief depends upon the degree of colour or colours properly blended. Besides, the least chip renders those pale chinas useless; therefore, in the choice of china, never let the economist

* Rich well-chosen china has a more superb appearance on table than silver plate, particularly when interspersed in the French style, with rich sockles, nougats, casseroles, and all cold meats highly decorated with jelly.

It is astonishing with all our table furniture, how much inferior the style of our first tables is to that of France. They have the true art of decoration, and so many pretty modes of dishes, that it is astonishing that a country so near, with the advantage of an intercourse of all ranks of people, should have through prejudice so long neglected its economy, elegance, and excellent cookery.

be induced, by a fleeting fashion, to purchase conspicuous things, or ever be hasty in the choice of any thing that is expected to last long; and let those who would really keep a genteel table, avoid being taken with every thing they see in shops or on other people's tables, or allow themselves to be persuaded by salesmen against their own judgment. They are the best judges of their own style, and of what they can afford, and were mistresses implicitly to act for themselves, they would sooner acquire an experience, which often comes too late, than by following the advice of others, which is seldom, in one instance out of a hundred, even though well meant and good advice, well adapted. There are many other reasons that ought to be considered, which is the wonderful effects of combinations, to go no further than a lady's white hand, will look better over a rich red or blue ground, than over any other of the paler colours; and what will look well on one table will look ill and out of place on another.

The colour of the walls will affect the table. Cold green, and blue tints are much against effect with artificial light; every warm tint, and the warmer the better, increasing that glow which is pleasant in a dining-room, where day is shut out, even in summer.

This consideration makes chandeliers and candelabras so preferable to lights dispersed over the table, that it would even be desirable to shade off the side board and fire lights. Entire elegance cannot be produced without attention to such minutiæ; yet some have naturally such a good taste, that their arrangements are beautiful, without attending to it scientifically; but where such enormous sums of money are squandered upon the table by all ranks of society in England, some rules ought to be generally known, to lead up from the simplest to the most magnificent table.

People of great wealth cannot always command that elegance which, if their own taste was improved, might be carried about with themselves, otherwise they are subject, with every change of servants, to a change in the management of their tables, or are obliged to put up with bad servants, on account of their knowledge. But did ladies know how easily this knowledge is acquired, when they begin early, and that it gives them no trouble, as it

increases daily without labour, together with the great satisfaction they must have of seeing their tables the display of their own judgment and taste. *

Care should be taken to instruct footmen in holding the napkin they serve with, as they had better have none than use it awkwardly †; but if they are not accustomed to serve with it daily they will never do it well; and this is the cause of much confusion when such things are required of them.

Much has been written to servants, but little to form a good one. *The Complete Servant*, written by a servant, gives some very good instructions for footmen, but nothing to constitute a finished servant; that polish must be given by the master, who ought to look a servant into a respectful conduct; and a servant that cannot be so managed ought to be dismissed, whatever his other qualifications may be, as that cannot be dispensed with; and once he is brought to that, he will generally become a good one; as when forced into a proper demeanour, he generally feels inclined to act up to it. If a master is determined to have good servants, he will have them. A good servant is easily known; every thing he does is done with nicety and care; the manner he places and removes the dishes, how he takes any thing from the hand of his master and places it before the guests; the respectful way in which he watches his eye, and attends to the wants of the company: he never even appears to hear any thing but what is addressed to himself. On the contrary, when servants are ill managed all is confusion; they are attending more to the conversation going on at table than their own business, and often joining in the laugh.

These hints will not be lost on those who love order

* Families who cannot afford plate, should economize till they can obtain at least four or five covered dishes, a sufficient quantity of forks, and two sauce boats of silver, made perfectly plain, for every day's use. They will, at least, in a large family, save the cost from three to five years. There are very nice dishes now made of prince's metal, excellent for family use.

At the Universities they generally till this day eat off pewter. It would have been well for the country that such economy had never been abandoned; many families might have a service of plate for the money that is squandered on trash in five or six years.

† The napkins for this service ought to be soft and thin, not hemmed, but overcast at the ends, so that the corners may wrap firmly round the thumb without much enlarging it; the napkin is then thrown over the hand and tucked back by the left to the elbow, for if tucked only to the wrist, which is often done, it sweeps over the dresses to the great annoyance of the ladies.

This is the simplest and most elegant mode of service that is or ever can be practised.

and regularity: and they are pressed home to the master setting out in life, as attaching more respectability to himself than he can be aware of at the moment.

To constitute a good housewife, personal experience certainly is the chief requisite, but by the time it is generally attained, we have no more use for it; therefore, the experience of others is not to be neglected, particularly at the outsetting; and although this knowledge is less certain than our own experience would be, it certainly is a great assistance, as there is nothing gained without trouble.

I would also recommend to such as could afford it, a butler's table, heated by steam, which would only cost a pipe from the kitchen; the numerous advantages must be apparent to every one, particularly that of keeping sauces and plates hot, giving plenty of hot water, &c. &c. while a maid servant might attend, behind a skreen, and having a lined cistern, without noise and opening of doors, wash china, and what else might be necessary; it would also warm the room, which would make it comfortable in winter. This would not only be a great conveniency, but a great saving and comfort in many other ways.* Those who have not a run of company, but who are obliged at times to give entertainments, should be careful not to trust implicitly to what cookery books give as elegant, and to be particularly on their guard against the books of tavern-keepers, and also tavern cooks. This I say more particularly with regard to their decorations, though it applies to their dishes, which are heavy and expensive.

Where there is no plate nor crystal for the middle of the table, let it be decorated with salads. Cold meat pies, glazed hams and meat, or fish in jelly; these, at the second course, may be exchanged for biscuits, nougats, caramel and Mantilly baskets, creams, jellies, candied or preserved fruits, &c. All these things may easily be made at home, and, besides their superiority as to elegance and use, they are also much less expensive, and give much less trouble than that excess of vulgarity, dressed plates of gilt paper, and artificial flowers, with wax baskets, wax fruits, and plateaus of coloured sand, for which nothing can account, but ladies allowing servants to manage, for

* A lining should at all times be used in washing china, and only one dish put in at a time.

unless these assiettes and pieces montées are made by the first-rate confectioners, they are, in general, very vulgar.

It is surprising sometimes to see such trumpery at the tables of ladies of taste, and taste does not depend on means; at least, want of means does not produce want of taste.

Let nothing be placed on the table that is not apparently at least for use, unless highly ornamental plate; crystal, delicate flowers, caramels, baskets, rude gum fruit baskets, in the dessert, with a few small sweet flowers, without their stalks, bedded in moss, one kind in each, are not objectionable, or very delicate nose-gays; but great Covent Garden bouquets are an abomination. The extent of this work, is barely sufficient to give room to an index for the mistress of a large and elegant establishment.

If economy is studied, much attention at first is necessary in the arrangement of dishes for courses, for which we have a greater scope than any other nation, from our own travellers acquiring a taste for foreign dishes, as well as a great part of society, being made up of those who have spent much of their lives in foreign climes, and who relish the cookery to which they have been so long accustomed, and, in some cases cannot well do without, so that with a very small variety of meats, many exquisitely relishing dishes may be made, and elegantly intermixed, as has often, and cannot be too often repeated, that all depends upon the mode of cooking, and those dishes may be arranged according to taste, as to size, contents, or country. For instance, the four principal English, the four flanking the centre French, the next four oriental, &c. &c.

Proper intermixtures of meats, poultry, and fish, should be attended to. At high entertainments, a fish course is thought necessary; but at ordinary ones, a single fish makes its appearance, and which must always be an expensive one.

The French use grills, fishes, and whatever they term *plâts de rôts*, in their second courses, and often a boiled turbot at the top or bottom, which they eat with oil. Experience, with such management, will show, that an excellent, elegant, and often a better dinner, may be served at half the expence, than the sterling management

of this country would deem reasonable, for a very middling one. I know that the English will account this, at the least theoretical; but I also know, that the English, as a body, are the last to whom I would give credit for immunity, from prejudice, economy, or good management.

The dessert may be conducted also at a greatly reduced expence, by the regular attention of the mistress throughout the year.* Pines, melons, lemons, oranges, cucumbers, should be preserved in their proper seasons. A little caramelled or chemised fruit, makes a fine appearance; almonds or nuts may be caramelled, or chemised, and nothing in elegance can surpass a dessert all done *in chemise* and *caramel*.† Compotes, as served by the French, are not expensive; dried pears, plums, biffins, apple, and quince chips, &c., may be all in store; and who has such, can never be at much expense for a handsome dessert.

Where no regular butler is kept, it has a better appearance, as it only keeps the master waiting a moment after his guests, to have the candles put out, and the dining-room door locked, than to keep the company standing till the wines are locked up.

The lady will find time to go down stairs and look to the wines and dessert, when she orders supper.

It is an excellent rule, that every thing should be cleaned and arranged the same evening, no matter how late, as this is the only way to prevent waste and breakage.

With a very little trouble, perfumed tepid water‡ may always be had for the finger glasses, which should be served before the dessert.

Ladies ought always to have foot stools, which should have sheep-skin covers in winter, and morocco in summer, and in winter gentlemen ought to have sheep-skins under

* Small pines may be procured at the end of the season in Covent Garden of from 3*s.* to 5*s.*, one of these candied would in spring stand in lieu of one that at that season would cost 30*s.* or 40*s.*, or even more.

† The whole expense of which is a little sugar and trouble to the housekeeper, or amusement to the young ladies.

‡ A few fresh or dried rose leaves, lavender, or any other flower, have only to be infused in the morning for this purpose.

I have seen at the house of a lady long accustomed to the perfumes and luxury of the East, an incense burner placed on the table with the dessert. I do not recommend this, but simply mention it, as I found it very pleasant myself, and as it is so necessary to dispel the vapour of the meats.

I am also sure that short and portly bodies at least will not feel inclined to laugh at me for recommending foot stools, and arms to their chairs, by giving rest to the soles of their feet, they would be spared many a wearisome hour of maintaining an uneasy position on the ridge of a high chair.

their feet; it seems very inconsistent to see people shivering and roasting at the same table, when a very little attention to management would make them all comfortable. One would be led sometimes to think, that people were invited for no other purpose than to be crammed.

LINEN.

FINE linen is so expensive, that it calls for the utmost attention to its minutest details; and, as it suffers little from wear, the greatest care ought to be given to the manner in which it is washed, as in that operation, noxious substances are often used to lessen labour and expences, which are very detrimental to it. The common method of getting it up, is also bad; it is allowed to dry, and is then shaken violently by the corners by two women, which wears it out, sooner or later, according as this method is persisted in. It ought to be regularly steept, from forty to forty-eight hours, say, from Saturday morning till Monday; if the spots are attended to, it will require little rubbing in washing, which wears off the pile; and, consequently, diminishes its richness; when it gets a little dry, it ought to be carefully stretched on a table, doubled and smoothed, with the hands, and folded down for some hours, that it may become equally dry and smooth; it must then be hung up, or spread out double to dry, which stiffens it. This management requires much less rubbing in the mangle to finish it.

Very coarse linen is in general used for the table on the Continent, which is not mangled, but which they crimp sometimes very prettily. Their attention being more given in such matters to *bonne chere* than *bon goût*.

The changing of table-linen is an annoying business to guests; yet, with all this attention to style, there are many real comforts neglected. The French are satisfied with one cloth, which is left in repose during the whole repast. Therefore, their plateau is called a dormant. *

* The new plateau. This is an elegant plateau of six feet by two, and consists of four pieces of fine mirror set in silver mouldings, and supported upon tortoises.

The border is enriched with many of our fine abbeyed and castled ruins in dead white, bas-relief upon a burnished ground.

Different views of Dover Castle finishes this superb plateau. The octagonal corners are ornamented with the thistle, rose, and shamrock; it is constructed so as to answer different sized tables. There is, however, such a relief in variety, that it

Every thing that unites elegance with comfort, should be attended to, but elegance ought to give way at all times to comfort. Two or three cloths make the table look much handsomer; and it is astonishing how meagre to an eye accustomed to that style, a table with only one appears; but this may be easily obviated, if the cloth is not removed during the service, by having a stout coarse one under it, or a scarlet cloth under a fine thin damask, gives it an imperceptible glow; but, if such is used, the cloth must not be taken off, as nothing can look well in removing but linen. A scarlet cloth, fitted to the table, and laid between the table-cloths, preserves the polish, as well as adds to the appearance.*

Linen should be regularly used; many housekeepers, and particularly cooking ones, in families where there is a great quantity, instead of using it regularly through, wear out the same sets. The French, who ought to be our patterns for economy, wash even their body linen but once or twice a year; and experience proves that a large quantity of linen so treated, lasts proportionably double the time of linen in constant use. When the washing is at stated periods, the proper season is chosen, which is towards the end of March, and every thing is then got up in order. Where two washings are requisite in the year, they should be in March and the beginning of October: linen so washed will be handsomer the second, or even the third time, on table, if not stained, and carefully pressed, than those in constant wash will be at first: and the bad colour contracted by such washing is generally corrected by burning substances. But should these large washings not be convenient, the sets should be used one after another; and even if not used, they should be washed once a year, otherwise they will rot.

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ought to be more attended to than it is, as an elegant simplicity is often more becoming in a certain style, show, or magnificence.

The French generally adorn their plateaux with vases at the corners.

* A very elegant custom has for some time been revived with us, of which we might perhaps be little inclined to think our rude forefathers guilty. Such, however, is the truth, and there are many amongst us who may not be aware that by using two or more table-cloths, they subject themselves to the penalty annexed to a sumptuary law of Richard, forbidding more than one.

To the abolition of supernumerary table-cloths, a top cloth succeeded, called an overlay, which was laid under the dishes, and was easily removed with them. Now that plateaux of weight are in fashion, to remove the cloths is a very distressing and even a perilous business, and rollers that go down the table are coming into use; something of this kind is necessary, as there is nothing that has a worse appearance than a greasy spot under a second course. The French can hardly have this, as their meats are generally, though not always, cut down.

I have seen linen, apparently in high preservation, taken from upper shelves, where it had long lain unmolested, return from the wash in shreds; and should that not always be the case, it is evident it will suffer from such management. Another bad practice prevails under the head of not assorting the linen to the size of the tables; sometimes it is too large, at others hardly six inches over the table, for which there is always a ready excuse. The mistress ought to have a linen book, and those that have the charge a copy of it. In this book the linen ought to be distinctly entered and regularly classed, with the lengths and breadths, as well as the patterns, specified. The mistress would by this means soon know by her eye without any trouble, how it was managed, and give her orders determinedly.

Although the tea-table is excluded from fashionable parties as an incumbrance to the more elegant amusements of turning over fine prints, and examining works of art, with which our drawing-rooms are now generally embellished. In the beginning of the last century it was not so; tea was then given as the medium of intercourse. Ladies went in their chairs in high dress, or walked wrapt up in large cloaks and calashes, with their work-bags in their hands, or carried by a servant. Aye, in day-light too, at four o'clock. I own every thing is more brilliant under the favour of the soft, lambent, and lucent wax. This pleasant mode of society, which all ranks could keep up, was quite delightful; men did not come heated with wine, nor women dressed for effect as opera dancers, as they knew they must run a very different sort of ordeal than that of the present day; and many characters might be pointed out in the recollection still of the living, that will fully bear out the truth of the assertion, that these parties were fitted to improve the mind, while those of the present day are as much fitted to destroy it.

The *prodigious* expenditure in the mode of keeping up society at present, precludes all from enjoying it but the *prodigious* rich; and many, through vanity, follow it to destruction. On the Continent the pleasantest society is in the evening where they give nothing at all, where the ladies all work, and the gentlemen, if they do not play, walk about and converse with them.

In France, now, the tea-table is partially introduced to accommodate the English, which serves to show off their nice cakes and bon bons, the last of which are often put on the table in a large bon bonier, divided like a Pope John counter-box.

At our entertainment the mistress is generally so taken up with the *tout ensemble*, that it shall be conducted in a whole with that elegance that gives an eclat; she does not care that Mrs. ——, who is a nervous rich dowager, or others, should complain that after she had sat through the bustle of three courses, she did not get a comfortable cup of tea to put her in spirits. From the education of the women on the Continent, brought up at the knees of their mothers, they are more knowing, more self-possessed, so that it is no trouble to them to see into every thing, as that the minutiæ when looked into is generally well arranged, where the whole, perhaps, has not that general eclât; but comfort is much more attended to for guests than appearance, they always making allowance for the great demand the English have on it.* As to the old objection of tea-table scandal, that ought now to be obsolete, as few men can free the wine-table from such an imputation, so that it is much to be feared that the cases are very generally upon a par.

TEA TABLE.

"Now stir the fire and close the shutters fast,
Let fall the curtains, wheel the sofa round;
And, while the bubbling and loud hissing urn
Throws up a steamy column, and the cups,
That cheer but not inebriate, wait on each,
So let us welcome peaceful evening in."

The tea-table is in most families a delightful relaxation, it is afforded with no trouble and little expense, and the only time, perhaps, a father can spare to have his family once a-day collected about him, where he may see the different dispositions of his children, and draw a knowledge of the general management of his family.

A kettle and lamp is far better for making tea than an urn; besides, the mistress will have it in her power to see that the water is properly boiled. The tea ought to be merely damped with about a table-spoonful of water,

* In recommending the economy and management of the French, let me not for a moment be misunderstood, as meaning any thing farther. I have laboured only to contrast the managements of different countries, that we may benefit by it.

and allowed to stand for some minutes, and the tea-pot then filled up. A round tea pot is the best, and a china one is preferable to silver, retaining the heat longer; but as they are in general very clumsy when large, and bad pourers, with their aptness to break, has deservedly so far brought them into disuse.

It would be needless to repeat here what has been so fully given with respect to the economy and propriety of a proper choice for every thing pertaining to the table, and that things in common use should be such as may be matched, which prevents much chagrin when accidents occur.

Since Sir John Sinclair gave a receipt for toast and water, it has generally and deservedly occupied a place in cookery-books, as it is our best and healthiest beverage, the making of which is still ill attended to; I must, therefore, following this good example, say something of toast, which is so material to comfort, appearance, and health, being generally served with coffee, and with hard butter. There are four kinds of toast, three of which come in their place here.

Toast for coffee, hard, and soft toast. Bread should be baked expressly for the first two with eggs and milk, to which sugar may be added, and well worked, that it may have the consistency of cake, very white and fine in the grain: this bread should be baked in square tin cases, and no more dough put in than will rather under than over fill them: this shape is a great saving: the bread should not be cut for two days. To serve with coffee, let it be sliced from an half to one inch thick, according to the square that is wanted, then square it properly, and let the pieces be from three to three and a half inches long; let these be dried in the screen or oven perfectly white, and when wanted, tinge them before the fire on all sides, the edges will get darker, which looks well; serve them stalked. This bread makes also excellent hard toast, and should be toasted at a great distance from the fire, which prevents it from losing its shape, and should be thoroughly dried through. These toasts, if not used, are to be put up as rusks, and will keep as well.

Soft toast, to eat cold with butter, ought to be thinner and rather more hardened than that to be eaten hot; and this should be the business of the cook, as in the

pantry it is often left to careless boys, who, after toasting it, throw it down upon a table where glass and other things have been cleaned, and laying on their hand very weightily to crust it, press the hot bread together, which soddens and destroys the fine flavour imparted by the fire.

The difference is that the cook slices it in her bread-tray, crusts it carefully, knowing that any pressure on it would hurt it, even before toasting. There is also no loss, as, if the cook knows her business with economy, she has plenty of uses for the crusts. Toast and butter is variously made with soft toast to taste when much butter is not used; an excellent way to give it mellowness is to put the bread as it is toasted a little over the steam of boiling water, and then butter it from a fine perforated buttering pan, taking care the butter is not oiled. This way of buttering has another advantage, all the sediment and milky particles fall to the bottom.

There is an excellent French bread for buttering. (See Receipts.)

BREAKFAST TABLE.

There is an old adage, breakfast in Scotland, dine in England, and sup in France. These distinctions are fast wearing out, and there are none of these places in which the most fastidious might not now take their chance for all the three.

Scotland, in addition to the cold meats on the side-board, has fish, ham, sausages, and pies prepared on purpose, likewise a great variety of breads, as wheat, oat, barley, and fine pea's meal in scones and cakes, with hot rolls and toast, eggs, honey dropt and in the comb, marmalades, jellies, and fruits, such as straw and raspberries, with cream, chocolate, cocoa, tea, and coffee. But what is this to the English public breakfast, which, after the tables exhibiting the full ball dress of *assiettes* and pieces montées, caramels in all their gem-like beauty, cold game in all its varieties, its péregueux, its salads, galantines, its chambours, its hatelats of all that is delicate and nice; its delicious fruits and wines, its pecoa, its mocha, its vanilla. But that is not all; its haunches of venison, and early chickens, every thing rare and expensive, dished in the massy plate of the rich host, and

blooming with the fragrant exotics of every clime. This is what the riches of England can do.*

BALLS.

As balls are more general, and can be decorated with less expense, we shall speak more fully of them, as such a public breakfast as that described above will require the assistance of the confectioner and able cooks, to whom we do not pretend to give any instructions.†

A handsome private ball may be very well managed at home with the assistance of a good cook or two for two days before; but the mistress and cook must be preparing for some time previous, particularly if it is necessary to economize, as many things with the cold meats may be preparing long before, and much of the small pastry, such as dry meringles, almonds, biscuits of all kinds, wafers, bon bons, gum paste ornaments, with caramels, and a great deal of stock for jelly, which may be prepared eight days before.—See Receipts. Eight cow-heels, which can be bought at the highest charge for eight shillings, will cover a splendid table, with sweet and savory jelly; isinglass, fruits, and flower jellies, blamanges, and egg-creams, may all be done two days before, but not turned out of the moulds till necessary to dish. In Roman Catholic countries they have a piece montée, wherein the marriage bread is taken to church to be blessed; which is surmounted by an incense burner; some of them have more than one, according to the design; they certainly would be a great ornament to finedrest dessert or ball-tables, but not as those used by the French, but mounted upon elegant light stands, from which they would hang, and could be taken down to fumigate the different apartments filled with company; it would be an angel-like office for a young lady, as the air of such apartments must be entirely exhausted, not only by the company, but by the wax.‡ A very little

* An idea of the sumptuousness and expense of some of these breakfasts may be drawn from 600*l.* being paid alone for the hire of exotics on one occasion.

† Public, or *à la fourchette* breakfasts, may always be served in the different forms of collations, with the addition of the usual beverages and breads.

‡ In a small chapel at Rome, that had been lighted up with a quantity of wax, and filled with a crowded audience, having the doors immediately closed on the wax lights being extinguished, next day was so suffocating that those who attempted to enter fainted on the threshold.

bit of the sash of the window let down in such cases would be of great service.

If the cook is not accustomed to make ices, they had better be got from the confectioner, and two large cakes.

TEA.

Two ounces of tea is the general allowance to each person in the week, and is, perhaps, just what one person, drinking it twice a-day, ought to have, though less will do, if properly managed, in a family.

The Chinese generally put in just what will make a cup, which has a cover, and leave it till the flavour and virtues of the tea are extracted, which they drink off the leaves, without sugar or cream; but such as cannot afford it in this way, use a tea-pot.

If the tea was infused, and allowed time to extract all the flavour and virtue, and then reduced to a proper strength with boiling water, the nauseous taste that is extracted by water being again poured over the tea would be avoided.

There is another very necessary thing to be attended to, which is, that the greater the quantity of tea put into the tea-pot, of course greater will be the strength and flavour of the first water, as it will take first the volatile and finest parts of the tea, as a certain quantity of water will only receive a certain quantity of matter, leaving the coarser for a second infusion, which may be more deeply tinged with the colouring matter, and though sometimes actually stronger than the first, is ill-flavoured and earthy-tasted, and it should be remembered, that the last cup will be that which will leave the impression.

For the economist who wishes to have good tea, where there is a family, it would be recommendable to use two tea-pots, and to put the half of the tea into each.

The cups being half filled, a little water will take out the remainder of the tea to fill them up, and the fresh tea will be ready for the second cup. And if the tea-pots are again filled up and left till morning, and poured off into a tea-kettle, and just allowed to come to the boil, it will be an excellent breakfast tea. This makes a saving of nearly one half, as it may be made with a spoonful of fresh tea to raise the flavour.

COFFEE.

As there are few that do not think themselves competent to make coffee, and will seldom, if ever, look for a better method in a receipt, let their attention be arrested for a moment to this:—Our neighbours upon the Continent will not be imposed upon as we are; they purchase their coffee raw, and roast and grind it just before using, which ensures their having it genuine and high-flavoured. In purchasing it roasted, we are not either able to judge of the kind or healthiness of the grain, while the flavour is entirely lost.

If it is purchased ground, two-thirds of it may be peas, beans, or any thing else, and if they were sound grains it would be of less consequence; but daily experience shows us that every sort of bad and blighted grain, that is not fit for any other use, is burnt for coffee.

A poor person pays two-pence, or two-pence halfpenny, for an ounce of coffee, when, with a very little trouble, when she is sitting over her own fire, she might roast a pound of peas that would not cost more than three-pence; she wants a mill, that is true, but how soon would she save one, if any one would put her upon the way?

The French also use chiccory, which is sold cheap, and is so easily raised, that there would hardly be any room for adulteration.

French families, after the coffee is poured off, put the chiccory into the coffee pot for the children and servants, if they have coffee; sometimes the families drink it half and half, and whenever coffee is found too heating it corrects it. Health, more than economy, ought therefore to make every one that uses coffee attend to these observations.

We all know that foreigners cannot touch our coffee, for it wants flavour and strength, and they would rather drink bad tea, as they use so much sugar, that it is to them an *eau sucrée*.

To make Coffee.

Measure the number of cupsful of water, and allow one over it, for the quantity to be made; put an ounce, or a

large heaped table-spoonful for each cup, into the cold water, and stir it with a wooden spoon kept on purpose; continue to stir it to prevent its rising over the pot; let it boil ten minutes, when the coffee will fall to the bottom and clarify itself, when it is poured off; put immediately as much boiling water upon the grounds as will be wanted for the next making; stir and boil it a few minutes, let it settle, pour it off, rinse out the coffee-pot, and return it into it.

If the same quantity as was made at first is to be made again, put only two-thirds of coffee in, and make it as before, and leave it to infuse till wanted, and so proceed from time to time.

This is the *Café Noir* of the French, and is generally made the night before.

Café au Lait—Milk Coffee.

Requires two spoonsful of coffee to every cupful of water, and is made as *Café Noir*, only of double the strength; many receipts are given, with directions to boil milk and coffee together, but to such as know any thing of extracting essences, surely milk or cream will not appear a fit vehicle, and the French know better.

The cream and milk are boiled and served separately, and mixed as the taste of the drinker directs.

No foreigner would taste milk coffee made of half an ounce of coffee boiled in a pint of milk, which is not the fourth of the strength they drink it, as the measure with them is one pound of coffee to sixteen cups, a third is saved by boiling the grounds to be put into the next making. — See the foregoing account.

This article shall be finished with a paragraph from Death in the Pot, which ought to be in every housekeeper's hands, as hourly experience teaches that no exposure will intimidate the hardy from imposition.

Advice given by a retired grocer to a friend, at no distant period: —

"Never, my good friend," he said, "purchase from a "grocer any thing which passes through his mill; you "know not what you get instead of the article you ex- "pect to receive. Coffee, pepper, and allspice, are all "mixed with substances which detract from their own "natural qualities."

Persons keeping mills of their own, cannot at all times prevent these impositions, for that is not sufficient, as substances are imitated even in grain, and nothing but chipping and the use of a magnifying glass can detect them.

Pounded sugar-candy and fine Brazil sugar ought to be served with coffee. This also ought to be pounded at home and mixed together, which the grocers not only do, but mix with them the refuse of the candy-boxes.

The sugar-candy is seldom in fine enough powder, which is not to be regretted so much for economy as the disappointment of the drinker.

The coffee in England being generally served so cold, that although it melts loaf sugar, it loses the relish in the mawkish half heat.

CHOCOLATE.

Rasp or slice a cake of chocolate into a pint of boiling water, mill it off the fire, simmer it for some time, and mill it again; if it can be made some time before it is wanted, it is the better, and not the worse for being kept some days in a covered jar or basin.

Boil any quantity of it so prepared in milk, or cream and sugar, and mill it well before serving.

Boiling Water.

Too little attention is paid to the water we use, which may accidently contain much poisonous matter from the substances it passes over, so that, if it is not filtered, it ought to be strained through a thick linen bag, with a sponge in it.

In boiling water no attention is paid to the long ebullition, which forces out the fixed air, and renders it very unhealthy, and that which is generally used for tea is boiled half away.

This is worthy the attention of all tea-drinkers, and particularly those who drink a great deal; as when the spirit of the water is gone, it is not so fit to extract the flavour.

CARVING.

It is scarcely necessary to say that carving is a requisite accomplishment for the mistress of a table; whether for appearance, or appropriate distribution, equally necessary to the plentiful or elegant repast, the conducting of which is her exclusive prerogative. It is, however, much neglected, although it gives infinite grace to the person, brings forward the amiable qualities, and prevents much awkward confusion, which often takes place from officious assistance, and more particularly as guests are ill-helped. The mistress is unavoidably chagrined, which unfits her, should that take place, from doing the honours of her table becomingly. All this, and much more inconvenience than is here represented, might be entirely obviated by a little attention to carving. If the lady does not visit the larder, she ought to have the joints that are to be served at table brought to her for inspection, till she acquires a perfect knowledge of them, examining them with attention, till she is able to find immediately the pieces, and to know what is esteemed, how many ways it may be cooked, to what uses it may be put to advantage in the different courses, with the proper sauces and vegetables. A knowledge of such things will soon not only make her an adept in this necessary accomplishment, but also an economist; because she will see that her table may be brought to look better upon half the expense; as the author labours to prove that every thing is equally good if properly prepared, and that often things much less expensive might answer better: and that much may be done to lessen expense by the lady's eye, and by a faithful servant to take care of the things as they go from table. One instance of waste in eating may lead a mistress to attend to a thousand others. Some years ago, when great loans were contracting for, one of the monied gentlemen was giving ministerial dinners, and great care had been taken to procure all that was rare and expensive. In spite of the barrier being shut between this and the sister kingdom, fresh truffles were procured. They however escaped notice (among the elegant profusion with which the table groaned); as there were no ladies present, search after-

wards was made in vain for this dish. All the servants denied any knowledge of it. It came out, however, that the lady's *femme de chambre* had eaten it. Another circumstance of the same nature shall finish these observations, of a marchioness that turned off an excellent footman, for no other reason but that of eating the tarts that went from table, it being the family custom to make up the supper from the remains of dinner. This was the act of one of those ladies that served a falling family. It is much to be regretted, that in this country it is the expense that enhances the value of every thing, let it be cooked as it may.

For carving, the lady's chair ought to be a little higher than the others, (without being conspicuously so,) one raised on castors will do, and a footstool placed under her feet; this gives ease and command. The table ought never to be encumbered near her. Her knives and forks should be of steel, light, sharp, and fitted to the different uses. If a dish is at a distance, or any thing in the way, confusion must ensue.

There is something so gracious in a mistress at her own table helping her guests, that were it to be given up, an entertainment would have the appearance soon of a *Table d'Hôte:* but, on the other hand, it certainly is unpleasant for a gentleman to ask a lady to cut up a joint to serve him from it. This might be obviated, by the cook's cutting up the bird or joint in such a manner that by two silver skewers it would retain its form on table. It was remarked by a very young person, that at such a house he never eat turkey, as the lady took the trouble of cutting it up herself. All joints ought to be completely separated, and where the bones are too large for helping, they ought to be sawn till within half an inch through, which will then be easily separated, by pressing the back part of the blade of the knife back upon the bone. Carvers ought to be very quick, and also nice, as well for the present as for a second appearance. The idea we have in this country, that re-drest meat is mean, is founded entirely upon extravagance or bad cookery; as almost all stewed meats are first braised, fried, or roasted.

When soups are served with meats, force balls, &c. nothing shows more inattention or want of experience in the helper than that of serving it unequally, giving some

a plateful of the meat, and others nothing but soup. The best way to prevent this is to press the ladle down and lift nothing but soup, and then to turn it round to mix the meat and vegetables, taking up a small quantity of them and laying them in the middle of the plate.*

If the master of the family does not give attention to carving, which often happens, the cook ought to mark where the joints are to be cut, by running cloves across the middle, at the knuckle, or in a circle, upon a ham, by marking a haunch of venison or leg of mutton, which may be done by piercing them and sticking in a few sprigs of parsley or truffle nails.—A fore-quarter of lamb looks beautiful, garnished round the shoulders, along the breast, and on the edge of the dish with parsley. When it cannot be had or used, shalots, walnuts, gherkins, cucumbers, sprigs of cauliflowers, pickled or raw, may be cut in slips, nails, or any shape, and used as taste directs. These are without expense and useful decorations.

Finally, to obviate all difficulties, the following short directions are given, though, after all, the best lessons are derived from observation and practice.

Fish.

THERE is no apparent difficulty in helping fish, but a great deal of nicety and attention is requisite to know what parts are most esteemed and where to find them.—A cod's head comprehends a great variety. The finest part of the fish is the shoulders, and they are generally served together. Some prefer the thick, and some the thin. The delicate pieces are the jaws, tongue, sound, liver, and roe, which are helped in part, or all as desired; but great care must be taken not to overload the plate, and so to proportion the quantity as to serve all properly. This requires attention and practice.†

Should any one be present that holds *maigre* and par-

* In France, the *Maitre d' Hotel* takes the soup from the table and serves it, and also the large pieces, which he cuts and sends round.

† This observation was made by seeing Lord ——— go without a dinner where the feast was made expressly for himself, and a very fine turbot procured, at an extraordinary price: but his Lordship sat by the lady, and assisted her in helping it to a large party, till there was not a bit left. There had been no fish nor vegetabl soup. In vain the second course was expected to produce a *plat de rot* of fish — but such a thing is not known at our tables.

ticularly on Friday, that person should have a larger portion without comment, and a second helping ought to be carefully reserved for him. This attention to guests is most willingly bestowed by liberal minds, but the hurry of an entertainment and want of knowledge often leads into error.

Salmon ought to be sliced down, and the thick or thin served according as it is chosen. The head is esteemed by the *gourmands ;* the liver and roe are delicate.

When different fishes are cooked together or served in pies, the cook should have instruction to cut them of such a size that a piece of each may not make too large a helping, which should be attended to in all sorts of pies. The carvers ought to be careful to cover over the bones, and *debris* of fish with the parsley and horse-raddish, and even with a napkin, as the look and smell are often offensive to those who do not eat it.

Beef.

To carve a round of beef, take a broad sharp knife of sufficient length, and cut off a slice an inch thick * completely over, and send it away, and proceed to cut in very thin slices. The hard fat is cut over with the beef.—The soft or marrow fat is found on the side, and is cut downwards. It would be needless to repeat, that it is necessary always to ask what part of every thing is preferred. As it is not handsome either to give large or thick slices, a good carver has the address in helping two or three thin slices, to lay them like steps upon one another, the fat uppermost, and never to forget gravy, asking what vegetables, and sending the servant for them, or according to the management of the table, sending the vegetables afterwards to the guest.

Sirloin

To be sent to table with the outside upwards, which is first cut down along the back bone close to the ribs; it is

* Where good cookery is practised, and the round has been braised, the nearer the surface the higher will be the flavor, which, of course, is not the case when boiled in a great pot of water; therefore, to cut off a thin slice on the very top, where it may rise, to flatten it so that the slices may be nicely taken off, will be enough — and this may be done by the cook before it goes to table.

then cut in thin slices down the ribs towards the carver. The fat is underneath, and is easily slipped out, as the bones stand hollow. This, however, is not the best part of this joint. Turn it over, and cut across in thin slices to the bone. Let the plate be held up to help the gravy; push up the joint with the spoon; put aside any frozen fat, and help the gravy clear with a little horse-raddish; if there is a well in the dish this precaution will not be necessary, although this direction is necessary throughout. Ribs of Beef are carved in the same way.

Calf's Head.

Whether a calf's head is presented half or whole, it is carved in the same way. Cut off the sweet bread from the throat, then cut down through the fleshy part of the cheek in thin slices along the jaws, and help a little of both with a small bit of palate and half an eye, (which is easily taken out by running round the point of the knife in the socket,) and a thin slice or two of the tongue, if served with the head. Observe—a lamb's head is cut in the same way, in whatever manner it may be presented. This dish requires both quick and neat carving, and management to serve many.

Breast of Veal.

Cut off the front bones all along, which will be found to extend from two to three inches from the edge; then divide them according to their size in one or two joints, and cut the ribs out in the same manner. If the company is small, or if it may be supposed that all will not be wanted, one or two fore bones may be taken off, and then the others: for were it all left cut down, it could not be presented to table again cold. This is an important lesson of economy in all cases.

Fillet of Veal

Is carved nearly as a Round of Beef, with this difference, from its being roasted, the outside is by many considered the nicest part. It ought, therefore, to be cut in thin slices, and helped with an inside slice and a little stuffing,

which is generally wrapt in the flap, or where the bone has been taken out, add a little fat and gravy.

Leg of Mutton.

The inside being presented, is to be cut right through the middle down to the bone. Then cut thin slices on either side. Towards the knuckle lies the pope's eye, much appreciated. When that side is finished turn it over, and cut thin slices downwards in the way venison is cut, and help them with fat.

Shoulder of Mutton

Is placed with the back upwards, and should always have the hand turned to the left of the carver; it is sliced quite across in the middle of the hollow to the bone, and sliced out on both sides. It is then turned round with the hand opposite, and slices are cut down from off the blade-bone. Some prefer the under part, which is called the brown collop. The fat lies upon the edges.

Saddle of Mutton is cut, in thin slices, deep and close all along the back-bone. They are divided and helped with fat from the outer edges. Notice — That similar pieces of mutton, veal and pork, are cut in the same way.

Fore Quarter of Lamb.

Cut round the shoulder a little deeper than the skin, and pull it up with the fork; this will prevent taking too much of the meat from the ribs. Squeeze a lemon or orange over it, with a little pepper, salt, and a large pat of butter. Replace the shoulder, and put on the cover, and let it repose a minute. Afterwards send away the shoulder, not to encumber the dish, as the ribs and breast are generally preferred. Cut off the breast-bones along the front, separate the ribs, which ought to be cut quite through the middle, and serve what is liked best. It requires only gravy to be served from the dish with it.— The servant may offer mint sauce, salad, peas, French beans, or any nice vegetable with it.

Haunch of Venison

Is cut round upon the rise of the knuckle, to allow the gravy to flow. It is then turned with the broad end towards the carver, and the slices are cut the whole length of the haunch down to the bone, and helped with a little fat, which is found mostly on the right side. Great attention must be given to help this precious morsel, that all may share of it.

Ham may be cut through the middle, and thin slices taken from either side. Some prefer the knuckle, and others cut it circularly, to prevent the juice from escaping.

It is a prodigious saving in ham to bone it, in which case begin at the knuckle.

A Pig ought to be cut up before it is sent to table, where the shoulders will only require to be taken off, and the ribs separated, and the legs disjointed. The high ribs are most esteemed, with the head and petit toes.

The legs and shoulders may be cut in slices and helped with the ribs, if the party is large, otherwise when the ribs are all gone the legs will then be helped perhaps to the greatest stranger, a liberty which should never be taken with the meanest guest, therefore the propriety of carving well is perhaps most conspicuous in this point.

Hare.

Cut the hare from the point of the shoulder, about two inches more or less from the back-bone, which the size of the animal will direct, down to the end; let this be done on both sides, the back being esteemed the most.

The discretion of the carver must direct the size of the pieces it is cut into, because a small bit of the back may be helped with a slice * from the wing or leg, and a little of the stuffing from the belly with sauce. The legs are next in request, Some slice out the back, but it is not so good a way as cutting it across, as slicing can only be necessary when it is old. The head and brains are esteemed. The head is easily separated, and many like it.

* Rabbits are cut in the same manner, the same pieces of each being in esteem

Goose.

Cut off the apron in a circular direction, and, if not stuffed, pour in a glass of any red wine, or half a glass of fine vinegar or Seville orange juice: but do not put in mustard, as it is not agreeable to every taste. Then slice the breast in thin slices, and put a little wine or orange over it. If more is required, take off the legs while the fork is kept firm in the lower part: slip the knife under, turn it back, and divide or slice them. The merry-thought, the small bones under the wings, with the back and sidesmen may be helped with them; but care should be taken only to cut up what is required. A proper carver will cut out a sidesman without cutting up the fowl, if it is required.

A Duck is cut up in the same way. The legs with their webbed feet are esteemed the most. Ducklings are cut down through the middle, according to their size, or in quarters, which is a nice way of carving that size of bird.

Fowl.

When a carver is equal to cut up a fowl elegantly and expeditiously, he has no more to fear in that department of carving. If a fowl is large, two slices may be cut from each side of the breast, leaving still as much between and the bone on each side, keeping the fork still fixt in the middle. Beginners generally put the knife too far in upon the shoulder to find the joint of the wing. Attention to that will obviate much difficulty, and the joint giving way the meat follows. Expert carvers cut up and turn back the knife which is the easiest and most expeditious way. If the breast has not been previously cut, (which is the proper way to carve small fowls or large chickens, as slices from the breast would make all the other pieces too small), cut it close to the bone under the leg, and press it back, and the joint will separate. Cut across between the breast-bone and the merry-thought, and slide the knife back towards the shoulder, and lay it over, then take off the neck bones which lie under the wings, by finding the joints in the same way, or slide the knife under the bone and turn it back. Turn the fowl upon its side, and separate the

breast from the back, by cutting down through the ribs. Put the fork into the upper part of the back, and the point of the knife under the rump, and press the under part back. Then cut off the two sidesmen, which lie along the under part of the back. A large nice fowl, by attention and good carving, may be helped to a great many, by the knowledge of the distribution of the pieces: and all their helpings may be made equally good: but this takes much practice on the outset. The livered wing is the principal piece. A leg is never sent to a lady, unless she asks for it. It ought to be separated from the drum-stick, and sliced, and then helped with a slice of the breast, or as directed at goose; but all is in the discretion of the carver, as, at a family dinner, when there are fewer dishes and a smaller circle, the knowledge of the taste and the management of the table will give the best instruction.* Very small chickens are divided down the breast, as are pigeons, and all birds of that size: but, the gourmands preferring the legs of pigeons, they are cut across, directing the knife from the top of the leg to the point of the breast, and from that down to the top of the other leg, which leaves a large part of the breast to the wings.

A turkey differs nothing in the carving from a fowl, but that, from its size, more may be made of it. It is generally stuffed, which is found by cutting off the upper part of the skin of the breast, which is tacked over the back. Slices from the breast and wings are the principal pieces. The legs, though the highest flavoured, are coarse, and the other parts heavy, and eat better devilled.

Fix the fork in the breast of a pheasant, and cut three or four slices down each side of the breast, leaving a little attached to the wing. Take off the leg, and then the wing, and do so by the other. Cut out the slices,

* Some strangers arriving at a very hospitable mansion, just as a family dinner was set on the table for sixteen, which consisted of soup, fish, roast mutton, a pair of large Chittigon fowls, a bit of bacon, pudding, and vegetables, some of the children were sent to a side-table to give place to the strangers. A most excellent person, but a very bad carver, to the great annoyance of all those that were interested in the comfort of the guests, was placed opposite the fowls. The lady pointed to a servant to change the dish to the opposite side, but upon his lifting it to that intent—"What is the fellow doing, do you think I cannot cut up the fowls?" and turning to the children he said, "Will you have fowl, you rogues? yes, I know you will; mangling them as fast as he could; there is not one of you that could not eat two wings. My George would think nothing of four." The lady begged the children might have mutton, "No, no! the pretty rogues like fowl best, and they shall have it, as I don't come every day to serve them."

and proceed, if necessary, as for any other bird. The breast and wings of all these heavy birds are most esteemed.

The heath-cock and grey hen are carved in the same way, but the legs are in higher esteem from their high flavour.

Partridges may be cut in the same manner. The breast and wings are the principal pieces, but the pinions are the most fancied by the gourmand.

A nice experienced well-bred carver, who has been accustomed to it from childhood, may well be astonished at such instructions being necessary.—But indeed many more might be added with propriety, were there sufficient room for insertion; as there is nothing perhaps within the *devoirs* of hospitality which requires from hosts and their households more delicacy and attention.

Nec minimo sane discrimine refert,
Quo gestu lepores, et quo gallina secetur.

JUVENAL, Sat. v. 125.

——— It is no light affair
Which way you carve a fowl, and which a hare.

SALADS.

Cucumber Salads.

Prepare the cucumbers and cut them in long thin slices, and run a small knife round and round each piece, cutting it in a small equal thread, wind it up in a skein that will suit the length of the dish, and continue till the cucumbers are all drest; cover them with vinegar, and let them lie an hour at least; or for very weak stomachs first lay them in water, and afterwards in vinegar, wring them in a cloth, dress them nicely in a round or oval dish, pour oil over, and sprinkle them with fine pepper and salt from dredgers. For stomachs that cannot bear vinegar, substitute a little powdered mint. Those who cannot eat cucumber, from its cold effects on the stomach, will be able to eat it in this way.

Sliced cucumbers may be drest in the same manner, by draining them, and then pressing out the water or vine gar between the folds of a cloth.

Salad of Fowl, Game, Rabbit, Pigeon, Sweet-bread, &c.

Cut any of them up in nice fillets and dress them high upon a dish, and garnish fancifully with quartered heads of

lettuces, small salad, herbs, beet root fillets of anchovies; stick in at proper distances hard plover's or other eggs;* lay round cooked silver onions, hard eggs in quarters, or savory jelly, and sprinkle capers or lobster spawn over, or marinade them some hours before in oil, shalot, and vinegar, and serve as above.

Salads may be made with any of the above ingredients; they are not all necessary at one time, but the more variety, and the handsomer they are drest together, the salad will be the more ornamental to the table.

Lobster, Cray, and all other Fish Salads.

Take the meat out of the tail, claws, and body of the lobster or crab, cut it nicely and dish it; eggs may or may not be served with it, also salad herbs; strew the spawn over, and cover or garnish with broken savory jelly.

Salad Sauce.

Blanch some parsley and shalot, mince them very fine, and wring them in a napkin, mix them with pepper and salt, and add them to a spoonful of made mustard and oil, and serve it in a sauce-boat.

To this sauce may be added vinegar, hard eggs, soy or ketchup, according to taste. Cold drest oysters make a nice salad or garnish. Fish of every kind may be served with this sauce.

Egg Salad.

Boil six cloves of garlic six minutes, and pound them with a few capers and two anchovies; mix them very well with oil, salt, pepper, and vinegar, and dish it under hard boiled eggs, whole or cut in two.

Scotch Sauce for raw Salads.

Bruise down the yolks of two hard eggs in a china basin, add a large spoonful of mustard; rub them together with a table spoonful of ketchup, one of tarragon, and

* Duck's eggs should be preserved for salads, as approaching more nearly the eggs of game and wild fowl, which is proved by their fine blue white and high flavour.

two of white wine vinegar, and a teacupful of thick cream; these are all to be well incorporated together, and when the salad is nicely cut and ornamentally dressed in the salad dish, pour the sauce equally all over it.

For such as are fond of salads, and cannot digest them, let them eat castor-oil with them, it greatly increases the relish of the sauce, though not very pleasant by itself. Invalids at least will find their account in so eating it.

Small Shell Fish Salads.

Prepare oysters, cockles, muscles, lampets, clams, wilks, scoops, shrimps, prawns, &c. each in their own proper way, dress them high in a dish, or over parsley, garnish with jelly or a salmagundi*; serve with oil, vinegar, mace, and pepper, separately. These salads may be served upon fried sippets, or in crustades, which is the Spanish mode. Two or three kinds of this fish may be served together.

Cooked Vegetable Salads.

Cauliflowers, French beans, asparagus cut in peas, artichoke bottoms, roasted Jerusalem artichokes, roasted onions, small silver onions, sea kale, seorsonary cut in peas, beet-root, turnips in balls, the zest of carrots, of the same size, with farce or vegetable balls put into the rings of onions and carrots, also rings mixed, &c.

All vegetables for salads ought to be cooked in stock butter or cream.

If there is any cold *fricasée* or butter sauces, serve them in sauce-boats, also oil and vinegar. Castor oil is excellent for salad sauces, both for digestion and flavour.

Raw Salads

Are generally composed of lettuces, small salad herbs, celery, beet-root, young onions. Cut them nicely, keeping out hearts of lettuces, &c. celery, cucumbers in shreds,

* Selon mon goût is made of various salad articles, so that every one may take what they like best, such as hard egg, raspt ham, minced chicken, veal, game, or fish salad and savory herbs, and pickles, these are all minced separately. They are then fancifully heaped in patches, or moulded in compartments round the dish, and garnished with fillets of anchovy, cray fish, shrimps, &c.

beet-root, and young onions, for garnishing; dress it high in a salad, china or glass dish, garnish it handsomely, and pour over any of the salad sauces.

Some, from economy, serve the sauce in a salad sauce glass, which is by no means genteel; the lodgment the sauce makes in the rings is very dirty looking. If any sauce is to be preserved, lay over the sauce-boat a folded cloth, and press down the cover; next day let it be well beaten up, if there is too little, it is better to use it and make some fresh, as by adding and adding, the ingredients are not in proper proportions; besides, some of them may be apt to spoil.

Drest salads of cucumbers, nasturtiums, French beans, red, black, and white raddish.

Cook these either in a braise or in the oven in butter stock, or a marinade; serve them whole or in slices in the skin. They are the better for a little sugar and garlic. If drest in double distilled vinegar, dried and put in jars, and covered with clarified butter, they are excellent sea store.

Skein cucumbers make good cooked salads; they ought to be done in a marinade and served with oil; they may be served over beet-root.

Beet-Root.

Cover a dish with slices of either pickled or cooked beet-root, dredge a little very fine sugar and mace over it; sprinkle it well with oil, and leave it some hours; when ready to serve, garnish with scraped horse-raddish or young radishes, nasturtium flowers, &c. and pour some of its own liquor over it.

Artichoke Salad.

Cook them in butter and lemon juice, and serve cold, with a cold ravigote. The French make an elegant dish of this. In this way all white vegetables are cooked for salads.

Other salads will be found in different parts of the work.

The French serve almost every thing as salads, which give their second courses a very handsome appearance, is economical, and where only one cook is kept, for a

nice table they save much time, as they may be prepared from cold meats over night or in the morning, and if not used, are ready to redress in every way. Whenever I come to speak of French cookery, I regret my limits, as I cannot enter upon those elegant dishes, but will merely give here one or two of the most approved sauces for serving with them.

Sauce Magnonnaise Blanche.

Pick out two of the whitest yolks of eggs possible, add fine salt, and two tea spoonfuls of Tarragon vinegar; beat it quickly with a wooden spoon; when it has taken, add, by degrees, a glass of olive oil, and as it takes add a little vinegar and oil, and rub it against the sides of the dish or mortar, as it is by the rubbing that it becomes white and creamy or velvety, and as the sauce makes, more oil and vinegar may be added at a time, and a little savory jelly.

If care is not taken it will decompose, but with care it will become a firm smooth cream. It must be made in a cool place, and very quick; when finished rub in a few drops of cold water, which whitens it astonishingly; should the magnonnaise decompose, beat the yolk of an egg, with a spoonful of béchamelle, and add a spoonful of the magnonnaise, and beat and mix it very quick, and add the rest of the sauce by degrees. It requires more patience than the English are willing to bestow upon so small a matter as sauces, which is quite the reverse with the French, as they know that every thing depends upon them.

Magnonnaise à la Ravigotte. *

Blanch a ravigotte five or six minutes in boiling salt and water, the herbs may be tarragon, scallions, and chervil; refresh, squeeze, and pound them; add a spoonful of magnonnaise; when it is well incorporated, strain, and mix it by degrees into a magnonnaise.

* The author of the Almanac des Gourmands tells us that the Puristes en Cuisine are not agreed upon the names of these ragoûts, *but as they are only sauces*, he leaves us still at a loss to comprehend what he means, as they are from the highest authority.

Beurre de Montpellier aux Ecrevisses.

Take half a pound of lobster butter, and having pounded twenty anchovies with six hard yolks, and a clove of garlic, mix it with the lobster butter, salt, and a little magnonnaise; after all is well mixt add a glass of olive oil and a quarter of a glass of Tarragon or ravigotte vinegar, and a little cochineal, to give it a fine pale red colour; rub it through a tammy, and put it in ice.

Beurre de Montpellier.

Prepare a ravigotte exactly as for magnonnaise, and prepare, as in the above receipt, twenty anchovies, eight hard yolks, a table spoonful of capers, and a clove of garlic; pound these all together five or six minutes, and add half a pound of fine hard fresh butter, and a little allspice, nutmeg, and salt, let all be well pounded; add a glass of oil and a quarter as much of Tarragon vinegar. This ought to be a butter of the highest flavour. To give it a fine green colour, add a little essence of spinach, which must be put in by little and little, that it may not be overcharged with colour.

Put it in ice, or in the coolest place possible, to make it firm.

These sauces require much attention in making, but it is fully repaid to the cook by the beauty and éclat it gives the table as a beautiful garnish with jelly for cold salads of fish, fowl, or meat.

Every thing is good, and in style, decorated with such sauces.

Whole trout, carp, mullet, salmon, or in junks or fillets, whole game, poultry in fillets or members; hare, rabbits, veal, and beef, may all be served as large entries, or salads decorated as described above, or masked (covered) with jelly, and decorated with cocks'-combs, kidneys, truffle, mushrooms, butter turned out in stars, or other ornaments, and garnished with broken jelly.

An Oriental drest Dish of Pickles.

Pound different and various coloured pickles, and dish them in small glasses, round a mango laid in leaves in

the middle, and garnish with barberries, green currant leaves, &c.

Many prefer this oriental method of serving pickles as giving a higher relish to the sauce, and from being of more easy digestion.

A seraglio dinner, consisting of twelve dishes, served in three courses, having one large dish placed in the centre of the room.

First Course.

Cold
Persian Soup.

Pillau. Forced Bamias.

Fricaséed
Fowl Soup.

Second Course.

Yaugh of Pigeons
with Apricots.

Mutton Cubbubs
with Dates.

Fish
fried in Oil.

Mince in
Vine leaves.

Third Course.

Yauhourt.

Date or Apricot
Fritters.

Green Fig
Fritters.

Honey
Pastry.

The dishes were placed before every one separately on a round silver or plated tray, raised on feet a couple of inches, and set on the divan. The same dishes were

served to each, that there might be no bone of contention. In the centre of the room was a lamb cubbubed, or roasted whole, accompanied by a huge cook in the capacity of carver. The beverages were perfect syrups, flavored with different fruits and flowers. The napkins were embroidered with gold, and perfumed waters were carried round and poured upon the hands over a basin, having a perforated cover in which flowers were stuck: this is also an Indian custom, and much more elegant than our finger-glasses. The custom is however partially introduced here by carrying round rose-water.

DINNERS FOR THE MIDDLING ORDERS.

By the comparison of the following dinners, given by a very numerous class, from 2 to 600*l.* per annum, which I *quote*, and have had the satisfaction of convincing some of those that gave them of their impropriety and extravagance, by showing them dinners in a better style, and though of meats inferior in price, quality, and taste, according to the ordinary cookery, but which will, if the receipts are properly attended to, be, at least, equally good. I hope to convince them, that by attention to cookery and economy they will live better than they now do, and at the extraordinary saving of half (I was going to say two-thirds) in the kitchen: but the vulgar could not believe such a thing, and I shall yield to their prejudice, in hope of winning them to their own comfort, of course, not including butter, bread, and these necessaries, which are wasted only through neglect. Mistresses with such incomes cannot be above looking over their kitchen; indeed, it is out of their power to keep any thing like a good cook. Let them not suppose that the dinner I set against theirs, from containing more dishes requires more trouble; a very slight knowledge of cookery will teach them this.

It is an old and true proverb, that "too many cooks spoil the broth." The handsomest of the following dinners was prepared by a mistress and one servant; the shabbiest by two servants and a hired cook, the mistress and two daughters, which was a scene of the most ludicrous confusion that can be conceived. To save a few coals by not lighting a fire in a back kitchen, adjudged too wasteful, the pots and pans were distributed all over

the house. The cards of invitation did not specify the hour of dinner, but the entertainers had fixed upon six, amiably putting themselves five hours behind their time for the convenience of their guests, who conceived that hour rather late, lest their host might construe it into a show of superior breeding; so as St. Paul's struck five the hackney-coachman thundered at the door, and twice repeated the summons: the company was then admitted, when the coast might have been supposed clear, but unfortunately the 10*s*. cod shoulders that figures in the bill, according to its prior destination, figured on the floor. But it is not often that occurs; accidents so salutary, for this one bids fair to save the family from ruin; but the practice in that line of life is common, and mistresses should add to their other expenses such bad management as the destruction of furniture and clothes.

Men more than women, mixing oftener with classes above their own, and going to taverns, become dissatisfied with the style of their own establishments, and unless their wives pay some attention to a little style and, amongst other things, to cookery, they are apt to desert their homes sometimes altogether.

DINNER FOR SEVEN.

Re. Plum Pudding

Salmon.

Oyster sauce.

Potatoes. Lamb Fry.

Ham. Pigeon Pie. Fowls.

Pork Chops. Brocoli.

Roast Veal.

	£.	s.	d.
Salmon	1	0	0
Plum Pudding	0	10	0
Pigeon Pie	0	7	0
Fowls	0	8	0
Ham	0	12	0
Veal	0	11	0
Side Dishes and Oysters	0	4	0
	£3	12	0

It must here be remarked that these things were bought at the dearest season. This is as ignorant as wasteful, for with the few exceptions, such as peas and lamb, &c. every thing is best when cheapest. This dinner cost, besides nearly 2*l.* for little extras, sent out for at the moment, which were of no use afterwards, and which might have been made at home, besides wine, porter, and spirits, fruit, cakes, &c. &c.

2. Re. Apple Pie and
made Cream or Custard.

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1. Re. Fried Fish.

Shin Soup.

Pillau of Rice. Fried white Beet.

Melted Butter.

Pigeons in small Onion sauce. Beef Steak Pie. Veal Fricandeau in Juice.

Drest Spinach. Mashed Potatoes.

Boulli
Ragoûted.

Re. Shoulder of Mutton stuffed
with Oysters.

Venison sauce.

	£.	s.	d.
Fish	0	1	0
Fricandeau	0	2	0
Leg of Beef	0	2	0
Pigeons	0	1	6
Apple Pie	0	2	6
Mutton and Oysters	0	4	6
Side Dishes, &c.	0	2	6
Beef Steak Pie	0	2	6
Cream or Custard	0	1	0
	£0	19	6

This calculation is supposing the mistress to understand cookery, to market herself, and carefully, and to make the pastry at home. It must also be observed, that

the table of such mistress, whatever be the meats, will always look better and more affluent *, than that of the other form the home-made pickles, vinegar, ketchup, liquors, preserves, &c., which she is enabled to present, besides ginger, spruce, or other beers, wines, with cakes for tea, &c. &c.

DINNER FOR EIGHT.

First Course.

Cod Shoulders.

Oyster and Shrimp Sauce.

Potatoes.

Second Course.

Boiled Turkey.

Oyster Sauce.

Ham. Bread and Butter. Grouse.
Pudding.

Brocoli.

Roast Beef.

	£.	s.	d.
Cod's Shoulder	0	10	0
Oysters, shrimps, butter, parsley, &c.	0	2	7
Turkey	0	10	0
Ham	0	14	0
Grouse	0	15	0
Beef	0	13	6
Brocoli and Pudding	0	2	6
	£3	7	7

* A prudent economical housewife knows afar off, what she will require. Perhaps she must have a Christmas dinner; she does not wait till every thing is doubled in price, she has no fear that six weeks will over-salt a tongue or a piece of beef, which she prefers at half, or a reasonable price, to the exorbitant prices which take rise three or four weeks before Christmas; she will also prepare her little cates, so that her dinner will neither be expense nor trouble to her, for a good manager can make the present often yield to the future.

First Course.

Re. Stewed Beef Steaks.

Brown Soup.

Potatoe Rolls. Melted Butter. Curried Rice.

Baked or
Fricasséed Fish.

Second Course.

Roast Fowls, with curled
Bacon, small Sausages.

Oysters or Shrimp Sauce.

Pickles.

Ragout of Onions. Oyster Scollops.

Pudding.

Meat Cakes upon Parsley. Pickles. Sweet Potatoe Balls.

Beef Bouilli or
rolled and roasted
seasoned as Goose, Hare,
or Venison.

	£.	s.	d.
Beef and Steak, 7 lbs.....	0	3	8
Two pair of Soles and 1 lb. of Eels	0	2	6
Butter, Rice, Potatoes, &c.....	0	1	6
Fowls	0	8	0
Bacon Sausages	0	1	0
Side Dishes	0	1	6
Pudding, Oysters, &c.....	0	3	6
Extras	0	1	6
	£1	3	2

Re. Gooseberry Pie.

Roast Pheasants.

Oysters. Lamb Chops.

Large Dish of
minced Pies.

Stewed Ducks. Ham.

Boiled Turkey
stuffed with Oysters and
Lobster Sauce.

Re. Roast Beef.

	£.	s.	d.
Pheasants	1	1	0
Minced Pies	0	4	0
Turkey	0	12	6
Beef	0	13	0
Ducks	0	6	0
Ham	0	11	0
Lamb	0	2	10
Oysters	0	2	0
Gooseberry Pie	0	3	6
Potatoes, Butter, &c.	0	2	0
	£3	17	10

Re. Rice Pudding.

Re. Fish.

Turtle Soup.

Ragoût of Pigeons. Pickles. White Rice Pillau with Yellow Eggs.

Beef Kidneys. Veal or Lamb. Sweetbread Pie. Mutton Curry.

Potatoe Balls. Pickles. Celery Cakes or Balls.

Boiled Mutton.

Caper Sauce.

Re. Roast Pig.

	£.	s.	d.
Turtle Soup	0	3	0
Pig	0	6	0
Pigeons	0	1	6
Kidney	0	0	8
Mutton for Curry	0	1	0
Fish	0	1	0
Rice Pudding	0	1	0
Vegetables, &c	0	2	0
Veal or Lamb, with Sweetbread, for Pie	0	3	6
Mutton	0	6	0
	£1	5	8

This is not mock turtle, but an imitation of real turtle-soup. See Receipt.

It is impossible to enter into the detail of how far economy may be carried, none but such as practise it know, and the first thing that will give the housewife a true and perfect experience is to pay with ready money; by so doing, she buys at least a third, or nearly so, cheaper, between imposition and credit price; she does not impose upon herself, which the day of payment would but too soon bring home to her; she takes to market the money she can afford, and lays it out with judgment, and such a housewife may say with truth, whoever formed these bills, are still far from a true economist; why did she not order a much nicer pie to be made of the turtle meat, which would have still reduced the bill, and so of others? But let such an economist remember that with the wise there is no contention; and that that meat will not be lost in her hands.

A CHRISTMAS DINNER FOR CHILDREN FROM 17 TO 20 COVERS.

Re. Large Plum Pudding.

Boiled Turkey
with Oysters.

Boiled Fowl. Minced Pies. Boiled Fowl.

Potatoes.

Two Roast Fowls. Two Roast Fowls.

Ham. Large Cake. Tongues.

Two Roast Fowls. Two Roast Fowls.

Potatoes.

Boiled Fowl. Minced Pies. Boiled Fowl.

Roast Turkey
Stuffed with Oysters.

Re. Large Apple Pie.

Malaga, sherry, cherry and plain brandy, and liqueurs. The children were sent back sick. The object of the entertainer was answered; the dinner was the unceasing theme at the school to which it was given till the following vacation. The dessert, wines, &c. cost 10*l*., tea, cakes, &c. &c. brought up this dinner to above 20 guineas: it was given by a tradesman, and is by no means uncommon on such occasions.

Many of those poor children were sent home burning with fever, and quite prepared for the attendance of a physician.—This is the account of an eye-witness, who was asked on purpose to assist at this little feast, or rather an early initiation into the pleasures of the table.

2. Re. Minced Pies.

1. Re. Roast Turkey.

Large Dish of Cheese Cakes.	White Rice Soup with Plums.	Heaped up Dish of open Tarts.
Sweet Rice Balls.	Large Dish of Rice Blamange.	Sweet Potatoe Balls.
Redded Beef or Sheep's Tongues.	Cake.	Pickled Sheep's Tongues.
Custards.		Frosted Apples.
	Rice Blamange.	
Sweet Potatoe Rolls.		Sweet Rice Balls.

Soup.

Open Tarts.	Roast Fillet of Veal.	Cheese Cakes.

Plum Pudding.

Home-made apple-pie, jelly, flummery, or compots, may be substituted for the plum-pudding and minced pies; this would be better for the children, and will reduce the dinner to about 2*l*. (But it is given as much as possible in their own style, as reform must be gradual), of course, the pastry, &c. must be made at home to answer the calculation.

This dinner might be greatly improved by two quarts

of jelly, which will not cost more than 3*s.* or 4*s.* (see Receipts) and tarts creamed with artificial cream, instead of the custards.

ESTIMATES OF THE FOREGOING DINNERS.

	£.	*s.*	*d.*
Two Turkeys	1	8	0
Twelve Fowls	2	8	0
Ham	0	18	0
Two Tongues	0	12	0
Twenty-four minced Pies	0	12	0
Apple Pie	0	7	0
Plum Pudding	0	15	0
Oysters	0	8	0
Cake	1	1	0
Butter, Vegetables, &c.	0	12	0
	£7	13	0

	£.	*s.*	*d.*
Turkey	0	11	0
Six Mutton Tongues *	0	1	3
Fillet of Veal	0	10	0
Beef	0	3	0
Rice Milk	0	2	0
Soup	0	3	0
Plum Pudding	0	6	0
Eighteen Custards	0	3	0
Eighteen Tarts	0	3	0
Plum Cake	0	7	0
Apples	0	1	0
Eighteen Cheese Cakes	0	2	3
Twelve Mince Pies	0	6	0
Spices, Sugar, Butter, &c.	0	2	0
	£3	0	0

For the benefit of beginners, and to show young mistresses who, upon scanty means, are obliged to keep a table, how they may make things answer, and what receipts they should turn to, I subjoin a short list of the most economical parts of the meat which may both be

* One dozen of sheep's tongues cost 2s. 6d.

elegantly drest in themselves and substituted for the most expensive, without detriment to appearance or even to taste. Coarse pieces are anything but economical even where the bones are boiled down entirely, unless it is done in great quantities upon very economical principles. A true knowledge of stewing is of great consequence.

Hollibut an excellent substitute for turbot in various dressings.

Ox cheek, beautiful potted as a dormant dish, excellent soup. Ragoût, with goose fat as goose collard, mince meats, and for farcing, and is bought without bones from two-pence to two-pence halfpenny per pound. For frying there is no fat equal to that of the head or feet, and of which they yield a great deal.

Ox heart, roasted or baked with onion, apple, or venison sauce, as hare or venison, collops, Scotch minced collops, potting, forcing, &c. may be had for about three pence per pound.

Udder salted, to be tacked to and boiled is excellent: when fat with lean pieces it is two-pence to three-pence per pound. The Italians eat it cold, sliced with oil.

Liver, tripe, kidneys, sticking piece, see Receipts.

Cow-heel for jellies, stocks, mock turtle, pies, ragouts, &c. six-pence to eight-pence, from the killing butchers, yields, of the best fats for frying, more than its whole value.

Veal, knuckle, head, see Receipts; veal, although the dearest butchers' meat, makes an excellent substitute for poultry, turtle-meat, tunny-fish, &c.

Mutton, mock venison, tongue, breast, and liver; draught, opening, lamb's head, draught, and liver, many excellent and cheap dishes: see Receipt.

Pork, in all its parts economical, dear only in the London markets; when young, a substitute for lamb; a sucking-pig from five to seven shillings, will make an excellent substitute for a turkey, &c. double the price.

Butchers' meat, particularly veal in fricandeau, may be substituted for game and poultry, as also mock-turtle, chitterlings, &c. in paste.

Shoulders and necks of venison, may sometimes be had at eight-pence per pound for pasties; rabbits and capon rabbits, may be substituted for poultry and hare. Rabbit in friars, chicken, fricasée, pasties, &c.; and the body of

skate for crabs claws in cold salad, or served in a crab-shell. It is not meant to sanction deception in any form whatever, only to show that proper dressing will make such and such things equal to those of higher prices. Dressed cod's head, and stewed, roasted, or baked haddocks or whiting, and other cheap fish, with fish olives, fricandeux, and fish and sauce, are not surpassed, if made properly, by the most expensive fishes; besides, there being a season when almost every kind is cheap. Turbot roe is hardly distinguishable from sweetbreads or brains in taste, and scarcely, even when undressed, in appearance, and may be prepared in all the different dressings used for them. This great delicacy often can scarcely find purchasers, at one penny per pound, salt fish, in quantities, from one penny to two-pence per pound, and when properly dressed, are dishes of the highest relish; families ought to buy them by the 100 wt.

These few substitutes may induce mistresses who may not have thought on the subject, to look into it, and their experience will every day add others to the list. The reduction that good and prudent management will effect in vegetables, second course dishes, and particularly in desserts, are still greater.

Rice is one of the best foods for children, servants will not eat it, because it is rarely well cooked, and they will eat nothing but what is fat and savory; bought by the tierce, it may be had as low as three-halfpence per pound, and often for less; one pound of rice makes four pounds of food, as it takes three times its weight merely to swell it, and when properly cooked as pillau, is excellent, particularly with salt fish, hard eggs, or bacon. May the prudent housewife keep in her heart the song of the poet:—

"To take with gratitude what heaven bestows,
"With prudence always ready at" *her* "call,
"To guide" *her* "use of it, is all in all."

FAMILY DINNERS.

Re. Rice Pudding.

Turnip Soup.

Melted Butter. Mint Sauce.

Spinach. Meat Salad. Asparagus.

Egg or Shrimp Sauce.

Boiled Cod.

Re. Roast Lamb.

Cucumber*, Potatoes, &c. on the side-board.

Re. Lamb Pasty.

Oyster Soup.

Fried Soles. Raised Pie. Vegetable Ragoût.

Boiled Mutton.

Re. Grouse.

Potatoes, Bread and Caper Sauce, &c.

Re. Apples in Cream.

Veal Fricandeaux on Sorrel.

Cellery in Fricasée. Italian Soup. Ragoût of Pigeons.

Boiled, stewed, or roasted Haddocks.

Re. Roast Fowl, with Oyster Sauce.

Potatoes, Ham, or Tongue, melted Butter, Cucumber, Melon, &c. on the Side Board.

* Cucumbers are now always served with fish, with the skin on, and sliced thick.

Apple Pie.

Carrot Soup.

Mashed Potatoes. — Collared Veal.

Cucumbers. — Cold Meat or Fish Salad. — Pickle.

Potted Beef. — Stewed Artichokes.

Fricandeaux.

Re. Roast Pork.

Parsley and Butter, sweet Apple sauce, Melon, Cucumber, cold Meats, Cream and Stilton Cheese, on the side Board.

First Course.

Turtle Soup.

Salmon.

Oysters, and Fennel Sauces, Melon, Cucumber, grated Parmesan, disposed upon the Table or Side-board.

Second Course.

Roast Grouse.

Chickens and Peas. — Tongue and Turnips.

Haunch of Venison.

Third Course.

Roasted Sweetbreads.

Jelly in Pots. — Frosted Apples.

Date Tart.

Cheese Course.

Cream Cheese in Nettles.

Butter in Ice. — Silver Basket with Crusts of Bread. — Hard Biscuits.

Parmesan.

Finger Glasses with perfumed Water.

*Dessert.**

Grapes.

Sugar.

Strawberries. Cream. Cherries.

Sugar.

Melon.

Port, Sherry, and Madeira, at Dinner: between the courses, sweet Cape: Dessert, Port, Sherry, Cotillon, and Vin de Grave.

First Course.

Re. Small or half Turbot.

Brown Soup.

Pigeons aux Petits Pois. Cutlets Maintenon.

Timbole of Mock Turtle. Raised Vegetable Pie.

Slice of Salmon in Paper. Chickens, with Asparagus, Peas.

A stewed larded Turkey, forced with Truffle.

Re. Shoulder of Venison, stuffed with Oysters.

Melon, Cucumber, Lobster or Shrimp Sauce, and Vegetables, on the Sideboard.

* To this dessert may be added four dishes of cakes and dried fruits.

Second Course.

Re. Fondue.

Roast Game.

Sweet Sauce.

Fricasséed Peas. | Jelly.

Cray-fish in Jelly. | Sweet-bread and Cocks' Combs*, in Jelly.

Meringles. | Stewed Artichoke bottoms.

Roast Pig.

Re. Cream Tart.

Potted, Stilton, and Parmesan Cheese, Butter in Ice.

Desserts: Oranges, Almonds, dried Fruits, &c.

Wines: Moselle, in green Glasses, Champagne, Port, Claret, Sautern, and Sherry.

First Course.

Re. Lamb Stones.

Macaroni Soup.

Mangoes. | Salad. | Sliced Cucumbers, with the skin.

Baked or dressed Hollibut.

* Or oysters and anchovies.

Second Course.

Re. Marrow Pasty.

Fricassée of Rabbits.

Sea Kale in Fricassée Sauce. Custards.

Pickles. Cold Veal Pie. Pickles.

Currant Jelly Tarts. Vegetable Marrow.

Roast Shoulder of Mutton, forced with Oysters.

Turnips, Potatoes, and Salads.

Cheese.

Butter. Salad. Bread Crusts.

Cheese.

MEAGRE.

First Course.

Brown Fish Soup, with Vermicelli.

Oysters in Fricassée. Fillets of Sole, à la Horly.

Potted Char. Collared Sturgeon. Potted Eel.

Mackerel à la Maître-d'Hôtel. Lobster in Cream Sauce.

Roasted Fish garnished with Pastry.

Second Course.

Re. Apple Custard.*

Fricandeau
of Salmon.

Stewed Mushrooms. Baked Pears.

Fondue. Jelly. Omelet.

Rice Blancmange. Stewed Celery.

Roast Water-fowl.

Re. Creamed Gooseberry Pie.

Sweet Sauce, Salad, &c. Sideboard.

Dessert.

Pears.

Almonds. Raisins.

Melon.

Prunes. West India Nuts.

Apples.

On meagre days, where there are guests, chickens or some butcher's meat ought to be presented, as some of the company may have absolution, from fish not being proper for them.

Four Covers.

First Course.

Re. Pork Cutlets.

Carrot Soup.

Mangoes. Poulet aux Petit Pois. Cucumbers.

Skate.

Re. Stewed Beef and Onions.

* A plateau or epergne may be used for this dinner.

Second Course.

Pigeons au Lard.

Crême à la Glace. French Beans.

Roast Pheasant.

Sauce, &c. on the Sideboard, with Parmesan, Cheshire Cheese, Onions, Butter, Bread, &c.

FOUR COVERS.

First Course.

Turnip Soup.

Turbot.

Necessaries on the Sideboard.

Second Course.

Haunch of Venison.

Ris de Veau à l'Oseille. (Sorrel.)

Ducks with small Onions; or, Canards aux Petits Oignons.

Third Course.

Roast Woodcocks.

Jelly. Cream. Tart.

Fowl Salad.

Dessert.

Pine.

Apricots. Gooseberries.

Grapes.

First Course.

Vermicelli Soup.

Oyster Sauce.

Cod's Head.

Vegetables on the Sideboard.

Second Course.

Saddle of Mutton.

Braised Chicken
and Peas.

Veal Cutlets
in a Vol-au-vent.

Third Course.

Roasted Chickens.

Apple Tart. Jelly.

Beans.

The three last family dinners were served by one of the first French cooks in England, and are much simpler than many served at our tradesmen's tables. It is not the quantity, but the nice cooking, that is requisite to people of real taste.

TWENTY TO SIX-AND-TWENTY COVERS.

First Course. See *Fish Courses.*

Second Course.

Re. Venison Pasty.

Olio.

Sweet-Bread, Fricasséed with Mushrooms.

Veal Olives in Cream Sauce.

Farced Melanzinas.

Game Pie.

Meat Cakes in crisped Parsley.

Cubbubed Curry Balls, in Green Sauce.

Farced curried Onions.

Fricandeau of Veal.

PLATEAU.

Tongue farced, larded, and stewed in Wine.

Oyster Curry.

Cubbubed fat Livers and Palates in Tomata Sauce.

Farce in Vine Leaves.

Ham.

Farced Cucumber.

Fried Chitterlings in Onion and Cream Sauce.

Veal Cake.

Chicken Fricasséed with Oysters.

Beef stewed in Madeira, with Truffles and Force-balls.

Re. Saddle of Mutton.

Third Course.

Re. Souffle.

Roast Partridges.

1. Pine-apple Jelly. — Chocolate Cream. 1.

2. Cauliflower parmesaned. — Jelly. — Stewed Peas. 2.

* Re, Turbot Salad, or Trout, in Jelly.

3. Pickled Eggs in Leaves. — Sweet Oranges in Syrup. 3.

4. Farced Eels in Parsley. — Dressed Lobster in the Shell. 4.

* Roast Woodcocks. — PLATEAU. — * Roast Teal.

4. Bush of Crayfish. — Scolloped Oysters. 4.

3. Frosted Apples. — Blancmange Eggs in Jelly. 3.

2. Asparagus in Butter. — Artichokes Ragoût Sauce, 2.

* Re. Salad of Calf's Brains in Jelly.

1. Lemon Cream. — Jelly. — Rice Blancmange. 1.

Roast Hare.

Re. Apple Pie.

* The parsley for these four dishes may be either crisped or greened. Real scoop and other shells ought to be kept for dishing these sort of dishes, and making them up to suit the table.

*Dessert.**

PRESERVED.

Pine Apples.†

Walnuts. Preserved Lemons. Mulberries.

Siberian Crabs. White Hearts.

Olives.

Green Gages. White Currants.

Pomegranates. Apricots cut up.

Orange Sections. Cake. Green Sweetmeats.

White Jasper. Small Yellow Plums.

Strawberries. Olives. Cherries.

Grapes. Almonds & Raisins.

Preserved Oranges.

Re. Pine Apples, or Melons.

SERVICE, FROM TWENTY TO THIRTY COVERS.

Turtle Course.‡

Callapee.

Soup.

Ragoût. Wine Cooler. Intestines.

Candelabra.

Fins. Wine Cooler. Fricassée.

Soup.

Callapash.

* Cream and sugar either on the table or sideboard.
† This dessert may be entirely caramelled.
‡ This is the common course; but vol-aux-vents, patties, timbals, casseroles, crustades, &c., may all be served filled with the dressed turtle.

Second Course.

Capon with Truffle,
or,
à la Pérégueux.

Ragoût of Truffle. — Asparagus Fricasséed.

Potted Head or Veal or Game Cake.

Curry of Chickens. — Stewed Ducks.

Fricasséed Oysters. — Chitterlings in Cream S.

Rice.

Roast Veal. — Roast Lamb, larded.

PLATEAU.

Larded Sweetbreads Cream S. — Fricasséed Lobster.

Pigeons in Lard. — Veal Olives in Ragoût.

Artichoke B. in Fricassée. — Pillau. — Ragoût of Mushrooms.

Glazed Ham.

Haunch of Venison.

Sweet Sauce, Potatoe Balls, &c.

The four vegetable ragoûts in the corners may have meats, force balls, fillets of poultry, or game served in them. There may also be two or four removes: two side-dishes of fillets, or small fish, might replace some of the other dishes crossed with the oysters and lobsters.

Third Course.

Re. Hundred-leaved Cake.

Roast Pheasants.

Pistachio Cream. | Grapes in Jelly. | Orange Jelly.

Puits d'Amour. | Alm. Pudding.

Rice Fritters. | Meringles.

Cocks' Combs in Jelly. | Crayfish in Jelly.

Blancmange in Pots. | Apple Beignets.

Apricot Pudding. | Small barred Tarts.

Madeira Jelly. | Lemon Cream.

Strawberries in Jelly.

Grouse.

Re. Souffle.

Cheese Course.

Stilton.

Almond Cheese. | Nettle Cheese.

Hard Biscuit. | Butter in Ice.

Shap-zigar in a napkin tightly folded up.

Butter. in Ice. | A Cut Roll.

Potted Cheshire. | Moulded Cheese.

Grated Parmesan, in a covered Glass.

Perfumed tepid water in the finger glasses.

The following information cannot come in a better place, to induce ladies to give to the duty of house-keeping more attention, as from their remissness in this particular the most expensive part of their tables are put into the hands of confectioners.

At a late inspection of adulterated flour, where damages were given to the amount of £10,000, Mr. Clark, the operator at Apothecaries' Hall, found the adulterated flour to consist of an abominable mixture of beans, buck-wheat, and flour of the very coarsest description. He goes on to state, he had upon several former occasions found in bakers' flour an immense quantity of plaster of Paris, burnt bones, an earthy substance, technically termed Derbyshire white, of the most destructive nature, but prepared for the sole use of bakers, confectioners, and pastry-cooks. The colour of all these dreadful ingredients is beautiful. It resembles that of the finest flour, and the article is impossible to be detected, in its unmade-up state, without a chemical process.

Mr. Clark further says, the public ought to be most particularly on their guard in their use of confectionary, as the confectioners use not only what is stated above, but the following poisons in great abundance: cromate of lead, copper, verdigris, iron, rose-pink, vermilion, and powder blue.

The adulterations of beans and peas may be detected by mixing the flour to be tested with water and a small quantity of ammonia, the beans will turn brown, and the peas yellow; while the flour with other ingredients will remain white: but ammonia will not detect adulteration of burnt bones, or plaster of Paris. A small quantity of diluted oil of vitriol will detect all those kinds except plaster of Paris.

It is to be hoped that this public declaration will have some effect in diffusing the knowledge of making pastry and confectionary among the consumers. It would be an affront to common sense to say more on the subject.

Dessert à la Française for Forty Covers.

Cake.

Rough Almonds. Plums.

Pine.

Raisins. Olives. Anchovies. Dried Plums.

Compote of Mulberries. Pomegranates. Compote of Apples.

Macaroons. Preserved Ginger. Green Sweet-meats. Almond Biscuits.

White Currants in Caramel. Oranges in Caromel.

Peaches.

Pistachios. Almonds in the Shell.

Preserved Melon. PLATEAU. Preserved Pine.

Filberts. West India Nuts.

Lemons in Caramel. Magnum-bonums in Caramel.

Almond Biscuits. Green Sweet-meats. Preserved Ginger. Macaroons.

Nectarines.

Compote of Cherries. Apples. Apricots. Compote of Peaches.

Dried Plums. Anchovies. Olives. Crisped Almonds.

Grapes.

Frosted Almonds. Raisins.

Cake. *

* The French are particular in dressing out their tables regularly, in twos, fours, sixes, or eights, according to the length : such as, one soup, one fish, two removes, two or four ragouts or stews, which such a course admits of, according to the number of covers, which rises progressively, admitting of a variety of soups, fishes, braizes, pies, patties, crustades, casseroles, &c. The second course takes the same form in its varieties of roasts, fish, and salads, dressed vegetables, pastry, creams, sweet and savory jellies, enclosing meats, fish, and fruits. The desserts, which are put on the table crowded together in small dishes, are always very plentiful. They are very particular to have them in their due order : a certain number of covers requires so and so : two pines, two melons, two cakes, two grapes. They have generally a dormant, which remains during the service. The dessert is served round as other dishes, interspersing according to order, four plums and raisins, four almonds and nuts, four compotes, four biscuits, four dried fruits, such as figs, pears, apricots, and peaches, four caramels, four chemises : when the table is longer, there may be six or eight of the same sort of things properly distributed.

Ices may either be served before the dessert, with it, or handed round. Whatever mode is adopted, they must be accompanied with compotes, and, in the height of luxury, followed by preserved ginger.

Wine Zests.

Three covered silver dishes of deviled grouse or ducks, four plates of olives, four of anchovies, and four of biscuit, oysters, butters, zests, &c. &c.

Wines.

Port, Claret, Sherry, Madeira, Champagne, Burgundy, and Rhenish, with Curacoa Marischino, and Noyeau.

If a mistress calculates and arranges these things in her mind*, and attends to what will fill her dishes, her eye will become so accurate, that she will soon miss half a pound of grapes, or any thing else from her table, and she will know whether they cost 1*s.* 6*d.*, 2*s.*, or 3*s.* 6*d.* per lb., and so of every other thing; and unless first-rate servants are kept, a dessert never has half the appearance, if not set out by the lady herself. Every thing goes right after the lady begins to calculate. Many a thoughtless, expensive and useless dinner would never have been given, had the lady begun earlier to look into her expenses. Now were two, four, six, or eight dinners to be restrained in the year, say that was a saving of 100*l.* to as many different classes, and that 100*l.* were laid out in any prudent manner, or even planting waste ground, it would be a provision for a child, which may be left on the world friendless and pennyless.

* A lady sent a commission to a friend in London, to have ordered for her, early in November, a quarter of house-lamb, and some other rare things. Her friend found it difficult to procure, and wrote that the lamb might be had, if notice was given two days before, for twenty-eight shillings. The price struck the lady so forcibly, that she returned for answer, she would not require it, as she could have a fine turkey for eight shillings. Were ladies to accustom themselves to look into their own affairs, they would not be led by their servants into extravagancies of which they alone are the sufferers in the end.

A servant is always to be suspected that advises extravagantly; whenever there is a reference to great places, where they always did so and so; and the English, who do not keep first-rate cooks, are so little accustomed to real good cookery, that if they get the first-fruits boiled on the gallop, swimming in blood, and hardly warm at the heart, half-roasted, or burnt to a cinder, they are content; while a good cook would dress them dishes of the things in season far superior, often at a tenth, and at least a third of their value.

COURSES OF FISH FOR TEN COVERS.

Course of Turtle.

Callapee.

Fins. Soup. Fricassée.

Callapash.

Course of Sturgeon.

Re. Head.

Soup.

Steaks. Pie. Olives in Ragoût.

Roast.

Course of Carp.

Ragoût.

Fried Chit. and Roe. Soup. Dressed Fillets.

Roast.

Course of Turbot.

Soup.

Crayfish Sauce.* Oyster Sauce.*

Fillets of Turbot in Wine Sauce. Turbot Salad. Roe in Truffle Sauce.

Anchovy Sauce.* Mushroom Sauce.*

Baked Turbot.

* Over lamps. The sauces over lamps may be introduced in the corners, in the side-centres, or in the middle; if in the middle, two sauce spoons will be required, to facilitate the helping from either side. The above sauces would be superfluous for such a course; and are merely put down to show how they may be placed in different courses.

FISH COURSE FOR THIRTY COVERS.

Re. John Dories.

Oyster Soup

Fricassée of Turbot Roe.	Potted Char.	Ragoût of Eels.
Water-souchy.	Mock Turtle Soup, made of Fish.	Sturgeon, or Eel Soup.
Salmon with Fennel.	Cold Eel Pie.	Roast Sturgeon, larded with Eel.
Mullet, in Wine Sauce.	Crayfish Soup.	Fricassée of Perch.

Re. Baked Turbot.

FROM FOURTEEN TO TWENTY COVERS.

Re. Head,
or Fricandeau of Sturgeon.

Shrimp Soup.

Fillets of Sole.	Pêche Moulie.	Skate in Butter S.
Stewed Slices of Cod.	Candelabra.	Slices of Holibut.
Whiting with their Trail.	Pickled Sturgeon.	Fillets of Mackarel.

Lobster Pea-soup.

Re. Salmon.

* Vol-aux-vents, casseroles, patties, crustades, salads, darioles, &c. may be introduced into fish courses with great propriety and elegance, and if properly dressed, may be filled with all kinds of fish.

Fish Course.

It is not enough to have one fish course for Catholics, but to have also fish in the second course for them.*

In a fish course, any soup-maigre may be served.

Soups.

Essence of Roots, with Rice.

Milk of Almonds, à la Célestine.

Two Removes.

Salmon Trout.

Carp and Lobster.

Ten Entrées.

1. Fillets of Sole à l'Italienne.
2. Perch in Water-souchy.
3. Casseroles of Cod, à la Béchamelle.
4. Papillotes of Skate.
5. Patty of Fillets of Whiting.

1. Scollops of Sturgeon, in Mushroom Sauce.
2. Quenelles of Whitings au suprême.
3. Eels en Vol-au-vent.
4. Santé of Fillets of Tench.
5. Ragout of Oysters.

Four Plats de Rôts, to be introduced in the Second Course.

Maids barbed.

Fried Smelts.

Salmon Trout, au bleu,

Fillets of Whiting, farced.

Two centres may be added of fresh Oysters, which may be dressed on a napkin, or parsley.

These courses are by no means expensive, as the cheapest fish, in those nice dressings, will be much better than the most expensive, dressed as they commonly are. The introduction of fresh oysters into the first courses is excellent for digestion.

AN AMBIGU

Is a dinner served altogether. When there are soups, they are generally removed. A table of thirty covers may have two or four soups, two fishes, two large joints, which may be placed on the table so as to remove the soups.

If four roasts, they are to be interspersed with eight first and eight second-course dishes, according to rule.

* Fish dressed à la chambour, and garnished with jelly, may be also introduced.

A SECOND COURSE, WITH FISH, OF TWENTY TO TWENTY-SIX COVERS.

Re. Souffle.

Ragout of Truffle, Oyster or Mushrooms, over a Lamp.

Fricassée of Artichokes' bottoms. — Jelly. — Ragoût of young Peas.

Wafers.

Mackerel, in Butter or Eggs. — Dressed Tench.

* Blancmange or Fritters. — Merlitons* à la Parisienne.

Small Birds in a Vol-au-vent. — Re. Dressed Salad in Jelly. — PLATEAU. — Re. Mullet in Jelly. — Amorettes or Olives in a Vol-au-vent.

* Almond-Cream in Glasses. — Meringles.*

Fried Smelts in a Stalk. — Fillets of Sole, in Batter.

Ragoût of young Beans. — Wafers. — Vegetable Marrow, in Cream S.

Jelly.

Roasted Grouse and Woodcocks.

Re. Cake.

Any fish may be used, according to the season, instead of those in the bills, and dressed to suit the convenience and style of service.

* Such dishes may require to be removed.

A CITY TAVERN-DINNER FOR A SELECT PARTY.

First Course.

Three Dishes of Turtle.

Re. Three Haunches of Venison.

Salmon. Sturgeon. Turbot.

Hams. Tongues. Beef au Pain perdue.

Poultry, braised and roasted.

Fricandeaux, Ragoûts, &c.

of different meats, à la

Françoise. Vegetables,

Oyster and Lobster

Patties,

&c.

Second Course.

Turkeys. Geese.

Ducks. Pigeons. Rabbits.

Leverets, larded, barbed and roasted.

Creams. Jellies. Almond and other Pastry.

Italian and dressed Salads. Caramelled Apples, with a

profusion of the newest Vegetables, dressed both

in the English and French style.

A Cabinet-pudding must

never be forgotten.

For a Cheese course, see the foregoing bills, as also dessert, wines, and zests.

A lady of fine taste will often find it difficult to get her table completely to her mind, unless by the most extravagant means; and these will not always satisfy, because mistresses and cooks are always seeking after things rare and costly, not considering that it is the style of cookery

that is practised, that gives the zest to every thing. Therefore it has been constantly kept in view throughout this work, as the main object is that of improving our cookery, and reducing expense, and to set before my readers an example of economy. I subjoin a bill of fare served up to the Emperor Alexander, by his own cook, who had the assistance of the first French artists in that line. The following is taken at random, from a number which only vary with respect to the number of the covers, and variety of the market and seasons.

The table was only six feet wide, and was dressed down the middle with vases, filled with natural flowers, intermixed with dishes of the dessert, which gave it much the look of our own tables before plateaux came into general use.

Premier Menu (Douze Personnes).

Vingt-quatre Assiettes d'Huitres.* Douze Citrons.†

Deux Potages.

La Soup glacée à la Russe. La Julienne aux petits Croûtons.

Deux Hors-d'œuvre.

Les petits Pâtés Russes. Les Croquettes de Riz, garnies d'un Salpicon.

La pièce de Bœuf, garnie de Racines.

Cinq entrées.

La Magnonnaise de Filets de Volaille à la Gelée.

Le Vol-au-vent à la Financière, Guenelles de Gibier.

La Darne de Saumon à la Russe, garnie d'Huitres et de Queues d'Ecrevisses.

La Poularde à l'Anglaise, garnie de toutes sortes de Racines et Légumes.

Les Cotelettes de Mouton à la Soubise.

Un Plat de Rôt.

Les Perdreaux Rouges, le Poulet, le Cassis de Veau, une Salade.

Trois Entremets.

La Gelée d'Orange. Le petits Souffles en Caisse et au Citron.

Le Fromage Bavarois au Café.‡

* Twenty-four plates of oysters. † Twelve lemons.
‡ The French dishes will all be found in Beauvillier.

Elsewhere I have given an account of the Russian soups.

After the soup, the beef is served, cut in small square pieces, heaped upon the middle of the dish: farced glazed cucumbers are set round, then turned glazed carrots, and glazed radishes, crowned with the tops of asparagus, and masked with an espagnole reduced to half glaze.

Le poularde à l'Anglaise is *poéled* very white, of which the thighs, wings, fillets, and rump are only served, covered with lettuce, cooked in half glaze, and a bunch of haricots or cauliflower on the top, garnished with small glazed onions, and sauced with a hot aspic.

Of the manner of serving the roast meats I have spoken elsewhere.

A CHOICE FRENCH SERVICE FOR TEA.

In the middle, an elegant temple or other ornament in caramel. At each end, an elegant nougat, and a heaped dish of meringles. Centre sides, two large cakes.

Twelve dishes of small cakes, wafers, almonds, and biscuits, bon-bons, nougats, beignets, &c., according to the size of the table.

Genevian Goûté, or Tea,

Is given by all ranks, more or less elegant, as above; and when the company does not sit down, large china plates are handed to every guest, who walk about with them, where they are served with meringles, cakes, tarts, &c. till the plate is pretty well covered, and then with tea; after which they dance, play cards, converse, and spend the evening very pleasantly; the gentlemen, from time to time, presenting their bon boniers to the ladies.

Marriage or Public Breakfast, à la Fourchette.

Tea Urn.

Perfumed Cakes.

Carp à la Chambour. — Butter in Ice. — Ham in Jelly.

Small Casseroles of Beef Palates. — Caramel Basket of Bon-bons. — Partridge à la Pérégueux.

Green Sweetmeats. — Olive Butter.

Nougat.

Génoises à la Rose. — Choux au gros Sucre.

Fruit.

Meringles. — Petit Nougats au Sucre Rose.

Water Urn Chocolate. — Bride's Cake. — Coffee Urn.

Fruit.

Petit Nougats aux Raisins de Corinthe. — Meringles. — Génoises à la Maresquin.

Nougat.

Anchovy Butter. — Preserved Ginger.

Choux au gros Sucre. — Génoise à la Rose.

Chicken à la Pérégueux. — Caramel Basket of Bon-bons. — Small Tinbales of Macaroni.

Butter in Ice.

Tongues in Jelly. — Turkey in Gelatine.

Perfumed Cakes.

Tea Urn.

The garnishing must either be pure white gum paste, or the most delicate tinged jelly, with white flowers.

If for a christening breakfast, the paste may be tinged of a very delicate rose, and pink flowers, both being emblematical.

In France, a young woman is always married in a crown of white flowers: on the contrary, the child is ornamented with rose colour, and every guest is presented with a cornet or silk embroidered bag, in the shape of a cornucopia, filled with the richest bon-bons.

HORSE-SHOE TABLE.

Public Breakfast à la Fourchette.

TEA URN.

Sugar. Cream.

Génoises à la Rose. Génoises à la Maresquin.

Fruit. Fruit.

Salads of Lamb's Brains. Salad of Oysters.

Farced Tongues in Jelly. Chicken à la Pérégueux in Jelly.

Jelly à la Maresquin. Chantilly Basket.

Nougat. Perfumed Cakes.

Small Casseroles and Macaroni. Hot Timbales à la Financière.

Butter of Anchovies. Butter in Ice.

Fish à la Chambour. Turkey en Gélatine.

Butter in Ice. Butter of Olives.

A stalk of Croquettes. Crustades aux Bicassines.

Pains de Reim. Choux aux Avelines.

Salad of Cray Fish. Salad of Game.

Chantilly Baskets. Nougat.

Partridge à la Pérégueux. Ham in Jelly.

Fruit in Jelly. Perfumed Cakes.

Urn Coffee. Urn Chocolate.

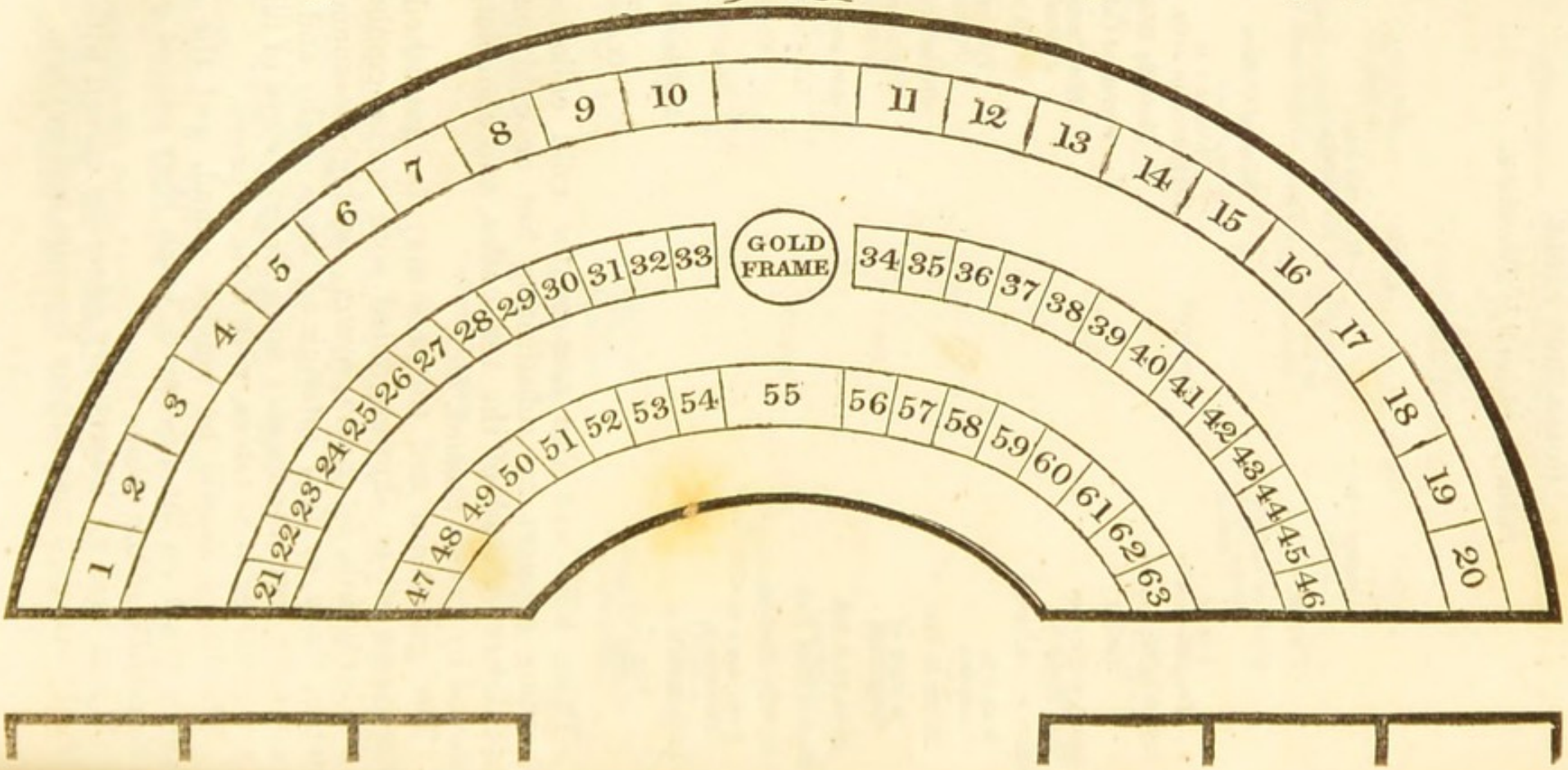
These bills will also answer for cold collations, or standing suppers, by substituting hot or cold soups, or hot dishes (instead of the tea, coffee, and chocolate), removed by cakes, creams, &c.

The galantines and tongues may be garnished with handsome silver skewers, filled with cocks'-combs, kidneys, cray-fish, fat livers, oyster, or high-seasoned quenelles, three or four intermixed upon each, and stuck tastefully into the meats: such elegant ways of dishings give great éclat to tables, with little expense.

The bread should be handed round, and the bride-cakes piled on the sideboard, when they cannot occupy the middle of the table.

Wines used at desserts are generally served with these breakfasts, with maraschino liqueurs and noyeau.

Plan of the upper Section of the Table at which the City of Edinburgh received the King, 24th of August, 1822.



First Course.

No. 1.
Côtelettes d'Agneau
Sauce aux Concombres
2.
Vol-au-vent à la
Blanquette de Truffles
3.
Filets de Soles
Sauce Hollandoise
4.
Potage de Tortue
Relevé par,
1. Poisson ; 2. Venaison ;
3. Grouse et Dindonneaux
5.
Grenade Farcie, Sauce aux Champignons
6.
Filets de Grouse aux Choux, Sauce Piquante
7.
Tendons de Veau aux Pois
8.
Potage à la Reine
Relevé par,
1. Poisson ; 2. Venaison ;
3. Grouse et Dindonneaux
9.
Filets de Pigeons à l'Italienne
10.
Escalopes de Poulets à l'Essence
11.
Santé de Grouse aux Truffles
12.
Boudins à la Reine
13.
Tranches de Saumon à la Maitre-d'Hotel
14.
Potage de Grouse
Relevé par,
1. Poisson ; 2. Venaison ;
3. Grouse et Dindonneaux
15.
Fricandeau Sauce aux Tomates
16.
Santé de Filets de Poulet
17.
Vol-au-vent aux Truffles
18.
Potage à la Tortue
Relevé par,
1. Poisson ; 2. Venaison ;
3. Grouse et Dindonneaux
19.
Grouse Braisée, Sauce à la Macédoine
20.
Côtelettes d'Agneau Grillées Sauce, aux Concombres

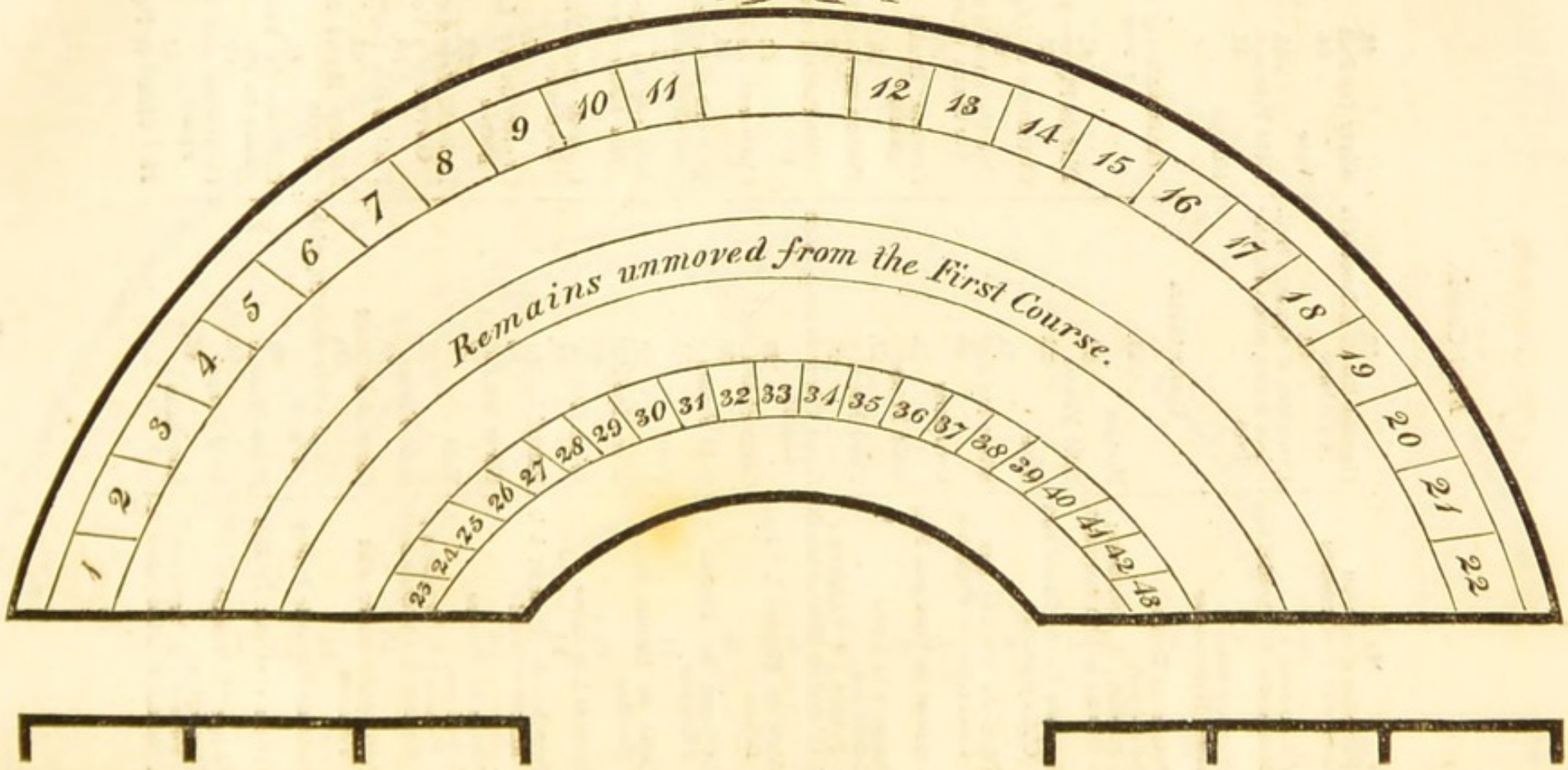
Centre dishes.

21.
Nougat
22.
Gold Frame
23.
Vase
24.
Silver Ice Pail
25.
Couronne
26.
Gold Frame
27.
Pièce Montée
28.
Large Silver Branch, with Lights
29.
Caramel de Fruit
30.
Gold Frame
31.
Vase
32.
Silver Ice Pail
33.
Pièce Montée
34.
Pièce Montée
35.
Silver Ice Pail
36.
Vase
37.
Gold Frame
38.
Caramel de Fruit
39.
Large Silver Branch, with Lights
40.
Pièce Montée
41.
Gold Frame
42.
Couronne
43.
Silver Ice Pail
44.
Vase
45.
Gold Frame
46.
Nougat

Continuation of the first course.

47.
Pâté de Pigeons garni
48.
Chartreuse de Légumes
49.
Une Oie daubée aux Truffles et aux Champignons
50.
Jambon Braisé aux Légumes
51.
Poulets au Gros Sel
52.
Petits Pâtés d'une Emeincée
53.
Chartreuse de Légumes
54.
Quartier d'Agneau, Sauce au Chevreuil
55.
Poularde au Riz, garnie aux Croquettes
56.
Canards aux Filets de Lapreaux
57.
Chartreuse de Légumes garnie
58.
Petits Pâtés d'Arioles aux Cervelles de Veau
59.
Poulets aux Truffes
60.
Jambon Braisé aux Légumes
61.
Casserole de Pieds d'Agneau au Riz
62.
Chartreuse aux Choux-Fleurs
63.
Pâté Chaud de Pigeons.

SECOND COURSE.



Second Course.

No. 1.
Cailles Rôties
2.
Gelée d'Ananas
3.
Petits Pois, à la Française
4.
Vol-au-vent d'Abricots Caramel
5.
Salade en Aspic
6.
Dindonneaux Rôtis
7.
Crême au Marasquin
8.
Beignets d'Artichaux à la Sauce
9.
Pâtisserie
10.
Homard en Aspic
11.
Gelée de Vin
12.
Chartreuse d'Abricots
13.
Champignons Grillés
14.
Pâtisserie
15.
Salade en Aspic
16.
Crême à l'Italienne
17.
Grouse Rôtie
18.
Homard Garnie
19.
Vol-au-vent de Fruit
20.
Petits Pois, à la Française
21.
Gelée de Noyau
22.
Cailles Rôties
23.
Pièce Montée
24.
Haricot Verts
25.
Dindonneaux Rôtis
26.
Un Aspic
27.
Gelée d'Ananas
28.
Pâté Froid
29.
Choux-fleurs à la Béchamelle
30.
Tourte d'Abricots
31.
Crême à l'Italienne
32.
Cailles Rôties
33.
Pièce Montée
34.
Dindonneaux Rôtis
35.
Crême de Marasquin
36.
Tourte de Fruit
37.
Haricots Verts
38.
Pâté Froid
39.
Gelée de Vin
40.
Un Aspic
41.
Grouse Rôtie
42.
Choux-fleurs à la Crême
43.
Pâtisserie.

For the information of such as may have the gratification of entertaining his majesty, the following has been borrowed with the bills of fare.

His majesty ate of the first course, turtle and grouse soups, stewed carp, and venison; of the second, grouse, and apricot tart. At dinner, he drank Moselle and a little Champagne: at the dessert, he drank Claret.

A Zest Course.

A piquant salmi of Woodcocks or other Game.

Anchovies.	Dried Oysters.	Olives.
Potted Shrimps.	Anchovy Toast.	Buttargo.
	Apples.	
Bitter Almonds.	Shrimp Toast.	Bitter Almonds.
	Caviere.	
Buttargo.		Potted Shrimps.
Olives.	Devils of Game, Goose, or Turkey.	Anchovies.

The dessert ought to be removed to give place for this course: indeed, hard drinkers ought not to eat much fruit, as it assists the wine to ferment upon the stomach, which is the reverse with most things that compose zest courses.

It is thought by many that these high-seasoned things excite the desire for drinking; but may it not be the worn-out and fatigued stomach that craves something to feed the wine upon? otherwise, the thirst that wine creates would crave for water or acid, the demands of nature being imperious.

Were the evils attending wine-drinking restricted to the body, it were well; but when we consider the evil tendency on the mind, it is really a cruel waste of intellect, to say nothing of time and means; but the worst of all is, that mothers begin to initiate their infants from the breast, although many eminent medical practitioners have protested against giving children wine, as it is poison for them.*

An old French writer exclaims loudly against it, (yet the French seldom drink wine pure, and consequently would not give it to their children in that state, and hence their use of tumblers, in which they mix with their

* A physician prescribing for a friend's child, said to the mother, "I entreat of you to give no animal food, nor any thing heating." "Why don't you forbid wine?" exclaimed the father. "Because," replied the physician very mildly, "I could not command that much at home." The mother felt the delicacy of the reproof contained in such friendly advice. The child was treated according to the directions of the physician, and recovered in a very short time.

I am convinced, from what I know of sick rooms, that bad management, to say the least of it, if it does not often kill, frequently debilitates and unnerves for life.

wine from one-half to two-thirds water), and hurls all the anathemas contained in holy writ against the heads of drinkers; such as, "Wine is a mocker; strong drink is raging. They drink the wine of violence. Be not among wine-bibbers, rioters, eaters of flesh: for the drunkard and glutton shall come to poverty."

"Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of the eyes?—they that sit at the wine—they that go to seek mixt wine."

An excellent physician has said, "If you have as many diseases as a bill of mortality, temperance will cure them all; you shall neither want physic nor physician."

FROM THE EXAMINER.

The Lord Mayor's Bill of Fare, the 9th Nov. 1824.

180 Tureens of real Turtle Soup, containing 3 quarts each
140 Chickens and Pullets
43 Hams, ornamented
38 Tongues, ditto
53 Raised French Pies
40 Pigeon Pies
40 Orange and other Tarts
2 Barons of Beef
12 Pieces of Sirloin
3 Rounds of Beef
38 Dishes of built pastry
42 Dishes of Tarts, creamed
80 Dishes of Jelly
4 Dishes of Lobster Salad
4 Dishes of Prawn ditto.
60 Dishes mashed and other Potatoes
90 Dishes of Salads
4 Almond pastry
2 Sugar-baskets
87 Mince-pies.

Removes.

52 Turkies roasted
3 Pea fowls
50 Dishes of wild fowls
62 Dishes Pheasants and Partridges
14 Hams, ornamented
Sundry Mushrooms, Brocoli, &c.

Dessert.

180 Pounds of Pine-apple
200 Dishes of the best hot-house Grapes
200 Ice creams
84 Dishes of Apples, of different kinds
100 Dishes of Pears
70 Ornamented Savoy Cakes
130 Dishes of Walnuts and Filberts
83 Dishes dried fruits and preserves
83 Dishes of Rout Cakes
4 Dishes of Paradise Plums.

Wines.

Champagne, Hock, Claret, Madeira, Port, and Sherry.

EDINBURGH.

A Bill for my Lord Fountainhall and the Laird of Boyeick. Jan. 1703.

	Scotch. £.	s.	d.
For a leargе ham, with pulats and spinag	12	10	0
For a leargе dish of tongue and udder with venison-sas...	5	8	0
For a leargе dish of fine tearts glazed and with preserved fruts	9	0	0
For a leargе veal pay	6	10	0
For a leargе dish of willde fowles, consisting of blak-coaks and heath hen, and mur fowles and pertrags and wood-coaks	16	8	0
For a leargе dish of ——, with rost bief with cutlets	4	0	0
For whitins and mushrooms and ostars	3	10	0
For a turkie and young ons	8	10	0
For a leargе dish of lopsters	4	10	0
For a leargе leg of veall, with cutlets, ostars, and mush-rooms	4	12	0
For a grand pastie	5	10	0
For a leargе dish of rost pig	6	0	0
For a leargе dish of boyld pulats, with bakon and sprouts	5	0	0
For 2 leargе turkies	12	0	0
For a leargе dish of smutherd rabits	6	0	0
For a leargе dish of willd foulls of all sorts as formerly	16	0	0
For a leargе dish of tearts as formerly	9	0	0
For an orange-puden	3	10	0
For ostar-sauce	3	0	0
For fried cirnalls	1	0	0
For a leargе grand selat of all kinds of pickeles	6	8	0
For sturgan	2	14	0
For fregese of cirnalls	1	16	0
For a ——— and sinemon	0	9	0
For French bread	4	10	0
For garnishing to the dishes	3	0	0
For bread to the servants	1	16	0
For 4 glasses	1	12	0
For 4 gallons of oill and 2 pynts	3	8	0
For pyps and tobaco	0	9	8
For pepar	0	1	8
For sugar	0	12	0
For 38 pynts and 3 mutskins of Florance wyn	77	10	0
For 6 bottles of seik	7	4	0
	£253	0	4

An entertainment given to Mr. Blaquiere, in the valley of Kavroolima, by Captain Zanganas.

"A whole sheep and lamb were turning upon each side of a huge fire, formed by decayed branches of the planes; and while looking on, a soldier came up bearing a ramrod, upon which the hearts, livers, and entrails of the victims were roasted, having been previously well seasoned with rock salt.

"This is always presented to the guests in Greece before the main repast is served, and considered a great luxury. Nor could we consider how a portion of the animal which is thought so little of in other countries of Europe, can become a rich repast in the hands of the Greek soldiery.*

"The process of roasting is no less simple than efficacious with these untutored cooks.

"It is usual for the shepherds from whom an animal is bought to kill and dress it, an art in which they are remarkably well versed.

"When the sheep is prepared, a stake is passed through it; this being placed on two short pieces of wood with grooves, and stuck in the ground, a soldier turns the rustic spit, while another attends the fire. The process of roasting being complete, the spit is borne off and placed against a tree for the purpose of carving, which is performed with the greatest precision by the captain, and invariably with his attaghan, as each joint is severed, it is placed on a table usually formed by branches of myrtle, orange, and laurel.† In addition to the leading dishes, we were regaled with two large firkins of giagrode and caimaki; the first composed of coagulated sour milk, and the latter of sweet clotted cream."

Entertainment by Sassini, the Primate of Gassouni:

"The supper consisted of the usual dishes of pilaf, a capital preparation of rice and fowls well spiced, boiled mutton and paramaista, or, in plain English, a lamb roasted whole, stuffed with a variety of ingredients, among which almonds, raisins, rice, and garlic, were the most predominant.

* Mr. Blaquiere must only be acquainted with an English kitchen.

† Meat is roasted in Italy whole, and is cut from the spit and sold warm in the market-place. (See Pork.)

"This is indeed considered by many good judges as one of the greatest luxuries furnished by the culinary art in Greece or any other country." *

Mr. B. further remarks, that although the wine was impregnated with rosin, a practice continued from the earliest ages by the Greeks, it did not prevent them drinking it.

When this traveller gives an account of the auguration from the lines upon the blade bone, he forgets to tell his fair country-women, that it is nicely clean, from the meat's coming completely off by the slightest touch.

The Conjuror.

The conjuror is an excellent contrivance, and no one should travel by sea or land without a couple of them, which should have lamps, by which any thing may be either cooked in a few minutes, or stewed at pleasure upon the side of the grate, or by setting them in the oven. From the close fitting of the cover, and the broad make, water is quickly boiled, which is often ill to be had abroad, in small vessels, or in hot countries; it may even be used in a carriage, and is excellent for a sick room or nursery, where common cooks are not to be depended upon for the diet of invalids or children.

It is as well fitted to these orders where the careful housewife has to prepare something more nourishing than the other branches of the family require; for the husband that works early and late at some poisonous manufacture, ¼ lb. of meat with a little vegetables, well and properly cooked, will make an excellent dinner for one person.

See *Veal Ragout* with Goose fat, &c.

ADVICE TO COOKS.

The wasteful man shall come to want.

WRITERS of cookery-books generally think it necessary to begin with compiling from their predecessors a few

* These different specimens are given to do away prejudice, and to introduce a more healthy mode of cookery.

vulgar and trite precepts, to direct the cook in choosing meats; precepts of which the most superficial observer could not possibly be ignorant, and which are, as they deserve, but seldom looked at. They cannot be of the slightest use to a person of any experience; and a person of no experience is not fit to go to market.

A cook ought to consider herself responsible to her conscience, as well as to her master, for every penny she lays out, and not think it less criminal to overlook dishonesty in others than to be dishonest herself. And let her not imagine that she is innocent, when her master is imposed on, not from her will, but from her ignorance. To be sure, she may not have been able to help it; but then with what conscience can she receive her wages? She is engaged and paid as cook, and if she does not understand her calling, she commits a breach of trust and downright robbery.

From much experience and observation of the means by which an elegant table may be kept, at a comparatively trifling expense, I am enabled to give the cook more particular instructions in the ways of economy than I find in any work of this kind; and my constant endeavour has been to impress upon her the importance of a faithful discharge of her duty, together with the science of her art; and this not once, but whenever I could possibly introduce it: therefore I entreat the conscientious cook to look diligently into a subject that concerns her more than any other, and to remember that it is her bounden duty to maintain the strictest economy with regard to every thing that is placed under her care. How is it that cooks are so often discharged?

The mistress finds she has a worse table, at perhaps more expense, than with her former cook, whom she had dismissed for extravagance; but in the hope that she may have her dinners well served up, she is silent. The cook thinks all is well, and continues her routine, while her mistress only waits an opportunity to change. If servants would reason properly, they would easily see, that a light matter would not lead to the dismissal even of a tolerable servant.

Would it not be more respectable to remain for years or for life in one family, as is the case in most other countries? I am particularly anxious to impress this

reflection upon servants, because I know it is their true interest. What comfort can they enjoy, never being able to look forward to a home beyond a month? I know some will say, "Oh! it is a mistress that makes all this preaching about economy." But, on the contrary, I do not speak to them as a mistress, but as a friend, ready to advise and make their situation comfortable; and I am aware that there are many good servants, who only want to know what is right to do it; and they are often persecuted and driven out of families by the crafty wiles of bad ones, their mistresses being easily deceived by the insidious, which happens so often, till at last they know not in whom to trust. But let a good servant suffer with patience, for right will prevail.

In former times, housekeepers were persons who had been brought up under the immediate eye of mistresses. They were often gentlewomen, who did honour to that station by their steady and economical conduct, by their attachment and proper advice to young mistresses, and by their assistance in bringing up their families; so that, at home or abroad, a mistress had nothing to fear, while she had such a person over her household. A trusty servant remonstrates with her where occasion requires; and although the truth be sometimes irksome, yet the heart of her mistress confides in her. I could point out many establishments in the higher orders of society whose servants must be good, because they actually make a better appearance upon 4 or 5000*l.* a year than others do upon 20,000*l.* Such servants are more civil to those who visit their masters, and more *honest*. When they open the door to the needy, they are more compassionate; and if they are obliged to send the applicants away, it is with mildness and seeming regret, which softens the refusal, while it does honour to the master. But such conduct must proceed, in a great measure, from the good order and disposition of the master: while, on the other hand, the servants of a wasteful master are known by their ill-looking, bloated appearance. Alas! they are the first to suffer: for when they become good for nothing, they are turned out of doors, with the burthen of their vices upon them, to die of loathsome diseases, or to rot in gaols. Let me then prevail with them to attend to their best, their dearest interests. Let me persuade

them only to take as much care to please their masters as they do to distress and annoy them, and as much pains to gain and deserve confidence as they do to lose and be unworthy of it. What a blessed change would thus be made in their condition! Masters seek this improvement unceasingly, but they do not know how to effect it; they must exercise the duty of masters, and enforce obedience, which servants are foolishly unwilling to give. Servants have indeed more enjoyment of their master's substance than he has himself. When he lays his uneasy head upon his pillow, thinking over the expenditure of the morrow, they sleep sound. To clothe and feed them, he devotes many a weary hour to calculation in his closet or at his pen. In prosperity, they float with him down the stream; but when adversity comes, they leave him to stem it as best he may, and have often the audacity to brag of their treachery. But, for the honour of humanity, I am glad to have found some noble actions of servants. One instance I shall relate, of a servant, who was cook in the family of an officer, the son of a nobleman, who went to a very particular friend of her mistress, and after exacting the strictest secresy, told her that her mistress was in the utmost want; that she pretended before her husband that she could make every thing meet, but that was impossible; that she would order dinner before him, but upon getting him to go out, she would countermand it, saying she was too ill to eat. "And shall I, madam," continued the faithful creature, "see her living on gruel, and we, her servants, taking our tea and hot dinners, while we dare not speak of it to any one?" By the conduct of this faithful servant, the poor mistress was preserved a little longer, though she certainly fell a sacrifice in the end. There is no servant, in ever so mean a station, that has it not sometimes in her power to do good, and always to do evil.

But before I enter more closely into expenditure, I must admonish cooks of what, perhaps, they know less than their masters — that the extravagance and waste they practise in their masters' houses, if carried into humble life, must end in entailing misery upon their own offspring, expense on the parish, and much evil on society. Therefore they ought to reflect deeply upon these things, and examine themselves, whether they are fit to take

charge of so large a proportion of the expenditure as perhaps a fourth of their masters' incomes. Even where the cook does not lay out a farthing, there may be embezzlement of household stores, which is just the same as taking money from his purse. I know that many will say, "We only take what we eat and drink; and if they won't give us that, another will." To such foolish servants I do not speak. They, to be sure, must have the best of every thing, if the master be even in want of sustenance, and must be served before him; have their pudding when he has none, and laugh at him for it! I know all these things. During the scarcity, a family, who, amongst many others, ate rice and Indian corn, (which was very unpalatable, from our want of the knowledge how to grind and prepare it,) that the servants and the poor, who were very much prejudiced against it, might have bread, resolved to dine from the same joint with their servants, which was to be cooked in the most economical manner. To such arrangements none objected; and although dinners were given, and company kept as usual, and the necessaries of life nearly tripled in price, yet, from prudent management, the expenses amounted to little more than in common years. Some time after, it was ascertained that the two upper servants had the best pieces every day for steaks, and always a pudding, though there were none at table. Let not servants, then, think that because no one tells them, many things they do not suspect are overlooked. Nor is this the first time these things have been written. Servants may read them everywhere in the Bible. A great many kings and great men have written upon the same subject; yet it is astonishing that in all our cookery-books no one has thought of any thing but good living, which waste will sometimes not give. But let servants remember, that, however expert they may be in deceiving their masters, there is One that knows all things.

If a cook pays attention to the following directions, she will sooner form a proper judgment of meats than by any of the ordinary directions.

1st, If meat is old, it has a coarse separating grain, and it is noticeable that the fibres are tough, and of course dark from compression, which is altogether the reverse in young meat. It has also a peculiar black tinge,

which may be caused by its not bleeding so freely, and this appearance is quite obvious to those accustomed to handle meat, however well fed it may be. There are many reasons why old meat should not be bought, as great attention and long keeping will hardly make it tender, and it is unfit for roasting or boiling, not having flavour enough for those simple modes of cooking; besides, it shrinks so much as scarcely to be recognised after cooking, as the forced unnatural fat drips away, and leaves nothing but the old skinny knotted cells. Families dealing with one butcher, and paying seldom, are very often supplied with such meat; in this case, let the cook, when it comes in, slash it deep in several places, according to its size, from three to five, and bruise with the blade of a knife a clove of garlic with a bit of bay salt, stuff one into each slash, and wrap a cloth tight round, so that the gashes may close together. When such meat is roasted, let the fat have two or three papers; let the fire be brisk, but not fierce, and by this management the flavour and fat may be saved. Of old meats, the working cattle are to be preferred to cows, as the beef is better.

The same observations hold with respect to mutton; but as it is not profitable to the farmer to keep his stock to a proper age, that which is sent to market is either overgrown lambs, or old ewes, it being as heavy, just at the time it comes to its growth, as ever afterwards. The best age is from five to seven years. In winter, when meat may be hung three weeks, nice ewe mutton, having from age acquired much of the venison taste, is better than young, and, if properly cooked, may be taken for venison. A cook, when she knows her own resources and abilities, hardly thinks of marketing for the morrow; she thinks of proper management, and her resources become unlimited. She collects what she knows to be necessary at easy rates.* Mutton during the six weeks after shearing is not good, as it tastes of the wool; but in the country, where gentlemen kill their own meat, there are often sheep which lose their wool: if necessary, these may be used.

Lamb is subject to no disadvantage but that of being

* I knew a cook who would buy a single bird, here and there; and who, whenever she heard of a party being asked, immediately harassed her mistress for the bill of fare; so that she could often substitute nicer things at less expense than the cheap ones that were ordered.

stale: small, well-fed animals of all kinds are the best. The over-feeding, which is practised for the London market, makes coarse, ill-flavoured meats: they may be smelt upon the spit, and should always be basted with vinegar, water, and a clove of garlic.

Veal that is not white is not marketable, so that the buyers force the feeders to practise fraud as well as cruelty to gain this point. Why do they not demand that lamb also shall be white? The chalk that is used for whitening hardens and takes away the flavour, and well-fed natural veal will be as white when roasted as the other.

Pork is a very essential article where a good table is kept, and a great blessing to the poor as well as the rich. Great discernment, however, is necessary in the choice, as it frequently has been mangy a very short time before it was killed. To ascertain which, the cook ought to have a large magnifying-glass hung at her side with her pincushion, by which she might be enabled to judge of the grain as well as healthiness of meats, and of adulterations in every thing she buys. This is more necessary than weights, as bad weights injure the purse, not the constitution.

Pork is not eatable in the three summer months; but sucking-pigs may be used safely, if their mothers are not mangy. The Jews were forbidden the use of pork for very evident reasons, as they were great flesh eaters, and pork must have been very bad in so hot a climate: besides, in those countries it gives great corpulency of the belly; of course, any one who has a tendency to a full habit should not eat it.

In choosing pork, if the skin tears easily, it is young; if hard and thick, it is old; the old is the best for hams. It is to be observed, however, that pork varies much in the thickness of the skin, and when it is naturally thick, it is the best; but where there is any doubt, the cook must resort to piercing it.

Poultry are chosen by their appearance; clear, fresh-looking legs and feet is a criterion of young fowls, which may also be equally well distinguished by their heads; also when they are young their side-bones are limber. It is practice only that can instruct in all these matters. Before fowls are killed, a little vinegar may be poured down their throats; it would be better to give it the night

before, that it might get into the system; this ought to be done gently, and so ought their lives to be taken.

The Egyptians give them spirits, and let them run about drunk for some time before they kill them.

There is no way of choosing fish but by the look and smell: it must be owing to the different ages of fish that some are so much higher-flavoured or drier than others. Cooks wishing to rise in their profession, instead of showing off their own knowledge in a butcher's or fishmonger's shop, should be always asking such questions as may benefit themselves.

Beef is often fatted to a prodigious degree upon rich pastures for years together, yet it is not so fat as that fed on oil cake; but how very different when cut up! The round is like a bit of red and white marble: it is really too rich to eat in any way but cold, and should the cook have such at any time, she ought to be particularly careful to manage and preserve it, so that it may often do honour to her master's table.

An upright and an honest cook insures a great saving to a master, and much more so if she carries the money in her hand to market; as butchers give the cheapest and best meat for money, and when families are served on credit with pieces for the same price, very bad and inferior meats are sent in, which no knowing cook would buy. But the master says, "We can get no one in whom "we can trust. Did not Lady ———'s housekeeper go "away and leave many months' bills unsettled? Long "accounts ruin us; but we cannot better ourselves by "adopting any other mode." Let cooks think of this, and it will account to them for the great distrust which masters testify. To put the young and inexperienced upon their guard, I will tell them some instances that have happened almost under my own eye. They are often caught before they know what they are doing; and this is what old, bad-practised servants do,—they ensnare and keep over them the fear of discovery till they lose all shame; therefore, consult your own interest, at least, before you take part with them. If any such thing should happen, go to your master and disclose it: he can ask no more than a return to duty.*

* I once saw some pots of portable soup brought back from a vessel, by some mistake, that had been shipped by a cook for London. From the detention of a housekeeper, some chests she had packed for town were opened for linen, when, to the utter astonishment of the family, there was found a part of many things that ought not to

Coals are a great expense in every family, and come particularly under the cook's care. They ought to be separated, and the small well wetted, so that the fires may be regularly made up. After the front has been arranged, the deep back part ought to be filled half up with dry ashes, which will prevent the small coal from running through; those ashes will grow quite red, and cake the small coals above: on the contrary, if the grate is filled up with dry small coal, it will run through; and if with wet, it will either put out the fire, or it will be poked out for not coming quick enough. A good fire might be made up with half the coals commonly used; and, with prudent management, it would not require mending for an ordinary dinner. There ought to be an ash-pan to contain water, which prevents dust from rising: besides, if the fire gets too brisk or fierce, or if there are any things upon it that require less heat, the cook by this means has a damper at hand to smother it; and she will be astonished to see how these wet ashes will cake over the hot coals. A cook that has an itching to be constantly poking the fire, can never have a good one; and should she be able to correct herself, she should be careful not to allow the other servants to poke and destroy it; and she should instruct them not to knock about the fire in every room they enter, whether it require it or no. The poker should never be used but when the fire is choked up with ashes below, to clear them away, and to allow it air; or, when it is burnt out below, and there is a cake above, to break it quietly; or where it is going out in the middle, to bring the hot coals together.* An excellent way to burn up the ashes is, after they are sifted, to mix them with an equal quantity of the dross of pit-coal, and wet them; this being laid upon the back of kitchen fires, makes them strong, and steady for roasting.

River mud, refuse of peat stalks, and neat's dung, all answer equally well, as also some clays. The neat's dung emits a fine perfume in burning. This is the

have been there. It is needless to detail more: honest servants will not only scorn such arts, but will not even see cause to suspect them in others without telling their mistress.

* Large deep grates waste an immense quantity of coals, and economists often have recourse to false backs and jams, which tend greatly to carry off the heat. Were good burning bricks substituted, the heat would be increased, as when they are buried in the coals, they burn more intensely, from not wasting, than coals; so that every grate may be filled one-third with advantage.

only fuel used in the deserts, and mostly over the East.

Perhaps the cook will say, it is easier for me to carry in three or four scuttles of coals than to be at all this trouble: but that is a mistake; and if it were not, her duty would require her to take this trouble. What does her master feed and clothe her for? Is it to do what she pleases, without attending to his interest? And if she sees other servants wasteful, she ought to complain of them. It is also her duty to look after the measure and the quality of the coals, as some are more thrifty than others. Canal, or very quick-burning coals, are not proper for the kitchen: coals, in most families, might be reduced one half, and at all events a third. Care must also be taken in the management of cinders for broiling, and of the small coals from the rooms for furnaces, coppers, and stoves; and if none be required for these purposes, all may be burned in the kitchen. Servants ought to estimate the expense of coals. If an establishment of 1000*l.* a year expend 50*l.* for coal, 100*l.* for servants' wages and liveries, 100*l.* for a gardener and assistants, there is a fourth part of the whole income to warm and clothe servants. At this rate, the maintenance of six or seven of them will not take away, at a moderate estimate, less than the half of the income.* I am speaking from books of expenses, not at random; and I am sorry to say, that servants who are not too kindly treated are the better for it. There is an old proverb that says, servants are like nettles; if you do not bruise them, they will sting you. Is not this distressing? But I trust the young and inexperienced will listen to me, and

* Say that seven on an average be kept at fifteen shillings per week, board wages, which, in a gentleman's family, cannot be estimated at less.

I have merely laid the coals to their charge, without going into the other items of their expenses, in wear and tear, washing, lights, medical attendance, sending them away and bringing them home, with the perquisites attached to their situations, &c. &c.

A family living in any sort of style, from one to two thousand pounds a year, must submit to many privations to subsist their servants and houses, and this subsistence is the greatest evil that can be brought upon society, as both masters and servants suffer by it. For at the death of the master, the families of such incomes are often left nearly destitute; while the servants, at the end of their career, generally fall into beggary, ignominy, or a workhouse. From this system, which is stated very limitedly, I would be truly sorry to say that there were no exceptions, as I know there are many masters who attend to their own interests, which make valuable and good servants; and the best criterion for masters or mistresses to judge by, is the order in which servants keep all under their charge, that obey punctually what is desired of them, are always ready when wanted, and pleased with the inspection and countenance of their mistresses. This is the surest way of judging of the honesty of the servant; for it may be remarked throughout life, that the honest must be orderly, because it is a great saving, and all those who wish to act honestly, even with very large incomes, require attention to order.

do their utmost to regain their lost reputation. Were it necessary, I could give many instances of their destruction of coals. Footmen have been seen to throw on large scuttles of coals, when they heard their mistress putting up the cinders in the drawing-room. "Ay, here go the coals; that shall save her nothing." A cook, who had left her place on account of this, was asked how the mistress tolerated it, as she was a very careful person? "She is not *careful*, madam," replied the cook, "but narrow;"—an excellent distinction! Three servants, charged with this fault, had their option either to leave their places, or to follow the plough for three days, to pick up the coals that had been thrown out on the land amongst the ashes. They had a day to think of it, as their master said, to bring down their pride. Upon the day appointed, having finished their work very early, they went out with little baskets; and having cheerfully worked all day, and gathered a great quantity of coals, they were forgiven in consideration of their prompt obedience.

Butter is another very great expense which might unquestionably be reduced one-half, if top-pot and other fats that come in were properly rendered and used.

The cook ought to consult Beauvillier, who will give her as much sage counsel in economy as in cookery.* Candles are also expensive, and the cook should never allow three or four to burn at a time; but to see sometimes seven or eight blazing upon a kitchen or hall table is really shameful. There ought to be an extinguisher at the doors of the kitchen, hall, pantry, housekeeper's room, &c., and every person that enters should be obliged to extinguish his candle: when extinguished properly, it will light in a moment. There may be seen also in children's apartments five or six candles brought by servants, and each of them have their excuse; the dairy-maid with milk, the laundry-maid with linen, the under-cook with pans, the house-maid with her work, &c.

A mother going into her nursery to have something done for her, the child's dinner coming in, and he

* Beauvillier, as he does not suppose that any one could misuse candles, gives instructions of what use may be made of the ends. The economy of the French, of the highest orders, has ever been conspicuous, and this was their main support, not only through the Revolution, but also through five bad years that followed it. In the south of France, in 1817, the whole people, excepting the children, had only two meals a day, and they all looked healthy, thankful, and happy.

growing impatient, she took him into her lap to give it to him, but to her astonishment he shuddered at the sight of the prunes, and called them nasty things.

The child having been dieted by a physician, the mother took the alarm, and she determined to take the child to her own chamber, and give him his victuals herself, the child's ailment requiring nourishment. He ate voraciously the first evening, and next morning half a chicken was prepared for him; but to the mother's astonishment, the child pointed out the largest piece first to belong to the nurse, and so on throughout the dish. The child recovered in a very short time to his former health from attention and proper food. This child had been declining nine months, and would, in all probability, in a few more, have been left in such a state of debility as never to have recovered.

Any servant in whom a master places trust, particularly that of his children, ought to have a watchful eye over every thing connected with them. What a return to a good master, to destroy the hope of his future life, leaving the misery entailed upon the child out of the question! I have known so many instances of this, that I suppose servants cannot be ignorant themselves of such abuses.

Let not cooks, therefore, after what has been said, plead ignorance. If they have the charge of the children's diet, they then become more responsible.

When they prepare rice for them in any form, they ought to be particularly careful not to pour the gluten from it, nor sweeten it too sparingly; sugar is very nourishing for children. A good cook ought to be able to direct children's diet. When currants, prunes, or raisins are ordered, let them not be thrown carelessly into boiling water to clean them, for by that they lose all their flavour and substance; but after rubbing them well in a nice cloth, let them be also well picked; or if they require washing, let it be in cold water, without soaking them in it, and put into the food. When she makes pastry (should it not be the custom to bake the bread), let her make some bread for the children's tea with a little sugar and a few currants. They will eat that bread when it is eight days old, rather than new bread with butter, and it will be much better for them, as children should never eat bread till it is two days old at least. When boys

have to go to day-schools, the cook may make small rolls, with an egg baked in the shell in the middle, with the bread crossed over it, or with two or three prunes or a fig, as these fruits are much better baked than raw for them: they thus learn also to eat bread and fruit together, which is the only safe way of eating much of it. If apples or plums are used in this way, they are not to be pared, but bedded in sugar; but pears require to be pared, as the skin is unpleasant. If the cook had any idea how much those little attentions attach the mistress, she would not grudge an hour earlier or later; nor would she find any difficulty in carrying up the children's dinner herself: she should see it go safe to the nursery, and then if it is not given she cannot help it. Some children have such long and good memories, as to remember the nurse eating the greatest part of their dinner; and whether it is nursery-maid or cook that is intrusted with cooking their food, they should be particularly careful not to boil any sort of meat too quick for them, as it hardens it, and makes it indigestible to their tender stomachs. I was once told by a housekeeper it did not signify, as what they did not get in the meat they had in the soup; but I had my doubts if they did get it in the soup, while I would have been certain of their having had it in the meat, independent of the evil of giving them such indigestible stuff. Their rice ought to be cooked in no more water than is necessary to swell it; their apples roasted, or stewed with no more water than is necessary to steam them; their vegetables so well cooked as to make them require little butter, and less digestion; their eggs boiled slow and soft. The boiling of their milk ought to be directed by the state of their bowels; if flatulent or bilious, a very little curry powder may be given in their vegetables with good effect—such as turmeric and the warm seeds (not hot peppers) are particularly useful in such cases. Where biscuit powder is in use, let it be made at home; this, at all events, will prevent them getting the sweepings of the baker's counters, boxes, and baskets*; oatmeal, where it agrees with the stomach, is much better for children, being a fine opener as well as cleanser; fine flour in every shape is the reverse. For

* All the left bread in the nursery, hard ends of stale loaves, &c., ought to be dried in the oven or screen, and reduced to powder in the mortar.

children more advanced, boiled puddings of fruit and meat are excellent, particularly of fruit and the finer vegetables, seasoned sweet; and to them, as soups are little used at our schools, is perhaps to be attributed the health of the children, as it is a very different thing enticing a child to eat sweet pudding after it is perfectly satisfied with dainties at home, than by eating them almost entirely for a meal. Potatoes, particularly some kinds, are not easily digested by children; but this is easily remedied by mashing them very fine, and seasoning them sweet with a little milk. Sugar and egg, browned before the fire, or dropped as fritters into a hot frying-pan, without fat, will make them a nourishing meal. Children should be early accustomed to have their puddings and pancakes seasoned with rue and tansy. Taste, like every other thing, is acquired; and as some children have a great tendency to worms, and such antidotes being better than having recourse to medicines, the cook, by stealing the taste upon them, will render a great service to her mistress by assisting her in keeping the children's stomachs in order. When peas are dressed for children, let them be seasoned with mint and sugar, which will take off the flatulency.* Never give them vegetables less stewed than would pulp through a cullender. Cabbage-soup, seasoned in the same manner with a little neat's foot or olive oil, and thickened with oatmeal or flour, makes an excellent soup, even without butter or oil, for them; but if used, the last is preferable. Every good cook ought to understand cooking for the sick, which they will find every where interspersed among the receipts. Wheys, jellies, soups, gruels, soft and other spoon-meats, as sago, arrow-root, saloop, tapioca, vegetable jellies, &c., and nice dishes of sweetbreads, brains, chicken, with many others; all these she ought to arrange in her mind, to be ready as occasion may require. These things, at first, look quite unattainable; but there is nothing more easy to a cook who has nothing to think of but her own business. A French cook looks upon himself as the family physician; but it is quite different with them, as they seldom leave their places. It would be a great improvement in this country to see cooks bred, as

* If they are old, let them be pulped, as the skins are perfectly indigestible by children's or weak stomachs.

to any other business, by apprenticing them under good cooks for a certain time; this is the only way of having any number properly taught, as the best receipts will not teach much without a great deal of practice and attention, which every one cannot attain, particularly after a certain age.

It is of great importance in the economy of a family that the cook have no perquisites; that she may not be induced, for the sake of an ounce of tea, to give away in meat five times its value to her master. Nor is her master the only one injured: her fellow-servants are scrimped and ill fed.

For a lapful of this offal, a poor Irishwoman will, to be sure, carry home a load from the market, and save the cook a sixpence, and sometimes a shilling. She will dine upon it, and take a couple of additional glasses of gin, to make it sit upon her stomach. The mistress, who is robbed of what would have well dined her family, may be satisfied to hear that the poor creature has got a bellyful; and the woman, who might have dined in her own way at half the price, and saved the gin, thinks she has made a very cheap dinner.

The utmost possible attention should be paid to cleanliness. This cannot be too often repeated. Much care should be taken that the stew-pans are not injured, for in the smallest dent or scratch matter is sure to be lodged, that may corrode and become poisonous. It is to be wished that brass and copper vessels were excluded from our kitchens.* Well-used untinned Carron vessels do not discolour the meat; and if they did, what would that signify, in comparison of the danger? Let the cook remember, she is not to trust to her saucepan being newly tinned, as tin poisons, and is decomposed by acids. To satisfy herself, let the cook take half a lemon, and rub a tinned pan, and she will see how bright it will become; which is occasioned by removing a coat of the tin. If she puts any acid into a sauce, it will dissolve a certain portion of it: but as acids are not generally put in till the cooking is nearly over, the danger is not so very great, though a small portion of the tin be unavoidably absorbed, but which may do as much

* I once witnessed a dreadful case, occasioned by a dinner being kept back some hours.

mischief to a weak stomach as a greater portion would do to a strong. It is probable that this occasions the excruciating spasms to which weak constitutions are so liable.

With proper management, in a good kitchen the stuff that is not worth recovering for kitchen purposes may be exchanged for candles. Let the cook demand proper wages, and have nothing to do with perquisites; let her relieve her mistress from the fear that her butter is thrown in pounds into the dripping-pan to be made such; and let her manage for her master as she would do for herself, as there is no other way of giving satisfaction. From the bad conduct of their servants, masters have been driven to the necessity of putting them upon degrading allowances of bread, butter, tea, &c. Some of the Irish servants have a sum as compensation for all these things, and merely eat their dinner from their master's kitchen.

Were the profit and loss balanced between the master and servant, this might be endured; but for a slight gain of their own, servants will sacrifice a great interest of their masters; and as the old proverb goes, "They will set their master's house on fire to roast their own eggs."

I am sorry I cannot introduce here all the instructions I wish to give to the cook; but she will find many interspersed throughout the receipts. She is to consider that a well-directed economical table is of consequence to her mistress. Let her, then, if possible, acquire this desirable knowledge,—that the best-dressed meats will disgust, if they are sent to table in a slovenly manner.

A good cook, and often a bad one, through her mistress's management of her table, will get frequently offers of higher wages; but if her mistress is satisfied, let her consider her situation, and consider it well in point of respectability, and whether she can maintain the reputation her mistress's table has given her,* and it is probable she will decide very differently from what she first intended.

* I have had experience of two cooks who were inveigled away from good places on this account, but who never dressed a second dinner in the houses they went to, as the mistresses were not capable of directing their own tables, and the cooks required such mistresses.

I meant to have treated of the pantry, for the economising of time as well as the management of stores, the keeping of meats, &c., but my limits will not permit it. A cook has nothing to fear in following these directions: they will enable her to become such as I have known some cooks to be. I shall for the present take leave of her, by relating an occurrence that took place in the very hottest part of last summer.

A pig was cut up in a family for curing, which the cook had neglected, or, as it appears, had not known the proper management of, so that there was no wonder that it failed in such a season. This was told to her mistress, who was very angry at such a loss. The pork was ordered to be placed out upon the highway for any one to take. Now it is probable it fell to the lot of dogs, a very unfit repast for them at that time. Those who would gladly have had it, would be ashamed to take it away; but it is more than probable that it might have been recovered.

Copper is not the only deleterious ingredient that may be stewed up in meats; bad water, bay-leaves, sugar browning, burnt butcher's meat (which children eat very greedily), many kinds of mushrooms, &c. &c.

If a mistress says the pans may do a few months longer, or orders bay-leaves or any other deleterious substances, the cook ought to remonstrate. Mistresses are not aware always of the danger, being ignorant of their nature and consequences. I remember the time when I ordered the squeezed lemons to be given to the cook, as she told me they made her pans so beautiful; which was, unknowingly by both cook and mistress, preparing a poison. Perhaps the safety was in the cook not using her bright pans often.

The best method of cleaning saucepans is to rinse them out with boiling water, and then with a large stiff pencil brush, which will enter into the least crevice; wash them well with the lye of wood-ashes, rinsing them after in hot and then in cold water, and rubbing them dry over the fire with lessived cloths. As soap ought never to be used in the kitchen for any thing,* the wooden spoons,

* Nevertheless, I have seen it ordered to wash fowls with, that had been soiled in singeing. Would not soda answer better? and why permit even the idea of a fowl being dirtily singed?

spatulas, and bowls ought all to be boiled in the lye of wood-ashes, and cleaned with appropriate brushes, as the hand could not bear the heat necessary for this operation, nor is it so proper. All sieves, bowls, spoons, &c. used for sweet dishes ought to be cleaned separately, and bleached in the air.

The cook must use soap for her hands; but it is a mistaken idea that sweet soap is necessary. The scent of the soap would agree very ill with warm rolls; therefore the soap ought to be scentless and strong.

The white curd is the best, and she will often find brown necessary;* and her hands ought to be afterwards well rinsed under the pipe, and wiped with a lessieved cloth.

To impress on cooks the necessity of lessieved cloths, I will tell them a story of an old French cook and an old English gentleman: —

On the Frenchman's introduction to his office, he found the kitchen napkins in very bad order, and after lessieving them, very naturally set about spreading them in the garden. The old gentleman could not conceive what they were, or what he was about. His astonishment, however, was not in the least abated by the Frenchman's explanation. He could not away with the fellow's impudence, in hanging out such trumpery under his eye, when he was allowed, without restraint, soap and fire indoors. The Frenchman, who had not an idea beyond utility, was at a great loss to understand the old gentleman's unaccountable partiality for soap and fire: he however grumbled on for two or three months, and then took another situation. The day after he left, the old gentleman had several anxious inquiries after his health, and several visits of very inquiring faces; one of whom very *naïvely* said, "O, I thought something was the matter, as your signal was not out this morning." "Signal? what signal?" "Why, the pole and rags at the top of the house, which we thought was a telegraph to some particular friend; and from its not being out this morning, I supposed something was the matter." An inquiry was instituted; and it appeared that the pole had been erected at Monsieur's garret window, and that to it he

* Such observations have been taken from excellent practical cooks.

had appended his napkins, which he struck whenever his master went out, and hoisted again upon his return.

This method of cleaning kitchen utensils and napkins is not according to what cooks may think the sole guide of this work — economy; for lessieving only for the kitchen is more expensive than soap, in a country where wood is not generally burnt.

Pure water is another indispensable requisite. A cook should invariably have in the kitchen two proper receiving vessels, the one over the other; the superior one perforated and covered with a matrass of powdered charcoal over one of sand: the broader the receiver the better. If the water is hard, it ought to be boiled, and afterwards exposed to the air in broad vessels; but as this does not hold throughout, the master ought to be consulted about it.

A SHORT MANUAL OF VIVRES, AND SOME OF THE RELATIVE PRICES.

Beef.

The hind quarter contains the following joints: —

The sirloin, rump, thick and thin flank, edge-bone, round, mouse, veiny pieces, and leg.

Fore quarter: — Six fore ribs, three middle ditto, three chuck ditto, breast, neck, sticking-piece, clod, leg-of-mutton piece, and shin. — Extras, head, tail, and feet.

Relative pieces, which rise and fall, keeping generally the distance in the ratio.

When the principal pieces are at ten-pence per lb., which are the sirloin, fore ribs, and rump, the round, middle ribs, and veiny piece, will be eight-pence. Edge-bone, mouse, leg-of-mutton piece, breast and flanks (the thin part of the flank is reckoned something better), will be sixpence halfpenny to seven-pence; short ribs and clod, five-pence to five-pence halfpenny; sticking-piece and neck, four-pence to four-pence halfpenny; hearts, from one shilling and nine-pence to two shillings and sixpence; udder, from two-pence to four-pence; feet, according to

the size; a head, from two shillings and sixpence to three shillings and sixpence; tails, from five-pence to seven-pence; skirts and kidneys, from five-pence to eight-pence; rump steaks, from one shilling to one shilling and a penny per lb.

The prices of the same value are classed together, that the cook may know them relatively; otherwise she will be open to the grossest impositions, as there is always a deceptive manner of cutting meat, keeping the bones covered. A good market-woman is up to all this; but it is also necessary a mistress should likewise know it, that she may be able to judge of the propriety of the marketing brought in.*

Veal.

When the fillet is one shilling per pound, the best end of the neck and breast, loin and leg, will be ten-pence; the neck, eight-pence, or the scrag end seven-pence; the knuckle, seven-pence; shoulder, nine-pence. The head varies very much from the size; with the skin on, it rises from five to sixteen shillings; without the skin, from three to eight shillings. Cutlets are always two-pence per lb. dearer than the piece they are cut from; liver, from eight-pence to ten-pence per lb.

Lamb is rather lower than veal, when in full season.

Mutton.

Leg and loin, from eight-pence to nine-pence; breast, and scrag end, sixpence. A haunch and saddle are always full price. The saddle and neck are the most extravagant prices of the mutton. Head, from sixpence to nine-pence.

Those that would really eat good mutton, should procure the Welsh from the city: although it is two-pence dearer, there is no waste, as it is just sufficiently fat to dress itself; besides, the first consideration which should

* A lady must look very foolish at her own table, if she does not know the joints that are presented. This ignorance is sometimes affected, and makes a woman look very silly, who ought, whatever her station in life is, to understand her household matters, besides the liability to imposition if she does not.

be taken into account in all vivres — the much more healthy juices that it contains, from its food and age; so that in every way it is the cheapest.

The flavour of meat distinctly shows that it must either be young or fully grown to be in perfection.

Butcher's meat may be said to be in season all the year, as house lamb comes in very soon after the grass lamb is over. At the height of the season every thing is best and cheapest; but our forestalling appetites call for things before their time.

Pork

Is very high-priced in the London market. If good, it sustains the best mutton prices; the head, feet, and breast much dearer. Sucking pigs are in season all the year.

Venison

Cannot be called a marketable commodity, as it is seldom or never sold by butchers, being almost unnaturally confined to the fishmonger; therefore the prices fluctuate with the season and the demand. There being no competition, the price is in their own hands.

Poultry.

Young poultry begin to come in in February, and continue in succeeding broods throughout the summer months; so that there may be a succession that will supply for five or six months. The earliest and latest, just as in every other thing, are the dearest; in the first instance, from the attention necessary to the rearing; and, in the second, from the scarcity.

The following is a list of them. Chickens, turkey, pouts, green geese, ducklings, tame and wild pigeons; the tame continue almost throughout the year. Then comes the full-grown of the earliest broods, and capons begin to be good about or after Christmas, and are excellent during spring.

The late stags being full, before they stretch out the

bone too much, are excellent for roasting, but must be fed and taken at the proper time.

Those intended for the spit should not have too much liberty, but plenty of food; they are the best roasting poultry after capons, if so managed during the spring months, and serve to bring in the young broods. The late brooded fowl will then also be in high perfection, and full of eggs. Wheat ears come in July; water-fowl and plovers come together. Duck, widgeons, and teal in September, and are so plentiful as to be calling through the streets with wild rabbits.

Grouse and moor-game come in August, partridges in September, pheasants in October, snipes and woodcocks in November.

There is no giving any account of prices, all varying with season, age, condition, and size.

An accurate eye will do a great deal for the proper choice, as also a proper knowledge how to turn them to account.

None but white-legged poultry should ever be bought for boiling, and full-fed for roasting.

Half-fed, ill-coloured, and old poultry, may be bought for other dressings (but by this it is not meant bad poultry). Game may sometimes be had cheap, or be bought much mangled; such game is as good for salmis, civet pies, and soup, as any other dressing, and is by no means the worse of it.

Rabbits.

Tame rabbits are in season all the year, and a very cheap substitute for poultry. Capon rabbits are excellent, but too seldom to be had.

Hares.

Leverets in March, and hares in September.

Fish.

It is quite astonishing that the capitals of the British empire should be so very ill served with fish (surrounded

as they are by seas, and intersected with rivers, which abound in many of the finest kinds), and certainly will remain stationary for ever, if neither government nor private proprietors will interfere. Of late years, there has been a great deal of bustle and attention to river fishing, from proprietors finding it so much their interest.

The town of Edinburgh has also taken up this business very actively a short time ago; and if it persists in no monopoly, the town will benefit much by it: but any thing so perishable as fish should not be permitted to be forestalled.

The fishers, ignorant as they are, know, that when they bring a short supply, that they go away with as much in their pockets as if there were a full one. This may well account in one way for the scarcity.

There is no doubt that the weather operates in a certain degree; but it is as well known, that much fair-weather fish is sold at foul-weather prices.

The appearance of fish also at a given period cannot be depended upon (the seasons not being enough attended to, as they faithfully obey the great signs); and man calls them capricious when they do not make their appearance at given times.

The fishers set out at the usual season in open boats, and creep along the dangerous northern coast, all the way from the southern bays and coasts, to meet the herrings at Caithness, and are often disappointed. At other times, they come to the southern shores before they are expected; and so close into the bays, that they are taken up in tubfuls, or by the hand.

Eels

Are in season all the year, excepting the four warmer months. The silver eel of the Thames is reckoned the best.

Salmon is an early fish; and those of the Thames are considered the best.

Cod is in season from Christmas to Lady-day.

Turbot, thornback, skate, whiting, flounders, and all other flat fish, throughout spring.

Sprats, winter herrings *, autumn.

Mackarel and pilchards from the end of June, of short duration; pilchards are sometimes taken with herrings.

Trout, red and yellow, May and June.

Roach, April and May.

Smelts, March; remain a very short time in season.

Sturgeon†, carp, tench‡, perch, gudgeons, and all fresh-water fish. They are always better from rivers than ponds, and ought always, if from ponds, to be blanched in charcoal-water. They are generally in season during the spring and warm months.

Flounders, spring and autumn, having two seasons.

Fruit.

Little or no fruit comes before June but for tarts; during the spring months, strawberries, peaches, grapes, pines, may be had forced at extravagant prices.

In June cherries and strawberries make their appearance, and are often in pretty good supplies before the end of it.

The late king's birth-day used to be a sort of force among the gentlemen's gardeners to supply their masters' tables on that day with choice cherries, strawberries, young potatoes, pease, cucumbers, and asparagus, &c. and from that day it was expected that a supply of such things was to be kept up, which operated as a spur to their industry.

These, as first fruits, have long been served up to the General Assembly of the church of Scotland, which meets in May.

Of standing fruit, the June eating apple comes in first, succeeded by pears and other early baking fruits, with nectarines, apricots, peaches, grapes, melons, pines, and a profusion of the smaller fruits.

* It is to be hoped in these enlightened times that something will be done to lighten the cares of the middling classes and the poor. The markets, when the herrings do not appear, begin to rise much sooner than they otherwise would if the herrings were plenty, which insensibly bring and keep them down. Since the herrings are not to be depended on, why should not care be taken to bring in greater supplies of white fish, either fresh or salted?

Premiums are very properly given to the fisheries on one hand, while on the other, such is the neglect, that unless the owner of a boat of fish can have a certain price for it, from the high charges of sale and customs, he finds it his profit to throw the cargo overboard; such is the situation of our markets.

† When sturgeon is sliced, it must be cut with a very sharp knife.

‡ Tench must be dressed the moment it is killed.

The observations on vegetables are applicable to fruit, as well as every other product of the garden, and will draw from the mistress her regards towards it, as it would swell a work of this kind too much to treat fully upon each subject.

It is, however, a delightful employment to watch it from the opening bud, to guard it from the biting frost and blighting winds, and to see it set in maturity on the table.

I cannot, however, part with the subject without entreating mothers to give their children their fruit in the morning, and teach them to eat it with bread for breakfast.

The adage in Italy is—"Fruit is gold in the morning, silver at noon, and lead at night."

ORIENTAL COOKERY.

We are accustomed to look to the East for the origin of arts and sciences. I am not, however, inclined to ascribe the invention of cookery to Brahma or Visnu, nor do I feel myself so far implicated in its honour as to fall out with the heathen of old for not elevating to a niche in the Pantheon a deity that has, in these latter ages, found so many worshippers. The art of cookery, more than any other, depends upon local circumstances, as it is with the greatest difficulty communicated from one country to another, the natural productions of the soil requiring to be transported, as well as the modes of dressing them. In the early emigrations, the people must have been shepherds to abandon their native country without very great inconvenience; in their progress to husbandry and civilisation, they would adopt peculiar fashions of their own, from chance or necessity. The styles of the different nations might be thus various, though much on a par with respect to quality; and, although that of one country might surpass the rest, the others, not admitting of any general standard, could not possibly adopt it or profit by it. Travellers, while they might communicate unknown sciences, against which there could be no very rooted prejudice, or discoveries in known ones, which would be

received with avidity, not only would have found it impossible to introduce improvements in this art, but would also have had to divest themselves of the deepest rooted of all prejudices. The Greenlander, quoted by Lord Bolingbroke, is an exemplification of this. He, after he had feasted on all the dainties that civilised Europe could boast, returned with delight to his guts and garbage. Besides, as it is not the most refined class of civilised society that practises cookery, but, on the contrary, the rank of cooks sinks in proportion as the scale of civilisation is elevated; we have every reason to argue, that a country, though less refined than another in the arts generally (placing neither at the extreme), should be more refined in cookery. The English, though unrivalled in their application of steam to washing, cannon, sailing, &c., feed on raw vegetables and ill-dressed beef; while the poor and ignorant boatmen on the Nile fry fish and dress pigeons, when they can get them, in a style that Beauvillier might be proud of.

It is not, then, in the idea of reducing cookery to its original form, that I have been so particular about eastern receipts, and adapted some of their methods to our own dishes; but with the same view that I have borrowed from the cookery of other nations to improve our own, by adopting every thing in which they excel.

In many branches others have had more opportunities of improvement than ourselves; and we import many foreign articles which are sometimes lost upon us, from not knowing the best modes of preparing them. Indian corn*, for example, was brought over in the scarcity of 1800, but was of little use to our fastidious palates, as there was not a single traveller or merchant intelligent, humane, or interested enough to inquire into the way of grinding and dressing it. Yet, in Languedoc, this same Indian corn is the food of the rich, and the luxury of the poor.

From the fertility of the soil on the banks of the Ganges, and the uninterrupted mildness of the climate, the Hindoos have a constant supply of rice, vegetables,

* For long voyages, I should advise a small mill to be taken, and well kiln-dried grain to be carefully stored in charred chests, interspersed with strong-smelling dry sweet herbs or seeds, which could be sifted out before grinding.
Indian corn keeps well in the grain, but not long in the flour.

cocoa-nuts, &c. Thus, not being compelled to hunt wild beasts for their sustenance, or to feed cattle on the produce of the summer for their own support in winter, the "placid inhabitants of the Indian plains" would never have thought of devouring animals having life like themselves. In after times, when they found such to be the practice of their neighbours, they made a moral duty of their abstinence by the doctrine of Metempsychosis, which, though believed by the Druids of the Teutonic nations, by the Etruscans, and the Egyptians, has affected for a continuancy the practice of India alone, because there only that practice is not generally repugnant to utility. The consequences of famine, indeed, are awful; but, like persecution, they tend to strengthen rather than to weaken the prejudices.

As in every country something stimulating has been found necessary, the Indians, whose diet otherwise is simple and little heating, have from time immemorial been in the habit of consuming, in large quantities, the pepper and sweet herbs that their soil has provided for them. On the same ground we may suppose that spices were very grateful to the ancient Egyptians, as their drink was only the expressed juice of the half-ripe grape, the sorbet (Hossrûm) of the Musselmens (see receipt.) They had few cattle, and used little or no animal food*, as may be inferred from the otherwise unaccountable populousness of the country; hence their aversion for shepherds. The carcasses even of their animals were exposed or buried in an island. Spices were their first, and have ever continued their chief article of import; and such as have never seen those of Arabia, cannot form the least conception of their perfume and flavour.

The cookery of the wandering Arabs has, like that of the Indians, undergone little or no change since the earliest times. Their food is meat broiled whole, rather than roasted, the instant it is killed, when it has more flavour and *goût* than we can imagine.

* The fleshpots of Egypt were not the Egyptian pots, but the pots of the Jews, who were feeders of cattle, and consequently an abomination to the Egyptians. To this day, though the Egyptians use cows to raise water, they never eat beef; and now, in Upper Egypt, things are so much altered, that there is little or no bread, corn, or rice. And although their religion permits the use of animal food, the prejudice is still rooted against beef, which the Egyptians at one time held sacred in their religious rites.

Their chief excellence is in the treatment of milk. They dress and preserve their meat in it; milk sours, but never putrefies. The koumiss of the Calmucks, and their spirits from mare's milk, are well known. The Arabs preserve and tender their meat in milk. (See receipt.)

There is, however, an admirable style of cookery, which I suppose we must have taken from the Levantines, at the time of the Crusades, of mixing all sorts of sweets with meats. It was in practice 100 years ago in England; it still is in some families in Scotland; but there are not any traces of it in France or Italy: yet it seems probable that it passed through those countries to us, and very improbable that they should have disused it had they ever known it. The only way I can account for it is by supposing that we had more meat than they had on which to make the experiment. It is more easy to account for its disuse in England, being here affected by the same causes that have produced the decline of that cookery which we now term French. The French and Italians, and also many families in this country, use sugar in soups, vegetables, &c.; but this is very different from the minced pies we so greedily devour about Christmas; the only vestige we retain of the Turkish fashion of sweet ragôuts (yaughs), and stuffing whole animals with sweet puddings.*

We have certainly taken, at least, our cubbubs from the Levantines. "Cubbub" means nothing more or less than roast. They say cubbubed mutton, or any thing else; but the original dish, of which ours is an imitation, is meat cut into small pieces about the size of a large walnut, and roasted on wooden skewers, alone or with onions between them; and if for sweet, with dates, dried apricots, &c.

On opening Dr. Hunter's Culina accidentally, at the last page (quite in the oriental style), I was not a little pleased at finding the following admirable receipt, so different from the English style; there being some obsolete words in it, he has thus rendered it:

* Sugar was first used as food by Baldwin II. on his return from Jerusalem to Laodicea, during a scarcity. Eau-sucrée has long been in vogue among the French. It is considered in the East the first of cordials, and a specific for all diseases; and, as the Orientalists are great enemies to innovations of all sorts, this must have been a very ancient practice amongst them. A Roman poet, describing the nations that assisted Antony, distinguishes the Easterns as those that drank the sweet juice of the reed.

A delicious Dish.

Take good cow's milk and put it into a pot; take parsley, sage, hyssop, savory, and other good herbs; chop them and stew them in the milk; take capons, and after half roasting them, cut them in pieces, and add to them pines, clarified honey, and salt; colour with saffron, and serve up. Nothing but prejudice could call any thing in this receipt disgusting.

This dish is completely Turkish. The sweet herbs (the milk is in the Arab style), the saffron, the capons, the making of which is a constant practice in the East, and of which we have no trace among our nations anterior to the time of the Crusades; but, above all, the sweets, the honey, and the pine kernels, which are richer and stronger than almonds, and must have been imported, as they never bear fruit more towards the north than the 43°, all proved to me that our travelled forefathers had not been proof against the dainties of the East. The dish I have tried, and, even without capons, I can affirm that it well merits its title. But what was my surprise, on turning the page for the connexion, to read as follows: "Whoever looks into the 'Forme of Cury,' as compiled "about 400 years ago, by the master cook of Richard "the Second, will be highly disgusted with the dishes "there recorded. Much, therefore, is due to those who "have brought forward the culinary manners of the pre-"sent age, in opposition to the nauseous exhibitions of "former times. For example:" then follows (will the reader believe me?) the above-mentioned '*Delicious Dish.*'*

The Turks use the finest spices, rice, saffron, and sweets, profusely, in most of their meat dishes. Every sort of food that is presented to women is invariably sweet;

* The Turks, like the Jews, have been forbidden pork, probably from the same reason. The Levantines far surpass us in the healthiness and excellence in dressing meats, though their unceremonious manner in presenting it, the way they squeeze it in their hand, &c. is at first not very agreeable to strangers, who do not take into consideration their frequent ablutions: besides, the true amateur of good living knows how much higher flavoured meats are from the hand than in any other mode. We, from prejudice, go into other countries in the proud superiority of our own customs and manners; and as the vulgar first attract our notice, we generally mistake their manners for those of the country. Were one of our fashionables to go down into one of our remote counties, and see a boor stuff a large wooden or horn spoon, full of some coarse food, into his wide open mouth, with his eyes shut, it were odds if he ever again ate with a spoon; declaring, perhaps, that pretty tapering fingers were expressly made to feed man more delicately.

and the men keep them always supplied in their harems with confections, and all sorts of nuts, &c., to prevent them as much as possible from contentions.

Dr. Clark, when he saw labels scattered about in the seraglio, thought that they were for liquors prepared in secret; but they were for different compounds of *eau-sucrée*, flavoured with various fruits and flowers, the manufacture and consumption of which is one of their chief employments. For the curiosity of it, I have given a specimen of a dinner such as the *art* of the Seven Towers can produce. I had it from an eastern lady, who several times was admitted to the distinguished honour of dining with the sultanas.

The ground of Hindoo cookery is rice; to it are added peppers and sweet herbs, with a great deal of turmeric, probably from its antibilious properties, as, though it gives flavour to the whole, it is rather disagreeable by itself: they also use ghee, or oiled butter.

The cooking of meat in curry is a practice confined to the Europeans.

Curry is excellent for bilious habits, and the best substitute for such stimulants as spirits and fermented liquors.

It is as pernicious as it is bad taste, to drink wine or spirits immediately after curry. Our Indians, though they drink arrack punch with turtle, drink water with curry.

Curry Powders.

A number of curry powders have found their way into this country from the East; and I never have found any bad that were made after such receipts.

It is those that are compounded in this country for sale, which, to increase the quantity and gain, are often made of bad seeds, leaving the result to turmeric and cayenne. Therefore, as it is an easy matter to manufacture those powders in all their different combinations, those that use them generally in their families ought to do so, and be careful of the compounds upon account of health, as well as of cayenne, which is often coloured with red lead. Therefore it ought to be made at home, as well as the others, if it were even to cost as much;

but as it may be made for one-fifth of the expense, that surely is an object.

Curry Powder.

Coriander seeds, Cummin seeds	of each 1lb.
Cuscum-root, Turmeric, or saffron	of each ½lb.
Ginger, Cayenne	of each 8 dms.

Another.

	oz.
Coriander	6
Turmeric	3
Black Pepper	3
Fenugreek	1½
Cummin	1
Cayenne	0¾

Another.

	oz.
Coriander seed	13
Fenugreek	3
Black Pepper	5
Cummin	3
Pale Turmeric	3
Cayenne	1 or 1½

Another.

	oz.
Coriander seed	13
Black Pepper	5
Cayenne	1
Fenugreek	3
Cummin seed	3
Turmeric	6

Another.

	lb.	oz.
Fine Turmeric	1	0
Coriander seeds	0	8
Black Pepper, Cayenne	of each 0	2
Lesser Cardamoms	0	0½
Cinnamon and Mace, each	0	0¼
Mustard flower seed	0	0½

Another.

	lb.	oz.
Ginger	1	0
Allspice	1	0
Turmeric	1	0
Cloves	0	1
Cayenne	0	8
Coriander	0	8

Another.

	lb.	oz.
Coriander seed	1	0
Turmeric	0	8
Ginger	0	6
Cummin	0	4
Cayenne	0	4
Black Pepper	0	3
Cinnamon	0	1
Lesser Caramoms	0	1
Black acid Tamarinds	2	0

Another.

	lb.	oz.
Turmeric	1	0
Fennel	0	8
Cummin	0	8
Coriander	0	8
Black Pepper	0	4
Caraway Seeds	0	4
Cayenne	0	2

Another.

	lb.	oz.
Rice	36	0
Turmeric	18	0
Coriander	16	0
Cummin	9	0
Flour of Mustard	14	0
Black Pepper	28	0
Cayenne	3	8

They must all be reduced to the finest powder, and mixed well together: more cayenne and other spices may be mixed, for such as like it hotter. The great defect in our dressing curries is want of an acid and salt, as the rice freshens them so much.

To make Cayenne Pepper.

Mix ripe capsicums with flour, and bake them till they are dry enough to powder: cut them into small pieces, and add to each ounce of capsicums water and yeast to make them into small cakes. Bake, slice the cakes, and bake them again; powder the biscuit and sift it; bottle, and stop it close.

Burdwan Stew.

This is generally made over a lamp at table. Take a roasted or boiled fowl, cut it in pieces, and put them into a silver stewpan. Put in two ladlefuls of soup, with two dozen anchovies, a glass of white wine, some melted butter sauce, boiled or roasted onions, pickled oysters, and cayenne pepper. Stir and let it heat through; add Seville oranges or lime-juice. When it is prepared on purpose, the chicken is only half roasted or boiled; if boiled, the water is used to make it, instead of the soup. Game makes the best burdwan, and fish is excellent.

To curry Cabbage and Greens.

Boil the greens, mince them rather large, and put them with a bit of butter into a stewpan, with half a dessert spoonful of curry powder, a dessert spoonful of vinegar, and salt. Stew and simmer gently, till they are sufficiently cooked.

Spinach Curry.

Pick and prepare the spinach, and add to it a large handful of sorrel, or some gooseberries, two or three acid apples, or tamarinds. Stew them with fried onions till

tender; put in some curry powder; rub them down in the sauce with a wooden pestle. Then add the meat cut in small pieces, and fry it altogether (or make it with prawns, oysters, cockles, or any other shell fish). Let all stew together for a little, so that the curry powder may incorporate, and the meat get the taste of the sauce.

Broccoli Curry.

Dress six heads of broccoli nicely, according to the manner they are to be served; blanch them well, cut an onion in fillets, and brown it. Mix a table-spoonful and a half of curry powder with a pint of fresh water, pour it to the onions, cover them, and let them boil for twenty minutes; strain out the onions, and put in the broccoli, with shrimps, lobsters cut small, or pork that has been a little salted, cut in small pieces. Let it stew slowly; put in any acid when it is taken from the fire.

Indian Pillau.

Take two pounds of the best end of a neck of mutton, two pounds of nice young pork, and a young fowl; six large onions, spices, and an ounce of whole cardamoms, in a muslin bag. Boil and simmer them till half cooked; take out the mutton and fowl, brown them, return them again into the stewpan: put in, according to the quantity of liquid, rice well picked and washed. Let all stew together till it is completely swelled, and the whole nearly dry: turn it into a colander; dish the meat; cover it with the rice. Garnish with hard eggs cut in quarters, fried onions, and pickles.*

Curried Rice.

Fry some onions a good brown, and stew them in water or stock; strain and rub them through a colander, return them into the soup, and add a sufficient quantity of curry powder. Let it boil and incorporate; have no more than will boil the rice, and be certain it boils when the rice is put in. Cook without stirring as above, adding acid and salt. Serve it with roast or grilled meats,

* I give this receipt exactly as I had it; but I would recommend no more water being put in than will cook the rice, unless it is to be sent to table as a soup, which this quantity of meat will well admit of; and a piece of fresh butter would greatly increase the flavour and mellowness of the rice; as rice should never be cooked in more liquid than is necessary for it to imbibe.

poultry, or fish. If water is used, it will require a large piece of butter or top-pot, which ought to be put in as it softens.

Molukatanee.

Take a very well-made rich soup of meat or fowl, and mix into a little of it the necessary quantity of curry powder till quite smooth, and return it into the saucepan, and let it boil well, stirring it often. Slice and fry some onions of a nice colour, and put them in, with a clove of garlic and a few pounded almonds, which must be also first mixed with a little of the soup or cream. Add a little lemon pickle, mango juice, or any other acid, according to taste. Meat of any kind may be served in this soup, and dry rice as with other curries.

Game or Fish Molukatanee.

Vegetable, fish, or game soups make it equally good: game is preferable to any other, when the proper seasonings are attended to. As the curry ingredients destroy much of the mellowness, its goodness therefore depends upon the richness of the soup; and this is not enough attended to.

Simple Pepper Water.

Slice and fry one or two large onions, add one table spoonful of Chili vinegar, and a spoonful of curry powder; mix it well with a pint of water, or more, according to taste, and salt. Let it boil for an hour, well covered, over a slow fire. This is excellent in flatulencies and bilious complaints.

Sec Sec, or Dry Curry.

This curry is made of vegetables, intermixed with butcher's meat, fowl, or game. If there are green capsicums, boil some well, and put them into a little nice gravy, with a clove or two of garlic, and some curry powder. If there are no capsicums, use cayenne. Prepare for boiling whatever vegetables are to be used; such as spinach, sorrel, French beans, artichokes, asparagus, cabbage, small early potatoes, &c. When the vegetables are prepared, mix in any meat that has been prepared by cutting small, and dressing into proper pieces.

Add nicely fried onions, and season with the prepared sauce, mixing it all well together; taking care that it is not too wet. Have hot dripping ready, put in the prepared curry, and manage it so that it may not burn; while it is frying, mix in a little cream, milk, or marrow, with a few pounded almonds, cocoa, or any other nuts, lemon-pickle or juice, Indian pickle. The great secret of making curries is the ingredients and spices being properly mixed, and left to incorporate for some time.

Caldumachucalde, or bruised Chicken Curry.

Cut the breasts out of two chickens, and pound the remainder. Put the pounded meat with the gizzards to simmer two hours in two quarts of water.

Prepare one of the breasts by pounding it well, strain the liquor, of which there ought to be at least three pints, add the pounded meat by rubbing it with a little of the soup, put in the other breast whole, some fried onions, the livers, gizzards, and half a spoonful of curry-powder, acid and salt; more curry or cayenne may be added, according to taste.

Ball Cubbub.

Pound the meat, fat and lean, with a sufficient quantity of onions, garlic, curry-powder, pepper, and salt; mix all well up together, make it up into balls, and fry them in butter; serve them in a heap upon buttered or curried rice, or in a curried sauce, on fried bread or parsley, or almost in any way, with plain boiled rice in another dish.

Curry Cubbub.

Cut the meat into small equal pieces, and thread them upon silver skewers, intermixed with garlic and onions, rub them over with ginger, sprinkle with vinegar, dust them over with a little curry-powder, and fry them in butter.

Cream-curry of Chickens, Sweetbreads, Brains, Chitterlings, Turbot, and other soft Roes, &c.

Prepare chickens, sweetbreads, or both, and simmer them in a little nice, well-prepared and seasoned white

stock ; put in only about half the usual quantity of curry-powder, three or four blades of mace, and a little lemon-peel ; simmer them very gently till enough ; get twelve oysters for every chicken or sweetbread, prepare and rub the beards in a mortar, boil them in the liquor, add it with the oysters and a cupful of rich cream, and a dozen of pounded almonds ; it may be thickened with a little rice flour, and, if necessary, a small bit of butter, or the yolk of an egg : it is then fricasseed curry. This is an excellent dish, either served by itself in a casserole of rice or in a *vol-au-vent ;* it has the fine relish of the curry without being overpowered by cayenne; a little coriander powder may be added. Or let it cool, and make it in a pasty with puff paste, and send plain boiled rice to table with it. Any of the higher seasoned curries are good as savoury pies.

Curry Soup.

This is a very convenient dish, as it is easily dressed in a short time. Fry more onions than for a curry, or according to the size of the dish, attention being paid to fry them white or brown ; put in a sufficient quantity of curry-powder, and soup or water enough for the dish ; if there is any left curry, the juice may be put in and thickened with wheaten or rice flour and butter ; cold meat may be nicely cut, fried, and put in, as likewise fried bread, and seasoned with curry-powder. Rice is to be served with it. Cold curries may always be served as soups, but the meat must not again be boiled. If thickened with rice, let the soup boil, and put in the rice, and boil it as directed for other soups ; put the saucepan on the side of the grate, and put in the meat to warm.

Curry Pie of Fish or Meat.

The curry ought always to be prepared for pies and cooled, or much better if dressed the day before, or any left curry will answer better than one newly made ; put it into a nice puff paste covered with a thin cover, set round closely with long leaves, with the points upwards, and a deep border round, with leaves falling down from the top. A pastry formed in this way is very handsome. Plain boiled rice and curry sauce, or curried rice, must be served with it.

Chicken or Meat Curry, with Apples and Onions.

If the chickens are small, quarter and roll them in curry-powder; fry them with the onions, put all into a saucepan with a little boiling water, stock, or any other sauce; let them boil and simmer on the corner of the grate, or under it; in the mean time, pare a sufficient quantity of apples to thicken it well. This makes an excellent curry. Or they may be done in a nice onion sauce, which ought to be very smooth, like a thick yellow cream. The meat and onions may be fried white for it, but the flavour is not so high; or onions and apples may be used together.

Fish Curry

Is invariably made with a plain smooth sauce, either dark or yellow, so that the fish may be fried brown or white, with force balls, fresh or pickled oysters, or any other shell-fish. Lobsters, prawns, muscles, &c. may all be curried as dishes, or they may be added as seasoning to any of the others. If it is for a principal dish, it looks better to be served with a few slices or junks of fish in it, but this the cook can regulate, as the dressing is the same. The rice may be dished as a deep border, and for variety may be sometimes washed over with yolks of eggs; but real curry-eaters will not relish it. Should it be so dished, a napkin must be dressed upon a larger dish, and the curry dish put in it. If the napkin is puffed up nicely, it looks handsome; as any thing helped from the edges of a dish is apt to fall over and soil the cloth.

Splash Curry

Is generally made of young chickens fried white, with onions and curry-powder stewed in a rich veal gravy and lemon juice. It is sent to table in a deep dish, with a quantity of thin sauce and rice in a separate dish. These unfried curries are the better of almonds.

Indian Cubbub.

Cut a loin of mutton into nice chops, season them high, spit them, with a large onion between each chop; roast them at or over a clear fire, and serve them hot with cutcheree.

Indian Cutcheree.

Steep a pint of split peas, and add a large tea-cupful of rice, with an onion, ginger, pepper, mace, and salt; boil till the peas and rice are swelled and tender, but not clammy; stir them with a fork till the water is wasted. Serve it up in a dish garnished with hard eggs and whole boiled onions. The stirring it with a fork is to prevent the grains being broken.

Tamarind Fish.

Take any quantity of salmon, and split it down the back; take out the bone, and score it in the way fish is crimped. Sprinkle fine powdered salt over it, and leave it three days: wash and hang it out in the sun. Dissolve some acid tamarinds in vinegar, and strain off the liquor: cut the fish into small pieces, and wrap them round covered with the tamarinds, which must not be too liquid. Press them into a jar, and tie them over with a bladder, and leave them 15 or 20 days in a dry place, when it will be fit for use. Wash and dry it well, fry it in butter, and send hot rice to table with it. It keeps a long time.

Peish Moulia.

Cut any sort of fish in pieces, and lay it in salt for half an hour. Fry it crisp, dry, and let it cool; boil a table spoonful of bruised mustard-seed, some slices of ginger, and a few cloves of garlic, in vinegar. Pack the fish into a jar, and when the liquor is cold, pour it over it. In India it is eaten with cold, and in England with hot rice.

A Country Captain.

Cut a fowl in pieces, and shred a large onion very small, and fry it brown in butter. Sprinkle the fowl with fine salt, and dust it over with fine curry-powder, and fry it brown; put all into a stewpan, with a pint of soup, and stew it slowly down to one half: serve it with rice.

American Cutcheree Soup.

Prepare and pulp some of the nicest dry green peas; put them into any nice seasoned white soup with coriander mint, or any determined sweet herb; to 1 lb. of peas, add 2 ounces of rice, and finish it with egg and cream, or keep out the egg, and add curry-powder, or make it of

brown soup, with fried onions, all-spice, and sage, and thicken it with blood.

Dry rice must be served with all curries.

Curry in Disguise.

When chickens are prepared for very nice fricassee, cut them down the back, and slip the skin entirely off, and have ready pounded farce of soup meat, or a sulpiçon of cow-heel, tripe, or any other; let it be highly seasoned as a cream curry, adding a little cream instead of water with the eggs. It may be all meat, or mixed with vegetables; farce the skin, and make it up in its proper form; it may be larded or not, and roasted or stewed, and dished over a nice simple rice curry or sauce, and served with plain boiled rice.

A pig's head or skin, shaped in a ball or tongue, may be dressed in this manner. The skins of geese, or turkey drumsticks, and many other things, may be served very nicely in this way, using meats that would not otherwise be presentable, although too good to go to waste.

Eels may be farced with fish or any other curry, and served over plain rice. They ought to be skewered, to make them lie up round, or dished in curried oysters.

Crabs dressed in the shells with curry, and dished in rice, are excellent.

Curried Snow-balls, Lemons, and Oranges.

Make curry farce as above; acidulate it, according to the form it is to be made into, with a full quantity of lemon or orange-juice; make it into balls about the size and shape of a large egg or apple; fry them, and have ready rice cooked with top-pot and a little salt, and when the balls are cold, mould the rice nicely over them, and cover them with papers, that they may not take any colour, or colour the rice, or roll the balls in yolk of egg and a little saffron, and shape them as lemons, or add a little cochineal to the saffron, and shape them as oranges: they may sometimes be served up on parsley, or a clean curry sauce, such as molukatanee, or in a dish of rice, thickened vegetable curry sauce, or upon a napkin. All small side-dishes in second courses must be served up as *rôtis*, although the same dishes may be served in the first course in sauces or in ragouts. All

meats made up in this way ought to be handsomely piled on the dish.

To boil Rice, and make Syrian Pillau.

After having cleaned the rice properly, have three times the quantity of salted water boiling : some rice takes more or less water, which must be attended to ; wash and strain it. The moment of putting it into the boiling water, after it has boiled a few minutes, set it on the side of the grate, and let it remain until the water is absorbed, during which time the rice is upon no account to be disturbed by stirring or otherwise. Take off the cover, and pour over it as much previously pure melted butter as will butter it throughout, and, giving it three stirs round with a spoon, replace the cover ; serve it a few minutes after shaking it out on the dish, on no account stirring it, as it is that which makes pillau in this country so like pudding, and so unlike the real Turkish dish. The water is sometimes coloured with saffron. Hard white or saffroned eggs may be stuck into it.

Another.

Boil the rice as above, and pile it upon a dish like a sugar-loaf; melt without flour or water, or oiling, a sufficient quantity of butter ; butter it from a buttering-pan, beginning at the top, and going round and round till it is completely buttered ; hard eggs are often served with it, stuck into the rice ; if the rice is saffroned, the eggs are left white, and if the pillau is white, the eggs are saffroned : pickled eggs will be found to be a great improvement : a great deal depends upon the rice being properly salted, which ought to be put into the water.

To cubbub a whole Lamb.

When the lamb is just killed, have it slashed immediately in eight or ten of the muscular parts ; put into each a piece of rock salt, and half or a whole clove of garlic ; close the aperture immediately, make a pudding of rice, sugar, and raisins or currants, and almonds or nuts, with eight or ten eggs, according to the size, sweetening it (the receipt says) with two pounds of sugar, twelve grains of saffron, and one ounce of cinnamon ; let the pudding be cooked, mix altogether, stuff the lamb, and let it repose

half an hour; lay it down at a slow steady fire, and baste it constantly with salted or salt and butter: the time of roasting depends upon its size and the state of the fire. It should not be allowed to cool before it is laid down; baste it well with butter and salt. As the Turks eat with their hands, meat roasted in this way will come clean off the bones, leaving the carcass a skeleton.

An Egyptian Method of dressing Meat and Poultry.

Prepare a proper soup, or properly seasoned water; cut up the fowl in quarters, or the meat into steaks, and let it simmer till sufficiently done upon a hot hearth; then take out the meat, and put in as much rice as will thicken the liquor into a pillau; in the mean time, fry some onions and the meat; dish the rice, strew over the onions, and lay meat over it.

Turkish Method of dressing a Hind Quarter of Lamb.

Cut out the bone and a great part of the meat, and mince it, adding some of the loin, with an equal quantity of suet. Mix well, and season with sweet herbs and spices, and pretty high with garlic, shalot, and one onion; add a sufficient quantity of yolk of eggs; stuff the lamb, and roast it till nearly cooked; put it into a braising pan; strew seasoning, as directed for mutton, over it, and having ready the rice, as directed for a pillau, cover it with it; set it upon a hot hearth, closely covered, for half an hour.

In the mean time, the steaks of the loin may be fricasseed or broiled, seasoned with spices, garlic, and saffron, and served as a garnish to the pillau.

These methods of cooking meats are very economical. A small quarter of mutton, with a pound of rice, at little expense, increases four pounds; besides, it is not only healthier, but goes further than if four pounds of additional meat had been roasted.

Turkish Pillau.

Cut any quantity off the leg or neck of mutton into nice chops; spit and brown them quickly at a good fire; prepare rice (See Receipt for Boiling), and season with saffron, cloves, mace, pepper, and salt. Lay the chops in a

brasier, sprinkle them with a little garlic juice, pepper, and salt; shake in the rice over them; melt half a pound of butter to each pound of rice; pour it over the rice from a pan with a perforated spout; set it on a hot hearth for two hours.

Rice should never be touched with a spoon or any thing else; it ought to be shaken from the pan into the dish that it is to be served to table in.

Soups commonly served at the Tables of the Rich in Egypt and Syria.

Draw a nice soup from any kind of meat, and season it properly with fine spices and salt; when it is ready, put a sufficient quantity of rice into the boiling soup, and watch it till it comes to the point, which is when it is completely swelled, without being slimy. Take the soup from the fire, and put in some well-beaten yolks of egg. This is a very good white soup, and easily made, which ought to recommend it.

It is astonishing that it never has been attempted to bring to this country the large-tailed sheep, as the tails are such delicious food.*

Turkish Method of making new-killed Meat tender.

Slash it from three to five slashes. To give a proper idea of the distance, a leg of mutton will take five slashes. Bruise some cloves of garlic, and put a clove of it with a little bit of bay-salt into each slash; bind up the meat, that the slashes may go together; and wrap it tight up. It may be used in twelve hours after.

This might be tried with new-killed venison.

Mjeddrah Daniel's Pulse.

Boiled rice and lentils.

Persian Meat Cakes.

Pound the lean of a leg of lamb or mutton with mace, pepper, salt, and garlic, or onion, and a very little water.

* It is to be regretted that the marigold is getting out of use with us, as it possesses many good qualities, and was at one time in as much use with us as turmeric and saffron are now in the East.

These spices and herbs may be varied. Make the meat so prepared into small flat cakes, and leave them from eight or twelve hours between two dishes. Fry and serve them in the same butter. They are left to ferment, and are not good if they are kept too long before dressing.

Persian Peas Yest.

Pour upon a small teacupful of split peas a pint of boiling water, and leave it all night upon a hot hearth, or in an oven. If in a proper heat, it will be yest before morning. Labat says, that all modes that we are newly made acquainted with appear strange from prejudice. If we make a trial of them, and success does not attend it, it is often neglected without further experiment. He appears to have understood this, when he saw it so necessary to be so earnest in recommending so many excellent things to public attention.

Egyptian Fritters.

Mix two pounds of flour with a sufficient quantity of rose-water, half a pound of melted butter, twelve well-beaten eggs, half a pound of minced or beaten almonds, lime-juice, nutmeg, or the same quantity of clove powder, and two pounds of minced figs; mix all into nice batter; sweeten and drop the fritter into hot clarified butter.*

The Italians mix suet in their fritters, and they are very good.

Syrian Honey Paste.

For this dish a brass plate, described to be like a Scotch girdle, which might answer, is necessary, with a small dish, with one side perforated, which the cook can cover with her hand.

When the brass plate is properly heated over a stove, the cook lifts the perforated dish full of a rich batter paste, and runs it quickly round in the form of a cake

* In most countries where cookery is attended to by the natives, such as in Syria, Egypt, the Alps, &c., they find it as necessary to cook their oil and butter as any other thing. The French simmer their butter and poultry fat. In the East, the oil is cooked long in a low heat before or with the meats; and they all fry much better than we do, but it takes double the time. Why do our cooks complain of oil flying over, and why does tap-pot fry so much better? But our cooks do not understand these things sufficiently.

upon the brass plate. It being almost immediately cooked, she covers it with honey with her left hand, doubles it up, and covers it again with honey, and again doubles it, when it is finished, and the cook proceeds to finish her batter in the same way.

These cakes are sent in presents to strangers.

If the honey was acidulated with lemon-juice, they would be much better than fruit pancakes.

Syrian Apricot Paste, or Mish-mish.

The apricots, when ripe, are to be pulped and dried in a gentle heat; when it can be handled like paste, it is to be worked together, rolled out thin, and the drying finished.

This paste is used for making sherbets, and is carried in the pocket as a restorative, and useful in thirst. It is not only used in their sweet cookery, but also in their savoury yaughs, and is a part of the traffic of Syria with Egypt.

Milanzanas Aubergines and Bamias,

Milanzana is another name for vegetable marrow; aubergines for the pear-shaped variety of purplish, greenish, or reddish hues, which are generally cut in slices and fried, without being pared. Bamia is a peculiar one, somewhat shaped like a cucumber, but more flatted at the ends; it is of a gummy nature, something like the hyacinth, and good for the consumptive. Leaves called the mother of Bamia, and perhaps the leaves that may rise before it, have the same quality. These two last are not palatable at first, but become so on use.

It is astonishing, in spite of our intercourse with these countries, we know so few of their productions.

These are ragouted, farced, and dressed in every different way. The aubergines are excellent cut in slices and fried, and taste of sole.

Milanzanas farced.

Prepare a fine minced meat of equal fat and lean; season it high with spices, and mix it with raw rice; do not fill them full, as the rice must have room to swell.

Stick on the top with a bit of twig, to look like the stalk, arrange them in an oven pan, and sprinkle butter over them. A little saffron may be safely put into all Egyptian dishes, although they are sometimes cooked without it. Potatoes, large onions, &c., may be farced with this farce.

Tartar Method of preserving Meat.

Put it into milk with a weight upon it; it will preserve it a long time, and heighten the flavour.

Russian Method of dressing a Calf's Head.

Simmer it in sugar and water till the bones come out; keep the cheeks whole, cut the remainder in pieces; put it all but the cheeks again into the stock, stew till it becomes like a jelly; when there is just time to cook raisins, put them in whole, nicely cleaned and rubbed in a cloth.

Vinegar and more sugar, if necessary, are added, to give it an agreeable taste.

The tongue and brains are served up separately, with a little of the gravy thickened and seasoned with port wine, and a very little whole pepper.

Frozen and cold Meats.

"In spite of our prejudices (says Captain Cochrane) there is nothing to be compared to raw frozen fish melting in the mouth; oyster, clotted cream, or the finest jelly in the world."

Those who have not tasted raw frozen fish in Russia, nor iced cream coffee or tea at Venice, with a long draught of iced water after it, might, and perhaps would, shudder at the idea; as it makes the blood run cold in the veins to think of such a breakfast; but the delightful refreshing lightness that succeeds such a breakfast is incomprehensible.

Were it possible to persuade even sensible people to try a cold breakfast during the summer months, it would be of the utmost consequence to health. It is true every thing is so dear in England, that even ice cannot be had so cheap as at Venice; and our liquids in summer are unpleasant from their mawkish heat. This is too true;

but how much waste is there in the poorest families! In fire, to make hot tea, the loss of time, injury to the health, with all the waste that follows it, would be greatly done away, were more attention paid to diet, cleanliness, exercise in the open air, and ventilation of houses, than to hot food.

Therefore let mothers, at least, be counselled never to give their children warm food. Why not let them have their pap cold as well as their bread and milk?

The stomach is debilitated by heat, and irritated by fermentation, by which the juices are loaded with a corrupt mass of gross and slimy humours.

Russian Cold Soups.

These soups are made of rich gravy or Russian sherbets, well seasoned; their style is acid and refreshing. Slices of salted cucumber and salad herbs are put into them; they may be made of fish or vegetable soups. There are many varieties of them, so that the cook may make them as various as our own, and excessively well flavoured, as they must be strong enough to jelly, unless they are iced.

They are refreshing in summer, and do not weaken or relax the stomach before eating solid meat.

Russian cold Soup, as served at Paris to the Emperor Alexander by his own Cook.

A large handful of spinach, nicely cleaned and minced small, a cucumber cut in very small squares, twenty small onions cut in very small fillets, a little fennel picked into small branches, with allspice and salt in fine powder; all these ingredients were put into two bottles of Russian liquor (one of which resembled white lemonade, and tasted of mint; the other red and bitter, and had a medicated taste), well mixed and iced.

The service in which this soup was served was for twelve covers; at which was also served in the first course twenty-four plates of oysters, and twelve lemons, which

were invariably served* every day; and it may be, perhaps, as well here to mention, that after dressed beef, which appears to have been the standing dish at the Emperor's table, there always followed a cold *entrée*, and then fish, to which another cold *entrée* succeeded, and to it roast meats, which were all cut up and served, intermixed, on one dish, such as veal, fowl, and game.

This style was intermixed with the French at the emperor's table; and whoever examines the bills of fare while he resided at Paris, will be astonished at their moderation; but it is worthy of remark still to be held out, that all depends upon the dressings.

Persian Cold Soup.

Make a sherbet with the juice of any fruit; if not acid, acidulate it with some other, such as lemons, tamarinds, verjuice, &c., sweeten and add a little orange-flower or rose-water. These sherbets may be made in every variety. Boil fine starch or rice till it becomes of the consistency of paste; this paste must be highly flavoured by the juice of some fruit different from the sherbet; drop the starch from the point of a small spoon into cold water; the drops will take a pear-shape, and will harden so as not to stick together; they must be no larger than a small pea: take up these drops with a perforated spoon, and thicken the sherbet with them; spices may be added at pleasure. These sherbets are the first dish at a Persian table, and eaten with spoons as soup, and are very gratifying to the stomach. I insert them, as they are healthy, and appropriate to public breakfasts and suppers in hot weather: the drops are beautiful, of a different colour from the sherbets.

Cold Persian Pillau, a very favourite Dish.

Prepare rice as for any other pillau, season with sugar and spices, dish and let it cool; prepare cream or milk

* These are mentioned, that foreigners may be served in their own style; as it is painful for many to be entirely cut off from their usual habits of living; besides, the stomach and constitution revolt for some time against innovations.

with almonds, season it with rose or orange-flower water, sweeten and pour it over the rice.

This is a simple, elegant preparation of rice, and an excellent nourishing food for weak stomachs. Cold pillaus are also made savoury with curry, saffron, &c.

Turkish Mince.

Mince hard eggs, white meat, and suet, in equal quantities, season with sweet herbs and spices, mix it with boiled chopped lettuce, bread crums, a little butter, and a raw egg or two; dip lettuce, vine, or cabbage-leaves into boiling water, roll up the mince in them, and fry them of a nice light brown, or bake them in a quick oven, buttering them from a buttering pan, which is a better method than laying on bits; when rolled up for frying, fix the leaves with a little egg: meat may be used instead of egg.

Turkish Yaugh, with Onions or Apricots.

Brown the onions in a stew-pan with butter, cut three pounds of lamb into steaks, and add them; cover very close, and leave it ten minutes. Prepare the following spices: cayenne, black pepper, cloves, and cinnamon; mix and rub them together into a fine powder, put it into the sauce with a little salt, shake and cover it very close, and leave it to simmer for an hour; add two table-spoonfuls of vinegar, let it incorporate, and serve it hot.

The same dish may be dressed with apricots (which are kept in dried cakes), without the onions. Slices of sheep's tails, which are very fine in the East (the fat being a rich gristly jelly), are often dressed in this way. Serve boiled rice with either.

Turkish Sherbets.

Extract by pressure or infusion the rich juice and fine perfume of any of the odoriferous flowers or fruits; mix them in any number and quantity to taste.

When these essences, extracts, or infusions are prepared, they may be immediately used, by mixing in proper proportions of sugar, or syrup and water, some

acid fruit, such as lemon, pomegranate, tamarind, &c., are added to raise the flavour, but not to overpower the perfume, or taste of what the sherbet is made.

These sherbets are very healthy, having all that is exhilarating, with the additional refreshing and cooling qualities so requisite in hot countries, and free from fermentation, which is destructive in certain degrees to health, however satisfying for the moment.

Those that are to be prepared for store, must be filtered and evaporated in a bain-marie, oven, or finished in the sun.

These preparations are beautifully clear, and much more delicate than if they were preserved with sugar. A very nice way of using this clear fruit, is by reducing it to the finest powder, and mixing it with triple-refined sugar, prepared in the same way. It is then mixed into water, according to taste; or, before it is reduced to powder, sprinkle it with these essences and cochineal, or any other, to suit the colour of the perfumes, and allow it to dry, that is, if the prepared fruit will not yield enough of colour alone: but a trial of it ought first to be made in sugar, which ought not to be too dark, but such as will give a fine rich tinge to the water.

Almond and Nut Beverages.

Dry and clear the nuts from the skins, and blanch the almonds; make them very crisp in the mouth of the oven, preserving them perfectly white, and reduce them into fine powder with triple-refined sugar, and serve it in a crystal basin along with iced water.

This may also be perfumed or acidulated by drying any essence or colours into the sugar, before it is pounded.

Fruit and Flower Vinegar Sherbets.

Steep either in sufficient quantity in white wine or distilled vinegar, till it has imbibed as much as it will take of the odour (the flowers may be renewed two or three times) or juice. Filter it, and add as much syrup as will sweeten it, which will be half and half; or distil and bottle it without sugar.

Cossack Method of pickling Sturgeon.

Cut small sturgeon in junks of the same length as the thickness, which may be from four to five inches; rub them well with salt, and let them drain from them for some hours: the head and thin part of the tail are not packed. The draining must be carefully attended to, as much depends upon the cleansing of the fish; and the weather must be taken into consideration, as in hot weather the fish will cleanse quicker, and if not attended to, might spoil. Tie every piece of fish with a thread of mat, but if that cannot be had, with pack-thread, and boil it in equal parts of vinegar and water, with a pretty large quantity of black pepper, till completely cooked. Skim the oil very nicely off. Let it cool so that all the fat may be taken away. The pot is then set upon the fire to melt the jelly; the fish is taken out and wiped dry; more vinegar and pepper are added, and the jelly is boiled up very strong, or it is strengthened with isinglass, or skins, carcasses, or bones of other fish. Pack the sturgeon in small casks, and pour over the hot jelly. When it is completely cooled, clarified melted mutton fat is poured over, and the cask is then made up. A hole is pierced in the head, and more fat is poured in: it is then knocked on the side with a hammer till it will hold no more: when the fat is quite frozen, the hole is stopped by a peg.

All fish may be prepared in this manner; but it will be necessary to have gelatine sometimes made from other fish. Sturgeon is salted as meat, and forms a great article of commerce in the south of Russia.

Yahourt.

Put at sunset three pints of new milk into a stewpan, set it on the fire till it boils; let it boil three minutes; take it off the fire; let it cool in the same pan or vessel till you can but just bear to hold your finger in it. Take then rather more than a large table-spoonful of common cheese-curd, from which the whey has been drained; put it into a basin, and dilute it with a tea-cupful of the warm milk. Pour this curd so diluted into the milk, gently

stirring it round two or three times with a spoon, that it may mix equally with the mass of milk; cover it with a sieve or towel; set it in winter in a warm room, and in summer in the dairy. In the morning, or by mid-day, it will be found to have the appearance of curds and whey: put it into a linen bag, and hang it up to drain off the whey till evening. Put the same quantity of warm milk again into the pan; proceed as before; but instead of the curd turned by rennet, make use of that which is in the bag. Go on repeating the process, employing always the last curd procured; and the fourth or fifth time you will produce perfect yahourt.

Perhaps in very cold weather a fire must be kept up through the night, in the room in which the milk is placed. It will be better for keeping one day; but it must not be stirred so as to break the curd. It will also be improved, by covering its surface with a piece of coarse muslin, over which spread sweet bran, an inch or two thick; because the bran will, in the course of twelve or twenty-four hours, absorb a great part of the whey.

When you have once obtained true yahourt leaven, you need not make fresh yahourt every day to preserve it, as it will keep for months, provided it be hung up in a bag.

The milk should be rich; sheep's milk is the best. Goats' milk is also preferable to that of cows. It may be eaten with sugar, and a very little orange-flower water; some people prefer it when the whey is drained off. In that state you may extract from it a tolerably good fresh butter, by mixing with it about as much moderately cold water as yahourt curd, and beating it a few minutes with a spoon.

Yahourt is of so easy digestion, that the weakest stomach will bear it.

It may therefore be often used as a cooling and highly-nutritious diet, in cases where milk, in any other form, would disagree.

The qualities of this preparation are so well attested, that it is worthy every physician's attention.

Cucumbers cut in slices, sprinkled with fine powdered mint, and put into the yahourt, make it delightfully cooling and refreshing.

Koumiss.

It is astonishing how little koumiss is used, although its virtues are so well known in the cure of consumption and debility.

In the countries where koumiss is chiefly used, it is made of mare's milk; our prejudice prevents our using this milk, although the food of the animal is much the same as that of the ass, to which we have recourse.

This is pitiable, when an ass cannot be got, and a poor suffering patient is doomed, by prejudice or parsimony in horse-flesh, to linger and die. But why should the patient know whether it is mare's, ass's, or cow's milk?

Let it be well understood, that koumiss is nothing but fermented milk, by the following or like manner of preparation.

This receipt was procured from a Kalmuck Tartar of the Volga. In summer, it may be prepared in one day. Put in a little rennet, made of lamb's stomach (or any other), a bit of sour paste of rye flour, or a little old koumiss, but not so much as to curdle the milk; hang it up, and agitate it briskly for some time; let it repose, and agitate it in the same manner again and again, till it thickens; it is then ready for use. It may be hung in a quart or two-quart bottle.

Leave a little of the koumiss in the vessel, put new milk to it, and agitate it as above; it requires a certain heat to make it, which makes the operation tedious and often misgive when it is made in cold dairies. When it is made of cow's milk, it ought to be brought, by double-refined sugar and warm water, as near to ass's or mare's milk, in taste and look, as possible.

Koumiss may be made every where, by the addition of a small quantity of acid, heat, and agitation, and is the best possible food for debilitated patients, as it does not curdle nor ferment upon the stomach; while, at the same time, it is composed partly of fermented spirits, which may be essential in that mixture to a debilitated system; as this is the manner of preparing milk for distilling in eastern countries.

Indian Corn, the Polenta of the Italians.

Rub a little of the flour of the doura with some rasped cheese, and beat it up with water until it becomes a dough fit for the oven; let it repose some time in a flat dish; cut it in pieces as beignets, and fry them in oil or clarified butter: if no cheese has been put in the flour, rasp some cypress cheese over them.

There are fifty other ways, but this is the easiest for a voyage.

Any dry fresh cheese will do.

The doura may be cooked in many excellent ways, in boats or at sea, to supply the place of bread, and puddings without eggs.

A simple and quick Method of dressing the Doura.

Make it as directed for oat or barley-meal porridge; to the last it bears a very great resemblance; mix it in water, boil and beat it well with a porridge-stick; it may be eaten hot with milk or butter, which is excellent. When to be used for bread or pudding, pour it out upon a cloth, and let it spread; when cold, gather the cloth about it, and slice as wanted.

When to be used as bread, slice and broil it; for pudding to eat with meat, slice, season, and fry it.

One of the Ways of dressing Doura in the Levant.

The doura, or Indian corn flour, must be sifted and mixed with cold water into a paste rather thicker than batter, but not quite so stiff as bread; mix it well with a spoon, and then put it on the fire to cook, stirring it round all the time, as hasty-pudding is made; work it very smooth, take it off, and make it into little cakes, about the size of a tea-cup, not thicker than a quarter of an inch; fry them in butter to eat hot; sugar may be sifted over them.

When as sweet pudding, marinade it in the juice of acid fruit, cinnamon, and sugar; fry it, and sift sugar over it.

In the south of France, they fry and put it in their ragouts.

Barley-meal, cooked as the doura, is excellent for flatulent stomachs.

To Grind the Doura, or Turkish Wheat Corn,

Requires the stones to be wide set for grinding, which is done very fine, there being little husk to sift out.

It keeps very well in the corn, but very ill in the flour; therefore this must be attended to in the supplies.

The doura may be dressed in every way as barley-meal.

African Cuscussou.

Mix some of the finest dry sifted flour in a mixture of yolk of egg, warm water, and butter; or water, cream, or milk, and granulate it with the points of the fingers amongst dry flour, till it takes a proper consistency.

Prepare a fowl very nicely for boiling, boil the gizzard, slice it nicely, without detaching it, blanch the liver, put them into the wings, and lay the fowl into a saucepan that will just hold it, with a steamer fitted to it; season it with mace, white-pepper, and lemon zest; put in a little water or milk, and put the steamer over it, with the granulated flour or cuscussou; make it boil, and leave it in the embers to steam till it is thoroughly cooked; in the mean time prepare, according to the quantity, hard-boiled eggs, coloured with saffron; dish the fowl, pour the cuscussou over, and stick the eggs in at proper distances.

Any other meat or fish may be so cooked, or with rice, instead of the cuscussou.

In doing fish, which is excellent, it is necessary to put the cuscussou to simmer first over what the fish is to be dressed in, either seasoned stock or cream, and when ready, to put in the fish, which will cook in a short time. The hard eggs are equally good with the fish; dish in the same manner.

*Sweet Cuscussou, as dressed at Morocco.**

Steam it with milk and sugar, and strew it over with cinnamon, or nutmeg and sugar. Like macaroni, it is so

* The inhabitants of Morocco cover it with a great deal of spices, particularly cinnamon and sugar, and send it so dressed in presents to the women; but it is rather too high-spiced for an English taste.

delicate, that it is particularly adapted to sweets, white meats, fish, cheese, gourds, and apples, it being a dish of no expense, and particularly adapted, with fruit or vegetables, for children and invalids.

Cuscussou Fritters.

Prepare by steaming, put in some almond paste, plumped currants, sugar, a little minced marrow, or kidney fat, and lemon-juice, with a sufficient quantity of eggs and salt; drop them into hot dripping, fry a beautiful brown, drain upon a cloth before the fire, and sift sugar over them.

OBSERVATIONS UPON SALT.

The flavour of the common salt being much finer than that of the basket, induces me to give an easy method of purifying and heightening it still more. Pick it nicely, and put it into as much boiling water as will dissolve it; strain it through very thick linen, put it in a broad pan over a stove, hot table, hearth, or in the sun, to crystallise: do not put it into the oven, unless it is quite pure, as it will imbibe the taste of any thing that may be in it; the crystals will soon begin to shoot, if the operation is tedious. Some of the water may be poured into another pan; when the salt dries, roll it with a roller on a marble slab, or pound it; it will be as white as the basket salt, without its bitter.—Any flavour or colour may be imparted to the waters, such as garlic, shalots, onions, cucumbers, celery, mint, spice, cochineal, juice of spinach, &c. &c.

In using salt, too little attention is paid to the quantity, which destroys the effects of the other seasoning; and often when a cook is at a loss to know what her sauce wants, it may be either over or under salted; if over, she is then to determine what will answer best for a corrective; oils, butter, mustard, yolk of eggs, cream, pulped fruit, vegetables, and acids may be used: sweet puddings require salt, and rice cannot be properly sweetened without it; this is very noticeable in curries, as the rice is seldom salted, and so much does the cook depend upon her curry powder, that she often forgets salt altogether; if it is rich, it is not much

perceived; but when it is eaten with the rice, it is then unpleasant, as the rice remains tasteless and distinct from the curry; if salt is sprinkled on it, that increases the heat, without improving the relish, as the rice, from the manner in which it is boiled, resists it, while it mixes with the curry; therefore, let a sufficient quantity of salt be boiled with the rice. When roasted or boiled meats are salted while cooking, they are often little the better of it; from its being thrown from the hand, it falls in irregular heaps more about the dripping-pan or into the fire than upon the meat, which makes the gravy often a pickle, as it sinks immediately to the bottom, and is taken up with it for table; therefore use a fine pierced dredger for salting roasted and broiled meats. It is astonishing what difference it makes in the expense of families when minutiæ are attended to, and particularly keeping every thing in its proper place.

Salt ought to be kept in a clean earthen vessel, in a dry place, and taken out with a wooden spoon; this saves the salt, as there is much waste in taking it out with the hand: there ought to be a small wooden box with holes for the handles of the spoons over the kitchen fire-place, where the pounded salt for use ought to be kept with spoons of different sizes as measures, which would regulate the quantity.

MUSTARDS.

Our methods of making mustards are very simple; as a pickle of onions or shalots, salt, horse-radish, vinegar, and pepper, and sometimes a little brandy or cayenne, make them more *piquant* and better keeping; they are also made with cream, which is excellent and mellow for immediate use; sugar, which is often met with in mustard, in the distant corners of the island, makes it excellent for goose, pig, or pork, and renders those meats lighter; besides, the mustard keeps any time with it, although exposed on the side-board.

The French mustards are as various as their vinegars, so that a cook, when she knows the taste of the family, may vary it at pleasure; it is much better to be made a night at least before it is used, as a certain mellowness

ought to accompany the *piquance*; but it is to be remembered, that when mustard is eaten, no one expects to taste every ingredient, but a high-relishing mustard, that alone should predominate.

Boil scraped horse-radish, and half the weight of the mustard of salt, in as much water, vinegar, or wine, as will make it; beat it up in a small mortar, and to either may be added an onion, or a clove or two of garlic, according to the quantity, and a little sugar; any spice or flavour may be imparted, by simply using the vinegars.

The flavour and sharpness ought only to be heightened by the other ingredients.

To the excellent qualities of mustard perhaps we owe, in a great measure, the correction of some of the evil effects of the prodigious quantities of animal food eaten by the middling classes.

Durham mustard is by no means necessary, but the strong, fresh, common kinds, in which there canbe no adulteration; it must be steeped in a pickle with garlic, sugar, and a little salt, the night before, and it will rub down instantly. Their vinegar will make a separate sauce for them. Horse-radish is excellent; but as it is high-priced, and not always to be had, the above method will be found not only excellent, but of great digestive powers, and easily procured and made by the poor.

Well-seasoned and much salter rich stocks of game or beef make excellent mustard, to which any spices, garlic, shalot, or onion, may be added; or it may be made rich by sweet boiled cream, with a little garlic, salt, and sugar; this last ought to be made in small quantities, a few hours before dinner, as it does not keep.

Clarified beef pickle with sugar makes an excellent and good keeping mustard.

Mustard Balls.

Clean wash and rub in a cloth the best mustard-seed, and steep it in vinegar, or wine and salt, for a night; pound it in a mortar, and rub it through a sieve; add any spices well pounded with turmeric, fenugreek, cummin, or fine rice flour, and make it into balls with sugar and vinegar, or wine and honey, and dry them in the sun: when wanted for use, dissolve them in warm wine or vinegar; by this

method, the ingredients are completely incorporated. These balls keep better than mustard-seed or flour at sea, and are easily dissolved.

To prepare mustard-seed for sea-store, kiln-dry it, to destroy the germ, steep it in spirits, and dry it again, pack it with pepper, from which it can be easily sifted; or pack raisins or a few currants along with it. So prepared, it will keep any length of time in pure sugar.

VINEGARS.

Ver-juice.

In France, it is made of acid grapes; in England, of the crab-apple. The true method of obtaining it from the grape will be found in *Beauvillier's Restaurateur.*

The crab-apple is to be gathered when the seeds blacken; they ought to be carefully picked, and put to sweat, and then ground in a mill: put them into hair-bags, and press them so that all the juice may be obtained; barrel, and allow it to ferment. When that is over, it must either be bunged up or carefully put into fumigated bottles, and well corked and waxed. Small quantities for family use are as easily made as walnut-ketchup, and it is a better acid for many things than lemon, always at hand, and more economical; therefore attention should be paid to it, as it is excellent for punch and sherbets, with a little lemon or orange zest, and particularly so for giving rich acids to soups, ragouts, and insipid fruits.

As vinegars of herbs, fruit, and flowers are so easily made, and so necessary, a plentiful supply should be kept for fumigating, kitchen use, the toilet, and summer beverages. Where the vinegars are made at home, there should be a still to distil the plain vinegar, or with the herbs or flowers; but as many will not take the trouble of distilling them, the general receipts which follow will be a direction for making them of all kinds with distilled or strong good common vinegars. The very strong herbs, such as garlic, are used in the quantity of an ounce to four pints; shalot or onions, an ounce to two

pints; parsley and fennel, &c. an ounce to one pint; and weaker herbs, an ounce to the half-pint, adding spices in the same quantities. Mixtures, such as are made up of sweet herbs, may be used, by which the flavour of the herbs is obtained without the grosser parts, and are useful for pickling tomatas, love-apple, cauliflowers, artichoke bottom, fruits, &c., which ought to be done in vinegar which has been drawn twice over sweet herbs and spices; these pickles being a beautiful decoration for broad tables, served in the French style.

The receipt for sweet-scented vinegars will be found to answer for all flowers, flowering shrubs, and trees; and these vinegars answer also for the toilet and medical purposes.

The raspberry, currant, blackberry, mulberry, small black wild cherry, berberry, &c. &c., for cooking and fever drinks.

Gooseberry vinegar is generally made for pickles, and keeps well if distilled.

Sugar vinegar is so easily made, that the poorest may and ought to make it, as it is so requisite in their food, as well as in sickness or colds: in gruel, with sugar, it is a most effectual cure for the influenza.

Camp vinegar will serve as an example for compound culinary vinegars.

Spiced vinegars are made as the sweet-scented; every one may follow their own fancy in compounding them; they are excellent for fumigating.

All these compounds may be distilled with common vinegar, and to any strength, by drawing it two or three times over fresh ingredients.

Garlic Vinegar.

Steep an ounce of garlic in two quarts of vinegar, with a nutmeg scraped, and a few cloves; draw it off clear. It may be distilled; the spices and garlic may be used in the kitchen for other purposes, after the vinegar has been poured off.

To make sweet-scented Vinegars.

Dry an ounce of the leaves of the flowers two days in the sun, put them into nice bottles, and pour a pint of

distilled vinegar upon each, cork it well, and stick the necks in the earth, and leave them in the sun for three weeks. Vinegars of all sweet herbs, flowers, medical herbs, and spices, may be made in the same way, and made stronger and stronger by succeeding infusions, also by distillation; pour off clear, or filter; stop close in small bottles.

Raspberry Vinegar for Summer Beverage.

Fill a jar with raspberries, and cover them with vinegar, cork it and leave it three days, strain it, and to every pint put one pound of sugar; put it into a jar, and set it to boil in a *bain-marie* for some hours: it ought to be well covered, and have a cloth about it, to prevent accidents. Let it cool, bottle, and cork it well; when it looks brownish, it is enough.

Gooseberry Vinegar.

Boil three gallons of water with three pounds of sugar, bruise one gallon of gooseberries, and put the liquor to them in a mashing tub; when cold, stir, cover, and leave it for three or four days, bruise them very well, and strain out the acid that is in the thick skin; press them well, and run it through a flannel bag till clear; tun it, and let it work in the barrel. This vinegar is generally left ten months in the sun upon the roof or some convenient place. If the fruit is boiled with the sugar and water, this vinegar will make in a much less time; the barrel must be weather-tight.

Sugar Vinegar.

Fill a copper with the water required, and to every gallon add one pound of good moist sugar; take care that it is properly weighed; do not trust to any one till the sugar is well dissolved; boil and skim it well; when of a proper heat, put in a toast with yest-paste, and a bit of thin canvas over the bung-hole, or a bit of pricked paper; put it in the sun, or in a warm corner of the kitchen, it will be strong vinegar in three months. Bottle and cork it well. If the same cask or earthen bottle is filled when

the vinegar is bottled, the vinegar will make much sooner.

Camp Vinegar.

Cut a head of garlic in slices, half an ounce of cayenne, a large glass of soy, and one of ketchup or walnut-pickle, some spirit of cochineal, and a pint of distilled vinegar; shake it often during five or six weeks, and strain or filter it for use: it ought to be kept in small, well-sealed bottles.

PICKLES.

There is no doubt that the ordinary and noxious way of greening pickles contributes in no inconsiderable degree to the spasmodic and chronic diseases with which we are afflicted, and which we can never trace to any particular cause. Those pickles that are to be green should be laid for a month or more in strong brine; in common, they are kept in the brine only three or four days; then lay them between cloths till perfectly dry, cover the bottom of an earthen vessel with cabbage or vine-leaves, lay in the pickles in layers with leaves between, pour boiling vinegar over them, cover very closely up, set the jar in a warm place, look at them from time to time, and repeat the boiling, and renew the leaves, till the pickles become quite green; put the spices to the last boiling, allow them to cool, put them into small jars, and cover up very close. Should pickles be wanted for immediate use, simmer them for some time, more or less according to the time they may be required: the more they are boiled, the sooner they will be ready, but the shorter they will keep, as they melt down and become slimy; pickles may then be made to use in twelve hours. A perforated wooden or ivory spoon should be used for lifting them, or a small pair of wooden pincers: pickles should never be touched by metal of any kind.

Pickles, if properly greened, are greatly conducive to health, especially for those who feed much upon butcher's meat; they of course are hurtful to those with whom raw vegetables, or vegetables generally disagree: in this case, boiled pickles should be used, and pulped in the

Indian fashion. It has been elsewhere remarked, that few or none feel any bad effects from vegetables boiled in two or three waters and pulped.

To pickle bitter Oranges.

Put them into a jar, and cover them with good vinegar; beat a handful of corianders and cinnamon together and put it in; in a few days, pour off the vinegar, boil and let it cool, and cover them for use. This pickle should always be made, as it looks so well on table, and is excellent for wild fowl. Lemons may be pickled in the same way, using mace instead of coriander.

To pickle Currants.

Make a strong pickle of salt and vinegar, and drop the bunches of currants, ripe and dry, one by one into it; they may also be done green.

To pickle Cucumbers.

Lay the cucumbers in strong pickle of salt and water for forty days*; rub them with a coarse cloth, and pot them by dozens, less or more, as the pots will contain, strewing black pepper, mace, and scraped horse-radish over them; boil as much vinegar as will cover them, with a proper proportion of turmeric to preserve their green; pour it over hot: this must be done three times, allowing two or three days to intervene between each boiling.

To pickle Red Cabbage.

Cut it fine and put it into an earthen vessel, pour boiling water over it, let it stand till cold, drain it, mix it with pepper, cloves, ginger, and salt, and cover it with vinegar, or pickle it in salt; shake it dry in a cloth, mix in the same spices, and cover with boiling vinegar.

* If cooks would have the patience to attend to the steeping all vegetables and fruits, for green preserves and pickles, in salt brine for thirty or forty days, they would succeed better in the operation; but our prejudices are so strong, and our attention to such matters so small, that I dare not risk all at once introducing such an innovation. Besides, in the present state of things, the preserves and pickles might be lost from the change of hands they might chance to go through.

But to this management the famous compôte of Geneva and the mustarda of Italy owe their excellence.

Beet-Roots and other Vegetables.

Blanch without breaking the skin, or roast them in the oven, cut them in thick slices or lengthwise, add sliced horse-radish, onions, or shalots, and some cloves, allspice, and salt all in fine powder; boil the spices fifteen minutes in as much vinegar as will cover the pickles; strain it, and pour it over the beet-root; if the colour is not high enough, add cochineal; when cold, cover well up; a little oil may be poured over, to preserve them; it is served in its own liquor, with oil and a bit of loaf-sugar well mixed and poured over it. The white beet, artichokes, &c. are excellent done in the same way; keep them very white.

Small Green Pickles.

Ghirkins, French beans, gooseberries, small plums, mulberries, blackberries, cherries, &c. &c., may all be done in the following manner. Let them lie about ten days in a strong brine, from which they must be well drained; wipe and put them into strong jars; make a well-boiled pickle of vinegar with black pepper, allspice, cloves, mace, and at least as much ginger as all these together, sliced horse-radish, onions, shalot, and garlic; pour the pickle hot over the fruit, and lay over vine or cabbage-leaves, and cover slightly; set them into the fire-screen; repeat the operation of boiling the vinegar, adding a little more to make up the waste, and cover with fresh leaves; this must be done until the pickles are of a good colour.

To pickle for present Use.

Boil whatever is to be pickled in a strong brine, and finish as in the former receipt; and the pickles may be eaten within a week or next day, according to the time they are boiled.

To Pickle Ghirkins.

Pour boiling strong salt pickle upon them, and leave them till next day; wash out the jars with vinegar, and drain and wipe every ghirkin separately; pack them into

the jars, and boil some good vinegar with mace, whole pepper, horse-radish, mustard, and salt; pour it boiling over them, and cover immediately up with two or three folds of flannel, and throw a double blanket over them; let them stand till next day: if they are not sufficiently green, boil the vinegar again within the fortnight, and put them up.

To pickle Samphire.

Make a strong brine of salt and water, and put in the samphire; cover it close, and put them in vinegar as wanted, or put it pickled into an earthen pan with vinegar and half as much strong salt-water; cover the vessel, and set it to simmer for half an hour; open it when it cools, and pack it in jars; distribute the liquor among them, and fill up with fresh pickle, and cover close for use.

To pickle Capsicums.

Put them into jars, boil distilled vinegar and salt, and pour it hot upon them: in three weeks they will be fit for use.

To pickle Nasturtium Seeds.

Lay them in a strong brine for five days, boil some vinegar with mace and ginger, dry them and put them into a jar, and pour the liquor boiling hot upon them; cover with a doubled cloth, and repeat the boiling for three successive days. When cold, put them up.

Peach, Nectarine, Apples, Pears, Mangoes.

Take any of these fruits before they are quite ripe, but at their full size, and cut out a piece very nicely that will admit of the stones or seeds being picked out: first, have ready a boiled brine, leave them closely covered for two or three days, take them out, wipe and have a new brine ready, put them in it, and change once more, so that they may go through three brines, and they will be better if left 30 days in them; take them out, and drain and wipe them, put in each half a clove of garlic, with ginger and mustard-seed. The part that is cut of the apple should

be the top, which ought to be scooped so nicely out as to fit in without any trouble, also the pears; the stalks ought to be left to them when gathered, and a leaf attached if possible; leaves, at any rate, ought to be gathered when they have been dried upon the trees in autumn, in their beautiful dusky-red and brown colours, kept prepared in books, and when any fruit or pickle are to be sent to table, they may be stuck on with a little strong isinglass or white of egg; when used for sweetmeats, let them be dipped in white of egg, to give them a gloss, or *en chemise;* put the kernels into the fruit with the mustard-seed and spices; stick or pin in the pieces or tops with a small bit of twig; make a strong pickle of vinegar, sliced ginger, garlic, mustard-seed, turmeric, and whole pepper, boil it well, arrange the mangoes, and pour it boiling hot over them; this must be repeated every day for ten days at least.

Great Onion Mango.

Cut out the bottom of the onion so large, that it will admit the heart being scooped out, put the tops on, and put them in strong brine; leave them ten days; take them out, and have a mango pickle prepared as above; fill and finish them, putting some minced onions that have been steeped in brine, with a clove of garlic and two or three of shalot with mustard-seed and ginger into each.

Large Cucumber Mango.

Cut a bit out of the side, so that it may fit in again; this may be done after they have been taken out of the pickle; scoop out all the seeds, and finish as above; all these mangoes ought to be fitted to the pots before they are put into the brine, as when they are not, it is a great waste of room and vinegar.

To pickle Walnuts.

Blanch them till the outer skins will peel off by rubbing; shift them three times from one strong brine to another, during nine days, or even thirty; drain and

pack them in a jar; middling-sized jars are best, unless where great quantities are used. Two hundred will take allspice, black and long pepper, of each two ounces; ginger, a quarter of an ounce; cloves, half an ounce; a nutmeg, and two ounces of mustard flour: let all be well mixed together, and strew it equally between the layers of the walnuts; boil five quarts, or what will be required, of strong vinegar, and pour it boiling hot over the pickles; let this be done three times: but should the walnuts be hard, the cook must use her discretion in giving them another boil, adding two or three cloves of garlic in the last boiling. Cover them close, and do not open them for four months.

Another.

Rub every walnut well with a cloth, and stick a clove in each end: pack them in jars, strewing whole pepper and sliced ginger amongst them: pour cold vinegar over, and cover them very close.

Indian Pickle.

Soak half a pound of ginger a night in water, scrape and slice it, put it into a pan with salt, which ought to be kept near the fire; slice a quarter of a pound of garlic, a handful of shalots and horse-radish; salt them all for three days in some warm place, wash and salt them anew for three days more, then wash and dry them in the sun: salt cucumbers in slices, French beans, ghirkins, cauliflower in sprigs, cabbage in quarters, small onions, every thing; let them be three days in salt, squeeze and dry them; put all into a stone jar with two ounces of mustard-seed, half an ounce of turmeric, a little cayenne and whole pepper; boil what the jars will require of good vinegar, and pour it hot over them; cover it well up till next day; pour the vinegar off and boil it, adding a little for waste, and pour it again over the pickles; do so once more, and, if required for almost immediate use, put a small jar aside, and simmer the pickles and boil the vinegar five or six times, which hastens the operation. Any vegetable or fruit may be put in; fallen apples, plums, unripe gooseberries: red cabbage, beet and wal-

nuts are to be avoided, on account of their colour. Keep all pickles covered with vinegar constantly.

To pickle Barberries.

Make a strong pickle of bay and common salt, pick the barberries, put them into it, and cover close: they are a beautiful garnish.

KETCHUPS AND ESSENCES.

Those who are employed to gather mushrooms should be thoroughly instructed in the characteristics of the good and bad kinds. Those which we almost exclusively consider good in England, are, first, the button kind, with a smooth pure white skin, thick stalks, and a delicate fresh red gill, which grows darker with age. The other is the flat kind, with smaller stalks, but in other respects the same.

They ought also to accustom themselves to the taste and smell, so that all danger may be avoided.

There are many ways recommended as tests, to which too little attention is paid.

The French, when they are doubtful, cut them with a piece of metal, and leave them half an hour. If they discolour, they are rejected as bad. A cat will not eat them if bad, though very fond of them.

The fatal cases that have occurred should make people very cautious.

As there are no instances of bad effects from the use of ketchups, though the mushrooms are gathered generally by children, and made by ignorant and interested persons, from this it would be recommendable, at all events, that mushrooms should be long exposed without cover to the action of a slow fire, which may throw off any deleterious matter that is perhaps imbibed from bad air.

In Italy, those mostly prized have a brilliant crimson skin, pure white underneath, and when young, completely enveloped in a thick, pale, yellow skin.

The commonest kind is an ugly, greenish-yellow, fat,

poisonous-looking one; it is very thick, and without gills; they call it marcatti, or marcacci.

A lady used to confound them together; the one being the name of a worthy abbate, and the other of the mushroom. When the lady addressed him, he always smiled; and, through a friend, expressed a hope that she did not confound mushrooms with truffles — *tartuffe* * being the Italian for truffle.

Were we as industrious as our neighbours, we should not have to go abroad, nor pay so high for truffle. The common name for it with us is sow-bread; which proves its former use, at least amongst the people. Its relish is very fine when fresh, although some are so musty as to be unfit for use; and those are what are generally dried.

The very extravagant may procure it fresh in England; but in the small quantities, and the long-dried and often musty state in which we can afford to use or even procure them in any quantity, is not equal to their value in mushrooms, which may be had at all times fresh; and the expense of a bed for them in the corner of a cellar is a mere trifle.

A truffle will often be found composed of two or three pieces stuck together with a wooden skewer. The cause of this is, that the pigs, the produce of whose labours they are, often get a mouthful, and never relinquish it without a contest. Pigs and dogs are regularly trained to earth them out, and are attended by a herdsman with a long pole, who thumps them over the nose whenever they find one, to make them relinquish it.

Morels grow in many sandy places in England.

Mushroom Ketchup.

Bruise the mushrooms very well, and put them by layers into an earthen pan; strewing fine salt completely

* The truffles in the north of Italy, particularly about Modena, are esteemed the best; they are streaked like brown alabaster. The white are more esteemed than the brown. The smell of a large basketful is quite overpowering.

Moliere's comedy has made this word now used for abbate proverbial. The idea originated in a sycophantic priest seeing a dish of truffles make its appearance at a season when they were scarce, addressing his host, who was a Cardinal, with "*dh, mon signor, avrems tartuffi hoggi!*"—"Ah, my lord, we are to have truffle to-day!" Moliere often described the scene as the basis on which he had built for himself so much renown.

over each layer, and put in a wooden cover, upon which lay some heavy pebbles or marble slabs, to press the liquor off. Cover the pan with a cloth between and the cover, and cover all with three or four folds of blanket. This prevents mustiness, which the light and air at that season so often effect. It will be ready for boiling in twenty-four hours; and should it not be convenient, it will not spoil by standing longer. Before straining, mash them with a wooden masher; let them boil and simmer slowly for two hours; strain and leave the liquor to settle; measure it into a saucepan, and let it boil uncovered an hour. The broader the saucepan, the operation will be the quicker. Saving of time is a great matter in all operations of this kind. After it has been reduced, add the following spices to every quart of prepared juice:—nutmeg, one ounce; cloves, half an ounce; allspice and black pepper, of each an ounce; sliced ginger, half an ounce; cover the pan close, and let it simmer till the spices have been well incorporated; pour it into a jug with a spout, from which it may be bottled; let it cool and fine; have fumigated bottles. After bottling, put a few cloves and allspice into each bottle; put in also a tea-spoonful of olive oil; cover the corks with wet bladders or wax, and put the ketchup in a cool place. Different proportions of seasoning may be used; but the cook will find the above manner of extracting the juice of the mushroom the best and easiest method.

Another.

One pound of anchovies rubbed in a mortar; four lbs. of mushrooms, bruised; one pound of shalot; mace and cloves, each half an ounce; two ounces of ginger, one ounce of pepper, one pound of salt. Put all these ingredients into two gallons of stale porter or ale. Double the quantity of mushrooms, or more, may be put in; boil all together for two hours; skim off the spices, and lay them to dry; run the ketchup through a flannel bag; when cold, bottle it, putting in a little fresh spice into each bottle. Cork it well, it will keep any length of time.

Another.

Prepare, as above, eight pounds of mushrooms, with two pounds of salt; allspice and black pepper, of each three ounces; nutmeg, cloves, and coriander-seed, of each half an ounce.

Another.

Express two gallons of juice, with one pound of salt to each quart; add black pepper and allspice, of each an ounce; cloves, half an ounce; ginger, half an ounce; horse-radish powder, three ounces, eight shalots, and a head of garlic. To the grounds of these ketchups add an equal quantity of stale porter, ale, beer, or wort, with salt, strong beef or herring brine. In the mean time, dry all the spices and grind them, or make a paste of them in the mortar, and add them. This makes an excellent kitchen ketchup, keeps well, and often turns out better than the first.

Walnut Ketchup.

This being a cheap and very useful ketchup, it ought to be made in great quantities. The best and quickest method is to put the shells into a hair bag and bruise them in the press, and then follow the directions given above; or the shells may be beaten in a marble mortar, or bruised with a wooden mallet; and either strew them in layers with salt, or mix them with it with the pestle; cover them, as the mushrooms; to every quart allow sliced ginger, pepper, allspice, of each one ounce; cloves and nutmegs, of each half an ounce, with less or more salt, according to taste.

Another.

To a gallon of juice, extracted with one pound of salt, add from one to two pounds of anchovy or nice fillets of pickled herrings, half a pound of shalots, one head of garlic; cloves, allspice, and nutmegs, of each half an ounce; pepper and ginger, of each an ounce and a half.

Another.

To the same quantity of prepared juice, allspice, cloves, shalot, horse-radish, mustard, cardemum, of each an ounce; long pepper, half an ounce; ginger aud pepper, of each two ounces.

Another for Browning.

Mix prepared mushroom and walnut juice in equal quantities, and season as in any of the above receipts.

Ketchup Browning preferable to Sugar Browning.

Boil the refuse of the mushroom and walnuts in beef brine or herring pickle, add a bit of Spanish liquorice, some onion skin, and some highly-toasted, or rather burnt bread crums; dry the spices, and grind or pound them well; if not sufficient, add salt, pepper, and allspice.

Essence of Ham.

Essence of ham is not expensive; so far the reverse, that there is much waste when it is not made: and when it is attended to, hams are always higher-flavoured. If cured at home, more attention is paid to the manner of curing them, and also in the manner of cooking, in cleaning and paring, which is of more consequence to the flavour of the ham than is generally imagined. If they are cooked in wine, ale, or cider, these liquors are not lost.

When the ham is taken up, the essence is either to be immediately finished, or put into a proper pan in a cold cellar, till it is convenient: part of it, of course, will be reduced to glaze the ham. When the essence is to be finished, take off the cake of fat, and reduce it to one-third; strain it through a close wet linen bag while warm.

As ham skin is excellent for covering meats that are braising, they may also be put in, from time to time, in the stock-pot, as they will dissolve and add to the flavour and richness of the sauce.

Essence of Beef.

When cured beef is stewed or braised, the liquor may be reduced as above. Brine of beef, bones of ham, and all sorts of juice may be added. When the whole essence has been procured, reduce and strain it through a thick wet napkin, let it cool, and bottle it.

Essences and Manner of Preserving Oysters or other Fish.

Take 500 or a 1000 oysters, have the shells brushed clean in water, in opening them save the liquor, put it upon the fire with the oysters, leave them to boil slowly for eight minutes, take them up and beard them, beat and pound the beards with 100 of the smallest oysters very fine, and put them to the liquor; season with mace, allspice, and pepper, and reduce till a fourth; melt one pound of anchovies in white wine, and add it during the boiling; strain through a napkin, and have small fumigated bottles to put it in, and seal it close. Mince the oysters, and let them simmer over the fire till every watery part is evaporated in clarified butter, but they must not boil; fill small pots just with what will be sufficient to use at a time, for melted butter or any sauce.

All shell-fish may be done in this way. Cray-fish in their shells, shrimps, lobsters, crabs pulled in pieces, slices of salmon, and trout, or any fine fish that would be prized out of season, laying in a layer, and letting the butter cool over it, and so laying on another; the butter poured in must be coolish, and put in by degrees, that it may not melt what is under.

This manner of preparing is only necessary for great tables, where such variety is an object, as these fishes are more easily pickled. It is true, in the common methods they do not keep so well.

Another way to Preserve Oysters, and other Shell Fish, for Dishes.

Beard them carefully while raw, strain the liquor, and boil the beards in it; take them up and pound them, return them into the liquor, and reduce it with care almost

to nothing, without burning; put it into a sufficient quantity of clarified butter to cover the oysters in potting, and simmer it with mace, pepper, a little cayenne, sugar, and a clove of garlic, to every 100 oysters, which ought to be of the largest kind; let this simmer till every watery particle is evaporated, and then put in the oysters, having been well dried and laid in a warm place: the great point is to take out the watery parts, to make them keep well, and to preserve their plumpness; simmer them in the butter ten minutes, have very nice lessived stone jars ready, wash them with distilled or crystal vinegar, let them dry, cover the bottom with butter, lay in a layer of oysters, and a little more butter, till all are put in, and cover half an inch at top; let it cool, and put in a little double-distilled or crystal vinegar, and cover close. One thousand oysters, which are no great price at the height of the season, would give a great many dishes during close time, without any loss, as the butter is excellent with real or artificial cream, or any other sauce. Other small shell-fish (which are very much neglected) may be done in this way. Cover close, and paste the pots over with strong paste made of flour and rosin.*

To pickle Salmon or Cod.

Cut them in slices, and put them into boiling water which has been seasoned with salt and pepper in grains, sweet herbs, or spices, that may suit the taste; watch the fish, which must be boiled to the point, but no more; let them cool, pack them very nicely into pans.† In doing only one salmon, instead of putting on a large fish-kettle, if it could be boiled piece by piece, boiling the head first, the whole juice of the salmon would be saved for the pickle. If two or more are done, boil them successively in the same brine, that all the juice may be put into the pickle. For another way, see Tamarind Fish, Oriental Receipts.

* The oysters of Venice are the finest in the world, as well as her fish; which no doubt arises from the flat muddy bottom, whereon lodges all the offal of the city, with the salubrity of the climate; for it is not a quiet, but a troublesome and treacherous residence. The Thames salmon perhaps owes its fine quality to some of these causes.

† Boil half the quantity of vinegar that will be necessary to cover the fish, with an equal quantity of the brine, and pour it over them, and when cold cover them well up.

Pickle Powders.

Dry pickled mangoes in slices, and reduce them to powder, of which mix six ounces with three of mushroom powder; add mace, cloves, nutmeg, and cayenne, of each half a drachm, and a drachm of black pepper; pound them very fine, and sift them through a lawn sieve; put them up in small bottles, or tin boxes lined with paper.

Another.

Pickled capsicum, morels, and truffle, of each three ounces in powder, with the same quantity of spices as above; sift and bottle.

Pickled garlic, anchovies, and mushrooms, three ounces of each, allspice three drachms, cayenne and black pepper one drachm of each; finish as above.

Another.

Oysters three ounces, mushrooms six ounces, spices as any of the above powders.

Another.

Anchovy six ounces, mushroom three ounces, spices as above.

Tomata nine ounces, spices, and finish as above.

Every thing capable of making into sauce may be made into powder, and if well done, the best way of preserving them, particularly for sea-store or travelling. To any of the above, sweet herbs may be added, basil, marjoram, savory, sage, &c. Dilute in a little warm wine, according to taste; or for fish, with melted butter, will make a sauce in a few minutes, or with a bit of glaze for voyages or travelling. A few small boxes, that would go into a very small compass, would carry as many powders as would last during a long voyage, where bottles are cumbersome and liable to break; besides, these things would be easier made on board than sauces. The sauces are certainly more elegant.

These powders may be made in every variety and proportion. A small tin chest fitted with such things would be at hand in all weathers, and prevent much waste and expense, as there is no place where such indulgences are so necessary as at sea.

Fats.

The different fats ought to be kept separate. The care of them, with the knowledge of rendering, purifying, and appropriating, will not only diminish the consumption of butter one half, but will also reduce that of butcher's meat.

The skimming, called top-pot, is the best fat for frying, and ought not only to be most carefully preserved, but fat should be bought separately, as cheaper, by itself, and cooked in the stock-pot, as the cook is never able, unless she does so, to have enough for kitchen purposes.

Dripping.

Take up the dripping from time to time during the roasting, and put into a clean lessived close jar. When the jar is full, let it be set upon a hot hearth to melt, and pour it over into another; let it cool, and cover it up close. Should it be tainted, it must be put upon the fire, and allowed to melt and simmer, with a bit of charcoal in it, till the taint is gone. If very foul, let water be added, and well mixed; strain, and allow the fat to cake; take it up and scrape off any foulness from the underside; beat it in a mortar, to take out any bubbles of water that may have lodged in it; add a little sugar, and beat it well, a little pepper and salt may also be added; but that prevents its being used for frying, paste, and sweet dishes.

Beef Suet.

The care of this necessary (where families, particularly small families, kill their own meat in the country, find it difficult to keep it in a sweet state) is essential. All kernels, wet skin, and blood, must be taken out, leaving the hard dry pieces untouched; brush them over with double-distilled vinegar, let them dry, wrap them in paper,

paste the paper close, and put them in a charcoal box; the small, from which the skins have been picked, put some hours in lime-water, drain, and put it to dry, where the fly cannot touch it, and finish as the others, and lay it uppermost to be first used.

To render Beef Suet.

Mince it small, and take out as much of the skin as possible, roll it to break the cells, and put it in a sauce-pan and simmer it: care is necessary to set the pan properly that no accident may happen, and also that it may not burn; strain, and put it into middling-sized jars; it may be seasoned as top-pot (when blood, meal, or liver puddings are made, the fat ought to be half rendered, and poured off; the skinny part of the fat by these means gets such a high flavour, that it makes up for the quantity taken away); or the skins left from rendering may be dressed with onions as a ragout. This fat may be used for frying, when there is no top-pot, as next best for that purpose; it is also an excellent basting fat. Mutton suet and dripping of pork, venison, and goat fats, are to be managed in the same way.

Pork Leaf

Must be torn asunder, rolled, and put into a jar, and melted in a bain-marie. Neat's head, feet, and tripe oils are purified by straining, or if very foul, by water; they are excellent for basting pig, frying, and many other purposes. The fat of geese, ducks, and poultry make very high-flavoured ragouts; this is almost the only fat used in the kitchens of Languedoc, where it is prepared and laid in for winter's use, as we do butter; they are rendered as other fats, with a very little pepper and salt. It is most disgraceful to see the quantity of poultry fat which is lost in our kitchens. If the flesh of these animals is so much prized, why should the fat be disregarded as useless? Every large fat goose would yield more than one pound of fat, besides dripping, which would be worth 2*s.* 6*d.* in Languedoc; and very little of it suffices to make their soups. It is of so very healing a nature, that those afflicted by hot burning spasms, occasioned by acid, bring-

ing on slight inflammation, ought to eat no other fat but this, and fresh neat's feet, olive, or nut oil.

A small wine-glassful of fresh nut oil allays almost immediately the most violent spasms.

Vegetable Oils.

Olive oil for salads and frying.
Neat's for ditto.
Poppy for ditto.

To prepare Suet for fine Pastry.

Pick it very nicely, and reduce it in the mortar, dropping in olive, nut, or fine neat's feet oil, till it takes the fine consistency of butter, and pot it. This will be found very useful at sea or in hot climates. Those who use lard for pastry will find it a great improvement to mix it with suet.

*Sweet Herbs.**

The most economical way in town to procure sweet herbs is from the herbalists. In the country, it is the business of the gardener, while the care of them in both cases belongs to the cook; they ought to be ground two or three times, and the mill tightened each time. Two or three different mixtures are to be made, and put carefully up in well-stopped glass bottles: this prevents the possibility of any one flavour overpowering the others. Oyster, mushroom, truffle, and celery powders ought all to be kept separately, as they are used in greater quantities: at any rate, it gives more variety. These bottles ought to be all labelled, and kept in order over the dresser, in a place fitted for them.

The cook ought to attend to dry every savoury herb that is left. The outer stalks of celery, which would be acrid green upon being dried, become as pleasant for soup as the stock; every sprig of parsley, fennel, or sweet herb, that has been only an hour in a soup pot,

* The use of a great variety of sweet herbs is condemned by one culinary authority, who nevertheless prescribes them very freely; but this, as well as many other things respecting the art, has been too little attended to. Sweet herbs are particularly necessary to those who live chiefly upon animal food, from their being all highly medicinal; for which see the annexed table.

will, if hung in the screen, answer two or three times, and give a finer flavour than at first. Much expense might be saved by a cook's management and attention to these apparent trifles, which it is impossible for a mistress to enter into.

Parsley; diuretic. Cleanses the breath from garlic and other strong taints.

Sweet Basil; much used in France, and that which gave the peculiar flavour to the original Fetter-lane sausages.

Summer Savory; very acrid. Seldom used.

Winter Savory; vermifuge.

Marjoram; heating.

Marigold; renovating, hepatic, diaphoretic, emmenagogue. It is to be regretted that this herb is getting into disuse.

Bay; from containing prussic acid, acts upon the nervous system, from which it is very dangerous, and ought not to be used in cookery of any kind.

Common Whitlow grass seed is so hot, that it might be used for pepper.

Star of Bethlehem; roots eaten raw, or in soups: seeds used to make bread.

Leeks; expectorant. A powerful diuretic, and dissolver of calculi.*

Black Briony; young shoots used in soups, or eaten as asparagus.

Coventry Bells; root cooling. Pot herb.

Hyssop; pectoral; used as tea. Soaked in water, and applied, discutient in contusions and black eyes.

Purslane; used as a pot herb. Cooling: used in scurvy, heat of urine, and bilious disorders; vermifuge. One of the cold seeds.

Primrose; tree used in salads. Cleanses foul ulcers.

Fennel; leaves diuretic, roots opening, aromatic, hot. Root eaten as celery.

* Onions and garlic are used with the strongest meats, such as pork, goose, wild fowl, liver, and blood. The onion tribe, not only from its medicinal virtues, but from its savour, should be used in every thing. Parsley, from its cleansing and diuretic qualities, is in the most common use: the use of mint with peas should be particularly attended to. In warmer climates, where the virtues of the herbs themselves are more pronounced, and where their effects are more sensibly felt on the system, and where they excite more attention, from every man being his own physician, their distinguishing properties are duly appreciated, as they are as necessary an accompaniment for animal food as spices for vegetables.

Dill; good in flatulence: alleviating, digestive.

Burnet; astringent cordial, vulneran, pectoral, possessing the flavour of cucumber: is very precious to the cook, who ought to have vinegar made of it.

Tansey; used in puddings: vermifuge, uterine. Used in colic and gout.

The young shoots of Hops are eaten in spring, as asparagus.

Golden Thistle; root used as eringo.

A delicate Bunch of Sweet Herbs.

Parsley, young onions, a little lemon thyme, winter savory, and a sprig of tarragon.

The cook ought to dry plenty of red rose leaves during the summer, as the finest rose water for her second-course dishes will be made from them fresh throughout the year, by macerating in warm water, and letting them simmer six or eight hours upon the hearth, in an earthen vessel. Many other flowers may be dried for the same purpose; or they may be salted, but must be very well steeped.

Spices.

For very nice seasoning, it would be advisable to use the spices whole or sliced; they can be afterwards dried for common purposes. When they are ground, they should be passed three times through the mill, tightening it every time, and kept in well-stopped labelled bottles. Grate nutmeg, beginning at the top, for, if begun at the stalk end, the fibres will separate, which wastes, and rubs off in lumps. When the different peppers are mixed, they ought to be passed through the mill once or twice together.

To use truffles and morels in powder is great economy. Let them be cut in chips, and dried in the sun, pounded and ground. The French use them in dried chips. Mushroom powder is better made in the same way than any other, and may be mixed with any spices.

These powders are ready to mix into *farces*, and to powder *panures*, and other dressed meats. There should always be fine-pierced dredging-boxes kept on purpose, with double heads.

Peppers for Soups and Ragoûts.

Allspice, nutmegs, cloves, long pepper, in equal parts, with a double quantity of common pepper; sweet herbs to be used with it. Lemon, thyme, winter savory, sweet basil, parsley, coriander, or celery ground together, in equal parts.

Fricassée Pepper.

Lemon Zest, Mace, White Pepper.

For Pease Soup.

Mint, Celery, and Black Pepper.

For Pig, Pork, Geese, Ducks, and Water Fowl.

Sage, Lemon or Orange Zest, Black Pepper, and Cayenne.

Italian Pepper.

	oz.
Coriander	2
Cloves	2
Anise	1
Fennel	1
Cinnamon	1
Winter Savory	1

Scotch Pepper.

	oz.
Mace	2
Nutmegs	1
Cloves	1
Ginger	1
Allspice	1
Lemon Thyme	1

Colouring Substances.

Red,—Sanders Wood, Cochineal, Beet Root.

Blue,—Extract of Blue Bottle.

Yellow,—Saffron, Turmeric.

Green,—Spinach and Parsley Juice.

Parsley greening is used for first-course dishes, and spinach greening for second-course dishes.

Farces.

Farces are now in such general use in almost all dressed dishes, that the utmost care ought to be taken to make them well, and to raise them as a zest to the dish in which they are served.

The first thing to be attended to,* is of what they are to be made, which is generally part of what the dish is composed of; but this is not at all necessary, as the very high seasoning prevents almost the possibility of distinguishing the meats, the relish produced by the whole being the essential point.

White meats, with ham, tongue, or redded beef, are generally used for fowl, veal, rabbits, and sometimes for fish. But whatever meat is employed, due proportion, which is the next point, cannot be dispensed with, always being by thirds.

If the farce is made of fowl, there is one-third of fowl, one-third of panada (see Receipt), and one-third of kidney fat. The fowl must be cooked, as also the sweet herbs; each of the three ingredients are pounded separately, and made up into balls, to ascertain the quantities. Veal udder is esteemed the best fat for farces; and when the French cannot procure it, they use butter: but whatever kind of fat is used, it must be in due proportion. The seasoning should be the same as is used for the dish, with the addition of a little cayenne, and the mixed truffle powder to raise it. When these proportions have been made, they are altogether returned into the mortar, with the minced sweet herbs that have been cooked white in butter and spices. They are then all pounded together, and a raw egg dropped in alternately, with a little water, continuing the beating till it becomes a fine paste; roll a little bit in flour, poach it in boiling water to test it†, and if upon trial it is too stiff, put a little more water into the mortar, and beat it again; or, if too tender, add another egg or two. If two meats are used, such as veal and ham, these together must make one-third, as the proportions never vary; every thing, such as vegetables, fruit, and fish, are made in the same way. Soup

* The cook will receive much more instruction from understanding perfectly general rules, that cannot be deviated from, than by learning by heart all the dishes individually. A good cook, which is a rare thing, will not send a dish to table that is not well seasoned and well dressed.

† Having fully explained the manner of making the farce which is most in use, I shall add the others, so that the cook, if she has a proper knowledge of soups and sauces, will have the fundamental parts of the best cookery to work upon, and prevent the necessity of always repeating the same thing over and over in every succeeding receipt: yet I find it often better to repeat, than to send the cook throughout the book searching after figures, which generally bewilders and takes off the attention.

meats, even boiled as they are in this country, make excellent farces. Where a regular table is kept, all the meats which generally come to nothing should be made into farces, rolled puddings, &c. This is a great saving; as by it every little thing is put to use*, which may all be kept ready in clarified dripping, and warmed in the frying-pan or oven.

It is not so much what farce is made of, as *how* it is made. In the course of the Receipts, the principal ingredients will be given for the different kinds: the main points are the proportions, proper seasoning, and consistency. But I am sorry to say, that there are few cooks who know any thing at all about farces; and how can they, when they are not instructed? and, as one of our cookery-books in great estimation says, "exact rules for the quantities cannot easily be given." Another author, although he gives proportion, it is undetermined, and is deficient in the manner of giving its tests; which is very astonishing, as the indefatigable author has read many French works upon the art. Yet he says, "the consistency of force meats is rather difficult to manage; they are always either too light or too heavy." In this point he is certainly mistaken. The following receipt for turtle balls is given by the first-mentioned author: — "1 lb. of suet, 1 oz. of meat; the quantity of bread not specified." The author adds, "balls made this way are remarkably light; but being greasy, some people prefer them with less suet and eggs:" and well they may.

Farce of Lights.

A very excellent farce for weak-chested invalids is that made of lights, panada, and the fat of the stomach of any animal, particularly of sheep, seasoned with currants, prunes, or apples, sugar, almonds, coriander, and salt. To such it is recommended to eat lights every day: the dressings ought to be as various as possible; they ought

* The nicest part of a turbot, and many other things, which would have made a delicate salad, or a dish, is often thrown into the grease tub.

This management, besides its being economical, has other urgent recommendations to the cook's favour; it saves her time in preparing such things as her stock-pot yields her at all times with the left meats, so many nearly-prepared dishes, as well as dressings for others, to enrich the table with little trouble.

to be pounded in all the forms to thicken soup, make puddings, &c.*

Quenelle, or Farce of Fowls.

Prepare and beat in a mortar the white of a cooked fowl till it can be rubbed through a quenelle cullender with the back of a wooden spoon; take an equal quantity of panada and veal udder or butter, beat them all separately, measure the quantities and beat them together; put in three whole eggs and three yolks, one after another, dropping in a little water between; season with salt and nutmeg, gather it together, test it; if not firm enough, add what entire eggs may be necessary; when it is ready, whip the three whites that were left out, and add, breaking them as little as possible; form this farce into quenelles of an egg shape, in different-sized spoons which must be dipped in water, smoothing them with a knife dipped in water; slip them from the spoon into a buttered saucepan: when they are finished, cover them with boiling soup, let them swim in it, without touching one another; let them simmer, turn, drain upon a cloth, and garnish with them according to the size of the dish: if they are for a *vol-au-vent*, they must be formed in table-spoons.

Quenelles may be made of any meat, as veal, fowl, game, fish, fruit, or vegetables.

Egg Farce.

Take hard-boiled yolk or whole eggs, with an equal quantity of panada, and double the quantity, or as much as both of marrow, veal, udder, butter, or suet. This farce may be seasoned high with spices and garlic, or more savory with garlic and onions, parsley, pepper, and salt; or sweet with almonds, currants, citron, sugar, mace, and lemon zest. A quantity of this or any other farce being prepared, part of it may be coloured green, and seasoned differently with Chili, mushroom, truffle, morel,

* Make the proportions of farce for invalids, with the seasoning proper for this complaint, by fours; one of meat, one of panada, one of fruit, and one of fresh stomach fat: or make it without meat, and with two proportions; one of dry and one of fresh fruits.

or curry powder: sometimes coriander, particularly with sweets, is used.

Oyster, lobster, and all sorts of shell-fish farce take the proportions, as for quenelle or egg farce, of fish, panada, and fat, and prepare them; or in all the varieties, sweet, savory, or high, as directed for egg farce.

Game and poultry of all descriptions, and meats, are to be treated in the same way. These farces being rather too rich, will be much improved by one part of fine vegetables or acid fruit added to them, which makes them lighter to the taste, and easier of digestion.

Fruit and Vegetable Farces

Are made in the proportions of thirds, and may be seasoned as the others, and are particularly excellent seasoned with anchovies, oysters, or shrimps.

Gratin.

Cut half a pound of fillet of veal in small slices; fry it white in butter with fine herbs; mix minced mushrooms, parsley, scallions, pepper, salt, and spices; stir it over the fire with a wooden spoon, cook it a quarter of an hour, drain, mince it small, and pound it; blanch fifteen livers of fowl or game, refresh, drain, and add them; beat them, and put in as much panada as veal and liver; add as much veal's udder, freed from the skin, as either, keeping the third; put in three eggs one after another, also three yolks; never put one in till the other is incorporated; test it by poaching a little bit: if too light, put in more yolks; if too firm, put in a little water; when it arrives at its point, beat three whites, and mix them in without breaking. Put it up for use.

It will be hardly necessary to add, that truffles or morels may be used instead of mushrooms, or that liver may be entirely used without the veal (keeping the proportions), or that it may be made of calve's, sheep's, or lamb's liver, as it is often difficult to procure livers of poultry or game, and which reduces this farce, like the others, to little expense; instead of veal, the lights may be used with advantage to the gratin.

Form about the size of a large walnut, dip them in yolk, roll them in crums; do so a second time with a little salt; fry them in rather a hot-frying friture till of a fine colour, and serve upon crisped parsley. Other uses for it will be found in the Receipts.

Salpiçons.

Salpiçons are made of all sorts of meats and vegetables, such as truffles, artichoke bottoms, and mushrooms; but every thing must be put in, in equal proportions; it is necessary to have them all cooked apart, so that they may be properly done as each requires.

Salpiçons are considered of the first style, and very economical, as a few left things, which could not appear by themselves, can be tossed up in a minute.

Salpiçon ordinaire

Is made of veal, sweet breads, fat, or half fat livers, ham, mushrooms, or truffles, if in season; cut the whole in small slices of an equal size: when ready to serve, put them in espagnole much reduced; put it on the fire, shake it without letting it boil, and serve it very hot.

It may also be made of very fine force-meat, white of roasted fowls, cocks' combs, and artichoke bottoms, whatever is in season, and the larder ought to regulate the cook; only, whatever the mixture, let every thing used be in equal quantity.

Stuffing for Pork, Goose, Ducks, &c. &c.

Prepare an equal quantity of onions and apples, add to it a fourth part of minced sage, an equal quantity of bread crums and minced suet, pepper and salt; bind it with a sufficient quantity of egg; any other ingredients may be added.

Stuffing for Hare, Rabbit, &c.

Suet, bread crums, equal parts; season with sweet herbs, such as marjoram, winter savory, &c., and a large proportion of minced parsley, shalot, nutmeg, or cloves, pepper and salt; bind with egg.

Sweet Stuffing.

Suet, crums, or rice, and spices as above; salt, currants, and a little sugar or treacle, and finish as the others.

An excellent Stuffing for Geese.

Pare and core some apples, take a pound of them, half a pound of minced onions, one ounce fine minced sage, one clove of garlic, the juice of a Seville orange, some sugar, a little allspice and salt; mix in one quarter of a pound of very nice butter, and put it into the body of the goose.

If it is wanted to make the goose look handsome, put either a savory or sweet farce into the breast; tie the neck and rump very well upon the spit, to prevent the butter from running out.

This is an excellent stuffing for wild fowl or game; if not long enough kept, it tenders and gives flavour, and ought to be stuffed the night before; if too long kept, it reduces the *haut-goût*, which is sometimes too much at table; but in this case the birds should be basted till they are half done with vinegar and charcoal water, and then with butter. When wild fowl are in perfect order, they require no stuffing.

The above stuffing may have a proportion of bread crums and eggs added, and made into balls to garnish.

All farces, of whatever description, may be rolled into balls, pudding, flatted into cakes, or cut into any form whatever.

Fritures.

This receipt is worth notice. — Experience has taught that the fat taken from the stock-pot makes the best fritures. Where there is not any of this, its place is supplied by the rendered kidney fat of beef, which is better than the *sain-doux*, or hog's lard, which softens the paste; as, when heated, it swells, froths, and flies into the fire, which is dangerous; oil has nearly the same effect, and of course not less attended with danger, but it does not soften the fritures; other melted fats or suets have

nearly the same fault, and are very expensive. Therefore, for appearance, goodness, and economy, top-pot is the best, and next to it rendered beef kidney fat.

See Animal Fats.

Ragoût of Sweetbreads, &c.

Soak two sweetbreads in fresh water. To take out the blood, blanch them. Put into a stew-pan one or two carrots, two onions, some 'parings of veal, with a bunch of seasoned parsley and young onions; lay the sweetbread over them, cover them with a thin slice of bacon, moisten with one or two spoonfuls of bouillon; do not let them swim; cover them with buttered paper; let them boil; put them under the furnace, with fire over and under; let care be taken that they may not be overdone: when they are enough, take them out of their seasoning. If there is no sauce, let what they were cooked in be strained. But should they be for a *blanc*, mix a pat of butter in a little flour, and put it with some cooked mushrooms into the sauce; let the flour cook, skim, and add artichoke bottoms; cut the sweetbreads in slices, put them in, but do not let them boil. When ready to serve, thicken it with the yolks of one or two eggs, some fine minced parsley, lemon, or verjuice, adding a little butter to make it soft, if necessary.

Rabbit Pudding, à la Richelieu.

Prepare exactly for it as for quenelles, only use instead of panada the proper quantity of roasted potatoes; spread a little of this farce, about five inches long and above three inches broad, and half an inch thick, upon a cover, from which it may be slipped into a saucepan; lay upon the middle of it a salpiçon that the farce will cover; dip a knife in hot water, and raise the farce over it, and shape it into a pudding; butter the bottom of a saucepan, heat the cover, and slip in the pudding; pour boiling stock over; let them simmer without touching one another.

Let them cool, dip in egg crum, and fry or do them over hot cinders on a gridiron, and serve them in any nice sauce, or an oyster or mushroom ragoût, or glaze

them after they are poached, and serve them in rich brown butter or clear gravy-sauce.

Puddings of cray and other shell-fish make a quenelle farce of any kind of meat, conducted as above; only fill it with a salpiçon of the tails of cray-fish, mushrooms, and truffles, making them up and cooking them as the foregoing.

Bruise the shells, and make a butter of them, dip the puddings into it, crum them with fine white crums, and baste them with it; put them in the oven till they get a fine colour; mix the remainder of the butter into a nice gravy cream, sauce, or espagnole; let it be of a fine red colour, and pour it over the puddings.

This is a very excellent and much-esteemed dish, and may be made of oysters, muscles, crabs, or any other fish, with green olives, truffle, or anchovy sauce. White fish farce or quenelles ought always to have anchovies.

Salpiçons may be made of whiting, turbot, mushrooms, truffles, &c. and cooked in espagnole.

Croquettes of every Thing.

Pick the sinews and skin off the meat of a cold roasted rabbit; cut it in small dices with mushrooms or truffles and fat livers; reduce a proper quantity of velounté to half glaze; add some minced parsley and scallions; let it cook six minutes longer, and put in the mince; it must not boil; stir it with a wooden spoon, pour it out, spread, and let it cool, make it up in any form and fry them; dress them on the dish, and serve hot.

Panada.

Panada is indispensable in making good farce of any kind; it is even better for it than Naples biscuit, and is made as follows: — Steep a sufficient quantity of good stale bread crum in cream or stock, set it over the fire in a saucepan, and work it with a wooden spoon till it is as smooth and dry as a stiff paste; let it cool, and beat it with a yolk or two, according to the quantity, in a mortar; it is then ready to be put into all kinds of farces.

* An unexperienced cook will observe, that six minutes will cook parsley and scallions. This is the way she must pick up information; as one volume is far too little to contain all she ought to know on the subject.

White Bread Crums.

Put the crum of very white bread into a slow oven or screen, and let it dry without colour; beat and sift it, keep it in a close covered pan in a dry warm place; every thing looks well done with it; the crust may be dried, beaten, and sifted for frying and garnishing.

When crums are not prepared till wanted, the bread is never in a proper condition; so that the crums are not only coarse and vulgar, but a sponge for fat, which shows bad taste, as well as being wasteful.

Larding.

It is impossible to give such directions for larding as will enable a beginner to trust herself in the attempt without having seen it done, after which it is by no means difficult; yet in spite of which, chickens may be seen at the best tables with more lard upon them than would be sufficient for the breast of a turkey.

Bacon for larding ought to be firm and white. The sharpness of the instrument for cutting it is of moment, as well as the appropriate size in reference to what is to be larded. For large joints, the lard ought to be cut in proportion, and well rolled in spices and sweet herbs. Larding pins of various sizes are made for this purpose; but unless meats are nicely and equally done, they are at all times better without.

Ham, oysters, eels, parsley, fennel, anchovies, lemon-peel, truffles, morels, mushrooms, and other things, as well as bacon, are used for larding.

Boiled puddings, custards, &c. are larded with chips of citron, confected orange or lemon-peel, almonds, or any other nuts. Larding, though not expensive, contributes very essentially to the elegance of the table; but it requires the cook not only to understand it, but to be in constant practice, to be able to do it nicely.

Barbing

Is to cover with thin lard either for roasting or braising; as where three fowls are served roasted, one may be

larded and two barbed, or two may be larded and one barbed: the same of chickens and other poultry.

If a cook has to prepare for a constant routine of company, tiffings, suppers, and children's dinners, she ought to keep a store of as many things as possible in readiness, as in such cases she will save time and much waste; for in making a dozen of custards there is as much waste, and particularly of time, as for three or four dozen, and also in most other little things.

The following ought always to be in readiness: —

Top-pot, clarified butter, clarified dripping, hog's-lard, dried bread crums, fried bread crums, garnishings of all kinds, materials or ready cheese cakes, cases for patties, tarts, or tartlets, biscuits of all kinds, val-au-vents, or pastry for serving hot ragouts or preserves, pickles, preserved fruits, vinegars of all kinds, crystals of lemon, crystal acid, &c.

Butters of Fishes and Meats.

Potted meats, fishes, cheeses, eggs, &c.
Preserved, pickled, and buttered eggs.
Marrow-bones of all kinds.
Collars ditto.
Sauces of all kinds.
Cold pickled beef and ham.
Pickled fishes.
Sifted sugar, and fresh-cleaned fruits.
Washed rice, ground and rice flour, oatmeal, barley, &c.

Such a larder is very economical in the above circumstances; as with this store in view, the judicious cook preserves every little nice thing that would be no saving if sent in to the hall table. The leg of a roasted fowl, with any other nice bit, may be preserved in clarified butter, as well as game and other meats. The bones and backs of game make excellent soups, salmis sauce, or stock for curries. A little bit of any fish may be pickled, and the juice and bones remaining in the dish ought to be added to the stock-pot.

To clarify Butter.

Set it before the fire, and when it melts (if it has the least taint, put into it a very nice well-browned toast or

some lumps of charcoal; stir it some time about in it) let it settle; do not strain it unless it is absolutely necessary, as it would require a sweetmeat sieve, and that only tends to waste; pour it clear off into a lessieved jar, let it cool, and put on a fitted cover with a bit of linen to prevent the introduction of air; if salt, it may or may not be washed before it is melted, according to the uses to be made of it.

Puddings in Skins.

The first thing to be done is to clean the skins for filling, empty them well, and rinse them in several waters; turn them out upon a stick, and lay them into lime-water, where they must be left some hours; then scrape and clean them, and lay them again, for a night, into lime or charcoal-water. The use of rose-water, in cleaning skins, must have originated from the idea of covering the bad smell, but which defies every thing but proper cleaning. The blood should be broken by the hand, as it flows, either with a little salt or vinegar, to prevent its curdling. All kinds of blood are made into puddings: those considered the most delicate, are venison, hare, poultry, and all young animals, of which there is great waste, as it might be cooked in the smallest quantities, in cups, fried, or in the skins of the necks of poultry; hog's blood puddings are generally distinguished by large square pieces of the leaf, or bacon, put in at regular distances. Blood and liver puddings require high seasoning, with spices and sweet herbs, pepper, salt, sugar, fried onions, and garlic. The next thing to be thought of is the proper proportion of the ingredients, to form consistency and flavour, which often, where there are a number of ingredients ordered in receipts, bewilders the inexperienced. The cook, therefore, ought first to attain clear ideas upon the nature of what she has to do, and then she cannot err; she ought to keep in mind the different purposes the puddings are made for. Puddings for common family use of blood and liver, may be made with from a quarter to half of the quantity of suet to the liver or blood; but these puddings ought to have a larger proportion of onion, which must be fried to raise the flavour, with only one sweet herb, such as pennyroyal, sage, &c., pepper,

and salt, in full quantity: when these are mixed, let a bit be either fried or poached, to test it, so that any alteration may be made before the skins are filled.

Hog's Pudding.

Heat two quarts of new milk, and soak three pounds of crum in it; mince three pounds of beef suet, season with penny-royal, winter savory, thyme, or any other herb, ginger, nutmeg, allspice, pepper, sugar, and salt; beat six eggs, and mix altogether; cut in pieces one pound of leaf, and as the puddings are filled, put it in at proper distances. Half fill, and tie in links or lengths; put them in boiling water, but do not let them boil fast, as it will harden the blood too much; prick them, to prevent their bursting: when used, soak in hot water, and broil or put them in the oven.

Another.

Instead of the bread, use grits, season as above, and make it up without eggs; and to which may be added garlic, parsley, or leaks: test, and fill these fuller than the last.

Scotch Liver Pudding.

Parboil and grate one pound of liver, one pound of suet, soak half a pound of bread in a pint of cream or milk, mix it with spices and sweet herbs; if eggs are to be used, it may be made more liquid; fill and cook them. Grits may be used instead of bread, or any other seasoning, as directed above, with cooked onions, and as much minced suet as liver, as directed in the first receipt; add the milk or cream, spices and sweet herbs; mix in the liver, and test it: if it is rather thin, add an egg or two, or a few crums; if too thick, a little milk; test and fill. When puddings are thickened with bread, they require more room to swell.

Tripe Puddings.

Cut the cooked tripe into proper fillets, with half as much nice bacon, more or less, according to the richness of the tripe; mix well together with spice and sweet

herbs; fill the puddings, and tie them from six to seven inches in length: when wanted, put them into hot water, and broil them over oiled paper.

Scotch White Puddings.

Mix a pound of grated Naples biscuit, half a pound of prepared sweet almonds, half a pound of marrow; beat eight eggs in a pint of cream; season with orange-flower water, sweet wine, ginger, cinnamon, nutmeg, minced citron, sugar, and salt; do not fill above two-thirds; simmer slow, and prick them: they will be enough in a quarter of an hour.

Another.

Soak a pound of grated bread in a pint of milk or cream, half a pound of beef suet or marrow, four eggs, or three yolks and two whites; season with rose-water, sweet wine, cinnamon, nutmeg, ginger, sugar, and salt; mix well; add half a pound of plumped currants and minced orange-peel, dates, or citron: finish as above. These puddings may be made of rice instead of bread: apples may be added, with every other thing in use, for making puddings: almonds in fillets, or nuts of any kind, may be used.

Fried Blood.

Prepare, season, and fry a sufficient quantity of onions with parsley, a clove of garlic, salt, a little sugar, and a large proportion of one or mixed sweet herbs: when they are sufficiently cooked, mix them into the blood, and put it into the frying-pan, and keep stirring it in the manner of dressing eggs; it will be very soon ready; dish it up very hot. Those that like it richer, may have minced suet or cream added.

Another.

Soak some bread in milk, beat it up, and add it to the above, and drop it in fritters, or mix it with eggs.

Another, as Venison.

Prepare a sufficient quantity of currants, steep some bread in cream, and cut down some marrow; put in, according to the quantity, a little garlic, juice, or vinegar, with sugar, red wine, and salt; a very little cloves may be added, as also eggs, if, upon testing, it is not firm enough.

This pudding may be baked, boiled, or fried in fritters, or as an omelet, and served with jelly sauce. Any blood dressed in this way is not to be distinguished from that of venison.*

Sausages.

All high-seasoned meat sausages must be of a fine red colour, which is given by saltpetre, sanders wood, or cochineal: no sausages can be good unless they are well pounded.

Pork Sausages.

Bone six pounds of pork, fat and lean; pick off the skin and nerves; rub an ounce of saltpetre, an ounce of sugar, and an ounce of salt into it; let it be three or four days, turning it; mince and pound it, adding three teaspoonfuls of pepper and a table-spoonful of salt, sage-leaves, one pound of crums, and eight cloves of garlic; any other sweet herbs or spices may be used. These sausages may be made of the meat simply minced; fill the skins, and bake them half an hour in a slow oven: serve them hot or cold. Sage, garlic, pepper, and salt are the best seasonings for common chopped pork sausages.

Smoked Sausages.

Mince any quantity of pork, and add a quarter of bacon salt and fine spices. Fill and tie them; dip them in crystal acid; hang them in the smoke for three or four days; simmer them three hours in stock seasoned with sweet herbs and garlic: serve them cold on a napkin.

* No pudding ought ever to come above a simmer, particularly blood, which has many of the properties of yolk of egg, that boiling entirely changes. This ought to be attended to where it is eaten as a corrective for impure blood or bilious disorders.

Another.

Mince the fat meat of the breast that lies under the bacon very fine; season with salt, sweet herbs, and fine spices: many prefer their being highly flavoured with one sweet herb: fill the skins. Broil them over a clear, slow fire: basil or penny-royal may be used.

Flat Sausages.

Any sausage-meat may be wrapped in a caul, and flatted and broiled.

Bologna Sausages.

Mince six pounds of rump of beef very fine, and two pounds of bacon; pound them; mix well with six or eight cloves of garlic; season it high with spices; fill it into very large hog-puddings, and tie them in nine-inch lengths; hang them in a dry warm place or in the smoke: they are eaten raw or boiled.

Another.

Mince bacon, veal, beef, pork, and suet, of each one pound; a small handful of tarragon, sage, or basil; season with two or three cloves of garlic to each pound; add herbs, spices, and salt; pound them very fine, and fill them into large skins; tie them nine inches long: cook or hang them in the smoke, and eat them raw. The sausage has a finer colour if the meat is prepared some days before with sugar and saltpetre.*

Oxford Sausage.

Mince fine equal parts of pork and veal; add to every pound a quarter of a pound of beef suet; steep an ounce of crum for every pound of meat in water, and mix it with the meat, adding sage, pepper, and salt; fill and tie very short almost round. They are much better if pounded, and having a little garlic and sugar added.

* "Bologna sausages are made of ass's flesh."—*Lebat's Travels.*

Sausages of Beef or Mutton, with Oysters, Mushrooms, or Cray-fish.

Blanch an equal quantity of oysters or mushrooms as the beef, mutton, or pork to be used; mince them fine; to every pound add half a pound of beef suet, with an ounce of crum and an egg, a little garlic, sweet herbs, spices, and salt; fill in three-inch lengths; simmer slow, and when used, broil them upon oiled paper.

The same ingredients are much better when handled in the manner of farce; an anchovy, truffle, or any other seasoning may be added; they may also be rolled without skins, and cooked or rolled into balls and fried: they are excellent curried and served over a pillau, or stuck into it alternately with hard pickled or saffroned eggs.

Brunswick Sausages.

Take five pounds of lean pork, five of the leaf and liver, and two pounds of good bacon; chop the pork, liver, and lean of the bacon very fine, and cut the leaf in dices; season with two ounces of salt in fine powder, an ounce of long pepper, and half an ounce of fine ground saltpetre, with a shalot or two, eight cloves of garlic, sugar, and marjorum or sage: this quantity may be divided and flavoured in different ways; if so, the sausages ought to be labelled: mix all together with a quart of good ale, and leave it a day or two, till it is well incorporated; fill the skins not too full; boil or smoke them for eating raw. They are excellent pounded.

Beef Sausages.

Mince fine two pounds of lean beef and a pound of hog's leaf or suet; season high with pepper, allspice, and winter savory; mix, and fill the small guts; tie them in lengths, and hang them in the smoke for use.

Pork Sausages.

Chop an equal quantity of fat and lean separately; the lean must be finer than the fat; season with sage, pepper,

salt, and a little nutmeg; leave them for some time to repose; fill them rather more than half; tie them to be ready for use. All sausage-meat prepared may be kept close covered in pots to roll, make into balls, or dress as collops for casseroles, *vol-au-vents*, &c.

Butter.

To keep fresh butter, when fresh brought in, cover it with a sheet of white paper, and put it in a dark place, which must be free from must or confined air: print no more at a time than what is to be used, as the more surface exposed, the more liability there will be to spoil. The Scotch, after making excellent butter, often spoil it by printing it and putting it into a weak pickle of salt and water. The surface in a day or two becomes clear and rancid, and were it left long enough in the salt and water, though changed repeatedly, the whole mass would become equally corrupted. If fresh butter is in the least tainted, either in smell or taste, filter some charcoal or lime-water; boil a wooden or earthen spoon and basin; put the butter in the water; spread it thin, but do not work it much; lay a bit of white paper or turn a sweetmeat sieve over it; leave it some hours; taste if it is recovered; if not, leave it all night; work it in milk or water, beat and make it up.

To freshen Salt Butter.

To every pound of butter put one quart of new milk and a little annatto; churn them together till the milk breaks; wash and make up the butter with a little salt: every pound of butter gains three ounces, and is equally good, and perhaps better than winter fresh butter. If the butter were first washed with water to take out the salt, the butter-milk would then be fit for use: if it does not answer so well, (which I am not aware of,) use the salt butter-milk for making potatoe-cheese, even should there be* pigs, as the whey, if boiled, will be of more

* In dairy-farms, where the whey is given raw to pigs, it is not a very obvious fattener, and is sometimes the reverse; but when boiled, and even skimmed for butter, the pigs fatten prodigiously upon it.

service to them than the raw milk. It will also make good puddings.

Squirted Butter

Is a very pretty supper garnish for a dish, but requires to be very delicately used: it may be squirted lightly and handsomely as a garnish over lobster or crab salad, ham, eggs, anchovy, or other zests, or in small delicate tufts round any cold dish of sliced meat or collars, interspersed with parsley, fried crums, &c. or lightly all over salmagundy: for these several purposes, and many others, it may be coloured or turned out in stars or flowers, &c. It is a beautiful ornament to a table when used with taste, as it may also be flavoured with any sauce or spice, so as to take off the buttery taste, and raise the zest, coloured a deep yellow, open like lace or spiral work, over a white cold pillau with saffroned eggs; but if not done tastefully, it becomes vulgar, and so with other things.

Butter is sometimes used in garnishing dishes in the form of animals, fir-trees, shells, &c. which is not suitable. There are some things that will not be taken out of their simplicity without suffering in themselves, and hurting the effects of others.

Continental Manner of clarify Butter.

Put a large copper vessel on hooks or a trivet over a charcoal fire, and put in the fresh butter, about fifty pounds at a time; some put in an onion cut across, others a very little salt; watch it carefully, and skim; the moment it begins to boil, draw it off, or slacken the fire, that it may simmer for five minutes; then remove it, or take out the fire; take out the onion, and let it settle; have jars or casks, air-tight, ready to receive it; these vessels must be lessived and fumigated; pour it over, keeping back the sediment; let it cool; cover it well. When wanted for use, lift it with a wooden spoon, as metal, or even the hand, will spoil its delicacy.

It keeps throughout the year, and is much wholesomer than salted butter, and fries better than any other preparation of butter.*

* Perhaps so prepared it might not please an English palate with bread. On the Continent, as butter is not so much eaten with bread, which is not only a private but

In the East, the butter is melted in the sun and put into skins, and is called ghee.

Method of purifying tainted Butter.

Wash the butter through several waters, and put it on the fire in a melting-pan, and when it boils, which must be very slowly, skim it well; toast a slice of bread very brown, and put it into the butter, or a stick or two of charcoal; leave it to simmer till it loses the taint.

To take the Turnip Taste from Milk.

To every two gallons add a quart of boiling water and mix it well, and let it stand for cream, and it will give sweet butter all the winter; but as that weakens the skim-milk, a small bit of saltpetre or a piece of stone lime may be put into every dish.

A Mixture for salting Butter.

Two parts of white sugar, one of salt, and one of saltpetre; mix and pound it well together, and use one ounce to every pound of butter; mix well into the mass; pack and cover close.

It is very difficult in frosty weather to keep butter in a proper temperature, and from that cause there is much waste and difficulty in using it with bread; and servants in a hurry are apt to set it over hot water, which entirely spoils its look and flavour. It ought, therefore, to be removed into a warm room a sufficient time to bring it into a proper temperature; and if to be served hard for

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a public economy, this preparation is entirely made for the use of the kitchen, and is much wholesomer than salted butter; which, never being entirely freed from the cheesy particles of the milk, gets more or less rancid according to the quantity in it. Rancid butter is oftener found in gentlemen's dairies than in any other, the dairy-women not being so well looked after; and the use of the wooden clapper being insisted on, the butter being lifted by them from the water, if beaten hard, even by the most careful, will scatter about. If carefully and tenderly beaten, in the manner done by the hand, the milk will lurk in some concealment. Whoever will take the trouble to observe a nice clean dairy-woman make up her butter with her hands, will see how much better their pliability is fitted to the work; how they turn, gather, press, and complete it; and how much better the work is done than by wooden clappers. No one objects to the cook's hands in making pastry, however some would object to them in printing butter. Clappers are excellent for that purpose, and should always be used for it out of the dairy, with the precaution of boiling them and the prints always before using.

breakfast, it is not to be sent up till wanted, and then put into water of a proper heat. In very hot weather, if there is no iced or very cold spring-water, serve it in pieces of broken ice.

Whey butter is best for sea voyages, if properly made. The instant the sweet-milk whey is taken from the curd, strain, squeeze it through a thick cloth, boil it, as it turns soon acid, skim it well, and churn it in the butter-milk; put it in cold water, or let it melt gently before the fire, and pour it into very nice small pots of about three or four pounds each; let it cool, and bung it close, and if for sea, brush the pots entirely over with a strong paste made with rosin and flour. This butter keeps like oil, from the absence of cheesy particles.

If people go to market without money in their hands, their knowledge is of very little use to them, as they must take what butter or cheese the butter-merchant is pleased to send in, and the only reliance is on his honesty; and is there any wonder that he should take advantage; for how can he be certain as to the payment? and if he can, he cannot rely upon the time. *

It is precarious to buy large casks of butter, unless trust is put in the salesman, or to have the hoops taken off the casks, as the butter throughout is often of different qualities: the smell and appearance are the best criterions. Salt butter should be kept under a moderate pickle, and taken out with a wooden spoon equally.

The best mode of churning cream every day is to put the milk into a nice brass pan, and scald it, taking off the cream as it rises, and putting it into the churn.

In summer, let the churn be placed in cold water, and in winter in hot.

New-milk butter, when churned every day, keeps much better than cream butter. The milk is put into the churn, when the former butter-milk is poured out without washing, and the butter comes in a very short time.

Were the real virtue of butter-milk known, none of it would be given to the pigs.

* As to the having butter from this or that county, it is all a farce. There is more Epping butter sold in London in a month than is made in a year; and perhaps more Yorkshire hams sold in one year than are made in Yorkshire in twenty. Therefore, let the economist carry ready money to market, and buy every thing the best of its kind, not heeding from whence it comes.

The Italian Manner of eating Caviere.

Rub down some garlic in a mortar with olive oil, add lemon or fine vinegar to taste with the caviere, and mix all well together; spread it upon bread and butter as toast for breakfast. The caviere must be grated.

An Italian Digester.

Take a slice of fresh-cut bread, not too new, and rub it all over with a clove of garlic, and pour a little fine olive-oil over it.

This the Italians take as a digester before meals, when their stomachs are out of order.

The appetite it gives is astonishing. To such as dislike the raw oil, the bread may be lightly fried in butter or oil, to induce the English stomach to make a trial of its merits; but this mode may make it too enticing when its real properties are known.

It may be also eaten with fresh butter.

Sweet and savoury Zests.

There is nothing dresses out a supper-table more than well-made handsome zests; the bread for which may be cut in any form, and buttered or steeped in stock, fumet, wine, cream, or liquid savoury or sweet jelly, and fried white or brown, soft or crisp. These sippets ought to be made to suit the size of the dish, or may be served piled over one another; whites of eggs, seasoned with almonds, sugar, &c. &c., are boiled in a mould, and sliced to cover the sippets, which may be garnished with currant or calves-feet jelly, cut in small diamonds, with a cherry or strawberry in the middle, garnished round with small myrtle, cranberry, or other green leaves that will manage to stand up round them; they may likewise be made without eggs. Savoury toasts or zests are to be covered with sliced yolks, or with slices of hard-boiled eggs, ham, veal, tongue, and chicken, or any other, particularly of game garnished with anchovies, garlic, onions, or shalot: butter or cheese zest, covered with potted cheese and grated caviere,

olives, anchovies, &c., garnished round the edges with parsley.

When the cook takes a fancy to garnishing her table, she will have many things about her hand that will make zests that cannot be enumerated.

Anchovy and olive are the most elegant savoury zests, garnished with savory jelly.

A very elegant sweet Zest.

Cut some nice white bread into rounds, or square sippets; steep them in almond cream; dry them white in the oven, and glaze them; cover with a slice of prepared seasoned white of egg flummery or blancmange, over which is to be laid a figure or flower of jelly; garnish with preserved barberries, &c. &c.

Curd Butter and other Zests, and Cheeses.

Rub together equal quantities of fresh curd and butter; if a pound is done at a time of each, it may be seasoned and coloured differently, either to serve in cheese courses, or as zests; green may be made by spinach or parsley; if milelot is used, it will give the taste of the famous shap-zigar; if spiced with cloves, colour it with cochineal, but not too deep; if with cinnamon, a little cochineal and saffron; chocolate cheese is excellent. If the cheese is turned white out of a mould, and any of the flavoured cheeses, moulded in groups, figures, flowers, or fruit, and put over them, or a pretty large one, for the top of a cheese course, is an elegant dish; they may be kept moulded a long time, and there is no waste, as they can be re-moulded in smaller moulds, and are very good if well kept till they ripen, like other cheeses.

Olive Sandwiches.

Stone and pound some olives, either with olive oil or butter. If they have been simply pounded, butter the bread, and spread it over it, or fry some slices in olive oil, light crisp, but not hard, and spread the olives, or lay them in patches.

Olives rank next to anchovies, in their digestive and restorative powers for weak stomachs, for which every thing ought to be pounded, as what is often good for them they otherwise are not able to digest.

Olives and anchovies mixed make excellent stomachic sandwiches.

Forced Olives.

Stone the very finest Spanish olives, opening them as little as possible, and fill them with powdered or pounded anchovies, peg them together with a nice small wooden peg, or stitch them, pack them carefully, and cover them with their pickle; if there is not enough, boil and filter a salt pickle, and add it, or put them in bitter orange or lemon-juice, and cover them with olive oil.

Those that are fond of olives, and wish to eat them in perfection, will have the brine poured off, and the bottles filled up with orange-juice and olive-oil. They are prepared in this manner at Morocco.

Anchovy Sandwiches.

These sandwiches are recommended before all others, for strengthening the stomach, and giving appetite, and a much greater strengthener than wine or spirits.

Cut very nice thin slices of bread crust, and cover it with anchovy butter, and lay over another thin slice; press together, and cut it in squares.

Ham and Cheese Sandwich.

Prepare a gallimaufry of cheese, with equal parts of butter, and season agreeable to taste; spread it upon bread, and cover it with thin slices of ham, tongue, redded beef or bacon; cover it with another slice of bread; press it together, and cut it into small pieces.

Serve all sandwiches upon a napkin.

A common Sandwich.

A slice of ham, redded beef, or tongue, laid neatly between two slices of bread and butter; mustard may be added.

Shrimp Sandwiches

May either be made of potted shrimps or butter.

Butter the bread, and arrange the shrimps, press together, and cut them neatly.

Oyster and lobster butter make elegant sandwiches, which may be made to every taste; egg-butter answers well with minced or pounded anchovies.

These are likewise much better for sick people than meat sandwiches: those that are fond of gratin will find liver made into butter an excellent restorative sandwich.

Fish sandwiches are the lightest; sprinkle them with anchovy essence.

Toasted Cheese.

Cut the bread very nicely, crust and brown, but do not harden it; cut the cheese rather more than half the thickness of the bread.

Put it into the cheese-toaster, rubbed with butter, with boiling water under; stir the cheese, to prevent its burning.

There are silver and white tin cheese-toasters, filled with small pans, for dividing the cheese.

Another. (*Scotch.*)

Cut some small but rather thick slices of bread, hollow them out nicely, rather less than the thickness of the cheese; butter the bread all over, and brown it in the oven; put in the cheese, rub it over with butter, and put it into the cheese-toaster, so that when it melts, it will spread over the edge of the bread: this is a much-admired dish; if mustard is liked, spread it in the inside of the crustade, which makes it a Welsh-rabbit.

Cheese Patties for Supper.

Beat up some yolks, mustard, cheese, wine, or cream and butter; fill some baked patties, and put them in the oven; serve them very hot, after the company is seated.

Ramikin paste may be served in patties.

Cheese Fritters for Supper.

Prepare the cheese with pounded curd, bread-crums, raw eggs, rasped ham, &c.; roll it in balls, dip them into a stiffish batter, and fry, keeping them separate. They may be rolled in a little oyster truffle, morel, or anchovy powder: rasped ham or bacon may be put into the batter. They are good without either.

Fried Cheese.

Cut it in slices, with double the quantity of sliced apples, the same size, powder them with sugar, dip the cheese in a mixture of egg, butter, salt, and mustard, put a slice between two slices of apples, dip them into the egg, and fry, and serve very hot: cheese is excellent in plum batter. It is generally served in Cheshire with plum-pie or tarts.

English braised Cheese.

Put some wine, either white or red, into a chafing-dish, mix in a little mustard and cayenne, set it over a lamp or a hot table, and slice in some very rich cheese, or if the cheese is not very rich, put in a little butter; stir it as it melts, to incorporate it; have ready nice, soft, fried toast in a hot-water plate, and spread the cheese upon it, or dress it at table.

Cheese stewed in Cream. (*Scotch.*)

Put some cream, mace, salt, and a piece of nice fresh butter into a silver chafing-dish; grate or slice the cheese very thin into it; set it on a hot table or lamp; the heat ought to be very moderate; stir it constantly till it is well incorporated, and serve it over a lamp. If made thin with the cream, prepared macaroni may be added, which makes an elegant top dish for a family dinner, second course, or for a side centre, at a dressed dinner.

This dish is easily made, and can hardly be made amiss.

Stewed in Stock.

Use stock instead of cream: if of game with wine, and very rich, so much the better.

Welsh Gallimaufry.

Mix in a mortar any kind of cheese, with butter, mustard, and wine, or make it without butter, if it is objected to, and with any flavoured vinegar: this makes excellent zests or sandwiches.

FISH.

To choose Fish.

Let them be red-gilled, clear-eyed, fine-coloured, stiff, and sweet-smelling. If the cook buys such fish, she can hardly err. The largest must of course be the oldest and toughest; otherwise it is impossible to account for the great variety of flavour in the same kind of fish, caught in the same net, and cooked in the same kettle.

We are able to account for the good condition of fish like any other meats. The Thames salmon is the finest perhaps known, from the rich feeding; the Venetian oysters, from the same cause—a fine bed lying behind the Arsenal.

The fish caught in the Bay of Gibraltar are thought to be poisonous, from the quantity of copper-bottomed vessels lying thick in a bay where the waters are not washed out regularly by the tide.

There is nothing wonderful in all this, nothing but that we do not search out the cause; for causes there must be for every thing.

Fish is however sometimes sold out of season, that may be fresh enough, and yet not good; but as it is generally flabby, thin, and empty, exhibiting every sign of bad condition, it can scarcely be mistaken. Salmon is particularly dangerous in that state, or what is called black.

To preserve Fish.

Much more care is necessary to preserve fish than any other meat. Some is improved by keeping; but there has been no mode hitherto ascertained but that of laying them in ice, which is only attainable by fishmongers and a very few individuals. When such fish is bought, it ought not to be ordered in till it is going to be dressed, as it decays very fast after being taken out of the ice.

An excellent method is to have a heap of sea or any other sand in the corner of a cold cellar, and to dip the fish in salted water evening and morning, and lay it on it. Perhaps if rubbed with a little sugar, and laid on the wet sand, they might be kept still longer.

Fish, if fresh when brought in, will keep well two or three days,* or even more, by this treatment.

Fish that are to be kept should be very gently handled, lifted by the gills, and not allowed to fall, as that blemishes them.

Another great preservation is charcoal cases, which are so very easily made, that no pantry should be without a sufficient number of them. Take old wooden boxes, with or without covers, and brush them over with strong glue, and bed them thick with powdered charcoal; take hampers or baskets, and line or cover them entirely by tying charcoal completely over them with packthread. These baskets are to be turned over every thing, or hung over the hooks where either meat or fish is suspended; but every care will suffice nothing if flies of any kind are allowed to enter, as where they destroy meat, it is wasteful and troublesome; but it has various and worse consequences.

The pantry-door and windows should be surrounded with every thing obnoxious † to them; such as wormwood, tansy, &c. growing in pots; and great cleanliness, fresh air, and darkness persisted in.

In some parts in the north of Italy they dig a deep hole in the pantry floor, where wet furze is thrown, and the unplucked poultry and game are laid upon it.

Holibut, turbot, cod, skate, and haddocks are the better for keeping from one to three days; but that is supposing it is known when they were taken out of the sea. A customer may always trust to a respectable fishmonger; but even that will not insure good fish being sent to our tables, unless the cook understands from its state how to manage it.

The finest salmon just taken out of the sea is often

* This method was suggested by finding a fish quite hardened upon the upper side, by the heat of the sun, within the sea mark, where it had lain under salt water for at least ten minutes every twelve hours, for five days; being a fish of sixteen pounds weight, left by a high tide, and was, when found, perfectly fresh, and of excellent flavour.

† This is equally necessary to all kinds of meat. In the Pontine Marshes, they hang fern over the meat to prevent the fly.

spoiled by mismanagement. Fish ought to be extremely well cleaned, but by no means soaked in water, which entirely destroys its relish, particularly when cut in slices. A brush should be used to take the blood out of the bones.

It is astonishing that having been in the practice for such a length of time of preserving acid juices perfectly with sugar, besides witnessing the effects of it upon salt pickles, that no one has thought before of employing it directly to more extended purposes.

Dr. Maculloch shows that a small proportion of sugar will keep fish perfectly fresh for several days; but the fish must be fresh when applied, as it does not recover from taint.

It also cures salmon and white fish, which keeps any length of time in a dried state, provided it is not allowed to get damp. A very little salt may be added to the sugar, to please the taste.

The directions are, to lay the fish horizontally or upon its side, and rub it with a little sugar, particularly about the throat and stomach; two or three tea-spoonfuls is enough for a pretty large salmon. If it be kept fresh, there is no occasion to open it. If to be kippered, it is to be opened, and a little saltpetre mixed into the sugar, and to be rubbed, finished, and hung as other kippers.

All other fish is to be cured in the same manner, taking care to preserve them from damp.

This is a most useful discovery, and particularly so for the navy, as well as every householder; indeed, it cannot be too highly appreciated.

Braise Maigre for Boiling Fish.

Put in a sufficient quantity of vegetable soup, that is the juice of white peas, with a bit of butter, a little thyme, sweet basil, garlic, parsley, scallions, slices of onion, carrots, cloves, salt, pepper, and a sixth or eighth part of white wine. It would be advisable to cook the braise, and allow it to cool, as the fish will then receive more of the flavour of the ingredients. Use a needle in tying up the head and other parts of the fish; put it into the kettle, but do not let it swim, hardly to cover, (which will cook the fish much more in flavour); put it

upon a slow fire; cover with buttered paper, basting it from time to time with the braise. When the fish is cooked, strain part of the stock, and reduce it to glaze the fish; serve with appropriate sauce.

It is not enough understood that all the varieties of fish may be cooked and treated as other meats, attending to the requisite time of cooking, and proper seasoning, &c. It is therefore unnecessary to enumerate them, unless where particular seasonings are requisite. But this knowledge may open the cook's views, who, it is to be feared, will not easily be brought to believe that fish is of such consequence to the table.

The manner in which fish is generally cooked is hardening and hurtful, both to flavour and richness; for what can be more hardening than water or a strong salt brine and vinegar? Any thing to thicken would prevent this; such as rice-milk, flour, fat gelatine of fish, vegetables, or meat, to feed and not to impoverish it during the cooking. The French use court bouillon, maigre, or grasse braises, &c. Our large destructive fires and ill-assorted fish-kettles hurry, break, and harden. The poorer fishes appear always to be better dressed than the richer ones, because they have less to lose, and depend more upon the sauces.

To dress fat fish in perfection, they must be slowly simmered in cream, stock, butter, wine, or any of them mixed together, with proper seasoning. The best-dressed fish I ever ate was simmered in cream and spices, with a little fresh butter rubbed in when it came from the peat embers where it was dressed *.

Fish Jelly.

Rub the bottom of a saucepan with a little butter, cover it with sliced onions and carrots, and the debris or carcasses of fish, parsley, scallions, a clove of garlic, thyme, basil; add a ladleful of fish stock, let it boil, put

* This was in a deep valley, in the bottom of which was a beautiful lake, hardly approachable by horses. The houses were constructed of wicker-work, where a table was spread that would have put to shame many dressed by our professed cooks, with rich venison, soups, sauces, and stews: as to ragouts, they were unknown in those regions. The repast was such as Abraham may have been supposed to have given to strangers.

it on a hot hearth or table, and leave it till it becomes a jelly; add a little more fish stock, and pour it clear off into another saucepan, and simmer it an hour; strain, reduce it to a jelly, and use it for glazing. Sturgeon or skate are the best jelly fishes. All skins and bones, particularly of soles, make excellent jelly *.

Court Bouillon.

Put into a stewpan a bit of butter, sliced onions and carrots, three cloves, two gloves of garlic, thyme, sweet basil, and a little ginger; make these ingredients come over a quickish fire; to give them a little colour, let them stick a little to the bottom of the stewpan; moisten with two or three bottles of wine: if the *court bouillon* is *gras*, put in some good stock, let it boil: when it is ready for use, cider, ale, or home-made wine will answer.

Frying Fish.

The first thing to be attended to is what they are to be fried with, which is top-pot (See Fats): it is more steady, and gives a finer colour than butter, oil, or any of the other fats; besides, it does not fly over. This fat must be nearly at the boiling point. Like all other cooking, if it boils fast, the outside will be hardened, reedy, over-done, and too much browned before the fish is cooked. There are different ways of trying the heat by sprinking in water, which if it resists, it is then deemed ready, although it may be too hot; but the best way to test it is by throwing in a bit of the fin or tail of the fish. When the fish is put in, draw it to the side of the grate, if the fire is too brisk. The surface of the fish ought to be perfectly dry, to take on the seasoning, which makes a vast difference in the beauty.

The most delicate way of preparing the fish is to dip it in strong ale, beer, or milk, and shake it, whether whole, in fillets, or slices, in a floured cloth, and put them into the frying-pan, where they ought to be well covered with the fat. When they are taken out, have ready a hot cloth to drain them on. Put into a cullender

* Dry the sole skins, cut them in square pieces, and keep them in a box by the fire; they are then at hand to clarify coffee, to hasten glaze, and for other purposes.

or net what parsley may be requisite for dishing the fish; dip it into the boiling fat, where it will immediately crisp, and tack it up over the fire, that it may drip and crisp. This method insures its being free from grease with little trouble. When it suits the occasion, a puff-paste border looks handsome with nice fried fish, with a tuft of parsley laid over it: it may also be garnished with pastry leaves.

The common method to prepare fish for frying is by drying them well, and dipping them in egg and crums of bread and parsley. This is sometimes done twice. To give them a higher finish, they are then plunged into a quantity of boiling lard or dripping. If the fish is thick, great care is necessary that it is not browned too much before it is done, as the egg stiffens, hardens, and prevents the cooking going regularly on. Fish so cooked must be laid to drain before the fire upon paper, which makes them tough. Besides, for common use, fish dressed in this way is expensive; as an excellent judge of our profession tells us that it will take the half of a loaf* to crum a pair of large soles. This quantity of bread will require three or four eggs to stick it on. How much fat it may imbibe I shall leave to my successors to calculate, and to those who eat them to have them dressed in the way they like best. Oatmeal is a heavy substitute, unless the flour of oatmeal is used.

In frying, attention must be paid to the thickness of the fish. All flat fish but such as are very small require to be cut, and the different pieces fried separately, such as the heads, the shoulders, and the tails; otherwise they cannot be equally done. Small fish, smelts, &c. ought to be dished in stalks upon a napkin, and crowned with a tuft of crisped parsley.†

To crimp Fish.

This cannot be properly done but at the moment it is taken out of the sea. The action of the air congeals the milky fat while flowing that lies between the fleaks, and imparts a firmness that fish not treated in the same manner

* They may, however, be crummed more delicately at much less expense. (See Bread Crums.)

† Parsley may be crisped in the Dutch-oven, by sprinkling it with a little butter from a very fine pierced buttering-pan.

wants. Crimping it after is not of the least use, and to lay slices of fish in water before it is dressed soaks and destroys, particularly when salt is added. Let fish that is to be dressed in slices or fillets be kept in ice or on cold wet stones, and washed at the time it is to be cooked. Most cooks have agreed in putting crimps and slices into boiling water. It would, however, be advisable to boil it as other fish, yet they are quite right as to the principle of hardening; but the firmness of real crimped fish does not require this treatment, although fish crimped two or three days after they are taken will be hardened by it.

For garnishing and larding fish, see Turbot.

Broiling Fish.

If the fish are very wet, hang them in the screen for an hour before, and if they are well heated quite through, they will broil the easier, and be of a better colour, as they can be put in a greater heat at first. Let the fire be clear, the gridiron clean and hot, but not to burn; dispose them so that the thickest part of the fish may be over the hottest part of the fire; turn often, that they may be kept in an equal heat, else they will become reedy, and will not taste well.

An excellent Scotch way of serving small broiled cod, mackarel, haddocks, and whitings, is to take out the bones, and put in some pieces of nice fresh butter and a little salt, and send them very hot to table: sometimes lemon-juice or catchup is added. When in a hurry, dry and flour the fish, and chalk the gridiron; and when there is any disposition to stick, loosen them with a knife; turn them, rubbing the gridiron clean.

A maître-d'hôtel or tomata sauce may be served with all kinds of fish.

To boil Turbot, or White Fish.

If the turbot is thick, according to its size cut away from two to four inches of the back fin, and slit it into the bone; be careful not to slit the belly, as it is the fattest part of the fish, and would destroy the flavour, by letting out the finest part of the juice; besides, it does not require it for cooking, as the thick part does; and it

would be the better for being farced, to prevent its cooking too much: bind up the head with a needle, and lay it on a very flat thin drainer, and cover it entirely with what it is to be cooked in, water, milk and water,* wine and water, stock, court bouillon, or braise. To make it very white, it may be rubbed with lemon or a little alum† dissolved in the water. When the weather is cool, let it come very slowly to the boil, skim and set it to simmer; but in hot weather, it must come to the boil quicker, to prevent its souring, which sometimes happens, by being long in an equal low heat.‡ The safest way of using lemon is, after the fish is cooked and set over the water, rub it, and lay thin slices over it when ready to serve. Plunge it again into the water, and wipe it over with a sponge, and dry the drainer very well with a cloth, so that the puffed napkin into which it is to be dished may not be soiled: garnish with cray-fish, horse-radish, and beet-root, or nastartium flowers and parsley, intermixed with fine cut lemon-peel, or lemon in slices, &c. These may be dressed in a wreath, patches, or fancifully strewn over the whole, as an intimation to the carver that the skin is broken, not to expose it, as nothing in fish-dressing looks worse. Farced eels, fried oysters in butter, small fish patties, fried ditto, balls and eggs, may all be used for garnishing fish.

The sauces in general use are lobsters, oysters, and anchovy: these ought to be made of the *finest cream* or gravy butter.

Small Turbots, or Turbotine, à la Française.

Split one or two down the back, and put some butter in a silver dish; cover it with sweet herbs and a little salt; if the butter is salt, none will be required; lay in the fish, put in a sufficient quantity of white wine to cover with sweet herbs, spices, and crums; baste with melted butter; let it come slowly to the boil on a stove,

* The French generally cook turbot to be served with separate sauce in equal parts of milk and water, seasoned with salt and lemon-juice, and often present it as a principal dish at the second course, to be eaten with oil.

† Alum in this quantity will not hurt, but it will harden and whiten the fish.

‡ If a fish is suspected, boil some pieces of charcoal with it, and when it is cooked, take up the drainer, and plunge the fish into a vessel of cold spring water; put it immediately over the hot water, and lay over a very nice hot napkin doubled several times, and put the cover closely over it. If the cloth is not particularly nice, a fine taste will discover it.

and cook them in the oven, or on a hot hearth, with fire over; serve them in their own juice: or drain and serve them with an Italian or tomata sauce: or boil as turbot, and dish on a napkin; garnish and serve with tomata or other sauce.

To dress Turbot Roe.

This is the most delicate of roes, resembling something between calves brains and sweetbreads, and is more delicate and beautiful, and may be dressed in any way they are dressed; but much attention must be paid in handling them. Roasted in the oven, on the spit, in a caul, ragouted, or fricasseed white, garnished with lemon and cray-fish, makes a beautiful second-course side-dish, where the French style is introduced; and at our tables an elegant first-course one.

To bake Turbot, Holibut, Salmon, or white and Fresh-water Fish. (*Scotch.*)

Cover an earthen pan, about the size of the fish, with sweet herbs, spices, salt, and vinegar, stock or wine, or a mixture of them; let this braise only reach the leaf on which the fish is to be laid; if turbot, gut at the gill, and push a larder up from the bottom of the belly, to assist; wash it well with a pencil-brush, and pour water through, and farce it with a cooked farce, or season and return the roe into it, to prevent the belly part being over-done; cut it two or three inches down the back into the bone; tie up the head, and lay it into the pan, and pack any small fish that may be required for any other dishes: any thing may be cooked in it. The more it is filled up, it will take the less butter; smooth it over, and cover it completely with nice butter, and put it in a simmering oven. When it yields to the touch, it is enough: take up a sufficient quantity of the butter, and make it into a rich sauce, with cream, lobster, shrimps, oysters, or anchovies. If the turbot is small, or if small fish, dish and pour the sauce over; if large, serve on a napkin: garnish as directed above, and serve the sauce or sauces in boats. The braise must be put in a cool place, and will answer for braising again or sauces.

Fillets of Turbot in Gratin.

Make a good fish farce, into which put a little fish liver or not; spread it equally over the fillets about the sixth of an inch; roll them up, put an inch of farce upon the bottom of the dish, set the fillets up round, and put farce between, smoothing it all over with a knife dipped in hot water, leaving a well in the middle; strew over fine crums; baste it with butter when it comes out of the oven; put in a nice sauce or mushroom ragout.

To dress cold Turbot in Gratin.

Pick it free from the bones and skin, beat it up with rich, high-seasoned stock and cream over the fire, but do not let it boil; dish, and spread it even with a knife; cover with crums of bread, seasoned with parmesan or not; baste it with melted butter, fry cut in the form of corks or balls, and place them closely round within the border of the dish; give it a fine colour in the oven. All fish may be re-dressed in this way; and poorer fishes, that could not sometimes be served on the occasion, may be served in this dressing.

Turbot Salad.

Skin and dress the turbot, cut it in any form, dress it high in the middle of the dish, garnish it with slips of anchovies, capers, truffles, beet-root, &c. and fill up the spaces with hearts of lettuce, cucumbers cut in skeins like thread, or any form; garnish with pickled onions, &c. and serve it with a sauce of oil, vinegar, salt, and pepper. All sorts of fish may be served in the same way in salads, with sauce to the taste, or covered with savoury jelly.

To bake a Cod's or Holibut's Head and Shoulders. (*Scotch.*)

After cleaning, put it upon the fire in cold water, with a little vinegar and salt, and let it heat gently; take it out, wipe it, and bind it up, and lay it on a leaf, and put it into an earthen pan that will just hold it, and bake it in any of the ways ordered for turbot; or put it into the pan,

with proper seasoning, with as much butter, stock, and wine as will baste it; cover it with a sheet of paper, and baste it from time to time. When the fish yields under the finger, it is enough; the thickness must be attended to.

The sound should be cut in fillets, and the roe in slices, which may be fried in batter, for garnishing. If cray-fish or shrimps are used, the tail, shells, and small feet should be taken off, and the points of their noses and claws pared, crisped, and basted in the oven with the fish-sauce.

Have ready cooked oysters, shrimps, or mushrooms, &c.; thicken the sauce, warm them in it, and pour it over the fish. The addition of two or three sweetbreads makes it an elegant dish.

Dressed Cod's Head.

Prepare sauce with stock of meat, fish, vegetables, a mixture of any of them, strong ale, perry, or cider; season with anchovy, mushroom stalks, ketchup, or truffle powder; strew some slices of cod with mace and salt; fry them a nice brown; make farce-balls, and prepare the head, and bind it up: when all is ready, put it into the sauce; when done, take it out with a large slice, and lay it upon a dish, and pull out all the bones. During this operation put in the slices of cod, and the balls, a little anchovy, cayenne, with white wine or madeira, and a little lemon-juice; thicken with flour and butter: cooked oysters or mushroom may be added. This is a most elegant and cheap dish of fish, as it is excellent with the commonest seasonings; cut the sound in fillets, and add it to the sauce, or dish the slices and head round or over them, and pour over the sauce. When a cod's head is boiled, and eaten with any fish sauce, the fine juice of the head is lost. The farce-balls may be prepared with curry, or the head altogether, in which case, it does not require wine, but rice must be served with it.

To stew Cod's Head or Slices another Way.

Cut it either in fillets or slices, fry them white or brown, and add equal quantities of rich stock and white or red wine, and a large bit of butter rubbed in flour, spices, sweet herbs, and salt; lay in the fish, and let it stew very

slowly. When there is just time to cook oysters, put them in with their juice: if brown, add a little ketchup; if white, a little lemon; garnish with parsley, roe, liver, lemon, or pickled cucumber.

If the head is to be served with the slices, draw out the large bones, and dish it over or round them; or it will make two nice dishes by allowing the slices to cool: dip them in any seasoned butter or crums, with parmesan, truffle, or oyster powder, and serve on crisp parsley, or in a little of the sauce curried, greened, fricasseed, &c.

Water Souchy

Is generally made of flat-fish; but that does not prevent its being made of others. Cook the fish whole, if they are small; if large, cut them in pieces; boil all the parings with a fish or two, according to the quantity, with parsley, salt, and water, to make a sauce; strain it, and let it cool; put in the fish with whole pepper, sliced parsley, roots and branches: take care the fish is not overdone. Do not thicken it with fish or onions, as no butter or any thing is put into it. Its excellence rests upon good and simple cooking. There ought to be a great deal of nice, clear, rich juice: serve it in a deep dish, and send thin cut bread and butter to table with it.

To boil Cod. (*See the Article to boil Fish.*)

If a whole cod, or the most of it, is to be boiled, cut off the thin part to fry, and serve with it as garnish, with any appropriate sauce.

To boil a Cod's Head and Shoulders.

After it has been perfectly cleaned, take it out of the water, and rub a little salt into it, and hang it up, if to be dressed the same day; if for next day, rub it with salt, but do not wash or bind up the head till it is to be used, and lay it upon damp stones, or hang it, and boil it in any of the ways directed for boiling turbot. The kettle ought nearly to fit it, otherwise it will take a great deal of liquid, which saps the fish, unless it is dressed in court

bouillon or braise: garnish, and serve with parsley, butter, or any other sauce that is served with turbot.

Whitings in Gratin. (*See Turbot.*)

Small Fish in Paper Cornets, in fine Herbs.

Take as many as will make a dish; cook them half in fine herbs, as cutlets *à la Maintenon;* let them cool, and make proper cornets, in the manner the grocers do, and put in the fish, tail foremost, with a portion of herbs, and twist them up, and broil them of a fine colour.

To fry Cod. (See *to fry Fish.*)

Scollops, Fillets, Fricandeaux, Olives, Patties, Pies.

Cut down and dress as patty-meat any left cod or other fish, adding a little marrow; fill the shells with seasoned crums and parmesan, and baste with butter, and brown them.

Cod may be dressed in fillets, marinaded and fried, or in olives, patties, fricandeaux, or any other mode of dressing, as baking, roasting, salad, curry, &c.: for these, see Turbot, Sole, Salmon, Haddock, &c.

Cod Sounds, Roes, and Tongues, in different Ways.

They are all highly esteemed. Steep the sound and tongues, simmer after blanching, and serve on a napkin; or fried with any of the butter sauces, ragouted or fricasseed; or cut down and fried for garnish; or put them into mock-turtle or fish soups.

Ling is a more delicate fish than the cod; it is dressed in the same way.

Haddocks.

Boil, roast, stew, scollop, slices, fillets, &c., and serve them in every way turbot, cod, or other white fishes are served. In some parts of Scotland, they are stripped of their head and skin, and exhibit a most woeful appearance; and, where so dressed, they are uniformly cooked in salt and water, and always over-done. Those that have been accustomed to eat them may recommend them as a good dish; but good cookery will decide against

them. How much handsomer are they in their heads and coats, and how much better!

To boil Whiting.

They are to be well cleaned, gutted, and the livers and roes returned into the stomachs with salt, or to be farced with cooked farce. Many will not have them opened at all, but dressed with the trail, which, when fresh, is a most delicate way of eating them, with cream, butter, and parsley, or with any additional seasoning to taste.

Whitings in various Ways in Fillets.

Prepare the fillets, and steep them in lemon-juice; flour and fry them, and serve them under tomatas or other sauces; dip the fillets in egg, butter, and salt; roll them up, skewer and fry them, or put five or six on a skewer; dip them in egg-crum, and broil them; turn them and give them time, and serve them under or over rich gravy with lemon-juice.

Put into a deep dish scallions and parsley, well minced, with butter, nutmeg, pepper, and salt; lay in the fillets, and baste with melted butter, and put stock and white wine in equal parts to them; turn them, and, when cooked, pour the sauce out of the dish, thicken and cook it; add lemon-juice and pepper, pour it over the fillets, and serve in the dish they were cooked in.

To broil Whitings

Is a nice operation (See Broiling), they are so delicate. Nick them across, and, when done on one side, lay over a flat cover, and turn them over: do not lift off the gridiron till they are entirely disengaged by a knife; rub and chalk the gridiron; use the same precaution in taking them off. Serve with hard butter, or under a caper or anchovy sauce.

Holibut Collops or Scollops.

Prepare a nice sauce with mushroom ketchup or anchovies; cut the fish in thin slices, and fry them a nice

brown; strain the sauce over them, and thicken with flour and butter; add a little lemon-juice and ketchup; let them simmer till the flour is cooked.

Aberdeen Method of curing Haddocks.

Split them, and lay them upon a dresser or board, and dredge them over with very fine powdered salt; lay over them a smooth board, and put weights equally upon it; let them repose two or three hours, and then hang them to dry: after they are a little hardened, they may be smoked with juniper, birch, or stable litter.

If wanted for immediate use, they are broiled before the fire very slowly; first dried at a distance, or upon a hanging jack or gridiron; send them to table in a napkin*.

Fish and Sauce of Whitings, Haddocks, or Flat Fish (Scotch).

Make a sauce of the heads and fins, with pepper, salt, onions, or chives and parsley; strain the liquor, and when it cools, if the fish are large, cut them in junks, roll them in flour, put them into the sauce, dredge a little flour over; add some pieces of butter, and a few sprigs of parsley; cover it very close; shake it often and gently. It will take from five to fifteen minutes to cook, according to the thickness or kind of fish: the hard roe will take the whole time; but the soft roe and liver onlyhalf.

This is an excellent simple dish. The sauce must be plentiful, and not thicker than soup; it will admit, however, of higher dressing, with shell-fish, &c.

Another Way.

Put as much cider, small-beer, ale, or a mixture of them, into a saucepan, and season with sweet herbs, spices, and ketchup, with the fins, heads, &c.; strain it; prepare the fish as above, rolled in flour; put in a little butter, and finish in the same manner; add shell-fish, farce-fish, or meat balls, &c. This sauce may be more thickened, and less of it than the foregoing.

* When a napkin is used for a hot dish, it ought to be made very hot, as well as the dish, and dry, otherwise they do more harm than good; or if they are ill washed, or taken from a damp place, they destroy the flavour.

Fish in Sauce.

Take off the heads of six or eight middling-sized haddocks, scrape and cut off the fins, boil the heads, and one fish, to make a stock and farce-meat; let the sauce cool, lay in the haddocks, dredging in flour, and lay over some bits of butter, with branches of parsley: when the sauce begins to heat, shake the pan round; they take a very short time to do: add pepper and salt, with the balls fried, and a little cream. This is an excellent simple healthy dish, as it has few heating ingredients in it; it may be ragouted by first frying the fish, and having ready a mushroom, celery, or truffle sauce, with rich farce balls and oysters, or anchovy butter.

Crapped Heads.

Crapped heads may be served with fish and sauce, when there is a small supply; they are an excellent addition.

Cut the heads nicely off, and take out the gills, or if they are not wanted large, keep them in, and having boiled a haddock, or any other fish, pound it with the same quantity of butter, or rendered suet, adding as much toasted oatmeal as both, with minced fried onions, black pepper and salt; or make them, instead of fish, with the liver, or with the soft roe; all the ingredients ought to be well mixed together. When this is ready, and the fish-soup boiling, mix in the toasted meal lightly, so as scarcely to hold together in a ball; fill the heads not too full; do not let the meal have time to become damp, as it is to the high-toasted state of the meal, and its dryness, that they owe their peculiar flavour and excellence. Set the heads upon the bottom, that is to say upon the stuffing, in a heated buttered stewpan, to prevent their being wetted with the soup, then fill up gently with boiling soup, and cover close: let them simmer for half an hour, or according to the size of the heads.

This meal farce makes very good balls for dressed fish for ordinary dinners, and is more healthy with rich in-

gredients than bread or flour: a little chopped parsley may be added: serve them with the sauce. They do not require eggs.*

Rizard Haddocks.

Take out the gills of haddocks of from one to two pounds weight; rub a little salt in the breast-bone and the neck; lay them in a heap upon a dresser; leave them for an hour or two; wipe them, and run a wooden spit through the eyes, and hang them in the air, but not damp: too many ought not to be done at a time, as they do not keep well over three or four days, which also depends on the season; but if a little sugar is added, they will probably keep a long time; broil them very nicely, at a distance, over a good fire; put them on a hot dish; open them, and slip out the bone, and put several pieces of nice fresh butter into each; turn them, that they may be equally buttered, and serve very hot. They are nice for supper or breakfast dishes, and if well done have a sweet fresh salt taste, that is very grateful.

Dutch Way of stewing Fish.

Put slices of fish into equal parts of wine and water, a large piece of butter, mace, pounded biscuit, very fine shred parsley, pepper and salt; stir till cooked: or instead of the parsley, use capers and vinegar.

Sole.

Large soles, as well as all other large fish, are coarse; the best are of a middling size, and a shining gold colour on their backs, with breasts of a beautiful white, tinged with rose.

To boil Sole.

(See boiling Fish.) Always have the skins with the soles, as, if properly dried, they are as good as isinglass for all kitchen purposes. The sauces the same as for turbot and

* Attempts at improvements often do a great deal of harm; so the introduction of biscuit, instead of oatmeal, into this old national dish quite destroys it, although it is perhaps more easily digested by the degenerate stomachs of the present day. Those with biscuit ought to be called farced heads; and very good they are.

other boiled fishes. Fillets of sole is a beautiful dish in aspect or jelly.

To fry Soles.

If to be fried whole, slip the knife down the back to open them, dip in milk, flour in a cloth, or crum them. (See Frying.) When done of a fine colour, drain upon a cloth, dish upon parsley or a napkin, garnish with lemon, and serve melted butter with them, or any other fish-sauce.

To marinade Soles.

Cut each sole into four fillets, steep them for an hour in lemon-juice, mace, parsley, sliced onions, and salt; flour and fry them.

Dressed Fillets.

Prepare as above, and cook them white in butter and spices: serve them with a cream, butter and lemon sauce, or under a mushroom, oyster, or tomata ragoût.

To re-dress Sole.

Cut in fillets or scollops, make a nice rich sauce, and heat them up in it, or in a maître-d'hôtel, or serve with any other appropriate ragoûts.

For Salad and Gratin, see *Turbot—In Scollops*, see *Salmon*.

To roast Soles.

Force and lard with eels, bacon, or oysters. The oysters for this purpose must be large. They may only be larded upon the belly; bind the head with a binding-needle through the fore bones, so that they may be hung by a loop; dip them in butter, and a very little yolk of egg, and hang them upon a bird-spit; dredge them with fine crums; butter very fine minced or powdered parsley, to which may be added parmesan or truffle powder; sauce anchovy butter, with orange-juice: cold boiled or fried soles may be dressed so.

Plaice, Flounders, &c.,

And all other fish of the same kinds, may be dressed as sole, and served with the same sauces. The bret, which is the most delicate, resembles the sole, the head being more pointed. The red spots upon the flounders are larger than those of the plaice.

To fry Fish in Batter.

The batter required for fish ought to be light, for if very thick, it gets often heavy, and the fish is very ill done; make the batter of ale or milk, with the white of eggs, or rather more white than yolk; dry the fish well, dip it into it, and fry them a very nice colour. If a little more batter is wanted, dip them again into it, and put them into the frying-pan to colour; parmesan, or any seasoning, may be put in at the second dipping. All fried and boiled fish must be served upon a napkin, or crisped parsley.

If sole or any other flat-fish is to be farced, run a larder upwards from the bottom of the belly, to assist in gutting without opening, as the bones of flat-fish are so close that they are gutted with difficulty; wash with a pencil brush, and pour water through them; return the melt, roes, &c. after having seasoned them with mace, sweet herbs, pepper and salt, or farce them with any cooked farce of meat or fish. Dish small fried or broiled fish in stacks upon parsley, or on a napkin, with a tuft of fried parsley on the top.

Sole stewed or baked. (*See Turbot.*)

Sole Olives.

Prepare a nice farce of any fish, cut the sole in fillets, and make them up as veal or any other olives; cut bread very nicely the same size, hollow out, fry, and fill them with oysters or patty-meat; egg a dish, and set them round it alternately with the olives; fill up between with farce, and smooth it over; cover it with crums, baste, and bake it. This dish may have a paste border. Put a ragoût of oysters or a fish sulpiçon in the well.

Tench, or any other white Fish, à la Poulette.

Put it into the stewpan, with butter and mushrooms: let them come upon the fire; dust in a little flour, and add equal quantities of stock and white wine; stir with a wooden spoon till it boils; add parsley and shalot, one clove, salt and pepper, and twenty-five or thirty small onions; take off the fat, and out the sweet herbs; thicken with yolks of eggs, and add the juice of a lemon.

To fry Tench.

Cut them in fillets, and fry as other fish; or skin, take out the gills, open the backs from head to tail, and fry whole.

Fricassée of Tench, or any other white Fish.

Skin and cut in pieces, blanch, drain, and fry white or brown; dust in a little flour, and let the fish cook; add fish or meat stock; if more thickening is necessary, put it in, that it may have time to cook, not to over-do the fish, or put in melted butter; the seasoning is an onion, stuck with a clove: what follows may be added — truffles, morels, mushrooms, farce balls, or anchovies; let them simmer; take out the onion and sweet herbs. If the dish is to be white, work in a little white wine, cream, and yolk, after it is taken from the fire; if brown, red wine and ketchup.

To keep Tench some Time without breaking the Skin.

Dip it into boiling fat for a few seconds, and hang it up; a little sugar may be put into the fat, and a little rubbed into the gills; when dressed, put it into quick-boiling water. This method will keep any fish fresh for two or three days.

To dress Tench in Wine.

Blanch them for a moment; scrape, fin, and cut them in junks; rub them over with sweet herbs, spices, and salt; put them into a stew-pan with wine; when done, strain the liquor, and thicken; add anchovy, butter, pepper, and nutmeg; drain and sauce.

Tench à l'Italienne.

Put into a sauce some cut onions, parsley, carrots, and scallions, half a clove of garlic, salt, pepper, spices, sweet herbs, and white wine, to cover them; when ready, drain and serve them under an Italian rousse, or reduce and thicken the wine they were dressed in.

To braise Perch.

Take off the skin and fins, and braise it; serve it with any butter sauce, and garnish with lemon.

Or cook as above, and serve it in green sauce, or in a martelote.

Perch stewed with Mushrooms and Oysters.

Prepare the mushrooms or oysters as for a ragoût; cook either in their own liquor, with butter, pepper, mace, and salt; add a little very thick cream; prepare the fish, cut in slices, by braising or boiling; add them, with half a handful of shred parsley; let the fish remain, to taste of the sauce, but not to boil; if the perch is thin, it may be fricasséed; or fried in batter or crums.

Perch à la Vass-fishce.

Prepare the fish, put it into a stew-pan with a little salt and water, add cut parsley, roots, carrots in threads, parsley in branches, and cook the fish in it; take off the skin, and stick the fins all over as garnish; put the fish into another saucepan, and strain the liquor over them; put two spoonfuls of rich stock into a saucepan with butter, a lemon cut in slices, without the skin or seeds; salt and pepper; add the carrot and parsley threads that were cooked with the fish, and set it on the fire to thicken; dish, and pour the sauce over it.

Perch may be cooked in any way other fish is cooked. A favourite way is wine and stock, parsley, scallions, garlic, spices, and salt, thickened with butter and flour.

To broil Sturgeon.

Cut it rather thinner than beaf-steaks; broil with or without being crummed; if not crummed, lay a bit of butter over with a little fine-powdered pepper, mace, and salt; serve lemon with it, and any piquant rich sauce.

Sturgeon Fricandeau.

Beat the fricandeau lightly, and lard it with small lard, and dress it as a veal fricandeau, with sweet herbs, spices, and bacon; as sturgeon, like turtle, takes very high seasoning. Serve it over an oyster or truffle ragoût, or an appropriate sauce.

To roast Sturgeon.

Scale, and take off the placks, but not the skin; farce it with veal, oyster, truffle, or mushroom farce; lard with mushroom, oyster, eel, or bacon, or a mixture of them in rows; baste with butter, mixed with sweet herbs, spices, sliced onions, parsley, and two cloves of bruised garlic. When ready, strain and thicken the gravy with flour and butter, anchovies, mushrooms, and sliced lemons; put it in the dish, and glaze the sturgeon; garnish with oysters fried in batter, farced balls, &c. &c. &c.

Another Way.

Prepare and lard, or not, and baste with a marinade made of sweet herbs, spices, cider or vinegar, water and butter; make part of it into a sauce with anchovy, butter, lemon, or verjuice.

Another Way.

Melt some butter in a stew-pan, with onions, parsley, one clove of garlic bruised, a little water and vinegar, with spices and salt. Prepare the sturgeon, and pour it over, and leave it in it for some hours; arrange it on a bird-spit, and baste it with the marinade, adding more butter.

Cutlets in Paper.

Cut the cutlets more than an inch thick; make a farce brown, and slit them open with a knife; farce and lard them, and put them into a stew-pan, with stock, wine, butter, spices, and sweet herbs, and let them simmer; strain, thicken, and add a rich tomata or lemon sauce. These cutlets may be larded. Sturgeon may be dressed in scollops, fillets, patties, in all the modes of nice dressing that fish is susceptible of. There is no fish makes such rich sauce; and where they are plenty, the cook should avail herself of it. It also requires high seasoning and more nourishing, which must be attended to in dressing it.

Sturgeon in Court Bouillon.

Prepare a small sturgeon; put it into a kettle with a court bouillon, a good deal of rasped lard, if for gras; if for maigre, butter, aromatics, and salt; cook with fire under and over; baste it often during the cooking; and serve it with an Italian sauce.

For an imitation of pickled sturgeon, *See* Veal pickled in Imitation of Tunny Fish, or the Cossack manner of curing it.

To boil and dress Pike in different Ways.

Prepare, farce it, or not; put a skewer through the eyes, and tie the tail to it; lay it on its belly in the kettle, and put in a braise; cook, and serve it with any of the fish-sauces. Or put it into the oven, baste it often, and serve it with an Italian or any other sauce: or skin it, and lard it in rows, or in quarters, with carrots, gherkins, anchovies, and truffles; farce and braise it; cook it with fire under and over; serve it with sauce à l'arliquine, which is made of slices of ham, truffle, white spices, and mushrooms in equal quantities, lobster tails, and spawns, with velouté and white wine, &c.

Pike Salad. (*See Turbot*).

German Method of dressing Carp.

Take a good sized carp, bleed and scale it, preserve the blood; in opening it, do not break the gall, take it carefully out, clean the intestines, which are all to be used, and lay them in lime or charcoal-water, as they are to be fricasséed, ragoûted, or made into soup. Let there be a high-seasoned rich stock of cow-heel, fish or vegetables, as for making turtle, ready to cook them in, and finish as other dishes of the same kind.

Open the carp along the back-bone all through the head, to separate it completely cut of the head and shoulders together; take the side to which the back-bone is attached, and divide it in three pieces; these, with the shoulder and head of that side, make one dish; take good, strong, well-seasoned stock with spices and sweet herbs, and put it into a stew-pan with it, add oysters, mushrooms, or tomatas, and thicken with flour and butter.

Dip the other side in milk; flour, and fry it; or do it in crums or batter. Two carp dressed differently make a handsome fish course. The German way of doing them with strong ale thickened with gingerbread is very good; the ale is substituted for the stock, and the gingerbread for the flour; the other seasonings are as above.

Carp à la Chambour. (*An elegant Dish.*)

Raise the skin of a fine carp, without hurting the flesh, and take out the strings and nerves of the tail; gut it without opening the belly much; wash it with a pencil-brush; take out the ears, being careful not to hurt the tongue. Lard it, if for maigre, with truffle, eel, and carrot; if for gras, with bacon. Put it in a proper sized kettle, and add a little braise, and set it on a moderate fire or paillasse. Put in a stewpan three skimming spoonsful of espagnole maigre, and half a bottle of white champagne; reduce, and skim off the fat; add small mushrooms, artichoke-bottoms, truffle, carp roes, guenelles, or farce balls, eels cut in pieces; let them simmer fifteen minutes (drain the carp), and finish the sauce with anchovy butter. Dish the fish, dress the chambour round, pour the sauce into the dish, and garnish with cray-fish.

This is one of the most elegant dishes of fish that can be presented.

If for gras, fat livers, cocks' kidneys and combs, sweet breads, chitterlings, &c., may be intermixed with any of the other dressings.*

To roast Carp or Tench.

Scale and draw them at the gills without opening, save the blood; they may be farced, or their bellies filled with a ragout of tomata, gourd, oysters, mushrooms, &c., spices, minced herbs, onions, and parsley; raise also the skin at distances, and farce it. Tie them to the spit, and baste as pike. Fry an onion stuck with cloves, add it with ginger and nutmeg to red wine, thicken with butter and flour; and add to it, when dishing, slices of lemon cut in quarters, with the blood sauce; garnish with oysters and marrow fried in batter, patches of fried parsley, and lemon, cucumbers, &c.

To stew Carp.

Clean the small carp, and marinade them in port wine or fruit vinegar, in an earthen vessel; then put them into stock, sweet herbs, spices, butter, and wine, with salt, whole pepper, and a large onion, a little horse-radish, and lemon zest; leave them to simmer slowly till cooked. Take them up, or pour out a little of the stock and thicken, adding anchovies; boil till all is smooth and well cooked, add the blood with a little red wine and stock; do not boil after the blood is put in; when dishing, add lemon-juice or crystal acid.

White Fricassée Sauce for Carp.

Dissolve three anchovies in half a pint of rich cream an onion or shalot, lemon zest, and a little rice flour rubbed in butter; cook, beat up three yolks, and add them with a little elder or white wine vinegar, and stir till they are incorporated.

* Carp, and other fish dressed à la chambour, are served as cold dishes by the French at their highest entertainments, most elegantly decorated with jelly, and stuck over with elegant silver skewers filled with guenelles of fish, cray-fish, oysters, truffle cooked in madeira, fat livers, cocks' combs, and kidneys, sweetbreads, veal kidneys, spinal marrow, &c. &c.

Baked Carp.

Farce any sized carp with high-seasoned farce, brush it over with egg and butter, lay it in a deep dish, and strew in sweet herbs, spices, chopped anchovies, wine, and stock; baste often, bake it; take up the sauce, reduce, and thicken it over the fire; add verjuice, lemon, or tarragon, vinegar, cayenne, and salt, one or two lumps of sugar, according to the size or quantity.

To dress Carp or any White Fish Fillets with Macaroni. (*See Lamb Sweetbreads*).

Roes of Carp.

Prepare two dozen of carp roes, and put them into fresh water to disgorge for half an hour; change the water, and let them be put on the side of a stove; leave them till they become white; let another stewpan be ready with boiling water, throw them in with a little salt, let them boil, and take them off the fire; have in a stewpan four skimming spoonsful of Italian *blanche* or *rousse*, or good well-seasoned stock; put in the roes, let them boil once or twice, skim, thicken, and finish with lemon-juice: serve them in a silver chafing-dish, paper case, or in a *vol-au-vent*.

To boil Salmon (*Scotch*).

When a salmon is to be cooked where it can be had newly taken, the pot is kept ready boiling with salt and vinegar, that no time may be lost in cooking it, as it is put in the moment it is taken; as hardly any one that is accustomed to eat salmon done in that way will eat it in any other; so that if the nets are drawn early in the morning, the fish is boiled immediately, and eaten cold with oil and vinegar.

In Scotland, the general practice is to eat hot and cold salmon with vinegar alone; and at good tables an Englishman might sometimes find it, to his astonishment, with no other sauce.

Salmon.

(To boil salmon whole or in slices, *see* Directions for Boiling.) Serve it with fennel, parsley, anchovy, oysters, or

lobster sauce, or any number of them. When fat fishes are sliced, they ought to be put into quick boiling water to harden the surface, to prevent the flow of the juices, but they then should be finished on a simmer.

To broil Salmon.

Cut it in slices, and broil it over a very clear fire, or put it in paper, with pepper and salt, butter or oil it, and do it carefully at a distance from the fire. Or take a large cut of salmon, slices, or fillets, lay them into a deep dish, strew a little fine salt, parsley-leaves, scallions, and a bruised clove of garlic over, and baste it with oil; leave them in it two or three hours; put it over paper on the gridiron, turn and baste it from time to time with the seasoning: if it is large cut, open it at the back to see if it is ready; when done, take off the skin, and sauce it with cream butter sauce, and strew capers over it. This is perhaps one of the best ways of dressing salmon; some like the skin, particularly in this nice dressing. When salmon is split for family use, a small quantity of the fish may be left upon the bone; broil as above, and garnish with them, or serve them to breakfast.

To roast Salmon.

Those that like this elegant manner of cooking salmon ought to have a small cradle-spit made on purpose, with five or six small spokes flat on the inside, not to press upon the fish: laths have been in use for it; but the trouble, perhaps, has brought this elegant dish into disuse. A large mashed fine-net will be found to answer, as the laths are easily run into it, when there is no difficulty of bending it to the spit, or roasting it upon a hanging jack; the net ought to be smaller than the fish, and so shaped that it may be quite distended upon it.

Prepare, gut, scale, and wipe the salmon, and make a very high-cooked fish; farce or fill it with nice cooked mushrooms, truffle, or oysters, or season the roe and liver, and return them whole, in addition to any of these.*

* It is always to be understood that the cook must substitute one thing for another that may be directed in receipts; as, for instance, the variety that might be given for this dish would occupy many pages; while the cook, from her knowledge of dressing fish, can appropriate what is in her power better than following implicitly any receipt.

Lard the salmon, if the occasion require it, with anchovy, eel, oyster, or lard; arrange it on the spit, baste it with cream and butter seasoned with a bruised clove of garlic, mace, and salt, and when it swells baste with butter and flour mixed with a very fine green powder of parsley or fennel, and let it take a shiny greenish tint; take up the sauce, strain, and finish it to suit the dressing.

Fricandeau of Salmon. (*See Veal*).

Only lard it with anchovy, eels, &c., and bacon in rows. It may also be served on spinach; but as many do not like vegetables with fish, serve it over any convenient or appropriate sauce.

To bake Salmon.

Prepare as for fricandeau or roasting, and put it into the oven, with a little wine or stock in the dish, not to rise to the larding; if lard is used, baste it with the braise, glaze, and serve with appropriate sauce; or bake it entirely covered with cream, seasoned with mace, pepper, salt, and sweet herbs; pour off the sauce when done, and thicken it with fresh butter and rice flour; add oysters, anchovies, truffle, shrimps, lobster, ketchup, &c. Dish and pour the sauce over it, garnish with cray-fish and oysters, or shrimps in batter, or liver and roe sliced, or in batter, chitterlings, farce balls, with any of the others. See baked Turbot, with the sauce thickened as above.

Salmon Salad. (*See Turbot*).

Cold turbot cooked in any of these ways is excellent, or warmed in maître-d'hôtel or tomata sauce, brown or white Italian, &c.

Ragoût of Salmon.

Fry slices or fillets, stew them in stock, wine, spices, and sweet herbs, and serve with a ragout of oysters, cockles, shrimps, mushrooms, &c.

Trout is a delicate variety of the salmon species, and is dressed in the same way.

Salmon à la Genovoise.

Prepare in slices onions, scallions, carrots, parsley, a clove of garlic, a little clove powder, salt, and spices; braise the salmon in it; add red wine to part of the liquor, with a little reduced espagnole or rich stock, anchovy, and fresh butter; reduce and work it till it has the consistency of sauce; drain the fish, and sauce it.

The Dutch Method of dressing a Jowl of Salmon.

Put it into the fish-kettle with water, slices of onions, a little thyme, sweet basil, parsley, and salt; set it upon the fire, and pour some boiling vinegar over the whole, and let it cook. Take a little of the braise, and thicken it; add anchovy, shrimps, and nutmeg; serve it with the sauce over it, or in a sauce-boat. It must be cooked in a black iron or earthen vessel. This is nearly the French *au bleu.*

To dress cold Salmon in Gratin. (*See Turbot.*)

Scollops of Salmon.

Cut in scollops the size of a crown, and about half an inch thick; fry them in butter, with pepper and salt; put them into a stewpan with a little reduced veloute, or rich, highly-seasoned stock; if for maigre, espagnole, maigre, or vegetable stock, with three or four ounces of butter; toss and turn them; drain and pile them upon a garnished dish; strain a little of the stock, reduce it, and add minced parsley, nutmeg, and lemon-juice, and pour it over.

To braise Salmon.

Let the braise be well cooked and cold; cook the salmon in it, and serve with any of the finer sauces.

The French serve whole salmon so dressed without sauce at their second courses, and eat it with oil and vinegar. In Scotland, they serve it cold at the first course, and eat it with vinegar.

To broil or fry Smelts.

Smelts are a very short time in season. They are of a fine delicate greenish colour, with a strong odour of rushes; dip them in milk and flour, or egg and very fine crums; fry or dip them in salt and water; let them dry, and broil them or dress them in fine herbs, and broil them in paper.

To stew Smelts.

Stew as cod; when nearly ready to dish, put in a little champaign, a bruised clove of garlic, some lemon-juice and fine shed parsley. As they take so little time to do, it would be better to finish the sauce before the fish is put in, only leaving the champaign, lemon, and butter to finish.

In dishes of this kind, after they have been thickened, a pat of butter, without flour, mellows them much.

St. Peter and Roach

Are dressed alike: steep in oil; broil; serve in plain or caper-sauce.

Skate.

There are several sorts: the prickly kind are the best; the gentle skate is without prickles: the great and the long skate have the same varieties.

To boil Skate.

Skate is much the better for keeping three or four days. The wings are the only part of the skate used, although the back, tail, and chitterlings are by far the best parts; the back is very like crab, and where it is understood, is generally dressed for it, or in salad.

Make a braise with water, white wine vinegar, a sprig of basil, a clove of garlic, parsley, onions, half a handful of salt; this braise would be the better to be cooked an hour with the parings of the skate, and allowed to cool; put in the skate, and allow it just to boil; take it off the fire, and put in the liver; cover it with a cloth, and

leave it ten minutes; take up the skate, skin, and take off the brown meat, which may be minced and put into the sauce: put it into a saucepan, and strain a little of the braise over, and leave it till there is just time to heat for dishing: drain it, and dish it upon a napkin; garnish with the liver; pour melted butter and strew capers over it.

Skate, with Onions and other Sauces.

Prepare as above, and sauce with thick gravy butter, shake, and work it well; put no flour into it; add two spoonfuls of mashed onions, or onions cut in slices, tomata, anchovy, oysters, &c.; or cut the skate in oblong pieces, and sauce with black butter; garnish with fried parsley.

To marinade Skate.

Cut the skate in oblong pieces, steep for an hour in vinegar and salt, dip in light batter, and fry a nice colour; dish them over a piquant sauce. Left fish of any kind, or what is not quite fresh, may be done so.

The vinegar not only covers the taste, but is an antidote for putrescency. Or steep in vinegar, onions, parley and salt; drain, flour, and fry them, and serve over any fish-sauce, or on parsley, with the sauce in a boat.

Back and Rump of Skate in Salad or Ragoût.

Backs and rumps make an excellent salad, bearing a strong resemblance to crab: serve it in the same way, or stew them in stock and wine, seasoned with anchovy, mace, pepper, salt, and lemon-juice: let it cool, cut it nicely, and serve as salad, or thicken the sauce with flour and butter; or bake, with or without paste, heightening it with fish-sauce, ketchup, &c.

Thornback and Skate, the Dutch Way.

Crimp either, and lay for an hour in vinegar and water, in a black iron pan or earthen vessel; boil the liver, take it carefully up first, and drain it; cut and lay it upon toasts in a warm dish; when the fish is done, drain, and

lay it over the livers; melt some butter with vinegar, nutmeg, pepper, and minced anchovies; mix two yolks with a spoonful of mustard, and a little ver or lemon-juice; beat all well together, and pour it over the fish.

Such as have never seen large skate, would hardly believe the prodigious size they grow to. One was bought for half a crown that took a small cart to carry it. The meat was expected to be coarse, but that in the cold spring time it would be acceptable to the poor: the liver gave above three Scotch pints of nice oil; the belly, which was full of eggs, was dressed as real turtle, and was excellent; it only wanted the green fat.

The pieces from the wings and backs were cut out like great sirloins, and were excellent after keeping eight or ten days.

Whether this is a particular kind, or that it acquires this size from age, is not known to the writer; but it was pitiable to see the male fish come to the shore in search of his mate, and at last, as if in despair, allow himself to be taken.

In Caithness and the islands the poor people thatch their houses with them, and eat them after they have been kept above twenty years. They store them at the time of the birth of their children, and from that know the length of time they have been kept, serving them as the greatest dainty that can be given at a feast or to a stranger: those accustomed to eat it, relish it as much as a gourmand does a nice salmon. If *haut-goût* is a criterion of good taste, it certainly deserves a place in that calendar.

Another Way.

Cut the skate cross-wise, and roll it with farce, a hard egg, or a bit of bacon; fry it plain, or in batter, and serve it on crisped parsley, or in any fish-sauce; it is excellent in a timbale or casserole.

Pulled or teased Skate.

It may be dried three, four, or six months, or longer, without salt, by hanging it up; strip off the skin, which keep for fining, and lay the skate into tepid water, and put it on the side of the grate to simmer in an equal heat,

without letting it come near the boil; lay the fish before the fire, or into the screen or oven; when it gets soft, take out the bones, put the fish into a cloth, and rub it between the hands till it separates like tow; melt some butter in a stewpan, without letting it oil; put in the fish, and keep turning quickly round with a wooden spoon; when well mixed, which will take an hour, let it cool, and mix it with a nice potatoe pudding; do it over with egg, and put it into the oven; or put it into paste as puffs, and fry or bake them; or serve it hot from the saucepan, in a casserole of nice potatoes, parsnips, or endive, with egg and butter sauce. This bears a great resemblance to the methods of cooking dried fish in other countries.

To roast Eels.

If eels are fresh, the belly is of a white silvery colour, and the back that of shining slate; they must be very lively; kill, and turn them over the hot coals till the skin crisps and rubs off; take off the skin, head, and fins, and gut them by the throat; wash and farce, or not; turn round and skewer; put them into a stewpan with any rich sauce and wine. *The French use mirepois.* Do them half; drain, wrap in paper, and fix them to the spit; take off the paper, and glaze, untie, and serve with the sauce they were cooked in, reduced and thickened.

Or prepare as above; put them into a deep dish, and pour over a cream butter sauce, with shred parsley, scallions, shalots, and mushrooms; when done, take it up, strew crums over, with fine parsley powder, and let it take a fine colour in the oven or before the fire; reduce the sauce till it becomes thick like a ragout; untie, dish the eels, and put the sauce in the well.

Eels, Carp, and Pike, in Matelote and other Dressings.

Prepare the fish, and preserve the blood; dress a saucepan with sliced onions, scallions, a clove of garlic, parsley, carrots, thyme, salt, pepper, fine spices, and wine (champagne) sufficient to cook them, or red wine and stock; when ready to dish, thicken with the blood of the eels. Mushrooms may be added to this sauce, also a quantity

of small dressed onions. This is a favourite French dish, which the cook, with the above ingredients, may dress in various proportions, as also with a mixture of different fishes, such as carp and eels; carp, pike, and eels, &c.

To broil and fry Eels; or to dress them as Friar's Chicken, or Water Souchy.

Prepare, leaving the skins on; if there should be any doubts of their being muddy, lay them for an hour or two in lime or charcoal-water; cut them in junks, according to the size of the eels; dip them in milk, seasoned with mace and salt; flour them in a cloth, or dip them in egg, and roll them in seasoned crums and parsley; broil or fry them; serve parsley, butter, or anchovy-sauce; or serve them as water souchy, or as friar's chickens. (See these articles.)

To collar Eels.

Bone, and dredge with fine spices, and sweet herbs, in the finest powder; roll up tight, and bind; cook them in a meat, fish, or vegetable braise, with some sage or thyme in it; serve in parsley, or on a napkin; or spice high, fry, and pack them in salted gooseberries or ver-juice.

Farced Eels.

When large eels are skinned, make a farce of fish; turn out the skins; make them very nice; lay them in lime-water; wipe, and do over the inside with white of egg; fill them; the heads must be kept on; simmer them slowly; when cold, varnish with white of egg or fish-jelly; put them in prepared paper boxes, and they will keep a long time; they are excellent supper or second-course dishes, dressed upon parsley or a napkin, or as garnishes for large entrées of dressed fish, or dormant dishes.

To dry or kipper Salmon. (*Dr. Macculloch's Way.*)

Scale, wipe, and gut the salmon; open it very nicely, and split it with a sharp knife, that it may not be ragged; mix two or three tea-spoonfuls of sugar with one of salt, and half as much saltpetre; or without salt, and rub the

salmon with it; lay them together for twenty-four hours, and then pin them out with wooden skewers, and hang them in the smoke.

Another Way.

Salt them with a very small proportion of salt, and dip them into crystal acid, letting them dry. They may be dipped again, if they should require; or rub them with a proper proportion of bay-salt, saltpetre, and sugar; when there is saltpetre and sugar, one-eighth of an ounce of salt will be sufficient to the pound.

To dress kipper or dried Salmon.

Steep it some hours in milk and water; marinade it in oil, and toss it; lay it in a hot silver dish, and squeeze lemon-juice over it; it should only be well heated through, but served hot.

To dress salted Salmon.

Soak it in milk and water, and put it on the fire in fresh water; let it only come near the simmer, otherwise it will be spoiled; skim well; take it off, and cover it up with a cloth for five minutes in the water; drain; serve as a salad, or any other way.

Irish Pickle for Salmon.

Equal parts of vinegar, white wine, and water; boil it with mace, cloves, ginger, pepper, salt, and horse-radish. Take out the horse-radish, and pour it over the cooked salmon.

Mullet, or Sea Woodcock,

Are excellent, preserved as the herring: perhaps they are indebted for the appellation of woodcock to the manner of taking them on some parts of the French coast, where they often appear in shoals, with their noses above water, and are shot, and left by the tide. Besides, they are generally cooked with the trail, and they are red. Under all these circumstances, they are well entitled to the name, leaving their delicacy out of the question.

To dress Mullet in different Ways.

Both the mullets are dressed in the same way; the red are esteemed most, having the highest flavour. Scale and wipe them very well; put them into a silver dish, with a little high-seasoned stock and wine, or wine, mace, salt, and butter; when the fish is ready, which will take hardly twenty minutes, pour off the sauce, and thicken it; add any seasoning; cook it smooth, and pour it over; wipe the dish, and puff a warm napkin in a warm or hot water plate, and set the dish in it, and serve them hot; or fold each in a separate oiled paper, seasoned with mace and salt, and pack them lightly into a dish, and bake them; make a wine anchovy sauce; take the fish out of the paper, and drip the juice from the paper into the sauce, and serve them in the same dish; or twist them in clean papers over those they were cooked in, and serve them in a napkin, with the sauce apart; or cook them in oiled paper cases, and do them very gently, basting them lightly with butter, mace, and salt, and serve with the sauce as above.

Mullets may be cooked in vol-aux-vents, casseroles, ragoûts, fricassées, &c.

Salt Fish, with Cream and Parmesan.

Keep it some hours in lime-water, and put it on the fire with fresh water; but on no account let it boil; keep it below a gentle simmer; it will even be better if the water is only tepid, but it must have more time; brush and clean it very nicely; pull it into flakes; put cream into a saucepan, with blanched parsley, mace, and pepper; let it simmer; shake it often, and put in a little flour and butter to thicken it; shake it well, and when softened take it from the fire, and finish it with egg and parmesan.

Fresh and salt Fish and Pork, as dressed at Newfoundland.

Prepare the cod in slices, scollops, or fillets; if the pork is salt, it must be steeped; cut it as the fish, and season them with spices, sweet herbs, garlic, or fine-shred onions; fry them a nice brown, and serve them, laid in rows or layers, one over another, upon crisped parsley; or a nice high-seasoned sauce may be poured over them:

it is excellent with onions and potatoes, or apples. Fresh fish may be used with salt pork, and fresh pork with salt fish; or both may be fresh or salt; an excellent marine dish.

Stock Fish.

Prepare as above; beat it well in a mortar, with grated bacon, yolks of eggs, and spices; when it is completely pounded, mix it into a little cream, flour, and butter, and let it thicken like a pudding; put it in a deep rice or potatoe border, or mix it with either; wash it over with yolk, and brown it in the oven.

Various Ways of dressing the Sea Dragon,

Which is a very delicate fish, when properly dressed; but the cook must take care of her hands, as it has many prickles about the ears and back. They may be braised or boiled, and served with herb butter. Cut off the prickles; gut, wash, and slash them; marinade them in oil, parsley, and salt; broil, and baste them with it; serve them with a caper sauce, or maître-d'hôtel, or any other piquant sauce; or lard with anchovies and eels, or mushrooms and parsley; put them into a saucepan with a bit of butter, and half a bottle of wine, a little sweet basil, a clove, parsley, slices of onion, and carrots; when cooked, strain some of the stock into another saucepan; thicken with flour and butter; when about to serve, add lemon-juice; dish, and pour the sauce over them.

They may be roasted and dressed every way as eels. They may also be skewered, round and open, and fried, so that they may be served round a pillau.

Mackerel.

Wipe, and gut by the gills; leave the row, melt, and liver in them; or take them out, and stuff with gooseberries or rhubarb; tie up the head, and put a handful of fennel and salt in the water; lay in the fish; let them come slowly to the boil, and simmer half an hour; serve with fennel, gooseberry, rhubarb, apple, or any acid fruit-sauce.

Various Ways of dressing Mackerel.

Mackerel may be cooked in every way as directed for sea dragon; or served in fillets, as directed for sole; or

broiled in paper; or take the fillets off, with the skin attached, and melt some butter in a frying-pan; put them in with the skin side down; strew on a little salt, and baste them with butter; put on a round of white paper, and set them in a cool place. Prepare a sauce of reduced stock, minced parsley, and shalots; finish with a large piece of butter and lemon-juice; when about to serve, froth the fillets on the fire, turn and cook them; have the roes, melt, and livers properly cooked to garnish with; dish, laying one over another; pour the sauce over; garnish with sippets, balls, or corks of fried bread, liver, roe, &c. There should always, when fillets are taken off mackerel, be left a little of the fish upon the bones, as they are the most delicate part, and are esteemed as an excellent breakfast or supper-dish broiled, with pepper and salt, and excellent garnishing at family dinners, when attention can be paid to such things.

Caveach of Mackerel, Salmon-Trout, Herring, and Sea Dragon.

Cut each into four or five junks: from ten to twelve pounds of mackerel will require twelve cloves, two nutmegs, eight long peppers, fifty corns, allspice, a little mace, ginger, and three quarters of an ounce of pepper; all these are to be pounded and mixed with one ounce of fine pounded salt to every pound of fish; rub, and stuff it into the fish with the fingers; fry a fine colour in oil or clarified butter; when cold, pack them into a very nice jar, strewing allspice among them, with cold boiled vinegar, and pour oil over it. If well covered, and properly secured from the air, they will keep a long time. Serve hot rice for the English, and with cold for Indians.

Collared Mackerel, Trout, Herring, &c.

Take off the fillets, with their skin; rub them with the spices as for caveach; if for present use, half the quantity of salts (what is meant by present use, say a month); add sweet herbs, and a little cochineal; strew some allspice over them; roll them up and bind them; put them in as much braise as will cover them, made of fish or meat, and simmer very slowly till done; let them cool,

and put into the braise an equal quantity of strong vinegar, with allspice in grains; let it boil once up; when perfectly cold, pack and cover as above. Salmon-trout and herring are done in the same way. The pots ought to be small, as the fish spoils soon after being opened.

Smoked Mackerel.

Gut, wipe, and salt for twelve hours; wipe, and hang them in any convenient place for smoking. Herrings are salted in the same way; or if to be redded, add a little saltpetre. These are what is called fresh-salted. If dipped in crystal acid, they will not require smoking, and will be equal to the best red herrings. Bloaters are nothing more than the fattest herrings, which generally fall down a short time after they are hung.

To pot Mackerel and Herrings.

Cut, tail, and fin the mackerel; rub them well with fine salt, and leave them in a pan for two or three hours, to search out the blood; drain, and wipe them well; pack them into an earthen pan; slice onions over them, and strew them with powdered allspice and mustard-seed, with a very little fine salt; continue to do so till all are in; fill up with white vinegar and water; cover very closely with paste or paper, and put them into a slow oven, according to their quantity, from four to six hours.

Pickled Mackerel.

Simmer slowly in just as much water and vinegar as will cover them, in a black iron pan, or earthen vessel, with a few grains of allspice and salt; let them cool, and pack them into an earthen pan; pour the liquor, when cold, over them; cover well up, and they will keep in a cool place for three or four weeks.

To dress Sprats.

Gut, wipe them with a cloth; assort them into equal sizes; put them upon skewers, and dip them into a pickle of salt and water; lay them before the fire to dry, and broil or fry them; sprinkle in a little vinegar and salt, or dip them in milk, salt, and flour, and fry them.

To pickle Sprats in Imitation of Anchovies.

Get them very fresh, and pick out the thickest and what comes nearest the size; rub them with a little fine salt and garlic, and leave them twelve hours; strew the vessel they are to be packed in with bay-salt and lemon zest; wipe, and pack in the fish in nice layers, strewing in the bay-salt, mixed with a little cochineal; cover immediately, and closely up; if a barrel, it ought to be pitched; turn the vessel upside down every three days for a month, when they will be fit for use.

The famous Brandade of Provence.

Soak a piece of salt ling, or cod fish, in lime-water, which will swell and make it very white; put it upon the fire, in fresh water, but do not let it boil; prepare a stew-pan with butter or oil, or a mixture of both, with parsley and garlic; put it on a slow fire; pick, and pull the fish into small pieces; put them into the stewpan; shake it well to make it dissolve, and as it thickens, add butter, oil, or milk; shake the pan constantly, till it becomes a thickened mass; the stewpan must be strongly and constantly agitated. A French cook, in giving this receipt, said that all depended upon the *force de bras*, in making this highly-esteemed dish. It is excellent baked in paste.

To bake Herrings or Mackerel.

Scale, gut, and wipe them; return the roes and liver into the stomach, with a little bruised garlic, sage, pepper, and salt, and put a little into the dish; rub them with cayenne, ginger, pepper, and salt, in fine powder; lay them into a deep vessel, and cover with equal parts of vinegar and water; cover close, and give them time in the oven, according to their quantity.

To boil fresh Herrings (*Scotch.*)

They are boiled as salmon, but are seldom boiled in that perfection in which they are done upon the shores or in the boats at the fisheries, where they are put into boiling sea-water, which, by the time it has cooked two or three potfuls, is nearly reduced to herring-juice.

The gourmand only eats a pinch from the back of the neck and the soft roe. Herrings are excellent fried in fillets, in batter, dressed in fine herbs, and in a garlic ragoût or maître-d'hôtel.

In France, in the first style, the soft roes are cooked in the herring, and then taken out and finished in paper cases for the table, with a proper sauce.

The fishermen of the Hieres dress their far-famed fish in oil, pepper, salt, a little water, and a great deal of garlic; and when stripped of their skins, even to an English taste, they are delicious, and are higher flavoured than in any of the very nice dressings at the inn table.

When, therefore, we depart from simplicity, we ought to be very careful of what is put in its place.

Salt Herrings.

The poor in England despise this excellent and economical food, which is such a relish and conveniency to them, and source of wealth to the community.

They are much better than the sardinas so much sought after in Roman catholic countries, which the people eat as a zest at least one half of the year, putting Lent and fast-days together. The Scotch boil them with their potatoes, to which they give a very fine relish, and save them salt, which, even cheap as it now is, is of consequence to them.

They are excellent when steeped for a night either in water or milk and water, and boiled or dried for broiling.

Fillets of them, when they are very fine, may be sent to table as anchovies for wine zests: they may be used as anchovies in sauces, dissolving them in a little port wine.

They are excellent pounded, and put into potatoe, savoury pudding, and pastes for fish, or fresh herring pies.

There is nothing that is brought into a house more generally useful, nor more economical, under proper management, than a cask of salt herrings; they are ready to make up a dinner or supper, and assist at breakfast. Many receipts are useless unless it is seen to what account they can be best turned.

Fillets of Herrings in Paper Cases for Breakfast.

Cut out the fillets of fresh or salt herrings; if too salt, lay them in milk and water for some hours, wipe them, have a strong paper case or two ready, strew in nicely-minced onions, and a very little garlic, seasoned with pepper and a bit of butter; lay in the fillets, and strew over them onions, and lay in bits of butter; set them high over the fire; give them time, and serve them hot in the cases.

Another Way.

Prepare the fillets, and roll them in a little bruised garlic, sugar, and mace; have a very strong cartridge-paper case, put a pretty proportion of butter into it, and lay over the fillets; cut a paper nicely fringed, with open rays from the centre; lay it on; put a bit of butter upon it, and let it brown; just as it is going to table, roll up a fringed bit of paper, force it into the top, and cut it on the under side, that it may stick, as when the top is oiled and browned, this is unsoiled to take the cover off by.

They may be differently seasoned, and cut in the shape of anchovies, scollops, large fillets, &c. and dipped into egg and butter, or batter, and fried; serve on crisped parsley or in cases.

To pot Char, small Salmon-Trout, Herrings, and Eels.

Take off the heads and fins, gut, clean, and wipe, but do not wash them; mix equal quantities of salt, saltpetre, and allspice; rub, and pack them into an earthen pan for twelve hours; take them out, and let them drain, for if they are drained from the beginning, the seasoning is lost before it takes effect; prepare and mix in fine powder eighteen blades of mace, thirty cloves, ten long peppers, one nutmeg, a quarter of an ounce of pepper, and an ounce of bay-salt, rub the fish gently, that they may not be bruised; pack them into a deep earthen pan, and put over as much butter as will completely cover them; cover with white and strong brown paper; tie down close, and put them into a moderate oven, or after the bread is drawn; leave them to soak three or four hours; let them cool; pour off the butter; pack them into proper potting-pans as close as possible, with their bellies down; they should be only one deep; have the sizes equal, so that

they may pack smooth; press them gently together, and smooth them over, and when perfectly cold, cover them deep with butter, and when it cools put them up. Herrings to pass for trout must be redded with cochineal: send these potted fishes to table in their potting-pans. Boil up the juice with wine or ketchup for fish-sauce.

Serve any of these potted fishes in a rich wine stock and butter-sauce very hot; but the fish must not boil.

These different potted fishes are often stored in families, who hoard them up for occasions to serve them cold, and never think of serving them in rich hot sauces, when they are even in want of variety.

SHELL-FISH.

To choose Lobsters, Crabs, Cray-fish, and Shrimps.

When good, they are heavy, fine-coloured, free from furze upon the shell, sweet-smelling, stiff, and ready, when pulled out, to return into their curve. If bought alive, they must be very active, for if dull and languid, they will not taste either well or fresh when cooked. If necessary to keep them, they may be rubbed about the joints with a little sugar or crystal acid, and laid upon their faces on sand or cold stones, as reboiling, which is often resorted to, makes them fade; and it may be a question whether they are then better than in a rotten state.

Shell-fish will keep a considerable time, if cooked in fat, and put into vinegar, or dipped into crystal acid; in this way, this elegant addition to the table may be preserved through close time. (See also Preparing Veal as Tunny-fish, and the Russian Method of Preserving Shell-fish.)

Lobsters are generally bought cooked, but are much better if got alive. The male, which is easily known from his narrow back, is the highest flavoured; the hen is preferable for sauce, on account of the spawn.

Lobster Salads.

To serve it in the shell, divide it, place the head in the centre, and lay a half down each side; break the claws in such a way as not to injure the meat, and put one at each end; garnish with parsley. To serve it out

of the shell, take out the fish as whole as possible, dress it upon the dish, and garnish with pickled cucumbers, capers, anchovies, nasturtium flowers, parsley, and horse-radish; make it look light and handsome: or use nothing but cray-fish and spawn, with a border of horse-radish, attending to the other garnishing upon the table.

Potted Lobster.

A plentiful supply should always be made, as it answers so well for sauces; but what is made for sauces ought to be very highly seasoned, to insure its keeping well; boil them in salt and water, or in wine, cider, ale, or stock, and when cold, rub them in a mortar separately, or with the spawn: what is to be served potted, may be marbled with the spawn. (See veal.) In pounding, put in a little very nice butter, mace, pepper, and salt; no juice, as that prevents it from keeping; pack close, and cover as other potted meats.

To preserve the Spawn.

Separate it into the pea by whisking it in water till the fibres are taken out; strain, and let it dry in the oven till quite hard, and put it in small paper bags, and pack it into a box lined with white paper: when wanted for use, put it into cold water, and set in a warm corner to swell, or mix it into clarified butter and pot it. It will keep any length of time at sea.

Another Way to preserve it in the Shell.

Bake the lobster in butter, seasoned high with fine spices, salt, and a clove of garlic. Pack them whole or in pieces in the shell, having dipped them into double-distilled vinegar; divide the butter they were cooked in amongst the pots, and fill up with more clarified butter; cover with crystal acid, and put them close up.

To dry Lobsters.

Cook them as above; cut the coral in slices, and put it to dry in a cool oven, and reduce it to powder, and bottle it.

The fish is to be pulled in pieces and dried in the same

way, and upon being swelled will cook in fricassée or sauce.

All kinds of shell-fish may be potted, pickled, or dried, such as oysters and lobsters, &c.

For Lobsters and Crab Salads, see *Turbot Salad.*

To marinade Lobsters.

Boil them in salt and water, cider or wine. Take them as whole out of the shell as possible, and set them in the screen or oven to dry off the water; pack into proper pots, which will hold just as much as should be used at a time, and fill them up with strong vinegar, and cover it close: let it stand two days, pour off a fourth of the vinegar, and fill it up with fine olive oil. If properly done, it will be as good as what comes from Russia, and may be served in any way. Dish as a salad, as it is a pity to cook it.

To preserve Lobsters in Oil.

If possible, buy them alive at the height of the season, when they are in the best condition, and cost little. The water ought to be prepared with spices and sweet herbs for cooking them; take them out, and dry them a little in the oven; lay the pieces whole into wide-mouthed bottles or pots, and the spawn amongst them; cray-fish, cooked in butter or oil, may be put in, in the shell, for garnishing: cover with good olive oil, and stop close.

Crab Salad.

Crabs may be dressed as lobsters, in every way but that of the shell, which, from the different form, admits of several other ways of serving. Pull the meat of the crab into threads; pick out all the soft out of the body; season it with mace, pepper, salt, mustard, and vinegar; put it into the bottom of the shell; beat up the coral, and roll it into beads, or cut it into squares; put in the picked white over the soft meat, and form it equally, and garnish with the coral; stick on a thick border of parsley with flour and egg; put the shell in a dish of parsley or on a napkin; serve oil and vinegar, or get very fine crab shells of different sizes, and saw out the breast, so as to make the opening larger: simmer till they are as nicely clear as china; oil and dress into them with pickled or potted crab in close time. The large shells, with a paste border, thus

are ready to serve a small dish of real or mock turtle in; likewise small turtle shells are excellent for serving any of the fish salads in.

Crab pies, from being made so heavy, are much out of use; they ought to be seasoned with mustard, vinegar, and cayenne rubbed down with only part of the body, and mixed with the white fish and crums lightly buttered, or dressed with a cream sauce, with very little of the body which may be preserved for sauce.

To butter Crabs or Lobsters.

Make them hot, and serve in the shell or in a silver dish; pour over a rich butter and glaze, or butter and cream sauce, heightened by ketchup, cayenne, and mace, or lemon and mace. Serve very hot.

To roast Lobsters.

Roast them in the shell, basting them with butter, garlic, mace, and salt; crack the toes without hurting the appearance; serve them on crisped parsley. Thicken the sauce, and serve it in a boat. Two may be clasped in one another's small feet, with crisped parsley between.

Cray-Fish.

Cover them up in a saucepan with a little water; toss and shake them well; drain and put them into a clean saucepan; have ready cooked a little strong braise, with cloves, pepper, salt, carrots, onions, parsley, scallions, basil, a clove of garlic, and a large piece of butter; add an equal quantity of wine, cider, or strong ale; let there be only as much braise as half of the fish; cover, and toss them, that those undermost may be brought up, and continue to do so till it boils up, when they will be enough; take them off and cover them, to finish cooking, and leave them in the liquor till wanted.

Put them into marinade with oil and vinegar, with or without the shell, in the same way lobsters are done.

They will answer to put in jelly, with or without the shell, or dry them in the oven. They are dressed every way as lobsters.

Prawns

May be cooked as cray-fish. Those who wish to have them very nice, particularly for potting, will braise them

in the same manner, it is so little expensive, and the braise will answer again, besides its being a most excellent fish-sauce.

Lampets, wilks, clams, scoop-fish, muscles, and cockles may be all dried, made into powder, marinaded, ragoûted, fricasséed in sauces, and potted. By this not being done, a great supply of delicacies is lost to the public, and profit to the poor, who could employ their time to advantage in some of these preparations.

To fatten and serve Oysters in the Shell.

Lay them upon their backs in a pan in layers: the cellar or place where they are kept ought not to be musty or strong smelling of liquors, and ought to have a current of fresh air; make a pickle not stronger than salt-water, for when they are pickled with salt and meal, it must be evident they can only exist under such treatment, and often die in consequence. Fresh fat river water may be used with advantage; pour it gently through a cullender upon them; change the water every twelve hours, giving them fresh; and even were the tide to be attended to, it would greatly accelerate the fattening. Those that are accustomed to feed their oysters ought to have vessels made on purpose to run off the water below, and to leave them sometime dry: thus gently handled and undisturbed, they will fatten and keep healthy, otherwise they are good for nothing. To serve raw, brush clean, and open the oyster, cut off the beards, and put on the shells, and dish them piled up on a napkin; serve with them lemon-juice, pepper, mace, rolls, and fresh butter.

To stew or fricassée Oysters.

Beard and wash them in their own liquor; put them into a stewpan; let the liquor settle, and strain it; to them put in a bit of butter with pepper and mace; stew eight minutes; add cream, or rich stock, and a bit of glaze, and thicken with flour and butter; dish over a lamp for a second-course top dish; or fricassée them by adding eggs, zest, and lemon-juice; a roasted sweetbread, laid in the centre, upon a white fried toast, garnished with cray-fish, is very elegant.

To bake Oysters.

Line a dish with paste, and spread over it some farce; prepare the oysters in their own liquor, with a little stock, butter, sweet herbs, spices; scollops of any fish may be mixed, or put in, in layers with the oysters; cover with fine bread crums, then fill up with more oysters, putting more parsley and minced anchovies into the rest of the crums, and finish the dish; butter it well, and lay a paste ornament over, pressing the whole well down; border the dish with paste; a short time will bake it. The crums may be mixed with a quantity of fine shred parsley, curry-powder, or parmesan.

To cubbub Oysters, with fat Livers, Mushrooms, Sweet-breads, Truffles, Morels, Cocks-combs, Palates, Fillets of Sturgeon, Cod's Sounds, Clams, Fillets of Calves Head, Feet, and Tongues, Cray-fish, Shrimps, Eels, Anchovies, Cocks' Kidneys and Combs, Plums, Dates, Artichoke-bottoms, Apples, &c. with or without Parmesan, sweet or savoury.

Any of these different things must be properly cooked by themselves, excepting the fruit, which must be used raw; make them as nearly of a size as possible, and thread them alternately in proper mixtures upon silver skewers, in the following manner: an oyster, a bit of liver, a bit of sweetbread, and so continue till the skewer is filled: or truffle, tongue, liver, calves-foot, mushroom, cocks-comb, sturgeon, palate, morel, cray-fish, sweetbread, liver; to any of these may be added apple, artichoke-bottoms, cucumber, or dried fruits, in which case, a little sugar is to be added, or parmesan. This is an excellent dish, made up nicely, of little remains that could not be presented alone; besides, there is no trouble, as they are all properly cooked. Hang these cubbubs to a bird-spit, and baste them with butter and proper seasoning; or dip them in egg and butter, and baste them with crums mixed with truffle or mushroom, parsley, burnet, onion, garlic, or any other powder; fry them in butter; dish them in parsley over spinach in any rich sauce, or stick them into cold dressed dishes as a garnish.

Oyster Omelet.

Chop fine a quarter of a hundred of the whites of cooked oysters, beat ten eggs, season with mace, salt, pepper, and fine sliced parsley ; mix in the oysters, and fry slowly a nice brown.

Oyster Loaves.

Prepare the oysters in butter, seasoned with nutmeg or mace and pepper ; dust in a little flour, and finish with a little very rich cream ; cut off the ends of the rolls, and take out the crum ; steep them in cream or stock, and dry and baste them in the oven with butter till they get a fine colour ; or baste with butter, without any other preparation ; *fill and seal in the ends*, and serve ; or roll in egg and crum, and sift parmesan or truffle powder over them ; baste and brown them in the oven. Loaves may be made of all shell-fish as above.

Oyster or other Fish Sausages.

Prepare in the same proportions, pound and fill into eel-skins, hog-puddings, or roll them and glaze, or crum them with grated ham, bacon, parmesan, or any other cheese ; with a little sugar and nutmeg or cloves for the sweet with the dried fruits. These are handsome supper or breakfast dishes ; but all such sausages look better in balls, or a little flatted, and served hot in a napkin.

Fry oysters a fine light brown, or dip them in egg and crums, or in batter ; these make elegant garnishing, mixed with balls, or nice second-course dishes, dished on parsley or in a napkin.

To scollop Oysters.

Allow a dozen for each shell, and more if very small ; wash them in their own liquor, cook them with small button or minced mushrooms, parsley, shalots, and some whole pepper ; brown and dust in a little flour ; add the liquor of the oysters and stock, and reduce them to a sauce ; take it off the fire ; put in the oysters ; toss, add the juice of a lemon ; fill the shells, cover with crums and butter ; put them into the oven till of a fine colour, dish and serve. They may be served in their own shells and broiled, or for broiling, blanch them in their own liquor ; do not let them boil ; pour it off, and add a bit of

butter, pepper, minced parsley, and shalots; fill the shells as above, and broil them.

Oyster Fritters.

Let them blanch, but not boil; mince them; mix with minced cooked mushrooms, a little rasped lard, fine minced suet or marrow, parsley, shalot, mace, and pepper; mix it into a thin tough batter; finish as other fritters; serve in a napkin, or upon crisped parsley at the second course, as the French do, as a *plat de rôt:* they may be done without the mushrooms: cooked separately, they make two excellent dishes; they may be seasoned sweet. Oysters make excellent sulpiçon.

To pickle Oysters.

Take any quantity, and simmer them slowly ten minutes in their own liquor, with mace, pepper, salt, *if necessary;* take up the oysters, and put them into very nice small pots; add an equal quantity of vinegar to the liquor; boil it up in a black iron or earthen vessel; pour it over the oysters, adding a dozen grains of allspice to each pot; put a little olive oil over; cover with bladder, wetting them, or if with leather, oil it over. They will be safer in strong bottles, as shell-fish keeps very ill in pickle. It would be advisable to put in a lump or two of white sugar in powder, with a table-spoonful of brandy when they cool to each pint pot: cover them, and paint them entirely over with a strong paste made with rosin and flour. All preparations of this kind should be carefully attended to, and every thing in readiness for putting them up before they are prepared, as half an hour or less exposure to the air will make them keep a month more or less. When, therefore, particular shell-fish is pickled, whenever it is put into the pots, put them up to the rim in cold water, with a cloth over to receive the steam: when cold, mix in the brandy; cover with oil, wipe the pots or bottles, and make them up as above.

Another Way.

Instead of their own liquor, prepare them entirely with distilled vinegar and spices as above. The beards and juice may be prepared as sauce separately to use with them.

Oyster Powder.

When the oysters are prepared by simmering in their own liquor, cut them across in thin slices; dry them crisp, that they may be reduced to fine powder; or pack and use them for sauces as truffle or morels. All small shell-fish may be preserved by these means, and particularly useful to travellers or seafaring men, as they are renovating and healthy.

Laver

Is generally baked or boiled as it is taken out of the sea, and sent to market in that state. The best way to dress it, is with a little mace, pepper, or cayenne, with lemon or orange-juice, or vinegar; serve it very hot; it should either be served over a lamp, or sent to table hot when the joints are cut up. It is eaten with roast, broiled, hot, or cold meats.

Those that can have it fresh from the sea, will find the advantage of cooking it as follows:

Let it be extremely well picked, washed in sea water, drained, and put into the oven with a little porter and pepper, or butter and pepper, and leave it till tender. To pack for family use, let it be in small pots, press it well down, and cover with suet, upon which put a little crystal acid; laver so cooked and preserved is an elegant addition to broiled and roasted meats, and many prefer it cold. In that state it is called sea-marmalade; an excellent sea store as well as antiscorbutic.

Anchovies.

The oilman must be trusted to in this article; but the cook ought to know them. When they are good, they have a red fattish and fresh appearance, and separate clean from the bone; the smell is very pleasant, and the brine red.

The gorgonor fish are esteemed the best.

Sardinas which are packed in very large barrels, are much used in Roman catholic countries, but are not so good, though much esteemed where they are taken.

SAUCES.

Colouring for Sauces.

Beef juice. Butter the bottom of a stew-pan, put into it some thin slices of ham and bacon, with slices of onions and carrots, covering the whole with thick slices of beef; wet it with two ladlesful of grand bouillon or good stock; boil it upon a brisk fire; when it begins to stick, prick it with a knife; put it upon a slow fire or furnace, and take care it does not burn; let it fall into a glaze; moisten it with stock, skim and season it with a bunch of parsley and some stalks of mushrooms. When the meat is sufficiently cooked, take off the fat, and run the juice through a wet napkin. Make use of it to colour soups, sauces, or made-dishes, which require juice or colouring. This, and browned bread and fried onions, is the only browning used by good French cooks.

Grande Sauce.

Butter a saucepan, and dress it with slices of ham; cover them with veal, cut in pieces, and put in one or two spoonsful of bouillon, as much as will nearly cover the veal: add two carrots and a large onion, which must be taken out when done. When it falls to a glaze, leave very little fire under. Surround it with hot embers; let it colour by sticking; detach it by putting in a ladleful of cold bouillon; and, as soon as it is detached, fill the saucepan with bouillon or stock. When the veal is done enough, take it out, and strain the sauce through a napkin into a saucepan; and, if strong, reduce it to the proper thickness of sauce by adding roux. Boil it, and set it aside upon the furnace; shake it from time to time, and, if it is not of a good colour, add some beef juice. If a skin should form, do not take it nor the fats off till it is perfectly done. Strain, without forcing it through, vanner or stir and cool it, by letting it fall from the spoon into the basin, till quite cold, to prevent its skinning anew; and make use of it for all brown sauces.

Espagnole, or Brown Sauce.

Take two or three slices of the fillet, or noix of veal; cover a saucepan with slices of bacon and ham; let there

be most of the last, and conduct it, by wetting it with consommé, as is directed for grande sauce. Season it with five or six carrots, and as many onions. After it has boiled, put it upon a slow fire, that the juice may be made. When the glaze is properly formed, it will be a fine yellow. Take it off the fire, prick it with the point of a knife, that the juice may flow; moisten with consommé, in which has been cooked a sufficient quantity of partridges, rabbits, or fowls: add a bunch of parsley and young onions, seasoned with two or three cloves, according to the quantity, half or a whole clove of garlic, a little sweet basil, and thyme. Boil the whole, and draw it to the side of the grate. Skim it; when it has cooked two hours, mix it with the roux: let it be clear; boil it from half to three-quarters of an hour, that the roux may be well incorporated; skim and strain: put it again upon the fire, and reduce it to a fourth. This answers for all brown sauces. Madeira, Champagne, or Burgundy, is used according to the use made of it; but it is better not to put it in while cooking, as some sauces require no wine, and it is apt to spoil with the wine in a night. It is therefore better to reduce the wine in a little glaze at the time it is to be used.

Espagnole travaillée.

When espagnole is used simply for sauces, take two or three ladlesful, and one of consommé, and reduce it with parings of truffles or mushrooms over a strong fire, and skim it well. If it requires more colour, put in beef juice. See that it is of the consistence of a sauce; strain and put it into a bain-marie.

Velouté, or White Sauce.

Butter a stewpan, and put in a slice of fillet of veal, some slices of ham, a spoonful of consommé, three or four carrots, and the same quantity of onions; boil it on a brisk fire. When ready to stick, add a sufficient quantity of consommé. After it boils, draw it to the side of the grate, and put in mushroom chips and shalot, a bunch of sweet herbs, which must not remain longer than they are cooked. Prepare a roux blanc (see that article); add a sufficient quantity to the velouté; stir it well to keep the flour suspended, that it may not stick: skim, strain,

and put it again on the fire; skim and reduce. When cooked, pour it into an earthen vessel, and continue stirring to prevent its sticking.

Velouté travaillé

Is made as espagnole travaillée, keeping it perfectly white.

Béchamelle.

Put four pints of velouté into a saucepan, with a little consommée; put it upon a quick fire; stir it carefully till reduced a third: reduce four pints of good cream, and add it.

Cooked Marinade.

Put the size of an egg of butter into a stewpan, one or two carrots in slices, two onions, a clove of garlic, a little thyme, basil, branches of parsley, and two or three young onions, cut in halves; boil them upon a brisk fire. When it begins to brown, moisten it with a glass of white vinegar and a little water: add allspice and salt. Let it be enough done; strain, and use it as occasion requires. It ought to be kept close covered, and boiled up from time to time.

Poêle.

Take four pounds of kidney fat of veal, cut it in pieces, a pound and a half of ham, a pound and a half of rasped or minced bacon, five or six sliced carrots, eight small whole onions, a large bunch of parsley and young onions, stuck with three cloves, some thyme, a little sweet basil, a little mace, and three sliced lemons*, without the peel or seeds. Put all into a very nice pot, with a pound of good butter; set them upon a slow fire, moisten it with bouillon or stock, boil and skim them; let them simmer five or six hours, and strain it for use.

Sauce à la Mirepoix.

This sauce is made as the preceding; it only differs in having for its moistening a quart of Champagne, or any other good white wine, instead of bouillon.

* Let a black iron saucepan without tin be used, or earthen vessel, as lemons are dangerous in tin as well as brass.

Blanc.

Take a pound or a pound and a half of beef kidney fat, cut it in dices, put it into a pot, with carrots cut in slices, a whole onion, stuck with two cloves, a bunch of parsley, and young onions, three cloves of garlic, two sliced lemons, without the peel or seeds; put the whole upon the fire, without allowing it to brown; when the fat is three-fourths done, shake in a spoonful of flour, moisten it with water, and add salt.

Grand Aspic, or savoury and ornamental Jelly.

Make a stock of a knuckle of veal, ham, poultry, old rabbits, game, &c. with carrots, onions, and sweet-herbs; let them sweat gently, and when it falls into glaze, moisten with stock, or, if water, it must be more reduced; skim, add salt, and simmer three hours; skim and strain through a wet napkin; let it cool, and take off any fat or sediment; add three or four eggs, shells and all, a spoonful of tarragon vinegar, and a little bouillon; put it into the aspic by degrees; stir it with a whisk upon the fire; when it begins to boil, draw it to the side of the stove, that it may simmer; put fire over it; when it clears, strain it through a wet cloth, hung upon a frame; put it upon the fire, and cover as before; strain again through a napkin, when it will be ready for use. Stock made of cow-heel, seasoned as the above, will be in every respect as good: mace and pepper may be added, or wine, but this is matter of taste; besides, attention ought to be paid to the different uses it is to be put to; and when ready, it may be seasoned and coloured differently, to cut in gems for garnishing cold dishes for entertainments.

Petite Sauce à l'Aspic.

Put into a stewpan a large glass of consommé or stock; infuse in it a quantity of fine herbs, such as are used for ravigotes; put it on hot cinders for a quarter of an hour; it must not boil; strain through a cloth; do not press it too much: put in a spoonful of tarragon vinegar, and a little allspice.

Roux.

Melt a pound of butter or more, without letting it brown; put in as much of the finest sifted flour as the butter will take; make only as much as will be required at a time: this roux ought to have the consistence nearly of a firm paste; put it first upon a brisk fire; stir it constantly; when it becomes very white, and begins to thicken, set it upon hot cinders under a lighted stove, in such a manner as the red cinders may fall upon the cover; stir every seven minutes, until it is a fine *roux*. By this manner of doing it, it will not have the acidity that roux generally has.

La Ducelle, an elegant Sauce.

Mince equal quantities of mushrooms, parsley, shalot, or scallions; add fine spices, salt, and pepper; put in a sufficient quantity of espagnole or velouté; if there are none of these sauces, use a rich stock and a little roux or cream: when well cooked and thickened, take it off the fire, and add yolks of eggs and lemon-juice; it must be thick enough to wrap up in papers, and must be used with all fowl, fish, or meat that is served *en papillotes*.

To melt Butter.

If it is to be melted to make up different sauces, which is by far the easiest way, where there is much to do, the butter ought to be fresh, or washed from the salt, and melted with very little liquid, rather as a roux.

Use a very little milk, and as much flour as it will liquefy; add the butter in pieces, and keep turning it round one way till perfectly smooth; this will save the trouble of rubbing flour and butter together for each sauce, and waiting for its cooking; and with glaze stock and cream will enable the cook, in a short time, to serve as many different sauces as she may have occasion for.

With Cream.

Put a small teacupful of rich cream to a pound of butter; it wants no care, for when melted and sufficiently warm, it is ready. It may appear an extravagant sauce; but when so much is given for a turbot for entertainments, plenty of good sauce says more for the style of

cookery than a great deal of money laid out otherwise injudiciously; it makes the nicest lobster or oyster butter; to which may be added a little almond paste and a small bit of sugar, but this must be done with care.

To melt Butter with Water, or Milk and Water.

Break the butter into small lumps, with as much water as will make it the richness required, from half a gill to a pint to the pound; dust in the flour; the more water, the more flour will be required; turn it one way till perfectly smooth and the flour well cooked, as nothing is so bad in sauce as ill-cooked flour. Should the butter oil, which will happen either from inattention or from being ill washed, it must be again put upon the fire and well worked, by lifting it with the spoon, and letting it fall, what the French call to vanner. This must be done at the moment of serving, as it will soon return to oil.*

Bread Sauce.

Soak a bit of stale bread in milk, cream, or white stock; boil till tender, and beat it upon the fire, with mace, pepper, and salt, and a large piece of butter; put in some whole pepper, a pulped onion, or wine, currants, and sugar, to suit the meats it is to be served with.

Rice Sauce.

Boil rice flour in milk or stock, with lemon zest, mace, and salt, and finish as a cream or fricassée sauce; or use it for making delicate white sauces, adding the butter at the time of serving.

Fricassée. (*See that article.*)

Apple.

As the apples are pared, throw them into water and lemon-juice, to preserve their colour; simmer and pulp. A more economical and much nicer way is to roast them, as it gives such a fine flavour to the sauce; mix them with cream, butter, and sugar: when there is no cream, use rice flour, boiled to a consistency in milk. A little lemon-juice is an excellent addition. Bread may be added.

* Pans of different sizes, with wooden or ivory spoons, must be kept expressly for melting butter; and nothing should ever be put into them but wine, sugar, or fruit. They must also be cleaned regularly by themselves. This precaution is absolutely necessary to make the sauces very nice.

Currant Jelly.

Melt currant jelly in an equal quantity of port or claret; do not let it boil, that the flavour may not be evaporated.

Currant Vinegar.

Melt some white sugar in it, and add a little port.

Currant Syrup.

Mix and warm with wine.

Lemon for White Meats.

Simmer in three half gills of cream sauce white pepper, zest, and salt; strain, and add from a quarter to half a pound of butter; mix in the juice of a lemon when dishing: it requires no working, unless it shows a disposition to oil. Less butter may be used, and flour added, according to taste, but the sauce is then by no means so nice.

Cooked Ravigote

Is made of small herbs, according to fancy, so that it may be composed at will. Those generally used are cresses, pimpernel, tarragon, celery, and two leaves of balm; pick and infuse them in boiling water for an hour; strain, and put the liquor into a good stock; reduce, add butter and a spoonful of white wine vinegar; work it well.

Uncooked Ravigote.

Mince the same herbs as above, and mix them with a spoonful of minced capers and two anchovies; pound all in a mortar with pepper and salt; add a raw yolk, and put in from time to time a few drops of olive-oil and white wine vinegar, to prevent them turning, and continue till it comes to the consistence of sauce; to which may be added mustard, lemon pickle, cucumbers, &c.

Sauce for a boiled Fowl.

Shred fine, parsley, onions, shalots, two anchovies, mustard, pepper, salt, a thin slice or two of lemon cut in pieces, and a little tarragon vinegar; mix it well together. Use it raw, or work it into melted butter, stock, or cream, and cook it.

For cold Meats.

Shred parsley, shalots, onions, and one clove of garlic

very fine, and rub them down into two table-spoonfuls of oil; beat five yolks, and add them with pepper, salt, mustard, two spoonfuls of tarragon, or elder vinegar, and one of white wine; continue beating till made. If this sauce is well made, it agrees with every stomach; it requires three quarters of an hour to make it well.

Gravy for roasted or boiled Meats.

Cut a skirt or a piece of coarse beef in thin slices; broil it a nice brown; put it to simmer, with a spoonful of boiling water; let it stick to the pan; prick it, and cover it close for a few minutes; add browned water; let it boil; set it to simmer; put nothing into it but a little salt, and just as much garlic as will raise the flavour without being perceived.

Liver and Egg.

Rub the liver down with the yolk of the egg, and mix it by degrees into a made sauce. Or for a covering sauce, let it be thick, pound or mince the white very equally, and add it.

Dutch, for cold Meats.

Beat two yolks of eggs with a quarter of a pound of butter, two spoonfuls of vinegar, a little nutmeg, mace, and salt; hold it, stirring one way, over the fire till it thickens, as it must not boil.

Another Dutch for cold White Meats.

Beat up the white of an egg with white pepper and salt, a dessert-spoonful of shred parsley, a shalot or small onion, a tea-spoonful of mustard, with two table-spoonfuls of olive oil; whisk well together, and add a spoonful of tarragon vinegar.

Dutch Fish-sauce.

Mix the yolk of two hard or raw eggs with half a pound of butter, and a spoonful of tarragon vinegar and salt.

Cream for rich Puddings.

Sweeten and season with nutmeg or cinnamon some rich cream, and cook it with a bit of fresh butter; a little flour may be added; work it very smooth, and set it into

a bain-marie till ready to serve; put in a glass of sweet wine, and a dessert-spoonful of brandy; work it well into the sauce, and give it one slight boil up; squeeze an orange or lemon over the pudding, and pour the sauce over it.

Great Onion Sauce.

Roast four large onions, peel and pulp them into a rich stock, with salt, cayenne, and a glass of port, a little vinegar, or the juice of half a lemon; simmer, and beat up with a bit of butter.

Brown Onion and Sage Sauce, for Geese, Pork, and Wild Fowl.

Slice and brown the onions, add ketchup, ham essence, and cayenne, and finish as great onion sauce; or add sage, and serve it with geese or wild fowl.

White Onion.

Prepare and pulp the onions; add a few crums, with pepper, mace, and salt; put it into cream, and have ready some very small cooked onions, or onions cut in dices or small fillets; work the sauce with a little butter, andadd parsley, or any other sweet herb. Mushrooms, roasted apples, or pulped plums, are excellent in this sauce.

Onion, or Apple and Liver.

Put the liver into the smallest saucepan, with a spoonful of water; let it harden, and turn it on the other side (this is recommended to save the juice); rub it in a mortar, with roasted onions, apples, or cooked mushrooms, a spoonful of tarragon or white wine vinegar; add or not half a clove of garlic or shalot, a little cayenne, and any of the ketchups.

Onion, Liver, and Bacon.

Prepare the liver as above, rasp some ham on bacon, and rub them down together; or use ham essence, and finish as for onion and liver sauce.

Liver and Egg, for Fish or Poultry.

Prepare and rub together as above; if for fish, the liver of the fish is to be used, with fine shred parsley and chives; if for ducks, a little sage juice, or powder, half a clove of garlic, and orange or lemon-juice; finish as above, or put it into melted butter.

Horse-radish.

Grate a table-spoonful, and put a gill of boiling stock to it, with two or three lumps of sugar, and two spoonfuls of good vinegar; mix it well together, adding salt; it may be thickened. It keeps well if properly stopped. All these sauces may be cooked in gravy, butter, melted butter, or cream sauce; but no egg must be put in till it is taken from the fire.

Shalot.

Blanch and rub it down, and put it to a butter, brown, or white sauce, with a spoonful of vinegar, a roasted or boiled onion. Apple or bread crums may be added.

Garlic.

The garlic upon the Continent is so much milder than what is grown here, that more of it can be used; therefore, in making this sauce, it ought to be tempered with onion or apple, or by blanching it very well, and wringing out the juice in a cloth. This is mentioned more particularly, as it is indispensable at tables which foreigners frequent.

Mock Herb.

Boil the seed, stalks, roots, or leaves of any herb, adding vinegar; or use the herb vinegar, and mince down any simple-tasted green, and add just when it is to be served.

Marinade for Wild Fowl.

Put into the dripping-pan equal quantities of claret and water, or home-made red wine, or a mixture of red vinegar and water, with a clove or two of bruised garlic, a little powder or juice of sage, nutmeg, salt, and pepper; baste with it, and afterwards with butter: when ready

to serve, take up the marinade, and work it well; if not enough, add stock and wine, and season higher, if it requires it.

Gravy for Wild Fowl, Goose, or Duck.

Prepare a rich gravy, if of game or wild fowl, so much the better, with half a clove of garlic, four cloves of shalot, nutmeg, pepper, salt, lemon, or orange-juice, and a glass of port wine. This is an excellent sauce for serving fillets of goose, duck, wild fowl, or game in.

Clear Onion, Shalot, Garlic, Parsley, Cucumber, Fennel, Lemon, Tarragon, Sage, &c. &c.

Put any of these roots or herbs into strong clear gravy, and season with cayenne pepper and salt; do not let the roots fall in the sauce, as that would make it muddy. The most economical way is to have vinegars, which gives little trouble to the cook, saves her much time, and are more certain in using.

Sauce-forte. — Excellent Fish-sauce for Foreigners.

Make a nice brown or white stock of game, or fish; add a glass of red or white wine, and one of mushroom, walnut, or lemon pickle, and a few prepared diced mushrooms or truffle; rub together four cloves of garlic, and ten of shalot; a tea-spoonful of fine minced parsley or tarragon, pepper, salt, cayenne, and a glass of olive oil, and add it to the sauce.

Vinegar Mint, Tarragon, Sage, or any other sweet Herb.

Blanch and mince the herb *very fine*, and mix it into a gill of vinegar, and sweeten it. The elegance of all these sauces depends upon the blanching, mincing, and mixing of the herbs: white wine vinegar and white sugar must be used. The different vinegars sweetened would answer the same purpose, but they do not look so well.

Tomata.

Take the seeds out of a dozen of ripe tomatas; squeeze out the jûice, and put them to cook, with the size of an egg of butter, half a clove of garlic, and a little thyme; stir them constantly, till they come to a mash; put in a spoonful of top-pot, which is better than espagnole; rub it through

a sieve, return it upon the fire, with as much stock or espagnole as will bring it to a thin sauce; add salt, pepper, and a little cayenne; or a fresh chili or two instead.

White and brown Mushroom.

As they are prepared, throw them into water and lemon-juice, to preserve their colour; strain and dry them in a cloth; simmer them white in butter, with mace, pepper, and salt; stew them slowly for an hour: cut them, if they are not very small, and rub down the cutlings; have prepared some very nice cream, thickened with rice flour; add it, and work the sauce, that it may be smooth; add lemon-juice, the size of a walnut of white glaze. It may be made with velouté, or any other rich sauce, white or brown, with or without cream.

For common Mushroom Sauce, see *Vegetable Sauces*.

Mushrooms require a great deal of slow simmering, and ought always to be well cooked before they are put into ragouts or sauces.

Péregueux, or Truffle, the most esteemed of the French Sauces.

Cut a nice truffle, or as many as will be necessary, into small dice, so that there may be no waste; fry white in butter, and moisten with four spoonfuls of velouté, two of consommé, and one of white wine. If the cook has not these sauces, let rich stock be used, with a little flour and butter, or a roux, with a spoonful of very rich cream and salt. Any other seasoning may be added; but acids must be avoided, as they rather destroy the fine flavour of the truffle *.

Dry Truffle.

Prepare a tough potatoe, and cut it in very small dice; make a sauce as the foregoing, adding a sufficient quantity of truffle-powder, to give the full flavour; cook the potatoes in it, but take care they do not fall. This sauce will be the better of a little rasped bacon.

* There is no doubt of there being plenty of truffle in England: the proof does not rest on the frequency of old receipts for dressing it, but on our having the vulgar name of sow-bread for it.

Morel *

Is made as truffle-sauce, or with wine and stock, or glaze and melted butter. When the morel-powder is used, small dices of mushrooms may be added.

Caper, Nasturtium, Cucumber, and Green Pickle Sauces.

All of them are to be minced fine, otherwise they are unpleasant; put them into any prepared sauce; let them become hot, to unite the flavours together, but not to boil. Take care that the capers are always kept covered with their own vinegar: when they are used, take them out with a small perforated ivory spoon; mince and use white wine or tarragon vinegar with them; this will prevent the capers from spoiling, and often great waste, in shaking them out of small-necked bottles. The vinegar is precious for clear sauces.

Lobster.

Pound the coral and the meat of the body; whisk the spawn in water, to separate it into the pea; pull or cut the lobster into pieces; pound and boil the shells; season with white spices; reduce, strain, and add it to a little strong stock or cream, and thicken, if necessary. When this sauce is sufficiently cooked, take it off the fire, and mix in the coral and lobster. Dish, and strew the pea over it; or reserve it to garnish the fish: or if the lobster is large, and the shells well managed, a small salad may be dressed of it with the pea, which is beautiful under broken savoury jelly.

Another.

Prepare the lobster as in the last receipt, and put it into melted butter, white or brown prepared sauces. Anchovies may be melted in wine, or pounded with the coral; and lemon-juice may be added to any of these; but too much seasoning is rather injurious. The richness of the cream and stock is the principal point.

Crab, cray-fish, and shrimps are made into sauce as above.

* Morels are said to be plentiful in the northern parts of Essex and in Cambridgeshire, near Triplow, Newmarket, and Walden; they are of a tawny, shriveled appearance. Great attention, however, should be paid in collecting them.

Anchovy and Butter.

Melt the anchovies in a little wine or vinegar, without allowing them to boil, which throws off the flavour; work them into melted butter, or any other plain sauce.

Another.

Dissolve in wine or vinegar, without boiling, four or five anchovies; add them to a quarter of a pound of butter, with half a spoonful of soy; let the butter just melt; mix it at the moment of serving, as oil.

Another.

Pound four anchovies with the same quantity of butter; add four skimming-spoonfuls of espagnole, that has been warmed, just as it is going to be served, and the juice of a lemon; strain; if too thick, add a little stock.

Beurre de Provence.

Make a butter of five or six heads of garlic; rub it through a sieve; put it into a china dish; pour some olive oil over slowly as it is mixed, and salt. It will become a butter by the force of rubbing.

Oyster, and all small Shell-Fish.

Wash the oysters in their own liquor, and strain it; boil down the liquor, with the beards rubbed down in it, with lemon zest and mace; if the sauce is to be made of butter, strain the liquor, and let it cool; put in pieces of butter, dust in flour, and put in the oysters, and cook it as melted butter; or the oysters may be blanched and minced, and put in when the sauce is cooked; or they may be put into a stock or cream sauce, as directed for lobster, crab, &c. Take care not to over-do the oysters.

All shell-fish, such as cockles, muscles, lampets, wilks, are dressed in sauces in the same way.

St. Ménehould.

Melt butter nicely, with a little cream or milk and flour, and cook it with mushroom-stalks, parsley, young onions, and shalots; strain, and add minced parsley.

A la Maître-d'Hôtel.

Put a piece of butter into a saucepan, with minced parsley, tarragon, one or two balm-leaves, lemon or verjuice, and salt; mix with a wooden spoon till well incorporated.

Maître-d'Hôtel liée.

Add to the above a sufficient quantity of velouté; when ready to serve, strain, and work the sauce.

Au Suprême.

Equal quantities of velouté and consommé, or rich stock; reduce it half; when ready to serve, add the size of an egg of butter; set it on a brisk fire to finish; work it well; add lemon or verjuice.

Italian Rousse (Brown.)

Put into a saucepan two slices of ham, a handful of minced mushrooms, and a minced lemon without the seeds, a spoonful of minced shalot, blanched and wrung in a cloth, half a clove of garlic, and a gill of oil; when nearly ready, take out the lemon, add a spoonful of minced parsley, a spoonful of espagnole, a glass of white wine, a little pepper; reduce, and take out the ham.

Italian Blanche (White)

Is made as above, by using velouté instead of espagnole.

Poivrade.

Put into a saucepan a bit of butter, with diced ham, five or six branches of parsley, two or three scallions, a clove of garlic, sweet basil, thyme, and two cloves; set them upon a quick fire; when they are cooked, put in some pepper, a large spoonful of vinegar, and four spoonfuls of espagnole; shake, and boil it; bring it to the side of the stove, and let it simmer three quarters of an hour; strain and skim.

Hachée.

Blanch and mince a spoonful of mushroom, a spoonful of shalots, and about a third of minced parsley; put it into three ladlesful of espagnole, and as much consommé, two spoonfuls of vinegar and pepper; boil and skim;

mince one or two spoonfuls of capers; add the butter of one or two anchovies; work it well. It should not be boiled after the capers are put in.

Piquante.

Add to three large spoonfuls of espagnole, or good stock, a spoonful of vinegar, a clove of garlic, a little thyme, a clove, a little bouillon, or, if stock is used, velouté or roux; skim, and simmer a quarter of an hour, and strain.

Tartar.

Mince a head of shalot very fine, with a little chervil and tarragon; put it into a china basin, with a glass of vinegar, mustard, salt, and pepper: sprinkle it with oil, and stir it constantly: if too thick, put in a little vinegar; if too salt, add mustard and oil.

Fish.

Put into melted butter four onions, a bunch of sweet herbs, cloves, nutmeg, pepper, and salt; cook, strain, and add ketchup or lemon-pickle.

Black Butter.

Shake a quarter of a pound of butter in a frying-pan till it becomes a deep brown; let it settle; skim, and pour it clear off; wipe the pan, and return the butter into it; add two spoonsful of tarragon vinegar, salt, and mix it.

Artichoke, an elegant Fish-sauce.

When bottoms are prepared for winter use, collect all the leaves, cut off the coarser part, and let them simmer till they will pulp; strain the liquor, let it settle, and to every pint add three pints and a half of white wine and one of vinegar; put it into an earthen vessel, and let it simmer half an hour in a bain-marie; let it cool, and bottle it. When it is used, rub a little flour into a quarter of a pound of butter, and put it into three table-spoonfuls of the sauce, or put it in, in pieces, and melt it, mixed with a little flour, as melted butter; add four table-spoonfuls of cream, velouté, or rich stock, and let it boil.

Cucumber, Tomatas, and Celery

Make excellent sauces, prepared and cooked as above. Sauces may be extended almost to any number. Having the vinegars and sauces well prepared is a great economy, especially of time, besides the advantage of having these sauces at all seasons.

Quin's Fish.

Dissolve six anchovies in a glass of port wine; bruise six shalots, and boil them in a quart of walnut ketchup, with cloves, mace, and long pepper; let it cool, and mix in the anchovies, with half a pint of port wine. All sauces ought to be put up in small bottles.

Another.

Half a pint of mushroom ketchup, a gill of walnut-pickle, three anchovies, and two cloves of garlic, pounded together, and a large pinch of cayenne; mix it well, and stop it close. Sauces with anchovies should be shaken when used.

Another Fish.

Port wine, one bottle; sherry, walnut, and mushroom ketchup, of each half a bottle; the juice of four small or three large Seville oranges; shalot and horse-radish, of each half a pound; two ounces of made mustard; cayenne to taste. Cover each bottle with a little olive or nice eat'sfeet oil.

Another.

Rhenish or white wine, one quart; essence of anchovy, one pint; vinegar and water, of each half a pint, three heaped spoonfuls of rasped horse-radish, a sliced lemon, twenty cloves, and a sliced nutmeg; simmer gently, till the water is evaporated; add half a pint of walnut or mushroom ketchup. Let it cool; put it into small bottles; take care, as there is so much acid, to cook it in a black iron or earthen vessel. This is an excellent sauce. It would, however, be advisable to put in the anchovy essence after the boiling is completed, to preserve its flavour.

Another, very expeditiously made.

Mushrooms and walnut ketchup, of each half a pint, twelve anchovies, and four cloves of garlic pounded, and

a tea-spoonful of cayenne; simmer, it is not necessary to boil it.

Mock Tomata.

Pulp some roasted apples, colour them with turmeric and cochineal, or beet-juice; add chili vinegar, and bring it as near as possible to the taste and colour of the tomata; stir into each quart a quarter of an ounce of garlic, half an ounce of shalot, a tea-spoonful of cayenne, and a little salt; simmer gently for some time; it ought to be of the consistency of thick cream; put it well up in half pint bottles. This is an elegant sauce: if well made, it is hardly distinguishable from the real tomata. Great attention is necessary to give it the colour and taste. Fresh chilis are better than cayenne.

Forte excellente.

Rub twelve cloves of garlic with a little salt, an ounce of cayenne, two spoonfuls of soy, three of mushroom or walnut ketchup, and as much cochineal as will give a fine colour; put all into a pint of distilled vinegar; let it stand six or eight weeks, and pour it carefully off, and keep it as a choice side-board sauce.

Artificial Cream for Sauces, Fruit, Tea, or Coffee.

If the rice to be used requires washing, do it very quickly, not allowing it to imbibe any water; rub it dry in a cloth, dry it in the sun, oven, or screen, taking care that the colour is not hurt; pound it, as a small mill will not grind it enough, and sift it through a flour-sifter: of this fine rice flour mix a dessert-spoonful with one pint of new milk and a bit of double-refined sugar; boil it down to the consistency wanted, taking care that it does not burn; a small tinge of colour may be given to it, or a very small quantity of yolk of egg, after it is nearly cold, but not so much as to be perceived, either by taste or appearance.

Milk Powder for Sea Store.

The milk is inspissated as any other fluid substance, and put up dry in small bottles, to be used in tea or coffee.

This will be of infinite use at sea, as well as to invalid travellers. The artificial cream may also be inspissated with advantage. (See the foregoing Receipt.)

SOUPS.

Thickenings for Soups.

Soups are thickened by incorporating the flour of rice, wheat, barley, oats, seeds, mucilage of potatoes, bread, sago, pulp of vegetables, almonds, meat and fish, eggs, cream, blood, and pastes: the flours are rubbed into butter, top-pot, cold soup, cream, or water, and added by degrees.

If seeds are to be much softened or dissolved, they must be put into cold liquid, or if to be hard dry, into boiling liquid, (see *Rice.*) Vegetables, almonds, meat, fish, panada, and bread are pounded and rubbed through a tammy or cullender with other thickenings. Cream, eggs, and blood must be well beaten and strained, and mixed in carefully, that they may not break, without being allowed to boil.

What are generally served in Soups.

Farce-balls of vegetables, bread, meat, and fish; vegetables, meat, fish, and bread in forms.

Farce-balls for soup should not be larger than a hazel-nut, and should always be higher seasoned than the soup, whether of vegetables, meat, or fish; and a good mixture of them all for mock turtle and molukatanee is excellent. Small silver onions of one size, or in rings cut off to a certain depth, that they may be of one size, and strewed over the soup; parsley, burnet, or any other is to be blanched in the soup, and minced very fine, and either mixed or strewn over it. Meat cut in proper pieces, fish pulled in fleaks, or bread cut in balls, dice, or any other form, fried or toasted, either brown or white, pastes, small dumplings, macaroni, and risoles. (For preparing all these, see the various articles.)

Stock-pot.

There is nothing so economical in the families of either poor or rich as a regular weekly stock-pot. At a very small expense, properly managed, according to the size of the family, will give plenty of soup and

rich sauces, as well as a variety of dishes. By the poor it may be made of a marrow-bone, an ox-cheek or head, and a foot or two; they, if they are economists, may persevere through two or three boilings *, and the meat will serve a pretty large family during the week, when done up with fried onions, potatoes, or other vegetables and seasonings. The rich may make it of what they please, only, if they regard their example with respect to their servants and others, they will not allow the meat it is made of to be wasted. The cook, before going to market, *is to consider* what the dinner is to consist of, as, if she is to have ragouts of butcher's meat, bouilli, ox-tail soup, game, duck, and poultry, she may want very little addition to make up her stock-pot, as has been already noticed. The paring of what is to be dressed, heads and feet of poultry, nicely cleaned, bones of ham, stock in the house, fish, &c. may be sufficient.

If marrow is wanted for any dishes, it is the cheapest way to buy the bones, which, after being properly picked, pared, and dressed, ought to be put into the stock-pot. A large dinner is not expensive, when properly managed, as all things prepared for it go farther than in the ordinary manner of dressing them.

English Browning

Is in general made of sugar, butter, wine, and ketchup; but the best cooks often make their browning as they require it, with a bit of butter and a little flour in a large iron ladle or spoon, which is more innocent, sugar browning being very pernicious.

Stock for Jelly, Soups, and Sauces of Ox-heel.

Ox-heel makes the best stock for every use, at small expense and little trouble. If the stock is meant solely for jelly for the confectioner (that is to say that the meat is not to be used), it will not be necessary to take off the hair, only the hoofs; but if to be used (which may be done always to great advantage), in a family for the table, the hair must of course be taken off, which is easily done by brushing them well with unslacked lime the night before, and scalding them in the morning. In either way they are to be put on with six times their

* Our grates are much against economy in cooking.

weight of water, and after boiling and being skimmed well by cold or bleaching water, set to simmer: the oil from time to time must be carefully taken off, otherwise it will make the stock muddy. Let them cook gently, but not off a slow simmering boil, from four to five hours, and then draw off the jelly. If it is wanted very strong, it may be afterwards reduced in a broad saucepan with the cover off to any strength.

Strain it through lawn into deep narrow vessels, taking care that the mouth is equally wide with the bottom. By this means the oil is more easily collected at the top, from the smallness of the space, which ought to be done with a sponge, and finished with unsized paper; there will also be less loss in cutting off the sediment at the bottom.

If a sufficient quantity of stock has been drawn off for the sweet jelly, the feet are to be taken up, and what is required for dishes selected, and the bones well broken and returned; the pot is then to be made up with the customary seasonings of sweet herbs, carrots, turnips, celery, parsley, onions stuck with cloves, spices, and a little garlic, with any other dressings of meat, poultry, game, or fish.

Put in any meat or poultry to be braised; fish for farcing may be put in, in a muslin bag; all ought to be made nicely clean, and so managed as any meat or poultry may be laid over to braise with what water is judged sufficient, and the boiling continued for the same length of time, taking out the different meats as they are cooked, allowing a double time for simmering that would be allowed for boiling. This stock is to be treated in every respect as the first boiling, and is then fit for savoury jellies, soups, and sauces of every description. White sauces may be made from the first drawing.*

This stock-pot, properly managed, may be of any size sufficient to dress the largest dinner, without loss of either time or meats.

The boiling may be continued a third time with a sufficient quantity of water, which will still be productive. When a proper copper is kept on purpose, it ought to be boiled off immediately. If that is not the case, and that

* Roux and wine may be added to part of it, which will make an excellent espagnole for brown, or velouté for white sauces. (See Receipts.)

the boilings are left over, the bones ought to be taken out and wiped dry, and laid in a dry open place till an opportunity again occurs, when the bones ought to be well bruised.

This way of drawing stock is as easily done as any other; besides, if it is reduced with the meat or bones in it, the gelatine re-enters them, and the earthy particles are dissolved, which make the stock muddy. This stock has no flavour, and is ready to receive all others; and, what is still more worthy of remark, is, that it heightens and combines them in a way no other known fluid can effect. Sweet and savoury jellies are a proof of this.

Therefore, every cook that has the management of a table ought to keep always a good supply of this stock; because there is nothing more ornamental, nothing more delicate and healthy, nor nothing more economical; as four large feet will give from fourteen to sixteen quarts of jelly, with three or four dishes of mock-turtle, and as much fine frying oil as the value of the feet.

If the finest jellies can be made of neat's-feet and strong ale, instead of wine and calves-feet, the saving must be very evident. This stock makes the best portable soup. But as such strict economy is not recommended to the rich, other receipts are given for them, that they may leave what is cheapest for those of lesser incomes, and the poor, who often require such indulgences in cases of sickness.* It is only recommended to them not to waste their soup meats, for by so doing, it would be lessening the consumption of animal food. This is a vast consideration to the truly benevolent to increase the food of the land†, because it requires less food to feed us than to feed cattle to feed us; and every conscientious cook will attend to this, whether her employers desire it or no.

Calves-feet Stock.

Calves-feet jelly is made exactly in the same way, and the same economy may be practised in drawing it which is recommended for the tables of the rich.

* A large Carron digester is the best vessel; but the largest in use are not half the size they ought to be for this purpose.

† The poor, and those of small incomes, who cannot afford jelly, when absolutely necessary, from its high price: in such cases, it may be made of the proper ingredients at very little expense; it not being necessary to clarify it, which occasions not only waste, but also trouble and expense.

The above clear stocks may be made in such quantities at once as to keep a full supply for months, which may be made up in an hour at any time; and very convenient in cases of sickness, liability to the constant intrusion of company, or where jelly is much used; after it has been drawn from the stock-pot, let it cool, and take off the oil and settlement. The more it is reduced, the better it will keep; run it into small-mouthed earthen jars, which ought to be kept on purpose, and always boiled in the ley of wood ashes after the jelly is taken out, and kept in a very dry place. Well-fitted bungs should be boiled also in the ley. When these jars are fitted, let the jelly cool, and cover it with distilled or crystal vinegar; it will keep for months, if kept in a cool temperature: the jar, being porous, will be better of being brushed over with strong paste, or once or twice dipped into strong fish jelly. When it is to be used, pour off the vinegar, and make the jelly as from fresh-drawn stock. The cook ought to make herself well acquainted with the making of stock; it will lessen her trouble. The knowledge of keeping stock is also of great consequence, and is not very difficult. Let the stock or gravy of any kind be put into narrow jars that are nicely clean, and when it has hardened, pour over it half an inch of strong vinegar, put in the bung, and set it in a cold cellar. A constant habitual attention to this management will preserve soups, sauces, and jellies a considerable time. They ought to be examined often, and when they show the least disposition to leave the side of the jar, they ought to be boiled up or used; for when a cook cannot preserve gravy or stock for a week, she certainly does not know enough of her business.*

Portable Soup.

The very best is that which is made of neat's-feet, and which has been already given; and, according to the Genevese receipts, the bones ought not to be broken, to

* A cook ought to observe the changes that take place in meats from the different ways practised in keeping them. When stocks, even in strong jellies, are left in broad pans or tureens, with a large surface open to the warm atmosphere and fly, can there be any wonder that they should soon spoil? In summer, the moment they are drawn, the saucepan should be plunged into the coldest water, that the fermentation that comes on at a certain heat may be checked; which is the cause of soups not keeping in hot weather, and also of great waste. Soups in winter, that are left to cook all night by the fire, often get acid from the same cause, the fire falling below the proper heat; and this will happen at all times from want of attention.

prevent the oil from flouring in the first boiling; and when broken for the second, the marrow, from having been boiled, is more easily extracted, and boiling water may be used to take it out.* Finish as directed in the following receipt. It would not be necessary to give any other receipt for this soup†, but to satisfy those who may think it too simple, or not expensive enough.‡

Another.

Following the directions already given, let equal parts of shins of beef, knuckles of veal, and neat's-feet, be broken up and put into a digester, or rather a copper (which is necessary where much is made), with six times their weight of water. Continue the boiling, skimming, and stirring for five hours. Draw it off, and strain; let it cool; take off the sediment and any fat; put it into broad open pans upon the stove to reduce. Pick the the meat very clean from the bones, because, if left, it will make the soup muddy.§ Break and pick out the marrow. The more the bones are bruised, the easier the stock will be drawn. Return them into the copper, with a sufficient quantity of water; and, if there are any other bones — no matter of what — poultry, game, fish, beef, and pork, break and bruise them as much as possible. Skins, particularly of ham or bacon, are of themselves almost a gelatine; but a prejudice is against them in this form.

Is not the skin of the pork eaten roasted? why not in soup? Are not the skins of mutton and beef eaten, as well as the head and feet? Every thing that is clean should be used; but when they are better calculated for this purpose, why should they be thrown away, as they are fittest for portable soups, from the quantity of gelatine they contain? Boil the stock quickly down that has been drawn off, and prepared in broad pans over the stove till it thickens to a strong glue. Pour it into broad tin pans, and put it in a cool oven. When it will take the im-

* If attention is not paid in this particular, the soup is never so fine, nor does the operation go on so well.

† When gelatinaceous fishes are plentiful, they may be added with advantage.

‡ The Genevese, to facilitate the perfect dissolution of the bones, steep them before the second boiling in acid.

§ Pick out all the sinews to put in soup, and pound the meat for butters, farces, sausages, &c.

pression of a knife, score it in equal squares, and hang it in a south window, or near a stove. When dry, break it at the scores. Wrap it in paper, and put it closely up in boxes. There should always be a large supply of this soup, as with it and ketchup no one will ever be at a loss for dressed dishes and soups.*

Liver Stock.

Fresh liver of old cattle give the highest-flavoured and strongest stock, which is excellent. Wash and wipe the liver before cutting it into thin slices. Put it into a broad frying-pan with butter, or rendered beef suet; fry it slowly of a deep brown. If a great deal of colour is wanted, dust it with flour; but do not let it harden much. Slice and fry three ounces of onion, with a carrot and turnip to every pound of liver. Dress a saucepan with thin slices of bacon; put over it the liver, and cover it with the vegetables. Add allspice, pepper, salt, and sweet herbs, with a pint of browned water to each pound, or more if for soup. Lute the vessel, and set it upon a hot hearth, or in a hot oven, for four or five hours. In simmering meat, no evaporation ought to take place, as it carries off the spirit. This stock makes excellent molukatanees,† curries, and sauces for wild ducks, salmis, &c.‡ Pig and sheep's livers are equally good.

Clear Beef Stock.

Break a leg of beef, but separate the marrow-bone by sawing off the ends of the bones, to prevent the marrow from flowing.§ Lay it into a saucepan that has been dressed with turnips, carrots, and three large onions, stuck with a clove or two (if the soup is not required to be clear, nicely fried onions will enrich both colour and taste). Any dressings of meat or bones may also be added, with sweet herbs, and a large bunch of leeks. To

* When cow-heel portable soup was first manufactured at Geneva, it reduced the price to less than a fourth, and was of a much better quality than what was usually sold. No one objects to hartshorn jelly, because it is high-priced; and were veal bone jelly given for one-eighth of the price, it would be rejected, although at great entertainments seldom any other is presented than that from all kind of bones.

† The best soup for bilious patients.

‡ The liver may be made into farce, sausages, puddings, or ragouted with onions or other vegetables, with a little of the reduced stock.

§ A bone bruiser would be an excellent economical machine.

every pound of meat allow a quart of browned water, browned with toast, and strained. Let it boil, skim it, and throw in a little water from time to time, till it becomes quite clear; add the spices. If the sweet herbs are in powder, they must be put in, with reference to the quantity of water, as they cannot be taken out at pleasure as fresh herbs. Simmer it for four hours, when there will be a rich soup, as well as meat fit for a handsome dish, served under any vegetable ragout, or over a pickle sauce. Were the boiling persevered in longer, the meat would not be fit to be presented, and the soup would be muddy. Carrots cut in straws or sliced, and toast, are generally served in this soup.

Sughlio, or Extract of Beef with Wine, for dressing Meat, Fish, Macaroni, &c.

Prepare exactly as for beef stock, but instead of water use wine. If there is strong home-made grape or raisin wines, any of them may be used; or any very fine mild old ale or cider. Simmer very slow with the top of the pot luted, that the steam may not evaporate. This sughlio is used particularly by the Neapolitans to dress their fine pipe macaroni, which is simmered in it without being broken: they also dress fish in it. It is quite a gourmand's dish. The beef, whatever pieces it is made of, is inimitably good.

Much attention is necessary in drawing it, which must be done very slowly, keeping it at the same very gentle simmer. The best way of cooking it is in a jar, in an oven or bain-marie. Carrots, turnips, and coarser vegetables are to be avoided.

Fish Sughlio Maigre.

If the sughlio is to be white, prepare some onions, mushrooms, celery, and turnips. Put them into a stewpan with bones, skins, and as much of any common white fish as will make a rich sughlio; add white spices, salt, parsley, and a small clove or two of garlic, for the quantity of soup. Moisten it with white wine, cider, or good old ale. Lute the cover, and let it simmer for two hours; strain it well, and dress fish, macaroni, Italian pastes, rice, or any maigre dish with it. It may also be used for dressing meats.

Vegetable Sughlio Meagre.

Steep over night a pint of dry peas, and put them in a stewpan with two quarts of wine, cider, or ale, and set them to simmer till they will pulp as above. Prepare the vegetables for white or brown; put them in a stewpan, and after the peas have settled, pour the clear liquid over them, and finish and use it as above.

Consommé, another Stock.

Take a proper tinned pot, heat it a little, and wipe it well; put in it a piece of buttock, or shin of beef, a neck of veal, a fowl, an old rabbit, hare, or partridge; put in a little stock, and reduce it to a glaze, or till the meat sticks; then fill it up with stock or water; boil quickly, and skim it: season it with three carrots, three turnips, three large onions, each stuck with a clove, a bunch of leeks, and two or three heads of celery; put it upon the stove or hot hearth to simmer, having taken care to put the meats in, in such a manner that what is quickest cooked may be taken out first, and so on, as all those meats are to be dressed for the table; put the stock through a wet napkin. This answers for clear soups and all kinds of sauce. The napkin is wet to prevent waste, and the fat from passing through. Old poultry and game so simmered will then dress well in any way.

Mutton and Turnip, Gourd, Vegetable Marrow, or Tomata Soups.

Let a stock be made of mutton, mushrooms, turnips, parsley, young onions, mace, Jamaica pepper, and salt: the ends of chops, shanks, or breast will do, but a scrag is better; let it simmer a sufficient time, which is double that of boiling; take up the scrag, and put it into a close pan or tureen, that will just hold it, with some of the top-pot over it. (Observe, a dish that just holds the joint will take less to cover it.) Strain the soup, and put it again upon the fire, and have ready, according to the quantity, from thirty to fifty small silver onions, and about three times the quantity of turnips of the same size, or smaller: put all into the soup, and thicken with a little flour or oatmeal, rubbed in butter, or a little of the soup-top; but take care to have it mixed some time before,

and keep stirring it while it is passing through the sieve. It is light and more delicate thickened with the parings of the turnips, or without thickening; and it is particularly good if thickened with the white tops of leeks for gravely patients, nourishing for the aged and infirm, and a simple elegant soup for any table. A handful of very fine shred parsley may be strewed over it.* The scrag is to be served up on turnips mashed with cream and butter, or covered with a ragout of turnips, or caper, cream, and butter sauce. When capers are used, do not use their vinegar, but a little strong plain tarragon, or some other; mince the capers or other green pickles very fine; garnish with onions and turnips, or border the dish with them.

Dry Green Pease Soup, with Rice and other Vegetables.

Steep and drain the peas, put them into a stew-pan with a little real stock and a bit of butter; stew in butter a handful of spinach, two or three sliced onions, a carrot, a turnip, and a small head of celery, fifteen minutes; take care they do not brown; add, by degrees, a sufficient quantity of the stock, and let it simmer till the vegetables and peas will pulp. When there is just time to boil the rice, put it into the boiling soup; season to taste; beat up from five to six yolks with some cream, and add them to the soup; when it is taken off the fire, mix it well. This is an excellent soup. Never use split peas where whole will answer, as they are seldom sound.†

Meagre Soups.

All vegetables, in equal or any proportion to suit the taste, are to be fried and stewed down in butter, and moistened and simmered till they will pulp; add a sufficient quantity of water or stock, either of peas or fish, with spices, sweet herbs, and salt. Rice, bread

* When fine shred parsley is directed, it is always supposed that it has been properly blanched. The turnips may be cut in squares, as the balls take a large quantity. The onions and bread may also be cut in squares. Any vegetable and meat soup may be made by the above directions; particularly gourd soup, coloured with tomatas or carrot. Tomata soup is made by simmering and pulping the tomatas, and adding them to any nice soup as a thickening. Small Italian paste is beautiful in it.

† When the above is made with the stock of dry peas, it is the true French maigre soup. Such as cannot digest vegetables in our modes of dressing, seldom find difficulty in digesting such soups. Curry-powder makes an excellent seasoning for them.

crums, balls, sippets, celery, parsley, onions, or any other may be served in it. Where health is regarded, a mellow soup of this kind should be used every day. These soups may be made of one single vegetable, as onions, leeks, carrots, turnips, parsnips, spinach, sorrel, &c.*

Skirt or Ox-tail Soup.

Lay the tails in lime-water for some hours, or a night; wash them well, and cut them at the joints. If the bones are sawed across, so as not to separate them, they will give nearly double the strength (this ought to be done with all large bones); cover the bottom of the stewpan with bacon, and lay them over it. If palates, skirts, or any other meats are to be stewed, they may be all done together, with a sufficient quantity of carrots, turnips, onions stuck with cloves, and sweet herbs; seasoned with Jamaica and common pepper, but not too high, with a quart of browned water to every pound of meat. Have ready nicely-turned carrots and turnips, onions and fried bread, or vegetable balls; strain the soup, and return it into the saucepan, and put in the vegetables.

Beef Bouilli.

Break the bones of a leg of beef well at the ends, but spare the marrow-bone, or take it out, which ought to be sawed just near enough to prevent the marrow from flowing, or bone it and farce it with vegetables or meats, or dob it with bacon; lay into the stewpan any parings of ham, or a ham bone; put them in with two carrots, or the parings of such as have been turned for dressing the meat, with turnips, two large onions, each stuck with a clove, a bunch of sweet herbs, composed principally of parsley and young onions, with a little thyme, marjoram, or what is approved of; let it sweat upon a slow fire; add the necessary stock or water, which may be browned; let it come slowly to the boil, then boil it briskly, and skim it; water may be thrown in, to force up every impurity; season it with allspice, long and black pepper. This may be used for soups and sauces, or it may be served altogether. It is often served with sinews,

* When meat is used, it is not maigre.

tongue, palates, or cow-heel, cut in pieces; vegetables, bread, farce-balls, or small white onions, and white bread balls or turnips. The bouilli to be served under a ragout of any of them, or with a green pickle sauce. Fried bread crums make a good variety.

To dry Animal Skins for making Stock excellent for Sea Store.

The following receipt is very valuable, and is inserted chiefly for seafaring men. One advantage of having fresh meats at sea would be, that they might be dressed partly with salt water; this, of itself, might become an object; and also for such as are distant from towns, where fresh meat cannot always be had: for soups, or mock-turtle, they would find it an excellent substitute. Depiliate a bullock's hide, or calf's skin; purify it very carefully from blood, and all extraneous matter; steep it in lime-water for one night; sprinkle the inner side very lightly with fine salt; roll it hard on a roller, and leave it for a few hours: the object of this is to purify it completely; wash it in fresh or salt water; drip, and rub it with cloths; powder it lightly over with moist sugar, and rub it in with a sponge; roll it lightly, and leave it for twenty-four hours; tent it upon hooks, and dry it in a warm airy place. Before it gets quite hard, it may be cut in convenient pieces for packing.*

Of white Soups in general.

The stocks for white soups are made of veal, mutton, fowl, rabbit, chicken, ox-feet, calves-head and feet, with bacon and ham. In drawing these stocks, a bit of ham, ham-bone, or lean bacon, is used with the usual seasoning. Fish may be used in thickening meat white soups; they give a turtleish lightness and flavour. Eggs make an excellent thickening for the poorer kinds; but the richer

* In the interior of Africa the feet of black cattle and smaller animals are depiliated and hung in the chimneys: when used, they are steeped and brushed in cold water, and then steeped in tepid till they become soft, which takes from twenty to thirty hours; they are then cut up in pieces, and simmered with butter, spices, sweet herbs, and a red powder made from the root of a plant taken out of the bed of the river at low water. All kinds of vegetables are dressed with it, and it is eaten as curry with rice for breakfast, and described to be a much finer flavoured dish; which may be either from the choice of the ingredients, or the particular flavour imparted by the wood that the feet are smoked with.

are more delicate thickened with almonds and artificial or real cream; for although the stocks are properly made and well seasoned, it still requires much care to be given to the thickening and finishing.

White Stock for Soups and Sauces.

Cover the saucepan with slices of fat ham or lean bacon, and lay over it some bones of veal; cover them with the remains of poultry or game, hare or rabbit; add a ladleful or two of stock, and let it sweat, and fall to a glaze; fill up with stock or warm water, and season with parsley and scallions; let it simmer slowly, closely covered, till it is sufficiently done: it is the better of being seasoned with mushrooms, which every cook may have the whole year, if she can command the corner of a cellar. This stock is fit for all white soups, fricassees, and sauces, and may be finished by any of the foregoing directions.

Pectoral Rice and Turnip Soup.

Make a stock of fowl, veal, or rabbit, seasoned with parsley and scallions, mace, a very little pepper and salt. When it is ready, have some turnips, rubbed through a cullender with a little sugar; add a sufficient quantity of sago and rice; let it cook; cut a French roll in thin slices, and toast it white; put it into the tureen, and pour the soup over it. This soup made simply of calves or cow-heel, with rice and turnips, is good for the consumptive. It should be eaten without spices, and hardly any salt: a little lemon-peel and sugar may be added. For debilitated constitutions, wine may be given in it, where it might not be safe to give it alone. If sago is not to be had, potatoe starch or flour may be made in a minute for it, which is in every respect as good as arrow-root. This the poor ought to be taught to give to their sick, where oatmeal may be too heating, or when change is necessary.

Almond Soup.

Make a very nice white stock of feet, veal knuckles, or both, with a bit of ham or bacon; season it with sweet herbs and white spices, and a clove or two of gar-

lic; take up the knuckles, and take off the meat when cooked; put the bones again into the pot; let the meat cool for pounding; prepare the almonds, and for each quart of soup allow white meat and panada, of each 3 ounces, and almonds 4 ounces; fish may be substituted for meat, or half and half; add two teaspoonfuls of the finest rice flour to the same proportion; mix all well together in the mortar, and rub it through a tunny, with a little rich cream; mix it by degrees into the soup; let it simmer, but not boil, till the rice flour cooks and thickens; three or four quarts will require a pint of very rich cream. In seasoning, it ought to be remembered, that the cream will lower it, and that seasoning is not so well put in after. One foot, and four pounds of knuckle of veal, will make four quarts of soup. The veal may be had at sixpence per pound, and, if judiciously bought, often for much less. A large cow-heel, from the killing-butcher, one pound of almonds, one pint of cream, spices, sweet herbs, ham, or ham bones, is amply sufficient to make four quarts of excellent almond soup, the cost of which will not exceed 8*s*. or 9*s*., and much less, if made entirely of a large ox heel, which will yield more than soup for that quality; or make this stock into two soups, and season one as real turtle, lobster, prawn, cray-fish, oyster, or eels. This may cost a little more or less, according to the season; but economically done, even paying high at market, these two different soups, which will be enough for twenty-four covers, may be made for ten shillings.

Before a mistress knows how to regulate her kitchen, she must be often galled to see such a quantity of fowls, veal, ham, almonds, and cream used for a small dish of white soup for eight or ten covers: the heads, feet, fat, and all debris thrown into the waste-tub, while two women are wasting a great deal of almonds and cream in rubbing them through too long a tammy, over too small a dish, and after boiling the meat to rags, throwing it away.

The French make their white soups of veal and chicken; but, besides their being cheaper than with us, they also serve them as part of their dinner: they save the fat, dress the intestines, preserve the skins of the gizzards,

which are dried for making gallino curds; the feet and heads are also used.

All bones should not only be well chopped, but bruised, unless a joint is wanted to appear whole, or where the soup is to be clear.

It is to be regretted that the limits of this work do not allow room to go into more of these very useful details; but if a cook is attentive, she will insensibly gain that desirable knowledge, which she will find interspersed throughout the receipts. These observations occurred to me very strongly on seeing a very wasteful dinner dressed some years ago by a man-cook and his assistant. The dinner was for twelve gentlemen. Had the family cook, who was an excellent one, been entrusted with the dinner, with the assistance of a good cook under her for two days before, the dinner would have even been handsomer, at a third of the expense. "Dear me, madam," said the cook, "I thought it was to have been much finer, and, oh! what waste!" *

Vermicelli and Macaroni Soup.

Having a prepared soup ready boiling, drop in the vermicelli or macaroni in such a manner that it may not ball, and stir it till it has taken properly; rasp some parmesan and gruyères, and strew it into the soup, or send it to table upon a separate dish. When these cheeses are not at hand, take an old Dutch one; the small ones are excellent for this purpose. All Italian pastes are put in in the same manner. It is a folly to make these pastes into thickenings, as ground rice, fine flour, or potatoe starch answer as well, at so much less expense.

Rice Soup, in various Ways.

Pick a quarter of a pound of rice, and rub it well in a cloth, and wash it quickly, so that it may imbibe none of the water, and drop it into boiling milk or soup, ready

* A lady that used to entertain very frequently a certain great personage at her table, always asked that personage's cook to superintend the entertainment. One day, however, she was overtaken, and her own cook had to officiate; when every thing went on so well that an assistant was never after necessary, at the computed saving of half to the lady, and much comfort to the cook.

seasoned upon the fire: when the rice is ready, take it off, and serve it as soon as possible. The proper seasonings for rice are wine, currants, sugar, and spices, sweet herbs, a small quantity of sugar and salt; or boil in water, with or without currants, and season with wine, spice, and sugar. If done in stock, parsley and eggs, as directed for friar's chicken; or thickened with cream and egg, as fricassee. All these varieties are excellent for children, with the exception of wine, and when not ordered for invalids.

Fowl or Capon Soup.

Truss a capon or fowl for boiling; leave on the pinions, and truss them nicely; put it in a pot with a bunch of sweet herbs well seasoned, and two onions, one stuck with two cloves; moisten with good stock; skim it well. When there is just time to cook the rice, wash it (take up the fowl), and drop it into the boiling soup, with half a pound of prunes or raisins; add a little beef juice to colour it; unskewer and dish the capon; cover it with liver, egg, celery, fricassee, mushroom, oysters, or cream and lemon sauce, and serve it as a remove to the soup.

Clear Soup, with Vermicelli, Potage ou Vermicelli clair.

Put into a stewpan as much stock or consommé as will make a potage for six or eight persons; make it boil; put six ounces of vermicelli, by little and little, into the soup, breaking it slowly in with the hand, that it may not run together or ball; let it boil six minutes; draw it to the front of the grate, and skim it; let it simmer till enough; about a quarter of an hour will do it. Take care that it does not dilate or melt too much.

Potage à la Semoule.

The semoule is also an Italian paste (called semonlino), which resembles white poppy-seed. Make this potage as the others, only stirring it a little more, that the semoule may not stick or ball. These are elegant varieties, and may be used in fish or game soups made exactly in the same way. They may also be coloured green, yellow, or red, with turmeric, saffron, spinach, or beet-

root; and if well done, will be equal to cray-fish or tomata.

Potage à la Reine.

Cut out the breasts of three fowls, barb with bacon and paper, and roast or braise them in a stewpan, which must be covered with ham, veal, an onion, two or three carrots, and a bunch of seasoned parsley; cover them lightly with thin slices of lard, and afterwards with two or three rounds of buttered paper, that they may not take any colour: put in two or three spoonsful of consommé or stock; make them boil upon the furnace, then put them under a stove or upon a palliasse; let them cook twenty minutes; take them up, and let them cool: strain the liquor through gauze; make a panada with it. Hash the breasts very fine; put them in a mortar, and pound them, with twenty sweet and two bitter almonds; pound all well together, and mix it with a little of the consommé made of the carcasses of the fowls from which the breasts were taken, and mix all together. This is a very delicate white soup.

Chicken Broth.

Skin a fine fowl, dress the feet, and truss it nicely; put it in a pot with ten pints of water; bruise one ounce of the four cold seeds (see Article, Sweet Herbs); put them in a linen bag; simmer it till it is reduced to eight pints, and use it as refreshing bouillon, or chicken broth. Save the skin of the fowl for farcing with meat, fish, or vegetables.

Pectoral Chicken Broth.

Prepare a fowl as above, with two ounces of barley and as much rice; put them together into a pot, with two ounces of Narbonne honey; when it boils, skim it; let it simmer three hours, till it is reduced to two-thirds. It is good for calming irritations of the breast.

Potage of Game, Chickens, &c.

Having a well-prepared stock, civet, or salmi, take what quantity is necessary of partridges, snipes, ducklings, or any other young birds, for the size of the dish; half roast them, and cut out the breasts, leaving the other

parts whole; make a farce with part of the breasts, sweet-breads, marrow, or butter; season it properly; if game, add a very little thyme and a clove of garlic; almonds may be added to either; rub the inside of the birds with the yolk of an egg, and fill them with the farce; the skin may be kept attached to one side, to be tacked over, that they may be larded; or if without the skin, rubbed with the yolk of an egg; put them into a Dutch or slack oven. Beat half a pound of almonds with the reserved part of the breasts, and a sweet-bread or two, or any white meat; rub it through a tammy with a little stock, and set it aside to finish with. Rub celery, spinach, sorrel, endive, or onions, cooked brown in butter, and stewed in stock: put these to the prepared soup; season it well, and have ready farce-balls, nicely cut potatoes, and a diced sweet-bread or tongue. Add these also, that they may taste of the soup, and put into the tureen slices of light bread; pour the soup over it, and lay in the birds, sticking them thickly over slantwise with sliced almonds; if they have not been larded, make the reserved farce of the consistency of a sauce, hot in a pan with a spout, and pour it all over in rings, or it may be previously mixed with the soup. This potage may be served separately from the birds, in which case a little of the soup must be thickened, and the birds served upon it. This is not at all an expensive potage, as it may be made of any small or left birds, without the almonds and sweet-breads, instead of which a little nice bacon may be added. An excellent farce for this dish may be made of veal, lamb, pig's, or hare lights; to which add a few almonds, and a little garlic, truffle, or oyster powder.

Potage à la Fromage of Fowl, Capon, Turkey, Pea-hen, &c.

Roast the fowl; grate a great quantity of parmesan, and, according to the quantity of soup, cut the requisite slices of bread. Lay one or two into the bottom of the dish: cover them thickly over with parmesan, and brown it with a salamander: pour over some soup, which must be a very nice seasoned stock, and continue till the dish is nearly filled. Put it upon a warm hearth, and cover it with embers. If this cannot be done, let the bread be simmered in the soup, and taken out, and covered with

the cheese: but this way is not so good. When ready to serve, lay the fowl upon the top, cover it thick with parmesan, and brown it with a salamander. Garnish with poached or fried eggs: cover them with parmesan, and brown them. All these sorts of dishes admit of farce-balls, made of meat or vegetable, garnishing with lemon. The fowl may be served braised, as a remove, over sippets that have been steeped in almond-cream, and fried, covered with parmesan, and garnished and served as above.

Potage of Cabbage.

Boil three or four small hard cabbages, cut in halves or quarters; have ready some slices of bread; spread them with butter, or drop olive-oil or beef-dripping over them; cover each slice with a thin slice of cheese, and lay them over each other; lay the cabbages over the bread; season the liquor it was boiled in, and pour it over the whole; set it upon a warm hearth, with hot embers over it, for three hours at least. This is an excellent dish for rich and poor, and none can be cheaper, as strong hard Dutch cheese answers well grated, if too hard for slicing. It is cooked in the south of France with goose fat.

Potage of Peas and Spinach.

Prepare what quantity of peas is necessary, with sweet herbs, onions, parsley, spices, and a piece of bacon, stuck with cloves; simmer till the peas will pulp; after blanching, boil the quantity of spinach, sorrel, or both, that is necessary to thicken with bread, in stock; strain it, and beat it in a mortar, and rub it with the stock through a tammy; mix it with the peas, with as much stock as is necessary, to the consistence of a purée. The stock may be made of any thing; if of small chickens, or pigeons, two may be farced; or if there are any cold birds or game, they may be cut up for it, only do not let such as have been cooked before boil. (It is an excellent way to fry them, and lay them over the potage.) Simmer some bread in gravy, lay it in the dish, put in the birds, and pour the purée over them.

VEGETABLE SOUPS.

Potage Italien.

Take carrots, turnips, onions, celery, parsnips, lettuce, and sorrel in equal quantities; boil them in salt and water, and then put them into fresh water; cut the roots in slices of an equal length, and then cut them finer; cut the sorrel, lettuce, and celery in the same manner. Wash the whole in a quantity of water; drain them; put a quarter of a pound of butter into a stewpan, and give them a slight colour over a furnace; moisten them with a ladleful of bouillon or stock; let them cook; when half done, put in the sorrel; let it simmer till enough, and skim; have ready at the time of serving a mittonage *, and pour it over it.

Potage à la Purée de Lentilles à la Reine.

Make it as is directed for the green peas soup or potage. Take care, if they are the lentils à la reine, to cook them longer, that the purée may be of a fine red, on which depend the beauty and goodness of the potage.

Carrot Soup.

Prepare fifteen or twenty carrots; cut them in slices; put them into a stewpan, with three quarters of a pound of good butter, upon a quick fire, and stir them till they are browned, then add a little stock. When enough, rub it through a sieve, and finish it as directed for green peas and lentil soup; take off the fat, and let it simmer a long time, and serve it in the same manner, keeping out the mint. When the carrots are preparing, rings of the zest, nearly of the same size, ought to be kept for putting into the soup; in these rings meat, bread, or vegetable balls may be put, and poached in the soup, or fried. These balls look very pretty: they should not be larger than the point of the little finger within the ring.

Turnip Soup.

It is cooked in the same way as that of carrots, only that it is not browned, takes less boiling, and must be

* A mittonage is the upper or under crust of a loaf, basted with top-pot or butter, and browned in the oven or over the fire.

kept as white as possible. All vegetables may be made into soups in the same manner with merely the butter that fries them. Pulped vegetables are easily digested, and stomachs that can bear them in no other way find often benefit from them in this. The turnips ought to be cut in balls, and the parings pulped: a little sugar should always be used with turnips.

Brown and white Onion Soup.

Boil, according to the quantity required, four or six large onions in milk and water, or water; when they are cooked, rub them down with bread or panada to thicken the soup; add a sufficient quantity of small white onions, with mace, white pepper, and salt; have ready bread balls or cut bread, and thicken with a little cream, egg, or flour and butter, or all of them in proper proportions. For invalids, the white part of the leek or apple may be used for thickening. Saffron or marygolds are excellent in this soup, particularly for invalids.

For brown onion soup, slice and brown the onions; put them into a stewpan, and put a little browned water into the frying-pan; let it boil, and pour it over them: season and pulp them with bread; add stock or water, and finish as above, frying the small onions and bread-balls. Pepper, salt, and any other seasonings may be added.

Green Peas-soup.

Pick out the small peas of two quarts, and put the large upon the fire, with two large handfuls of spinach, half a handful of sorrel, the outside leaves of two stocks of lettuce, and a little mint, which must be well blanched in a great quantity of water and salt: when they are fallen into a mash, rub them through a cullender with some of the liquor; mix in a little flour and some nice butter; put it upon the fire; add water or stock if necessary; season with pepper, sugar, and salt; add the hearts of the lettuce, the young peas, and any other vegetable, taking care to put such as require most boiling in first.

Never put too much flour into soups; it makes them taste like sauces; bread crums, potatoe, or rice-flour are better adapted, as when butter or pastes are used, they do not incorporate well without some thickening. By this simple receipt all sorts of vegetable soups may be

made; and the same process may be followed by making it with stock, or adding a ham bone, or a little essence, and seasoned with sweet herbs and kitchen spices. The mint thrown in in sprigs is thought to give a finer flavour; but the raw juice of sweet herbs is acrid, and they are better blanched; but it requires more nicety than is generally given to use sweet herbs and spices in their proper mixtures and proportions. The pod of the pea is used for thickening by the economical, and is a great saving in making pea-soup, being also more delicate than the peas after a certain age, and not flatulent. They require to be rubbed down in the mortar raw; but cooks are not easily brought to make use of them.

Dry Peas-soup, whether split or whole.

Steep the peas over-night, and if the soup is to be made of the juice of salted meat or pork, do not boil them in it, as the salt prevents them from falling; but if with fresh roasted meat, bones, or parings of butcher's meat, or dripping, the peas will be the mellower to be boiled with them. A red or salt herring makes it very good, with the proper seasoning. Rub the peas through a cullender, and if there is any apprehension that they will sink, which sometimes happens, mix in a small bit of butter, rubbed in flour or fried crums. Put into the tureen fried bread or fried bread crums, and pour the soup over them. A very nice soup may be made, half carrots and half peas, or with a mixture of potatoes, carrots, turnips, white beet, celery, and peas. These vegetables ought to be nicely fried, which heightens the flavour; or any of them may be pulped, to thicken it with the peas.*

Prussian Peas-soups.

Steep one pound of peas some hours, and put them upon the fire, with seven or eight quarts of water, two pounds of lean beef, and the coarse end of a scrag of mutton, two large onions, two carrots, two turnips, celery, mace, cloves, long pepper, pepper and salt; when half

* Whole peas ought always to be used, as the split ones very soon spoil. Black peas, when they fall in boiling, make a very pleasant and higher-flavoured soup than white; and probably of them was made the black Spartan broth. Never put in more water than is necessary for the soup, but a little for waste, as it distils away the flavour and spirit of every thing. Stock must be excepted, as it requires a certain quantity of water to take the gelatine out of the meat.

cooked, add three large raw grated carrots, and reduce the soup to four quarts; strain, and pour it into the tureen, over fine cut carrots, turnips, and fried bread. This soup may be made without meat, with a few bones, butter, red or salt herring, ham bone, &c.

The meat may be taken up when done; the beef being dobbed with bacon, is to be fried, and dished over sippets, on each side of the mutton, and a caper or green pickle sauce poured over it.

Bean Soup.

Beans of all kinds and sizes, fresh and dry, make excellent soup in the same manner, with or without vegetables.

All Kinds of Fish Soups.

Having prepared, as for white soup, a stock of fish, ox-heel, or vegetable meagre, boil in it a pound or two of eels, or any other fish, tied in a bit of muslin; and according also to the quantity of soup, a handful or two of fresh mushroom, with the spawn or pea of any of the fish that the soup is to appear made of. It must also be in a bit of muslin; take up the eels and mushrooms, and pound them, either to thicken the soup, or to make farce-balls, or both; the soup also may be thickened with artificial or real cream and almonds, or cream and eggs: take all the skins and fibres from the pea, and add it; the roes are all excellent in soup, particularly sturgeon, turbot, and lobsters. Some of the liver may be put into the farce, and a little of it rubbed into the thickening; but it must be boiled by itself, as it sometimes happens that it is surcharged with bile, and will in that case spoil the farce or soup; so that care must be taken to blanch it in a great deal of water, and to taste it before using. The proper spices for these soups are, mace, ginger, white pepper, and cayenne; but sometimes a little allspice or black pepper is required, to determine the flavour. The cook, however, will find her account in using a very little garlic and a bit of sugar.

Prawn or Shrimp Soup.

Prepare the soup in any of the ways most convenient, as directed above: if the shrimps are bought by measure,

each quart of soup will require, at least, a pint: pick out the tails, and reduce the shells and bodies, and simmer them in the soup, or the water the soup is to be made of; pound them with an equal quantity of panada, and rub them through a tammy, and mix them, by degrees, into the soup; add anchovy or mushroom ketchup, and ver or lemon-juice; if it still is not thick enough, put in a little butter and flour. When it is well cooked, draw it to the side of the fire, and put in the shrimps, sweet-breads, diced mushrooms, lobster-spawn, &c. It is excellent made simply of the shrimps. This soup is elegant partly thickened with tomatas; and in that case turbot-roe, Italian paste, or vermicelli looks beautiful in it. (See those Articles).*

Lobster Soup.

This is a very expensive soup, from the quantity of lobsters generally used for it, which prevents its appearing so often as it deserves. One large lobster, properly managed, or three small ones, will make from three to four quarts of excellent soup; and a pint or two of shrimps or oysters may be added to enlarge the dish. The stock may be either of meat, fish, or vegetables, as recommended above; if of fish, that boiled in the soup ought to be made into farce. An oyster, muscle, or cockle may be put into each ball, or a small bit of marrow dipped in seasoned yolks. Reserve the meat of the tail and claws, and rub down that of the body for thickening, preserving the spawn; break the shells well in a mortar, and boil them in a little of the soup at least for an hour: strain the soup from them, and strain the remainder of the soup over them. Having prepared panada, rub it with the body of the lobster through a tammy, or hair sieve, with part of the soup; add it by degrees to the soup, which must be properly prepared and seasoned before. Cream and a few almonds are great improvements, and, according to the richness, required more or less: butter rubbed in flour is to be added. If oysters are used, the beards should be rubbed

* As some fish yield rich soup, and others only gelatine, it makes a mixture of them essential. Mullet, eel, and such fishes, are rich; skate, plaice, flounder, cod, &c. are gelatinous, which make excellent soups for invalids (See Friar's Chicken); and instead, as in that receipt, of the eggs being allowed to break, they may be put in after it is taken off the fire.

down with the other ingredients. If milk is used instead of cream, it ought to be thickened with rice-flour, as directed for artificial cream. The meat of the lobster is to be nicely cut, and put into the soup; as also oysters, any fins, or nice pieces of cold turbot, with the farce-balls. Give them time to taste of the soup. The spawn separated into the pea is to be powdered over after it is dished.

A cook, from the directions given for this soup, may prepare all other fish soups, as they are all generally made as white soups, being sufficiently flavoured with the ingredients they are apparently made of; after which they may be as highly or richly seasoned as the occasion requires. Whoever has tasted oyster or muscle soup, made in a cottage on the sea-shore, of laver, muscles, pepper, and oatmeal, will say they never tasted any thing better. Many things ordered in receipts may be kept out, without much detriment,* particularly when circumstances throw other as good, and perhaps better things in the way; or if that the particular ingredients can be had at an easier rate, they may be more profusely used: and when such is the case, great care should be taken to find out the best manner of preserving them.

Oyster, Cockle, or Muscle Soup, with Mushrooms.

Prepare meat, vegetable, or fish stock, and season it well without salt, as the juice of the shell-fish generally makes it salt enough. Boil the parings and stalks of the mushrooms in it: where oysters cannot be afforded to be rubbed down for a thickening, rub down the beards with some mushrooms, and, if necessary, some white meat, or fish and panada farce may also be made of the fish. If the oysters are very large, they ought to be cut in two. Nothing is more vulgar than large mouthfuls, and every thing in the soup should be nearly the same size. Rub the thickening through a tammy, with a little of the soup. Every quart of soup will require half a pint of oysters, more or less, according to the size and the

* The method of seasoning fully has been adopted, as it is easier to leave out than to put in: at the same time, an attention to the minutiæ will soon give knowledge and confidence to the cook, which is absolutely necessary to cooking dressed dishes; and no one can properly be called a cook till she is able to dress a large dinner without looking at a cookery-book at all.

*

quantity of mushrooms used; if they are not all buttons of the same size, they ought to be cut, and should be cooked white in butter, or cooked slowly in the stock, as they take a long time. All fish soups may be heightened with ketchups, anchovies, lemon-pickle, soy, &c.

Eel Soup, very restorative.

Cut some of the finest eels in junks; do not open them; reserve the belly part to serve in the soup, or to make a dish of; boil down the remainder for the soup as above; take up the fish, and prepare a farce to farce the bellies, and make the vegetables that have been boiled in the soup into farce-balls; enclose in these balls a bit of marrow, fish, farce, or any shell-fish; thicken the soup as convenience offers, and serve in it either the farced-junks, or farce and bread-balls: a little of the soup may be reduced, and finished with ketchup, a bit of glaze, and thickened with melted butter to serve the eels in. Three pounds of eels, properly managed, will make a nice small dish of soup and a ragout. Two pounds of eels nicely prepared, making the paring, skin, and bones with a large onion, or not, according to taste, or two or three large mushrooms; simmer them long, particularly if there are mushrooms, in a quart of water; take them up, let them cool, mince them small, and pound them with the eels; add mace, pepper, and salt, with lemon-zest; rub through a tammy and mix, but do not boil; add two or three yolks, or a little cream, and serve it with white toast. This is a most agreeable and strengthening soup for an invalid. It does not require pepper, and may be made stronger if necessary. Part of the eel should be served in the soup: a double quantity may be made, and the eggs not put in till used.

The following soups and purées with meat are recommended, as economical and healthy:

Potatoe Soup. (*Scotch.*)

Rasp off the skin of as many potatoes as will make the quantity required; throw them into tepid water to cleanse; have water, with a little clarified dripping, butter, the stock of roast beef bones, or any other stock; put in the potatoes, and fry some onions, and add them, and

let it simmer till it has thickened and the potatoes are all dissolved. A salt or red herring is an excellent relish for this soup, or a little cheese. It is astonishing that Rumford's economical plans have made so very little progress amongst us.

This is an excellent family soup, as well as for the poor; and in England more than any where else ought vegetable soup to be persisted in, to make fats come to account where animals are fed so high. Rasped carrots, celery, and sweet herbs are great improvements; turnips and carrots may be cut down and served in it. Should the potatoes fall to the bottom, mix in a little rice flour or fried crums. It may also be made with a mixture of peas.

Scotch Pan-kail, an excellent Meagre Soup.

Have a pan upon the fire with boiling seasoned water or soup as above; mince one or two large drum-head cabbages; mix in one or two handfuls of oatmeal perfectly amongst it; put it into the stewpan in double handfuls, and keep it down with the ladle, and so put in more; this will prevent the meal from boiling or flying over; when it is well mixed and falls, set it to simmer upon the side of the fire. Cabbage requires neither stock nor fat; it is as good without, its own juice being so rich. Let it simmer till the cabbage is ready to fall into a mash: these soups are always the better of fried onions. When this soup is made of savoys or turnip-tops, they are the better of a little fat or soup, as they are not so mellow. These soups are all the better of a little sugar.

Nettle Kail (Scotch)

Is made of young nettles in the same way, and is excellent for declining patients, such as the consumptive, particularly for blood-spitting.*

Balnamoon Skink for Invalids. (Scotch.)

Cut down and bruise two or three cock chickens, and put them into a saucepan with three quarts of water; simmer till the juice is entirely extracted; press it well out; strain, and return the soup into the saucepan, with mace,

* If a large basketful is boiled in the soup, it gives a rich flavour and colour: the nettles may then be minced, and made into excellent curry.

salt, and white pepper; let a chicken be prepared whole; put it in with rice and prunes, or raisins: when ready, dish all up together in a tureen; it is excellent with vermicelli, which takes less cooking than rice.

The ordinary way of making this soup is with vegetables, in spring. The simplicity of young meats and young vegetables is not enough appreciated with respect to health, being much better than heavy soups.

Leek Milk Soup. (*Scotch.*)

Boil a sufficient quantity of grits in new milk to give it the consistency of thick cream; shred into it a large proportion of the bulb of the leek; add salt, and a very little sugar. This, if constantly eaten once a day, will greatly relieve persons afflicted with the gravel, and is an excellent soup at little expense.

A very economical Manner of dressing Lamb's Head and Appurtenances, giving a Variety of nice Dishes at small Expense. (*Scotch.*)

Take two heads, and the first day cook the liver, which is very delicate, with a large quantity of nice fried onions, or apples, sauce, bacon, &c.: the fat, which should not be cut away, fries them. Next day, the heads, with the lungs and hearts, are made into five or six quarts of excellent barley-broth or soup, with plenty of vegetables: part of the broth and heads make a second day's dinner. The third day, the lights minced, and the hearts, if convenient, are stuffed and roasted; if not, they may be fried.*

Lamb Stove. (*Scotch.*)

Prepare a head, and hinge, without the liver, and put it upon the fire, with three or four quarts of water. When it has simmered an hour, pick and blanch a small basket of spinach that has been refreshed, and add it, with 1 lb. of prunes; let it simmer an hour or more. This simple

* How easy many families in all ranks of life would be comfortable, were the like economy, according to their various circumstances, observed — what health and comfort — which high-living, long bills, and a ruinous apathy to real interest, perfectly destroys! Let them be conjured — mistresses, wives, and mothers — not to defer the work of reformation any longer.

and excellent soup is very nourishing, light, and pleasant for invalids and children.*

Friar's Chicken. (*Scotch.*)

Quarter two or three chickens, and simmer them gently in three half pints of water. Add parsley in sprigs, mace, pepper, and salt; beat an egg for every chicken or more, according to taste, and stir them into the boiling broth. It must separate into flakes. Serve it in a deep dish altogether.

This is excellent made of rabbit, veal, eels, flounders, or plaice. These dishes are nourishing and restorative.

If for an invalid, it may be better only to put in yolks after it is taken from the fire, as fricassee.

A very nice Dish of a Knuckle of Veal. (*Scotch.*)

Cut off some nice thin collops, beat them very well, dip them in vinegar and spices, parsley and onions, and leave them it. Break the bones. Boil, skim, and set to simmer for three hours in three quarts of water, with salt, spices, onions, and parsley. Have ready any vegetables to dress as a ragout or haricot. Take up the knuckle and some of the stock; prepare and thicken with flour and butter, adding the vegetables; during which time put rice into the soup, with parsley, celery, onions, or any of these seasonings, or a handful of young peas, or carrots and turnips, cut as fine as the rice. Dish the knuckle, pour the sauce over, and having fried or grilled the collops, garnish with them and crisped parsley. Or the soup may be finished as friar's chickens, or thickened with yolks. This is a healthy, nourishing, delicate, and very economical dish, and will serve at least four or five moderate family people, and will not cost more, and often less than two shillings. Prunes or raisins are an excellent addition for invalids.

† A variety of good soups are given, to increase as much as possible the use of them, knowing their value, in many respects, even to that of sobriety; as they cool, while grosser meats inflame, and create a desire for beer.

Scotch Gravy Soup.

Take as much of the neck or clod as is required, and wash it very clean from the blood; do not break it till after it is washed, and hang it, to take the rawness off.

Prepare the stewpan with carrots, turnips, and sweet herbs; cut off the meat, and put it in; let it sweat, and prick it with the knife. Pack in the bones, which must be well bruised, and fill up with water; do not put in more than is necessary, which is a quart to each pound of meat, more or less, according to the uses proposed, and the addition that may be made, as more depends upon the cooking than quantity of meat. Let it boil, and skim it; set it to simmer upon a hot hearth, or on the side of the grate. It will take at least five hours. The spices are to be tied in a muslin bag.*

The soup may be served with celery, farce-balls, fried bread, or dry toast; or if a cow-heel has been boiled for jelly, it may be nicely cut, and simmered in a little of the reduced stock and ketchup, and put into the soup just as it is going to be served. Bread balls or vegetables being done so, raises the flavour, and gives a rich taste to soups, without their being too strong to cloy the appetite.

If the meat of the neck is cut in nice pieces, and dobbed with large seasoned lard, and taken up after three hours' simmering, and kept hot in a tureen, it may be dressed and served under a ragout, or in the following ways. Reduce some of the stock, adding fresh mushrooms or ketchup, and serve it in it as beef *à la mode:* a neck of twelve or fourteen pounds will give plenty of rich soup, sauces, farce, and a principal dish for from twelve to sixteen covers. An ox head of the same value will do more, as the dew-lap may be served as palate, or dressed, and the fleshy parts as *à la mode,* or under a vegetable ragout or rich green pickle sauce. Of course such dishes are only for the economical, and such as wish to make the best of small incomes.†

* The Scotch are not generally partial to pounding their spices, as they think it makes them coarse; but of late, from the influx of cookery-books, their soups have not been so good.

† There is not the slightest intention of recommending economy in the way of using substitutes to those who can afford the best: to them is only recommended that they allow no waste of vivres; and this cannot be too often recurred to.

These dishes are excellent; they give little trouble in cooking, and not one-eighth part of the fire that roasting and boiling require. For if they are once boiled upon the fire after breakfast, and allowed to simmer in just as much heat as will keep it up, they will cook of themselves.

Rich Soup Meagre. (*Scotch.*)

Take a handful, or sufficient quantity, of two or three different vegetables; blanch and fry them with a large proportion of onion, in butter or dripping; dredge with flour, and put them into a saucepan with fish stock: let it simmer till the vegetables dissolve. Have ready bread or vegetable, &c. to put into the soup. Observe, if dripping is used, it is not then meagre. The French use the juice of dry peas for making meagre soups.

Game and Hare Soups. (*Scotch.*)

Cut all the flesh nicely off an old hare, preserving the head and blood. Bruise the bones; pass them through four or five quarts of water, and strain, to prevent hairs. Put the bones and this water on the fire. If more than four quarts of soup is required, add any parings or mutton shanks well broken, heads or bones of game or poultry, &c., with from two to five onions, stuck with cloves. Add mace, pepper, salt, a little garlic, the fillets of a red herring pounded, mushroom stalks, and a ham bone. Let it come slowly to the boil, cover it close; simmer four or five hours, or put it into the oven for at least that time. Strain and pour over the bones a pint of boiling water, or as much as will make up the four or five quarts, and strain it into the soup. Put it again upon the fire. Add the head and some of the best pieces of the meat that have been slowly simmered (in butter, if old), or done carefully to its point in the soup; but in whatever manner it has been cooked, it must not again boil. Add the lights cut in small pieces; parboil the liver gently to harden it, so that it will rub down with a sufficient quantity of port and the blood: add these when the soup is taken off. If properly done, it will have the consistency of very rich cream. Dish it

in a tureen with the meat in it. What is left ought to be put into a nice jar, and covered up.

If the cook is economical,* she will still boil down the bones; and a little blood and liver being at all times easily procured, in two or three days after she may again have a dish of soup equal to the first.

When soups or any thing is dressed over again, do not let them boil; any addition may be made up and added to them.

When the French use blood, they put it in as yolk of eggs, after the saucepan is taken from the fire, which prevents its breaking.

Another.† (*Scotch.*)

Prepare the hare as in the foregoing receipt, and put it in with a knuckle of veal, or a piece of scrag of beef, in a jug or saucepan, with three blades of mace, salt, two large onions stuck with cloves, carrots and turnips, two or three anchovies, or a red herring pounded, six morels, and five quarts of water. Put the jug into a quick oven; leave it for three hours; strain, and have ready two ounces of sago, sufficiently boiled; blanch and rub down the liver; add it to the soup, with the meat and minced lights, which, not being necessary, may be made into farce-balls. Put the pan upon the fire, and add half a pint of red wine, with the blood; keep stirring the soup, but do not let it boil.

Simple Barley Broth. (*Scotch.*)

Put to a gallon of water (which is two Scotch pints) eight ounces of barley, and add from four to five pounds of beef, mutton, or lean pork, carrots, and onions. Let it boil; skim, and set it aside to simmer gently for three

* A cook once told her mistress she would be *right sorry* to waste a large hare upon one dish of soup; whilst another, who had been several years cook in the family of a Highland chieftain, could not make two tureens of soup with less than three large hares. They were both right: the one trusted to the strength of the meat, while the other depended upon her skill, which enabled her to make much better soup.

† A cook should accustom herself to compare dishes together; nothing will improve her so much. What is remarkable here is applicable to all dressed dishes; and in comparing the quantities of meat and water used, she will sometimes find, instead of the same or double the quantity of water to the meat, three or four times the weight of meat to the water; and as the water can only receive a certain quantity of the juices, there is great waste. Besides, the meat is so hardened by the manner of cooking, that it is not fit for any use.

hours. Any other vegetables are to be added, as this sort of broth admits of all kinds: they ought to be put in in reference to their time of cooking.

Plum Rice Soups of Fowl, Veal, or Rabbit. (*Scotch.*)

Put any of these into a saucepan, with a sufficient quantity of water; and, after boiling, skimming, and simmering, till there is just time to cook the rice, drop it into the boiling soup, either with the fowl taken out, or not, with a blade of mace, a little lemon-zest, white pepper, salt, and half a pound of prunes, or raisins. Let them cook sufficiently, and dish altogether or separately, as suits; if separately, cover the meat, which ought to be kept whole, unless it is to be fricasseed; or it may be served with a white acidulated parsley, anchovy, caper, or liver sauce poured over it.

Sheep's-head Broth. (*Scotch.*)

Cut off the wool as close as possible, and with a red-hot iron singe the head and trotters. Lay them in water for a few hours, and scrub them well with a brush; wash and steep in several waters. When prepared, pierce the eyes, and rub the glaze all over the head and trotters, to prevent their blackening the broth.

As it takes a great deal of boiling, put it upon the fire with four or five quarts of water, and three ounces of split peas that have been soaked. Let it boil, skim, and set it to simmer.

When there is time to cook the barley, put in an equal quantity of fine barley as peas and whole carrots; when there is just time to cook the turnips, cut them in small dices, and add them, with parsley, onions, and salt. Cover close, and continue the cooking till the head is very tender. Serve the head and trotters garnished with sliced carrots and turnips, and the broth in a tureen.

There is an old saying, that a sheep's head should be cooked half an hour after it is ready.

Sheep's head is excellent in ragout.

Spring Hotch-potch. (*Scotch.*)

Prepare young carrots, turnips, parsley, and young onions. If the soup is wanted very rich, cut off the

coarse end of a scrag of mutton, or a whole neck of lamb; cut it into chops, and bruise the bones with the back of the hatchet, and put them upon the fire with four or five quarts of water, pepper, and salt. Let it boil, and skim till clear; simmer it two or three hours on the side of the grate. Take out the chops, which will be in time for the children or servants' dinner, and put in fresh chops, with the carrots and scallions. When there is just time to cook the carrots, turnips, and peas, put them in: should the peas be much mixed, put the largest in first. The vegetables must be very well cooked, but not dissolved. A scrag of four or five pounds, properly cooked, will make four or five quarts of excellent soup. When this soup is made in London, as I have eaten it, it has none of its northern characteristical simplicity, but consists of rich beef gravy, that glues the lips together, with mutton chops hardly warmed in it.

Winter Hotch-potch. (*Scotch.*)

Is made of beef, which assimilates better with the dry and full-grown vegetables. The process of making and the vegetables are the same.

BEEF.

The cook has had a great deal said to her generally about choosing meat, which she ought to be now entirely mistress of; therefore she has only to be reminded that beef ought to be young, small, well-fed, and well-flavoured; that, of course, the fleshiest pieces are the most enonomical, even at a higher price; therefore choose the hind quarter for family use. The fore contains some prime pieces for roasting; yet where meat is sold by the quarter, the fore is always sold a penny a pound cheaper, and even with that reduction it is still a penny dearer than the hind.

Before meat of any kind is hung, it must be examined with a glass, as it may have been fly-blown in the market; all the kernels taken out, the spinal marrow also reserved (for dishes), as well as to preserve the meat with all the small bloody ligatures, and all under and round the flap or fat well wiped. But now that we are so well aware of

the benefit of crystal acid, or double-distilled vinegar, let the meat be carefully brushed over with it at such places as are apt to taint first: pieces of charcoal may be wrapped up with it in nice lessived cloths.

When the marrow is not immediately required for pasties or made-dishes, the bones must not be thrown under the dresser, or on the pantry floor, to get mouldy, as marrow is of so delicate a nature that it takes any taste, even when fresh in the bone. All the meat should be scraped off, and they should be put upon a hanging shelf, where they will dry, and where it is too dark for the fly to get at them. Every bit of marrow is precious to the cook; and that from bones kept for a short time is better for many purposes than taken out by the butcher. When the butcher takes out or pares the bones, the cook ought not to allow him, as is his custom, to keep them; she is to remember that they weigh as heavy and are as dear as any part of the meat: let them, therefore, be sent home with it, and weighed in the presence of the butcher's man: this is a great check, as the meat is often embezzled by the way. If the mistress does not go to market, she ought to see this done; at all events, some one of the family should be present. Meat should be hung in a dark, cool, dry place, with the skin to the air, to prevent its drying too much. It should be examined the following day, and should it have undergone any change, the spoiled pieces are to be cut out and washed with a brush kept for the purpose, with crystal acid or double-distilled vinegar, and wrapped up in another cloth with pieces of charcoal; or it may be buried in new fresh earth, or fine sifted wood ashes, or hung under charcoal baskets. (See that Article.)

If meat is tainted, wash it well, and lay it in lime or charcoal-water from twelve to twenty-four hours: when such meat recovers, it ought to be used immediately, as it is apt to return to its former state.

When meat is found tainted at the time it is required for use, wash it well, and when the pot boils and has been skimmed, put in some sticks of charcoal, and let them remain during the cooking, this ought to be done with all suspected meat.

Pieces of highly-toasted or burnt bread may be used instead of charcoal or red-hot coals.

Meats for roasting are to be treated in the same manner, and boiled for half an hour with charcoal or in lime-water; or wash the meat in a strong decoction of camomile, sprinkle it with salt, and use it next day.

But none of all these are to be compared to pyroligneous acid, or vinegar of wood, commonly called crystal acid. One of the finest modern discoveries is the application of this vinegar to culinary purposes; but every chemical composition ought to be procured by the master or mistress. This acid is to be applied to the meat with a flat brush kept on purpose; if touched by the fly, the piece must be cut out; but as many may have a prejudice against it, they may use the other methods. The price of the crystal vinegar in apothecaries' shops is said to be one shilling and sixpence per pint: two shillings has been paid for it at Apothecaries' Hall; perhaps it is stronger.

There would be no risk of having tainted meat at all, if the meat were washed over with it whenever it came in from market, which I hope soon to see practised by every housekeeper.

There is, however, one inconvenience attending this acid; although almost a perfect preserver, it gives a hammy taste to the meats, which must, at all times, be better than putrefaction; it might, therefore, be only used as circumstances make it necessary, as its high price is a great drawback.

Double-distilled vinegar is in every one's power that can manage a small still, and will keep jelly equally well by covering it with it.

The temperature of the larder is of great consequence; for if meat undergo atmospheric changes, it will not keep any length of time. Meat is tenderer that is never allowed to cool: we, ourselves, are in the habit of putting sucking pigs, pigeons, and chickens warm upon the spit; but if allowed to stiffen, the muscle must again have time to grow lax before it gets tender enough for use.

The Arabs lay down to the fire carcasses of lamb and mutton the instant they are killed; they cook them very little, and the flavour is superior to any thing we can conceive. A slight shake separates the fibres from one

another, and the meat comes clean from the bones, leaving the skeleton whole.

When circumstances oblige them to keep the meat for the next meal, they cut a number of slashes in it, and put into each of them a bruised clove of garlic and a piece of great salt; these slashes they close up, and when the meat comes to be dressed, the garlic and salt are entirely absorbed.

As another and more convincing proof of the superior tenderness of newly-killed meat, nay, almost living flesh, witness the old practice of roasting a goose alive, and bringing it to table screeching.

It is an authentic fact that the Abyssinians to this very day eat the flesh newly cut from the living animal. May not this inhuman practice have been the origin of the injunction forbidding the Jews the use of meat with blood in it, that is, life in it? it being the belief of all antiquity that the vital principle resided in the blood.*

In Spain and Portugal, the meat is cut up instantly after it is killed, the people being in attendance for it; and it is rather torn than cut from the bones, and has the appearance of what would be termed in this country dog's-meat; it is then steeped an hour or two in water, which is seldom cold, and simmered with vegetables and a great deal of garlic and mace; which seasonings they use in great profusion: and are the very best for digestion as well as relish. It were to be wished that they were as much used by our own people; for wherever raw onions or garlic are constantly used by seafaring men and others, they are strong and healthy.

Pickle for Beef Tongues, &c.

To two gallons of water add half a pound of good soft sugar, two ounces of saltpetre, and two pounds of

* The Jews, to have their meat as free from blood as possible, kill it in the following barbarous manner:—They fasten cords about the animal's head, and draw them tight over a beam above. They then keep striking its legs, till they are no longer able to support its weight; the knees then bend; the wretched animal is prevented from falling by the cords attached to its head, and the butcher plunges a knife into its throat, which is at the utmost degree of tension, by supporting the weight of the body, and the blood gushes out in torrents.

To whiten veal for the London market, there are practices resorted to by Christians not less revolting: calves are suspended by their hind legs, and let bleed slowly to death, or they are hung up for several hours previous to killing.

bay-salt, with a quarter of an ounce of black pepper, half a handful of juniper berries, a little coriander powder, and any other sweet herbs and spice that may be agreeable, with some bruised cloves of garlic, onions, &c.

Skim before the sweet herbs and spices are put in; let it cool: if any particular piece is wanted very red, rub it well with sanders-wood, and leave it in it a night or two before it is put into the pickle.

If the whole pickle is to be red, boil as much sanders-wood in it as will give it the appearance of port wine; let it cool, and pack in the meat into the pickling tub, and pour over the pickle, which ought to be at least an inch above the surface of the meat. A board with weights must be laid on to keep it down; afterwards let it be well covered from the air.

It cannot be too often repeated, that it is the air, changes of the atmosphere, and light, that bring on putrefaction; for if these three things can be excluded, no putrefaction can take place.

If the above pickle is boiled from time to time, meat will keep long well in it; and fish or pork may be put into it, without any detriment to other meats, but rather to their advantage.

This is a pickle that may be depended upon for all family purposes, keeping all sorts of meats well, without rendering them too salt or hard. It would, however, be advisable to rub the meat well for three days with sugar, which will prevent the salt searching it too much.

Herring or mackerel put a few days into this pickle will give them the appearance of trout; but they ought to be noticed, that they may not take too much colour. Sausages may also be done in this pickle.

To pickle Palates, Cow, or Calf-heel, &c. (*See Veal.*)

Pickled as tunny fish; or pickle them in vinegar and spices, and then simmer in butter, and pack them in it; or keep them in double-distilled or crystal vinegar, covered with oil; or prepare and keep them in cooked marinade.

The sagacious Dutch and Scotch rub their meat with sugar or treacle, turning it often for some days before.

Bœuf à l'Ecarlate.

Hang a rump a sufficient time; bone and dob it with large seasoned lard; rub it with fine powdered salt, in which one or two ounces of purified saltpetre has been mixed; put it into a vessel that will just hold it, and strew over it minced or bruised garlic, ginger, onions, cloves, coriander, juniper berries, thyme, and basil; lay over several folds of cloth, and put on the cover; leave it from six to eight days; turn and rub it with the sweet herbs, and leave it three days more; when it is to be cooked, bind it well up, and dress a saucepan as nearly of the size and shape as possible with carrots, turnips, onions, and sweet herbs; let it boil and simmer four hours constantly; take it up, and put it in a pan of the same form; pour over the seasoning in which it was cooked; when cold, dish it on a napkin, and serve it, garnished with parsley or jelly; or it may be served hot, with strong beef stock in the dish, or covered with a vegetable ragoût.

Hunter's Beef.

This is a redded round, cured with fine spices, such as cloves, nutmeg, and allspice, rubbed in, in powder, with salt, sugar, and saltpetre; the addition of sweet herbs and a little bruised garlic raises the flavour, and prevents the necessity of making it too salt, particularly if it is to be eaten hot (in which state it is very good, though seldom used). Put it, with the sweet herbs drained from the pickle, into a vessel that will just hold it, with half a pint of white wine; cover it with rasped bacon, mixed with some of the sweet herbs, with two or three rounds of buttered papers; put on the earthen cover, and lute it; leave it, according to its size, from four to seven hours in the oven; glaze, and serve it, garnished with pickles; or glaze it, and dress the dish with the jelly of the common colour, as every thing ought to suit the occasion; but, on the contrary, if the occasion requires it, colour the jelly differently, and run it into flat plates, so that they may be cut as gems, with which the beef is to be decorated as well as the dish.

This makes a handsome dormant dish, between the plateau and the top or bottom of the table. It may be

served in this way, after it has been served hot, by proper trimming and dressing. Decorate it with the coloured jellies, in chains, rings, gems, flowers, or leaves, and border the dish; or serve it upon a napkin. It may also be masked, which is to run strong jelly upon a dish, the size of the piece, and turn it over entirely upon it.

If the cook wishes to give any pickled meat a nice flavour, she ought to follow the above directions, and, indeed, to mix as much French cookery with the English as she can conveniently; it will raise her reputation.

Were the French dishes, of which all must approve, inserted, there would be no room left for the English. It is therefore recommended to the cook, with respect to other receipts for beef, to consult Beauvillier's French Cookery throughout, upon that subject, particularly the following:—

Pièce de Bœuf au pain perdue.
Bœuf fumé, ou de Hambourg.
Aloyau à la Godard.
Langue de Bœuf bourrée.
Palais de Bœuf en cracovie, &c. &c.

In referring to these, the cook will be induced to look to others upon the same head; and a woman, as well as man-cook, must be acquainted with the French names—for nothing but French dishes or terms will go down now, even at middling tables.

Rump of Beef.

Prepare it as above, and dress the stock-pot or stew-pan with sweet herbs, carrots, turnips, parsley, onions, garlic, veal bones, and the parings and bones of the beef; add equal parts of white wine and stock; it is not requisite to be covered by them; wrap the meat in a new or lessived cloth, and put it into the pot; let it boil; skim, and, if no cloth is used, cover it with three rounds of white buttered paper, and put it on a hot hearth, with fire over it. As that may not be convenient, lute the cover with flour and water, and set it to simmer for four hours, or according to the size.

Take it up, and if it is to be served hot, reduce some

of its own clear juice; or thicken it, and add pickles, cut in dice, or any vegetable ragout.

If cold, let it cool in the napkin, or in a press, and run the juice through a wetted cloth, that the fat may not go through (to make the jelly for decorating it); beat two whites of eggs with a fork; mix it in a little water, and add it to the warm stock; shake, and put it upon the fire till near boiling; take it off, and cover it with hot cinders; when it becomes clear, run it through a wet cloth; let it cool, that the consistency may be ascertained; if too thick, put in a little bouillon; if too thin, put it again upon the fire, with a little prepared isinglass, or strong jelly, or bit of glaze, and clarify it; if too thick, a little nice tarragon vinegar may be added, or light home-made wine, or ale. If it is not of a good colour, a little beef juice or saffron may be added. If for an entertainment, the jelly may be coloured, as directed above, by cochineal, spinach, &c.; or serve it hot with button mushrooms, onions, or any vegetable ragoût. The juice ought to be preserved, as it is the finest beef essence that can be made.

Pickled or corned Round.

Prepare a nice piece of udder, or firm fat, and take the bone out of the round, and put either of these into its place; it ought to fill the aperture very well; then rub it with salt and saltpetre, and if wanted of a very fine red, and not very salt, rub it also well with fine powdered sanders-wood, and put it into a vessel that will just hold it, and rub and turn it every day, for eight days; or finish it with spices and herbs, as the scarlet beef; or put it into the common pickle: some like it green; in which case, rub it with pounded dry common salt, and spinach and parsley greening; turn and rub it for eight days, when it will be ready: use no saltpetre.

If there is reason to believe it will be too salt, lay it two or three hours in water; dress it neatly with a trussing-needle, and bind it in a very nice cloth, or bandage; dress the pot with the usual vegetables and sweet herbs, with parsley and spinach greening; put in the round, and cover it with water; let it come slowly to the boil: (if this is not enough attended to, salt meat is easily hardened;)

skim it well, and let the simmer be kept up very equally. In boiling meats, a quarter of an hour is allowed to every pound, but simmering requires double that time; therefore to simmer ten pounds of meat requires five hours; and salt meats take more. If not to be presented till cold, let it cool in the liquor; if hot, serve it as directed for scarlet beef. It may be masked or decorated with green jelly.

Beef collared, and served in different Ways.

The pieces used for this purpose are generally the thin flank, the short ribs, and leg boned, and all the coarse sinews and nerves taken out.

It is very economical, when the neck is made into soup, to cut off about two inches thick for collaring.

These meats must be prepared in the following ways:

If intended to be roasted fresh, they may be immediately prepared. Sprinkle with garlic vinegar, and brush with egg, and strew sweet herbs, cooked mushrooms, oysters, any farce, or a roll of bacon in the middle, so that they may be seasoned according to taste or convenience (as they are very tedious to roast, being more solid than unboned pieces, they are generally braised three-fourths); roll and tack nicely up, and bind with a roller; dip in vinegar, and hang it three or four days, and braise it: or cook in the stock-pot; let it cool in the cloth; it may be larded or roasted plain, and served with gravy; or brush it over with yolk, and strew it with crums and the same herbs that were used in the first preparation; or glaze, or lard, and serve it as other roasted meats; or braise entirely, and serve it over a ragoût.

To re-dress it.

This makes an excellent dish, cut in slices, and served under any ragout, or cold.

Collars braised, to serve hot or cold.

Prepare a marinade with ale, and a fourth part of red vinegar, with whatever spices and sweet herbs are approved of; such as allspice, cloves, ginger, thyme, sage, tarragon, juniper berries, garlic, parsley, and onions; to every quart of this pickle add one ounce of salt, two ounces of sugar, one-eighth of an ounce of prunella, and as much

red sanders-wood as will give it the colour of port wine; heads, hearts, pieces of beef, mutton, and pork for sausages, tongues — every thing for such preparations may be put into this marinade, which must cover it two inches; cover it close, putting a cloth between the vessel and cover; when the collars are to be made up, pick off the spices and sweet herbs; spread the meat upon a cloth, and trim it, laying in the pieces where the collar is thinnest, and proceed as for the first collar, either with or without egg, and strew on spices and sweet herbs; lay in cow-heel, pig's feet, slices of bacon, or a roll in the middle; or farce and finish it as other collars. Before the collars are made up, they ought to be tasted, so that if too salt, it may be steeped out; if not salt enough, salt may be added to the braise, and if not red enough, sanders-wood

Green Beef Collars.

Make the marinade as above, keeping out the saltpetre, sanders-wood, and prunella, adding a double quantity of salt and sugar; and add to it a large handful of tansy, rue, wormwood, basil, or tarragon; any thing to give it a decided taste: green the pickle with parsley, sorrel, and spinach greening; cow or pig feet may be put in, to make up the collars, which are beautiful, intermixed with very white bacon; taste the beef, and if strong enough of the particular herb, with which it is to be principally seasoned, it will not require any to be put among the sweet herbs with which it is to be made up; or it may be made up as brawn, sprinkled with garlic vinegar, without any herbs.

Streak it very nicely in rolling, and finish its cooking in the marinade; dip it in crystal acid, and hang it in the smoke for a day or two. This is an excellent healthy hung meat, which is not the case with salted hung meats in general: reduce spinach greening with the glaze for glazing it.*

* Many circumstances, quite unnoticeable in a receipt, will take place to make combinations turn out different from what is naturally expected; and sensible cooks very generally act from experience upon the true principles, and more is often learned from a cook's simple question or reply than in turning up twenty authorities on the same subject. Therefore if a mistress has a good or sensible cook, do not let her condemn her for saying she cannot do so and so, but let her hear her.

Yellow saffroned Beef.

Make the pickle as above, with half vinegar and strong ale, or wine; let it be strongly impregnated with coriander seed; colour it deep with saffron or turmeric, and finish it exactly as the other, only mixing a great deal of marigold flowers among the sweet herbs.

All pieces may be marinaded in any of these pickles; the rump, after being pickled, may be boned, farced, and dobbed through and through with lard an inch thick, which looks well when cut, and gives the meat a fine flavour; all sorts of heads and feet may be done in the same way, to be used fresh out of the pickle, rolled or hung; and any quantity of salt, sugar, acid, spices, or herbs may be used, according to taste.

At first these meats are not relished, but they become soon more than palatable.

Udder is particularly fine, prepared in any of these pickles, and eaten cold, with oil and vinegar, as a salad; but in cooking, it must be very, very slowly simmered.

The Italians braise it fresh, and eat it cold, with oil.

To roast.

Before spitting, scour the spit with sand, and heat the middle of it as much as possible; by so doing, it will sear and harden the aperture it makes, which will prevent the juice from running out: should there be one side thinner than the other, paper it double, and leave the second paper puffed out, to prevent the fire taking too much. Unexperienced cooks sometimes stop the meat at the thick side, which is a bad practice, as by cooling and heating the other side, it makes it tough; it is much better to use the pig-iron.

It is to be regretted that cradle-spits are so little used. Piercing the meat is very objectionable in two ways, as it spoils also the shape of meats, which prevents their lying properly on the dishes.

Whether there is frost or not in the air in winter, let it always be suspected, as a large joint of meat that has been frosted may not in a cold cellar be thawed in two or three days; therefore, bring it into the kitchen some hours before dressing, lay it in water, and bring it nearer to the heat by degrees.

When the spit is taken up to clear the fire, hang it upon the hooks, which ought to be at hand, lift the dripping-pan, and set it under it. Clear the fire, and throw up, if necessary, some of the wet cinders from the ash-pan; lay down the spit, and pan immediately. This is much less trouble and waste than throwing on a quantity of new coals, covering the meat with dust, together with the danger of throwing hot coals into the dripping-pan, which is both wasteful, uncleanly, and unpleasant, by sending a bad smell throughout the house.

To roast the Edge-bone and Rump.

They are excellent roasting-pieces, though they are seldom seen roasted at our tables; they ought to be boned and farced with mushrooms, oysters, or vegetables (see farce meats), or some seasoned oysters stuffed whole into them; form them nicely; such pieces will be better fixed by a needle and fine packing-thread than by skewers: being thick and solid, they will require to be laid at a distance from the fire at first, and brought nearer when they are well soaked, or perfectly heated through: no meat can be well roasted without this necessary precaution.

Serve gravy in the dish with all roasted meats; and if agreeable, it may be heightened with any of the herb-vinegars, such as garlic, shalot, onion, cucumber, celery, artichoke, &c.

To roast a Sirloin, Long Ribs, or any other Part of Beef.

The cook already knows that a quarter of an hour is allowed for every pound of meat: this direction is very proper for a medium; but the experienced cook knows that much depends upon the solidity of the piece and the state of the fire, as well as the weather; but all this has to be acquired by practice. An ignorant cook may have meat at a fire double the proper time, without roasting it sufficiently. The knowledge of the fire is of the utmost importance in roasting meats: a thick farced piece, bound up, will require an additional half-hour; while a long thin piece, with a great deal of surface, will take half an hour less, and more or less according to the above-mentioned circumstances. An excellent way is, to push out the long bones, and saw off about three inches of them, and roll it under, or farce with meat or vegetables. It is a great saving, as this part of

the piece, with the most careful roasting, is generally dried up, and often burnt, from the thin part unavoidably being brought much closer to the fire than the thick.

Rump with Chestnuts.

Bone the meat, and if there is any part of it thin, cut it off, and reserve it for frying in two pieces; farce it with meat, chestnuts, suet, and anchovy, spices, and salt; stew it in gravy, or braise it: when ready, fry the reserved meat with two large slices of bread; take out a little of the gravy; reduce, and season with pickled cucumbers and ketchup; rub down some chestnuts to thicken it.

It may be necessary to brown the waters for this dish, and the bread may be left in it.

Dish the meat; lay a toast at each end, with the fried meat over them; have the sauce cooked smooth, and pour it over. A purée of chestnuts may be made of the remaining stock, or with any other vegetable or fruit, such as apples or plums, seasoned with sugar. Put in whole chestnuts, fried sippets, and fine minced parsley, which will make excellent soup.

The beef may be farced with any vegetable or meat-farce, but chestnuts are preferable.

These dressings are an economy both of health and purse, as the quantity of vegetable juices corrects the heating quality of the meat, besides that it goes farther.

A collared Roast.

Bone the short ribs, and simmer them till half done; dredge with fine salt, mushroom and truffle-powder, or any other; bind it up tight, and roast it; serve it upon gravy, or mushroom, oyster, or pickle-sauce.

It may be allowed to cool, and larded; or it may be spread over with cooked farce, or whole bearded oysters, rubbing the beards with a few of the oysters, and the liquor into the sauce.

This is a very nice dish: what is left may be cut in slices, and fried a beautiful colour, and served under a ragout to suit the former dressing, or serve it cold.

Braised or stewed.

Take a noix, or any other part, such as the edge-bone or rump, and dob it; season it *à l'écarlate;* farce it as those pieces are directed for roasting; bind it well up, and put it into a saucepan with carrots, turnips, á bunch of sweet herbs, a clove of garlic, two cloves, salt, a ladleful of *bouillon*, and a glass of white wine; when half done, add six or eight white onions, and set it on a hot table or hearth, with fire over it; when cooked, take a little of the braise, and reduce it, to glaze the beef and onions; put the remainder of the stock into the glaze, and sauce the beef with it.

If oysters or mushrooms are used in farcing, there must be no onions served with the dish, although cooked in it to heighten the relish; a ragout of oysters or mushrooms may be ready to serve under, or a few nicely cooked of either, minced or whole, put into the sauce.

Ribs of Beef with Roots.

Lard or not the covered ribs, and braise, as above; cut a sufficient quantity of carrots to cover the beef; blanch and cook them in a stewpan with some of the stock; let them glaze; make a roux, moisten with a little stock; when it is very white, put in sufficient stock of the beef, and cook it; skim, and strain it over the carrots; put them upon the fire with the size of a nut of sugar, and a pat of butter; toss well, that the butter may be perfectly incorporated, and pour it over the beef.

All kinds of roots and vegetables or pickles may be served in the same way, which gives great variety to one of the best standing dishes that goes to table.

Beef-Steaks.

The steaks must be cut from the best part of the rump, after it has hung a sufficient time; cut them from half to three quarters of an inch thick.

There is an art in cutting them nicely: beat them well, particularly if they are of old beef; have a very clear fire, and a bright hot gridiron; set a dish before the fire in which they are to be served, with a perforated plate, into which put the steaks as they are turned, when

there is any danger of losing the juice, or the risk of scorching by flame; and so manage and turn them properly.

The time of cooking cannot be determined, as tastes vary so much upon that point.

A little garlic, onion, or shalot juice or ketchup may be put into the dish, or it may be rubbed with asafœtida.

Garnish with pickles, horse-radish, fried beet. Potatoes or peas are proper accompaniments.

Fried Beef-Steaks.

Prepare as above, and heat a nice frying-pan, and fry the fat first, and lay it in the dish; wipe the pan, and fry the steaks; a little very fine salt ought to be dredged from a dredger, but care must be taken not to put too much, as it renders the gravy disagreeable; garnish, or season, and send to table as the foregoing; or a sauce may be thickened in the pan, seasoned with ketchup, oysters, mushrooms, lemon-pickle, &c. and poured over.

Beef-Steaks in Onion or Mushroom Ragoût.

Slice a sufficient quantity of onions, and take off as many rings nearly of the same size as possible; leave the hearts all of one size, and slice the remainder; fry the rings and onions white in butter, with a little mace and salt, and fry the rest of the onions brown.

Prepare the beef-steaks in any of the above ways, and pour the ragoût, which ought to be very brown, over them, and garnish with the rings or small onions all over.

The steak may be fried, braised, or cooked in this or any other ragoût, such as mushroom, &c.

An excellent Way of frying Beef-Steaks. (*Scotch.*)

Prepare the beef-steaks, put them into a stewpan with a piece of butter, over a slow fire, and turn them till the butter becomes a thick white gravy; pour it out, and add more butter: when nearly cooked, pour that also out, and add more butter, in which the steaks are to be fried a good brown over a brisk fire; put them into a hot dish; put all the gravy into the same pan, make it very hot, and pour it over the steaks; add a little juice of shalot, garlic, lemon, or ketchup.

Italian Beef-Steaks.

Let the steaks be taken from the middle of the rump after it has been well hung; beat them with the handle of a knife, and rub them with mace, pepper, and salt; put them into a close iron pan, and lute it, and put it among hot ashes upon the hearth; there is no saying how long, as our fires are so ill fitted for this kind of cooking.

The Italians and French bury their cooking vessels, which are generally of earthen-ware, among the hot ashes, where they will leave them from three to five, or even seven hours. The cook, therefore, must measure her means, and act upon experience, as a great many dishes fail from the improper application of heat: when the steaks are dished, a little inspissated tomata may be added; it will improve the relish.

Beef Olives, or rolled Beef-Steaks.

Cut the beef-steaks thinner than for broiling; cover them with farce, which may be seasoned high with mushrooms; roll up tight, and stitch them firm; fry them quick in beef dripping, and stew them in stock; add ketchup, butter, and flour, or serve in the juice, or dip them in egg and crums; fry, and serve upon a mushroom or oyster ragoût.

Mock Hare.

Cut out what the French call the fillet, and the Scotch the English side of a sirloin of beef; let it be done with a sharp knife, that it may not be ragged; steep it in port wine and red vinegar; cut it open, and farce with a hare farce; make it into the shape of a hare; roast it upon a bird-spit; let the fire be brisk, but not fierce; baste with a bruised clove of garlic put into the wine and vinegar, and afterwards with butter and a little mace; take up the gravy that is in the dripping-pan, and work it well with melted butter, and put it into the dish; serve it with any of the venison sauces. This is much tenderer and better than most hares.

Any piece of the beef will answer, if kept a proper time; even the shin, if the sinews are taken out, and first simmered tender, and stuffed with a rich hare stuffing, will be excellent dressed in this way: it may be larded.

Mock Goose.

The same, stuffed with sage and onions, basted with goose fat, and served with onion, gooseberry, or apple sauce.

To hash Beef.

Cut some large onions in slices, and fry them; put them into a saucepan with a little gravy; let them cook a few minutes; take off the fat, and dry up the gravy pretty much; add a spoonful of walnut or mushroom ketchup, with salt, mace, and a little thickening; cut the hash, and toss it in the sauce, but do not let it boil; garnish with sippets or green pickles.

All sorts of butcher's meat answer with curry seasoning, which may be used as pepper in a slight degree with such dishes as this. Game or venison requires a little port wine and sugar; indeed, all meat is the better of a little sugar seasoning, if used judiciously.

Every thing seasoned with curry should have rice served with it.

Another.

Brown some butter and flour, and add a little gravy; sprinkle garlic, a little lemon ketchup or acid on the hash; heat it well, and serve it hot.

Another.

A very nice way. Slice some cooked carrots, fry a large onion whole or in slices, put it to the carrots, dust in a little flour, and add a little stock: let it cook with pepper and salt; cut the beef very nicely; draw the pan to the edge of the grate; put it in, and let it simmer a few minutes.

The beef may be fried before the onions, which will heighten the flavour; if onions are not approved of, keep them whole, and take them out.

Beef may be re-dressed in this way, with all the different vegetables or sauces as are directed in other receipts.

Meat Puffs.

If there is any under-done, cut it in nice thin slices, and lay it between two thin slices of soft fat; cover it or not with cooked sweet herbs, mushrooms, &c.; cut some nice paste in proper squares; double them up neatly over. If to be fried, the edges must be pasted together with egg.

For farce, cakes, puddings, and sausages, see these articles.

Bubble and Squeak.

Slice under-done cold roast or boiled beef, with fat to fry it a nice light brown; take care that it is not done hard. Mince some cooked cabbage, and fry it with pepper and salt, without burning; lay some in the dish, and lay in the meat, and cover it nicely with the rest, garnishing with fried beet-root, eggs, or apples. This is an excellent dish if well made, but very bad if ill done.

Under-done roasted meat may be cut in steaks, and hardened upon the gridiron or in the frying-pan, and served under an oyster, mushroom, onion, or any other ragoût.

To stew a Fillet.

Beat it well, dress it very nicely, turn it round, and fix it with a small silver skewer; lard it with a deep fringe upon the upper side; the under side should be kept broader; it may then be larded in wide rows. Dress a stewpan as for a fricandeau, and lay in the fillet; do not let the larding touch the stock, or it will make it fall and lose its flavour; have ready some nice farce-balls of meat, vegetables, bread, &c., or a mixture of them; heap them up in the well, sauce with a little of the reduced braise, with a garnishing of farced vegetable leaves or balls.

This is an excellent top dish for a small first course, or centre side-dish for a larger one.

Fillet of Beef with Madeira.

Take a nice fillet of beef, or any other part; lard it; line a stewpan with bacon and other ingredients, and strew over them a quarter of a pound of rasped lard. Lay in the fillet, which may be skewered into a round form; add half a bottle of Madeira, the same quantity of good stock, and a little salt, and let it boil upon a good fire; then cover with two or three rounds of buttered paper, and put on a very close cover, with hot coals over it; lessen the fire under, that it may only simmer.

When done, or nearly so, put the greatest part of the stock through a gauze sieve (returning what does not go through into the stewpan); add to a large spoonful of

espagnole rich gravy or stock; let it reduce to the consistence of half glaze; drain the fillet, glaze it, and dress it upon a dish. Finish the sauce with a bit of butter; season it, and put it into the well.

Other pieces may be cut in the shape of the fillet, which is long, it being much prized from its high flavour and juiciness.

The cook will be able always to give the flavour to any piece by a little sugar and garlic.

Fillets may be served with endive, tomata, turnips, onions, potatoes cut small, or any other sauce or ragoût.

Fillets of Beef in Juice.

Cut the slices half an inch thick. If the fillet is large, it may be cut into four or fewer slices; flatten them. Cut them with a paste-cutter, the size of the hollow of the hand; dip them in clarified butter, arrange them in a flat stewpan; put them upon a brisk fire, and turn them often, that they may not lose their juice. When nearly done, drain off the butter, and put in a little reduced stock; turn them after pressing them down, that they may glaze and take the flavour. Dress them round a dish, leaving a space open in the middle; detach the glaze with a spoonful of stock or *espagnole*, and finish with a bit of butter, and pour it over the fillets.

Beef Skirts.

The skirt is a very nice piece, but is so small that it is never met with at any table, running in weight from a pound and a quarter to about two pounds, and generally sells about the price of the best pieces; one or two of them, according to the number of covers, are excellent, dressed as fricandeaux, farced and ragoûted with vegetables; or braised, and then slit open, and farced with a mushroom or oyster farce, and roasted; baste with a little wine or marinade; baste them well afterwards with butter, and dredge them with flour; they may also be dredged with parmesan.

When well dressed, no dish can exceed it in goodness, at very little expense: two slices of fried bread or spinach may be laid under the skirts, and garnished with

fried bread; or potatoe-balls may be dished all over them; or they may be served in a clear juice, mushroom, or oyster sauce.

Two skirts may be stitched together, and dressed as goose, enclosing a goose stuffing, basted with goose fat, and served with gooseberry, apple, orange, or lemon sauce.

Stuffato, an excellent economical Dish.

It is made of a piece of beef little esteemed by the English, though sold on the Continent at the price of the best pieces.

Bone a part of the leg, and slash it, and put a piece of great salt and half a clove of bruised garlic into each slash; bind up the meat, and hang it up a night; rub it with powdered mace and salt; brown it at pleasure; put it in a pot or saucepan nearly of the size; fill it up with water, and add a bunch of sweet herbs and scallions: let it boil, and set it on the side of the grate, or a hot hearth, from three to five hours, according to the quantity.

When cooked, take it up into a deep dish or tureen, and cover it with top-pot. Strain the soup, and when it boils, add as much macaroni, Italian paste, or rice as will make it very thick.

The paste or rice must not be overdone or gluey: serve the meat with the juice that is about it, after skimming it well, and the soup separately.

Carabonado.—Marinade a large nice steak for some hours in vinegar, oil, caraway, or coriander; powder it with pepper and salt; broil it over a clear fire; serve it over a garlic clear gravy.

Fricandeau. (*See Veal.*)

Potted.—Cold beef of any kind, freed from skin, sinew, and nerve, or soup meats, will make excellent potted meat; it may be steeped in a little sanders-wood or cochineal, seasoned with mace, nutmeg, or any other spice, and potted as veal.

Kidneys.—Cut them through the broad way, and pin them out. Lay them in a marinade of oil, vinegar, shred onions, parsley, and pepper: do them leisurely over a clear fire, basting them with butter. Have ready some minced parsley, strew it over the cut sides; dredge on a

little fine salt, lay bits of fresh butter over, and serve them very hot.

They are used principally in France for *déjeunés à la fourchette.*

Stewed.—Cut, cross, and fry them, and finish as stewed beef-steaks, with onions, mushrooms, &c.; or cut them in pieces. Fry and serve in a gravy butter sauce, with ketchup, lemon-pickle, &c., or upon laver, with the sauce in a sauce-boat.

Palates.—Blanch and simmer them in stock, or in the stock-pot, till the skin will come off; cut them in fillets; stew them in stock with proper seasoning, and a glass of wine: let them simmer slowly till quite tender. If they are for a particular dish, season highly with morel or truffle powder.

Palates are useful in many dishes, such as ragoûts, pies, soups, roasted alone, or with sweetbreads or small birds. They make excellent olives with oyster or sweet farce, and are very nice in that form in savoury meat or game pies. They are handsome dishes for a breakfast *à la fourchette,* served hot upon gravy, or cold pickled.

Liver.

It is impossible to know how this economical and excellent dish is to be recommended, as the disuse of it in this country is astonishing, and by what prejudice cannot be learned.

The Italians esteem and dress it highly with the greatest care. The French use it constantly; the Scotch make excellent puddings of it. We might as well reject the heart, tripe, skirt, &c. as the liver; and it is satisfactory to find old English receipts for making soup of it, as a cure for liver complaints.

It may be dressed by simmering with carrots, and is as good as any other liver; indeed, the juice is much richer: and it is much to be regretted that the poor lose many an excellent cheap meal from their prejudice against it, when, if properly dressed, it will not be distinguished from *calf's liver.*

If possible, this requires more simmering. A French cook told me that she often dressed it for calf's liver, but she cooked it five or six hours in butter, on a hot

hearth, to prevent its hardening, with the embers drawn round it. An excellent way of cooking it, is either to fry or broil it as little as beef-steaks, and serve it with fried bacon, egg, apples, or onions. It would be doing an essential good to the poor to teach them to dress this dish with onions.

It is excellent dressed with red wine or strong ale, a little garlic, spices, and sweet herbs, thickened. Cut it in any shape, fry it very soft, dredging with flour, pepper, and salt. Add milk, and set it to simmer very slowly; garnish with curled bacon, or serve it in the well of a dish of nice mashed, browned, or egged rice. It is an excellent family dish.

To roast Tripe and Sweetbreads, or Veal Kidneys.

Take a piece of nice double tripe, cut it to the size of the dish, or let it be doubled; if doubled, lard the two together round the edge, and leave it like a fringe; and a little farther in, lard it very richly with a fringe of young tops of parsley. A sweetbread or two, according to the size, is to be larded in the same manner, and roasted to serve over it, or half a dozen of lamb's sweetbreads; the larding must be done with reference to the manner of dishing, as if nothing is to be served over the tripe. A large tuft of parsley looks well in the middle.

If there is any danger of the tripe curling in, it will be advisable with a trussing-needle to fix it to a small wire grill, and hang it to a bird-spit, and paper it, as the colour ought to be very fine and delicate. The least over-browning of white meats destroys their fine flavour.

Mushroom, oyster, anchovy, celery, fricassée, well seasoned, and raised with lemon zest and juice, are all fit sauces for the above dish.

Tripe is also an elegant dish, folded over upon high-seasoned farce, larded round the edges with lard or parsley, and braised as a fricandeau, or roasted.

Sweet or savoury farced Tripe Scollops.

Cut them any convenient size with a cutter; cover each with a white farce of any kind, hard eggs, vegetables, fruits, &c. Cover them that are of meat with

sweet herbs, crums, and parmesan, and sprinkle them with butter; and the others with crums, sugar, plumped currants, &c. Let them take a fine colour in the oven. Dish those of meat upon rich gravy or fried parsley; sift sugar over the others, and dish upon a napkin.

Potted Ox Head. (*Scotch.*)

When the bones come easily out, take off the meat, break the bones, and return them into the stock-pot. See that there is sufficient water, otherwise much boiling is vain. Set the meat to cool, but cover it over, that it may not dry; finish the stock, and strain it through lawn, and prepare it for an aspic; or, in other words, make a fine, clear, high-coloured savoury jelly, with strong ale, vegetables, and spices (see Grand Aspic). Cut the nicest parts of the head into squares or fillets, rounds, lozenges, &c.; the eyes and ears round. Slice ham and bacon, and cut them with cutters into flowers, comfits, and all sorts of things; cut also pickled cucumbers, and mix in small capers. When all is ready, run into the mould a little of the jelly, let it be at least a quarter of an inch thick, and then dress in some of the most beautiful pieces, either in forms or a well-designed confusion: lay over that cut carrots. A bit of beet-root may be so disposed to be seen, but not too much, as very dark colours take a great deal of management. Run some jelly round the sides, and decorate them, leaving time for the jelly to cool; mix in the ham, bacon, and pickles, and pour in more jelly: attention must be paid that the pickles do not prevail. As the sides are more seen at table than the top, let some cray-fish be set creeping along them; they must be put in with the backs down; oysters in another place. Comfits may be made of well-seasoned rice, which must be swelled and a little dried, else it would make the jelly muddy. Mince all the parings fine; and after the last part of the border is finished, pour it in to fill up the mould: some stir all well together, and pour it into the mould, arranging with a fork the nicest pieces to the surface. This dish is not expensive, and is very handsome for a standing dish at an entertainment; it is beautiful sliced, and not subject to waste: it may be moulded again. Do not heat it in a saucepan; put it into a mould that will hold

it, and set it into a bain-marie; dish it upon a napkin, and stick a rich fringe round the top and bottom of parsley. It is excellent, and a good standing dish in a family where there is a long table to fill up. For entertainments, it ought to be made like a very large round cake, decorated with jelly; when taken from table, the dish must be placed upon a folded cloth, with a heavy earthen vessel turned over it, and covered up with a cloth, that no air may get in, as its appearance is often hurt, when it is perfectly good, from want of due care. It will also keep well if washed over with distilled vinegar.

It is an excellent second-course side-dish, either moulded or in slices.

Irish Manner of dressing Tripe.

Skin a dozen or two of onions, according to the size of the dish; cut them in two, and cook them: cut double tripe into lozenges, put it to the onions, and stew them for some time; pour off the greater part of the sauce, which may be put into the soup-pot, and add some butter rubbed in flour, salt, mustard, and a little acid, and cook it smooth.

Tripe may also be prepared simply, or farced, collared, and roasted, and served with a ragout sauce; fried and served upon fried parsley, fricasseed, ragouted, done in batter, as olives, curry, &c.

The double, highly seasoned, cut into triangles, and cooked in butter, with anchovy butter or shrimps, is excellent; or the tripe seasoned with either, and cooked in a light paste; or in any way directed for lights, sweetbreads, feet, &c.

Ox Heel

Is very useful for soups, sauces, jellies, mock-turtle, collars, &c.; and may be dressed in all the various dressings directed for tripe, calves-head and feet, and is excellent in a *menu du roi.*

Ox Heel Sausages.

Take out the bone, and keep the skin as long as possible; lay it in a marinade of white vinegar and spices for three or four days; make a farce of redded beef or ham, bacon, and panada; season high, with sweet herbs and spices: simmer the skin in the vinegar; and when cold,

cut a roll of very white bacon, make up the farce about it, and farce them: with a needle, draw the skin nearly close at the ends; dip them in crystal acid, and when they are quite dry, wrap each up in paper, and wash them over with strong paste. When to be served, put them into the oven for an hour, glaze them with red glaze, and serve them over crisped parsley, spinach, turnips, &c., with white meats. They look well cut in slices.

To roast.

Prepare as above, and fill them with a sulpiçon of the foot, oysters and artichoke bottoms, or mushrooms or liver, cocks-combs and kidneys, or farce with meat, fish, or vegetables; stitch and lard them with truffle nails, bacon, ham, lard, or parsley, or wrap each in a piece of caul, and baste them with a parmesan butter, or lard the caul thick with short parsley and crum, and serve them over a mushroom, oyster, liver, artichoke, cucumber, or fricassée sauce. They may be served with a sweetbread, or brains between them, upon a pure white crustades, steeped in fricassée or almond cream, and dried white. This dish may be served in cray-fish butter sauce, and garnished with cray-fish, or in tomata sauce, and garnished with farced or small pickled tomata, or served in a rich macaroni, and garnished with small gherkins. Thus the feet, after giving gelatine for jellies, soup, and sauces, with a few small additions, and good cookery, will make a handsomer and more friand dish than turkey or pheasant; and such dishes are despised because they are low priced; while it is not the meat, but the way it is dressed, that can satisfy the real gourmand: and what would a turkey or pheasant be roasted or boiled hard, without even our cray-fish, butter, or oyster sauces? Double the number of receipts, and more might be given, were there room for insertion; but it will be better for the cook to add French dressings to this collection, and she will then be able to satisfy every taste.

A la Mode Beef, Soup, Broth, or Ragoût, of the Sticking-piece. (*Scotch.*)

Get it warm from the shambles, if possible; put it into

tepid water; squeeze it with the hands, changing the water till it is completely clean; drain and dry it with a cloth, or hang it, which is better, near the fire till dry: if for à la mode, either cut it in pieces the size of a fist, or keep it whole; season large lard, and dob it through at equal distances, and roll it in spices and sweet herbs; put in a stewpan the fat dressing from the meat; let it melt; roll the meat in the flour, and put it in with some onions, stuck with allspice and a clove—two or three cloves of garlic to every two pounds of beef; shake, turn, and attend it constantly till it is well browned on all sides: add a large carrot to every pound; fine salt, pepper, allspice, a pint of browned boiling water to every pound; lute the saucepan with flour and water, and set it in a corner where it may simmer slowly but constantly from three to four hours. When done, if it is not thick enough, take out a little of the stock, let it cool, and mix in a little rice flour, and give it time to cook; if the carrots have not fallen, dish them up with the meat, either with the soup or separately. Wine or acid may be added at pleasure; or braise, and serve the meat under a vegetable ragoût.

This piece, having the neck kernels, seldom exceeds three-pence a pound, and well dressed is an elegant and excellent dish. Three or four pounds will make three or four quarts of excellent barley-broth. Put an ounce of pearl barley to every quart, and simmer it with the meat uncut for three hours. Any vegetables may be served in the broth, and the meat served in a separate dish, garnished with carrots and turnips, fried parsnips, beet, or under a ragoût. Put no pepper in the broth, as barley is at enmity with spices. Some dislike the barley soft, which ought to be attended to.

To collar and dress the Nine-holes.

Take as many of the covered short ribs as is convenient; bone and pick off the coarse skin; stuff the holes full of sweet herbs, spice, salt, and a clove of garlic; put it into an acid or salt pickle of any colour for two or three days; season large lard that will fill the holes, and force it into them if necessary with a fillet; roll ox or pig's feet in it, that have been prepared and cooked in the same pickle, or make it up flat; stitch and bind it

well with a broad binder or cloth, and braise it with part of the pickle it has been prepared in.

Prepared without pickling, it may be braised and roasted, or served in a ragoût or sauce.

The liquor will make an excellent braise for other meats.

Beef, Cabbage, and Brose. (*Scotch.*)

A rump of eight or ten pounds is generally used, which is sometimes salted for three or four days; it is then called corned beef. Put it on the fire with from five to six quarts of water: when it boils, skim it well, and set it upon the side of the grate to simmer: it will take from four to five hours. Four hard small cabbages, or two larger, are to be cut in quarters, and well washed and stripped, and added when there is time for it to almost melt down in the soup. If there is a young family, a basin is filled with bread, and soup poured over it, which is covered close up for a quarter of an hour for their dinner.

The oatmeal for the brose must be highly toasted, and put into a basin, when a little of the top from the boiling pot is put in, and it is stirred quickly round to form hard dry knots in the meal (and not to make crowdy of it, which would be a sort of raw fat paste), then put in a little more, and stir again. When it is thinnish, but not like hasty-pudding, with great hard dry meal-knots in it, it must be eaten quite hot: some of the blades of the cabbage must be in it. This is Scotch brose.

An excellent Way of stewing all small Things in their Juice, such as Poultry, Game, Steaks, Chops, Fish, &c.

Prepare any of them by farcing, filling with truffle or vegetable, which must be all cooked, with a pretty large proportion of butter; roll it in spices and sweet herbs, and put it into a bladder with a bit of butter, and tie it up: let it simmer in a braise; dish with an appropriate sauce, taking care to add the juice that is in the bladder.

VEAL.

Hurtful practices are often resorted to, in consequence of the preference given in the London markets to white

veal. The least detrimental to the meat (though a cruel one it is), is that of suspending calves by the hind legs for hours previous to killing them, and so letting them bleed to death. The common way of treating them is frequent bleeding, and administering chalk: the flesh thus loses its natural nourishment, and becomes hard and reedy. The cook should choose veal short, fine-grained, not over fat, nor too white; as it will, if good, be as white, when dressed, as the whitest in the market. The cow-calf is preferable for the fillet, because of the udder, which is of great consequence in cookery. Veal keeps worse than any other meat: but the pyroligneous acid will now obviate that inconvenience, by the parts which are apt first to spoil being immediately brushed over with it, when brought in. But attention must be given to the manner of doing it; for although it is a most perfect preserver, it imparts a hammy flavour.

The custom of blowing the meat calls loudly for interference, in the first place, from imposing, by its appearance, and in the second, by the danger from the state of health those may be in that blow it. See Accum on Culinary Poisons*, where it is stated, upon the best authority, that the most loathsome diseases may be communicated by it.

Veal Ragoût, with Goose Fat.

Cut one pound of lean veal in very thin slices; put a large spoonful of goose fat into the frying-pan; flour the veal, and fry it a nice brown; cut in slices Jerusalem artichokes, cucumber, vegetable marrow, or any nice vegetable; adding celery, asparagus tops, or tomatas, dredging in flour, &c. &c., mushrooms, or truffle dried or in powder, sweet herbs, pepper, mace, and salt; when they are all well browned, add them to the veal, and put in a sufficient quantity of boiling water; boil it up in the frying-pan, and pour it into the saucepan; leave it there two or three hours, according to the heat, to simmer; prepare sorrel and spinach, rice or potatoes; border a large deep dish with it, and put in the ragoût. This dish may be made of any kind of meat and vegetables, the prepared goose fat giving it a very high relish.

* This book ought to be in every householder's hands.

Dressed Calf's Head.

Put it into a deep saucepan, with as much water as will cover it; boil, skim, and put in the spices and sweet herbs, two or three onions stuck with cloves, parsley, chives, mushroom stalks, or chips; cover close, and simmer constantly for four hours; take up the head, and if to be served plain, there must be a piquant sauce prepared for it. (See Sauces.)

Roasted.

Prepare as above; let it cool; lard it with oysters, lard, parsley, or a mixture of any of them; baste it well, and let it be slightly tinged with a fine colour; serve an acidulated gravy, butter sauce, or any other, to suit the dressing; or it may be basted with wine, lemon-juice, mace, and salt, till ready to brown, with butter; or hang it to a bird-spit, and baste it with a marinade; turn it, that it may be well done on all sides, and finish it with crums; or have a light batter, with any of the above seasonings mixed in it, or rasped ham, bacon, &c.; baste the head with this batter, turning it up, to do it equally all over; serve it in crisped parsley, with sauce, in a sauce-boat, or gravy in the dish. The soup, in the mean time, may be finished according to taste. Half a head may be roasted.

Half a head will make an excellent handsome dish, as well as soup for six or eight covers, and for more, if the tongue and lights are dressed with it, as they will make a ragoût and farce-balls, which may be had at an easy rate, even in London; but in the country, where a head may be had for 1*s.* or 1*s.* 6*d.*, it is seldom used, as too little attention is paid by cooks to the dressing; for unless it is well cooked it is not agreeable to fastidious palates; from which cause, where it may be had cheap, it is oftenest neglected.

Another.

When the head has been braised, take up part of the skin, and saw out a bit of the bone; take out the brains, and put in a vegetable, fruit, or meat farce; put in the bone, and paste down the skin with egg and flour; take out the tongue; peel, and stick it with cloves and truffle, or mushroom nails; split it under, and put in a wedge of

bacon; put it into its place, and tack the jaws to the head; braise, roast, and finish it in any of the ways directed above; serve with a butter glaze sauce, seasoned with mace and lemon-juice. The brains may be put into a cream glaze sauce, with lemon-juice, and served separately. The head may be larded as above, or with oysters, or bacon and oysters; anchovy sauce is excellent with calf's head or feet.

Brawn.

Take the bones out of a head that has been half-cooked in a braise of half vinegar and water, with a sufficient quantity of spices, sweet herbs, and two cloves of garlic; let it cool; put in two calf's and one cow-heel, properly prepared; dredge all equally over with fine salt; roll hard, and bind it well with a lessived roller, or streak it with very white bacon, and make it up in its original form, and simmer it very slowly from three to four hours, according to the size; it must not boil. Keep it in souse. (See that article.)

To collar.

Cook in a strong braise, as above, and dispose nicely in it bacon, ham, tongue, or fine redded beef; strew in spices, sweet herbs, and yolks of eggs; roll as above, or cover it with farce, and roll it

Hash or Ragoût.

Cut and have ready any of the above sauces for calf's head, all which require to be acidulated; let it simmer in the sauce till it takes the flavour; garnish with slices of lemon.

Fricassée.

If the head has been browned, pare it off, and prepare a fricassée sauce, with a little well-seasoned white stock of any kind; put in the meat only to simmer, and finish it with egg and cream. To this may be added sweetbreads, kidneys, lights nicely simmered in mace, butter, and lemon zest, mushrooms, oysters, &c. This is an elegant dish, with the tongue larded and roasted in the middle, with red or green farced tomatas, chilis, intermixed with cray-fish; or tufts of fine-coloured rasped ham round the dish, or rounds, the size of half a crown,

of bacon, with rasped ham on them, make a beautiful garnish. Garnishes should always be appropriate.

Light Balls.

The lights make excellent balls and farce, which may be put into any of these dishes. They are excellent for pulmonary complaints; and, dressed with cream, lemon-juice, and mushrooms, are an excellent ragoût for serving with any meat.

Another Way of dressing a Calf's Head.

Keep the skin whole, and make a nice farce or patty-meat of the lights, liver, or what is convenient; cover one half of the head, and roll or gather it up, and form it into a ball with a needle; lard and roast it in any of the ways directed for roasting as above; prepare the other side of the head in a mushroom ragoût, as mock-turtle, curry, or in black butter; prepare a crustade (a hollow slice of bread, nicely fried) to put the head in; if dressed *en ballon*, dish it with the ragoût round it. The tongue may be braised, glazed, and served over spinach or sorrel, or in an oyster sauce; and the brains served in black butter, or any piquant or green sauce.

The French farce a calf's head very high, and braise, and serve it in a ragoût of mushroom or oysters, quenelles, artichoke bottoms, and sweet-breads; and dish the head in it, garnished with glazed or larded sweet-breads, cray-fish, truffles, &c.

Or cut the head into pieces; cook it white; broil or roast the tongue, crummed or larded; dress the head round in the dish; pour a mock-turtle sauce over it; lay the tongue in the middle, and garnish with marinaded brains, fried in butter, yolks, small, or poached eggs, twelve fine truffles, twelve cray-fish, and larded sweet-breads. This is a rich handsome dish, and an elegant variety of mock-turtle. The sauce may be curried if the company are Indians.

It is excellent done as follows, and less expensive. Get a head with the skin, and take care that the eyes are sound; clean it nicely; refresh it, changing the water often; cook it whole, on a constant slow simmer, for three hours; cut it open, from the throat to the mouth,

between the jaws; bone it; make a very well-seasoned farce of lights, or feet, white meat of any kind, ham and bacon, anchovies, or whatever is nice, according to the season: or make a salpiçon of livers, mushrooms, and bacon or ham, and lay it in the middle of the farce; spread out the head upon a cloth; preserve the film of the eyes entire.

If it has been cut, lay a bit of skin over it; dredge the head with mace, lemon zest, truffle, or anchovy powder, and a tea-spoonful of sugar and salt; strew it over with rasped bacon and ham, and cover it with farce; lay in the salpiçon, and cover it with farce; skin the tongue, and lard it with truffle nails and cloves; slit it up under, and put in a wedge of hard white bacon, or another tongue may be used that has been redded; make up the head, which must appear plump, tack it very nicely together in its original form, and lard it, if it is to be roasted, and not if braised or baked, if to be served cold.

It may be dipped in crystal acid, and hung in the smoke, after it has been handsomely corded: when used, steep it in strong marinade; braise and brush it over with a red glaze made down with crystal acid.

It will keep a long time, if when cut it is brushed over with acid, and put under a charcoal basket, wrapped in a cloth, over dish and all, to prevent hardening; and if the glaze grows dull, it may be renewed. This is an excellent way of farcing young pigs, pigs' heads, geese, ducks, and hare: the farce for hare ought to be in proportions of minced pie meat, with port wine and sugar, and made as a farce, or farced with a gratin. Let the cook remember to test her farces, which if she does, she can never go wrong.

To roast a Loin.

Care must be taken not to waste the kidney-fat: if there is too much, cut it out, as it is useful for farces, and is lost in the dripping; put a double paper over, to preserve it, the kidney requiring to be well done, as nothing looks worse than to see it cut up bloody, which, if there is much fat, it will probably be.

If the cook wishes to save the kidney for a dish on a future day, or even upon the same, she may make a nice farce of veal, neat's feet, or vegetables, and put in its place a nice mushroom, oyster, or vegetable salpiçon, or let it be served in epigrame with any of these.

In Epigrame.

Roast the loin as above, cut out a square piece of the veal, leaving the skin attached on the upper side; slice the meat thin in small pieces; have ready cooked a nice minced mushroom ragoût, seasoned high with spices, onions, a very little garlic, and parsley minced fine. (See Ducella Sauce.) Toss the veal in it, to which the kidney is added, and may be well spared to dress as above.

If the mince is not thick enough, cover it with fried crums, and tack over the skin with two small silver skewers. A vegetable farce, or very nice mash, well seasoned and dried up over the fire, with cream and an egg to bind, is an excellent addition to this dish, put in, in the place of the kidney; but what is more excellent is chestnuts dressed in cream, which must be put in before the meat is laid down to the fire.

To roast a Fillet.

Bone and farce it, use bacon for the fat, and if convenient, it may be farced under the flap with a vegetable, oyster, or mushroom farce. (See Farces.) Let the fire be strong and steady; paper it, and bring it nearer by degrees. If it is large, and the fire in perfect order, it will require half an hour more than the allotted time to roast, from the solidity of the piece; as it must be a very delicate brown: baste with vinegar, or lemon-juice and butter: when ready to dish, take up the gravy that is in the dripping-pan, and work it into some melted butter, and serve it in the dish, garnished with slices of lemon or pickled cucumber; or lay patches of thick tomata sauce round in the gravy; serve sorrel, spinach, or laver with it; dish the broad end up. All pieces of the veal may be roasted and served in the same way, and with the same sauce, attending to the necessary time and state of the fire: every part may be larded according to taste, basted, or as directed in various ways for calf's head.

An excellent common Scotch sauce for roast veal, is butter melted in cream, and rubbed into the gravy with lemon-juice.

To stew a Fillet.

Pick off all the coarse skin from the flap; put it into hard white wine or cider; bruise it with the hands from time to time; strew over it tamarind, or any other acid fruit

powder, spices and salt; press it into a pan that will just hold it, and cover it with the wine; lay a board and a weight of stone * upon it; leave it thirty-six hours in this pickle; put it into a stewpan with the wine and some fresh veal stock, which may be made of the parings and bones; season with cloves, mace, pepper, and salt; let it simmer in the embers its full time; take it up, put it in a deep dish, covered with top-pot, into the screen, to keep it hot; make a ragoût of mushrooms, cucumber, or oysters, or a sauce with anchovies, ketchup, lemon acid, tamarinds, tomata, or artichokes, and serve it in the dish. The stock will make an excellent dish of real Italian macaroni; put as much into the boiling stock as will make it thick, and do not let it be too much done: rice is excellent in this sughlio or essence. In summer, veal will keep four or five days, and longer, in a marinade, which is often of consequence in the country, besides its being improved in flavour and tenderness.

To prepare any Part of the Veal for stewing.

Cut a large knuckle, chop off the end, and take out the large bone; farce it with meat or vegetables, or not. If a neck is to be stewed, the great bones are to be sawn off, and the meat nicely trimmed, and so of all other pieces to be stewed. Farce may always be put under the skin, or the thin parts turned over it. Some hours, or the night before, rub into the pieces a mixture of mace, lemon grate in powder, with two or three tea-spoonfuls of white sugar, and half a tea-spoonful of garlic powder, or less, according to taste; brush it over with acid, or strong vinegar, as, if the weather is very hot, handling veal is apt to spoil it; wrap it in a cloth, and hang it in a charcoal basket.

Another Way to dress Part of a Fillet.

Take the noix and udder, or the half or third of the fillet; cut downwards, and dob it well through with large seasoned bacon; it may be white or streaked; put it in a well-seasoned vegetable wine and vinegar stock, strong ale or cider braise; give it time according to its size; glaze and serve it over a mushroom, oyster, tomata, or any other ragoût or sauce, which may be prepared from the braise.

If cooks were to follow some directions, they would

* If a leaden weight is used, it will be dangerous if it should touch the wine.

dress no dishes without having prepared double the quantity of meat for a stock to them. Putting the evil that so much gelatine occasions the constitution out of the question, it is an expensive and heavy mode, and only fitted to taverns, where this manner of cooking is necessary and expected, but not that of a genteel and delicate table. When people feed sumptuously every day, there is no occasion to be fed grossly.

An economical healthy Dish.

Put the meat into a convenient stewpan, with half milk and water; let it come very slowly to the boil; watch it that it may not fly over; skim and set it aside; if the meat has not been prepared with spices, add them with a carrot, and when there is time to cook turnip and onions, put them in; take up the veal and a little of the stock, to make a sauce or ragoût; strain the soup, and put in rice when it boils: the carrot and turnips may be cut as small as the rice, and put into the soup.

Another Way to stew a Breast of Veal.

Half roast a breast of veal, or if there is any left, brown where it has been cut; make some stock of any parings, and season high with sweet herbs, parsley, onions, a little garlic, mace, pepper, lemon zest, salt, and a lump of sugar; if there are fresh mushrooms, put in the stalks. If it is to be served in any ragoût, prepare the vegetables, and when done take it up, strain the stock, finish the ragoût; strain the soup, and have rice, macaroni, Italian paste, vegetables, or bread-balls, &c. ready to finish: if bread-balls and vegetables are only used, it may be thickened with a little rice flour, or cream, butter, and flour. *

Farced Shoulder.

Bone and lay the meat as equal as possible; cover it with proper seasoned farce, and one of sorrel or spinach may be laid in a ball in the middle, or a salpiçon, all being properly cooked; gather it up round with a needle, and fasten it tight; lard it upon the top or round the middle in two or three rows; braise or roast it, and serve with an appropriate sauce. It may be entirely farced with vegetables,

* The cook ought to attend to the ingredients generally in use to dress each meat; as if she is desired to stew or dress any thing in a particular way, and does not find that she has what is ordered in her cookery-book, she goes hunting about for it without success, while perhaps she has abundance in her hands of what would answer be tter.

or with rice, currants, sugar, cream, and egg, or a sweet farce of mince pie meat, made of egg, cow-heel, &c.: braise it, taking care that the lard does not touch the braise; glaze or not; dress it in a crustade*, that it may stand well in the dish, or on spinach, or sorrel, if it has not been farced with it, and an appropriate sauce.

It will not be necessary again to mention, that it may be served upon any ragoût or rich brown gravy.

For any Part of the Veal in Braise, see *Fillets of Beef.*

In Madeira, the dishes are dressed in the same way, only the spices and sweet herbs may vary a little; as white pepper, mace, and lemon zest, are used for veal and white meats; sometimes cloves and nutmegs are added.

To ragoût Veal in Onions, Mushrooms, Oysters, or any Vegetable.

The knuckle and the worst end of the neck are generally consigned to the soup-pot, for which there is good reason, as both yield from the young bones and sinews a great deal of gelatine; but that is no reason for wasting the meat, which, if properly and slowly cooked, will yield a great deal of stock, without destroying it.

They may be slowly cooked in a vegetable braise, or in milk and water, with spices and sweet herbs—(See the second Receipt for Stewing.) Whatever the meat is to be served with may be stewed with it, such as onions, mushrooms, endive, &c., or they may be cut down for the soups or sauce the stock is made for, or cooked apart, to be ready to dress into a ragoût, with which the meat is to be covered; or it may be served over sorrel, spinach, or a pillau. Every thing served with veal ought to be acidulated; or when cold these pieces may be larded and roasted, as the stewing softens the muscle, which would otherwise be too hard for roasting.

All parts of the veal may be collared: those for roasting, if large, must be braised two-thirds, which ought to be done before it is boned: pick out all the coarse skin and nerves, spread it on a cloth, and see that it will roll equal by cutting off corners, and what will come in the way, and laying it on where it is too thin; brush

* The Spanish serve up a great deal upon crustades (indeed, the term is Spanish), sometimes almost whole dinners; where the bread is generally eaten by the English, while the meat is left, owing perhaps to the quantity of garlic with which it is dressed. The bread is fried with olive oil, garlic, and salt; but the French improve so much upon every thing, that their crustades form some of the most elegant as well as contain the most *friand* dishes that go to their table.

it with yolk of egg, and sprinkle on seasonings; spread on a cooked farce very equally; garnish it with judgment; if not fat, lay in some; if too much, cut it away. The one half of the farce may be green, and the other red, white, or yellow. If well done, it looks beautiful, and the variety of taste is also pleasing. Roll very tight, and stitch it well with a trussing-needle, and tie it once or twice round with packthread; lard it for braising only on one side, glaze or not, and serve over an appropriate sauce or ragoût.

If any is left, it makes an excellent dish cut in slices, and dished on a ragoût or sauce; or served cold, garnished with cold crisped parsley.

Noix de Veau à la Bourgeoise.

Take the large muscle to which the udder is attached; flatten and lard it lengthwise; put the parings into a stewpan, and lay in the noix with onions, scallions, carrots, parsley, and a little good stock; let it boil; add sweet herbs and spices; cover it with strong buttered paper, and put it on a hot hearth or paillasse, with fire over it; leave it from an hour and a half to two hours; take it up, and strain the stock; reduce and glaze the noix; put in a little stock or espagnole* to detach it; strain, and finish with a bit of butter. This dish may be served upon a purée of onions or sorrel. It may also be served with any ragoût, purée, or sauce, and then it takes different names.

Fricandeau.

The favourite manner of dressing this piece is in a fricandeau. Prepare the noix, take off all the fibres, and pare it properly; lard it, put slices of bacon in the bottom of the stewpan; cover it with the parings of the veal, carrots, turnips, onions, scallions, spices, sweet herbs, and a little stock; lay in the vegetables in such a manner as the fricandeau may rise in the middle without touching the stock; cover with buttered paper; set it to simmer according to its size; take it up, and keep it hot; strain and reduce the stock to a glaze; glaze the fricandeau: detach the remainder from the pan with a little espagnole or stock; put it in the dish, or serve it upon spinach, sorrel, endive, or tomata sauce.

* A roux may always be used instead of espagnole; and in the case of *vegetables*, top-pot may be used.

Any other nice cut of the fillet, chump, or down the neck, makes excellent fricandeaux.

Haricot.

Cut, trim, half roast, or fry the veal white, or a light colour; if it is wanted very rich, put the bones smashed with the parings into a sufficient quantity of water; simmer it two hours; it is not necessary to put in double water to waste, as that is throwing off the best part of the meat by steam; strain the stock hot to the warm joint or cutlets: if carrots or turnips are wanted for any other ragoût, they may be dressed in the stock, as they are an excellent seasoning for every thing; but they are too coarse to be presented with veal haricot, unless the zest is cut as small as peas: season with sweet herbs, pepper, mace, salt, onions, and parsley, a little garlic, and a bit of sugar; let it cook, simmering slowly; prepare French beans; let them be nicely cut round, square, oblong, or in small fillets; rub down the parings, if the sauce is to be green, and add a little spinach or sorrel greening, and haricot, which is the French name of the beans: if the sauce is thick enough, finish with a little butter to mellow it; if not, add flour also, and a spoonful of ketchup.

Another.

Dress the veal in a béchamelle, or rich cream sauce; choose new potatoes of an equal size, when they are no larger than Spanish nuts; rub off the skin with a hard cloth and salt; put a small lard through each, or make a hole that the sauce may penetrate: do not let them fall.* Fish is excellent dressed in this way, particularly cod sounds.

Another.

Prepare the chops white with a pint of button mushrooms†, and finish with cream, flour, butter, and lemon-

* The variety is endless in which meats may be dressed; and all meats, fish, game, and poultry may be served in the same way, attending to the variety in seasoning which is best adapted to them. Those who have travelled will remember the numberless variety of little nice things they have met with.

† If the cook cannot conveniently have a small mushroom-bed, she ought to be careful to have a great quantity stored in all the different ways of preserving them; as nothing she can have will give her general cookery a more decided turn of elegance. When pickled mushrooms are used for dishes, steep out the acid in tepid milk and water.

juice; or white haricot, turnip balls, or glazed silver onions.

Hâtereaux.

Cut from the noix, chump, or any convenient piece, as much as will fill the dish; let the pieces be about three inches long, and two broad, or larger; lard them lengthwise, turn down the larded side; have a cooked farce that will with a third more cover the hâtereaux; take as many mushrooms, fat, livers, and truffle or truffle powder as will be equal to the third wanting of the farce; cut them in small dices, and mix them in it with some yolk of egg and spices, and cover the hâtereaux with it; roll and stitch, and paper them. Hang them to a bird-spit, baste them with butter, and dish them over an Italian rousse or blanche.

Poppiettes.

Cut part of the noix in very thin slices, beat them well, and cover them with white farce; roll up, stitch, and put them into a stewpan over slices of bacon, a ladleful of stock, a glass of white wine, a bunch of parsley and scallions, a clove of garlic, and a little basil. Simmer 35 or 40 minutes; strain, reduce, drain, and glaze; add two spoonsful of espagnole to the remainder of the glaze, and sauce the popiettes.

Granadins.

Split the noix, and flatten it, cut each in two or three pieces, in the shape of long lozenges, and cut one piece round; lard them*; put them in a stewpan that will hold them, with the parings of the veal and two carrots, with half an onion under each granadin; they must not touch one another: add parsley, scallions, a clove and a half of garlic; make it boil over a brisk fire; cover with buttered paper; set them to simmer, and put some very hot coals over, to make them take a very fine colour; cook from 40 to 50 minutes; reduce, glaze, and dish them over any purée or sauce, with the round in the middle, so as to form a rose.

* It is so necessary to know that bacon larding should never be touched by the stock or braise, that it is requisite to mention it in every receipt. Let it be impressed upon the cook's memory, as one of the most necessary things in braising larded meats.

Blanquettes.

Make them of cold roasted veal; pare off the brown, and mince it; reduce some velouté, or make a little roux, and put in the mince, but do not let it boil; thicken with yolks of eggs, and finish with ver or lemon-juice and a bit of butter. Fine minced parsley and scallions may be cooked and added to this dish. A little that may be left on the bones may be dressed as above, with mushrooms, oysters, or any nice vegetables.

Tendons.

Cut out the fore bones of a breast of veal, separate them from the red bones which lie under, and cut them in scallops; put them into cold water to take out the blood, blanch and refresh them, cover the stewpan with bacon, and add the bones and parings of the veal; put in the tendons, a bunch of sweet herbs, some slices of lemon*, three or four carrots, the same quantity of onions; let it boil; cover and set it to simmer upon a paillasse from two to three hours; try if they are enough before taking them up; drain, glaze, and serve in every different way.

Tendons, long shaped.

These are to be cut in the same way, only that they are to be longer, so that the fore bones are not to be cut off as above. Cut the meat out also of the long ribs.

The Tendon, forming the broad End in a Fan Shape.

Flatten with the blade of the hatchet, and cook it exactly as above, but without acid, if to be served in the stock they were cooked in; reduce, glaze, and mix the remainder with a little roux, stock, and a little white wine; add mushroom or truffle powder or chips; boil, skim, strain, and reduce it, and finish with a small bit of butter; add button mushrooms, asparagus tops, or small onions. They may be served in vol-aux-vents, casseroles, or timbales.

Tendons fried.

Prepare them as in the first receipt, and let them cool; crum and fry, or broil them, and serve them over a poivrade or Italian sauce.

* When lemon is put into a sauce in slices, it is always understood to be pared, and the seed taken out. Remember that no acid ought to be put into any vessels but those of black iron or earthenware.

Cold, in raw Ravigote.

Rub parmesan cheese and butter together, and squirt it in heaps, or rub it through a sieve, and garnish the borders of a dish dressed with cold tendons, cooked as above, and cover with a raw ravigote. (See that Article.)

Or hot in cooked Ravigote.

Garnish with lemon or fried parsley.

In Marinade.

After they have been cooked, boil them once up in a marinade*, dip them in light batter, and fry them, without allowing them to run together, of a fine colour; drain on a cloth; dish, and cover them with fried parsley or crums.

Cutlets.

Prepare the cutlets nicely; flatten and dredge a little fine salt over; dip them in melted butter, and put them upon a hot gridiron, over a very clear fire, but not too hot; turn them quickly, to prevent the butter dropping, and to harden them, to preserve the juice; let them be well cooked, and of a fine colour; dish them on gravy, and garnish with tufts of fried parsley or crums.

Cutlets. (*Scotch.*)

Cut thin, beat them well, lay them in vinegar, mace, pepper, and salt, for some hours; fry them slowly a light brown, and pour into the pan a little well-seasoned water or stock, and let them simmer; if there is any melted butter, put in a little, or thicken with flour and butter: some dredge the cutlets in frying, which is best if stock is used, as then no butter is required, and lighter if only with water; garnish with sliced green pickles, lemon, small pickled onions, &c. This dish, in its simplest form, is often met with very well cooked in small inns in the Highlands.

Crummed.

Cook them as above, with eggs and crums.

Another.

Cook them in butter over a slow fire, turning them often: when they are nearly done, pour off the butter, and put in a large spoonful of good stock, and the size of a walnut of glaze; lay the cutlets flat, that they may take

* This is a nice operation, as a second boil will harden them.

the glaze; put them over a brisk fire, turn them often, and hold them down in it with the point of a knife; dish *en cordon;* add a little stock to the glaze, and finish it with butter and lemon-juice, and dish it in the well, or serve in it a thick tomata sauce.

To roast the Fraise.

Prepare the fraise, and put a nice cooked farce or salpiçon into it; dress it flat, and fix it on a grill, and hang it to a bird-spit; baste with a marinade, and finish it in any way ordered for calf's head.

Another.

Roast it over venison, beef, or mutton, and have any acidulated ragoût or sauce ready to serve it in: it may be rolled or doubled up, and served over a mushroom or oyster ragoût upon a lamp, for a second course, top, or side centre dish; otherwise serve it with sweetbreads, kidneys, ears, and all white meats, or garnished with farced tomatas and cray-fish, over a fricassée sauce.

Sweetbreads.

Sweetbreads must always be blanched before they are cooked, to disgorge and harden them to bear larding: when they cool, lard them for braising or roasting with bacon, parsley, ham, truffle, morel, or mushroom nails. The French line the stewpans for cooking them entirely; they may be very well done with care, by only lining the bottom; put in carrots, onions, and parsley; lay the sweetbreads over; add a little stock, but if larded with bacon, do not let it touch it; it will make it fall, and it will neither look nor taste well; if cooked in an earthen vessel, squeeze lemon-juice over them, which will make them very white; cover with slices of bacon and double-buttered paper; cover close, set it upon a hot hearth, with fire over sufficient to give a fine colour. They will take forty minutes; lay each sweetbread upon a slice of white fried bread over an endive, sorrel, or mushroom sauce; glaze or not.

Another.

Prepare as above, cut them in pieces, and put them into a mushroom sauce; thicken with yolks of eggs, minced parsley, and finish with butter and lemon-juice.

In Jelly.

Prepare a very nice large sweetbread; lard and cook it very white; have very nice cooked oysters, cray-fish, hard yolks, or coxcombs — every nice little thing may be added; put some jelly into the mould; run it all round the sides till it takes; do so a second time, and begin to lay in the garnish with taste; put in more jelly, and continue the garnishing, and finish it. If in a hurry, ice it, dip the mould quickly in hot water, and it will come easily out.

In Papillottes or Paper Cones.

Cook the sweetbreads as above; cut them in long pieces; prepare a fine ducelle, make up proper cones, put a bit in each, with plenty of the ducelle herbs; pinch them up, oil, and cook them at a distance over a clear fire till of a fine colour; serve in a hot napkin, or on crisp parsley; or make square cases, and cover the bottom with farce; oil and cook them on the gridiron; let the paper take a fine brown: prepare the same herbs as for the papillottes; toss them with the minced sweetbreads in a little butter and cream; put it into the cases, and sauce with espagnole or a reduced glaze, or reduce the sauce and glaze them; add a large spoonful of stock, and sauce them with it.

Hatelets, or Cububbed. (*See Fat Liver.*)

Fricandeau.

Sweetbreads larded, cooked in a blanc, with a rich white sauce of mushrooms, oysters, artichoke bottoms, and cray-fish as a garnish, are an excellent variety of fricandeaux. They also may be served on spinach, &c. as others; roasted, larded, or not, and basted in any of the ways directed for the head.

Sweetbreads are served also in purée of very young peas, artichokes, cucumbers, or asparagus. This is a very elegant way.

To fry.

Blanch, egg, and crum them twice, with a mixture of any of the sweet herbs, parmesan, rasped ham or bacon, &c.; or fry them simply, and serve them over a butter cream sauce, with lemon-juice; or serve them in any of the above ways, in a vol-au-vent, casserole, or timbale.

To farce, lard, and roast two Sweetbreads.

Cut two penny French rolls down the middle lengthwise, take out the crum, and make panada of it with cream or stock; make a ham, oyster, or mushroom farce; butter the cases made of the rolls, and put in the farce, or salpiçon, or patty-meat, or what has been prepared for them; brown them in the oven; or do not put in the meat till the cases are taken out; fill them; split two larded roasted sweetbreads, and lay each half over the farce so nicely, that it may appear to be cooked together; serve on a mushroom or oyster ragoût, and garnish with fried oysters, cray-fish, or crisped parsley; it is a handsome top dish for a second course, and not expensive.

To ragoût with Mushrooms.

Lard with truffle, lemon-peel, and parsley; stew them gently in a little well-seasoned, rich white stock; put in cooked fresh mushrooms, pickled, powder, or ketchup, salt, pepper, mace, lemon-zest, and juice; garnish with lemon, cucumber, or as above.

To roast Calf's, Sheep, or Lamb's Hearts in Farce.

Make the farce of the lights, or any other; farce the hearts after they have been simmered till nearly ready, or with a savoury stuffing of bread, suet, and sweet herbs; run a trussing-needle up through with a double thread to loop on a bird-spit; cover the hearts and tongues with the farce, make paper cones, and put them in tight: when ready to brown, take off the papers carefully, baste, and ruff them with egg and crums, or any other seasoning.

To scarlet Tongues and Hearts, and dress them.

Let a spoonful of sanders-wood be put in with them: the tongues, instead of being farced, may be slit up the back, and a small wedge of bacon put in, or nicely hogged with large bacon, and split.

Another.

Lard, and roast, or braise with or without larding, and serve them in any ragoût, or as small plats-de-rôts.

To roast Liver.

Season large lard, and lard it through; lay it in a marinade of oil, sweet herbs, parsley, onions, pepper, and salt, and leave it for some hours; put it in a small double-grill, paper and hang it to a bird-spit, or tie it on a spit, and baste it carefully; a large one will take about an hour; or roast it in a Dutch-oven, glaze, and serve it over a rich gravy or poivrade.

In scollops, cut and cook it very slowly in the frying-pan with oil; dredge it with flour; when cooked, give it more of the fire to brown it; put in a little rich stock; add vinegar in dishing.

Etouffade of Liver.

Lard across as for roasting; put it into a braise in which there is garlic and basil, besides the other sweet herbs, stock, and wine; let it boil, skim, cover with bacon and paper; put on the cover, and set it upon a hot hearth for two hours; strain, and reduce some of the sauce; thicken with flour and butter: lemon-juice, anchovies, or ketchup may be used.

Another.

Cut it in any form, and cook it very slowly, that it may not harden, dusting in flour, with what sweet herbs may be deemed necessary, as onions, garlic, basil, mushrooms, and parsley, &c.; add milk by degrees, and set it in the chimney-corner to simmer.

For Soup, Pudding, &c., see *Beef.*

For Gratin, see *that article.*

Garnished. (*See Beef Kidneys.*)

Broiled. (*See Beef-Kidneys.*)

Or fry with streaked bacon, apples, onions, eggs, or potatoes.

Calves' Tails.

Blanch, and cut them at the joints; cook them in a roux or in butter, dredging with flour; take care that they take no colour; this requires attention; put stock in by degrees; add parsley, scallions, a clove of garlic,

and a clove; simmer till half done; take out the sweet herbs and onions, and put in a sufficient quantity of peas for a ragoût: otherwise, prepare as above, and finish them in the different ways directed for lights and sweetbreads: they are particularly nice with mushrooms, or roasted and basted with batter, and dredged with parmesan or truffle-powder.

Chitterlings, in various Ways.

They require to be very well cleaned; turn them out, and lay them some hours in lime or charcoal-water; refresh, wipe, dry, and lay them in vinegar; mince part of the chitterlings, after they have been cooked in white stock, roux, or blanc (see Lights), and toss them with half the quantity of minced suet, a little cream or stock, a clove of garlic, or a clove or two of shalot, mace, pepper, and salt; stuff the chitterlings, turn them round, tie them in short lengths as sausages, with very narrow tape or cord, and leave a little bow at each tying; paper, and fix them upon a grill, hang it on a bird-spit, and baste well with white wine and white wine vinegar; take off the paper, and give it a very pale colour, finishing with butter, and serve them upon spinach or sorrel. They are also excellent cooked in a braise, and a sauce made of it with acid; or plain roasted, without farcing, tied up nicely, and basted with butter and vinegar, which is to be made into a sauce for them with a little white gravy.

Fricassée is an excellent way of dressing chitterlings.

Ragoût. (*See Lights.*)

Sausages.

Fill with Bologna sausage meat; simmer and broil them over cartridge-paper. If kept for any time, they must be simmered slowly in a sauce.

Hams.

Cut either the hind or fore quarter into hams, rub them with treacle or sugar, and hang them two or three days; mix an ounce of saltpetre with common bay-salt and sugar, of each one pound, spices and sweet herbs; allow one pound of this mixture to 14 pounds of ham; rub it well in, and put it in a close vessel, strewing in bruised juniper berries and thyme.

Rennet. (*See that Article.*)

Brains.

This is reckoned one of the nicest dishes in French cookery. Cover a stewpan with slices of bacon, and put in as much stock, with a glass of white wine, as will cook the brains, with parsley, young onions, and slices of lemon. This would require an earthen vessel: cover with bacon and a round of paper; set them in a bain-marie or hot hearth for forty minutes, and sauce with an Italian sauce, or any of the piquant sauces, or butter stock sauce, with small fried onions, artichoke bottoms quartered, and small button mushrooms. All these dishes may be garnished with cray-fish, fried bread in any form, and sliced lemon. Cook them for invalids in vinegar and water, and serve them in seasoned cream, or a lemon butter sauce.

Brains so cooked may be cut in pieces, and fried in batter, or served in black butter, or with vegetable purées, such as peas, cucumber, tomata, apples, onions, mush-rooms; pulp and put into the sauce, always observing that they are sufficiently acid.*

Lights.

Let them be fat and white, cut them in fillets or large slices, wash them, pressing them with the hand to take out the blood; blanch and refresh in cold water; drain well, and put them into a stewpan with butter; dredge in flour, without allowing it to brown; turn and let them harden; moisten by degrees, with a little stock; season with salt, pepper, parsley, a clove of garlic, and a clove; let it boil over a brisk fire; shake it well; when there is just time to cook small onions, put them in with some dressed mushrooms. Take care that the sauce is not too thin: thicken with eggs; add minced parsley and lemon, or verjuice. For brown, fry the lights brown, and finish as the other.

This dish is recommended for pulmonary complaints. For children it is excellent, simmered with vegetables, and served in a cream, flour and egg sauce with a little

* The French serve them in casseroles, crustades, vol-aux-vents, and in jelly, in what they call their hot cold dishes.

curry-powder: when cooked, they may be served in any of the sauces, fried or roasted, as has been directed for the head, feet, or brains.

Fraise.

Clean the fraise, and parboil it; throw it into cold water, drain, and cook it in the stock-pot, or in a blanc; serve it over any piquant sauce.

Another.

Cut it in nice pieces, and serve it in a reduced Italian or lemon sauce. Such as speak much in public ought to eat these dishes frequently.

Olives in the Caul or Fraise.

Make a nice farce of veal, oysters, and anchovies; roll it up tight in the fraise, which must be cooked; stitch it with a needle, and hang it on a bird-spit. Cut it in slices, and serve in brown gravy, black butter, or a glaze butter and lemon sauce; or have it ready to slice and crum; or fry plain for breakfast, served on a napkin.

Another.

Farce it with fish, game, or vegetable farce, and prepare and serve as above.

To fry Veal, Rabbits, or Chickens.

Prepare any of these that have been dressed, and lay them in a marinade of vinegar and sweet herbs for some hours; drain and let them dry without wiping; fry them in butter, and serve hot with fried parsley or crum, and broil. Remember they only require to be heated through, not to be cooked.*

Kidney Toast.

Mince the kidney with half as much fat; season with mace, lemon zest, and salt in the finest powder; put in a

* The greatest attention ought to be paid not to give veal one unnecessary boil up, as it hardens sooner than any other meat. It is not enough understood that no meat requires boiling for cooking, that simmering is all that is necessary, and that once boiling up is necessary only to clear off the scum, which should be instantly lowered by cold water, and which, in the case of clear soups, may be put in two or three times.

little rich cream or stock; toss till quite thick; steep a slice of bread in the same seasoning, with a little lemon-juice; fry it soft of a light brown; put the kidney on it, and serve it hot.

Kidney Salad. (*See Fowl.*)

Kidneys may be dressed in every way that sweet-breads are.

Kidneys make an excellent dish for the head of a small second course, dressed white with mushrooms, and garnished with cocks' combs and cray-fish, or larded and roasted brown with a brown ragoût of fat livers, oysters, and truffles, so that the cook may sometimes be able to save a kidney a day or two before it is wanted, when she has a loin of veal for the family dinner.—(See also Loin of Veal.) Or two may be larded, roasted, and served in crustades.—(See Sweetbreads.)

Patty-Meat.

Cut or mince the meat small, with half as much kidney fat; season it with mace, pepper, and salt; any of the powder may be added; toss in a little rich stock or cream; make it hot, and fill the patties, or put it cold into unbaked paste, such as vol-au-vent puffs, small standing pies, into which a small eel or two may be put. These are excellent.

Calves' Feet.

Many receipts may be given for calves' feet, such as to fricassée, to braise, to broil, fry in egg, in batter, simply in all sorts of ragoûts, &c. They require in most cases to be cut down, or in fillets; whatever the sauce is, it must be acidulated and rich, without being greasy. They are the better of being marinaded an hour or two. A favourite way of dressing is simmered and fried, or in batter, or farced.

Calves' Ears.

Cook them in a blanc; cut each in four; marinade; dip them in light batter; fry them of a light colour over a quick fire; dish, and serve a tuft of crisped parsley over them.

Farced.

Cook the ears whole; let them cool, and farce them

smooth the farce; egg and crum them twice: cover them in a deep dish, till ready to serve. Take care the fat is not too hot, as they will require a little time, and the colour must be light. Dish with the point up; serve with a tuft of fried parsley.

Or cook in a wine braise; cut and serve under white or brown Italian sauce.

To pot Veal.

It has been the custom to prepare veal for potting; but that is unnecessary. Take any piece of cold lean veal, free it from all fibre and skin, and cut it as thin as possible; cross the grain, as that will facilitate the pounding; add mace and salt, in fine powder, and a bit of butter. A little strong stock is generally put in; but as it prevents its keeping, it is better not to use it.

To marble with Ham, redded Beef, or Tongue.

Add butter to soften it; pull some of the red and some of the white to pieces; mix some in different shades; form peas, marbles, or shells, and mingle them tastefully together; press them down in a patting-pan, and after smoothing and wiping the pans, cover with clarified butter, and put a teaspoonful of crystal acid over them.

Another.

After preparing the white meat, divide it into pieces, and mix one with spinach or parsley, greening another with saffron, a third with beet-root; marble them together as above, or press them into butter shapes, in the single colours, to garnish hams with white; or form them into fruits or figures, to serve in savoury jelly, to garnish meat, cakes, and tops of cold pies, and dormant beefs, and other cold savoury dishes, and supper salads.

Dunelm of Veal, Fowl, Rabbit, Venison, or Butcher's Meat.

Stew some mushrooms very gently for an hour and a half in butter, with mace, salt, and pepper; let them cool, and mince them; dust in flour till the butter becomes a roux, and work in by degrees a little cream, till it obtains the consistency of a sauce; simmer and cook it smooth; mince the meat the same size and quantity of

the mushrooms. Butcher's meat requires onions, and venison civet and port wine.

Minced Veal.

Mince some very nicely, and prepare a little stock, from the parings and bruised bones; add salt, mace, pepper, lemon zest, parsley, onions, and fresh or dry mushroom chips; simmer two hours; strain, and finish with a little cream, butter, and flour; cook it smooth, and put in the mince to warm, with a little lemon-juice.

To preserve a Fillet, or any Part of the Veal. (Excellent for Sea Store.)

Take off the skin, bone, divide it, and rub it well with a little moist sugar; leave it for a night; rub it again well in; in the morning, mix sweet herbs and spices, and rub it well with them and a little salt; season a rol. of bacon for each, and roll it in them, and then tightly up in the skin, which should be prepared also, and stitch it firmly round them; cover the bottom of a stewpan near the size with slices of bacon, and put in the fillets, with three bruised cloves of garlic, sweet herbs, and spices, with equal quantities of white wine and vinegar, or cider; simmer slowly for four hours; the water should just move, never boil up; take them up, and put them into a nice lessived pan, that will just hold them; boil down the wine and vinegar into a strong glaze, with fish skins, till it is a strong jelly; let it be sufficient to cover it, which may easily be done by having as much prepared as will fill the vessel: when the jelly has stiffened, cover it with crystal acid, or double-distilled vinegar; or if for sea, put it in tight pitched vessels, and cover it with mutton suet. This is the Russian way of preserving sturgeon. (For another receipt, see the Venison Tub.)

Veal Cake.

According to the size of the cake, slice a sufficient quantity of hard yolk; have ready a well-seasoned farce, of equal proportions of veal, ham, and bacon; the whites of the eggs may be added; green, if agreeable, part of the farce with parsley, and a few leaves of tarragon; prepare, likewise, thin slices of ham, bacon, and veal, to make up the mould; make a figure, with the yolk in the

bottom, and cover it with farce, and dress in the slices of ham and veal, taking care that it is very neat at the edges; then lay some of the eggs round the sides of the mould, and cover them with farce; put a thin layer over the slices of ham and veal, laying on some slices of egg, and so continue to arrange till the mould is full; put in a little water to soak it together; cover the whole with a little butter, and then with paper, and set it in the oven. As the meat is already cooked, it only wants to be soaked; when it is taken out of the oven, press it down with weights, and leave it in the mould till wanted. These moulds ought always to have covers, so that by returning stored meats into them, they would be long preserved in cool pantries. This cake may be made without farce, with the addition of shred parsley, a little tarragon, and mixed rasped bacon and ham, strewed with the eggs between the layers of meat. This is excellent; but not so elegant nor so good as the other. This cake will look better, and keep longer, if glazed; where it is cut may be brushed over with acid.

Veal, Poultry, and Sturgeon pickled as Tunny Fish.

The best part of the veal for this purpose is the largest muscle of the fillet. Take it out, skin, and cut it in four pieces; or take a deep slice from the fillet, and cut it in pieces to resemble slices of salmon: the meat must hang a day in summer, and several in winter: dry a quarter of a pound of salt, and beat it fine; rub it well into the veal; put it into an earthen vessel, with sliced onions, parsley branches, a little shalot, a clove of garlic, some ginger, a dozen of juniper berries, some bruised pepper, and three beaten anchovies; mix them well, and rub the veal with them; tie a double-lessived cloth over it; leave it four days; turn it, and again leave it four days; take one third of the liquor that has come from the veal, and put it into a stewpan, with all the other ingredients, with the veal, and a bottle of white wine; let it boil, and set it to simmer; when enough, put it into the vessel in which it was pickled, and let it cool in the liquor; next day drain, and put it into a pot or glass bottle; cover it with fresh olive oil, and stop it close with parchment, and serve it as tunny fish. Double the quantity may be made at much the same expense and trouble; and when wine is thought

expensive, one third good white wine vinegar, and two of water or cider, may be used; but as it makes an excellent sauce, there cannot be much objection to it. The breast of a turkey, capon, fowl, or sturgeon makes excellent tunny. Their bodies may be farced with any meat, and served as family dinners; so that such things may be in reserve, at little expense. These preparations of white meats, to resemble tunny fish, may be put into mock-turtle.

See at their proper articles cold and hot pies, patties, pastes, vol-aux-vents, timbales, rissoles, casseroles, &c. &c.

Observations on dressing real Turtle.

When turtle is to be dressed in a private family, they generally have a cook equal to dress it; but young practitioners sometimes become quickly ready to fill higher situations, to which nothing is wanting but a knowledge of particular dishes, and experience how to manage them: and to such as wish to rise in their profession these observations are particularly addressed.

If a cook has a turtle of 50lbs. for a service of twenty covers, that is, 2½lbs. for each cover, 6lbs. being the allowance for every alderman, the inexperienced cook knowing this would be afraid; but 50lbs. properly prepared will be more than enough, and, with management, will make a very handsome course.

Preparations ought to be made for the number of dishes the course is to consist of a day or two before, either for five or seven. If of the ordinary five, ten quarts of rich veal stock; if of seven, fourteen quarts will be necessary, with the proper seasoning, which ought to be prepared at least the day before. If sturgeon can be had, it may be cooked gently in the stock, or simmered in butter and mace, as, if a long course is wanted, it may be useful in it; besides, if three or four cods' heads, with a dozen of sounds and chitterlings, are added, there will be enough for double the number. If both shells are to be served, attention must be paid to cut out the breast-shell, with as much meat as possible attached to it: if it is a male turtle, there will be no eggs, and sometimes there is no green fat: these are

both annoying circumstances, particularly the last. However, an ingenious cook will provide against both.

To dress real Turtle.

The night before, hang up the turtle by the tail, cut off the head, and save the blood. In the morning, lay it flat, and with a sharp knife cut off the fins, and cut each into two or three pieces; then cut out the belly-shell, with as much meat attached as can be managed by sloping the knife outwards, if it is to be served attached to the shell. Take out the intestines and the rest of the meat, either leaving or taking out the green fat; saw off as much of the shell as will open it handsomely; blanch the fins, shells, and head, put them into a sufficient-sized pot, and cover them with veal stock, which, if not already seasoned, the following must be put in: parsley, shalots, a little garlic, basil, savory, marjoram, and thyme, nutmeg, cloves, and mace in powder, of each a quarter of an ounce, or according to the quantity of stock.

Clean and split the intestines, scrape and pick them very well, lay them an hour in lime-water or strong vinegar, put them into an earthen vessel, handle them in lemon-juice, and leave them in it to make them very white; simmer them in the same vessel with some stock. The heart, liver, and lungs are to be simmered separately: the liver must not be put in till the others are nearly ready. All the different parts must be cooked separately, as they all require more or less doing; and this is the greatest difficulty in dressing turtle, as, if it is done too much in the first dressing, it gets slimy: all except the intestines ought only to be three-quarters done. When prepared, let them cool; take the breast-shell, and raise the meat all round from it, and farce it with higher-seasoned farce than the turtle, to which cayenne has been added. There is no occasion to make this farce of the turtle; it may be made of the veal the stock was made of, of fish, or a mixture of both: this also allows a greater quantity of farce being made, and enlarges the quantity of turtle.

If the breast-shell is not to be served with the meat attached to it, that meat is to be cut off in pieces about

the size of a fist; which, after being three-fourths cooked in butter, are to be split with a knife and farced.

When all is ready, take a large vessel that will hold the whole, except the intestines, melt one pound of butter in it, or more, according to the quantity, put in an equal quantity of sifted flour, and work it till it becomes a fine roux; add the whole stock by degrees, work and cook it smooth, add the juice of two large lemons, and cayenne, strain, and put in from three to four pints of Madeira. Put the meat, being all nicely cut, into the sauce, and set it to simmer; take care it does not boil: in the mean time, put a handsome paste border round the shell, and fold it over, as if it were lined; the breast-shell may be bordered or fitted to a dish, where the border will meet it.

The other dishes may be all lightly bordered, and handsome light croquant covers made for them; but handsomely and lightly-bordered dishes, put within larger dishes, with puffed napkins, gives a turtle course a very handsome appearance.

If the green fat has been taken out of the large shell, it is to be returned into it, and then filled up with the cut meat and sauce, and covered with farce-balls and eggs, and set in a dish into a proper heated oven for the paste; or the meat may be filled in after the paste is baked, and browned with a salamander; but in doing so, care must be taken that the paste is not soiled.

The breast-shell is to be served at the top (see receipt for dressing West India turtle), or the farced white meat is to be dished in a deep dish, and filled up with sauce and meat, and garnished with balls and eggs. It may be finished also in the oven.

The intestines being cut, are served in sauce at one side, and may be fricasseed; the fins in sauce at the other, and the soup in the middle.

If seven dishes are to be served, put the heart, lights, and liver in the centre. This is to be higher seasoned with lemon-juice, claret, garlic, and cayenne, and thickened before serving with the blood.

Have stock ready for the soup, which should not either be so rich or high-seasoned as the turtle; but a little cream and almonds may be added. Dish it into two tureens, and divide whatever is left of the turtle from

the other dishes into them, and put in eggs, farce, and bread balls, of a smaller size than those put into the turtle. This soup should be no thicker than thin cream; and, if well made, it is not necessary to put in any turtle.

The stock for the soup may be made of eels or sturgeon, or a mixture of them with the veal.

When families get patent turtle in the country, directions for serving are sent along with it: two quarts are generally allowed for twelve, that is to say, in the solid, which makes a handsome dish or two.

A good cook, having prepared plenty of nice stock as above, with sturgeon, calf's feet or head, and chitterlings, pig's lungs and liver, she may much enlarge her course. Real turtle, and all the imitations of it, are the better of being prepared a day or two before, particularly by such as are not much accustomed to make it.*

West Indian Method of dressing Turtle.

Throw it upon its back, and be ready to cut off its head when it puts it out; hang it immediately up by the tail, and let it bleed completely.

Cut out the belly with as much of the meat as possible, and put it into cold water with a handful of salt; cut the fins off at the joints, and blanch them with the head and shells; wash all the intestines well, slit them open, scrape and pick them very clean, and put them to blanch in a great quantity of water; when they are done, take off the inner skins, and cut them in pieces of two inches long; have some well made strong knuckle of veal stock, seasoned with parsley, basil, marjoram, savory, garlic, thyme, mace, and cloves, of each half an ounce in powder; put in the fins, stew gently till tender, take them out, and put in a pint of Madeira, and incorporate it by stirring it about twenty minutes; beat the juice of two lemons with six whites of eggs; put it in the sauce, and boil it up; let it repose, and strain it through a bag; wash the fins well, and put them in; put all the bones into a stewpan with the quantity required of prepared stock, an onion, some sweet herbs, and three or four blades of mace; stew it an hour,

* When a mistress finds a cook anxious to turn such things to a good account, she will lose nothing by giving her now and then an opportunity of comparing it with the real, which is thirteen shillings a quart, and is cheaper than extravagantly-made mock turtle.

strain, thicken with flour and butter, add half a pint of Madeira to every three quarts, salt and cayenne; put butter in a stewpan, and lay in the white meat, and simmer it till nearly done; simmer the heart and lungs in stock, and season: as for the fins, when cooked take them up, strain the stock, thicken and add a bottle of Madeira, season with cayenne, pepper, and salt rather high; add the lungs and white meat, and simmer them in the sauce. The farce is to be made of part of the white meat for balls: if there are no eggs, some must be made.

Season the callapash-shell with cayenne, Madeira, and salt; border it with paste, fill up the neck-hole, and fill it with turtle. Slash the meat on the breast of the callipee-shell, and powder it with sweet herbs and spices. Sprinkle it with Madeira, and cook it in the oven, basting it carefully; or put it on a flat dish, and border it with paste leaves, which ought to meet the shell, or the points be laid so as to touch.

*Imitation Turtle.**

Let the cook make a fish stock of eels, flounders, skate, or any of the cheap fishes, and season it exactly as above with the same sweet herbs and spices, and if sturgeon can be had, let it be cooked in butter; cut in pieces about the size of a fist, and farce it, or let a large piece be farced round the edge, and slashed and seasoned as the white meat in the West Indian receipt, and cooked in the oven, and served in a paste border. The head of the sturgeon is an excellent addition to the turtle. If two or three large cods' heads can be had, cook them in the stock, let them cool, draw out the bones, and cut them in pieces; have half or a whole calf's head ready cooked in its own juice, and cut in pieces; there may be also prepared a calf or pig's chitterlings; cut and prepare them as the turtle's; make plenty of farce of the fish that the stock was made of; follow the directions as given in either of the above receipts throughout; seasoning and cooking, adding carrots,

* The common way of making imitation turtle is both expensive and heavy of digestion, from the quantity of gelatine, flour, and butter of which it is composed. Real turtle is of such easy digestion, that a much larger quantity of it may be eaten with less danger of hurting the digestive powers. It ought therefore to be the care of the cook to render every dish as salutary as possible. Amphibious animals, or such as live in air and water, are more easily digested than either fish or flesh. The buffalo, which loves to live in marshes, is, like turtle, of very easy digestion, and a great quantity of it may be eaten, as well as of turtle, without any inconvenience. Frogs, snails, and vipers love marshy grounds, and appear to partake of the same qualities.

onions, sugar, and a little garlic to the stock, to raise the flavour.

The only difficulty is in the proportioning the meat and fish, which should be if possible three-fourths fish; but a half will do: say the stock entirely fish, with a large calf's head and two neat's feet from the killing butcher (which will give enough of stock for jelly for a large entertainment, while the head will give stock for the sauces): three cods' heads * and the veal of a large sturgeon added to these will make a handsome course of imitation turtle, from forty to fifty covers, for a private entertainment.

If there is no sturgeon, prepare a piece of a fillet of veal, as in imitation of tunny fish (see Veal): or simmer it in butter and spices; do not let it boil, and farce with a high-seasoned farce. A very handsome course of five or seven dishes may be served of veal or sturgeon dressed as in the foregoing receipts; as callapee at the top, the turtle as callapash at the bottom, two timbales at the sides, one with the chitterlings in fricassee, the other with two sets of sucking pigs' lungs and livers, dressed very high as above; or they may be served in open dishes with pastry borders (strong white wine will do as well as Madeira), with two tureens of soup.

Imitation turtle made as above has deceived not only good judges by its appearance and taste, but by its easy digestion, which is the principal thing desired in making any deviation from the present established and much-admired dish.

Mock Turtle.

Prepare a large calf's head with the skin, with rather more than a half of stock-meat or veal knuckles, allowing more than three pounds to each quart of water: after it has been well and very slowly simmered, the water hardly moving, for three or four hours, take up the head and knuckles; let them cool, and cut the head into proper pieces, and with the meat of the knuckles make plenty of farce-balls, and cut the nice sinews into pieces for the turtle; return all the bones and parings into the stock-pot, and continue simmering till all the juice is extracted; strain it through a thick wet napkin, and set it to cool; when ready to finish, take off the fat, and pour it off from the sediment, and put it to simmer on the side of the grate,

* With the head and feet cut down, as ordered above, with the other directions.

with the sweet herbs and spices as ordered for real turtle, if they have not already been put into the stock; make a roux of flour and butter, and strain and mix the stock by degrees to it: when the flour is well cooked and very smooth, add the juice of a lemon or two, and the wine; when all is prepared to taste, add the meat, and let it simmer till enough.

If there is more made than is necessary for present use, separate it before adding the wine and roux; a gill of wine is sufficient for each quart.

Dish with farce-balls and eggs.

Cow-heel in Mock Turtle.

Get it from the killing butcher's; take off the hair, and scald it nicely; put it on with a quart of water to each pound; add two carrots, two turnips, four large onions, each stuck with a clove, and a sufficient quantity of the same sweet herbs and spices as ordered for real turtle; simmer softly for three or four hours; take up the feet; let them cool; take off the meat, and put back the bones, with any parings or debris of fish or poultry nicely cleaned, with any thing that is to be cooked, for which it will be a good braise: finish as for real turtle, adding cider, good strong ale, or home-made hard strong wine.

The stock may be made of half very mild ale or cider. which makes it lighter, or a vegetable maigre stock. Thus, two large heels from the killing butcher's will make with proper dressing a handsome dish of mock turtle, as well as soup and sauces for twelve covers: let there be plenty of farce bread and egg balls. There cannot be a more economically dressed dish.

The farce-balls may be made of fish lights, soup, meat, or any other; let them be higher seasoned than the turtle.

Imitation Cow-heel and Fish.

Prepare a heel as above, and get two-thirds of the weight at least of the cheapest fish; if there are cods' heads, do not let them be done too much; let them cool, and cut them up for the turtle; pick the fish off the bones, and make plenty of farce; some of it may be used for other dishes; bruise the bones, and with the skins return them into the stock-pot; manage the foot as directed

above, and use the same seasoning and thickening as for real turtle; adding roots.

If fillets of soles or any other fish are to be served, put their skins and bones, well bruised, into the stock-pot.

This will be more expensive than the cow-heel alone, but it will be lighter.

Fresh mushroom stalks and garlic may be added with advantage to all imitations of turtle. To every two quarts of soup add a clove or two of garlic: carrots, turnips, and onions, stuck with a clove, are great improvements.

Where much mock or other turtle is used, the cook ought to be careful of the small eggs of fowls, as they are better than those that are made, which have often hardly the taste of eggs.

The intestines of fowls should also be preserved, either for garnishing, or for turtle.

Small Eggs.

Break as many eggs as will be necessary to make small eggs; separate the white from the yolks; beat and strain the yolks; wet a cup or mould, put them in, and cook them in a bain-marie; let them cool; put them into the mortar, with a little salt, a few drops of garlic juice, not to be distinguished, and a sufficient quantity of raw eggs to make it into a proper paste; roll it up dry into small equal balls, and poach them. It would not be much trouble to get a few small moulds made, and put the raw yolk into them, the eggs would be so much better.

Brain Balls.

When soup is served, they are very delicate in it; make them with equal quantities of bread or vegetables and suet, and season a little higher than the soup; test as other farces. Any chitterlings of meat or fish, particularly skate, may be served in these turtles, prepared as for the real.

If there is more farce than what is necessary, roll it in large quenelles, and served dobbed fried potatoes with them in a brown ragoût; or a little of the turtle sauce, with coriander powder.

The cook ought always to think of saving herself trouble, by making nice dishes of every little thing, and at

all times double the quantity of farce may be made, without any additional trouble.

Fish Turtle

Is excellent. Prepare as for real turtle a stock of skate, any other fish, or vegetable; let it be seasoned as for real turtle; if sturgeon can be had, prepare it as the white meat, and farce it; two cods' heads, with the sounds, may be cooked in the sauce, and cut up as before directed, and finished every way as real turtle. Use the head also of the skate, with the chitterlings, and make up the dish of the size wanted. Calves feet, or part of the head, may be added.*

Viper Broth.

Vipers cannot always be procured in England, though there are an abundance of them in particular parts.† In Italy, and where their surprising restorative virtues are known, they are in great request.‡ Viper and frog broths are the only nourishments given after extreme unction has been administered, and they not unfrequently restore the despaired of patient. Viper essence is the basis and source of the *celebrity* of the *celebrated* and official Venetian *triac:* to it above a hundred other ingredients are added, as of course there is then something in it good for every ailment. During the solemn operation, the great bell of St. Mark is tolling, and the magistrates encircle the caldron in their robes of state.

Frog Broth.

Frog broth is made in the same way as the viper, after being gutted, skinned, and the heads taken off.

Snail Broth.

Wash them extremely well, and throw them into very hot water; take them out of the shell, and pass them through several waters; working them well with the hand; slice them, pound the shells, and put all into a saucepan,

* In country towns, where calves heads may be had from a shilling to two shillings a piece, and in many places of the island, where cod's and all kinds of fish heads are thrown out, what a blessing it would be to teach the poor to make soup of them! and to make it up solid would be a little traffic for them, and an excellent sea store.

† No part of a serpent is poisonous except the head.

‡ To take vipers, it requires two men; one catches them with a pair of pincers, and the other whips off the head. They are skinned, and made into a rich soup. The liquor is to be expressed to the last drop.

with as much water as will cover; boil, skim, and let them simmer for several hours; add a little salt, sugar, and a very small quantity of mace, to correct the mawkish taste: a tea-cupful may be taken four times a day, with or without conserve of roses. Should the patient have any repugnance to it in this form, let it be put into some weak veal broth; this is far preferable to slater wine, to which mothers have so often recourse; but if they have any predilection for slaters, which are excellent, let them be administered in broth; the wine often more than counteracts the good effects of these valuable insects: unless insects are poisonous, which I am not aware any are, they are among the nourishments best calculated for consumptive invalids, and may also be useful in cases of emergency.*

Slater Powder.

When they have been collected, let them crawl for an hour or two amongst damp leaves to clean them; then put them into a cullender, and pour cold water over them till it runs off clear; put the cullender with them into quick boiling water to kill them; do not leave them longer than it is necessary in it; drain them in a cloth; dry them in a cool oven, or in the sun, on white paper; make them into fine powder, and bottle for use; a tea-spoonful may be taken three or four times a day in ass's, mare's milk, or any of the artificial milks (as cow's milk alone is too strong); conserve of roses and plenty of the best moist sugar should be added. Camel's milk is extremely restorative, and their flesh more than that of any other quadruped: resembling snails much, it is more slimy, and not so agreeable as ass's flesh; but it has the advantage in there not being so much prejudice against it.†

Mare's Milk.

It is astonishing that mare's milk is not more used than it is in this country for consumptions, as it might be had for very little expense; the milk of the common mare being more valuable to the patient than that of the more

* The late celebrated traveller, Burchardt, used to amuse himself in eating flies, to accustom him to all sorts of food.

† Camels might easily be kept at the resorts of consumptive patients in the south of England. The grand duke of Tuscany keeps fourteen of them on his farm at Pisa, which are worked like any other cattle, carrying the duke's grain and other produce of his farm to market.

valuable and high bred one, perhaps from the nature of its food; but our love of medicine takes place of that experience which has been gained by ages.

Fricassée of Frogs.

Skin and prepare the hind quarters, blanch, and throw them into cold water; drain and put them into a stewpan, with a piece of butter, a clove of garlic, parsley, onions, and chives, sweet herbs, and spices; let them soak a little upon the fire, but not to brown; add a thickening with a glass of wine, a little stock, and salt; stew them slowly for twenty minutes; add a little cream; finish with yolk and lemon-juice; garnish with lemon.

Fried Frogs.

Prepare as above, and lay them in a marinade or pickle of equal parts of vinegar and water, with sweet herbs, garlic, shalot, parsley, and onions, shred small, and spices; leave them for an hour or two; fry them in oil or top-pot, or shake them in a floured cloth, or dip them in batter or egg, and fry them.

Although great quantities of frogs were to be seen in the markets on the Continent, yet no one would admit that they were used at their tables, knowing the prejudice of the English. But an account at last has been procured from a medical traveller of their wonderful virtues.

We have the same prejudice against snails*, and the gummy mucus that so plentifully exudes from them, in which consists their restorative quality; and as the cause of consumption is ascribed to the absence of that gelatine, it is well calculated to restore it. In low marshy ground, and particularly in Germany, where sour-crout is made, they are very large and fat, and far superior to chickens: could they be fed in this country, and sold at an exorbitant price, our aldermen would soon discover their properties.

* A person testifying his satisfaction on seeing snails in Covent Garden for sale, "Yes," said the vender, "we sell them to foreigners, and for birds."

To ragoût or fricassée Snails.

Clean and prepare them as for broth; cut them in slices, and reduce the smaller with the parings in a mortar; simmer them with sweet herbs softly and long, till they are quite tender; add wine, truffle powder, and ketchup; thicken with flour and butter, or cream and egg, and serve very hot. They are used in France at breakfast.

Snail Powder.

Clean the snails, and throw them into the oven in their shells, and keep drying them in it till the shells will reduce to powder; cut the snails into thin slices, and let them dry till they become crisp; beat them to powder, and add it to the shells. The dose is what will lie upon a shilling, mixed in clarified honey, with the size of a nut of jar raisin and almond paste, rubbed into it, which may be taken in emulsions.

MUTTON

Is to be chosen as other meats, not over large, nor over fat; but thick, fine grained, and well coloured. The mutton sold in the markets is seldom any other than overgrown lamb, as the moment it attains its size, or even before it, when another year's keep is taken into the account, it is sold at the most profitable time for the farmer; and as to its being known by the port wine gravy, it is absurd; as if the meat is little done, so will the gravy. Mountain mutton is different, because the farmer can clear a profit by the wool, so that the sheep are allowed to attain a riper age. Ewe mutton, in spite of all that is said against it, if it can be kept long enough to tender the muscle (which may be done, even in summer, with care), is often so much higher-flavoured from age as to be taken for venison; but in such matters some are led, and some use their own judgment. When it comes in from the butcher, take out the kernels from the leg, and the spinal marrow, which last must be instantly cooked in butter, and preserved for use: do not touch any part with salt*, even if spoiled. This is going against

* A family were one time so vexed with the loss of meat that was intended to be kept from three to four weeks fresh, that they found it necessary to give up killing

good authority, but as near as possible to practical experience. The best preserver is acid, and in some cases pepper and ginger; those who have only the experience of joints brought in from market can know very little of the proper management; but when meats of various kinds are necessarily killed for variety in the summer months, they must be preserved in every different way; and to keep them in order will require all the assiduity of a mistress, perhaps, as well as the housekeeper and cook. Say that the establishment requires one bullock a month, one calf a fortnight, one sheep, and one lamb a week, bucks and pigs occasionally. This and all lesser larders are the most difficult to keep in order, and much more than those of double or treble the size. The crystal acid will now be a great relief to such as kill their own meat. One inconvenience, however, attends it; it preserves well, but gives a hammy taste, which is however better than tainted meat, and the parts apt to taint may only be washed with it.

To boil a Leg of Mutton.

Lay it into tepid milk and water for some hours; wash it well, and put it into milk and water of the same heat, with a little rice flour and a handful or two of minced mutton suet; if it comes upon a quick simmer, skim it well; it does not matter whether it boils or not; in that case, give it half an hour to the pound; skim it well; garlic, sweet herbs, onions, and parsley may be added, or it may be done in a vegetable braise, or in milk and water alone; pour over it caper sauce: it is generally served over mashed turnips, endive, spinach, or sorrel; the two first may be cooked with it.

To roast a Leg.

Lay it for an hour in water, wash, wipe, and spit it, or, what is much better, put it into a cradle spit; lay it down before the fire, not very distant, and keep constantly basting it till it has dried up half a pint of vinegar and water, with a bruised clove of garlic, or three or four

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during one hot summer; but what appeared most astonishing was, that one piece kept, while another did not (the larder being excellent). It was, however, discovered that the cook had the slovenly manner, instead of sorting, clothing, and hanging the meat to be kept first, she salted and hung it as it came to her hand; and those pieces that were hung before she touched the salt were saved. Salt may kill maggots, but a small quantity facilitates taint in purer substances than meat.

shalots; take it up, lay it on the hooks, and paper it, and lay it instantly down at a proper distance, and baste it well. Roasting ought to be attended to more than any other cooking, as the meat after swelling falls and soddens. A bruised clove of garlic with a little salt being put into the shank, raises the flavour.

Haunch.

Cut it as venison, and marinade it in port wine, garlic, thyme, parsley, and onions; put in any other meat along with it, as beef, mutton, or pork, with mutton fat, as it will neither be more trouble nor expense, and better for the mutton: as the quantity of wine that would cover a haunch would be too expensive, by packing it close, less wine will do to keep it covered, as washing and turning is often neglected, and at any rate does not answer the purpose so well: baste it with half a pint of the wine and sweet herbs, and finish it as above; serve the gravy from the dripping-pan in the dish, and a jelly-sauce in a sauce-boat.

Shoulder.

Roast as either of the above, or stuff it in several places with five or six whole oysters or mushrooms*, and lard or not with parsley and bacon; serve the gravy in the dish, and any other appropriate sauce in a sauce-boat; but that is not necessary with roasted meats. Pickles and well browned potatoes should be served with them.

Ribs served as Venison.

Cut out all the covered ribs, and take very little off the breast, to keep them long. This is a very handsome dish, and seldom used; marinade and dress it in every way as directed for the haunch; spitting spoils the appearance of this piece, therefore, do it on a hanging jack; serve it with gravy and currant-jelly.

Saddle.

If very fat, skin it, and stitch down the skin: never, if it can be avoided, put a skewer into meat; it will require no papering; take off the skin, and brown it. A very vulgar custom prevails of splitting the tail, and turning it back; it certainly would be more delicate to cut it off; but this is a matter of taste. Serve as above.

* Mushrooms must always be well cooked.

Gigot en Chevreuil.

Skin it, and dob it with large seasoned lard ; put it into an earthen dish, strew over a handful of bruised juniper berries and a little melilot; put it in a marinade of strong red vinegar and cider or wine ; leave it five or six days ; take it out, and pick off the sweet herbs, and roast it; serve it over a *poivrade.*

Another way.

Prepared as above, braise it, and serve it over a vegetable sauce or pillau.

A la Gasconne.

Bone a leg, and lard it with twelve heads of garlic and a dozen of anchovies in fillets ; roast and serve it over a ragoût of garlic cooked as follows : blanch it well in a great quantity of water, and refresh it in the like quantity ; cook it in stock and thicken, or in espagnole and beef juice. (See Garlic Sauce.)

A Fillet.

May be done in any of the above ways, or boned, stuffed, and three-fourths braised; when cold, lard with anchovies and pickled cucumbers ; paper, roast, and baste with port wine and a bruised clove of garlic or shalot; dredge with flour, fine powdered salt, and sugar ; take up the sauce, skim off the fat, and if there is not enough, add a little clear gravy, without any seasoning but salt or wine and sugar: jelly sauce may be served in a sauce-boat with it. These are excellent receipts for dressing beef and veal, basting white meats with white wine.

Fore Quarter of small Mutton.

Take out all the bones excepting the blade ; have ready a thick ragoût of mushrooms, oysters, turnips, or cucumbers ; put it in, or farce it, making it up as a small shoulder or ball ; stitch and bind it with packthread ; braise, and when cold fix it on the spit ; serve it on a ragoût of endive, French beans, &c. It may be larded, crummed, or covered with batter: in any of these ways it makes an elegant second-course dish. The bones make an excellent dish of soup; and if the vegetables are cooked in it, thereis no oss of any thing.

Brains. (*See Veal.*)

Mutton.—(Boiled Breast in a Variety of Ways, and excellent Irish Stew.)

Simmer the breast gently for an hour and a half; take it up, and skim the fat off; put Scotch barley, rice, or oatmeal into the soup, with any vegetables or seasoning; draw out the ribs, and put them into the soup. The breast may be glazed, broiled, or roasted, and dished over mashed turnips, potatoes, or any vegetable ragoût, which may be made with a little of the stock, and thickened. Serve the mutton under it: if too fat, part ought to be cut away.

It makes an excellent household pie, with plenty of onions and potatoes, seasoned with pepper and salt, or dressed as a pie into a dish with raw potatoes, and simmered upon a hot hearth till the potatoes brown. This used to be called Irish stew; but the fashionable Irish stew is now mashed potatoes put into a mould, and filled with dressed mutton, covered with potatoes and baked, which is also an excellent variety, and may be called a casserole or timbale of potatoes.

Parsons' Venison.

Bone a shoulder or neck of mutton, and lay it into a marinade (see Mock Venison) for forty-eight hours; make a nice farce of what is picked from the bones, with any addition of meat; oysters or small mushrooms may be mixed in the manner of perégueux; wash it over with egg, and dredge with spices and sweet herbs: spread the farce equally over, and cut off any of the unequal parts, and lay them on where it is thin, to give it a proper shape; bind and stitch it well up, and roast it, or braise in a vegetable braise, or in a marinade, with a clove of garlic: let it cool in the cloth in the liquor; put it in a cradle spit, or on a hanging jack, and finish it as venison. Serve it with currant jelly or sauce.

Such methods of dressing are excellent, were it only for the conveniency of being able to keep a joint fourteen days longer, as it may be kept ten days hanging and in the marinade, and three or four days more after the first cooking, in a proper larder, with advantage rather than injury, and redresses well in slices; and may be served in an Italian, venison, or ragoût sauce. When meat is boned,

nothing can be lost, as the bones make soup, and may be cooked with or be a braise for the mutton.

Shoulder en Ballon.

Bone it, and lard the inside, without piercing the skin; gather it up with a needle; braise and glaze it, and serve it over sorrel, tomata, small roots, or any other ragoût; or farce it in any of the above ways, and serve it as the foregoing.

To prepare Mock Venison. (*Excellent Sea Store.*)

Bone, and let there be plenty of fat; rub it well with sweet herbs, sage, a clove of garlic, a little sugar, spices, and salt: put it into a narrow earthen vessel, cover it with rasped bacon, and wine ale, or vinegar and water, according to the quantity; put it into the oven after the bread has been drawn, closely covered, not a Carron oven; or simmer it in a saucepan of water five or six hours. When it is taken up, put in a wooden cover, with a stone or marble weight to press it down; pour off the liquor: when cold, cover with suet, and then with crystal acid. It will keep a long time if put in a cool dry place.

Neck of Mutton

Is an excellent dish, though an expensive one; it may be dressed in every different way, and is particularly good in the Turkish style.

Fricandeau.

Bone the best end of the neck, skin and lard it; braise as directed for veal fricandeau; glaze and serve it in the same manner. Any other part may be made into a fricandeau; but there is no part of the mutton so high flavoured.

The neck makes the best haricots, and may be roasted or braised.

The covered ribs which lie between the shoulders and the leg, boned, make excellent fricandeaux.

To roast the Ribs of Mountain Mutton.

Take off the fore bones, leaving the ribs long; push out the bones, and cut off about three inches of them, and roll up the thin part, and stitch it under: lard it with

parsley and bacon. If the mutton is small, two sets of ribs may be cooked; one larded with bacon, and another with parsley. Dish them with the bones together, and serve gravy in the dish.

Cutlets.

The ribs make the best cutlets. Divide them in such a manner as to keep the meat of three bones to two cutlets*: it is more juicy. Pare, skin, and scrape the inside of the bones with the back of a knife; leave a little bit bare at the end; dip the cutlets in melted butter, and broil them over a clear fire. Serve them over clear mutton juice, or any other sauce or ragoût.

Cutlets in Sauce.

Prepare as above, and fry a nice brown; and serve them in a glaze, butter and caper, or any green pickle, parsley, or onion sauce.

Cutlets from the Fillet or Knuckle.

Cut an entire slice, with the bone in the middle, or farce the hole, and put in a bunch of parsley; lard it round and round with parsley and bacon; put it into a stewpan, with butter, sweet herbs, spices, salt, and mushroom chips; cover it with a round of buttered papers, and set it upon a hot hearth, and put embers over it: it will require an hour and a half. Glaze, and serve it upon any sauce, ragoût, or mashed vegetables.

Fried Cutlets.

Cut them very thin; beat, pare, or cut them with a cutter; fry them a nice brown, dusting in a little flour, mushrooms, onions, shalot, minced parsley; any or all of them may be added in due proportion: put them into a stewpan, and allow them to simmer half an hour. Any collops may be cooked in this way: add lemon or a little vinegar. If the sauce is too thin, an egg. flour, or glaze may be added.

* In cutting cutlets, attention is to be paid to the size of the meat, the way it is to be served, and the style of dinner: if for a family-dinner, where it may be a principal dish, the cutlets ought to be larger; if served as a side dish or principal, upon a ragoût, they ought, by cutting off the bones, be made to look as small as possible; and of an intermediate size, rather small, dished upon crums or parsley, as *plats-de-rôts.*

Cutlets in a Minute.

Prepare as above; drain off the butter, and put in a large piece of glaze, and a spoonful of stock; shake, turn, and press them down in the glaze. Dish them round the dish, detach the glaze, put in a small bit of butter, work it well, and sauce the cutlets.

A la Soubise.

Cut out the cutlets from between the bones; pare, flatten, and lard them equally with bacon and ham; prepare a stewpan with a braise; lay in the cutlets; put in a ladleful of stock, and cover with slices of bacon and a round of strong buttered paper; let them boil, and put them on a paillasse*, with fire over them. When cooked, pare anew, and trim the larding; reduce the stock, glaze the cutlets, dish *en cordon:* put in the middle a nice purée of onions; garnish the dish with small glazed onions. This is a very elegant dish, and may be served with mushrooms, oysters, or any other ragoût.

Every sort of butcher's meat may be dressed in this way, attending to the proper seasonings.

Haricot is a favourite way of dressing mutton, which may either be cut from the neck or ribs in cutlets, fried white or brown, according to the vegetables it is to be served with. For white haricot, beans, turnips, onions, endive, Jerusalem artichokes, scorzonera; and for brown, carrots and turnips, cabbage or parsnip. The vegetables may either be cooked with the mutton or apart. They must be cut nicely in squares, oblong or round. If carrots and turnips are used together, let the carrots be nearly cooked before the turnips are put in.

Cake. (*See Veal.*)

Heart. (*See Veal.*)

Cake Meat.

Mince and pound equal quantities of mutton, mushrooms, and beef suet, with parsley, a clove of garlic to each half pound, with spices, and dry sweet herbs; pound it well together till it is of a fine equal colour; roll

* A paillasse is a grate with short feet, set over embers, to cook any thing slowly between fires.

them, or, if they are to be put into skins, steep the skins in lime-water, and run crystal acid through them; fill, tie, and simmer them very carefully, that they may not burst; dip them in crystal acid, and hang or smoke them; do not allow them to get too dry; they will keep a long time: before serving them, wash them, or, if hard, soak them a little; wipe, and let them dry, and glaze them high with a sanders glaze, which only adds to their appearance. They are handsomer if they are cut or split open lengthwise when served.

Mutton may be redded with prunella, saltpetre, or a little sanders-wood, or spirit of cochineal, mixed in the mortar; it may also be minced as common sausage-meat, and seasoned as above; or prepared as farce with egg. The sausages may be made without skins, or in balls: any of these meats may be fried in flatted cakes, and served in sauces, ragoûts, or fried on parsley; the seasoning may be pepper and salt, or sweet herbs and spices. A little garlic improves all butcher's meats, and the addition of plenty of parsley prevents any thing unpleasant in the mouth; or green the sauce with parsley, and thicken it with French beans, nicely cut, or serve upon mashed turnip, spinach, sorrel, endive, white beet, carrot zest, or heart, fried parsley, clear gravy, black butter, &c.

Kidneys in different Ways.

In Champagne.— Skin and mince the kidneys; put them in a stewpan, with a bit of butter; set them over a brisk fire; shake and turn till hardened; drain them, and put them into an Italian or espagnole sauce, with half a glass of Champagne or gooseberry wine, that has been reduced with a little glaze; finish by shaking them well in the sauce, without allowing them to boil. It is not necessary to have the above sauce; a bit of glaze, with a little melted butter, will answer, mixed well with the wine.

In Port Wine. — Prepare as above, and finish with port and a little sugar. (For other dressings, see Beef Kidneys).

Trotters.

Take out the leg bone, prepare them with great care, and cook them half in a braise, blanc, or in milk and water;

prepare a sauce of velouté, or a little of the stock they were cooked in; season with pepper, spices, and minced parsley; let them cook, and when ready, thicken with yolk, or butter and flour; add lemon or verjuice; or put into the sauce mushroom chips, onions, parsley, sweet herbs, and a clove of garlic; when ready, take out the onions, drain, and put in the feet, and, instead of eggs, finish with butter.

Or prepare as above, and simmer in sauce Robart, and finish with mustard.

Cold Trotters.

Serve them in raw ravigote.

Simple hashed Mutton.

Use well-seasoned good mutton gravy, and a large piece of glaze; cut the mutton nicely, and put it in, with a sufficient quantity of fat, and only heat it. A spoonful of ketchup may be added, or they may be seasoned as venison.

Scollops.

Fill with any of the above minces; cover with fried or white crums, minced parsley, pepper and salt; or only half fill, and drop in a new egg; cover with seasoned crums, and baste it with butter. Mutton is always the better of a little ketchup or anchovy, if mushrooms are not dressed with it.

Hash

Is seldom made of any part of the meat but from the remains of a roasted or boiled leg. Cut the meat into equal nice pieces, smash the bones, and cover with water; season with sweet herbs and spices: nothing makes it better than fried onions, a clove of garlic, pepper and salt and parsley cooked with the sauce; strain and thicken: ketchup or pickles of any kind may be added: do not put in the hash till there is just time to warm it, and take the taste; garnish it with fried apples, or tufts of fried parsley, crums, or sippets. If to pass for venison, have nothing but clear mutton gravy, with half a clove of garlic, a glass of claret, and a large spoonful

of currant jelly, or red currant vinegar and sugar. If the stock is not very rich, put in a bit of glaze.

China Chillo

Is an excellent dish, and may be dressed with vegetables in their season. As peas cannot always be had, any others, taking the same quantity, may be used; and in winter it is excellent with carrot zest, cut as small as peas, or any other. Mince a pound of mutton, with from four to eight ounces of fat; slice two onions and a lettuce, with a handful of mushrooms; season with pepper, salt, and a little cayenne, a little water, and two ounces of butter; put it into a stewpan with a heavy close cover, or lute it; let it simmer two hours, or two hours and a half; dish in a casserole, or in rice, seasoned with salt, leaving a well in the middle, to put the chillo in (see Casserole and Rice Borders); that is, the dressed vegetables in the well. A pint of peas or cut vegetables is sufficient for this quantity.

Mutton Collops. (*See Scotch Collops.*)

Another.

Cut them round and thin; season, and fry them a nice brown; cut onions and apples the same size, and fry them also; dress them round the dish alternately, or without the onions; or with potatoes, without the apples; sauce with high-seasoned reduced white or onion sauce.

Cutlets à la Maintenon.

Dress the cutlets in butter, with fine minced mushrooms, parsley, and onions, in equal quantities, a little rasped bacon, salt, pepper, and fine spices; let them simmer; take up the cutlets, and put them into a large spoonful of velouté, espagnole, or a little stock, and a bit of glaze, and reduce and thicken the sauce; let it cool; cut the paper, and butter it where the cutlet is to be laid; lay over a thin bit of bacon, or not; lay some of the herbs on the bacon; lay over it a cutlet and more herbs; wrap it up, and tie it with a thread; oil or butter the paper all over; broil them without burning; untie, and twist on a clean paper over the other, and serve hot.

A Mince.

Mince the lean part of the mutton; put a bit of glaze into a little stock; add a bit of butter, allspice, and salt; it must be thick; put in the mince to warm, and poach or fry six or eight eggs, and lay over it; dish sippets or fried balls round, or serve it without the eggs, garnished with fried apples, and sprinkle lightly with garlic vinegar. Or prepare the mince as above; mix it into a hot cucumber, endive, artichoke, or any other nice vegetable sauce; or dress it high in the dish, and pour the sauce over, and cover the top with a tuft of fried parsley.

Tripe. (*See Beef.*)

Rodicans.

After being bruised in a luted vessel, dip them in butter, broil them in pepper and salt, or fill them with very nice mashed vegetables, or ragoûts curried, or a pillau of rice, with a hard egg in it, and roast or broil them in paper, or fry them. They require care in turning and basting; or cut them in pieces, and ragoût them: dress them in every way as tripe.

To scarlet Tongues.

Get the largest sheep's, lambs', veal, or porks' tongues; rub them with sugar for two days, then with salt, and put them into the following pickle for a fortnight: Boil two quarts of water, with one pound of sugar; saltpetre and prunella, of each one ounce; with a quarter of an ounce of cloves and sweet herbs. Leave them from ten to fifteen days in the pickle; cook them in a braise of sweet herbs, and a spoonful of red sanders-wood: it is not necessary that they should boil; if they come to a simmer, and keep upon it, they will only require half an hour; dip them in boiling water, to take off the sanders; let them cool upon a cullender; peel and glaze them; serve hot or cold, or in savoury jelly. These are the least of expensive dishes, if the cook takes care to save them from her ordinary dinners. Sheep's tongues can always be had at the west-end for two shillings and sixpence a dozen: three or four tongues make a handsome dish, and if nicely dished upon turnips, might often take the place, with propriety, of a 5*s*. or 6*s*. tongue: dish them on turnips, sour-crout, red cabbage, potatoes, or one in the

middle of a white mince; or dish them *en rosette*, with lettuce between, with the roots of the tongues and the stocks of the lettuce out; or shape turnips, and glaze them, and dish them in the same way, with a tuft of fried parsley in the middle; or dob them nicely with lard: before they are braised, cut them open, and serve them hot, in any of the above ways, or as garnish to roast chicken.

LAMB.

To boil.

The usual way is to boil it in a cloth, which is supposed to keep it whiter; but unless the cloth is new, white, or lessived, it will hurt the flavour of the meat. Prepare and cook a milk or water and rice flour braise with a carrot, turnip, onions, parsley, chives, a little mace, a bruised clove of garlic, pepper, and salt; allow this braise to cool; strain, and cover the lamb with it; let it come just to the boil, over a slow fire; take off the scum, dash in a little water, and let it rise again, and skim it well; skim and let it simmer; if six pounds, it will take nearly three hours; prepare a ragoût of turnips, mushrooms, onions, or mashed carrot zest, spinach, or sorrel, with cream; dish the lamb over it; and pour over a minced caper or green pickle sauce. Every part of the lamb may be boiled in this way, or without the vegetables; garnish with fried or broiled chops.

To roast.

It may be prepared in different ways for roasting; such as larding with ham, bacon, parsley, oysters, or a mixture of any of them, and farced with vegetables, meat, oysters, or mushrooms; or cut in steaks, seasoned and spitted together, for cubbubbing.

Fore Quarter.

Lard it with parsley branches round where the shoulder should be taken off, with a tuft in the middle. Broad joints of this kind should be fixed upon grills, and then tied to the spit, as the spit disfigures the meat, as well as permits the juice to run out; skewers should also be avoided; small packthread may always be used instead of them. The cook should cut off the shoulder before serving, and squeeze a Seville orange or lemon

over, and lay in a pat of butter, and put in the shoulder, and send it very hot to table: serve gravy in the dish, and mint sauce in a sauce-boat.

The leg is generally sent plain to table, with clear juice in the dish—(it is the better of a clove of garlic and a little salt being put in at the shank when it is hung). A Yorkshire pudding may be made under it, or potatoes browned, or both: mint sauce is generally served with roasted or broiled lamb, in a sauce-boat, with all the finer vegetables, which may be curried or ragoûted.

Shoulders. (*See Mutton.*)

Back Ribs

Make an excellent small roast, crummed, with mint, bread, mace, and salt, parmesan, or any of the powders, such as anchovy, mushroom, truffle, &c.

Manner of cutting small Lamb.

Cut small mountain-lamb out as a saddle, keeping the two fillets attached; roll the flanks under, to make it lie well on the dish, which may be farced with cooked oysters or mushrooms; the upper end will require to have a double paper, and the thick part to be inclined towards the best part of the fire. A bruised clove of garlic in the dripping-pan raises the flavour. Serve as above.

The same joint, farced with vegetables, and braised, is an excellent dish. It may be larded or glazed, or served plain. This method of cutting a small lamb is handsomer than roasting, or braising a side; the fore quarter to be done in the same way, taking off the knuckles at the shoulder joint, which may be partly boned, and stuffed with a ragoût, as above.

Necks may be dressed in any of the above ways; they make excellent spinach soup, chops stewed with rice, Italian pastes, or stuffato.

Cutlets of House Lamb,

In the early season, is a handsome dish, and much more economical than poultry or game; and, when well cooked, are preferred by most: cut them from the loin, and trim them nicely; do them white or brown, in butter; fry or broil plain, or in batter, and prepare a nice white or brown ragoût of mushrooms or oysters; dish the chops round, and put the ragoût in the middle. The cutlets

may also be done in batter, broiled *au naturel*, or crummed and served over juice, crisped parsley, or any vegetable ragoût or sauce; or in a tomata sauce, garnished with farced tomatas or cray-fish, is an elegant dish.

Collops.

Cut them very thin, beat marinade, and fry, dredging them with flour, sweet herbs, and spices; put them into a stewpan, with two or three spoonfuls of water or stock, boiled up in the frying-pan; pour it over the collops; add some thin quartered slices of lemon, or a handful of fine minced parsley; simmer, dish, and garnish with lemon, or serve them in the well of a pillau, casserole, or vol-au-vent. (Lamb may be served in every way that mutton or veal is served).

Stewed Breast with Cucumbers.

Half roast a breast, and hold it near the fire till nicely browned, or if there is any cold roasted, wherever it has been cut, brown it, lay it in a stewpan that will hold it without hurting the shape;* put in a little stock, with sweet herbs and spices and sliced cucumbers; stew it slowly without boiling, and thicken the sauce.

Different excellent Ways.

Prepare two quarts of water with a spoonful and a half of rice flour, two carrots, two turnips, two large onions stuck with a clove, a little parsley, salt, and pepper; boil, and let it simmer a little, and leave it to cool; put in three or four pounds of breast, and let it simmer, and cook very slowly; if very fat, hack it a little; prepare a very thick sauce of apples, or apples and bread; put in a little marrow, cloves, and sugar; stir them over the fire till they stick. Add a little cream and fresh butter, or artificial cream, and dry it up; glaze the lamb white, and serve it over the apples, or broil, or roast it on a bird-spit; crum it with crums, rasped apples, sugar, and parmesan; or mix any of these ingredients in a batter, or use curry-powder; if so, put a little in the apples, and serve dry rice with it. Take up the carrots and turnips, cut them in very small squares, and put them with fancy bread or vegetable balls into the soup.

* All the parings and bitter cucumbers rejected for table use ought to be used by the cook for sauce. Good carving will often enable the cook to send a joint twice to table, and she ought to be able to instruct her mistress in this economy.

Or the breast may be served plain, or dressed with mashed turnips, or white beet: ribs may be served as the breast; they are both excellent in hotch-potch. (See Mutton.)

Lamb with Asparagus.

Asparagus appears to be decidedly appropriated to lamb, and is therefore a proper ragoût for dressing it in. The breast, or the long tendons cut off it, are more delicate dressed with it, or asparagus peas, than with peas: scorzonera, sea-cale, or cardoons cut in peas, are also proper for ragoûts or fricassée of lamb. All these are to be dressed as in the foregoing receipt.

Head.

Clean it very nicely, and with a small saw cut open the head, so that after it is cooked the top-bone may be easily raised; cook it with the lights, and blanch a little bit of the liver by itself. Take up the head, and make a vegetable farce of spinach or any other; take out the brains, put in the farce, and fix in the bone; make a little gratin of the liver, lay it round the inside of the dish, and bake it, or make it into balls; make brain-balls or cakes; mince the lights very fine with a little of their own leaf, or veal kidney fat; toss in a little of the stock, thickened and seasoned as a ducelle; crum, and finish the head before the fire, or baste it with batter, and ruff it with crums, parsley, rasped bacon, ham, or parmesan; dress the head upon the dish, lay the mince round, slice some apples, and cut scollops of liver, and thin streaked bacon of the same size; fry, and lay them round one over another, like the scales of a fish, and garnish with fried crums, balls, or tufts of parsley.

Another.

Prepare, simmer, and crum the head, mince the lights, season and thicken, scollop and fry the liver with bacon, apples, or eggs, and garnish with it; or the lights, tongue, and heart may be preserved for another occasion, as, for a small family of three or four persons, the head and appurtenances will make two excellent and handsome dishes; the jaws may be kept for presenting with the heart.

Another.

Parboil and bone the head, and have a nice ragoût of mushroom, or any other; glaze, and serve over it with brain-cakes and balls made of spinach or the lights; or peel the tongue, slice, and fry it in batter, and garnish with it.

To scarlet Tongues and Hearts, see *Mutton.*

To cover with Farce, see *Veal.*

Chitterlings to roast, boil, or fricassée. (*See Veal.*)

To fry Kidneys, or ragoût, or fricassée.

Cut them in thin slices, and fry, and serve them with piquant sauce and tufts of fried parsley or crums. (See Beef.)

To marinade Kidneys.

Cut them in long square fillets; lay them for two hours in a marinade of vinegar or lemon-juice, parsley, onions, pepper, salt, and spices; drain and fry crisp. (See Mutton).

Brains, Tongues, and Ears.

Farce and lard the ears with parsley, prepare the brains, dish them in the middle, with an ear at each end, and the tongue dobbed through, split and laid upon each side; sauce piquante, or over a mushroom ragoût.

Another.

Crum and fry a light brown, dish as above; or crum and fry, or fry in batter, with rasped bacon or ham, and serve over fried parsley; every thing pannied, that is to say, crummed, farced in butter, or broiled, whether fish, fowl, or meat, the French serve at their second courses as *plats-de-rôts*, and the ragoûts of vegetables by themselves, which is very economical; but they are served together in the first course, and they certainly sometimes separate them, and send them again to the second.

Tongues in Gratin.

Turn down a small mould to form a well in the middle of the dish, cover it with thin slices of bacon, put round it a gratin or farce; have nicely braised some redded tongues, which may be dobbed through with bacon; put them round, stuck into the farce, with the points up, and a little of the front seen, leaving room to stick toasts cut like cocks-combs between each cover, with bacon and paper: when done, take off the bacon, and pour off the fat, wipe the dish, stick in nice cut fried toasts between each tongue, with a glaze sauce; take out the mould, and put a ragoût of oysters or mushrooms in the well; or it may be made entirely of farce, without the tongues, and stuck round with toasts; or lamb sweetbreads, dobbed with ham, cray-fish, or small birds, may be stuck into it in the same way.

Tendons, Tongues, Sweetbreads, Livers, &c. (*See Veal.*)

A l'Isaac. (*See Kid.*)

Pérégueux, famous French Pie. (*See Kid, or Partridge.*)

Olives. (*See Veal, or Mutton.*)

Blanquets. (*See Veal.*)

Scollops. (*See Mutton.*)

Haricot. (*See Mutton.*)

Dress it with French beans in a green sauce, or with white vegetables, carrots being rather strong.

Blood. (*See Fried Blood, and Blood Puddings.*)

Liver. (*See Veal.*)

Cake. (*Ditto.*)

Small Cakes. (*Ditto.*)

Fricandeau. (*See Veal, or Mutton.*)

Stones.

Let them soak in lime or salt-water some hours, blanch them well, slice, and fry; lay butter, dredge mace and salt over them, and sprinkle them with lemon-juice, or dress them in every way as kidneys. (See Mutton and Beef.)

Burdwans, Fricassées, Ragoûts.

(See these articles at *Veal*, *Mutton*, and *Poultry*.)

Omelets.

Cut thin slices of dressed lamb or veal, and lace them with fine lard through crosswise, that it may not rise; season and fry them a light brown; mince any delicate vegetable, such as asparagus-tops, artichoke-bottoms, &c.; blanch some lettuce or vine-leaves, take out the coarse fibres; prepare the whole with eggs, or with only half the whites, and season them with minced parsley chives or shalot, pepper, and salt. Let the frying-pan be oval or round, of the size of the dish; put in half of the stuff, and let it fasten slowly, without taking much colour; take the pan from the fire, cover the omelet with the lettuce or vine-leaves, lay the meat upon it, and cover it with the vegetables, not too near the edge; cover again with leaves, and pour in the rest of the omelet. Put it upon a hot hearth or table, with fire over it. Attention is necessary to get it well cooked, without its being over-browned or burned, which spoils the flavour: serve it in a hot-water plate. If convenient, do it in a silver dish that can go to table; in which case, the first cooking may be done in a bain-marie, and the second with hot embers over it. These omelets may be made of any little bit of fish, fowl, game, or meat; what is picked from the bone that will not slice may be minced, and mixed with the vegetables.

Sweetbreads in Macaroni, Vol-au-vent, and Ragoûts.

Prepare, lard with parsley, or parsley and bacon, and roast them of a nice colour on a bird-spit; steep a proper cut sippet for each in thick seasoned cream, with lemon-juice. Put them to dry white; make a nice fricassée

sauce, and drop in the macaroni while boiling. Let it simmer; it will take twenty minutes at least. Take it from the fire, and thicken with a little cream and egg: any quantity of parmesan may be rasped into it. Dish the sippets, pour over the macaroni, and lay on the sweetbreads, with slices of lemon or pickled cucumber, fried crums, or tufts of fried parsley, for garnishing.

Fowl, game, butcher's meat, small birds, small fishes, or in fillets, may all be served in this way, in mushroom, oyster, or vegetable ragoûts, with parmesan: all these so dressed may be served in vol-aux-vents.

For small Pies or Pasties, see *Pastry*.

Marinaded.

Blanch and marinade them, or blanch in a marinade, and broil *au naturel*, crummed, or in batter.

For other dressings, see *Veal*.

VENISON.

When families kill their own meat, particularly venison, much care is necessary to make it soon fit for using, as well as for keeping it as long as possible, both being difficult; the first being particularly so from the strength of the muscle. Families so situated would not risk much in making experiments of pieces not presentable to parties; such as wrapping a cloth dipped in hot vinegar round a shoulder cut hot out after killing, and keeping it in the screen for an hour or two before laying it to the fire, so that it might not cool; or let it be laid two days in a heap of wheat. If this will do, it is worth getting a peck or two on purpose, as the cattle, pigs, or poultry will eat it: could this be effected, it would prevent the necessity of keeping the second haunch too long for the next fête. Hanging meat in a fig-tree is said to ripen it.

It may be kept a long time, by washing it over with crystal acid. It however unfortunately gives a hammy taste; but that would be still better to many than the overpowering effluvia which comes from the kitchen on a gala day; and the acid might only be washed over where it begins to spoil, and not left first to spoil, and then to rectify, as every precaution to prevent taint should be attended to; and when a haunch is to be kept a certain

time, let the preventives be immediately employed. Powder it with a little ginger or pepper; then powder it with charcoal, and hang it in a charcoal basket, in a dark, dry, but not too airy place. If it begins to heave or swell about the fore-bone, prick it, and pounce it with pepper, and cover it with charcoal; but after that it will not keep much longer: or wash it twice over with double-distilled vinegar, seeing that there is no part fly-blown; then dredge a little ginger over the fore-bone, or cover it with fresh, fine-pounded charcoal; wrap it in a very nice dry cloth, and hang it in a charcoal basket: examine it from time to time, changing the cloth, which must be very dry. A clove of garlic, with a bit of bay-salt, may be put into the knuckle. But such as can afford it, and wish to eat venison and mutton in high perfection, may keep it in the following manner:

Venison Tub, or Method of keeping Meats in Treacle, excellent for Sea Store.

Prepare such a sized tub or vessel as will hold the quantity of meat sufficient for the consumption, and that the meats may be known, so that they may be put in and taken out in succession, as they may be kept fresh in it for many weeks.

If three or four legs are put in at first, and one taken out in eight days, when another is to be put in to replace it, at the end of a month there will be a constant succession of a leg a week, which will have been three weeks in the treacle. They ought all to be tied at the knuckle, so that they may be hung over the vessel to drip. Knots may be tied on the packthread, to distinguish the time of putting them in; and if there is no objection to garlic, a clove may be put in the knuckle. Cover the tub close, and keep it in a very cool place, not subject to atmospherical changes. Mutton is equal to venison, prepared in this way.

Another.

Make a marinade of half strong vinegar and water, with onions, shalots, and garlic in slices, sage, juniper, basil, thyme, and very little salt; marinade the haunch, fillets, or any other part. Make it with more vinegar and salt, if the venison is to be kept long.

When it is to be dressed, it must be steeped according to the time it has been kept; wipe it well, wrap it up in buttered paper, and roast it as fresh venison.

There is less attention given to the care of venison than any other meat, which seems very astonishing when its value is considered. All meats may be preserved by the above methods.

What could have introduced the extraordinary practice of roasting venison in paste? as in this mode of dressing it is neither roasted nor baked, not being exposed to the air; nor is the juice preserved, being drawn out by the paste, as it naturally opens the pores, which the immediate action of the fire hardens and shuts, which gives to roasted and grilled meats their fine flavour. The French think we eat this hard-water paste along with the venison, and direct it, at the article of *Venison à l'Anglaise*, to be sent to table in the paste. The venison, and particularly the fat, ought to be well and doubly papered; and if any preserve a strong predilection for paste, let it be rich, and closely applied to the fat alone; and as the fat is seldom sufficient, there may be a nice piece of mutton fat steeped in port wine for thirty hours, and tacked over the fat: and should it not be required, it will be very necessary for assisting the redressing.

Fawn.

The mountain fawn is seldom good, as the herbs on which the dam subsists are late of coming into season; but this is not the case with deer reared in parks, the fawns of which are generally good, and are dressed as hare from the dam, and afterwards as kid or lamb (if they are not larded, they ought to be barbed), the muscles being firmer and stronger of wild than tame animals. They ought to be cooked as pigs are, put warm upon the spit, or hung a considerable time: the first is best where it can be managed, as young meat, although it becomes more tender by hanging, if not spitted warm, does not improve in flavour, as that of riper age.

Haunch.

One or two pounds of mutton fat ought to be prepared two days before, as above. This fat ought to be tacked

closely over the fat of the venison, which, if it has hung so long as to have the least taint, steep it several hours in charcoal or lime-water; wash it well, and lay it down at a proper distance from the fire, and wash it continually from ten to fifteen minutes with charcoal-water, in which a bruised clove of garlic has been boiled; then take up the venison, and paper it nicely with thick or double paper. Never use a large pin or skewers, but a needle, and do it tightly, and tie it well with packthread; on laying it down, baste it all over immediately: but as many from prejudice, and others from the force of custom, may not think their venison can be properly roasted unless it is done in paste—

Make water paste, roll it out half an inch thick upon paper large enough to cover the venison; but which is the best way of doing it is not yet decided among cooks. Some lay the venison naked into the paste, others clothe it in paper, and some with buttered paper, and a few only cover the fat; so that it is still a matter of fancy among cooks, and of course may remain long undecided.

Venison, like all other wild animals, takes less cooking than tame. If the fire is sufficiently large and steady, and the venison well basted, rather less than four hours will do the largest haunch, and so in proportion.

Gravy should always be made for it. Cut two pounds of lean mutton in thin slices, and broil them a nice brown, and brown a pint and a half of water with a toast, and put it to it in a saucepan; cover close, and if garlic is not disliked, put in from a half to a whole clove bruised; let it boil, lute it, and set it to simmer for two hours; as the slices are thin, by that time all the juice the water will take will be extracted; any longer will make it muddy: observe that putting water in to boil down is unnecessary, and destroys the flavour, which is carried off in the steam.

Bread sauce, with wine and currants, may be served; but the proper sauces now are currant jelly and port wine, sugar, syrup, and claret. On particular occasions, garnish the dish with gems of currant jelly, lay some over the venison, and send to table a crystal dish with a large quantity of it.

Shoulder and Breast collared and roasted, or braised.

When in condition, they are both roasted as above, but otherwise are boned and rolled with prepared mutton fat. (See the article Mock Venison). Strew over it a little allspice and salt, and sprinkle it with garlic vinegar, port wine, and sugar; roll it up tight, tack it firm, and simmer it in stock with a glass of port wine or red vinegar. It may be glazed, and served with currant jelly sauce, and some of the braise thickened in the dish; or let it cool, lard and roast it, basting it with braise, or port wine and butter. These collars may be sliced and warmed in the sauce.

Cutlets.

Cut and pare them nicely, and marinade them for 12 or 15 hours; dry, and put them in a frying-pan with oil or clarified butter, and cook them over a brisk fire: let them be sufficiently done, and serve them with gravy, port, and currant jelly.

Civet.

Cut the breast or neck in steaks; cut some slices of bacon, and put it into a stewpan with a piece of butter, and cook it; drain out the bacon, and add as much flour as will make a light roux of the butter; put in the meat, turn, and harden it on all sides; moisten with a bottle of red wine, and double the quantity of water or stock; season with parsley, onions, garlic, thyme, pepper, and salt; stir and shake it often, that it may not stick; add small raw onions and mushrooms, giving them time, or already cooked in butter; skim the sauce; if too thin, reduce it. It is excellent in a casserole.

Venison Fry.

Fry, and serve over crisped parsley; or dress it in a fricassée or ragoût.

Brains. (*See Veal.*)

Marinade, slice, fry, and serve over crisped parsley.

To prepare for Pasties, see *Beef and Mutton.*

Excellent Pasties.

Cut and marinade any part of the neck or breast for two days; cut it in chops, without boning it; season with

allspice and salt, and put in a sufficient quantity of prepared mutton fat; braise it two or three hours among the embers, and cover it with pie or puff paste; when it is taken out of the oven, put in a sauce of port wine and jelly with a funnel; shake it well, glaze, and put it again into the oven for ten minutes; the oven must not be too hot, but steady.

Olives.

Cut slices of under-done or raw venison, and make a farce of mutton and beef suet or marrow, currants or dates, with salt and a little garlic; spread it upon the venison; finish and serve as other olives; or bake them in pies (see that article), or season savoury with anchovies. The fruit may be pounded in the farce, or mixed in whole, or minced.

To re-dress Venison in Cutlets, Hash, Collops, Pasties, Patties, &c.

Cut them from any fleshy part that has been under-done; marinade, cook, and serve them as cutlets.

Hash.

Cut it in nice fillets, and warm it in prepared gravy.

Collops.

Mince what will not cut in fillets; heat them in a frying-pan over the fire with a little butter; let them harden and separate, but not brown; put in half a handful of prepared plumped currants, a little gravy and port wine, with sugar and salt; if the quantity is small, lay a sippet under; dish and garnish with sippets. Mutton dresses well in this way: beat them with a sharp wooden beater.

For Pasty, see *Pasty*.

For patties, mince small with half the quantity of beef-suet; mix, and toss in gravy, port, and currant jelly, and fill into the hot paste.

Venison Marrow Zests or Toast.

Prepare toasts; steep them in port or claret and sugar; fry them a nice brown; heat the bone; lay the spinal

marrow round the edge of the toasts; scoop out the marrow, and lay it in the middle; a little beef marrow may be added, and lay over each a thin slice of currant jelly.

Goat.

When procured of a proper age it is in every way dressed as venison, but from its range it is generally very tough, and not fat; it makes excellent soup and hams, prepared as mutton.

Kid is dressed in every way as lamb.

Kid à l'Isaac, dressed by a Frate.

Half roast the fore quarter, take off the shoulder, and cut the ribs into cutlets; put them into a stewpan with some nice stock, mace, nutmeg, *pine seeds*, (fillets of almonds will do instead), pepper, salt, and sweet herbs; dice eight or ten truffles, rub down the parings, and put all into the saucepan; cover with a little rasped bacon, and let it simmer an hour, and finish with a little cream and lemon-juice. Lamb and veal cutlets are excellent done in this way, with mushrooms instead of truffle.

Dip the shoulder in egg, crum it with truffle and crums; baste and finish it in the oven, or on a hanging jack, and make a purée of red lentils highly seasoned, or of tomata, and serve under it.

PORK.

Pork being so essential to good tables, as well as a very great comfort to the poor, great discernment is necessary in the choice for both, as it may have been mangy a very short time before it was killed; this is more apt to be the case in the summer * months than winter, though prevalent in both, and sometimes only discernible through a magnifying glass, which the cook should always have at her side, to use on all occasions, particularly for choosing pork and groceries.

Fresh, full-grown pork should never be eaten in the summer months, as it is unhealthy; but the cook may so order it as to have a sufficient supply by marinading.

* There are exceptions; such as a piggery on the sea-shore, or if the pigs get leave to range in woods, and eat sea-weed or earth-nuts, seeds, and wild herbs; such will probably escape. Besides, their flesh, which will not be so fat, will be more healthy and firm.

(See Fillet of Veal and Venison. By dressing, see Mock Venison Pasty, at Mutton.) Collars, mock brawn, farced heads, pigs, and sausages, sucking-pigs, if the mothers are healthy, may be used during these months. (For another way, see Venison Tub).

There is generally great waste in the use of roasted pork when it is very fat, therefore young, half-fatted pork is the healthiest and most economical. When pork is large and fat, the best way of dressing it is to take off every intervening crackling, with a good deal of fat, and dredge it with crums, flour, sage, pepper, and salt.

Pork, when young and properly fed, is very healthy, strengthening, and the best broth * that can be given to rickety children and invalids; but this shows that it is to be eaten with caution by the healthy, unless they are subject to a great deal of exercise. Pork suffers less in salt than other meats, which accounts for its being more healthy in that state.

High-flavoured pork is not known in this country; when fed entirely upon rice and milk, it gets too delicate: our best-flavoured pork is that which is fed upon peas and bran, and next to that, on corn and bran; grains and potatoes make it of a greasy flabby fat, totally without flavour. An excellent pork is fed upon boiled whey, bran, potatoes, and grain, before killing; but much depends on the breed: of the small kind, the Chinese is the best, and of the larger breed, that which has the thickest skin. Oxford is famed for good pork.

The highest-flavoured and finest pork in Italy is fed upon Indian corn: no one, but those who have eaten it, can conceive the difference: the skin is a fine, thick, crisp jelly, and the fat neither oily nor greasy, but firm and high flavoured; and still the finest flavoured were such as were roasted whole, and probably spitted hot, as the weather was so hot at the time this was noted, that it could hardly cool in, or keep many hours. Three very large ones were exhibited hot early in the market-place of Perugia, upon wooden troughs, spitted upon large wooden spits: the venders were cutting out to the people (that were grouped round them) their favourite pieces.

This, if nothing else, ought to teach cooks that skewer-

* The broth should be made of lean, bones, head, and feet, all the fat being carefully pared off.

ing meat is very detrimental to it. When it was observed that 8*d.* per pound was too much for 12 ounces, it was answered, that one pound of meat roasted whole would go as far as a pound and a half cut up, spitted, and skewered, and was worth two in real value.

The Jews * were forbidden pork, and it is very supposable that it was exceedingly liable to be mangy in such a climate; besides this, it enlarges the stomach very much.†

In buying hung meats of any kind, choose the fullest and freshest looking; this requires experience as much as any other marketing. Those that thoroughly understand it, know them immediately by the weight, look, and smell; but such as are unacquainted with it ought to study the grain of the skin, as rough, hard, tough skin denotes age; yellow fat, rancidness; and shriveled, too dry by long keeping, or bad condition before killing. It may, however, be shriveled by being kept in too dry an air; in that case, it will dilate in soaking, but it is better to avoid it.

The common way of choosing a ham is to run a sharp-pointed knife into it, and the test is, the knife coming out clean or soiled.

Pickle for Hams.

Two gallons of water, one quart of vinegar, four pounds of salt, two pounds of white sugar, four ounces of saltpetre,

* This is in favour of Hunter's system, of eating the healthy parts of animals to correct what may be amiss in the human frame. As there are, no doubt, distributive faculties in the arrangement, they must give in the quantity with which they are supplied. If there is any thing in this system, it is no wonder that the stomach, which has the labour of the whole, should suffer most when its wants are not properly supplied; which, from the present mode of living, can seldom be the case, the human juices being the same as those of animals; and when we allot certain parts to ourselves, and certain parts to them, we do injustice to both. This is a subject worthy of those that better understand such matters, and deserving of the scientific researcher's attention. If the juice of snails, vipers, frogs, centipedes, the milk of mares, the milk and flesh of camels, asses, &c. restore by making up in the system what it has lost, why may not the lungs, heart, tripe, liver, blood, and perhaps the brains, &c. of young healthy animals restore these parts when they are deranged, by giving them a healthy supply? This, throughout the whole art of cookery, is too little attended to. Without such a guide as the above authority, every one has witnessed, more or less, the beneficial effects of certain aliments in different diseases; such as the gelatine of particular meats, where it was wanting in the system, as in debility, weakness, and consumption; likewise of acids and milks, all the tribe of onions, and diuretics in general, raw eggs, liver, soup, kidneys, and cayenne, with a total suppression of all fermented liquors, in jaundice and bile; the intestines of mutton, with the fat, in unalterable and confirmed constipation; with the wonderful effects of other attenuants.

It seems very reasonable to conclude, that if our frame is renewed by the aliments taken into the system, that if any part is deranged, that a greater proportion of a healthy substance fitted to amend or renew that part ought to be had recourse to; if this could be ascertained, it would be most beneficial.

† And might be forbidden on either of these accounts.

with sage, basil, thyme, balm, a large handful of juniper-berries, shalot, and garlic; leave them to infuse some days, and strain out the herbs; put a little water over them, and wring them well out; add it to the pickle; arrange and pack in the hams that have been lying, while the pickle was making, in sugar, or what else is to be pickled. The pickle must cover them at least three inches; put in a wooden cover, and a marble or stone weight on it; cover them close with blankets in a cool cellar; leave them in it a month; drain, scrape, wipe, dip them in acid crystal vinegar or wine; hang them in the smoke immediately, and put them in tight paper bags, and brush them carefully over with strong paste; they ought not to be hung in too dry an air.

A quick and easy Method of curing Tongues and other small Pieces.

Rub them with fine pounded salt and saltpetre, and pack them into a narrow pan strewing amongst them thyme, juniper, bruised garlic, and shalot; press them well down, put a weight over, cover up as above; leave them in a cool fresh place for eight days; drain, wipe, and dry them; dip them in crystal acid; tie each into a hog's or ox pudding, and smoke them. These are particularly high flavoured, and ought to be cooked in wine braise.

Salted Breasts, or Petit Salé.

Cut the breasts into small pieces, rub them with fine powdered salt and saltpetre heated, pack them very close into an earthen vessel, and press them down with a board and a stone weight; it will be ready for use in eight or ten days. This is much used by the French.

Bacon.

This useful manner of preserving pork would still attain a higher degree of delicacy if it were salted hot, which might easily be done, as it requires so little cutting. Put the flitches in the trays, and sprinkle them with salt, and leave them 24 hours; drain and wipe them well with dry cloths; pound a sufficient quantity of bay-salt, and heat and rub it well in for four days, only turning it once in the two days: small flitches may remain fourteen

days, and large ones twenty in their brine. Bacon takes more attention than any other meat to do it well: dry and smoke it or not.

French Method of making Bacon.

Cut the bacon as far from the lean as possible; dry, pound, and heat fine salt, and rub it well in; put two and two with their faces together; lay them on a table or plank, and put a plank over with heavy weights; they must be in a cool but not damp cellar; leave them a month; skewer them open, and leave them in an airy place to dry, that they may become firm, otherwise they will not be fit for larding.

Another.

Rub the bacon with salt, and leave it 24 hours; make a mixture of sugar, bay and common salt, of each three pounds, with a quarter of a pound of saltpetre; pound them together; drain and wipe the bacon, and rub it well with the mixture; rub them well every day for five or six days, and afterwards turn them every day in the liquor, the small 14, the large 20 days; wipe, dry, and hang it in a well-aired place; wash it over with strong or crystal vinegar or wine, to prevent the fly. Those that are not anxious to have their bacon so high coloured, may only put in half the quantity of saltpetre, as it hardens, which is not the worse for larding bacon.

To rear Pigs as Wild Boars.

Let the boars grow strong and healthy, finding their own food in the woods, taking care that they have shelter and food in the winter; if they have a sufficient quantity of acorns, mast nuts, or such food and shelter, they will grow strong. For this purpose the young boars must be let out when they are about three months old, so that they may have strength enough to take care of themselves during the ensuing winter. The year following they may be allowed to breed: they are then to be taken as other wild animals. Those that have not such opportunities, may have them nearly as good by giving them some range, and as much natural food as possible; sea-weed, earth-nuts, seeds of trees, beans, refuse of the garden, but not of the kitchen. They are best from 18 months to two years, as, in a

natural state, they never attain the size they do by forced feeding; but the flesh is much finer, and the fat, instead of being greasy, is a gristly jelly. If health, and even good and delicate taste, were consulted, so much forced feeding of animals would be given up.*

Sicilian Manner of dressing a Loin of Pork to pass for Wild Boar.

Cut a loin of pork as for chops, without separating the bones, strew it thick with shred sage between the scores, and soak the meat in vinegar and water for 10 or 12 days; put in more sage, tie it close together, and bake it, (with the skin side laid undermost), in some of the vinegar and water; skim off the fat from the liquor; serve it in the dish, with any of the venison sauces in a sauce-boat.

A collared Head, Loin, or Neck, to have the Appearance of Brawn.

Let any of these be nicely boned: if the head, the inside of the ears must be carefully singed with a hot poker; take out the bone of the nose, and the brains, without breaking the skin: if to be redded, rub it well over with saltpetre, and let it lie a night; rub in two spoonfuls of moist sugar, leave it two days, and after that rub in a dessert-spoonful of salt in fine powder, and put it into the sugar brine, and after it has been turned in it for some days, put in equal quantities of vinegar and strong ale, or water, as will cover it, with sweet herbs, garlic, parsley, allspice, and coriander-seed. The meats that the head is to be filled with, after rubbing them with due proportions as above, and every other thing for collars, may be kept in readiness in this pickle, and may be put in to succeed each other: the pickle is to boiled when

* Boars' heads are brought from the forest of Hertz, in Germany, for the king's table, in claret; and some of our fastidious beaux have become jealous of the claret to be had in the neighbourhood of St. James's. But to set their minds at ease upon that subject, I will relate the history of a pipe of Madeira, that was sent home in a present by a novice, without the precaution of having it ripened in the West Indies. By the advice of a West Indian, the lean of a shoulder of mutton was put into the pipe, and it was well secured and built into a hot wall, where it remained eighteen months, and equalled, in the opinion of the best judges, the best madeiras that had made the grand tour, and sojourned long in both Indies: so that the claret may gain rather than suffer, unless there are too many heads put into it. Some years ago, an alarm was spread in Pall Mall and the neighbourhood, on account of the late duke of Queensbury using a warm milk bath. To be sure, that would not have been so agreeable in tea as the heads in the wine.

necessary, and any addition made that it may require. When the head has been eight days in the pickle, cook a little bit of it to taste it, and if it requires any steeping, steep it; bone the head nicely, without cutting it open at the top (if it is to be mock brawn, it ought not to be reddened); put in pig feet and loin, or a small head within a large one, and three or four feet and some bacon, that it may streak well; but otherwise it may be washed over with egg, and strewed thickly with well minced parsley and spices, and the meats laid nicely in; form the head, sew and bind it up, and braise it in small beer, ale, or meat braise; or if not sufficiently pickled, cook it in this pickle, put it into a press, and leave it; it may be kept in a souse, or done over with strong acid glaze. When a joint of this kind is to be kept any time, it may glazed twice.

French Method of preserving Bacon from rusting.

Make new hay-bands, and wrap round it, and put it in a box; secure it from vermin, by having a close cover, or hang it as a hanging shelf.

Westphalia Hams

Are made of the wild boar; but those that come into our markets are scarcely ever genuine *. The imitation hams, when well cured, and made of proper aged and not over-fed pork, are hardly distinguishable: rub them well with pounded salt, and leave them in it 24 hours, and prepare the following pickle: two pounds of common salt, one pound of sugar, 3 ounces saltpetre, and as much prunella, bruised junipers, and one ounce of socco; boil all in a gallon of water, pack in the hams, and when cold, pour over the pickle; press and cover as in the foregoing receipts.

* A gentleman having remarked to a farmer that his pigs were good for nothing, from the state they were in: — "Quite the contrary," was the reply; "my servants will not eat fat pork. I kill the oftener, and souse the legs into a famous Westphalia pickle. When there are two dozen of them, they bring me the best price in the London market." Such pork is much the same as the wild boar. Seeking their own food, they eat wild herbs, ground-nuts, and roots, which are very wholesome. They take longer to come to maturity, and their flesh becomes firm, and their fat gristly.

An excellent Pickle for all Sorts of Meats.

Put three gallons of water on the fire, put in three pounds of salt, two pounds of loaf sugar, and three ounces of saltpetre; skim it carefully while boiling; salt the meats 24 hours, pack and cover with the pickle. The hams are to be taken out in a fortnight to be hung, and other meats in proportion: this pickle renders the oldest meat tender, and is fit for goat, old mutton, or beef hams: young pork will be salt enough in three or four days; dry, dip in crystal acid, and put them in paper bags as above, to smoke. Examine young meats from time to time, that they may neither get rusty nor mouldy.

To pickle Tongues, Hearts, and Feet, and dress them.

When heads and collars are pickled, a due proportion of tongues, hearts, and feet should also be done; they are little expense, and always ready, as a short time prepares them. The heart being farced with white meat, and larded, when cut across, and served with jelly-sauce, are not only an excellent but elegant dish; their being kept in a marinade prevents the possibility of their being over-salt. If salt is steeped entirely out of meats, there will be found nothing remaining but a fibrous mass of reedy matter;* steep vinegar and sugar out of meat, and it will be nearly as good as fresh: small tongues, when smoked high, may be eaten raw, and are the better of being very thinly sliced, without cutting through, and so put firmly up in white paper, and then in lined boxes, and preserved as bonnes bouches.

The Languedoc Manner of curing a Pig.

When geese and ducks are scarce, a pig is cut up in small pieces, and prepared in the same manner (see that article); and both keep well, being generally in use for

* It might be advisable for passengers, according to the length of their voyages, to have meat prepared in this manner, or prepared as venison for baking; so that with a conjurer they would be independent of the kitchen of a merchant vessel. An English family was nearly starved before it reached its destination in the Mediterranean, from the voyage being ten days longer than the owners had counted upon. None can imagine, but such as have made voyages, the great loss of animal food sustained at sea, and the distress it occasions passengers, from the want of a more general acquaintance with the proper methods of preparing meats, either raw or cooked, for keeping. If patent meats would answer the purpose, they are not always to be had at shipping towns; but knowledge can be carried every where.

fourteen or fifteen months, and as good at the end of that time as at first.

Steeping and boiling Hams.

Ham is seldom enough soaked, and should it, under such circumstances, but once boil up, the slowest simmering will never be able to recover it. Common market hams are often too new, and these should not be steeped at all; and as they are apt to have a porky taste, the best way, after they are completely cleaned, scraped, and pared, is to put them upon a very slow fire, and let them soak in water, with vegetables, sweet herbs, and spices, or any braise that may be ready, with a clove of garlic. Most families use ham and vegetables, which are boiled separately in water, and the water thrown away. If carrots and turnips are well washed, without being scraped or pared, they will be cooked much more in their own juice, and will impart to the ham a very delicate flavour; while, on the other hand, the ham will nourish them; and none of them, to be well done, ever require to come to more than a simmer; but should there be any objections to cooking them together, cook the vegetables first, let the liquor cool, and cook the ham in it, and the vegetables will be more delicate after they are redressed. A vegetable braise* is by far the best way of cooking every kind of salted and hung meats; or pick two or three handfuls of fine fresh clover or sweet hay, and put it on a perforated wooden bottom, and lay in the ham, or a basket of young nettles. Ham must be cleared from all the rusty fat before it is cooked, as it hurts the flavour of the ham, as well as destroys the liquor; therefore the making it perfectly nice is of the greatest consequence.

* It would be an easy matter to make many neat plausible receipts; such as, peel or pare three carrots, three onions, &c. This sort of cooking, one part by weight, another by measure, and another by number, is ridiculous. Proportions may be mentioned, but they must be subordinate to experience; for what does two onions, two carrots, and two turnips mean?—two blades of mace, one nutmeg, twelve cloves, &c.; all these things are so different in quality and quantity, as also the quantity of water and meat with which they are to be cooked, that a cook, who has so little taste that she cannot trust to her judgment, will never arrive at any celebrity in the art. The French may be said to cook by rule of thumb, as they often give it as a measure, with a nut, an egg, &c. Experience, however, has fixed certain modes for preserving stores, and they should be strictly adhered to, as any disappointment in them is not of a day. This should not, however, deter the cook from making useful experiments; and as it is impossible to prevent disappointments sometimes occurring, the cook should not be disheartened, but ought to watch most carefully from what they could arise, so that she may be able to prevent them in future.

To braise a Ham.

It is great economy to bone hams, as they may then be cut from end to end without loss or much drying. The manner of dressing which the French call *au naturel* is in a sweet herb, garlic, and clove braise: put it in a cloth, simmer it sufficiently; take it up; tighten the cloth till half cold; skin, pare, and dredge it with crums; glaze and serve it on a napkin. It should be tested by a wooden larder; when it enters easily, it is enough.

Braise.

Prepare as above; let the ham-kettle be as near the size as possible; put in the ham, with a bottle of fine old strong ale* or cider, and a glass of brandy, and herbs as above. The French use Madeira or Champagne, and often use such in their cookery, when they drink common wine at their tables.

When it has had the proper time, which is half an hour to the pound, try it with a larder: if it enters easily, it is enough; if not, leave it as much longer as may be necessary; skin and glaze it either with glaze, or by sifting sugar over it; garnish it, and serve it on a napkin, spinach, or any other mashed vegetable; boil down the liquor, as it is the finest ham essence. It is worth dressing the ham in this manner for it.

To roast a Ham.

Prepare a marinade while it is steeping, of sliced onions, bruised juniper, and three cloves of garlic; a bottle of Champagne, Malaga, or any other Spanish or gooseberry wine; put it into a narrow vessel, which will allow the wine to cover it; leave it twenty-four hours; put it in a cradle; spit and baste it with the marinade. It will take half an hour to the pound; but as neither age nor the time it has been cured can be ascertained, it will be advisable to try it with the larder; take off the skin, and glaze it, or dredge it with crums and truffle, mushroom, parmesan, clove, sugar, parsley, tarragon, or any other

* Younger's, of Leith, fine pine-apple ale is little inferior in cookery to the best Spanish wines, and equal to them in jellies. Those who use wine had better allow the meat to be soaked and half done before it is added: for if put in while the ham is hard, the fine flavour will be forced off before it is prepared to imbibe it, unless the vessel is luted, which it is always an easy matter to do.

powder, or stick it all over with truffle nails: reduce the marinade, strain through a wet napkin, and serve it in the dish.*

Farced Head.

Cut as much of the neck with the head as possible; and if not of much consequence in cutting up the pig, keep two or three inches of the skin of the shoulder to it; be careful in cleaning and singeing the ears; cut out the nose bone and brains, without cutting the skin; keep the film of the eyes whole; put it into vinegar and sweet herbs; pickle for eight or ten days; or if into a salt one, three or four will be enough.

Bone it, and lay on any of the pieces where it is thinnest; wash it over with yolk of egg, and strew parsley, mace, pepper, garlic, and salt over it, and cover it with very high-seasoned bacon farce with garlic; lay large fillets of seasoned bacon across amongst the farce; skin the tongue, stick it with truffle nails or cloves; put it in its place: fill the head, equally mixed with fillets of bacon, pistachios, truffles, orange chips, or confected melon or citron; all the larders, which may also be of white, and yolk of eggs (see Eggs), and fillets of almonds or cocoa-nut, must be laid in such a manner as to be cut across. This must be attended to in all such farcing, as if cut otherwise, it looks ill, and is not so good. Let it be quite full, that when it is nicely sewed up, it may be in its own form; wrap it in a new cloth, which ought to be only of a sufficient size; tack it very tight, and put it in a kettle of a proper size, with three bottles of red wine, cider, or ale, and braising ingredients: let it boil or come to a quick simmer, and cover it with two or three rounds of buttered paper. It ought to be well attended to, and put on a paillasse, with fire under and over; test it with a larder. When enough, take off the braiser, and leave it till almost cold in the braise; take it out, and let it finish cooling in the cloth. It looks well marked by the packthread, which should be tightened when set to cool. As this is a very large piece, it is an elegant dormant for an entertainment, or to be set at the bottom of the table

* The Italians cure very nicely-fed but not very fat small hams, which are famous at many of the European courts. They are cooked, sliced, and packed in boxes nicely lined with white paper. To this cutting and packing their fine flavour is attributed.

between courses, it may be entirely covered with savoury jelly. It is also an excellent dish for public breakfasts or suppers, and sliced for side dishes, fried in batter, and served over crisped parsley. It may be served *à la Française* as a *plat-de-rôt* in the second course. It ought to be brushed over with distilled vinegar or crystal acid; and after it has been cut down to the neck, it may be again entirely glazed with a sanders, saffron, or parsley glaze, which will give it a new appearance, as well as make it keep better. A small, or even sucking pig's head, may be done in the same way.

To farce a Pig.

A sucking pig is excellent farced as above: veal lights make a good farce for it; egg and ham fillets may be added. (See Eggs.) In all large though not high establishments, where there is a great consumption of meats, collars are ready and economical.

To boil a pickled Leg or any other Piece.

Wash it well from the pickle, and pare it; taste; if too salt, steep it after it is pared; make a white or strong ale braise; simmer it slowly; it must have half an hour to the pound; when taken up, scrape and trim it well; if it is to be served with the skin, which may be diced, striped, or taken off altogether, glaze or sift over fine sugar, and set it in the oven, or glaze it with a salamander. The sugar raises the flavour. If boned, it will cut more economically, and also preserve its juice: serve, in addition to the vegetables served with salted meats, a good peas-pudding. A hand or any other piece of pickled pork is served in the same way.

Bacon and Beans.

Steep if necessary, and stew a piece of bacon or salt pork with large beans, pepper, and plenty of garlic; dish the beans over the bacon.

Another.

When the meat is lean, stew it very slowly with pepper, garlic, and beans; drain and fry the beans with a bit of fat bacon; dish the bacon in the middle over the beans, and the fried slices as garnish.

Bacon and Eggs.

Cut the bacon very nicely, and fry it of a nice colour; dish it in a hot plate; wipe the frying-pan very clean, and let it be hot enough not to allow the egg to spread, and for that reason do not dash it in; lift the pan high off the fire, as the least burning not only gives it an unpleasant taste, but is pernicious: dish the eggs over the bacon; garnish with crisped parsley or fried apples.

For Bacon and Cod, see Fish.

Cutlets, Scollops, Collops, minced Collops. (*See Beef.*)

Fricandeau, &c. &c. (*See Veal.*)

Sausages. (*See Sausages.*)

To roast a Leg of Pork.

Stuff the knuckle with sage and onions, two cloves of garlic, pepper, salt, and sugar; score it very nicely with a sharp knife; when three quarters done, take it up, and take off every other crackling: be particular that it is enough done, otherwise it is dangerous; it may be basted with egg where the cracklings have been taken off, and strewed with crums, sage, pepper, salt, and sugar; and if this is nicely done, it raises the flavour, and looks well: take care not to touch the cracklings with the seasoning.

The spare-rib taken from under the bacon is excellent roasted and covered with crums as above, or with high-seasoned batter. All pieces of the pork are roasted as other meats, attending to these directions for seasoning; it may be skinned, or roasted with the skin on: if the skin is taken entirely off, it must be glazed, or laid down again, to the fire, and well dredged with sugar in the finest powder, and left till it has a fine glaze, and then equally dredged with fine powdered sage. This makes the pork more delicate; or do it over any thickness with nice batter.

Take up the gravy from the dripping-pan, and serve it in the dish, with sage, onion, apple, gooseberry, mint, or sugar, mustard and lemon, in gravy, or a venison sauce.

Uncovered ribs are excellent roasted and served over sorrel or spinach, mashed with cream, butter, nutmeg, salt, and sugar.

Cubbub.

Cut off as much as possible of the bone of the chine or back ribs, and divide it into chops; beat up some yolks with a bit of butter; season with cloves, sage, pepper, and salt; dip the chops into it, and put them again together; bind them, and hang them to a bird-spit, and baste them well, and serve them with gravy in the dish: when they are done, they may be basted with a light batter made of small beer, and served as above; and they may also be dredged with parmesan.

Griskins or Fillets to roast, broil, or in Fricandeaux.

In whatever way they are dressed, the secret to make them tender, is to marinade them in oil, vinegar, and sweet herbs for some hours at least. They then take little time to cook, and must have a brisk fire. As fricandeaux. (*See Veal.*) — Broiling. (*See Beef-steaks.*) — Roasting. They may be larded, and in all these ways served with gravy, vegetables, or jelly, sauces, or ragoûts.

To roast a Leg of Pork as a Goose.

Half braise it in vinegar and water, with sage, pepper, salt, a clove of garlic, and a large piece of goose-fat; let it cool; bone and farce it with sage, onions, bread crums, butter, pepper, and salt; flatten it, and give it the appearance of a goose; baste it with part of the marinade and the goose-fat; serve it with onion or gooseberry-sauce.

Fillet of Pork as Wild Boar.

Marinade it. (*See Beef.*) Let it be very strong of wild herbs, garlic, melilot, balm, and green walnut-shells; leave the fillet or any other piece of the pork in the pickle for five or six days. (It may be kept months in it.) Harden it on both sides in a stewpan with oil, and then set it upon a hot hearth with a braise, and put fire over it, and give it time to cook; drain it on a cloth: or roast, and serve either over a clear juice or a poivrade sauce.

To roast young Pork as Lamb.

It may be used from three to five months, but the size

of the pig must also determine it. Lay it down with the skin on, and when half done, pull it off, which will preserve the flavour, and serve it exactly as lamb. It is excellent crummed or done in batter.

To roast a Pig.

This is much oftener ill than well done. If possible, lay it down warm to the fire: when it is killed, after being prepared, put it into tepid water, and wash it well, and have ready either a sweet or savoury farce: a rich rice pudding, made with cream, currants, sugar, and nutmeg, is excellent; or apples, onions, bread, sage, pepper, salt, sugar, and butter. (This is Turkish.) Although it requires a good fire, attention must be paid to the pig-iron, that the ribs may not be over done. A middling-sized pig will take a pint of oil to baste it, which should be done with a brush, which not only insures its being well done, but prevents waste, or it may be done with a buttered cloth: some, to insure its being crisp, dredge it thick with flour, and scrape it off before browning, and then baste it plentifully with butter. Those who roast a great many pigs should try the different methods, to ascertain the best for their own practice; some use small beer. A small, new-killed pig will be done in an hour; but if it has been kept a day or two, it will take a quarter of an hour more, and so in proportion to size and age. If to be dished whole, cut the skin round the neck a little before it is dished. If to be severed, cut off the head while it is at the fire; cut it up, and bruise the brains in a little gravy; cut the pig off the spit, and dish it back to back; mix a little of the stuffing with the brains and gravy; serve the sauce in a sauce-boat: currant, gooseberry, or apple-sauce may be served with it.

To roast a Pig with the Hair on.

Prepare as above, only have the hair on, and spit it. When it has been a fourth of the time at the fire, and the skin begins to blister, draw it completely off, score it down to the bones, lay it quickly down again, and baste it with warm fresh butter and rich cream; continue for five or six minutes constantly, and dredge it well with fine bread crums and a little flour, currants, sugar, and salt; the basting and covering must be continued alternately till the

pig is covered an inch deep, when it will be enough: serve it with sweet sauce. This is a most delicate way of serving a pig. It may be also basted with batter.

Another Way.

When the family is small, or that it is for a remove for a small party, half the pig is sufficient to roast; and as the head and shoulders are most esteemed in that mode of dressing, let it be farced in any of the ways above directed, and the farced end covered with buttered paper, a caul, skin of a fowl, or any fit thing: if a caul is used, it is ready for an excellent dish, with lemon-sauce.

The hind quarters may be fricaséed, ragoûted, or done in a timbale or casserole, with any of the fine herb seasoning, and served as a first-course dish; or the legs may be boned, farced with the lights or liver, or one with each, and the belly-skin tacked over, and served on mashed or ragoûted vegetables.

Pork Chops.

Cut off the back-bone, pare, flatten, and broil them over a very clear fire: every thing broiled ought to be turned very quick, and nearer the fire at first, to harden them, to preserve the juice, and after set higher, that they may be equally and gradually done; serve clear juice, or any other piquant sauce, with lemon-juice or garlic vinegar. They may be dipped in melted butter before they are laid on the gridiron. They are excellent marinaded in garlic vinegar.

An excellent Way for preserving Pig.

Cut off the head, shoulders, and legs; divide the head; take out the brains; or bone and farce it; season high with cayenne; if farced, keep on the ears; rub the pieces with a little sugar and salt; also the liver, or any other thing to be preserved, such as aprons of geese, turkeys, or ducks, or any part of them. In cutting up poultry or game for dishes, there are many pieces, such as backs, legs, drumsticks, even necks, that go to waste, as also cooked pieces of the same kind: sprinkle them with strong garlic vinegar; rub and leave them covered for three days; wipe them with a cloth, and spread them out to dry; put on the fire a saucepan with a sufficient quanti-

of top-pot, clarified dripping, lard, poultry fat, or butter; put in the pieces, and let it come slowly to a simmer, and continue till all the watery particles are discharged; when any skinny pieces become crisp, it is enough; take it from the fire; have a nice jar ready, and put in the meat as it may be judged to be wanted, and cover it with the fat: when it cools, put it up.

This manner of storing in a house is very useful; there is always a ready dish; besides a great many nice things that go for nothing would be preserved; the petitoes, lights, kidneys, &c., are all ready for ragoûts: use the fat to nourish the vegetables. When pork is killing for hams, then is the time for preserving heads, kidneys, feet, livers, &c., which may be either marinaded or put into salt pickle.

Another Way of Dressing.

When the head and legs of a sucking-pig have been preserved, the body may be nicely farced with vegetables, or a sweet or savoury pudding, over which at the ends a bit of buttered paper is to be laced; hang it to a bird-jack; have fine sage, crums, and salt mixed, and as the uncovered ribs* get done, dredge them with flour; or wash them over with egg, and crum them, taking care not to touch the skin, which must be crisp. This is large enough, and a much more delicate dish for a small party than a whole pig.

Pigs' Feet.

Prepare the pigs' feet, and put them into any marinade or pickle that may be prepared; they are the better of being well rubbed with sugar for three days, and then put into the pickle.

To smoke them without Salt.

Rub them, as above, with sugar; dip in crystal acid; hang them in the smoke, and then in a warm, dry place till they harden; do them either with the bones or without; if they are boned, they must be pinned out: when used, steep them twenty-four hours in tepid water, and then braise them.

* In Spain and Portugal, they take the skin off their pork, as it swells the stomach, and gives dysentery: the practice and precaution are good every where, where fresh pork is much used.

To crum and fry.

Cut them in two; take out the leg-bone; bind them together with a tape, and braise them; let them cool; take off the tape; dip them in fresh butter hardly melted; roll them in seasoned crums (they admit of any seasoning used for calf's head), and broil or fry them; or fry them in batter with parmesan.

Fricassée, brown or white.

Bone, and farce them with cooked mushroom; lard and roast; or broil, and serve them upon a mushroom ragoût or sauce. They may be cut in fillets for cubbubs.

Scollop, Chitterlings, &c. (*See Veal.*)

Rennet. (*See Rennet.*)

Pigs' Ears, Heads, Lungs, Feet, and Chitterlings, en Menu de Roi.

Prepare three or four ears in a braise; cut them in fillets; divide six large onions, take out the hearts, and cut them in fillets of the same size, or half rings; cook them white in butter; moisten with a little well-seasoned stock and beef juice; when ready to serve, put in the ears, and see that it is properly seasoned with salt and mustard.

The ears, dressed as above, may be served under a purée of peas or lentils.

Heads, feet, tripe, lungs, and chitterlings of all animals may be so dressed.

When it is not disliked, a little garlic vinegar is a great improvement, and a small bit of sugar.

The jelly of petitoes is very delicate, and more strengthening than any other.

POULTRY.

Young poultry have fresh combs, full eyes, smooth legs, and fresh short spurs. Proper judges know them immediately, and cooks ought to accustom their eyes and hand to determine the weight and condition.

To boil Turkeys, Fowls, and Chickens.

Their legs must be taken off at the knee, and the sinews drawn out by putting the leg into a vice; and great attention is necessary not to cut them too open: the hooked end of a basting-spoon is the best thing for drawing poultry. The cook, knowing where the gall lies, ought to be careful to avoid it; if it is broken, every part that it touches must be perfectly well washed, or cut away.

If the liver is diseased, cut away the part; separate the fat, and put it into a jar kept on purpose, with the eggs and intestines, and be particularly careful of the egg caul.*

The intestines of three or four fowls will make a very nice dish, and are excellent for mock turtle, or any other garnishing: skin the gizzards, and tack or hang the skins into the screen to dry, for making gallino curds; put the heads and feet into boiling water, to take off the feathers and rough skin of the feet, as they may be dressed in giblets, or put into the stock-pot.

If the poultry is killed at home, the blood ought to be preserved, as it is very delicate: it will fill the skin of the neck, and with a bit of liver will make a nice small pudding, with cream and Naples biscuit. In Italy, they are very

* Hunter tells us, that a longing comes on for such things as may be useful when the constitution is debilitated.

When the internal coat of the intestines is abraded by a diarrhœa or dysentery, a longing is brought on for fried tripe with melted butter, as containing the greatest quantity of materials proper for the repair of the bowels so disordered.

To this circumstance, he continues, modern physicians do not sufficiently attend; neither are they sufficiently aware of the necessity of prescribing a diet for persons in health, whose chyle should be of a nature for supplying general materials, without compelling them to be called for.

The folly, therefore, of keeping to one kind of diet, whether high or low, is abundantly evident; as in that case, nature must sometimes be overstocked with materials that she may have no occasion for, and may be in want of such as she may stand in need of. And here it may be necessary to remark, for the information of medical men, that a microscopical examination of the chyle of different men, made after sudden deaths, has proved to a demonstration, that the chyle of the human body contains different-shaped particles, round, oval, long, square, kidney-shaped, heart-shaped, &c., varying according to the food taken in. In consequence of this important discovery, the medical practitioner has only to direct such food as contains the particulars nature may stand in need of. For example: are the kidneys diseased? then prescribe stews and broths, made of ox, deer, and sheep's kidneys. Asthmas require dishes prepared from the lungs of sheep, deer, calves, hares, and lambs. Are the intestines diseased? then prescribe tripe, fried or fricasseed.

When this practice has become general, we shall be enabled to remove every disease incident to the human body; and the doctor adds, "as all persons, from the palace to the cottage, will receive the benefit of my discovery, I shall expect a parliamentary reward at least equal to what was given to Dr. Stevens, Dr. Jenner, or Dr. Smith."

careful of the necks, because of the delicacy of the blood, and braise them very softly, just till the blood thickens, without boiling; be also careful of such feathers as are useful, which is at least more cleanly than throwing them about the kitchen, and burning them: the pen feathers ought to be drawn before they are killed. All this is very little more trouble than throwing them into the waste tub, besides saving nice things that cannot be obtained in any other way; while the blood is so very nourishing for the debilitated.

The gizzards, intestines, heads, and feet, ought to be simmered for two hours; after which let the gizzards and the livers, * which must only be blanched, be put into the wings, after the fowls have been farced and stuffed, according to the occasion or manner of dressing, with oysters, mushroom, truffle, or veal farce. If the fowls are to be braised, they may be larded, but the lard must not touch the braise. If they are to be boiled, put them upon the fire in a saucepan, as near the size as possible, with milk, water, and a little rice flour. This will keep them white without sapping them, and the farce will nourish them within.†

There is nothing more disgusting and more common in the dressing of poultry than a dirty-looking crop, which is occasioned by the dark, wet, raw, course stuffing, which discolours and prevents the cooking of the top of the breast and wings. No kind of farce should be used but such as is well made, and well cooked; and should the colour be dark, the breast may be lined with a slice of thin bacon, or washed over with white of egg.

For family dinners, a rice or delicate vegetable pudding may be put into the bodies, the vents and necks of which must be firmly tied.

There is hardly any sauce but high salmis that may not be served with boiled fowl — shell-fish of all kinds, liver, mushrooms, parsley, curry, anchovy, egg, liver, celery, and other vegetables. When the fowls are not of a good colour, a very thick parsley or liver sauce is to be poured over them. If butter sauces are used, let them, for

* The French would think it barbarous to present one or two livers only, they therefore never use them but in dishes of which all may partake.

† Never boil poultry in cloths, unless they are new or lessived: if cloths of the nature of cheese-cloths were used for such purposes, they would be easier kept in order than the kind generally in use; but they are better without, as every thing of that kind saps the juice.

poultry, be made of butter and cream. (See Melted Butter.)

Hard pounded yolks, and anchovy sauce made thick, as well as liver, is an excellent covering sauce.

Fowls roasted in Batter.

Bone the fowls, or not, and stuff the bodies with a ragoût or salpiçon, and their breasts with a farce; lard or not; or the fowls may be simply spitted without farcing or larding; put the boiled gizzard and blanched liver in the wings: they should not be papered, as they must be browned; when they are half roasted, begin to baste them with nice light batter; as it dries, baste them till nearly an inch thick, of a fine colour, and quite crisp: serve them upon a gravy, piquant, or any other nice sauce.

To bake Fowls, Meat, or Fish in Batter.

Prepare as above: fowl, meat, or fish may be stuffed and braised, or half roasted, or fried, and when just ready to put into the oven, put them in a dish, with a little savoury jelly and butter, with mushrooms, &c.; pour over a very light batter: when the batter is done, it will be enough. This is an excellent way of re-dressing meats.

To roast a Turkey.

A cock is too branny, after it is a few months old, for roasting: choose a fine white hen, and two or three days before it is to be dressed draw it at the throat; prepare it very nicely, and stuff it with truffle, or rub the inside with truffle, morel, or mushroom powder; tie it close at the neck and rump, and wrap it in a very nice napkin; hang it, and when it is to be dressed, have a nice farce, and stuff between the skin and the breast; cut off the toes, and dress the legs straight down; take out the neck-bone, and turn the head under the wing, if the turkey is very small, and that it will answer for the dish, which must not be over large; but much depends on the garnishing. If the turkey is coarse, branny, or large, cut off the legs below the knee; take off the head; cook the gizzard perfectly, and blanch the liver, if not larded; rub the breast with lemon-juice, and cover it with slices, without zest or skin, and then with slices of bacon; wrap it in paper, and let the fire be clear and brisk; lay it at a proper distance till heated through,

and then bring it nearer; brown it very pale, and froth it high; dish it over plain juice, with a little salt, in which the juice of half a clove of garlic may be mixed. Garnish with lemon, Bologna sausage farce-balls, halves of small scarlet tongues, dobbed with lard, curled streaked bacon, cresses, &c.: serve bread sauce in a sauce-boat. From three to five quarters of an hour will do them. All poultry may be roasted in the same way, attending to the necessary time.

To roast Fowls.

Prepare two fine white, well-fed fowls, or three small ones; truss for roasting; lard, or roast plain; they may be farced in the breast with farce, and the bodies filled with a ragoût or salpiçon of mushrooms, oysters, tomata, shrimps, chestnuts; or for children, with a rice pudding, with or without fruit. If they are cooked in a high style, two may be barbed, and one larded; or two larded and one barbed. Mix a piece of butter, with lemon-juice and salt, with a wooden spoon; put it into the bodies; cut off, or turn in the rump, and stitch up; wrap them in paper; fix them with their backs to the spit, by the skewers: when they are two-thirds done, unpaper, and give them a fine pale brown; touch the larding with glaze, and serve them on any convenient sauce. Three quarters of an hour will roast them. (For many excellent ways of cooking poultry, see Bouvillier.)

Plat-de-Rôt of a large fat Fowl.

Prepare as above, only draw in the legs; draw it by the crop; take off the rump; put butter into the body, as above; rub the breast with lemon; strew over a little fine salt; cover it with slices of lemons, without skin or seeds; cover it with a barb of bacon, and wrap it in two or three papers; fix it to the spit, as above, by the skewers. It will take an hour: serve it with any appropriate sauce: it is not to be browned.

Another, with Cresses.

Truss with the legs down, and cook as above, only brown the fowls a fine colour; cover the dish with cresses; sprinkle with vinegar, and a little fine salt; lay the fowl upon it, and serve it with any proper sauce.

Capons, guinea fowls, and all white poultry or rabbits, may be dressed in these different ways. The French do not serve the livers and gizzards in the wings; they con-

sider it too much cooking for livers; but serve them in separate dishes, and cold on silver skewers, mixed with other nice things; besides, it is awkward for the carvers to have only one liver to help five or six with. If the livers and gizzards are roasted with the fowl, the gizzards ought to be braised or simmered two hours, and the liver hardened in butter, that it may not break in fixing into the wing, and both doubly papered, to prevent their hardening.

Chickens and Peas.

Blanch and cut in slices half a pound of bacon; melt a quarter of a pound of butter; put in the bacon, and give it a little colour. When the roux is a fine white, put in the cut up chickens, with a little stock; mix it well; season it with parsley, young onions, half a clove of garlic, and a clove. Let it boil, and put in a pint or quart of peas; cook it over a strong fire, with the cover off; skim, dish the fowls: if the sauce is too thin, reduce.

Another Way. (*Scotch.*)

Prepare the chickens as for boiling, and put the gizzard and liver into the inside; toss the chickens white in butter, and put them into a saucepan with a little stock. Do the leaves of a cabbage-lettuce in the butter, with parsley and an onion, and put them to the chickens; fry, and add the peas, and set the stewpan among the embers, or on a hot table, with fire over. All kinds of poultry and game are excellent done so.

Another.

Prepare the chickens as above, and the other ingredients; put them all into a stewpan, with a piece of butter, mace, pepper, and salt; put on a heavy cover, and set them among the embers, with fire over; shake frequently: they will take a full hour.

To stew Fowl, Game, Rabbit, or Fish; a good savoury Dish. (*Scotch.*)

Have a thick-bottomed saucepan. This dish can hardly be well done without a yettling-pot and a hot hearth. Prepare the fowl, slice the gizzard, and make some farce; fill the egg-bag, and make balls; fry some onions and the fowl: put all into the pot, with half a pint of boiling water, and a quarter of a pound of butter, spices, and sweet

herbs; let it boil on the fire; cover well by luting, and set it among the embers. If a young bird, an hour will do it; if old, it will take two, according to the heat: in the mean time, have the head, neck, and feet cleaned, and preparing for gravy; parboil the liver with them; and when the sauce is ready, strain and season it in any convenient way, adding cooked mushrooms or celery, &c. When the fowl is done, take it up and keep it warm, and poach as many eggs in the sauce as will be required for the dish, turning them quickly round. Take them up as they are done, and form a like quantity of balls of dressed spinach; flat them, and press them with the back of a spoon, and lay an egg in each; put these round the dish; rub down the liver, and mix it into the sauce; skim off the butter, and add the stock, which may be thickened, and pour it over the fowl. Hard eggs may be rubbed down in the sauce.

The fowl may be farced, or filled with a sweet or savoury pudding, cooked mushrooms or oysters, which may be put also into the sauce.

Pulled Chicken.

If any white meat of chickens, fowls, turkeys, or rabbits remain, pull it nicely in pieces; cover it over, that it may not dry; cut out the drum-sticks, backs, sidesmen, pinions, &c., and trim them nicely for broiling; braise the bones to a mash, and put them on the fire to stew down gently for two or three hours; and to save time, if the cook has any other bones, she may add them (but if no more gravy is wanted, the bones will keep better than in stock): reduce what is necessary, and season it with mace, lemon-peel, white pepper, and salt; mix a little flour, a small bit of butter, and a little cream; cook the sauce till it is smooth, thickish, and not more than will sauce the meat. Take it from the fire, put in the chicken, and set it in a hot place, where it cannot boil. Dish, and lay the broiled bones over, which may be dredged with nutmeg and salt: garnish with sippets and lemon.

Buttered Chicken.

Cut the chickens in quarters, wash them in milk and water; simmer in as much milk as will cover them, with an onion stuck with cloves, zest, parsley, and salt,

for fifteen or twenty minutes; mix a little of the liquor with a quarter of a pound of butter, some rich cream, nutmeg, and two yolks; work the sauce, and put in the chicken, but do not let it boil. This dish looks well in a deep paste or rice larder, garnished with lemon slices.

To fricassée Fowls, and all Kinds of White Meats and Fish.

When fricassées are made of things in season, they are by no means expensive—the very reverse: it is having things out of season that makes them so. Prepare and truss the fowls; let them boil; skim and simmer in a vegetable braise, seasoned with mace, lemon zest, white pepper, salt, onion, and carrot. If it is a small chicken, twelve or fifteen minutes will do it, as it should rather be under than over-done.

Take it up, and strain the stock; add a piece of butter worked in rice or fine wheaten flour; cook, and work it till quite smooth. When properly cooked, cut up, and put in the chicken, and let it warm with a cupful of rich cream, but do not let it boil. When ready to dish, put in a sufficient quantity of yolk of eggs to finish the thickening (cooked mushroom, oysters, cockscombs, or any nice vegetable may be added), and a little lemon-juice. If it require more richness, put in a small bit of nice butter: garnish with slices of lemon, cray-fish, &c.

Amourettes of Fowl or Game.

Prepare half a pound of almond paste, and mince very fine two pounds of any of the above meats, veal, rabbit, or a mixture of them, with half the quantity of fine chopped marrow or kidney fat; mix it well together with a little rich cream, and season with mace, allspice, zest, lemon-juice, nutmeg, and salt; cut two or three slices of stale bread to fit the dish they are to be served in: and, according to what the amourettes are composed of, steep the bread in cream, prepared with almonds or fricassée; or, if for game or venison, in a rich salmi or civet, with port wine and jelly; heap the meat upon the sippets, and either leave them rough, and powder with fine crums, seasoned with truffle or mushroom, and baste it with butter, or cover with yolk of egg and butter. Have any kind of spinal marrow prepared: when the amourettes are

dressed, lay it over, press in, or bind them with it. If there is no spinal marrow, bind them with strings of rich cream paste, made with sugar and white of egg.

This is an excellent way of dressing veal, rabbits, or any cold meat, without almonds. Put them into the oven, and when they have taken a fine colour, and the bread crisp, they are enough: serve them over any nice appropriate sauce; the delicate white ought to have a paper cap for some time in the oven, that they may not become too brown: garnish the white with slices of lemon and cray-fish, or pickled barberries; the venison or game, with currant jelly.

These amourettes may be served upon small oblong pieces of paste, handsomely decorated, and bound with paste cords impressed, to give the appearance of a package; put a cray-fish on the top, or two meeting in the middle of each, or serve in vol-aux-vents, or with mushroom or oyster sauces.

They may also be made of hard eggs, neat's-feet, sweetbreads, veal, or lamb, tongue, and fish of all kinds. This dish, well dressed, is an excellent second-course top dish: garnish with pickled barberries, cray-fish, or small tomatas.

To mince cold Fowl with fine Herbs.

Mince some mushrooms, cook them in butter, sweet herbs, mace, white pepper, lemon zest, salt, and a little cream; when all is well cooked, take out the sweet herbs, and put in the mince just to warm, with a little lemon-juice; garnish with slices of lemon, or dish in a vol-au-vent, timbale, crustade, deep pastry or rice border, or casserole. If dished in a vol-au-vent, the sauce must be as thick as *ducelle*.

To re-dress Poultry or Game.

With respect to the economy of re-dressing any thing, every mistress must judge for herself, and an economist will carefully cut down only one half of a fowl, that the other half may be presented cold; but to re-dress it in a handsome way, the whole breast may be sliced out entirely, leaving the legs and pinions all together; and, with little expense, it may be presented in a better style a second time than at first, which cannot be the case if cut otherwise.

For such, make a farce as for the amourettes, or one of mutton, venison, game, hare, heart, or rabbit, and add mushroom, oysters, lobsters, shrimps, &c.: if done with proper dressed rabbit or veal, it will be as good as if the fowl had been minced. As the bodies take a great deal to fill them, they may be served with a nice dry curry, covered with a pillau, which may be saffroned or greened, or a simple pillau, with whole hard eggs in it. If the fowl has been roasted, paper the legs; if boiled, allow them to brown; serve upon an appropriate sauce, or any ragoût of oysters, mushrooms, cocks-combs, fat liver, lamb's sweet-breads, farced chitterlings, or vegetables; vegetables may be used instead of the farce. They may be made excellent of the cheapest ingredients, such as a rich curry of vegetables, &c.

To cubbub fat Livers with Oysters, Fillets of Lobsters, Cray-fish, &c.

Cut the livers all of one size, the lobs of calf's, pig's, or lamb's livers answer very well; allow three oysters for every liver; season them well in sweet herbs, spices, and salt; dip them in yolks of egg, and roll them in crums with the other ingredients; thread them upon silver skewers, and broil them in a buttered paper, or in a case; serve them with buttered gravy and lemon-juice; garnish with slices of lemon.

If cray-fish are used, put a little bit of anchovy in the small claws of each, and thread them at proper distances with the other meats, as livers take very little cooking.

They are equally well done, roasted on a bird-jack, well basted; the cray-fish are the better of being crisped in the oven, and well basted before they are put on the skewers. The large claws and noses must be pared, and the tail-shell may be taken off.

Baked fat Livers and Oysters, or Mushrooms.

If mushrooms are used, they must be well cooked white in butter, with sweet herbs and spices. Line a dish with puff paste, and make a handsome deep border.

Prepare livers, large oysters, and pieces of marrow, dipped in yolk of eggs, with a farce of fish or fowl; lay the farce round very high, as an inner border, and put in

successively a layer of livers, oysters, or mushrooms and marrow, or kidney-fat, till all is in, seasoning with sweet herbs and spices; toss a minced sweetbread in a little very rich gravy; pour it over, and cover thick with crums, and drop butter mixed with yolk of eggs over till it is entirely covered; bake it in a slow oven.

This is a very nice top dish, second course, and, if made of calf's liver and lamb sweetbreads, is no great expense.

When large livers are used, they ought to be cut to resemble poultry livers.

A Fricandeau of Turkey, Fowl, or Goose.

The skin may be slit down one side, and pulled over, without taking it off, and the whole breast taken out in one piece, larded, and cooked entirely as directed for a veal fricandeau; the body of the bird is to be filled with salpiçon of rabbit, liver, and oysters, farce, a very nice dry ragoût, or curry; the skin is then to be drawn over, and tacked into its place, and the turkey larded, and either done in the oven or upon a bird-spit, or braised.

If this is nicely done, it will be as good as if it had been made of the breast of the turkey.

Fricandeaux of poultry are very nice; besides their fine colour, smooth appearance, and shape.

Small fricandeaux of game or water-fowl look well dished upon turnips. The carcasses may be made into salmi, soup, or sauce; and the legs and pinions dressed in many different ways.

An excellent Manner of dressing Chickens for Invalids.

Put into the chickens any nice light cooked pudding, either of rice, bread, fine vegetables, or fruit; a different one may be put into each; put the chickens into a small dish, seasoned with lemon zest, salt, and a bit of butter, or a little cream; when ready for the oven, pour a light batter over them.

Although chickens re-dress very well in this way, they ought to be fresh for invalids.

Fricassée à la Chevalière.

Prepare two fowls, cut them up nicely for a fricassée, take off the pinions, and lard them with truffle, or one

with truffle, and one with bacon; braise the four wings, and glaze them; make the remainder of the fowls into a nice fricassée. Dish and lay the four wings across in the middle, with a large cray-fish, or pickled or farced tomata between each; or garnish with the livers and cray-fish; or the wings may be served over sorrel as a fricandeau, or upon tomata, or any other sauce. This makes one large or two handsome dishes.

Fowls with Oysters.

Prepare them as for boiling; lard or not;* mix nearly one pound of butter with mace, lemon zest, and salt, and put it into the fowls. Tie them close, that the butter may not escape; cover a pan with bacon and braising ingredients; put in the fowl; prepare in the mean time five or six dozen of oysters in a nice sauce, and dish them over it: garnish with sliced lemons, and oysters fried in batter.

Turkeys and Fowls with Truffle, or à la Péregueux.

As fresh truffle cannot always be had, there should be a great store of mushrooms, preserved in every way, to be used where truffles are directed.

The French dress all meats with truffle, which is their chief sauce, and called by them péregueux.

Prepare two fowls, and draw them by the crop. Prepare also two pounds of truffle, and make them as equal as possible, or cut them with a cutter; mince the parings, and cook the whole in a pound of rasped bacon, with pepper, salt, and spices. Add a small clove of garlic; simmer them half an hour, shaking them carefully; let them cool, stuff at the breast, truss for roasting, cover them with lard and two or three sheets of paper; tie them on the spit, and give them an hour and a quarter, and serve them over a péregueux, or truffle sauce, made of the parings. Chestnuts with truffle powder is an excellent substitute, or mushroom, oyster, or artichoke bottoms.

The fowls are stuffed with the truffle as long as possible before, that they may imbibe the flavour. Some cooks

* It ought to be understood, that poultry may always be larded, excepting for boiling; if braised, the braise ought never to touch the lard, as it will make it fall.

stuff and bury them a fortnight before. Washing the inside of poultry or game with garlic or vinegar is a great improvement.

Fowl or Rabbit in Cream.

If there are any cold roasted fowls, or any of the white remaining, cut it out, and pick off the skin and nerves, and make it into a nice farce, with any addition. Add to it fine-minced shalot and parsley, blanched and wrung in a cloth. Fill the fowls, giving them their shape, and smooth them with a knife dipped in yolk. Put two slices of bacon in an oven pan, lay the fowls in it, wash them over with egg, and ornament them with any design; or if paste is making, a little drawn bit may be pressed fancifully into the farce, and then egged over. Cover with buttered paper, which must be tied on. Give them three quarters of an hour, that they may have a fine colour, and serve them over a cream sauce. (See Artificial Cream.

Rissoles of Fowl, Game, or Fish.

Take some parings of puff-paste, and roll it out very thin, brush the edges with water, lay on little balls of farce (see Farcing) from distance to distance, wetting it round with egg; lay the other half of the paste over, and press it down with the hand to fix it well, and cut them round, oval, square, or in crescents, with a jagged cutter.* Flour a cover, and put them into it till ready to fry or poach; garnish fish, fowl, or meat with them. Put them in soup, or serve them dry over parsley, or upon a rich brown gravy; they may be made larger for these purposes. They are easily made, are no expense, and when well done, are a test of good and elegant cookery; and it is no wonder this department of cookery is so little practised in this country, because it was till now little understood, no precise directions having been given either to mix or test farces, either of which would have been productive of the desired end so far; but with both, none need fail.

Pillau.

Truss for boiling, turkey, capon, or fowl, and cover the breast with bacon, which must be tied on; lay it with

* They may be formed into any shape and size, and fried a fine light colour without the paste.

the breast down in the pot, put in a little strong stock, and cover it very close, and put it to simmer. When it is done, which will be known by pinching the wing, take it up, and keep it warm; pick, and rub in a clean napkin just as much rice as the gravy will swell, which is a third by measure to the liquid, and add some allspice. Salt a bit of glaze and a little stock, if necessary; it should be done in a heat that will not burn the rice, as it ought not to be stirred.* When dished, pour over from a buttering pan a little warm butter, as directed in pillau; take off the lard, and dish the capon in the middle.

This is a most delicate dressing, and excellent for family dinners.

The best Method of turning two or three half-fed Fowls to Advantage.

Dressing the different parts of poultry by themselves gives such a variety as must at first sight convince a cook, that understands any thing of a good table, of the propriety and saving of such a method, as a great part of boiled and roasted poultry is generally left: two or three fowls, that are not presentable whole, either from age, bad colour, or condition, may be made into a number of nice dishes, the legs, wings, breasts, livers, and backs being all served separately. When they are cut up, bruise the bones, and set them to simmer with spices, two carrots, two turnips, two onions stuck with a clove, with parsley, sweet herbs, spices, and salt: none of these are to be over-cooked, as they are to be made into dressings for the poultry. Bone four or six drum-sticks, and stuff them with a salpiçon made of nice veal or lamb's liver, truffle, mushroom, oyster, &c. Stitch them nicely; cover a stewpan with bacon, ham, sweet herbs, scallions, parsley, spices, and salt; lay in the legs, which may be larded, cover with paper, and let them simmer. Cut some very nice-shaped carrots, and put them in a little stock till they fall into a glaze, and add a bit of sugar. Put some espagnole into a saucepan, and drain the carrots, and put them into it, and finish it with a bit of butter; dish the legs, and pour this ragoût over them, instead of the espagnole. The sauce the carrots were cooked in may be thickened, or the braise. These are enumerated to show in how many

* The reason for not stirring the rice is given in other parts of the work. (See Pillau.)

ways every thing may be cooked, and that the sauce one thing is cooked in may serve for another; or they may be served over any other ragoût.

Wings.

Bone them to the first joint; cover the stewpan with thin slices of bacon, lay in the wings, and cover with white stock, slices of lemon, without peel or seeds, parsley, scallions, half a clove of garlic, a carrot, two onions stuck with cloves; cover with lard and paper, let it boil, and cook it upon a paillasse or hot hearth. Cut some turnips into the shape of balls, with onions, shalot, mushrooms; blanch and cook them in white stock, with a bit of sugar, each according to their time. When done, drain them, and put them into another pan, with a little velouté or rich white sauce; or if not very particular for high dressing, leave them in that they were cooked in, reducing the sauce, and put in by degrees half a pint of cream, turning and boiling till it gets the consistence of a sauce. Add the vegetables, with nutmeg and butter; toss them; drain the wings, dish, and pour the ragoût over them. So far, the above dishes may be cooked together; and afterwards in many different ways.

Fillets.

Cut the breast of three fowls off in fillets; melt some butter in a pan, and arrange them in it; add a little salt, and cover with paper. Cut six pieces from a tongue or ham of the same size, and put them into a stewpan with a little good stock: let them simmer without boiling. Toss and turn the fillets, which must be very white. Put in some well-seasoned glaze or strong stock; cut six slices of bread, the size and shape of the fillets, and fry them in butter. Dish the fillets *en couronne*, putting bread, tongue, and fowl alternately: a ragoût of truffle, oysters, mushrooms, tomata, or any other nice thing, may be ready to put into the sauce, to dish in the middle. The thighs may be skinned, boned, and larded with truffle nails, and done as the fillets, and dished over a mushroom or truffle, tomata, cucumber, artichoke, or any other sauce. The back, with the side-bones and wings of the fowls, will make a very nice grill, or a high-seasoned devil.

Fat Livers and Gizzards.

Prepare the gizzards, and when they cool, lard them, or slash them; fill the slashes with gratin, and lard the edges; lard the livers with truffle nails; cover a flat dish with gratin, lay a puff paste border round, having crisped the small wings in poultry fat; dish one under each liver and gizzard alternately over the gratin, or roast them on a bird-spit. Prepare a tomata sauce, or any ragoût, and after braising the liver and gizzards, glaze them, dish the ragoût; lay over the six side-bones, and intermix in a wreath the livers in halves with the gizzards; or if there are any other liver or gizzard, they may be added, and all kept whole. These dishes may all be so far prepared the day before, and may be dressed in a dozen of different ways, and give a beautiful variety to a long table in the country, particularly in the end of spring, before the young broods come fully in.

The tripe of three fowls will answer for garnishing fish, or any other dishes. (See also Livers in Gratin.)

Thus four or five handsome dishes may be made out of three indifferent fowls. But it is rare to find either a good or bad English cook that will take the trouble.

Chickens or small Birds in Jelly.

Prepare a nice clear savoury jelly, and put about an inch of it into the mould, and let it cool; and have the chickens very nicely roasted, with their heads skewered up, and lay them in with their breasts down, and a sprig of myrtle in their bills; these chickens ought to be very small and plump; put in a little more jelly, and lay in cray-fish upon their backs, or oysters, or the half of a small tongue upon each side, or as a ground; decorate it according to fancy; fill up with the jelly, and put a nice lettuce, or a ground of high-cooked sorrel or spinach, but do not crowd it; fill the mould with the jelly, and cover it close. When it is to be dished, dip it for a moment in hot water; wipe the mould very dry, lay on the dish, and turn it over: should a little melt, pick it off with a shaw; as the jelly adheres to it, it is better than a knife or any other thing.

Every nice thing may be dished in jelly; small birds of all kinds with sprigs in their mouths, with a bit of very

white bacon for a ground; fillets of fowls with mushrooms; cray-fish with small fillets of anchovies, or cock's kidneys in their claws.

Green or white pickled eggs may be laid over salads in jelly: partridges are particularly nice when well done; as a well made savoury jelly is excellent with salads of cold roasted poultry, or game of all kind.

The moulds for jelly with wells are an elegant variety for salads, particularly for brains, sweetbreads, and fillets of fowl, game, or fish.

To marinade cold Fowls.

Lay them in oil, vinegar, shalot, and salt; drain, dip into batter, and fry. They may also be fried in all the different methods of egging and crumming, &c.

To fry Chickens. (*German.*)

Lay them in a marinade of lemon, parsley branches, allspice, and salt; let them lie in it an hour; drain and shake them in a cloth with flour; when the fat is ready, put them in, and give them a fine colour. Dish them upon any nice sauce, and fry six eggs, or any other garnish, and dish over them, or serve upon fried parsley.

Fat Livers à la Péregueux.

As every thing à la péregueux is so much in fashion, this receipt must not be omitted, although we have very little means of making it.

Lard seven fat livers with truffle nails; lay them in a stewpan covered with slices of lard; if there is no mirepoix, put in a little kidney fat, rasped bacon, stock, sweet herbs, a clove of garlic, spices, and wine; cover with slices of bacon, and a round of paper; let them simmer twenty-five minutes upon a hot hearth; drain, and sauce them with a péregueux, which is made as follows: cut down truffles round or square, put them over a slow fire, with a bit of butter or rasped bacon, and then moisten with a sufficient quantity of reduced espagnole, and add stock, with an equal quantity of wine; reduce, skim, and finish with a bit of butter.

Dish them with fried sippets between each, the sauce in the middle, a fine truffle upon the top, or four fine cray-fish meeting in the middle.

Fat livers must be prepared as for péregueux for all other dressings.

Fat Livers in Gratin, in Paper Cases.

Cover the bottoms of paper cases with a gratin; oil the outsides, and put the livers, cooked as above, over the gratin; do them upon a gridiron over a slow fire; put the cases upon a dish, take off the fat, and sauce them with any nice sauce, raised by lemon-juice: the gratin may be made of any liver.

Liver Scollops.

Mince them with dressed mushrooms, or truffles and parsley, and finish as other scollops.

Scollops of fowls are done in the same way.

An excellent Manner of re-dressing roasted Poultry.

Beat up two yolks with a little butter, nutmeg, and salt; cut up the fowls, dip them in it, and roll them in crums and parsley; fry nicely in clarified dripping; dish it, and pour over any nice sauce, ragoût, or gravy, and serve it hot: garnish with sliced lemon or orange. Parmesan may be used.

*To roast a Goose.**

Take care in opening the goose not to make the aperture large; wipe it well, and make a rice or bread pudding, with two large onions, and half as much chopped sage, pepper, salt, and butter; or fill the body with chestnuts or potatoes; or an apple pudding, with onions and sage juice or powder; or with bread, sage, pepper, salt, and butter. Spit and paper it, tying it firm to prevent the stuffing from getting out, which must be fully cooked, otherwise it will sodden and retard the cooking; lay it at a distance from a good fire, and bring it closer after it heats through: it will take an hour and a quarter. Do not take the paper too soon off; it ought to have only a fine gold colour.

The French turn in the rump, and stitch it, and stuff the goose at the breast. Serve gravy, with a little garlic in the dish, and apple or onion sauce in a sauce-boat. Serve it with lemon or orange. Send the apron, drumsticks, and rump, with the under part of the back, to be deviled.

* Dr. Starke found, in *his experiments* upon diet, that when he ate roasted goose "he was more vigorous in body and mind than upon any other diet."
Perhaps by too long a continuance one might overcharge these faculties.

Green Goose.

Blanch the legs, and truss them down, or *en long;* pare the nails; roll up a ball of butter, sage, salt, and pepper, and put it in; spit it; cover with paper: three quarters of an hour will do it. Put gravy in the dish, and serve gooseberry or apple sauce with it.

To braise a Goose.

Truss the goose as for boiling, cover it with bacon, and tie it up; cover the saucepan with bacon; put in braising ingredients; lay in the goose and giblets; cover with bacon; moisten with a little white wine, and as much stock as will cover the goose; let it boil, cover with buttered paper and a close cover, and set it on a hot hearth, with fire over it: give it an hour and a half, and cover it with onion or apple sauce.

Wild Geese

Are cooked in the same manner: legs, wings, and fillets may be done as directed for poultry, but higher seasoned with pepper and sweet herbs, adding port and lemon, or orange-juice, with sage or onions.

The Languedoc Manner of curing Geese and Ducks for Store.

Take the quantity requisite of fatted geese, and after having prepared and killed them, let them be drawn and cut up in nice pieces; pound an ounce of saltpetre with three ounces of salt and three ounces of sugar, and with this quantity rub five geese; pack them close into an earthen vessel, and cover them, sprinkling amongst them sweet herbs. The livers, which are prodigiously large, are made into pies, and sent to Paris as presents or for sale, and pay a tax on entering.

During the time the geese are in the salt, collect all the fat, which is as prodigious in quantity as the livers are in size; render and clarify it, drain the greese, and put them in, and let them simmer for twenty minutes or half an hour; have ready lessived jars, and put the best pieces in one, and the worst in another, and fill up the jars with the geese: when it cools, cover them over. The necks, backs, and drumsticks are used with a spoonful of the

fat for soups; and it is astonishing how small a bit will make it rich and well flavoured.

The nicer pieces are made into ragoûts.

No one that has not witnessed this management would believe it. In Languedoc, little else is used in the kitchen all the year, and thirty geese are considered a great supply for six or eight people, amongst which they put ducks, turkeys, and fowls. So much is this fat valued there, that a butcher's wife offered a customer, as a great favour, some pounds of the fat at two shillings and sixpence the pound, saying she would make her family eat other fat, to accommodate her customer.

What a quantity of goose and poultry fat is wasted in England! It is much to be wished that sensible people would look into their establishments. How many are starving where every sort of unaccountable waste is going forward! *

DUCKS.

The only difference of dressing the wild or tame duck is, that a stuffing used for the goose is used for the tame.

The wild ducks take only butter mixed with lemon or orange-juice, pepper, and salt, and about ten minutes less roasting.

Ducks and geese, however, may be dressed in almost all the varieties of other poultry; a thing very seldom seen at our tables, which arises from the cookery-books that have been most in use of late years giving very few receipts for dressing them; they are, however, a very

* *The Manner of fattening Geese in Languedoc.*—Their houses are clean and airy, having always a window open; they are generally fed in a garden or yard three times a day, by a woman, who takes them between her knees, and gorges them with bruised Indian corn. The geese make no resistance, but stand about her, knowing they cannot escape; but after they have been fed, they one by one exhibit a very comic scene; for no sooner does she put them fairly upon the ground than they begin to scold her, turning often about, and standing and raising their voices, while making for their house, to which they are hardly able to walk, as towards the end they can scarcely move, from the size of their bellies, and the tones of their voice and manner are distressing. The scene is truly ridiculous, while it is painful and disgusting.

There is no other cruelty† exercised to them than gorging; which is quite bad enough, but not near so cruel as what is practised in England; as they were very tenderly handled, and kept clean, particularly upon account of their feathers. Were it otherwise, they would not keep in a preserved state fourteen or fifteen months; as ill or dirty-fed animals do not preserve well. But we fly in the face of experience, and feed our animals grossly, which is by no means the case with the French. They are permitted to wash, and have no food for a day before they are killed. Certainly, the duck's liver is beyond every thing delicate, and not the goose's, which is erroneously supposed to be the best by us.

† The French are in general very kind to animals; besides, it would be opposed to their interest in this case, which they never lose sight of.

valuable bird, both in their wild and tame state, and it would be desirable that some method was found to free the wild ducks from their fishy flavour, so that they might be in season, though not in high condition, throughout the year. Lemon or orange is the best zest for either tame or wild ducks, and ought to be squeezed over the breast after it has been scored for helping, and a bit of nice butter laid on, which mellows and heightens the flavour.

Ducks and Ducklings

Are dressed exactly as geese; but ducklings are generally served with green peas: the stuffing is the same, but generally served with orange and lemon-sauce.

Ducks' feet, being dear to the gourmand, are always trussed up over the back.

To stew all Kinds of wild or Water-Fowl.

Truss for boiling, lard them through with large lard, brown, and put them into a stewpan covered with bacon, stock, port wine, sloe vinegar, or acid, tamarinds, sweet herbs, spices, and an onion stuck with cloves, salt, and pepper; stew a cabbage with plenty of top-pot; have ready a ragoût, or proper sauce of port wine, Seville orange, or lemon-juice, mixed with melted butter, cayenne, and, if approved of, mustard, shalot, or garlic; work the sauce very smooth; dish the cabbage, after having wrung it in a cloth to take out the fat; cut in quarters, put the fowls in the middle, and pour the ragoût or sauce over, and garnish with some of the cabbage. Necks or shoulders of venison or old hare may be done in the same manner, garnished with orange, lemon, cucumbers in slices, or pickled barberries. If the dish is bordered, these may be dressed over.

Duck or Water-Fowl Pies

Are prepared as goose: they may have any other ragoût poured over them, or turnips mashed with gravy or cream, and thickened butter.

To roast Ducks.

For roasting, the pinions ought to be cut off close to the bodies (and it ought not to be forgotten how highly

the livers are prized, though not sent to table with them): the feet must be well blanched, and the nails cut, and tucked over the back. The pinions and necks ought to be preserved for ragoûts or soups, in the manner of Languedoc.

Fillets of wild or tame Ducks.

Take the fillets off two or three ducks, hack them a little, and put them into oil, juice of mushrooms, allspice, salt, sliced onions, and parsley; leave them in it an hour, and when about to serve, toss them in two spoonfuls of oil over a brisk fire; put an onion, gravy, or mushroom sauce in the dish, and dress them round upon it: the legs may be skinned, boned, larded, and put before the fire to brown, and put into the middle of the dish: if it is required to be larger, also fried bread may be served under, that has been steeped in the same marinade.

Duck Salmi Sauce.

Pick off the meat from the bones of the ducks that remain from the dressing of the foregoing dish; pound, and rub it through a tammy; bruise the bones well in the mortar; make a stock from them, and thicken it with the meat. This makes admirable molukatanee, curry, brown ragoûts, and sauce for wild fowl.

Another Salmi, or hot Duck Salad.

Cut off the fillets of roasted ducks, and cut down the ducks into proper pieces; sprinkle allspice and salt over, add a gill of olive-oil, a glass of claret, or half a glass of port, and the juice of two Seville oranges; shake it well over the fire, and serve it.

To prepare Ducks to serve with different Sauces.

Truss them as directed for roasting; turn in the rump; mix butter, lemon-juice, and salt, and put it in the ducks; cover a stewpan with lard, a sliced carrot, an onion stuck with a clove, parsley, and scallions, stock, and half a glass of white wine; cover with a round of paper, and put it upon a paillasse, or on a hot hearth, with fire over. They will require three quarters of an hour, more or less, according to the size; this is for a large duck; take it up, unbind it, and

serve it over an orange or lemon-sauce, mixed with a little glaze. Dress ducks as hare, stewed in wine and in civet.

Prepare in the same way, or cut up cold ducks, and serve with the following sauces or ragoûts: olive, pea, French bean, turnip, butter of cray-fish, mixed roots, green sauce, onion, mushroom, cucumber, chestnuts, &c.

With Crab Apples.

Blanch and drain them, put them into a stewpan, with three spoonfuls of top-pot; reduce it, add a little sugar, pepper, salt, and butter, and sauce the ducks with it.

Ducks with Turnips.

Truss them for boiling, and brown them in butter; brown also a sufficient quantity of nicely turned turnips; drain them, and make a little roux of the butter, which is done by adding flour to it till it becomes thick and smooth; moisten it by degrees with stock or water; add salt, pepper, parsley, scallions, and a clove of garlic; let the ducks stew in the sauce; when half done, add the turnips; take care they are not broken, as the ducks must be turned from time to time: when enough, dish them, and pour the ragoût over. Ducks done as above are excellent. Potted either whole in pieces, or in the mortar with bacon and onions (see Pigeons.) As cutlet in batters, covered with farce, &c. &c. (see farced Veal Cutlet.) The intestines are excellent.

Ducklings and Peas. (*See Pigeons.*)

Ducklings may be dressed in all the dressings ordered for pigeons and game, keeping in mind that they require more seasoning, such as orange or lemon-juice, salmi, a little sage and cayenne.

They are also good in all the different ways of dressing minced scollops, collops, salpiçons, puddings, croquettes, patties, pasties, &c.

PIGEONS.

To roast Pigeons.

Pigeons for roasting should always be taken from the dove-house before they are able to fly, and cooked, if possible, before they cool; the crops, at all events, should be taken out immediately. Prepare them with their legs down, putting into their bodies pepper, salt, butter,

and a little thyme; cook the gizzards, and blanch the livers; put them into the wings; cover with lard, and if vine-leaves can be had, put one between the bacon and pigeon; tie them on the spit: they should not be too much done. Serve with gravy in the dish.

If they are to appear as ortolans, in trussing draw up the legs, that the feet may be nearly hid: do them very little, before a very clear fire.

Cutlets of Pigeons.

Cut off the fillets of as many pigeons as is necessary; put in each a nicely-cleaned pinion-bone, to have the appearance of a cutlet; dip them into yolk and butter; crum and broil them; when done, dish round the dish, and put into the middle or well a rich gravy made of the bones of the pigeons, well seasoned, and heightened by lemon-juice. Or these cutlets may be dressed in a timbale, papillottes, hot patty, or crustade.

A soup or salmi may be made of the debris* of the above dish. If for soup, cut the leg in two, and separate the remainder of the pinions; beat the bones in a mortar, and make a stock; adding any parings of other meat, and proper seasoning of sweet herbs, carrots, onions, spices, and a glove of garlic, and mushroom-stalks; when all the juice is obtained by slow simmering, strain, and add the parts of the pigeons that were kept out: the livers, gizzards, and hearts ought to be put into the soup, done each to their point.

There is much gelatine in the bones, particularly of young animals, poultry, game, and all kinds of birds. A few hints of this kind will be useful to the economical.

Pigeons and Peas.

Truss them for boiling; after boiling the gizzards, put them with the hearts and livers into the bodies, with a bit of butter, pepper, and salt; stiffen them in butter over the fire; cut some fine streaked bacon in dice; steep out the salt for an hour; put it to get a good colour in the butter; drain it out, and put in flour to make a roux; let it be very white; put in the pigeons, and lard; turn them in the roux; moisten by little and little with good

* The pinions and backs make into nice devils.

stock, and bring it to the consistence of sauce; keep turning till it boils; season with parsley, scallions, a clove, and clove of garlic; set them upon the side of the stove to simmer, and when half done, put in a pint or quart of young peas; shake them often; when done, if the sauce is too thin, pour it off and reduce it; skim, and add pepper and salt; dish, and pour the sauce over. This dish may be served with the bacon alone, when there are no peas, or with onions, cucumbers, celery, turnips, French beans, or any other.

Another.

Braise the pigeons, and serve them under a ragoût of mushrooms, shrimps, or oysters; particularly with turned turnips or small glazed onions as follows.

Pigeons with Bacon and Onions.

Cut a quarter of a pound of streaked bacon, and put it, with the same quantity of butter, into a stewpan; cook, and add a little flour to make a roux; let the pigeons harden in it; moisten it with a glass of white wine stock or water, sweet herbs, half a clove of garlic, pepper, and salt, some nice dressed cut mushrooms, and two handfuls of small onions of an equal size, which have been cooked very white in butter: when ready to serve, dish the pigeons; skim the sauce; if too thin, keep the pigeons hot, and reduce it.

Pigeons in Cream.

Truss for boiling; blanch and put them into a stewpan with a piece of butter; harden without browning; dredge in a little flour; moisten with stock; season as in the foregoing receipt; add a handful of nice mushrooms and onions: when ready, pour off the sauce; reduce, thicken with a little rich cream; add yolks, or not, and a little nutmeg, and serve as above.

Pigeons in Batter.

Quarter and simmer them in a marinade; dip into a light batter, and fry them.

To broil Pigeons or any small Birds.

Cut them down the back, and flatten the bones with the handle of a knife; turn them often till they harden, then

dredge them with fine pepper and salt, and put a little butter on them to keep them moist; dish upon gravy and ketchup, as mushroom sauce.

Another.

Truss the pigeons as for boiling; slit the breast up under one wing; turn it over, and flatten the bones; put into a stewpan butter, pepper, and salt large enough to hold them flattened; and put in the pigeons with their breasts down; turn them, and, when nearly done, finish them on the gridiron; give them a fine colour, and sauce them with any convenient sauce: mushrooms or ketchups are the most appropriate, but they answer well with many others.

Another way of broiling small birds is to put butter with any appropriate seasoning, pepper and salt, into the bodies, and tie them up to prevent its escaping; then press a heavy rolling-pin over to bruise the bodies, without breaking the skins.

Do them as the above, and serve them upon gravy and ketchup. Do chickens as the foregoing receipts, using mace and white pepper.

To pot boned Pigeons whole.

Bone, truss, and pack them into a deep pan, with pepper, salt, and a little fine powder of thyme, or any sweet herb that may be agreeable, and a clove of garlic bruised and rubbed into the salt, and spices; cover with butter; bake them, well covered. While they are yet warm, put them into the pots they are to be presented in; these pots ought to have close covers; press them well down, and lay a weight upon them; when cold, put a little of the butter they were baked in over them. If mushrooms can be had, pack them with the pigeons, or stuff them with them.

The extravagant manner of potting whole birds, it is to be hoped, will fall into disuse. All birds that are potted should be boned, as they cut with less waste, and keep better.

Another.

Pound them in the mortar, and finish as other potted meat, adding a little anchovy or garlic powder.

Pigeons to be served in jelly may be larded and roasted, or braised: if their heads stand up, a sprig of myrtle may be put in their beaks; if in a mould, take care they lie easily; or they may be dished in roughed jelly; lay them on a brown toast, covered with parsley, and lay the broken jelly over; it will make less jelly necessary, and look handsomer; but such dishes never look well unless done by those that have a taste for such refined decorations, as it is not only one of the chief delicacies, but also one of the most ornamental.

Pigeons make very good Turkish mince, either in vine-leaves, or to farce melanzanas, &c.

All sorts of game and wild fowl may be dressed by the receipts for pigeons, with a little variation in the seasoning.

GAME.

The flesh of game is very nutritive, high flavoured, and easy of digestion; and is therefore excellent for invalids, and agrees with them when nothing else will, if taken in small quantities. The flesh is all muscle, from their living on wild herbs, being constantly in the open air, and taking a great deal of exercise. In the domesticated state, the number of the litters and eggs is greatly increased, and although the size be also increased, yet the stamina of both mother and brood is exhausted. The sow, for example, has twice in the year a litter of from ten to twenty; in its wild state, it litters but once, and then has but three or four: then the flavour of the wild boar is far superior to that of the pig. The hen, too, has now completely lost the flavour of the partridge, or of the breed, whatever it is, from which she has come. Confinement, similarity of diet and of situation, must have tended to extenuate the characteristic flavour distinguishing the races in the original state, and while living on the food which instinct prompts them to seek. But by nothing has this been effected more than by over-feeding, as this generates adipose matter, which is not near so different in the different species as the muscle, the various flavours of which it must in a few generations greatly assimilate to one another: thus mountain mutton may be passed for venison, without any sophistication; whereas

fatted mutton cannot; and the fatted venison is far inferior in flavour to the wild.

Game owes much of its celebrity in this country to the want of good cookery, as game, instead of benefiting, is spoiled by that dressing which adds to the flavour of other meats; so improvement in cookery, by raising the one, and lowering perhaps the other, would in a great measure do away with its present superiority; and cookery, could it effect this, might well be reckoned a blessing to the country; for it would strike at the very root of the game-laws, which hold out a never-ceasing incitement to dishonesty, and which are the cause of misery, oppression, and daily bloodshed. There would indeed be one evil resulting from their disuse,—the increase of the game, which thus would press the more on the food and on the number of the children of the land; but this is heavily counterbalanced by the increase of morality, and consequently of happiness, which would follow. Under the present system, there is an incalculable quantity of game spoiled, by being buried, or kept too long, from the fear of detection. The country gentleman's object of possessing game exclusively is, as it ought, by their infatuation turned against themselves. At a place where the landlord could hardly procure a single bird, a farmer's wife told me in confidence, that her family scarcely ever tasted butcher's meat, she had always enough of game and rabbits; and a poor recompense it was, she added, for the corn they destroyed. What a pity it is, that law and right should thus be at variance! I can only say, from my own experience, that where it is winked at, game enough for a large family may be procured from the little farmers for twenty pounds a year; a sum which would but cover the gamekeeper's powder and shot for killing game, which was always so shy, *the season was always so wet.* The gamekeeper, it is true, is not so barefaced where the master is a sportsman; but still there are ways of steeping corn in whiskey, setting gins in the night, burning brimstone under the pheasant's roosts, &c.

Now, supposing for a moment (we may suppose impossibilities), that these laws were repealed, and in consequence of such supposition, that the price of game did not exceed that of poultry, who does not perceive the appalling consequences? Government in justice

would be required to compensate justices' clerks, and victuallers of prisons, for the diminution of their perquisites and profits; and then also we should lose that display of the wonderful efficacy of language, which, though at all other times it transforms geese into swans, can sometimes, just before the first of September, modestly convert grouse into duck—partridge into chicken.

I cannot here lay down my pen without calling upon my countrywomen to stamp on the barbarous practice of hunting or murdering for diversion the indelible stigma of their abhorrence. It argues, indeed, a degraded state of morality and of science, when men can be found, without the plea of necessity, so weak in head, and strong in heart, as to have recourse to such practices for amusement and for occupation.

Nor less does it argue in their matrons and their daughters the absence of that delicacy and gentleness, for which we are so willing to take credit to the female character. The desire of the sexes to be mutually agreeable to each other is so constant and intense, that unless where women have no will of their own, any thing much disliked by the one cannot long be continued by the other. If women are unable to demand from their husbands, instead of the brush, or the leading the field, superiority of intellect and refinement of manners, they certainly can require them from lovers, and instil them into the minds of their children. While this barbarity is unopposed, or reproved as if but to show how gently they can chide, can they arraign with unblushing countenances the women of Spain and Rome for witnessing or applauding a bull-bait, or an exhibition of gladiators? I would even, as a last resource, call on sentimentality, though it is still more hateful than insensibility, because more false. In ancient times, our women stood by the waggons with swords in their hands, and cut off from the dastardly every chance of retreat. This was noble—valour was necessary to their existence—valour was therefore a virtue, and the women were encouragers of virtue; but what shame can be attached to the poor puss,—what merit, then, or glory to the HERO—or what value to those who applaud?

Pheasants, Guinea Fowls, Grouse, and Partridges

Are all larded and stuffed as poultry, and roasted in the same manner, only that they require less doing, as they are drier. As the knowledge of the age of these birds is of consequence to the cook, because roasting old birds is in a manner losing them, therefore the wing ought to be looked at, and if the point feather is gone, it is old, and ought to be dressed in some other way, or braised before roasting.

Hang these birds by the tail feathers, and when they drop they are fit for use. A basket with bran ought to be set upon a dresser below, as the fall from a height upon flags is apt to bruise the breast.

To roast a Pheasant à la Péregueux.

Draw by the crop, and truss *en long;* bruise the breast-bone; clean a pound and a half of nice truffle; rasp three quarters of a pound of bacon; put it into a stewpan with the truffle and the parings, which must be minced; set it on a slow fire, with salt, pepper, and spices; let it be nearly cold; stuff the pheasant, and serve it up; leave it two or three days to get the flavour; lard, spit, wrap it in paper, and give it an hour at a brisk fire.*

A pheasant, turkey, or any fowl, roasted with mushrooms, cooked in the same way, with a clove of garlic, or a musk plum, is most excellent. It must not be over-musked: one plum will do.

Fillets of Pheasants or Poultry à la Vopallière.

Cut off the fillets; beat them lightly with the handle of a knife; pare them; melt butter in a sauté-pan; dip in the fillets, and then arrange them not to touch one another; strew a little pepper and salt over; cover with a round of paper; lard three of the small fillets with lard, and the other three with small crests of truffle; put them in an oven pan, with melted butter and a little salt; give them the form of a crescent, and cover with a round of paper; cook the thighs with a little butter; let them

* If the pheasant is to go to table in plumage, take out the neck-bone, wrap the head in several folds of paper, and case it with strong cartridge-paper, as also the tails, which ought to be tied upon the spit away from the fire. The mode not being very delicate, it ought not to be continued at good tables. Who is to call the host to account whether the bird figures a fowl or a pheasant?

cool; mince them fine, and with some truffle or mushrooms put them into a stewpan, with fumet, made of the carcasses of the pheasants; strain it through a napkin, and add three spoonfuls of reduced espagnole; reduce it to half glaze, and put aside a little to glaze the fillets; toss the fillets; see that they are well cooked; dish *en couronne;* put the mince and truffle into the sauce, with a bit of butter; shake, but do not let it boil; pour it into the well; glaze the small fillets, and dress them nicely over the mince. This is a much handsomer dish than roast pheasants: it may be made of turkey, guinea fowl, or any other. Half a dozen wild ducks dress beautifully in this way.

Pheasants in Sour-crout.

This is an excellent way of dressing old pheasants and partridges; prepare for boiling, and dob with large seasoned lard; wash, and press a sufficient quantity of sour-crout.

The sour-crout must be made in the same way as an article given in this work, as it is not understood in this country.

Cook it with a bit of streaked bacon, or salted loin of pork, and a Bolognese or small sausage, and the top of a braise to nourish it; let it cook three or four hours upon a slow simmer, and put in the pheasant when there is sufficient time left to cook it. Dish it, and lift the crout with a pierced spoon, and put it round the dish; cut the sausage in slices, and garnish with it.

All old birds may be cooked in this way, with mushrooms, endive, sorrel, spinach, &c.

For Souffle, see Partridge.

Croquets. (*See that article.*)

Pheasant Puddings à la Richelieu.

Pound the flesh of a pheasant, and rub it through a sieve; pound two large roasted potatoes; gather each into a ball; take as much batter, by the same measure; make it into a farce; poach a little bit as a test; if right, then whip three whites, and put them in lightly; strew some flour on the table, and roll up this farce into

pudding; put them on a cover, and poach them in boiling stock: when ready to serve, dip them into egg, butter, and a little salt; broil, and serve them upon fumet, made of the carcasses. Pheasants may be dressed in any of the following ways directed for partridges.

To roast Partridges.

Cover the breasts with slices of lemon, and then with bacon, and fix the paper tightly over, and when ready, unpaper and froth them; serve with clear juice, allspice, and a little Seville orange-juice.

Broiled Partridges. (*See Pigeons.*)

Salmi of Partridges.

Roast barbed partridges two thirds; let them cool, and cut them in pieces, or use what has been left; take off the skin, and arrange them in a stewpan, with a little stock, which is best made of the carcasses; put the pan among hot cinders; do not let them boil; when ready, take them up; add shalots, lemon-zest, four spoonfuls of reduced espagnole; reduce the sauce one half; strain, and drain the partridges; dish them, with fried sippets between, sauce, and squeeze over a little lemon-juice.

To stew Partridges for the Sick.

Half stew one or two partridges; cut them up; take out some of the largest bones; put them in a chafing-dish, with the liquor they were stewed in, with a little salt, mace, and lemon-zest; when cooked, send it in the same dish to table.

All sorts of poultry and game are delicate in this way of dressing, and most nutritive and proper for patients that require nourishment.

A cold or hot Salmi of Partridges or other Game.

Prepare as directed before for salmi, and finish; a quarter of an hour before serving, take out the partridges, and add to the sauce a large spoonful of savoury jelly, or a piece of glaze, and serve hot; or for cold, put the stewpan into ice; or turn it quick, till it takes; dip the pieces, one by one, into it; dish them, and pour over the re-

mainder of the sauce: garnish this entrée with fried sippets, broken jelly, or in diamonds, cucumber, barberries, &c.

For Salmi de Chasseur, see Pheasant.

Partridges à la Monglat.

Cut out the breasts of three roasted partridges; keep the body warm in a little stock; have truffle dressed, seasoned, and minced; mince the breasts; moisten with a glass of Champagne (gooseberry wine will do), and six spoonfuls of stock; work and reduce the sauce, and skim it; mince two or three fat livers; put them into the sauce; give them two or three boils; add the mince, and heat it in the sauce.

Chartreuse.

Prepare as many fine young carrots and turnips as will surround the mould, cut them with a cutter about three-fourths of an inch over, and from two and a half to three in height, throw them into fresh water, and then blanch them in salt and water; refresh them, and cook them separately with a little sugar, simmering till nearly done, and let them fall into a glaze upon a strong fire. In the mean time, put the parings of the vegetables, 12 onions stuck with two cloves, six stocks of celery, and two lettuces, into as much stock as will cover them; skim and reduce it to a clear juice; when the celery is cooked, strain the liquor through a cloth; let it repose, and pour it off clear; mix it with a rich espagnole or nice stock; quarter three small cabbages, take out the stock, salt, tie them up, and put them into a stewpan, which must be lined with bacon and a slice of ham; put a small sausage in the middle of the cabbage, a piece of bacon that has been blanched, and two young partridges, trussed for boiling, and larded with small lard; add scallions, parsley, and sweet herbs; cover with barbs of lard, and moisten with *poéle* or stock, and simmer fully two hours; drain the carrots and turnips on a cloth, and dress the mould in any form with them, one after another, slantwise; cross on the carrots and turnips, cut in vandykes, &c.; strain the cabbage, press it in a cloth, spread it thinly into the mould, cut the sausage and petit lard,

and dress it over; put in the partridges, with the breast down, and then the sausage and lard; fill it up with the cabbage. Take care that it is equally filled; cover it with a round of buttered paper, and put it into a bain-marie for an hour; ten minutes before serving, fold a napkin in four, lay it on the mould, turn it over, that it may drain, and do not take off the mould till that is done; turn it over upon the dish, and pour over a little of the essence that was made of the vegetables, and serve the remainder in a saucière.* There cannot be a more elegant dish than this, and it may be made with little expense, of pigeons, ducks, wild-fowl, and all small birds: lettuce, endive, or spinach may be substituted for cabbage, and chicken may be used with the finer vegetables.

The ornaments may be varied in every different form. The chartreuses are an excellent study for a cook. The birds put into chartreuses are better to be cut up. The chartreuse may be made of truffle and cray-fish, which are very elegant; this is filled with farce, or a blanquette of fowl.

Another.

Prepare the partridges and the cabbage as above, dish and squeeze the cabbage, make it in batons, and make them stand like a wall round the dish.

Fillets of Partridges à la Vopallière.

Soufflé of Partridges.

Pound the meat and livers, which must be blanched; put it into a stewpan, with four large spoonfuls of espagnole; heat it without boiling, and rub it through a napkin; gather it carefully, and put it in a dish; put in a stewpan four large spoonfuls of espagnole, and two of stock; bruise the carcasses, and put them in; cook, skim, and strain; reduce, and put in the size of a small walnut of glaze; take it off the fire, and put in the meat; mix all together; put in the size of an egg of good butter, a little nutmeg, and the yolks of four eggs; the whites must be well whipped; mix all well, and pour it into a silver dish or paper mould, round, square, or oval; put it into the oven; when the soufflé resists the touch, it is enough:

* Sauce-boat.

it must be immediately sent to table, as it falls very soon, and is then not eatable: when this happens, put it into the mortar, with such ingredients as will make it into salmi, cakes, or farce.

Partridges in Purée.

Prepare the partridges as directed for them with cabbage, and serve them over any purée.

Partridge Cutlets and other Dressings, such as broiling, Ragoûts, &c. (*See Pigeons.*)

Woodcocks and Snipes

Are never opened; take the skins off their heads, truss up their legs, and skewer with their bills; fix a skewer between their legs, and tie them by it to the spit; 25 minutes will do them; put toasts in the dripping-pan for each; do this before they are basted, that they may receive the drippings; dish each woodcock on a toast; send gravy butter in a sauce-boat to table.

Another Way.

Cut up the backs, and take out the intestines; mince, and add half the quantity of bacon, with a little minced parsley, shalots, scallions, pepper, and salt; stuff the woodcocks, sew them up, cover with slices of bacon, and finish as directed in the last receipt: serve bread-sauce in a sauce-boat.

Attention is to be paid to pick out the gall, which is attached to the liver, as well as the gizzard, which is full of small pebbles and other calcareous matter.

Salmi of Woodcocks.

Cook the intestines, taking out the gall and gizzard. (See Table Salmi.)

Woodcocks with Truffle, or à la Péregueux.

Open the woodcocks by the back; have truffle ready cooked in rasped lard; let it cool a little; mince the intestines, and mix them with the truffle; stuff the woodcocks, truss and lard; either roast or braise them. Use truffle-powder, if there is no fresh truffle.

Hashed in Crustades.

Roast three woodcocks, and hash the meat fine; take out the gizzards, and pound the intestines: put in a stewpan a large glass of Champagne, and three or four sliced shalots. When this has boiled up twice, add four large spoonsful of espagnole; let it then boil, and put in the pounded intestines; mix without boiling, and rub it through a sieve; in this state it is called purée. Gather all together, and put it into a stewpan; cut out seven or nine large hearts or rounds of bread, nearly three inches thick; fry them in butter or oil, and hollow them out; put the hash into the sauce, and mix it well, without boiling; fill the crustades, and lay a poached egg upon each.

Plovers à la Péregueux.

Prepare four plovers, and put into a dozen of pared truffles, parsley, scallions, a little basil, a clove of allspice, and salt; fry them white in butter, and add a glass of gooseberry wine and six large spoonfuls of espagnole; take up the truffle, keep it warm, and cook the birds in the sauce; skim, and put them with the truffle into another saucepan; rub the sauce through a tammy; dish the plovers with a large truffle between each, and arrange the remainder, or dress high in the middle: the sauce being reduced, add a little lemon-juice, and serve.

They may be also dressed with mushrooms.

Thrushes

Are roasted as woodcocks, without drawing.

Another Way.

Prepare without drawing, and put them into a stewpan, with a bit of butter and a few juniper-berries; strew over a little salt, toss, and give them a good colour; cover the stewpan, and put them under a braise upon a hot hearth; a very short time will do them: serve them in their own seasoning.

Another.

Paper and spit; when half done, take the papers off, and put a bit of bacon upon the skewer, in such a manner as to broil and drop upon the birds; dredge them with

crums and salt; give them a good colour; serve in fried crums, with gravy in a boat. They may likewise be wrapped in vine-leaves, and covered with thin slices of bacon: serve with sauce *au pauvre homme*.

Quails.

Prepare them with their legs well drawn up, so as that the feet may just be seen; cover with vine-leaves and bacon, or bacon alone; serve with good gravy.

Quails, and all small birds, may be dressed in the following ways: first braise the birds, and serve them under any vegetable ragoût, such as peas, onions, French beans, mushrooms, turnips, &c. &c. (See Pigeons.) They may be *poêled*, or, if no *poêle* is ready, a vegetable braise of sweet herbs, roots, onions, a clove of garlic, kidney-fat, a glass of white wine, and stock; when ready, dish fried bread between each, and garnish with lettuce, artichoke bottoms, celery, sea-kale, &c. &c.

Quails and small birds are elegant dishes in gratin. Gratin is made of half a pound of fillet of veal, which, if not previously cooked, must be cooked white with sweet herbs and butter, and pounded.

If the veal is already cooked, the sweet herbs and spices must be cooked in butter apart, such as mushrooms, scallions, onions, parsley, and salt; let them cook a quarter of an hour, and drain; add them to the veal, and pound them together, with fifteen livers of poultry or game; butter a mould, or cover it with bacon, to form a well in the middle of the dish; it must rather be narrower at the bottom than the top; round it, mould the gratin, and place the birds into it, with a little of the breast only seen; cover with bacon, and put it into the oven; when cooked, take out the mould, and fill in a ragoût of truffle, mushrooms, or oysters; wipe the dish, and garnish it, or put the gratin in a silver chafing-dish, and bury the birds all but the breasts in it; cover with lard, and bake it in the oven; drain it, and sauce it with rich salmi.

Quails and other small Birds in Crustades.

Their legs must be tucked very high up, which shows little of the feet; sew them up, and braise or *poêle* them; have ready a crustade for each, or a large one for the

whole; put it in fried parsley. (It is an excellent and handsome dish): pour over a truffle or mushroom sauce.

A cook should always recollect that all sorts of game, poultry, and rabbits, with very little alteration of seasoning, may be dressed in the same way, so that if she has any of them, whatever it is, she can be at no loss. Serve very small birds, when they are roasted, in crums, which may be mixed with mushroom, truffle, oyster, or anchovy powder.

Before bread is made into crums for serving with birds, steep it in lemon or Seville orange-juice: this is an excellent addition to small birds, and in port wine, or currant vinegar and sugar, for garnishing game.

Ortolans, Woodpeckers, and other small Birds,

May be roasted in lard, dressed in gratin, or with truffle. (See the foregoing receipts.) They ought to be put into a fine double grill, to keep the bacon attached, and hung to a bird-jack, with a toast under to receive the trail. After they have been roasted ,cut up the back, and hash the trail, and dress it on the sippets, and dish the ortolans in quarters over in a péregueux sauce. Ortolans are often preserved in brandy. They will likewise keep a long time in double-distilled vinegar.

It is said that no one could eat a pigeon every day for a month; but it is a fact, that a man died from no other apparent cause than living six weeks upon ortolans, and drinking cypress wine.

An English Burdwan.

Cut up a nice fowl, and put it into a rich, well-seasoned, strong stock, that will cover it; make it boil, and set it to simmer. Add a little butter and flour, anchovy liquor, a shred onion or two, a small bit of garlic, cayenne, salt, and port wine: stew, shaking it frequently. These dishes are very often spoiled by too much wine.

If it is made of dressed meats, of rabbit, veal, or game, prepare the sauce, and put the meat in only to get sufficiently warmed.

This is an excellent sauce for other poultry or game, and all sorts of butcher's meat or fish.

Indian Burdwan

Is made of the same meats, and dressed in the same way, only a little higher. Instead of stock, an equal quantity of Madeira, essence of anchovy, and gravy, are used with fresh chilis or cayenne, shred onions, and a little garlic, with butter sauce. Stir it constantly over a lamp till the onions are dressed: this is generally made at table.

Table Salmi.

Take a pound of any under-roasted meat, hare, turkey, game, goose, or duck, and cut it up into convenient pieces. Put them in a silver chafing-dish, bruise the livers, and, should it be snipes or woodcocks, bruise the trail; squeeze over them the juice of two lemons, and the rasped zest of one, or bitter oranges: season with salt and the finest spices in powder, cayenne, and mustard, prepared with odoriferous vinegar, and a little white wine or claret. Put the chafing-dish over a lamp, and stir it constantly, that it may all be incorporated with the sauce. It must not boil; and should it attempt it, a small stream of fine oil must be poured over to prevent it: diminish the flame, or keep it a little higher, and stir it two or three times.

It is then ready to be served, and must be eaten very hot.

Swans roasted, potted, collared, or baked in Pies,

Are done as venison, and other wild fowl.

To roast an old Hare.

An old hare is very easily known, from its weight and skin. If the ears tear easily, it is supposed still fit for roasting; if new killed, it will be stiff; but if long kept, it will be limber, and of a mawkish smell. The condition it is in ought to fix the time and mode of dressing.

If an old hare is to be roasted, prepare it in the following manner: Prick the neck, and squeeze out the blood with the hands, till it is quite clean. Lay it on a cloth, and wipe it well, and stuff it with a high-seasoned bread stuffing; sew it up, and skewer it in a sitting posture. Have ready a strong garlic, allspice, vinegar, and sweet

herbs braise; lay in the hare; let it come gently to a simmer: if it never boils at all, so much the better. Leave it two hours, take it up, and, if to be larded, let it cool on a cloth; if not, it may be spitted and barbed immediately, and basted continually for ten minutes with the braise, and afterwards with cream or butter. Serve the gravy from the dripping-pan, with red-currant jelly sauce, or cold jelly in a crystal dish.

To roast a Hare.

Skin and prepare it, wipe it well without washing, slit it a little under the jaws to let out the blood, and stuff it with savoury or sweet stuffing, or with a gratin; sew it up, and lard or barb and paper it. Put into the dripping-pan half a pint of ale, a gill of vinegar, a clove of garlic, pepper, and salt; baste continually without stopping, till it is all dried up. If a pint of good cream, or a quart of fresh milk can be spared, baste it with it till ready, and finish frothing it with butter and flour. Serve as above.

To roast a Leveret.

Leverets are roasted in the same way, either barbed or larded. They may be stuffed with a sweet pudding, and basted with butter or clarified dripping, and the liver mixed in the sauce from the dripping-pan. Serve as above.

Hare Collops.

Preserve the bones, remainder, and sauce of a roasted or stewed hare, and pick off all the meat from the skin and sinews; chop it fine, and prepare a little sauce, and put in the collops, beating and mixing them well with a sharp wooden beater. They must not boil, but serve them very hot; garnish with sippets and currant jelly.

Civet, fumet, or soups, may be made of the bones well bruised, skin, lights, liver, and blood; the lights and liver may be made into a gratin, or other farce. (See these articles.)

Hare stewed in Wine, Cider, or Ale.

Wipe the hare before opening, and be careful that no hair remains. In gutting, take care not to break the gall, and wipe the inside well; cut it up in a pan, to save the

blood; lay it over slices of bacon in a stewpan, strewing in spices and sweet herbs, with a little bruised garlic, powder, or juice. Put in a very little water, and cover it with a little butter or rasped bacon. Let it come to a gentle simmer, and set it on a warm hearth; put a round of buttered paper over; cover it close: when it has cooked an hour and a half, put in a pint of red wine, cider, &c., and continue the cooking for half an hour more. Dish the hare, and keep it warm in a tureen. If the sauce is too thin, strain and thicken. Add any seasoning it may require to raise it, such as ketchup, lemon or orange-juice, &c.

The lights and liver may be made into farce-balls. After it is taken from the fire, mix the blood in the same way as yolk of eggs is mixed into fricassées. Serve it in a deep dish, garnished with currant jelly.

This way of dressing hare is excellent, particularly for serving in a casserole, timbale, or vol-au-vent. If the hare is old, it requires more time. Two lumps of fine sugar, or two tea-spoonsful of fine clarified honey, or treacle, is a great improvement.

A hare may be stewed as above, with stock or cream, never forgetting a bit of sugar and a clove of garlic in such dishes; or a tea-spoonful of treacle, where colour is required.

To collar a Hare or Rabbit.

Bone a hare, and wipe it well; sprinkle it with port or white wine, and a little garlic vinegar. Make a farce of the liver and lights with bacon; spread it upon the hare; roll it up, with the head looking back, which must not be boned. Cover the bottom of a stewpan with bacon; put in a little fine ale, or as much stock; bruise the bones, and add carrots, turnips, onions, parsley, sweet herbs, and spices. Simmer slow for two hours, and reduce part of the braise to glaze; and to make the sauce, add the blood, as directed above.

If left untouched, it may be larded and roasted, as it will keep very well for a week in a cool place, under a charcoal cover (but not in too strong an air), or in the braise it was cooked in longer, which will make nice soup, mixed with any vegetable or meat stock; or use it for dressing ragoûts, curries, or mock venison, collops of ox heart or mutton.

To jug a Hare.

Cut it up in proper pieces, rub them with sweet herbs, spices, pepper, and salt, and sprinkle with garlic vinegar and lemon; grate; pack them into a jar with two or three large onions; stick each with a clove. Put in a little water, stock, or wine; lay a piece of coarse beef over with the bruised bones, and cover the whole with butter or rasped bacon. Cover it close, and put it into a moderate oven for four or five hours, according to the quantity; or cook it in a bain-marie.

When served, prepare and thicken the sauce, and heat it in a bain-marie, as it must not boil: garnish with currant jelly. The beef that is cooked with it will make excellent potted meat, sausages, or minced collops.

An excellent addition is pulped raisins or currants; but if currants, use them whole.

The lights may be made into farce-balls.

To pot Hare, see *Veal.*

Civet.

Fry some slices of bacon white in butter; strain it out, and make a roux of the butter; cut up the hare, and harden it in it. Add four pints of water, a bunch of parsley, scallions, three cloves of garlic, thyme, salt, and pepper; stir it often, that it may not stick: add some small raw onions and mushrooms, or any that have been cooked white in butter, with a pint of port. Let it cook very slowly, and skim it well. If the sauce is not thick enough, take off the cover, and reduce it.

To scollop a Hare in Blood.

Cut off all the fleshy parts of the hare, shape them into the size of crown-pieces, beat them with the handle of a knife dipped in water; arrange them in a sauté-pan, or a large silver dish, in which butter has been melted. Add salt and allspice; baste with melted butter; lay over a round of buttered paper, and leave it till ready to serve. Break the bones, and put them and the parings into a saucepan, with some slices of ham and some veal kidney fat. When ready to serve, toss the scollops, add

the sauce, and mix in the blood with port wine. Do not let it boil.

For dressing hare in many varieties, see *Rabbit*.

Hare Cake.

Take equal quantities of hare liver, lean ham, and rasped bacon; prepare the farce as directed for farcing; add the blood and the juice of a clove of garlic; cover a mould or stewpan of a proper size with slices of bacon; put in about two inches of farce; cut long large fillets of cooked bacon, truffles, pistachios, or almonds, and lay them all one way over the farce; or if sweets are liked, fillets of dates or fine prunes may be put in instead of truffles; put in more farce, and cover as above, and so continue to fill the mould: the fillets must all be laid one way: cover it over with slices of lard, and put on the cover of the mould; set it upon an oven-leaf, that the bottom may not take too soon, and leave it from three to four hours baking, according to its size; press it down, and leave it in the mould: when to be used, heat it, and turn it upon the dish, and take the lard carefully off; garnish it with red currant jelly, or cover it with an aspect of red ox-heel jelly, seasoned with port wine and sugar. All kinds of poultry, game, venison, and fish cakes are made as above. They may be decorated with white figures, and covered with white or red currants, or rasped jellies, which is called masking. They are elegant dishes for entertainments, and public suppers and breakfasts. They may also be dished in jelly by having a frame half an inch longer than the mould, without a bottom. After the cake is dished, turn this down upon it, and when the jelly is just ready to set, pour in a little to take at the bottom, and when that has taken, cover the cake with about an inch. If it does not come easily off, holding the warm hands about it will bring it; garnish with the same jelly; mark by a sprig where it is to be cut, so that the fillets may be cut across. Glaze and dish these cakes simply on a napkin, or decorate the top, and garnish with jelly.

Rabbits.

It is astonishing that rabbits are not more in use for made dishes, as an economical substitute for poultry; as

they are capable of being dressed in all the variety that poultry is dressed in, and are equally good. Those that have warrens are not attentive enough to have the breeds enlarged, nor the fur improved: this might be easily done by the introducing of foreign breeds, such as the angola and others.* Capon rabbits grow to a prodigious size; so large, that it would be difficult for any one to pronounce upon what they were that did not know them; so that their capability of growth is prodigious.

To roast Rabbits.

Farce, lard, paper, and roast as hare or fowl; baste it well, as it is rather dry, and for which reason, if not buttered, it must be barbed, as it must be of a very light colour: do not take it off the paper till there is only time to brown it very lightly; froth it well, and serve it with the liver rubbed down in the gravy. If the liver has been put into the farce, any other seasoning will be unnecessary. It will take from half to three-quarters of an hour: all sauces served with fowl may be served with it.

To roast Rabbit as Hare.

After it has hung sufficiently, rub it all over with very fine powdered kitchen spices; sprinkle the inside with garlic vinegar; dip a cloth in red vinegar with a mixture of black currants or port wine; wrap it round the rabbit, stuffing the corners into the belly, and hang it in the air for two nights; stuff, lard, or barb; roast, and serve it as hare.

To smother Rabbits in Onions or other Vegetables.

Cut the rabbits in nice pieces, and stew them gently in a braise, or white in butter; the most careful boiling hardens them; have ready a rich onion sauce, made with cream or stock. This appears to be a primitive and rude seasoning for any thing so delicate; it, however, is very good when the ragoût, instead of being entirely of onions, is made of a mixture of apples, bread, or turnips, and onions; it may also be dressed in a ragoût of celery, artichoke

* This ought to be attended to in a commercial point of view, where fur is of consequence, as well as that of enlarging the size for culinary purposes.

bottoms, scorzonera, Jerusalem artichokes, peas, French beans, &c.

To pot Rabbit, see *Veal*.

Gibelottes of Rabbits or Hare.

Cut half a pound of nice bacon in slices, put it into a stewpan with butter, and cook it white; drain out the bacon, and put in a little flour to make a roux; cut two rabbits or leverets in pieces, and when the roux is a fine white, put them in; let them harden, and put in the bacon; moisten with half a bottle of white wine, and an equal quantity of *bouillon* or water, salt, pepper, a clove, a clove of garlic, and mushrooms; skim, and take out the sweet herbs: if the sauce is too thin, take out some, and reduce it, or take off the cover. This is an excellent way to dress old hare, attending to the time of simmering, and adding port wine.

Gibelottes with Eels.

As directed above, with junks of eels added. As they take less time, some of the sauce may be taken out to dress them: mix them together in the dish, or serve them separately, as one or two dishes may be required, the same sauce answering for both.

Rabbits in sweet Herbs.

Cut two young rabbits in pieces; put them into a stewpan with butter, salt, pepper, fried parsley, young onions, white shalot, and mushrooms; pass them over the fire for a quarter of an hour, when they will be enough: finish with the juice of a lemon.

Aux Papillotes.

Let the above cool, and dress them with the seasoning into oiled paper bags formed round the hand, and do them over a clear, steady fire.

Accolade of Rabbits roasted.

Prepare two young rabbits for roasting; beat them upon the back with the handle of a knife; lard one, and barb the other; spit, and baste them constantly: serve a poivrade sauce in a sauce-boat.

Rabbits in Soup, Friar's Rice, &c.

Cut down two young rabbits; put them into a small pot, with three onions stuck with a clove, a clove of garlic, or two carrots, a bunch of parsley and scallions; moisten with fish, vegetable, or meat stock, or water; cut from half to three-quarters of a pound of bacon in slices, with the skin on; blanch, and add it: when sufficiently done, strain the soup into a tureen, and pour over the rabbits a purée of lentils or peas; or serve them as capons with parmesan and macaroni, friar's chicken, or as knuckle of veal rice soup. (See these articles.)

Marinaded Rabbits.

Marinade, and broil or fry in every different way.

Fillets of Rabbits. (*See Fowl.*)

Legs of Rabbits. (*See Fowl.*)

Fricandeaux. (*See Turkey.*)

Fricassée of Rabbits. (*See Fricassée of Chickens.*)

FLOUR AND BREAD.

London and other Methods of making Bread.

The most nourishing of the flours is the wheaten, containing a substance of an animal nature, called the gluten*

* At Marseilles, in 1817, when the great scarcity was very threatening, the inhabitants were relieved by a supply of wheat from Egypt; but what was their surprise, when they found they could not make bread of it, from want of gelatine in the grain! No attention to grinding or any thing else would do, but a large proportion of other flour being mixed with it.

If this was owing to the nature of the grain, how careful ought farmers to be of the seed they sow! or if it is owing to the soil, such soil ought not to be re-sown. All countries are in some degree liable to the same inconveniency.

They have also generally bad corn from Spain. In Gibraltar, where the bread is very bad from the same cause, a baker, however, had made a machine for working it, which promised fair to reduce the difficulty: but such corn cannot be so nutritious. We have peas in this country that will not boil: the farmer must thus, with his eyes open, sow those peas again, to impose upon the public, or sow in ground that destroys the gluten. This ought to be attended to; as, even if used for cattle (which I am not aware that they are), they cannot be so nutritive.

From the manner in which the common Russian bread is made, it would lead one to suspect that some of their grain may be defective also of gluten. Where this happens, I would advise trying animal gluten; or perhaps if some flour was boiled into a thin paste to make the dough, it might answer.

of flour, which also causes it to make the best bread, when properly fermented; the mixture of the flour and water being raised either by a portion of old dough (leven), or the froth of fermented liquors (yest, or barm.)

No less than six sorts of this flour are sold in London: fine flour, second flour, and bran, fine middlings, coarse middlings, and twenty-penny flour. The fineness of the sieve makes the difference.

A bushel, or sixty-one pounds of wheat, produces, on grinding, sixty pounds and three quarters of meal, which by dressing is resolved into forty-eight pounds second flour, four pounds and a half fine pollard, four pounds coarse pollard, two pounds and three quarters bran; two pounds being lost in the process.

A sack of second flour, or five bushels, weighing 250 pounds, requires generally three or four ounces of alum*, sometimes from two to eight, and with four pounds of common salt, half a gallon of yest, and three gallons of water†, produces from eighty to eighty-two or eighty-three quartern loaves.

A sack of flour, three ounces of alum, six pounds of common salt‡, a bushel of potatoes, three pounds of yest, with a sufficient quantity of water, produces a light, white, and highly valuable bread.

A sack of indifferent flour, a pound of magnesia, with the proper quantities of salt, yest, and water, makes excellent bread.

Bread.

The proportions of the London method have been given, for the benefit of those who have large quantities of bread to bake, as in schools, country inns, &c.; but for the use of small families, the following receipts will be found to contain easy and excellent methods.

Sift four pounds of brown or coarse flour upon the

* Alum is not considered injurious in the small quantities used by bakers, and is rather calculated to destroy the noxious matter with which flour is adulterated; which consists of Derbyshire white, burned bones, and other calcareous substances.

† American flour is more productive than ours, and takes more water; but it does not, as some suppose, take twice as much: a third more will be found sufficient. Some of our own flour takes more or less, but never to the extent of the American.

‡ As salt allays fermentation, bakers put it in in summer when they lay the bread; but in winter they do not put it in till after it has risen. It is now the practice to make some bread, such as the cottage, without salt: this practice should always be suspected.

baking table; mix half a pint of warm water with half a pint of good yest; make a hole in the middle of the flour, put in the mixture, and knead it into a light dough, and put it into a pan, covered up, before the fire; leave it to rise; when it is well risen, put a quart of lukewarm water to the dough, and knead it again all together; cover it up, and put it before the fire; let it rise; put it upon the table; have the proper quantity of salt, finely pounded; dust it over; work the dough very well, and form it into loaves. That fine honeycomb texture that makes bread like cake depends upon the working, and which makes it so preferable to that which rises in large holes, the true characteristic of ill-made bread. Sound flour made in this way will always be sweeter and wholesomer than bought bread, which may be whiter from the presence of other ingredients, of which no inconsiderable quantities are often found in it. During the last kneading, put a little bit into the oven, to prove both oven and bread; so that, if it requires more kneading or raising, it can be attended to.

Where families bake once a week, they will find simple additions very economical, as the bread goes much farther, and, if well-made, keeps longer sound and good. In families, two kinds of bread are generally made; and this management holds equally good with both: when the large batch is made, a certain quantity may be taken off, into which a little top-pot, eggs, caraway-seeds, confected caraways, currants, mace, ginger, &c., may be added. Two or three different cakes may be prepared for breakfast, tea, or the children. Such bread is nourishing, stomachic, and does not require butter.

Those who study health and economy will never cut bread till it is two or three days old. They are to remember that bread made of healthy flour does not sour as adulterated bread. The oven should be quick: a quartern loaf will take an hour and a half. Much care is necessary in the proportions: every thing ought to be measured. Good yest, strong kneading, proper heat, and time for rising, are each and all indispensable.

Excellent Bread.

To fourteen pounds of flour use a pint of yest, four eggs, and milk of the warmth it comes from the cow;

make it into a dough, the thickness of hasty-pudding; leave it two hours to rise; sift over it a sufficient quantity of fine salt; work it with flour to a proper consistence. It takes a quick oven: always try a little bit before the bread is made up, as it will show the state of the bread as well as the oven.*

A very light Potatoe Bread.

Dry two pounds of fine flour, and rub into it a pound of warm mealy potatoes; add warm milk and water, with a sufficient quantity of yest and salt, at the proper time; leave it two hours to rise in a warm corner, in winter; bake it in tin shapes, otherwise it will spread, as the dough will rise very light. It makes nice hot rolls for butter. An excellent tea or bun bread is made of it, by adding sugar, eggs, and currants.†

Another excellent Bread.

Sift half a peck of the finest flour into a kneading-trough; make a hole in the middle, and put in half a pint of warm milk, and half a pint of good yest; work it with a little of the flour; cover it well up in a warm place an hour to rise; add a pint and a half of milk, and half a pint of water, of a proper warmth, with a quarter of a pound of fresh butter, and two spoonfuls of sugar; knead it well, and set it again before the fire; put in a little fine pounded salt; knead it well; form it, and put it again before the fire to rise: bake in a quick oven.

Bread for flatulent Stomachs.

Add to a pound of well-dried sifted flour eight eggs; sift in a pound of sugar; beat all together for an hour and a half; form it into cakes, and bake them in a quick oven.‡

* If the oven is cold, it will sodden; if too hot, it will burn; if the bread has not been enough worked, it will rise in holes. The proof of well-made bread is the fine, close, yet light texture. Some flour takes much more working than others, and some more water.

† When bread gets stale, particularly at sea, where it is very apt to get mouldy, dip it in water, wipe, and dry it in a middling hot oven. It may also be cut in pieces, and dried as hard as rusks. Sugar and eggs should always be put into bread for sea store, as it keeps longer.

‡ When bread sours upon flatulent stomachs, instead of having recourse to diet bread, it is better to soak good light bread in a quantity of hot or cold water; this takes out the gelatine, which may be done in more or less quantity, according to

Care of Bread essential, and the use to be made of what is broken or left.

Have proper covered earthen pans for the broken and left bread. The cook should employ any spare time she may have in the evening to cut all the left ends of bread into rusks, balls, corks, and thin slices, to form into garnishings, which she must cut with cutters into stars, leaves, &c., which are to be fried brown or white, and put into boxes, to be in readiness; all the parings may be dried in the oven or screen, and made into crums; the fine sifted out for panures or crumming, the large fried for soups and garnishings. Mistresses may sometimes see more than a quartern loaf of pieces at night, and next day half a loaf, or the whole crum of one, rasped down to fry a pair of soles, the crusts of which are generally thrown into the waste tub. The waste of bread that is every where practised in English kitchens is beyond calculation, and shameful.

To fry Crums and other Garnishing.

Put the crums into a cullender, and hold it in the hot butter; shake it constantly to separate, and brown them equally, so that they may harden; when done, take up the cullender, and put it upon a dish, in a warm place, till they are hardened. In the same way fry other garnishing white or brown, and put them all carefully up for use.

Excellent Household Bread.

Half a peck of the best flour, a tea-spoonful of salt, three table-spoonfuls of yest, a pint and a half of warm water.

The following anecdote is taken from a communication upon the subject of the adulteration of bread, and is worthy of notice;

In a respectable family of my acquaintance, a young journeyman baker, whose sister was their maid-servant,

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the degree necessary to the stomach for which it is prepared. Dry it in an oven, or toast it. Bran bread, where it is not too rough from the delicacy of the stomach, is beneficial in such cases. And what is astonishing, that barley-meal, which is so accessible to acid when formed into loaves, will, in a protracted operation, get acid; yet it seldom fails, made into porridge or gruel, to agree with the most acid stomachs.

had been treated most humanely by them during a long and fatal illness; this alone acted so powerfully upon the dying youth's feelings for the welfare of these benevolent persons, as to make him send for the master of the house, to whom the poor fellow communicated a most earnest advice never afterwards to eat baker's bread in his household, if his own or their health were objects of any importance. He continued: "You must ask me no questions; gratitude prompts this advice, while fidelity to those who have long fed and clothed me imposes silence on my tongue."

Yest.

Take a pound of ground malt, pour upon it a gallon of water upon the boil, let it stand two or three hours, or till it gets milk-warm; strain it, and put in a spoonful of any yest and a spoonful of moist sugar; cover it over with a double blanket; let it ferment two or three hours, when it will be fit for use. This does not keep above twenty to thirty hours, therefore a quantity sufficient for that time only should be made.

Potatoe Yest.

Boil potatoes well, peel and rub them in a mortar, and add as much water as will make it the thickness of a pudding paste; strain, and when of a proper heat, add to every pound two ounces of brown sugar, and two spoonfuls of beer yest; let it ferment twenty-four hours in a warm place. A pound of potatoes will make a quart of yest: it will keep two or three months. In using this yest, it requires double the quantity of beer-yest, and must be worked into the dough. If there be no dislike to potatoes in bread, which they make light and white, a fourth of potatoes to the quantity of flour to be used may be prepared, and the yest added to them some hours before.

This makes excellent scones upon the girdle, a ready nice breakfast-bread, where lighting an oven would be troublesome.

The Army Receipt.

Thicken two quarts of very pure spring-water, with the finest flour, of the thickness of water-gruel; boil it half an hour, stirring it constantly. Add half a pound

of raw sugar; when milk-warm, pour it into a large jug; put four spoonsful of good beer-yest to it; shake well together. Let it stand twenty-four hours uncovered before the fire; the fermentation will throw up a thin liquor to the top, which must be carefully poured off; shake the yest, and cork it carefully: a gill and a half is sufficient for a peck loaf. Four spoonsful of this yest will make a fresh quantity, and so on in succession.

To preserve Yest.

Fill a thick canvas bag with yest, and press it gently, as cheese; a small cheese-vat will answer. Tie the bag, and increase the weight till it becomes quite dry, and pack it in small jars, well corked and waxed, and immerse them in lime-water: this is excellent for taking to sea.

To extract Bitter from Yest.

Beat it up with the white of an egg; add a double quantity of water; beat all well together; cover it; let it stand all night, and pour off the water, when it will be sweet; one egg is sufficient for a quart of yest.

To preserve Yest.

Lay the yest with a brush on a board or tub, and as it dries, lay on more, and continue to do so till it cracks and falls off; put it into clean bottles, and cork it well. This is excellent for taking to sea, where sugar-beer with little trouble might be made in any quantity, and always fresh.

To assist Yest.

When there is a scarcity of yest, use the following method: Work into half a pint of water a spoonful of flour, until it becomes smooth, and boil it; put it into a jug, and stir it till it cools. When milk-warm, put in a spoonful of yest, and a spoonful of moist sugar; stir them well, and put in a warm place, and if well made, there will be as much in a short time as will raise three pecks of flour: the bread made of this yest requires to be laid five hours before it is baked.

Leaven.

When leaven is wanted, a piece of dough must be preserved, and covered up close to sour, which will happen sooner or later, according to the state of the weather, or

the heat of the place where it is kept. Lay a piece of the leaven in hot water; strew over a little flour, and cover it well the night before using; next morning, add a little more water, and cover it up; leave it till it will mix, when it will be ready to be put into the bread. One pound of leaven, properly managed, will be sufficient for three quartern loaves. Continue to preserve leaven from one baking to another, if it is required: it may be used with yest.

"It is generally supposed, that an imperfect kind of fermentation, analogous to that in the preparation of wine, or beer, takes place in making bread: but some deny this, because this dough does not yield any ardent spirit on distillation; although the same dough diluted with water, and left to ferment for sixteen hours, yielded a portion of spirit: the dough also falls so rapidly, that it cannot be supposed the fermentation is finished. The bakers in summer time, when the yest is turned acid, are in the habit of adding sub-carbonate of potash or of ammonia, which raises the dough in a few minutes. Mineral waters, containing much carbonic acid, raise the dough without the addition of yest; and other substances, which contain much enveloped air, also render the dough spungy; as egg beaten to a froth, or snow-water."

Rye Flour,

Used either to make sweet bread, raising the dough by yest, or an acid bread, by using leaven for that purpose: this last is cooling, but not so nourishing as the former, and more suited to an animal diet.

Barley Meal, or Flour,

When made into bread with yest, requires the dough to be baked very soon after it is made, as it grows sour almost immediately.

Oatmeal,

"Used to make gruel, and also thin unleavened cakes: it is very resolvent when employed as a poultice."

Common blue Starch.

"This colour being given in opposition to starch tinged with saffron, formerly employed; but which went out of fashion on the conviction of the famous Mrs. Turner,

who was executed in a ruff of that colour. This common tinged starch may be used as a cement, but is unfit for internal use, from the colour."

Semolina,

"Wheat flour granulated by friction, while moist, and dried to deprive it of its solubility in hot water." This is very similar to the cuscussou of Africa.

Kisel.

Mix one or two pounds of wheat flour with a handful of wheat bran, and a little yest with some water; let it stand in a warm place for a fortnight, when the liquor is to be poured off, and the starch washed with cold water, and run through a sieve. Boil this starch, while still moist, with a little cow's milk; pour it into moulds to become solid, and eat it with cream, or wine and sugar; or mix in any seasoning in making. There is very little difference between kisel and sowens in the preparation; the one being made of wheat flour, and the other of oatmeal.

Rye Starch

"Is floury, greyish white, will scarcely crimp, and retains the smell and taste of the grains, which yield about half their weight."

Indian Arrow Root.

From the root of maranta arundinacea, by pounding and grating in water, and letting the feculæ settle; when rubbed up smooth in a little cold water, and boiling water poured upon it, it dissolves easily by stirring into a transparent jelly.

Potatoe Starch, French Sago, and English Arrow Root,

May be made in as large a quantity, and as good, from frozen potatoes as any other; friable, heavy, sinking in water, has shining particles in it: 100 pounds of potatoes yield ten pounds of starch, prepared and used as arrow-root.

Meadow Saffron.

Where those plants are plentiful, a jelly may be prepared from the root, when boiled with water; it is brown, like sago, and cements well.

English Tapioca,

From potatoes, by boiling the flour before it is dried, and stirring it to break it into lumps.

Rice boiled to a Paste, and drawn into Threads.

The Cochin-Chinese is transparent; the Chinese opaque, and less esteemed; used in soups, or in crossing very nice tartlets.

I know not to whom I owe some of these remarks, having been in the habit of putting down every thing that appeared useful.

Proportions of the Nutritive Matter in different Substances.

Lentils,	94 per cent.	Flesh,	35 per cent.
Peas,	93	Potatoes,	25
French beans,	92	Carrots,	14
Rice,	89	Greens,	8
Bread,	80	Turnips,	8

One pound of bread is more nutritive than three of potatoes; one of potatoes equal to three of cabbage; and one of peas, beans, or rice, nearly three of butcher's meat.

The Scotch Highlanders live chiefly upon oatmeal and potatoes, and there is not a hardier race of men upon the face of the globe.

The children of all ranks, with the exception of a very few, breakfast upon oatmeal porridge, from the conviction of their parents that there is nothing so good or so healthy for them.

*Porridge.**

A pot or proper pan should be kept on purpose; fill it from the boiler, add salt and a little meal. The cook then must stand ready with the porridge-stick in the right hand, and the left full of meal: the moment the water begins to rise, the meal is put in by degrees, but quickly; if she has a large quantity to make, she must continue putting in till it is thick enough not to fly over; it is then well boiled, and beaten with the porridge-stick. For young children,

* In the Highlands of Scotland, a hand-mill, called a querne, is still in use for grinding corn for porridge; for which purpose, the oats are higher kiln-dried. Meal made in this way is much higher flavoured, and tastes of filberts. The same mills are in use all over the East, and travellers have seen very handsome quernes at Pompeii.

it is made thinner, and very well boiled and beaten, to break the knots, and make it smooth.

There is a manner of putting in the meal by moving the fingers not to let it fall in lumps: some like it little boiled, and even have raw meal added after it is taken from the fire. Children eat it with milk, butter, treacle, or sugar; it is sent to table as a supper dish, to be eaten with cream, and is very good with butter-milk; it makes an excellent winter supper* with porter or ale, boiled and seasoned with nutmeg and sugar, to which is sometimes added a fourth part of Madeira or good sherry. These ingredients must be boiled and put into a china basin, and well-made, thin porridge poured into it. Send it to table hot, covered with a china plate, and over it a folded napkin, and serve it in small china soup-plates.

It is particularly good for invalids, and is excellent with small beer, sugar, and nutmeg.

Barley-meal porridge is made as directed above, and is generally given to children in the spring as a cooling aliment instead of medicines, and which will be easy upon the stomach when it rejects or is pained by any other nourishment, as in cases of heartburn, which the oatmeal is apt to give where there is a great deal of acidity.

Milk Porridge.

Milk, whey, and butter-milk porridge are all made as water porridge: when wanted thin, the meal is mixed and boiled in it. Sweet milk oatmeal porridge is often given to infants as their first food, and is not so binding as that made with flour. Should the children be troubled with windy gripes, put a little magnesia into the porridge when it cools.

Sowens

Is generally made of the dressings or husks of meal, which retain a little of the finest flour; these are put into a wooden vessel called a kit, made and kept on purpose, mixed with water, closely covered, and allowed to ferment; when ready, it is stirred up from the bottom, the seeds are lifted up in double handfuls, and the liquid squeezed from them through a sieve till enough is obtained for a dish; it is then, if it tastes too acid, allowed to settle, and

* See Sowens.

part or all the water is poured off, and fresh water put on. It may be made either with milk, milk and water, or as a strengthening jelly, with soup or whey, particularly if it is to be taken for a cold. In putting in water or any of these liquids, it requires experience for the proper thickness.

A black yetling round pot with three feet is the best thing for making it in. As it is apt to stick to the bottom, it must be continually stirred and well worked with the stick. It takes a good deal of boiling to make it smooth and thick; pour it into a china dish, and send milk or cream to table with it. It is also eaten with ale, porter, or wine, sugar and spices, separately, or mixed according to taste.

It is taken as the barley-meal, half boiled, by invalids as a sudorific as well as soporific supper, with what may be ordered for them.

What adheres to the bottom of the pot is so much prized, that it has been seen in a tray on a drawing-room table.

Flummery of Sowens or Oatmeal.

To make it of milk, allow the sowens to settle, and pour off the water; mix it with milk, season it with lemon-peel, orange-flower-water, and sugar, or with capillaire, to make it very pectoral; stir it till thick and well boiled, pour it into cups or figured moulds, turn it out, and send it to table with cream, sugar, and cinnamon strewed over; or it may be made thinner and clearer by using less of the sowen with a little isinglass or stock, and coloured with saffron, cochineal, or spinach. In the country, it is often necessary to dress out a long table upon very short notice; the cook should always have in reserve little things for this purpose: the sowen flour may be dried by pressing it into shapes, as a cheese, or as potatoe flour, which will be found very useful in town in winter.

It is sometimes sent in presents from the Highlands in this way. It may be made as blancmange, with almonds and cream.

Gruel and Biscuit Powder.

Mix as much fine oatmeal (perfectly fresh, well dried, and tasting of filberts), with such a quantity of water as will take up the finer parts; let it stand some time, and

stir it well as it runs through the sieve into a nice pan with a sufficient quantity of boiling water. Let it boil well, and become smooth. If any other ingredients are to be put in, either sweet herbs, spices, or lemon zest, they ought to be boiled in the water, and strained out before the meal is put in. It makes a nice hasty dish for an invalid, with a little bit of portable soup and a few mushrooms, or a little ketchup, which makes a very nourishing and pleasant repast.

Gruel may be served in so many ways, that it may appear always different: the gravy of game or roasted meats, pectoral and medicinal nourishment, such as fish-soups, snail-broth, and slatter-wine, pulped figs, dates, raisins, currants, almonds, milks, wines, spices, &c., and such things as patients may not like, may be given in it without their knowledge.

It is the *polenta* of Scotland, the nurse of the people, and the best vegetable jelly; its qualities being so opening, while those of flour, rice, and biscuit are the very reverse; and it cannot be repeated too often, that it is much better food for children than biscuit powder, which must have a great deal of refuse in it, as well as its other disqualifications. If any will use biscuit powder, let it be made at home.

The price of oatmeal or grits is most extravagant in London, so much so as to deter economists from using them. It is astonishing some merchant does not make a business of selling them at a more reasonable rate.

The Mid Lothian meal is the best, and could easily be imported from Leith. The Inverness and Murray-shire are also excellent; but the East Lothian is not so good.

The manner of keeping oatmeal is not generally known: it ought to be beaten down with a mallet, and kept close shut up from the air. Where it is made, it is trodden hot from the mill into *girnals* or great chests.

Rice Flummery, now called Rice Blancmange.

Take rice either in grain, ground, or in flour; dissolve it perfectly in a little water; rub it smooth into as much new milk or cream as it will stiffen; add sugar and lemon-juice, or sugar, wine, and cinnamon, or a few sweet and bitter almonds: it is excellent in all these different ways,

as it gives no trouble in making, and is light and good for children; dish it in coffee cups, large cups, a China basin, or in moulds of any size, dipping them in water before they are filled, that the flummery may slip out easily.

If wanted richer for the sick, make it half cow-heel jelly.*

CAKES.

It cannot be too often repeated, that there is nothing so necessary to making good cakes or bread as attention to the oven; as the best ingredients and the greatest knowledge of the art in preparing will be entirely lost by a bad or ill-managed one. Therefore, this ought to be a chief object with the cook.

One bad egg will also spoil a cake, and although they may be all good by the test of the candle, yet they may have contracted an unpleasant flavour from bad straw or otherwise; therefore, the cook must smell every one as she breaks it, and separate the yolks from the whites into different basins: they must be strained, after having been well beaten, before they are added to the different ingredients. Fruits for cakes ought to be rubbed in a clean cloth, stoned, and minced; if currants are not gritty, they ought also to be well rubbed and picked, and plumped before the fire; if necessary to wash them, it ought to be very quickly done in cold water, otherwise they will lose their flavour. The flour must be dry, sifted, and warm.

The eggs, butter, sugar, and seasonings should be beaten till white; when the flour is to be added, and the fruit last, with spirits or wine if necessary: no time should then be lost in putting them into the oven. The best test is running a knife into the centre: if it comes out dry, the cake is enough; if not, it must be returned into the oven immediately, and the oven must be kept up to its point for this purpose.

The spices used for cakes ought to be the very best, and reduced to the finest powder. For fine cakes, a few drops of any of the essences may be put into a little of the stuff, and put first into the mould, which the heat will force

* A very noted physician having ordered vegetable jelly, and the attending practitioner, not wishing to show his ignorance, begged some one to ask what it was to be made of. On inquiry, it was found to be pounded biscuit, the very thing in use at the time. This is mentioned to show the absurdity of expecting new terms to be understood.

through the cake. All cakes ought to be wrapped in paper, and kept in covered earthen pans.

Directions for Yest Cakes.

In making yest cakes, great care must be taken to use sweet yest, there being no more difficulty in making them than in making bread; as the operation is the same, only that they require to be well worked, as great holes, such as are often found in bread, would not answer with them. Any seasoning or fruit may be put into them. After the dough is well risen, four ounces of top-pot or butter and one or two eggs may be worked into each pound, with a gill and a half or two gills of milk, six or eight ounces of sugar, the fresh zest of a lemon, with half a pound of minced raisins, currants, or seeds, ginger, or other spices. These cakes may be made as rich as any other, and in different proportions and shapes take different names, being baked as large cakes in moulds, dropped on tin, rolled flat and glazed, or put into small moulds; or they may be made with a larger proportion of butter or top-pot, sugar, lemon-zest, and coriander powder or caraway, with a little allspice; they are excellent stomachic and economical tea bread: or make a dough of half butter to the flour, putting a gill of good yest to the three pounds in a sufficient quantity of milk and water to make the dough; let it rise, allow five or six eggs and eight ounces of sugar to the pound of flour; beat and mix them in with a little salt; add one tea-spoonful to the pound of the following mixed spices: allspice, cinnamon, cloves, nutmeg, ginger, or coriander-powder, with lemon-zest and caraway-seed; if fruit is to be added, it may be in any proportion; as also almonds, orange-peel, and citron, minced fine or in fillets. When very rich, these cakes are the better of a little brandy or wine, and, like the former, may be dropped on tins, or made in small moulds, or flat. These cakes require a steady, well-heated oven.*

These yest cakes may be mixed entirely with cream instead of the milk and water; and any of them may be made without eggs. Hard green fruit may also be used. (See Green Pudding.)

* For the twelfth night, ice and ornament them.

A plain Pound Cake.

Beat twelve eggs, the yolks and whites separately; strain the whites; sift in a pound of sugar, a pound of flour, lemon-zest, caraway-seeds, and if to be coloured, a little spirit of saffron; mix and put it into a buttered mould; give it an hour of a quick oven; or it may be baked in a paper case; caraway-seeds, a little brandy or wine, may be added.

A rich Pound Cake.

Melt with the hand a pound of butter, and mix in a pound of sifted sugar, spices, twelve yolks; whisk, and add the whites, caraway-seeds, a tea-spoonful of cinnamon and mace, confected orange-peel or citron in slices, a glass of white wine or brandy, a pound of currants, and a pound of dried and fine sifted flour; mix all well together lightly: after the whites are put in, there must be as little rubbing or working as possible.

Prepare a hoop, and bake it in a quick oven for an hour and a half: some only use eight, and others ten eggs; others weigh them, keeping strictly to the pound of each ingredient, which certainly makes the best cake.

Common Yest Cake.

Mix two pounds of flour with a pound of sifted sugar; put a gill of yest into as much warm milk as will make it into dough; lay it as bread, and cover it up to rise.

Cream half a pound of butter with the hand; mix it in with spices, an ounce of caraway-seeds, and half a pound of stoned raisins or currants; beat and work the cake to a proper consistency; line and butter a hoop: put it on an oven-leaf; let it rise before it is put into the oven: an hour will bake it.

Another.

To make it richer, put in a double quantity of seasoning: eggs, almonds, citron, and brandy may be added. (See directions.)

Almond white Rout Cakes.

Work a pound of almond paste into a pound of wheaten and an ounce of rice flour, with whites of eggs, to a stiff paste; separate it into different portions, and colour one with the spirit of cochineal, another with saffron, spinach,

&c., and add grated citron, lemon zest, or pralinéed orange flowers, thin chips of angelica, confected pine-apples, or ginger; make them in different shapes. Different colours may be squirted over the cakes, or decorate them with any nice confection.

Almond Yolk Cakes.

The same paste may be made with yolks, and dressed up or intermixed with the others.

Moss Biscuit

Is made of the almond yolk paste, rubbed through a wire sieve. Dress it equally upon wafer paper, and tinge the points with cochineal, spinach juice, or any other colour. There are various ways of making this biscuit, but this is the easiest.

Almond, Heart, Lozenge, square and oblong Biscuits.

Mix a pound of almond paste with a pound of sugar, two ounces of rice flour, and six eggs; mix well; season with mace, cloves, or cinnamon and lemon zest; butter the moulds; fill, sift sugar over: very little time bakes them. They may be coloured, meringled, pearled, or powdered with citron, pistachios, almonds, nuts, &c.

Plum Cake.

Work a pound and a half of butter to a cream; mix in eighteen ounces of sifted sugar; beat fourteen yolks and seven whites half an hour, and mix in a pound and a half of sifted flour; put in the zest of a lemon, and confected orange and lemon-peel, of each three ounces, a tea-spoonful of mace, half a grated nutmeg, a gill of brandy or white wine, and four spoonsful of orange-flower-water; prepare a hoop or hoops. When the oven is ready, mix in three quarters of a pound of currants, and a pound of stoned raisins; bake it two hours and a half.

Sponge Biscuit.

Take an equal weight of eggs and double-refined sugar; beat the whites very well, and the yolks separately; add them together, with some grated lemon zest. Take a very small proportion, not more than half the weight of the eggs, in flour; say, if eighteen eggs are used, take

the weight of nine or ten, put it to the eggs, mix it, and bake it in proper cases.

Ratafia Biscuits.

Beat half a pound of sweet, and half a pound of bitter almonds; drop in from time to time the whites of two eggs; beat the whites of five eggs to a froth, add them to the almonds; sift two pounds and a half of sugar; mix all well together, and drop them upon paper, or white wafers, the size of a large nut. Bake them in a slow oven.

Almond Biscuits.

Blanch and beat a pound of almonds with orange-flower-water; beat two whites and three yolks, and sift in a pound of sugar; add the almonds, and beat all well together; butter some sheets of white paper, and form the biscuit round or oval. They are very good musked, but it must be a pounded musk-plum, otherwise it may be too strong.

Macaroons.

Blanch and pound in the mortar with orange-flower-water a pound of almonds, and sift to them a pound of sugar; beat the whites of three eggs, or four, if they are small; beat the whole well; put it into a sweetmeat-pan, and make it hot; cover the oven-leaves with paper, drop it upon them, and put them into a very hot oven.

Nut Biscuits.

Mix a pound of cocoa, walnut, Spanish or pistachio nut-paste with a pound and a half of sifted sugar; make it into a stiff paste with white of eggs; drop them on floured or sugared papers; bake them in a cool oven.

Light Biscuits.

Put to three quarters of a pound of sifted sugar five yolks, some pralinéed orange flowers*, and the zest of a lemon, both shred fine; beat till all are incorporated. Beat to a froth ten whites; stir them in with six ounces of flour, and put it into buttered moulds; sift sugar over: bake them in a moderate oven.

* When there are no pralinéed orange flowers, use angelica, citron, or orange-peel.

Meringles.

Whip ten whites very well, and sift a pound of fine sugar into them; cover a board that will go into the oven with paper, and drop them round or oval upon it: sift sugar over, and let the oven be in a coolish state; take them carefully off. The board prevents their being coloured, or hardened on the underside; take out the soft, and put in a little whipped cream, or a sweetmeat, and stick two and two together; or after the soft is taken out, return them into the oven, and harden them, and they will keep a long time in papered boxes. If they are served with cream, it should not be put in till they are going to table.

Rich Twelfth Cake.

Put seven pounds of the finest sifted flour in an earthen vessel, two pounds and a half of fresh butter, and seven pounds of nicely picked currants, plumped before the fire; two large nutmegs, half an ounce of mace, a quarter of an ounce of cloves, and a pound of loaf sugar, all finely beaten and grated; sixteen yolks and twelve whites, and a pint and a half of the best yest; warm as much cream or milk as will moisten it, and pour over it as much mountain as will make it as thick as batter; beat a pound of almonds, and add them with a pound and a half of pounded orange and citron peel; mix all well together, and put it into a hoop, with a paste under, to save the bottom while baking, as it will require seven hours. This cake must be iced.

Small Currant Cakes.

Beat a pound of butter to a cream; sift in a pound of sugar; beat eight eggs half an hour, yolks and whites separately; add them, and continue beating with the hand till smooth; sift in a pound of flour, half a pound of currants, a grated nutmeg, mace, and cinnamon; mix all well, and drop it into small buttered moulds; sift sugar over, and bake them in a quick oven.*

Fine Icing for Cakes.

Whip the whites of five eggs to a froth; add a pound of double-refined sugar sifted, and three spoonsful of orange-

* If the oven is properly heated, solid cakes take an hour to bake every pound of flour: it is, however, always necessary to test them.

flower-water; beat it up very well, and when the cake is taken out, ice it with a wooden spatula. Leave it in the mouth of the oven to harden, as it must not have the least colour.

Lemon-juice, instead of the orange-flower-water, renders it very white, and particularly pleasant to the taste. These cakes may be decorated with gum paste ornaments, either white or in colours: let them be pale: they are beautiful done with a single colour, such as pale rose, violet, or green.

A coarser Icing.

For a large cake, whip the whites of two eggs to a froth; add a quarter of a pound of sifted sugar, and an ounce of patent starch (no other must be used) finely pounded; beat it with a whisk till it is very white; draw the cake to the mouth of the oven, and finish as above. Different proportions of starch and sugar may be used.

Rice Cake.

Beat twelve yolks and ten whites separately, and mix in three quarters of a pound of sifted sugar, the zest and juice of a lemon, and a pound of rice flour, and finish as a pound cake: it takes a slow oven.

Another.

Beat the same quantity of eggs and sugar, with lemon grate and juice, a little spirit of saffron, and add ten ounces of rice, and four ounces of wheaten flour; mix lightly, and put it into a buttered hoop.

These cakes, made as common pound cakes, of ground rice, are much better than those mixed with flour: that is, a pound of sugar, a pound of eggs, and a pound of ground rice, with lemon-juice and zest: but taste must determine. If well made, and the rice mixed just before it is put into the oven, it will taste, if a little almond paste is added, as if made of rasped almonds.

Drop Cakes.

Butter, currants, flour, and sugar, of each a pound; almonds and citron, of each half a pound; five well-beaten eggs; mix them very well, with rose or orange-flower-water, and a glass of brandy, or two of wine: other spices may be added. Flour the oven-leaves, or drop them upon wafers. They do not require much baking.

A rich Cake.

Prepare and plump before the fire seven pounds of currants, four pounds of dried flour, four pounds of nice fresh butter, two pounds of prepared almond paste, four pounds of eggs, leaving out half the whites ; three pounds of double-refined sugar ; mace, cloves, and cinnamon, of each a quarter of an ounce ; three large nutmegs, beaten fine, a little ginger ; sack and brandy, of each half a pint ; orange, citron, lemon-peel, and almonds in fillets, half a pound of each. When the eggs have been well beaten, work in the almond paste ; mix the butter, worked to a cream ; add them together, and beat till white and thick ; add the flour, wine, brandy, and spices, sifting in the sugar by degrees ; see that the oven is ready ; prepare and butter the hoop, and just as it is to be filled, put in the fruit. It must have a quick oven : it will take four hours. Test it, by running a knife into the centre.

Bath Buns.

Make a dough of two pounds of fine flour, half a pint of yest, a glass of mountain, or a little orange-flower-water, and three whisked eggs, with some warm cream, a little nutmeg and salt ; put it before the fire to rise ; add a pound of fresh butter, and a pound of large caraway comfits ; make into large buns, or any other shape or size, and bake them on floured paper in a quick oven.

These buns are excellent ; but by leaving out the caraways, and substituting milk for cream and wine, a good and economical bun may be made.

Bath Cakes.

Sift a pound of flour, and rub in half a pound of butter ; add a spoonful of yest, and as much warm cream or milk as will make it into dough ; let it rise ; add an ounce of very small caraway comfits ; make it up in small rolls, or cakes, and strew an ounce of the comfits over them : they are excellent hot, for breakfast.

Whetstone Cakes.

Mix together half a pound of fine flour with half a pound of sifted sugar, an ounce of caraway-seeds, three

whites, and one yolk, with a little orange-flower-water; roll out the paste the thickness of a wafer, and cut them out very small with a blunt cutter; lay them on floured paper, and give them a slow oven.

Tunbridge Cakes.

To two quarts of fine flour put half a pound of butter and half a pound of sugar, three yolks, an ounce of caraway-seeds, a sufficient quantity of new milk and yest, made warm; make it up in a stiff paste; let it rise, and form it into cakes.

Tourtelongs.

Mix four beaten eggs into a pound of flour, with two ounces of sifted sugar, and a little salt; make the paste with milk; have water boiling upon the fire; cut the paste in long pieces, about three quarters of an inch broad, and thick: roll it in long rolls, and cut in pieces about five or six inches long; tuck two of them through one another, and join the ends; throw them into the boiling water; as they rise to the surface, take them out, and put them into the oven, and when they are tinged, they are enough; glaze with white of egg, and sift sugar over: they are a beautiful, light-looking dish, when nicely done; or make a chain of five or six to dress upon a dish. They may be coloured and seasoned in any way.

Clove or Cinnamon Cakes.

Beat six eggs with two spoonfuls of rose-water, half an ounce of clove or cinnamon, a quarter of a pound of sugar, a pound of sifted flour; make it into a paste; roll it in thin cakes, and bake it on white paper.

Ginger, Allspice, Clove, or Cinnamon Cakes.

Beat three eggs, with half a pint of cream; stir it over the fire till warm; add a pound of butter, half a pound of loaf sugar, and two ounces of ginger; carefully stirring in the different ingredients, upon a very slow fire, that the butter may be incorporated without oiling; pour it over two pounds of flour, and make it into paste. Roll it out, without any flour, of any thickness, and cut out the cakes any size; put them into the oven, upon a board

covered with paper; this prevents them taking too quickly upon the hot floor.

Cakes of all the different spices may be done in the same way, and coloured, as lemon-yellow, rose-red, &c.

Punched Cakes.

Rub sifted sugar and butter, of each a pound, into three pounds of dry sifted flour, with an ounce of anise or caraway-seeds, or half an ounce of any spice in fine powder; or citron and almonds, minced very fine, of each two ounces; mix it with boiling milk; work it well, and roll it thin; cut it into cakes; punch it; bake them on oven-leaves, in a slow oven.

Nippers. (*Scotch.*)

Make a stiff paste of flour, milk, and a small bit of butter; beat and roll it very thin; cut the nippers very large; prick them well, and bake them on a Scotch girdle, or on an iron plate over a stove: they must be turned.

Shrewsbury Cakes.

Beat half a pound of butter to a cream; add half a pound of fine sifted flour, six ounces of sugar, and an egg; season either with nutmeg, cinnamon, or caraway-seeds, with a little orange-flower-water; work the paste till it will roll smooth; cut them with a glass, and bake them in a slow oven.

Whigs. (*Scotch.*)

Put two or three spoonfuls of good yest into half a pint of warm milk; mix it into three quarters of a pound of dry sifted flour; set it before the fire for an hour at least to rise; work it well up with butter and sugar, of each four ounces; form it into long pointed ovals or whigs, and bake them as bread: currants or seeds may be added.

Geneva Tea Cake.

Warm a pint of milk, and melt about four ounces of butter in it; add from three to four spoonfuls of beer-yest, according to its goodness, with four eggs. Put half a peck of flour into the trough, and mix in the liquid

with a little lemon-zest and saffron-water. Let it rise an hour; sift flour, cover it well up, leave it to rise, and form it into flat round cakes of from eight to ten inches over: cut out the middle with a half pint basin, or any thing about that size; or make it oval, and cut it out with an oval cutter: this should be done on an oven-leaf, that the shape may be kept. They are also made into the size of penny-rolls, of a flat oval shape, which are slit a little open along the middle with a knife. The lightness and fine saffron colour are much admired.

Geneva Cakes.

Mix into half a pound of flour, sifted sugar and butter, of each four ounces, a little lemon-zest and juice, two whites, and as much warm milk as will make it into a paste; roll it thin, and cut it into large cakes; wash them over with yolk, and sift sugar over them.

Queen Cakes.

Cream a pound of butter; add a pound of sifted sugar; beat the whites of eight eggs for half an hour; mix them in; beat the yolks well, and add them; beat all well together, and when ready to put into the oven, add a pound of dried sifted flour, half a pound of plumped currants, half a nutmeg, and the same quantity of mace and cinnamon; bake in tins; sift sugar over them.*

Savoy Biscuit.

Take the weight of nine eggs of sugar, and six of flour; add lemon grate, and a glass of orange-flower-water; whisk the eggs and sugar over a low heat till they get warm, without curdling the eggs; mix in orange-flower-water and the flour lightly, put it into the funnel: they are dropped on paper, about three inches long, narrow in the middle, and round at the ends; sift sugar over them. To take them off the paper, lay them on wet cloths, or brush the back over with water, and after a little take them off, and pack them back to back.

* The cook, in making any varieties, either of cakes, biscuits, or other fancy breads, ought always to measure and weigh the different ingredients, that she may get well acquainted with the true management, which will enable her to suit herself to circumstances that she will not find in receipts.

Rusks.

For two pounds of fine flour beat 12 eggs, with a little salt and some sugar; rub six ounces of butter into the flour; mix it up with a pint of warm milk and six spoonfuls of yest; after it is well risen, form it into little round or square rusks, or long or flat loaves; next day, cut the rusks in two, and the loaves in slices, and dry them in the oven.

Muffins.

Make a batter of two pounds of flour with half a pint of yest, and a pint and a half of warm milk and salt; work it up with flour into a very light dough, and set it in a very warm place to rise; divide with the hands into pieces, make them into balls, and cover them up warm; flatten them as they are baked, which may either be done on a flat iron over the stove, or a thick Scotch girdle, or in a thick frying-pan, over a moderate fire: when they are a little discoloured, they are enough, and must be turned. They may be made with two ounces of butter melted in half a pint of the milk, and two eggs.

Crumpets.

Warm two pounds of flour, mix it with a little salt and warm milk and water; work into a gill of warm milk and water six spoonfuls of good yest and three eggs; work the flour and milk into it till it becomes a batter, adding more warm milk and water if necessary; cover it up close, and set it near the fire to rise; drop them upon an iron plate or frying-pan, and when they discolour, they are enough.

Short Bread. (*Scotch.*)

Warm four pounds of butter, but do not oil it; sift eight pounds of fine flour, keeping out a pound to work it up with; a pound and a half of moist sugar rolled till it is quite fine, a pound of baker's caraways, a pound of orange-peel, cut in small pieces; a pound of sweet almonds, blanched and cut; half a pound of citron, cut small; mix all well together, and work it till it becomes smooth; divide it into ten equal parts; take soft brown paper, half a sheet for each cake; dust with a little flour, and roll it out square on it, and pinch it up on all sides;

prick it well, and strew some caraways on the top; put it in the oven, when the bottom has a solid heat: a quarter of an hour will bake it.

To make a rich Bun. (*Scotch.*)

Eight pounds of flour, a pint of yest, two pounds of butter, made into a dough; put it in a warm place to rise; have four pounds of sun-raisins stoned, four pounds of currants well cleaned, two pounds of orange-peel, a pound of citron, two pounds of sweet almonds blanched, all cut small; a quarter of an ounce of nutmeg, an ounce of allspice, an ounce of cloves, an ounce of cinnamon, an ounce of coriander, a quarter of an ounce of ground aniseed, a quarter of an ounce of caraway-seeds; mix all well together; separate two-thirds of the dough, and mix the fruit and spices with it; mix them well in; roll out the other third into a sheet sufficiently large to cover the fruit-dough; lay it on it; work it out with the hands into a round shape till it is three inches thick; draw up the paste all over, and make it meet in the middle; turn it over upon a sheet of soft brown paper, that has been floured, and bind it up with a paper band, rubbed with oiled butter, to prevent it sticking; prick it well; put it in a very hot oven; it will be known when it is enough by thrusting a knife through the centre: when the knife comes out quite clean, it is baked. Brush the top over with cold water when it is taken out of the oven. It should not be cut for two days.

Dutch Gingerbread.

Mix four pounds of flour with two ounces of ginger, rub in a quarter of a pound of butter, and two ounces of caraway-seeds, two ounces of dried orange peel, grated or cut in fillets, a few bruised coriander seeds, a little candied citron, and two eggs; make it into a paste with two pounds and a quarter of treacle; beat it well with the rolling-pin; make it up into flat or thick cakes; cut, prick, lay them upon three papers, one white, and two brown, and wash them over with white of egg; put them in a very moderate oven: if thin, three quarters of an hour will do them; otherwise they must remain till, by testing, the knife comes out bright.

Gingerbread for Voyages or Travelling.

Three pounds of treacle, four pounds of flour, half a pound of sugar, both well sifted, two ounces of pounded ginger, a quarter of an ounce of allspice, a quarter of a pound of orange-peel, two ounces of caraway-seeds, a quarter of a pound of citron, a quarter of a pound of almonds, a pound of butter; let the almonds be blanched and cut with the citron and orange-peel; it ought not to be much handled, but well mixed; bake it in small cakes or nuts; give it a quick oven.

This bread, baked with the fruit pounded, is to be very well dried in a cool oven, and then to be rasped, and again kneaded, with as much butter and treacle as it will take; knead up with more fruit and spices; bake it well, without burning; dip it in spirits of wine, with a few drops of the essence of caraway, cinnamon, or cloves; dry it in the oven; wash it over with isinglass and sugar, or white of egg; dry it again, and wrap it up in writing-paper very close; pack it in a lined box, exclude the air, and it will keep years in a dry, but not warm place. This is excellent for sea store.

Gingerbread Nuts.

Stir in two pounds of treacle a quarter of a pound of melted butter, with an ounce of ginger, and an ounce of coriander powder, and a ounce of caraway-seeds; orange-peel, angelica, almonds, or citron, cut small, an ounce of each at pleasure; give it as much flour as it will take; drop it upon tins.

Spiced Cakes.

Make the same spiced dough, without the coriander seed, and add half an ounce of allspice, and two spoonsful of yest, and cut them into small round, oval, or square cakes.

Ankerstock or Rye Bread

Requires very little yest; mix with the water from two to six ounces of treacle for each pound of flour; let it be strained through a very fine gauze or lawn sieve, as treacle is often adulterated with sand; add salt, caraway, or anise of Verdun; the rye being sweet, the additional sweet

gives it a determination, and corrects a disease to which that grain is liable, and makes the bread pleasant, healthy, and nourishing. It is an excellent sea store.

BEER.

Families who brew at home have generally their own methods, but independent of that, they ought always to have a manual to keep proportions, and point out other methods which may be necessary, convenient, and economical; often putting to use things that would otherwise go to waste, giving new discoveries and hints that might answer better than their methods in practice; and as any thing like a system cannot be given in a publication of this kind, it will be advisable for such as brew to get Cobbett's little valuable and cheap work, or any other; as it is the choice of books of this kind that ought to be attended to, and not the price, as one good receipt for any thing in constant use will soon repay any price that can be given for it.

There are only a few economical and elegant beers inserted, with their proper treatment, that all may have it in their power, with very little expense and trouble, to drink safe and wholesome beer; the poor woman being enabled by them to make a gallon with her tea-kettle and two stone bottles; and if she can afford the trouble of bottling it, the beer will be the better for it, or she may brew two or three gallons in a little cask at a time. Some families brew sugar-beer in all its forms, with ginger, spruce, and other flavouring ingredients, which does not cost them a third of brewery beer, and the expense sometimes in the country of sending ten or fifteen miles once a fortnight or three weeks, besides the beer often not being drinkable in summer; and when the trash these beers are made of is considered to be hurtful, should they not be avoided?

Let those of small income consider, that if the money which is spent upon malt liquor (which is by far too great a proportion of all incomes) was laid out upon provisions and other necessaries, what plenty and comfort it would give to their families, and what a saving it would be in the end of the year.

Sugar Beer.

Boil a pound of the commonest but sound sugar in three gallons of soft water, and put in a sufficient quantity of the extract of gentian: when it cools, work it as other beers. According to the quantity made, half or two-thirds may be bottled, and the remainder drank from the cask.

Extract of Gentian, Hops, or Camomile.

Gentian is much lower in price than hops, and is a very pleasant and more healthy bitter: the extract of either may be made by boiling. In this way the half of the ordinary quantity will be sufficient.

An excellent Small Beer.

Boil a peck of wheat bran in six gallons of soft water, till the bran sinks; strain, and have ready an extract of gentian, which may be put in by taste: those that prefer hops may use them, boiling them in it, or by extract: when it comes to the proper heat, put in three pounds of treacle, and two or three spoonsful of yeast, according to its strength; whisk the liquor well, to malt the treacle, which readily augments the fermentation, should the yest be slow, by the admission of the air. Any herbs may be introduced into the boiler, antiscorbutic, warming, and invigorating, or such as may be necessary for those who are to use the beer; it must be barrelled immediately, and when the fermentation ceases, bung it close: it will be ready in a few days. It ought to be bottled, when it can be done, or at least part of it, as in hot weather it may get flat or acid. A little carbonate of soda will correct this entirely, at the time of drinking. (See the other remedies.)

Another.

To eight quarts of boiling water add a quarter of an ounce of powdered ginger, a pound of treacle or sugar, and any other herb; cool, work, and finish as directed in the foregoing receipts.

Another.

A quarter of a bushel of malt, two pounds of treacle, and four ounces of hops. This will make thirteen gallons

of good beer, which will not cost a penny per quart, and less if gentian is used. This beer will not keep long. If bottled, put a raisin or a little bit of sugar into each bottle. Servants do not attend properly to cleaning bottles for small beer, nor of boiling the corks, which is the cause not only of bad beer, but of much loss.

Another.

Twenty-six gallons of water, a bushel of malt, with four pounds of coarse brown sugar, and a pound of hops. If this is carefully managed, it will make the beer as good as if two bushels of malt had been used. This beer will keep well. If in small establishments a cask may not be exactly fitted to these proportions, let the quantities be reduced.

Another.

Twenty gallons may also be made of good small beer from a bushel of malt and a quarter of a pound of hops; gentian is more stomachic, less heady, and more economical. Boil the hops in a bag, and they will nearly do again for a fresh brewing. Those that like their beer brown, may put in a bit of Spanish liquorice, which fattens it. A gallon of water ought to be allowed for waste, which may be avoided, as it is often occasioned from some small utensil being wanting.

Another.

Put a quart of ale or porter, and a pound of moist sugar, to twelve quarts of water, which bottle, and cork slightly.

To fine Beer, or all Liquors.

Put an ounce of unslacked lime into a pint of water; mix it well, and leave it three or four hours to settle; pour it off clear, having prepared half an ounce of isinglass. Mix them together, and put them into the beer, mixing it well; and as soon as the beer settles, which will be in a few hours, it will be fit for use. Some put in a piece of unslacked lime, which answers very well; others have a prejudice against it.

When a hogshead of ale is on the fret, put in a quart of spirits. Whatever frets in the cask ought to be used as soon as possible; for, although it has been recovered, it is liable to relapse.

Food for stale or stout Beer to feed on, which is occasioned by foul Lees or Mismanagement.

Pound an ounce of honey or sugar with half a peck of egg shells, dried in the oven. Put this into the cask when the beer is done working.

Another.

Dry half a peck of egg shells, pound them with two pounds of fat chalk, mix it up with water in four pounds of dissolved sugar, roll it up in long pieces, and slip it in gently at the bung-hole. Stop up the butt close.

To recover flat or dead Ale.

Take out four gallons of the beer, and boil it with five pounds of honey; cool and strain it, and put it into the hogshead, and stop close.

There are many more expensive and more troublesome methods; but these are given as sure and easy for common domestic purposes.

Ginger Beer.

Boil in two gallons of soft water three pounds of loaf sugar, a sufficient quantity of crystal acid, with the rind of a lemon, or four large lemons sliced, and two ounces of ginger powder. Let it simmer slowly to extract the ginger; set and work it as other beer; bottle it in pint or half-pint stone bottles. Great care should be taken in cleaning stone bottles: never let lead drops be used to clean any kind, as many a life has been lost by it. Get a bit of cane or pliant wood, split it according to its thickness, in four, six, or eight; tie it as a brush; hold the points together till it is put into the neck of the bottle. By using it properly, it will scrape out every foulness.

Spruce Beer.

Mix seven pounds of molasses in four gallons of boiling water, and four gallons of cold, or water of 60°; put in

three table-spoonsful of spruce essence; whisk it well up with three spoonsful of yest. Cask or cover it close up with a double blanket; bottle it when the working ceases, and wire or tie it with packthread, and put it in a cool cellar.

The following articles are subjoined for the use of the curious and economical:

Couch, cocks-foot, and fox-tail grasses* may be brewed into table beer.

The tops and blossoms of broom, fermented in ale or beer, are said to be a specific against the gout.

To obtain spruce, boil the twigs of Scotch fir.

Camomile, or wood-sage, which gives a deep colour, may be used for hops.

To preserve Yest for brewing.

Dip two or three birch whisks into the yest, and hang them up to dry; dip them in again, till all be absorbed. This will keep small brewings going from time to time, as well as assist in baking. (See Yest.)

PASTES.

If there is not a very cool larder where paste may be made, particularly in summer, the cellar, or some place of equal temperature, should be chosen; for while coolness is absolutely necessary, extreme cold is equally hurtful. Therefore, when the weather is hot, let every ingredient of which the paste is to be made be carried the night before into the place assigned to the work. A very little attention to things seemingly trifling would prevent much disappointment to the cook, and much waste and chagrin to the mistress.

There is no difficulty in making good paste. Good instruction and great attention are all that are requisite to beginners; but the knowledge of the oven is not so easily attained, as the best paste will lose in a bad oven, while bad paste will gain in a good one.

If the butter is fresh, put a quarter of an ounce of salt to the pound of flour and pound of butter, and dissolve it in the water, milk, wine, or whatever the paste is to be worked up with; to which ought to be added half an ounce

* And those grasses after boiling will be equally good for the cattle.

of white sugar for fine pastes. This gives the paste a pleasant flavour, absorbing the acridity of the salt. A feather brush ought to be used in making all kinds of pastry, as it is impossible to spread flour over paste, either with the sifter or the hand, as delicately as it ought to be done. When the flour is sifted, dust it slightly and nicely off with the brush; and if still too much, pass a wet feather over it, as nothing destroys the look nor deadens the paste more than an unequal and heavy flouring.

Glazing brushes ought also to be kept, as glazing with feather brushes does it unequally, takes more time, and often bespatters all about, and destroys other things.

Eggs that are beaten for glazing ought to be put in small deep cups with covers, and not lying about in basins and upon plates. If any should be left, it may be cooked to put into a sauce, or covered gently, so that it may not mix, with a little charcoal or lime-water, which will prevent it from hardening or spoiling, till there shall again be occasion for it.

Glazings.

Paste is sometimes glazed before it goes into the oven; and it is at other times drawn out, glazed, and returned to harden it. 1st. Glaze water; 2d. Sugar and water; 3d. Yolk, or white, beaten and mixed with water; 4th. White, and sugar sifted over; 5th. Yolk with butter.

Puff Paste for Vol-aux-vents, Patties, and every Thing that requires deep Borders.*

This paste, more than any other, requires all the attention that possibly can be given to it, as noted above. Take a pound of well-dried flour, and lay aside a little for working it; weigh and wash a pound of butter, put a small bit of it into the flour, melt the salt in cold water, and make it up into a very smooth paste, of a fine workable consistency. Let it repose till the butter (if it has not been prepared the evening before) is washed and pre-

* I have not seen any English cookery-book that gives a good receipt for puff paste; and even those who have attended the best French cooks for instruction have got the method, without having the knowledge of the turns, supposing the more they rolled it out, the more fleaky would it be. On the contrary, by this process the butter is mixed completely with the flour, making it dull and heavy in the oven, and hardly fit for any use.

pared, which should be brought to the consistency of the paste; and should it be rather soft, put it into a dish, and set it on a cold stone floor, or into cold water. Dust the table with flour, and spread out the paste as square as possible; form the butter in a cloth into a square, and lay it in the middle; let the four sides be folded up, to cover it completely; dust it with flour; roll it gently out (that the butter may not break through the paste, which it will be apt to do if it is harder) the length of the table; fold it up in three; dust the table and paste again with flour, and roll it out; dust with flour, fold it again in three, and roll it out. This is called two turns. Dust it with flour, and let it repose fifteen or twenty minutes, and give it two turns more. Let it again repose; and according to what use is to be made of it, and the quantity of butter used,* give it a turn more, which will be five, or two, which will be six: the most that is given is six, or six and a half. Half a turn is folding the paste in two, instead of three. When it is folded for the last rolling, whether it has had five, six, or six and a half, it must be rolled out only the thickness required for the pastry, which will be easily ascertained by testing a bit in the oven; which is also necessary to ascertain the state of the oven.

If it has not been carefully and equally folded, it will fall over to one side. Attention ought to be paid to cut it economically, as it cannot be rolled again, like other pastes, without spoiling it. (The cuttings are used for stringing tarts, and other small matters.)

Lay on the cutters to make the most of the paste, by which a dish of small pastry may be saved without any additional trouble; with a knife, mark the top, and bake them on oven-leaves, to give them a fine colour. This paste requires a quick oven, which must not be opened till it is well risen, or the paste will fall; when baked, cut out the top, and scrape out the soft paste. Fill them, for first courses, with ragoûts of meat or fish: the French call these dishes entrées in the first course: with vege-

* The proportion of the butter and flour is held very nicely with respect to the turns. Thus three quarters of a pound of butter to a pound of flour takes five turns, that is, the paste doubled up in three five times, and rolled out; a pound of butter to a pound of flour takes five and a half or six turns; a pound and a quarter of butter takes six and a half or seven turns. For half a turn, the paste must only be doubled in two.

tables, sweetmeats, creams, or souffles; these dishes they call *entremets*.

They may likewise be served at the top of small second courses, as patties, with farces, fricassées, oysters, or mushrooms, or any nice ragoût of fowl, game, fat livers, &c.

Bottoms of *pâte à dresser* may be made with very thick puff border, for serving hot or cold, and will keep a week, which is a convenience, and may be warmed up in a few minutes.

Sweet Paste.

All green and acid fruits are better baked in sweet pastes, and the fruit under-sugared, as it still raises the flavour to eat sugar to it; and care should be taken not to sugar them fully or over much, as it not only hurts the flavour, but gives a coarse, heavy, sickening taste to the fruit.*

* If daily experience did not convince us, no one would believe how little the properties of food are known, and even less acted upon, although life, health, and comfort depend so much upon it. What mother would give her child constantly with its food any thing so pernicious as butter, if she really knew it to be so, even before the child has attained sufficiently the powers of mastication, which might in some degree counteract its evil tendency? Butter, or any unctuous matter, obstructing the salivary glands, from whence the saliva is brought out by the act of chewing, which mixes it with the food, and carries it into the stomach, there to prepare the chyle with the gastric juice in the stomach; therefore dry bread is best calculated for this necessary operation.

The want of this saliva is more pernicious to infancy and youth than to maturer age, while the system is expanding and forming into such a nice machine as the human frame. Thus the aliment has a vast deal more to do in infancy and youth, having not only to sustain the functions of life, but also to supply proper materials for the building of the structure. If this structure is brought to maturity in strength, there is no knowing how much it would be equal to, either as to digestive power, privation, and physical or mental strength.

When the structure begins to decay, and the powers give way one after another, and man returns to a second infancy, what do physicians order for his nourishment? Is it not what is most easy of digestion? and does not experience show how such diet restores and very often makes old age easy and comfortable? Many instances might be adduced, were it to any purpose, to sustain this; but truth, and truths so beneficial to our interest, go for nothing when opposed to strong-rooted prejudice.

A grand-daughter of Governor Holwells (one of the sufferers who survived the confinement of the Black-hole at Calcutta) has been often heard to say, that a milk diet† and her harp made his very old age comfortable.

Observing a country nurse give her nursling sugar upon bread and butter, while her own child was eating dry bread at her feet, I asked her why she made the difference. She replied, "dry bread is best for children." "Why then do you give butter and sugar to the other child?" "Because my employer insists upon its having butter, and it will not thrive if I do not give it sugar with it. It was brought dying to me, and it would have pined and cried itself to death upon dry bread; but being accustomed to have such children brought to me, I find that I can bring them to with butter and plenty of sugar."

This, and such instances, turned my attention to food, and its effects upon the different stages of life; and were this a place to treat more at large upon this very necessary and interesting subject, I might perhaps be able to induce prudent, as well as other mothers, from very different motives, to look well to the aliment, the mode of dressing, and the quantity which is given to their children.

† See Milks.

The paste being sweeter than the fruit is a great improvement.

Mix a pound of flour with six ounces of butter, six of sugar, and two yolks; make it into a smooth light paste with water, for covering fruit pies, sweet pasties, or to cover fruit in small stone tartlet-pans, which preserves the juice of fresh fruit better than paste, and keeps better; or to cover tart-pans to be kept for filling: covers may be punched in long narrow holes, glazed, and sugar sifted over them.

This paste answers well for minced pies, or lining dishes for fruit.

Pâte à Dresser.

Sift two pounds of flour upon a table, handle a pound of butter, and put into it with half an ounce of fine salt, and as much water as will make it into a stiff paste; beat and work it till it is very firm; pull and break it, throwing it upon the mass, and beat it with the palms of the hands, and when sufficiently done, make it into a mass, and let it repose half an hour before it is used, covered with a wet cloth.

It may be made with eight, ten, or twelve ounces of butter to the pound. The first proportion is for farces, cold patties, and cold timbales; the second, by adding an egg to the pound, serves for hot farces, for macaroni, timbales, patties, &c.

Nouille Paste.

Break into a pound of flour three or four eggs, half an ounce of melted butter, with as much water as will make it into a paste; beat it well with the hands, gather it together, and let it repose half an hour; give it two turns, divide it in four, and roll out as thin as possible; cut them in ribbons of an inch and a half broad; dust them with flour, and cut them into the size of large vermicelli as equally as possible; lay them in the air on paper for some hours to dry, lifting them from time to time, with the points of the fingers of both hands applied at once, tossing them, to raise them from the paper. Poach them in boiling salt and water, or milk and water; let them boil a quarter of an hour; serve them as macaroni, or in soup or potage, into which it ought to be put

a few minutes before serving, that it may get the taste of it.

Macaroni Pastes.

If water is used alone for making these pastes, it must be warm, or sweet warm skim-milk, to give a certain tenacity to the paste, which takes time, strong working, and beating; but if well done, from its freshness it is better than what is bought sometimes in the shops (as it is often, though newly imported, very old): after it has been made and rolled out very thin, roll up the paste, and cut the rolls in very thin strips, or stamp it in stars, barley-corns, &c. &c., and dry as above.

Another.

Mix and beat raw yolks with a little melted butter and flour; work, roll, and prepare, and cut as above: this is excellent in chicken or veal broth, as its peculiar richness is lost in cream, cream and butter sauces, or rich, high-flavoured soups.

Paste for small moulded Pies or Timbales.

Mix a pound of dry sifted flour with a gill of olive oil, an ounce of lard, a little water, three or four yolks, and salt; work and beat it well with a rolling-pin, and roll it out to half an inch thick: mould the paste with the hands; or if for timbales, proceed as follows:

Make some ornaments, to ornament the mould, and line it nicely with the paste, fixing it properly, by pressing it to the mould with the hands; put in any ragoût, and cover it nicely, so that it may turn out handsomely; or if the mould is ornamented, press the paste in with the fingers, so that it may be well moulded, or mould it by the hand, and ornament it with leaves, flowers, &c.

Nice Tartlet Paste.

Mix a pound of flour with six ounces of butter, four ounces of sugar, two ounces of almond-paste, and six yolks; make it with rose or orange-flower-water; beat and make it very smooth, cover small tart-pans, and cut out flat or raised covers; if raised, they may be baked on tart-pans turned up: these covers ought to be very open: do not fill them till wanted, or put them into the

oven with any cream or custard, all kinds of frangipanes, fried creams, &c. &c.

Another.

Make the paste as above, adding lemon-juice. The almonds may be kept out.

Coloured Pastes.

Mix any of the foregoing pastes with chocolate, cloves, cinnamon, or pistachio paste; the clove may be coloured with beet or cochineal; the cinnamon, cochineal and saffron; the pistachio, spinach-greening, orange-saffron, and cochineal, lemon-saffron.

These pastes are beautiful filled with cream. If they are left open without covers, they ought to have such a border as will show the colour; or if filled with whipped cream, and the covers very open, it looks well oosing through them. The colour ought to be very delicate. The cream must not be put in till they are going to be served.

Croquant and ornamental Paste, or Pâte d'Office.

Sift three quarters of a pound of sugar to a pound of dry sifted flour, and half an ounce of butter, a little orange-flower-water, salt, and too eggs; work it well, and beat it with the rolling-pin; it must be very firm, but not unworkable; if it becomes so, add a little white of eggs. This paste will make into ornaments of shells, rude baskets, stumps of trees, rocks, or what fancy may direct, for which it must be coloured. For croquants, it must be rolled thin, and the moulds lightly buttered; it must also be lightly handled. Where ornamental pastry is used, the cook ought to have a store of cutters, moulds, &c.

Transparent Paste.

Rub a quarter of a pound of fresh butter into half a pound of flour; sift in an ounce of double-refined sugar through a lawn sieve; make it into a paste with two spoonfuls of sweet wine and a spoonful of orange-flower-water; work as light as possible, scarcely touching it; roll it out very thin, and form it into tops and bottoms for tarts: they must be baked in a very slow oven, as their beauty depends upon their whiteness: they should be kept in the

pans they are baked in till used, as they are so apt to break; fill them with sweetmeats.

They will do in the mouth of the oven, as they must not have the least colour: a little lemon-juice may be added.

Pâte Brisée.

Sift two pounds of fine flour, and put in an ounce of salt, and a pound and a half of butter, if the butter is fresh, with as much water as will make it a firm paste; work it well, without dividing the butter too much; if too dry for working, add a little water, make it up in a mass, dust the table with flour, lay the paste on it, sprinkle it with water, and cover it with a wet cloth; let it repose half an hour; give it then two or three turns as long as the butter appears, and use it for cakes, bottoms for entremets, and many other things.

Ornamental Paste for garnishing standing Pies, Tongues, and Hams.

Put into a pound of flour about the size of a nutmeg of butter, three ounces of fine sifted sugar, and make it into a stiff paste; roll it out to answer the mould it is intended for, either of flowers, groups, figures, animals, wreaths, &c.

There are cut wooden blocks, which are better than cutters for this purpose, into which, after a piece is formed to fit, the mould being perfectly clean, and dusted with fine dry starch flour, as also the paste, it must be nicely pressed into it, and then with a sharp spatula the superfluous paste must be taken off, and smoothed over; then press on a bit of damp paste, to which the wreath or figure will adhere and come out; but should the paste be left in till it damps the flour with which it was dusted, it will not come easily out: dry them in the mouth of the oven, and stick them on hams and tongues when they are glazed, and on the pies, either wet before they are baked, or afterwards when the pies are glazed; they will then remain white.

The French use very little variety in their pastes, as their tables do not depend so much as ours on tartlets and small entremets of pastry, using a great many plats-de-

rôts in their second courses, which is a great economy, where the cook understands it.

Beignet Paste for Tartlets, or Meat Batter Paste.

Put some flour ground, or whole rice, into just as much water as will swell it; put it under the grate, or into the oven; when it is sufficiently cooked, beat it well in a mortar, and add butter and eggs in proportion to the paste. After having been finished in this manner, which is beignet paste, thin it to a batter with egg and milk; pour it over a chicken, or any nice dish of meat or fish, for a batter pasty, and bake it.

Pastes may be made of any proportion of ingredients: standing paste with us is always made with boiling water, as it gives more tenacity to the paste.

Almond Paste.

Blanch two pounds of almonds, and leave them all night in fresh water; dry them in a cloth, and pound them; pass them through a fine hair sieve as they are pounded; lemon-juice must be added in pounding; rose or plain water will answer to keep them from oiling, but the lemon-juice preserves them white; put them into a basin, and sift in a pound of fine sugar through a gauze sieve; mix it well, and put it on a gentle fire, and stir constantly with a wooden spatula, that the paste may not stick: when the paste no longer sticks to the fingers, it is enough; put it into the mortar, and pound it with an ounce of gum dragon dissolved in a glass of water (see Gum Paste); sift sugar over the slab, and roll the paste, and wrap it in writing-paper for use. It may be made without the gum: it must be baked in the mouth of the oven, to preserve its colour.

Coloured Almond Paste.

Divide the above paste upon the slab, and for all the shades of red mix it with a little infusion of cochineal; for yellow, saffron; green, spinach, and the other intermediate colours. (See other colourings.)

Almond and Flour Pastry, excellent for small Dishes.

A pound of flour, three quarters of a pound of sugar, and half a pound of butter; a little salt, lemon zested with sugar, four yolks and two whites, with orange or

rose-flower-water; mix all together, work it well, and leave it to repose; give it two or three turns, and cut it into leaves, stars, lozenges, shells, &c.; glaze, and rasp almonds over them, and give them a moderate oven; serve piled on dishes, or on napkins, in second courses. They may be meringled and coloured, or strewed with flower powders, sliced almonds, citron, or currants, and the powders perfumed by a drop of any of the essences, and named by them, as rose, citron, almond pastry, &c.; they may also be coloured à la rose, &c.

These little entremets should be made as odoriferous as possible: when musked, they require great management, and musk in plums should always be used.

When puddings or pasties are lined to be turned out ornamental paste, ornaments may be made of a paste without butter, composed of flour, whites of eggs, and sugar, or the remains of any other paste, mixed with fruit, boiled rice, or the mould powdered with fine crums, or any of the small Italian pastes: ornaments of this kind, which cost little, and are not much trouble, give such a finish to dishes, that the cook ought to practise them daily till she can execute them well.

Sweet Cream Pastes.

Mix well with the points of the fingers a pound of flour, three ounces of butter, six ounces of sifted sugar; boil some cream, and let it cool; mix in a yolk or two, and make the paste.

If cream paste is not made carefully, it gets a greasy appearance; it may be made of different proportions.

Standing Pie Paste.

Mix half a pound of lard in a pint of water, and let it boil: have ready three pounds of dried flour; lay a little aside, to make up the paste; mix in the water with a spoon, work it stiff; continue working it till quite smooth; lay aside a piece for the cover, roll it out a proper thickness, and mould it by putting the right hand in the centre, and begin moulding with the left, keeping the outside in the proper shape.

The meats which are savoury for these pies ought to be ready cooked before the paste is made, and may be seasoned from salt, pepper, and onions to any height. No juice of any kind ought to be put into them; butter,

rasped bacon, and savoury jelly are the only admissible sauces. Fill, cover, wet the edges, and close them neatly. There is no occasion to pinch them, it is vulgar; smooth and ornament them well (see Paste for Ornaments): put them into a quick oven.

As raised pies are difficult to the beginner, small ones ought first to be attempted, and made larger as knowledge is attained.

Never make them of pieces of paste: the method is slovenly, and the pies are vulgar.

There is little or no difficulty in making pies, after a knowledge of making paste is obtained.

The French method of preparing cold pies in the solid mass, and the covering them with paste, is preferable to ours, so far as ornament is necessary to the table, as they can be finished with lighter pastes.

They, however, raise their larger pies in the common way, by moulding for ham or larger pieces. (See *Bouvillier*, *Pâté froid de Veau*, and *Pâté de Jambon*.)

Pies baked to be eaten cold are generally solid, either in a standing crust or dish; in which case the meats must be all dressed in a braise to their proper points before they are put into the paste.

The advantage of braising is, if properly done, that it makes the oldest meats tender, which can only be effected by slow simmering to the different lengths the meats will bear, and to this, more than to what may be added, the meat will owe its flavour and goodness.

Cooks seldom know, or take into consideration, the power that the proper application of heat has upon meat; they, through prejudice, are apt to think that long cooking saps it, which would be the case if boiled in a great deal of water in evaporation; but if meat is braised in a low heat, in little more than its own juice, or in butter, without evaporation, with herbs, vegetables, and spices, the essences of which are forced into the meat, while the gentle continuation of the heat relaxes the stiff fibres.

Cold solid pies of meat are filled up with farce, poultry, or game with gratin—(see these articles.)

Perigord* or péregueux pies of poultry, game, or meat, are made with truffle.

* Perigord is the name of a place famous for partridges, which they cook in the first style with truffle.

Half a pound of truffle is allowed to every partridge or plover; and to larger birds a pound, either for pies, roasting, ragoûted, in Champagne, &c.

Ortolans,* and all small birds in proportion.

There is one thing very necessary that every cook should attend to, which is, in dressing the trail of small birds, to take out the gizzards, which contain a pretty large quantity of small pebbles, and other calcareous substances.

Children in eating small roasted birds should be particularly warned of this, which should not be left to the care of their attendants: the cook ought to have a knowledge, and watch with scrupulous attention that nothing hurtful goes through her hands.

Cold solid fish pies are excellent, yet seldom seen, but of eel: oysters, lobsters, shrimps, and other small shell-fish, are all excellent; and when very highly seasoned, and baked solid in covered pans, are great dainties in close time, and excellent sea store, as they keep better so dressed than in the common methods of pickling.

Common pies of all kinds are easily made, and generally better from the hands of a common cook than any other. If they are made of meat that has been fully cooked before, they must be well nourished, and have no more of the oven than will bake the paste; if roasted, every part that has been browned must be cut away.

They must be well seasoned, have enough of fat, and packed at least some hours into the pie-dish before the gravy is put in, which ought to be stock, as water would harden the dressed meat too much; and the onions may be lightly browned, and have the addition of a clove of garlic to raise the flavour. As these pies require no cooking, they ought to be covered with light or very thin paste, as when it is cooked they will be ready.

If vegetables are put in, they must be cooked and well nourished.

These observations are applicable to higher dressings, as cold meats, if carefully done, may be re-dressed and highly seasoned, and will be quite as good as any other; but they require attention.

Cold meats dressed in salpiçons, and put into pastes,

* Ortolans preserve very well in brandy; a method practised in some parts of France.

are excellent, also minced and ragoûted; but these belong to the lesser department of patties, pasties, vol-aux-vents, casseroles, &c.

The state of the oven is of the greatest consequence; and no meat should be covered by any paste that requires more baking than the paste, otherwise one or the other must be ill done.

Raised pies take first rather a quickish oven, which must be made more moderate by degrees. They may be covered with paper, or a pasteboard cap, to prevent their taking too much colour.

Common paste requires only a moderate oven; and puff paste a quick one.

The Carron oven would be much the better of a small sliding window or pin at the top, by which the progress of the baking might be watched, as by opening the oven to attend to one thing, another is often spoiled by the strong rush of air that enters.

Preparation of Meats for Pies.

All sorts of common meat pies are very relishing and excellent, seasoned merely with pepper, salt, and onions, though they are by no means so light and easy of digestion as those that are made with sweet herbs and spices.

If a very tender nice piece of beef, mutton, pork, veal, or lamb is to be made into a pie, cut and season it at least some hours before, without boning, as it will not only be tenderer, but from the air not being excluded, as in solid pies, it will be more digestible, and higher flavoured.

A Yorkshire Goose Pie

Is made of as many different birds (beginning with a goose) as it is possible, after they are boned, to stuff into one another: they are all seasoned with spices, salt, and sweet herbs, and should distinctly taste of the different seasonings. A tongue is sometimes put in last, or into the birds, if they do not descend, till there is no more room. A farce or gratin may be made of the livers of the poultry, or any other, to fill up the pie.

The different birds must be cooked in a vegetable braise the proper time; braise also an ox, two calves, or any number of smaller tongues; the large tongue may be

cut in two, and put in on each side the lesser ones slit, and a wedge of nice white bacon put into them, or dobbed; pack them round, or over the farce, and fill up the pie with it.

This is an excellent way of dressing old birds: the goose or wild ducks may either be salted a few hours, or laid and cooked in a marinade, and the white poultry sprinkled with lemon-juice, that it may be very white before it is poêled.

Oysters, mushrooms, &c. may be added, by mixing them whole among the farce. Pies so prepared may be baked in pie dishes, with standing crust covers, which are to be taken wholly off. Cover the pie with a quarter of an inch of clarified butter, and keep it closely covered with the paste cover.

Hare Pie, hot or cold.

Old hares are generally used for pies: they must be boned, and braised, or baked in butter, or rasped bacon, with garlic, pepper, salt, a little sugar, and port.

Make a farce of the liver and lights, very highly seasoned with a clove of garlic: a little port wine and sugar ought to be sprinked into the pie, or currant jelly; also currants, if not disliked.

If it is a standing pie, when cold, cut the lid out; cover the pie with a little clarified butter; wipe the lid free of grease, and rub it with flour, that none may remain, and fit it closely in, to prevent the operation of the air upon it to the last; when it comes from the dining-room, put it into a clean pan; cover it over with a cloth, and then with the cover; never allow any thing of this kind to go into the kitchen, pantry, or hall. A cook can have no difficulty in preparing the meat pies, when the proper seasonings are known, and the meats understood.

An old hare and rabbit may be boned, cut up, and intermixed, and seasoned as a goose pie, being braised or soaked in goose fat, and properly seasoned.

A leveret and rabbit must be boned and put within one another; or rabbits may be marinaded for forty-eight hours, and baked as hare. Young meats do not require soaking in the oven, but are all the better of a little braising.

Beef Steak Pie.

If the steaks have been cut from a well-hung rump, they require very little seasoning: mince some onions, with a clove or two of garlic, according to the size, and mix them with pepper and salt; beat and season every steak; roll each with a bit of fat; arrange them in the dish, or put them in, in slices, laying in cooked mushrooms and more steaks, and fill the pie; or use oysters instead of the mushrooms, and add the juice of either, and cover it with pâte brisée, puff paste, or any other.

Meats that are high flavoured of themselves require very little seasoning; and that should be attended to, particularly in young meats.*

If the pie is made of any of the coarser pieces, add sweet herbs and spices to heighten the flavour; or if dressed with vegetables (see Mutton Pie), put in a large proportion of fat and fried onions, which makes an excellent family pie.

Small Mutton Pasties.

Make the paste as for marrow pasty, only cut it the size of a mutton chop; beat and roll the chops in spices, a little garlic, and salt; put it in, and if not very fat, lay small pieces of butter over, and cover it.

Another.

Prepare mushrooms, oysters, or any nice vegetable ragoût; make it dry over the fire, and pack it in over the meat, and so cover it, having put in a little butter, savoury jelly, or fat; or with mushrooms, or a high seasoning of truffle powder, is excellent. Fish may be done with anchovies, oysters, shrimps, &c. There is no occasion for much paste. These small pasties make an excellent dinner for a single person.

Péregueux Kid Pie, as dressed by a Frate.

Make a farce of truffle, white meat, and bacon, and cut down a sufficient quantity of truffle to be put into the pie; cut the meat into nice pieces; make some farce-balls, and line the dish with the rest; lay in some meat, and cover it with truffle, strewing in a little mace, pepper, and salt,

* A fine taste does not relish very high seasoning, which destroys that enjoyment it looks for in other dishes.

and fill up the pie. If the kid is not very fat, a little rasped bacon must be strewed over the truffle; lay the balls over; add a little stock or water, and a little white wine; cover, and when it comes out of the oven, put in a high-seasoned wine caudle, or gravy and wine sauce; shake it well, and set it under a cover on a hot table, if too much coloured; if not, glaze, and return it into the oven.

Butcher's meat, poultry, game, and fish pies, done as the foregoing, are excellent with mushrooms: a cream sauce answers well with them.

Lamb or Kid Pie.

Nothing is better than either of these, made of any part of the fore quarter or loin; cut into chops, seasoned as fowl or veal pie; or simply with mushroom, spices, and sweet herbs. Artichoke bottoms and eggs may be added. (See Veal Pie.)

Veal Pie.

When veal pies are made of the solid meat of the neck, shoulder, or fillet, it is better to prepare it by beating and braising, or baking in spices, sweet herbs, and butter, or rasped bacon. The breast, back, ribs, and best end of the neck are, however, better baked with the bones, which ought to be well trimmed, these pieces being higher flavoured; and the admission of air in baking makes them of easier digestion. The pieces ought to be cut into a proper size for helping, which should be small, and seasoned in a cloth some hours at least before covering. If farce is used, cover the bottom of the dish with it, and arrange the meat with any other seasoning, such as sliced ham or bacon, sweetbreads of lamb or veal, farce-balls, hard yolks, artichoke bottoms, spinach, or rice curry balls, oysters, mushrooms, truffles, morels, or cocks-combs, and kidney, &c. It may be made excellent with any of these, or a mixture of them; or nicely seasoned with spices and sweet herbs alone.

If the meat is lean, cover the pie with a thin layer of butter; after a little water or stock has been put in, cover it with pâte brisée, or puff paste *; put in a caudle or

* Attention must be paid to the time the pie will require to bake, which the paste must be suited to.

gravy sauce, made of the parings and bones, when it is taken out of the oven, with a funnel, or by raising the crust.

Mock Turtle Pie.

Prepare the mock turtle as for that dish; when cold, and firm in the jelly, spread a little farce in the bottom of a pie dish; cover it with slices of lean cooked ham and lamb or veal sweetbreads, kidneys, or farced chitterlings; slice the mock turtle, and lay it over, and put in eggs and balls, and continue laying them alternately till the pie is full; cover with a rich or puff paste: when it comes from the oven, put in a little well-seasoned gravy or caudle. This pie is excellent seasoned sweet, or with the farce and eggs, without any other addition.

Mutton Pie, curried, plain, or with Vegetables.

Cut the chops very nicely; beat and season each with pepper, salt, and fine chopped onions, with a little clove of garlic; fill the dish; put in a little water or weak stock. If it is very fat, either cut it away, or intermix it with a large proportion of vegetables, such as potatoes or well-dressed cabbage, or turnips, parsnips, or carrots, in a fine mash; or season it with curry, and lay the rice over. If a teacupful of rice is put in, three teacupfuls of well-seasoned stock or water must be allowed for swelling it, besides what is necessary for the pie; or swell and nourish it before it is put in, which is preferable.

Fowl and Rabbit Pies.

Cut them down the backs, and bone; or only take out the back and leg bones, and bruise the others; or cut them down without boning; lard and season them with pepper, mace, and salt; simmer them in a little water, lemon-zest, or carrot, and onions stuck with two cloves; let them cool; cover the dish with farce, or not; put in the birds, and fill up with some slices of ham, hard eggs, artichoke bottoms, and farce-balls, and lay over the whole a thin covering of butter; cover with puff paste; when it is done, put in a caudle, or other rich sauce, with a filler, and shake it well: serve it hot. Rabbit pies are done in the same manner: if to pass for chickens, they must be boned. These pies may be raised and finished

as the others, with farce, for standing pies; but in that case they must be boned.

Where meat is eaten at breakfast and tiffings, these are economical and handsome dishes, and are made of all braised meats, which may be seasoned as venison, goose, or pork. Any livers may be made into gratin for pies, and the livers of the birds saved for dishes.

The cook ought to steady Bouvillier, as it is impossible to offer any thing in our practice so good; and there is not room here, from the range taken, to give as many examples from him as might be wished.

Pigeon Pie.

Do not put any beef steak in the bottom of the pie, as it soaks up the juice in which the pigeons ought to be done, and leaves them dry; therefore, if it is put in, let it be at the top; put butter, thyme, pepper, and salt into each; boil the gizzards first; put in the pigeons, wrapping each in a vine-leaf, and over it a thin slice of bacon. If there is any salmi of game or pigeons, put in a little; if not, put in water, with hard yolks: farce-balls may be added, and a clove of garlic; stick some of the pigeons' feet in the middle of the crust.

For a nice pie, use puff paste; but any other will do for a family pie. As pigeons do not keep a day, they ought always to be braised immediately; by which means they will keep good eight days, and re-dress in every way. The French are of opinion that any one may make a pigeon pie; the ingredients are so good, and the manner of making it so simple. The cook, therefore, may do it in any way, as it is excellent with the simplest dressings, if she cannot afford higher. Some dislike bacon in pigeon pie.

Partridge cold Pie.

Bone, or not; truss, and dob with seasoned lard; make a gratin of the livers, adding some others; roll out the paste, and raise it as directed (see Raised Paste); fill the bodies with the gratin, and spread a little in the bottom; put in the partridges; fill it up with the gratin; cover with thin slices of lard, and lay over some butter, and finish as other standing pies. Any other farce may be used.

Partridge Pie à la Péregueux.

Have half a pound of truffle for each partridge; prepare the birds as directed above; brush, wash, and clean the truffle, and cut it with a turnip-cutter all of one size; make a gratin, adding the dressings of the truffle; proceed in every way as directed above; stuff the partridges, mixing the turned truffle with the gratin, and finish the pie as the foregoing, being the same, with the addition of the truffle. It is excellent made with mushroom instead of truffle. No bones should be left in standing pies, not only on account of waste, but from digging them up they become unpresentable, and are spoiled by the admission of the air.

Pies of Woodcocks, Snipes, Quails, Thrushes, Larks, &c. and the Manner of serving their Livers and Gizzards.

Prepare eight dozen of larks, or the proper number of any of the other birds; open them at the back, take out the intestines, and pick them with care from the gall, liver, and gizzard; make a farce of them; bruise the bones of the birds, and farce them; raise the pie, cover the bottom with farce; lay in the larks, and fill up with farce; mix some butter with fine spices and salt; spread it over, and finish the pie. Each bird may be wrapped in a bit of bacon and truffle, or mushrooms may be intermixed in the gratin.

As the livers will not make a sufficient quantity of gratin, any other may be substituted, and the larks or other livers will make an excellent dish of cubbubs, a garnish for nice dishes, cooked salads, or to be put with cocks-combs, kidneys, and small eggs in jelly.

The gizzards also may be reserved for the same purpose: they keep well when simmered and kept in fat. Lard the gizzards with very fine lard in the form of combs, making it higher in the middle. After they have been cooked, serve them with the livers for garnishing small, early-roasted chickens, or sweetbreads, or over any nice white mince, or as a dish over a brown, high-seasoned salmi or civet sauce.

Sweet or savoury Rice or Potatoe Pasties. (*Scotch.*)

Prepare a potatoe paste, as for savoury or sweet rock or rice, as for sweet or savoury pillau, but much drier, which may be done over the fire. (See Casserole.) Allow it to stick, but not to burn; butter a mould, and lay in a few strings or paste ornaments; do round the bottom with turnip balls or small onions, and make a star of carrot in the middle; that is, ornament it properly, or strew it over with bread crums, and lay in the potatoe or rice paste carefully, not to derange the ornaments, and press it close; put in any dry ragoût of meat, fish, or vegetables; or season it sweet, and ornament it with dried fruit; or make the paste firm, and put in a nice custard of apples, gooseberries, or sago pudding: cover, and let it take a nice colour: whatever is put in should not require any baking: cut off the cover, or cut a hole with a larder, and put in the sauce with a funnel. The rice may also be made as a savoury pillau without meat, bordered with small eggs. They make very handsome centre side dishes for family dinners.

A rich Marrow Pasty. (*Scotch.*)

Prepare a dozen of large apples, a pound of beef marrow, a quarter of a pound of almonds, two ounces of confected orange-peel, half a pound of moist sugar; beat all well in a marble mortar; roll out a nice puff or sweet paste; cut it the size and figure desired; spread the ingredients upon it, border it with puff-paste, bake it in a quick oven, stick it over with almond-fillets, and strew sugar over it. The top may be cross-barred or ornamented with paste.

Another.

Cut the bottom of thin puff paste, and cover it with apples prepared with sugar, spices, and wine, and dried, and allow them to stick to the pan over the fire till they have a fine grilled taste; strew over it citron and orange-peel, a handful of fine minced marrow, and sift over a little sugar: if it is to be covered with paste, cut a thin cover; cut it in open stars, roses, &c.; lay it on, and put on a deep puff paste border: if not covered, after it comes from the oven, stick it over with sliced almonds: sift sugar over, but not on the border.

When the pasty is baked, it is enough.

French Veal Pie.

Prepare two pounds of the fillet (*noix*), and dob with large seasoned lard ; make a farce of the other part of the fillet with an equal quantity of bacon ; season with fine spices, pepper, salt, sweet herbs, and a little garlic ; cover the bottom of a mould with thin slices of lard, and spread a little of the farce on it ; cut and shake the veal in a napkin with spices and sweet herbs ; fill the mould with the meat and farce ; cover and bake it an hour ; let it cool, and take some *pâte à dresser ;* wet and roll it out about an inch thick ; put it upon a double-pasted buttered paper ; put a little farce upon it, the size of the top of the mould ; warm the mould a little, and turn it out upon a cover, and slide it upon the farce on the paste ; work some butter with a little garlic-juice ; roll it out with a little flour half an inch thick ; put it on the top of the patty, roll out a cover of paste nearly half an inch thick, to cover it, and fall down to the bottom, and fix the cover ; and then in like manner bring up the bottom paste, managing it so that the paste shall form well about the pie, without folding it into the shape, forming the bottom ; cut another cover, and fix it nicely, or make an ornamental cover of puff paste, and finish with it ; make a hole in the middle. Glaze, and give it a very hot oven that has been a little damped, that it may get a fine colour, but not too much : to prevent this, put on it a strong paper or pasteboard cap ; give it three or four hours, according to its size ; try it with a wooden larder ; if it passes easily, it is enough ; mix a glass of brandy and a glass of rich stock ; put it in with a filler ; shake it well to incorporate, and when nearly cold, cork and turn it up. Take off the paper, scrape the bottom, and serve it on a napkin.

Timbale of Rabbits, Poultry, or Game.

Prepare, bone, and cut up two young rabbits ; dob them with bacon ; season with minced parsley, scallions, shalots, mushrooms, or truffles, spices, pepper, and salt ; put these ingredients in a stewpan with butter, and harden the rabbits white in it ; moisten with a glass of white wine and two large spoonfuls of espagnole or good stock, and let them simmer till enough ; set them to cool ; butter a mould of a sufficient size, and line it with rolled paste, beginning at

the middle of the bottom, and continuing to go round till it comes to the top: the rolls of paste must lie firm over each other: have ready a piece of thin paste to lay in the bottom; make it an inch larger, that it may come up the sides; wash over this paste with yolk of egg, and put it in; press it well down, to make it firm, and have ready a sufficient quantity of small farce-balls; dress them round and round the sides till they nearly reach the top; put in the rabbits with the seasoning, and cover it, wetting and fixing it firmly: dress it round the edge: give it an hour and a half; it must be of a fine colour for the paste. (See *Pâte brisée.*) When ready to dish, cut it neatly open at the top, and put in a nice sauce of reduced espagnole, or cover it with a sweetbread or mushroom ragoût.

Another.

Butter the mould, and powder it over with Italian paste; or make ornaments, and dress the mould with them; line it with paste, and finish as above. Meat, game, fish, fruit, and vegetables may all be served in timbales. They make beautiful side-centres for first courses.

Fowl, Veal, or Rabbit, Game or Fish Patties.

When there is any white of rabbit left, mince it fine with an equal quantity of veal kidney fat, or steeped bacon; oysters or mushrooms may be added; season and dress it white with cream, and fill the hot patties with it. All other white meats may be dressed in the same manner, as also fish, game, &c., attending to the proper seasoning.

Rissoles of Rabbits, Meats, Fish, or Game.

Make a nice farce of rabbits, spread some paste thin, with the rolling-pin; cover one half of it, at certain distances, with pieces of the farce, about the size of a nut, with a small brush; do round the patches with yolk of egg, and fold over the other half of the paste; press it down round the farce with the fingers, and cut it round with a nicked paste-cutter; poach them in stock or milk, or fry them brown or white, for their several uses.

Rissoles of meat, fish, fruit, and vegetables, are all made in the same way. Fry of a delicate pale colour.

Pork and Fish, or Rabbit and Pork Pie.

Cut down one or two rabbits with an equal quantity of pork fat and lean; roll them in white spices and sweet herbs; prepare a gravy of the parings; put in small whole onions or minced at pleasure, or a large quantity of fine minced parsley, with potatoes and vegetable balls; lay in the ingredients mixed, or in layers, dredging over each layer pepper and salt: if the pork has been salted a week, salt will not be necessary, or if salt pork is used, it will be the better of steeping; and half dressed or fresh pork may be used.

This makes an excellent family dinner dish: any cold white meat or old fowls will answer, but they must be stewed.

It may also be seasoned very high with mushrooms, fine vegetables, hard eggs, and farce-balls, with a wine or caudle sauce: put in when it comes out of the oven. Fresh or salt fish may be used instead of white meat.

Chitterling Pie.

Prepare and cook the chitterlings; mince them fine with the yolks of six hard eggs, half a pound of marrow, and a little rasped ham, bacon, or both; season it with white spices, lemon zest, and salt; cover a dish, and put in the meat; it may be covered with paste or crums: if crums, they must be well covered with yolk and butter. It is excellent simply with suet and spices; it however may be made as rich as sweetbreads, white meats, or any other dish of the same kind.

Lumber Meat Pie.

Take the quantity required from a fillet of veal; do it white in butter, and when cold, mince it fine with double the quantity of beef suet; blanch and mince three handfuls of spinach, and a little parsley; season as for minced pie; mix yolks with it; do not put it up close; keep it for use.

The lumber-meat is put into the pie-crust in the following manner. Take the marrow of three or four bones out as whole as possible; cut it in large pieces; dip them in yolk, and roll each up in a pretty large ball of the meat; fill the pie with them; cover with citron,

orange, lemon-peel, or preserved eringo-root, raisins, or barberries, &c. Cover and bake it; cut it up, and put in a sweet wine caudle, with buttered gravy.

Stump Pie Meat. (*Scotch*).

Prepare as directed for stump-meat; only take two pounds of beef, with two pounds of marrow, which is to be cut, but not minced; mix together, and season with pepper, salt, nutmeg, ginger, thyme, minced parsley, a little garlic and onion; mix it with the yolks of eight eggs, a little white wine, and finish as directed for lumber-meat.

When the pie-crust is raised, or a dish lined, fill it half with the meat; lay over pieces of marrow dipped in egg; cover with hard yolks, citron, and dates, and fill the pie nearly full of the meat; cover it with the same sweet-meats as the lumber-pie; cut it up when baked, and put in the same sauce; make small patties of the same meat to garnish it.

These meats are all baked nearly in the same manner in standing pies, or timbales; they may also be made up as farces, and rolled into puddings without skins, with a long piece of marrow dipped in yolk rolled in each pudding; or a farce of oysters or mushrooms may be enclosed in them. (See Boudin à la Richlieu.)

Minced Pies.

Mince three pounds of tongue, a pound and a half of marrow, and an equal quantity of beef-suet, three pounds of pippins or good apples, and a pound of stoned jar-raisins, three pounds of currants picked and rubbed in a cloth, and plumped before the fire, a pound of citron, half a pound of orange or lemon-peel, and a pound of blanched almonds in fillets, and a few bitter almonds rubbed in a mortar, a pound of sugar; mace, nutmegs, cloves, and cinnamon, of each an ounce, the zests and juice of four lemons and two Seville oranges; put all these ingredients into a deep pan, and mix them with the juice of the lemons and oranges, or what will be equal to that of acid, crystals of acids, or ver-juice, a pint and a half of brandy, a pint of wine, and one of orange-flower-water; mix all well together, pour it over the ingredients, let them settle, cover closely

up, and in a short time press them well down: sweet paste is most appropriate; they are made very flat, and about the size of a small saucer. They do not require much of the oven.

This is an expensive receipt; but it will easily appear that very good minced pies may be made by withholding many of the ingredients, or half of the quantities of the expensive ones.

Minced cow-heel, or young ox-heart, suet, apples, currants, in equal quantities; verjuice, sugar, and seasoning, such as a few almonds and some orange-peel, in proper proportions, will make nice pies: prepare as above.

Minced Egg Pie.

Mince the yolks of twenty-four eggs, two pounds of suet, half a pound of biscuit or bread crums; season with cinnamon, ginger, mace, cloves, sugar, sack, orange-flower-water, citron, orange, and lemon-peels, a pound of minced raisins, half a pound of currants, fillets of nuts or almonds; cover, bake, and sauce with wine-caudle.

This may be made into small pies.

An excellent Way of making all Sorts of sweet Fruit or Vegetable Pies.

Having boiled and prepared what the pie is to be made of, such as carrots, skirrets, parsnips, artichokes, &c., or apples, pears, plums, quinces, apricots, peaches, or cherries, lay in a little butter, and strew thick with crums; put in a layer of the fruit, and strew over sugar, salt, and nutmegs; sift over more crums, butter them, and continue so till the dish is filled; cover with puff or sweet paste. Currants and marrow may be mixed with the crums.

If any of these vegetables or fruits are mixed together, attention must be paid that they suit. Carrots, turnips, or cabbage would not do with the finer vegetables, unless they were made into frangipanes. Thus an artichoke bottom may be farced with any of these, while it would be lost laid in amongst them. This is a discrimination that there is no good cooking without, and the cook that possesses it can never be without resources.

Sweet Sweetbread Pasty.

Line a dish with paste, and cover it with veal or vegetable farce, seasoned sweet; lay in nice collops that have been well beaten and rolled in white spices; if not very fat, put a thin slice of bacon over each, and cover it with a slice of veal or lamb's sweetbread; lay in more veal, and cover it with artichoke bottoms, hard eggs, balls; cover all with minced apples; strew sugar and plumped currants over, and cover it with minced marrow: if there is no marrow, use very nice fresh butter.

This pasty may be made with almonds, citron, dates, &c., or simply by keeping almost all the seasonings out, and adding rice and currants, raisins or apples, with butter or marrow.

In its simplest state, with sugar, paste, and very little meat, and plenty of rice, or apples and currants, it is excellent for children.

Ham, Meat, or Fish Pasties, plain or curried.

To make these, let a nice custard * be seasoned with mace, cinnamon, sugar, and salt.

Border the dishes with paste, dip sippets into well-seasoned gravy or cream, according to the meat to be used; if game, the sippets must be steeped in gravy, port wine, and sugar, and laid in upon butter; lay over them thin slices of ham, game, or venison, fish livers, or fowl and ham; put in pieces of marrow dipped in seasoned yolks, and so continue to fill up the dish, sprinkling in minced orange-peel, citron, and sugar, with some of the custard, and pour the remainder over the whole.

These pasties may be made savoury with parmesan, which must be rasped between the layers. If curried, the curry-powder ought to be prepared with fried apples and a little garlic, and mixed with cream and egg; and instead of bread, some well-seasoned rice, made up with sorrel, the yolk of egg, and salt, is to be made in balls, or laid in the bottom of the dish.

In all these different ways it is an excellent dish.

It may be made much richer by pounded almonds or fillets, oysters, mushrooms, truffle, or morels.

These are valuable methods for putting every little nice thing to use. A ham bone that is consigned to the

* The custard for meat, game, or venison, may be made of salmi, civet, stock, or any of the high-seasoned sauces.

soup-pot will often yield what will make an excellent dish; and so of other things, besides that a mixture, as salpiçons, may be used.

Fried Patties.

Mince some veal kidney fine, with some of the fat, and two hard eggs; season with mace or nutmeg, and a little salt; mix all together, and double or roll it in paste, and fry a nice colour.

They make either a dish, or a pretty garnish to fish: as white meats, when scollops or chops are served *en couronne*, with a ragoût in the middle, they look handsome round the dish: made of fish instead of kidneys, they are a very nice dish in a fish course.

Spanish Patties.

Take the breast of a fowl or turkey, a piece of veal, and more than double of fat bacon; mince fine, and season with spices.

The Spaniards are particularly partial to mace. Pound the meat, and fill the patties; when baked, cut the meat across, and put in a tea-spoonful of rich, hot spiced cream into each.

Baked or White Fish Pies of all Kinds.

Prepare any white fish; if small, whole, or cut in junks; or if large, in fillets or slices; dust them over with sweet herbs, spices, salt, and pepper; and either fry or pack them into the dish raw, with a little butter or rasped bacon, and a little fresh stock. Fish that have been cooked fully before cannot be so juicy as those prepared on purpose; therefore, if such are used, a little rasped bacon will make up for it; put in the roes, melts, and liver*; cover with a puff or other paste. These pies may be made as rich as any other by farce, oysters, mushrooms, or lobster, cray-fish, anchovies, ketchups, &c.; or strewn thick with minced parsley.

They are more elegant and higher flavoured open, with a row of leaves laid up from the border, and a rosette, with leaves falling down, as fish is better of having air in baking.

* The livers must be blanched and tasted before they are put in, as one liver tainted with gall will spoil the whole pie.

To bake Fish.

All white fish may be seasoned whole as above, nicked and larded with eel, oysters, parsley, lemon-peel, and farced* with fish, veal, or vegetables, and baked in stock and wine, or butter, basting them continually.

The sauce must be poured off, and thickened to taste, adding anchovy or any other seasoning.

A Herring Pie.

Take off the heads, gut and wipe, but do not wash them; season the livers, soft and hard roes, and put them into the bellies; put them into a small pickling-pan, and pour a little boiling vinegar over them; cover close for two hours; then put them into the pie-dish cross and cross, that they may not be too solid; or cut them in junks, and set them on end; put in apples, gooseberries, green currants, or rhubarb, sugar, cloves, butter, salt, and a little wine; or pack them close with potatoes, onions, butter, pepper, and salt, or vinegar and water, pepper, salt, onions, and butter, or with leeks and parsley; which require to be dressed first with nutmeg, parsley, and cream or milk, which is to be put into the pie for gravy, with pepper, salt, and butter: cover with common or puff paste, or with leaves as directed above; or for common pies, cover close or cross-bar with common paste.

Eel Pie.

Skin and prepare the eels, roll them in spices and sweet herbs, boil the skins†, heads, and bones, and make as much stock as will answer; if the pie is round, keep the eels whole, and lay them round; or cut in junks, add the stock, and lay on a thin layer of butter, and cover it. Eel pie may be seasoned exactly in any of the ways ordered in the other dressings of eels, and may be boned and filled up solid, with farce, or not.

Potted Eels, and cold Eel Pie.

Small standing pies, to be eaten cold, should be very highly seasoned; if to be served opposite to char in their pans, they should be made the same size of the char pans,

* The farces must all be cooked.

† Or the skins may be farced with any farce, and preserved.

or potted in similar ones. Cold potted eels, coiled up, make handsome second-course dishes, served over parsley. They may be so stewed or braised as to appear rising, and may be dished over a hot or cold cream pillau.

Carp and Tench Pies.

Prepare, hang them up by the tails, bleed and farce them, roll them in a high seasoning of sweet herbs and spices, and make balls, and cover the dish. If to be baked in standing crust, put in the fish, and dispose the balls with oysters, farce, or dressed mushrooms, strewing in a little ginger; cover with butter, and finish the pie. Pour out the fat, and put in a rich cream sauce, or cut out the top, and skim off the fat, and pour over a high-seasoned ragoût, or rich anchovy, wine, and gravy sauce. Cover and serve hot.

Pêche moulie, or any pickled fish, may be done in the same way, only the farce should not be so high as the pickled fish, which is quite the reverse with fresh fish.

For crabs or lobsters, make a farce of the bodies, with white fish and anchovies; pull the meat in pieces, and mix it with the farce, or put it in, in layers, or over it, and finish as the others. A sauce may be made by pounding the shells, and simmering them in stock.

The bodies of lobsters and crabs are often left: two or three backs and tails of skates, if used instead of the meat of the crab or lobster, will not be distinguishable from them — (these are the best parts of the skate, and are generally thrown away, and can often be had, as skate keeps so well, when the lobster boats cannot get up the river); and if some spawn has been preserved, and the sauce made of the bodies, it will be quite as good.

Lobster Pie.

Arrange the different parts of the lobster into a pie-dish. If there is spawn, separate it into the pea, strew it over, cut the coral, and dissolve it properly, or pound it to put in with liquor, or lay it in, in pieces; pound the shells, and boil them in water for an hour or two; strain and reduce with mace, pepper, and salt, a small clove of garlic, or a little anchovy: add lemon-juice. When ready, mix in the coral, and put it into the pie; cover

with crums or not; lay on the cover. When the paste has attained a fine colour, it is done.

This is a most elegant dish, with oyster farce, anchovy balls, oysters dipped in egg and laid in, and a rich cream sauce put in after it is baked.

Lobsters in Casseroles, Timbales, or Vol-aux-Vents.

Prepare as above, toss in a stewpan, and dish in a casserole, timbale, or vol-au-vent.

Shrimp, Oyster, Lobster, or Crab Pies.

Make a very nice seasoned farce of any common fish, and cover the bottom of the dish, or lay it in layers with any of the above, or mix them with the farce. A high-seasoned cream or stock sauce is to be put in.

Oyster and all small Shell-fish Pies.

Prepare the oysters, either by themselves, or the quantity to be used with any other mixture, such as fat livers, mushroom, fillets of calf's-head or feet, scollops of fish, sweetbreads, &c., with or without farce of fish, meat, or vegetables; season with mace and pepper. The liquor of the oysters being reduced, it may not require salt: strew in a little fine-minced parsley, with a small bruised clove of garlic, if approved of. Add a sufficient quantity of stock to the reduced liquor, put it in, and cover it with puff paste: add high-seasoned gravy and cream when going to table.

Sweet Oyster Pie.

Prepare and mince some large oysters with the same quantity of hard eggs, nutmegs, ginger, savory, thyme, pepper, salt, sugar, bread crums soaked in cream; dob six hard eggs with anchovy, and cover with farce. Make smaller balls, enclosing an oyster or a bit of marrow; line a shallow pie-dish with paste, spread over it a little farce, strew it with fine-minced citron, orange-peel, eringo, and a little sugar. Lay in the oysters, make up the pie with the balls, &c., cover with a light thin sugar paste; or, instead of the confected peels, use currants, sugar, and lemon-juice, or the whole. This is an elegant top second-course dish.

Savoury or sweet salt Fish Pie.

Steep it a night in lime-water, change it into tepid, and put it near the fire till it softens. Never allow salt fish to boil. Pull it in flakes, or mince it. Mince hard eggs, and strew them between the layers of the fish, seasoned with fine-shred parsley, mace, and pepper; crums may be added; butter it from a buttering-pan; cover it with *pâte à dresser*, or puff paste; put in a caudle or cream sauce.

For sweet, prepare as above. Mince the fish with from ten to fourteen hard eggs, according to the size of the pie; blanch spinach and parsley, from one to two handsful of each, and shred it very fine, with the same quantity of crums. Mix these with mace, ginger, cinnamon, cloves, sweet wine, orange-flower-water, currants, raisins, citron, orange or lemon-peel, and sugar; mix all well together, with raw yolks, cream, and butter. Fill and cover with sweet cream paste; decorate it with paste; cut in the figures of fish.

Sauce as above: instead of the butter, suet or marrow may be used.

Casseroles and Rice Borders.

The French esteem these in the highest class of cookery; while we, from want of skill in making them, hold them in no great estimation.

Wash a pound and a half of Carolina rice, put it on the fire in a deep saucepan, about eight inches over, add double the quantity of rich stock, with four spoonsful of nice poultry top-pot. Let the rice boil on a brisk fire, and then draw it to the side, and skim it well; cover, and put the saucepan upon red cinders. The fire must be sufficient to dry the surface of the rice, so that when it breaks, much of it may remain whole, while the greater part is broken, as when the paste is made, these will grain, which must be avoided as much as possible. The rice must simmer without interruption fifteen or twenty minutes, and then be stirred with a spatula; let it again simmer from twenty to twenty-five minutes, and stir it again; and when it breaks easily between the fingers, take it from the fire: but should that not be the case, by its being too dry, add some more stock, and leave it to finish cooking. Stir it some minutes with a spatula, and

put the pan slanting, to allow the fat to run off. When the fat is well skimmed off, work it with a spatula, or wooden spoon, till all the grains have been bruised, but not entirely broken, and till it becomes a pliant yet firm paste.

When the rice is prepared, put it on an oven-pan, form it into a round of seven inches over, or a long shape in proportion, and, according to the size, raise it from four to five inches and a half high; form it smooth with the hands. If it is to be fluted, which it may be best to begin with, use a fluted buttered mould, and press it nicely into it; but if raised by the hand, it must be ornamented, cutting up the paste in a regular design in spiral curves, mosaics, leaves, balls, &c. These may be marked with cutters, and then punched up with proper pointed knives, or wooden punches shaped on purpose: the dents must be very deep, otherwise in baking they will be drawn back into the paste; while, if they stand out, the points will get a fine colour, and the ground will remain white. Brush over the casserole lightly with clarified butter; put the pan on a grill, and put it into a hot oven; it will take an hour and a half: the colour ought to be that of a bright gold.

When cooked, cut out the cover, which has been previously marked, and take out all the rice that does not stick to the crust, which must be thin, and mix a large spoonful of the rice with some of the sauce that is to be served in the casserole; and just before serving it, run this rice round the inside carefully, which makes the crust mellow: then fill it, and put on the cover.

These casseroles are filled with all kinds of the nicest dressed meats, fish farces, &c., in ragoût, fricassée, financière, &c.

Casserolettes

Are also made and filled as above, each containing one small bird, &c. These are piled upon one another on the dish.

Rice so prepared may be made or moulded into rich borders.

Crustades.

The bread for crustades should be baked on purpose, of a light, firm, well-made dough, with eggs; and were

it baked in moulds, it would be less troublesome to cut out. They are generally shaped oval, and set on a foot-stalk: the bread ought to be two days old. If the cup is round, make it eight inches over; if oval, draw it out in that proportion. Have a saucepan that will just hold it, with a fresh friture of top-pot or butter; put in the crustade, and give it a fine colour: it must be done on a moderate fire. Drain it on a napkin, and line the bottom and sides half-way up with a farce or gratin. Dry it in the screen or mouth of the oven, so that the sauce with which it is to be served may not run through. All that is served in casseroles, timbales, vol-aux-vents, &c., may be served in crustades.

Small crustades are also made, and may be very prettily cut as casserolettes, and filled in the same way, and piled upon the dish, from five to ten, according to the place or size of the table.

The cook ought, when she has a small dinner, to attend particularly to dressing one or two nice dishes well every day; such as a casserole, crustade, chartreuse, flan, darioles, soufflé, &c., with the proper meats for filling them. Cooks will never improve where families live in general upon roast, boiled, and fried meats, with puddings, raw buttered vegetables, and pies.

So little is management and cookery understood by mistresses, that a lady, who may keep the first company in London and in the county in which she resides, will, in inquiring for a cook, say she wants one that can roast, boil, and fry, as the housekeeper attends to every thing when there is company; the very day she would require to have the best assistance in the kitchen, as well as in the housekeeper's department.

Pouplin.

Prepare a *pâte royale*, with rather less butter; dry it, giving it as many eggs as it will take, without making it liquid. Wash a pouplinière, or stewpan, with butter; drain, and fill it a third, and put it into a well-heated, damped oven. Take off the top, and cut out all the soft paste, and butter the inside lightly; dry it in the oven; dust sugar over, and glaze it with wood in the mouth of the oven: glaze it also on the inside. Fill it with sweetmeats, and serve it as a large dish.

Darioles.

For eight, which make a small dish, put into a small basin an ounce of sifted flour with an egg ; work it into a paste, and add six yolks, six bruised macaroons, four ounces of sugar in powder, a little salt, and a whole egg. Mix well ; measure ten moulds of cream and a little minced pralinéed orange-flowers, or the zests of a lemon or bitter orange ; let it be as odoriferous as possible ; line the moulds, and put in about the size of half a small nut of fresh butter, and pour in the cream : put them into a brisk oven, glaze, and serve them hot.

Flans.

The best flans are made of the above preparation ; or pare and cut in quarters twelve fine rennets ; put them on the fire with four ounces of butter and four ounces of sugar, or what has been rasped on the zest of a citron or lemon : cook the apples half; let them cool. Make six ounces of flour into a fine paste ; mould and roll it out eleven inches ; dress it up two inches all round, which will leave it seven inches over ; put it on an oven-leaf; pinch or decorate it lightly round the edge ; put the quarters of the apples round which are most done ; pour over the syrup ; bind the paste with a strong buttered paper ; dress the other apples carefully over, and put it into a quick oven. When it has been in three quarters of an hour, take off the band, and glaze the crust tenderly ; return it for some minutes into the oven, then strew the crust with sugar finely powdered ; glaze it at a little flame in the mouth of the oven ; and when it is to be served, mask it with some spoonsful of apricot, apple, or simple syrup. If to be served cold, make it without butter.

Flans may be made of all fruits : none but apples take butter. They are elegant dishes. Flans may also be filled with crême patissière, and others.

Fruit Tarts.

Cover the tart-pans with fine, firm, sweet, or cream paste, and lay a nice puff paste for the border ; take care to join it properly, when it will answer with the other things making ; cut it in one piece ; strew over some fine

sugar on the border; roll twenty-four quarters of apricots in sugar, and dress them in the tart as a dome; glaze the border, and put it into a brisk oven. After it has been in five minutes, look if the border is rising equally; if not, with a knife raise what prevents it, and put the tart again into the oven; if this is not done quickly, it will be better let alone. When the tart is finished, strew it with sugar in the finest powder, and glaze it by a small flame in the mouth of the oven.

Another.

Boil four ounces of sugar in a glass of water, with eight of the largest and finest red apricots; strain and take off the skin, and reduce the syrup; break the stones, and skin the almonds; dress the apricots into the tart, with the red sides to view; strew over the kernels, and pour over the syrup at the moment of serving.

In the above manner all fruit-tarts, small and large, may be made, which is far preferable to our methods.

Vol-aux-vents are served with fruit as above.

Tarts of preserved Fruits.

Cover the bottom of the tart-pan as above; make a thin cover of puff paste; put apricot marmalade on the bottom, and spread it within an inch of the edge; wet the edge slightly, and lay on the cover, which may be fancifully cut or whole; lean upon it, to fix to the bottom; glaze slightly what covers the fruit, and strew over it two ounces of very fine minced or rasped nuts, mixed with two ounces of fine sugar, and the eighth part of the white of an egg; then wet the edge, and put on the border; glaze it, and put it in a quick oven. If the almonds colour too fast, cover the tart with a double round of paper, or pasteboard cap. When the tart is baked, glaze it in the oven.

Creamed Marrow Tart.

After having dressed the tart as above, fill it with a crême patissière, mixed with beef marrow; strew it over, as directed above, with minced nuts, sugar, and white of egg; glaze, and finish as the others.

Veal Kidney and Pistachio Tart.

Pick and mince a veal kidney, and mix with it the size of an egg of the fat, and put it into a crême patissière; prepare two ounces of pistachios, and mix them in with a spoonful of sugar; glaze lightly, give it a brisk oven, and serve hot.

Cream Spinach pralinéed Tart.

Blanch two large handfuls of spinach; mince it very fine; put it into a stewpan with three ounces of fine butter; set it on a moderate fire, and stir it with a spatula; add fourteen spoonsful of crême patissière, half a glass of rich cream, three ounces of sugar, two ounces of pounded bitter macaroons, and a little pralinéed orange-flowers, and salt: mix all well, and fill the tart; cover it with the minced nuts as above; finish as above, and serve hot.

These tarts may be made of every different preparation.

They may be made soufflés by mixing in three whites beaten very firm just before putting them into the oven; but they must be served immediately upon taking them out, otherwise they will fall.

Small tarts may be filled as the above.

Cream Apple Tart.

Pulp and season the apples with sugar, cinnamon, or cloves, and a glass of wine; mix a sufficient quantity of Naples biscuit in cream, yolks, and orange-flower-water: mix all well together, and put it into a sheeted dish, with a border: cross bar and glaze it.

Another.

Pare, core, and slice the apples, and strew in the grated biscuit; boil the cores and skin for juice. Season as above, and cover the apples with sweet paste.

Cream Curd, or creamed Fruit Tarts.

Beat a pound of curd in a mortar, with ten yolks and a pint of cream; season it with orange-flower-water, sugar, cinnamon, and ginger; put it into a sheeted dish; strew over rasped almonds, citron, and sugar. Any fruit may be mixed, or put under it; in which case the half of the curd cream will be enough.

All nice tarts are the better of a little bit of almond or any other nut paste.

Orange or Lemon Tarts.

Zest, prepare, and beat the skins fine of six oranges; if it requires it, add zest; thicken a quart of cream with twelve yolks; add sugar, lemon-essence, citron, and almonds, either rasped or in chips; put it in a sheeted dish, and stick almonds and citron over it.

Almonds, Cocoa, Pistachios, Filberts, or other Nut Tarts.

Blanch and beat half a pound of any of those nuts, with orange-flower-water, a musk plum or two, cinnamon, ginger, and sugar; beat ten yolks; thicken them over the fire with a pint of cream or milk*; mix all together with some grated Naples biscuit; put it into a sheeted dish, and when baked, stick it over with whatever nuts it is made of, cut in fillets.

Flour Tarts.

Boil a pint of water, and thicken it with flour; let it cool, and beat it in a mortar, putting in by degrees ten yolks and two whites, with three half pints of cream; season with cinnamon, sugar, and ginger; put it in a sheeted dish; cross bar and glaze with egg, and sift sugar over it. Any fruit, nut, or almond paste may be put into this tart.

Tamarind or Prune Tarts.

Rub and plump half a pound of prunes, or raisins; lay them in the bottom of a sheeted dish; make a custard of a quart of cream and ten yolks; season with sugar, cinnamon, and a little lemon-juice; cook it; plump some of the nicest prunes, and put them upon the top.

Tamarinds or any dried fruit may be baked in the same way. A little apple pulp may be added to the prunes or custard: it is an excellent way of baking rhubarb and gooseberries, giving them plenty of sugar.

Marrow Tart.

Beat half a pound of almonds, with the marrow of four bones, half a pound of Naples biscuit, half an ounce of

* (See Artificial Cream.) This preparation, keeping out the biscuit, is excellent for creaming acid fruit tarts.

pralinéed orange-flowers, a pint of cream, eight yolks and three whites; season with sugar, cinnamon, ginger, salt, and eringo-root, or citron cut fine; sheet a dish with puff or sweet paste; glaze it with butter, and sift sugar over it.

Green Peas Tart.

Handle the peas (see Vegetables) a short time with a little butter, salt, and mint; set them to simmer, with a spoonful of cream; roll out a square of puff paste; put in the peas, with a bit of fresh butter, a little sugar, and saffron; brush the edges with egg; cover up by bringing the corners together, taking care in twisting them at the top, that the edges do not suffer, as it would prevent the pastes looking fleaky.

Should there be any nice white fricassée sauce ready, pierce a hole, and with a small funnel put in a little, and shake it, just as it is going to table; or a little cream, or any other proper sauce.

Spinach Tart.

Boil in a great deal of water, and mince it fine; reduce it in a mortar; add a little cream, marrow, hard yolk, a quarter of a pound of Naples biscuit, and a quarter of a pound of currants; season with sugar, orange-flower-water, ginger, nutmeg, and minced citron; work it well up with yolks and cream over the fire; put it into a dish; cover with sugar paste, or bar and glaze it.

Tarts of Asparagus, Peas, Jerusalem Artichokes, &c.

Are all done in the same manner; only that they may be covered with paste, or with butter and egg, sugared, and stuck over with citron or almonds. Vegetables so prepared may be served without paste, upon sippets, in dishes, dipping them in cream or omelet.

Artichoke Pie.

Prepare a dozen of fine artichoke bottoms; plumped currants, stoned raisins, and crums, of each half a pound; grated nutmeg, a little wine or brandy, a large piece of fresh butter, and a quarter of a pound of sugar; mix the ingredients properly, and cover the dish with sweet or puff paste: twenty-five or thirty minutes will bake it.

The artichokes may be farced with a sweetmeat, fish,

fruit, or vegetable farce, which also may be spread on the bottom of the dish. When it is taken from the oven, lift up the top, and put in a rich white wine caudle; shake it well. The bottom may be covered with sweet salpiçon of veal kidney, sweetbreads, or any other.

Skirrets, and any other vegetable pies, are made in the same way.

A Hundred-leaved Cake.

According to the size of the dish, cut a fond or bottom of puff-paste, and with paste-cutters cut out as many as will make it the desired height, decreasing proportionally in size; these must be baked in a hot oven, and dished with different fine jams and jellies between each; such as apricot, orange, lemon, rasped currants, &c.

Another Way.

Take them out of the oven, and meringle the border, not the edges, and pearl them with sugar or minced pistachios, and, instead of the jams, do them with whipped cream, at the moment of serving, and garnish them with clear jellies; or dress them, if meringled, entirely with pistachio cream, and garnish with angelica in sprigs, or in marmalade.

This is a very favourite remove at the first French tables.

Quince Apple Tart.

Pare and quarter some nice pippins; stew them gently with a little white sugar and cloves, or cinnamon, and put half a pound of the marmalade of quinces to every ten or twelve apples, according to their size; let them simmer; add a quarter of a pound of grated biscuit, and two ounces of sweet almonds, either beaten or in fillets, a gill of cream, a glass of sweet wine, the yolks of eight eggs, and some small minced citron; cover a dish with sweet paste; or grate Naples biscuit very thick over it, and drop it all over with yolk of eggs, mixed with butter; sift fine sugar over it, and lay on bars of paste or rings in chains, which looks well.

Dressed Apples.

When there is a dish of the above, a little of it ought to be saved, to dress another handsome dish: scoop some

apples, fill them with it, and seal in the end again; make a thickish batter, and roll the apples in it, and fry them in clarified butter; sift sugar over, as they are piled upon the dish, which must be lined with a napkin. Any kind of marmalade may be put into apples, in batter or paste.

Pear Pies.

Bake the pears, with a little water, and a good deal of sugar, under a coarse paste; or put them into the oven or bain-marie, or upon a hot hearth, in a well-covered baking-pan, and leave them till they soften; cut in quarters, and core them; sheet a dish, dress them in, strewing them with cloves, cinnamon, and lemon, or orange zest: they may be coloured in the first doing with beet-root, or cochineal; or they may be made to retain their white colour by lemon-juice.

Pears require zest and wine, as they are very insipid; therefore, acid apples are put into the juice, or quinces, a little rough wine, brandy, or lemon-juice. Every thing is good when properly managed: they require a great deal of sugar, but care must be taken not to overcome them.

Creamed Pear or Apple Tart.

Slice ten or twelve pippins; put them into clarified sugar, with wine, cinnamon, or cloves; let them simmer till clear; sheet a dish, lay in some chipped almonds and citron, put in the apples, and strew more almonds over them, and fill up with custard: when the border is done, it is enough: grate sugar, almonds, and citron over it. Do pears in the same manner: they will require quince, lemon-juice, or any other nice acid. The cream or custard used ought to be partly thickened with rice flour.

Puits d'Amour.

Take puff paste of six turns and a half; cut it with figured paste-cutters of two sizes; put the small over the large one; glaze, and with a sharp knife cut a round in the middle, the size of a thimble: when two-thirds done, draw them out of the oven, and sift fine sugar over them: when baked, take out the heart, and put in a sweetmeat; or cut out the heart of the small one altogether, before they are put into the oven.

Cannelons.

Roll out puff paste, and give it another turn; cut it in ribbons, half an inch broad; roll them upon turned moulds, leaving them a little open; fix them at the ends with a paste of flour and egg; put them in an oven-leaf, glaze, and bake them; when two-thirds done, take them off the moulds, finish and serve them, filled with dry or wet sweetmeats; or rough them with sugar and citron in rough powder; or meringle them, by washing them over with white of egg, and sifting sugar over; and citron or almond powder may also be sifted over them

In these last ways, they may be served as wafers, with creams, or mixed with them; they may also be roughed with flower-powders, as in myrtle-green, cowslip-yellow, rose-red, violet, pistachio, &c.; or with acid powder, as barberry or sorrel.

Transparent Fruit Cakes.

Roll some puff or other light paste; lay it on an oven-leaf, and spread it over with raspberry-jam, currant-jelly, smooth marmalade, &c.; cover it with thin transparent paste; bake it in a slow oven, and cut it in small square cakes. These cakes may also be meringled.

Pâte Royale.

Put in a stewpan a glass of water, two ounces of butter, the skin of a green lemon, and a little salt, and some essence or orange-flower-water; put it on the fire, and take it off when it begins to boil; mix in well as much flour as it will take; work it again on the fire till it rises from the pan, and does not stick to the fingers; add two eggs, and afterwards one and one till it sticks.

Ramakins.

Mix two glasses of good milk with two ounces of fresh butter upon the fire; when it begins to boil, take it from the fire, and work in five ounces of sifted flour; mix it well, and put it again on the fire, stirring it constantly, that it may not stick; work and dry it for three minutes, and change it into another pan, and add two ounces of butter, two ounces of rasped parmesan, and two eggs; mix it well, and add a good pinch of pepper, a tea-

spoonful of refined sugar, an egg, and three ounces of gruyère cut in small dices; work the whole well; add three spoonsful of whipped cream; put them on an oven-leaf, glaze, and put them into a quick oven. They will take twenty minutes.

It is not every flour that will make these ramakins; some flour will require seven ounces.*

Another.

Take equal quantities of gruyère, cheese, and butter; add as much water as will make a paste; when it boils, take it off the fire, and mix in what flour it will take; put it on the fire, stir, and dry it till it rises from the pan; change it into another pan, let it cool a little, and add egg after egg, till it sticks to the fingers; dress it upon oven-leaves the size of a nut.

Another.

Put into a pâte royale a handful of rasped gruyère and parmesan, and a handful of gruyère cut in dices; mix well together, and make them of any size; glaze them, put them into a slow oven; they will take fifteen minutes: dress them high in the dish.

Ramakins without Cheese.

Make a pâte royale, but not too wet; roll out puff paste the thickness of half-a-crown, cut it in rounds of from three to four inches over; dress the ramakin upon them, and turn up the edges like a cocked hat in three or five; glaze, and put them in a quick oven, and serve as hot as possible.

French Fondus.

Mix rasped parmesan and gruyère in equal quantities, wet, with yolk of egg, adding a little melted butter; mix well, and beat the whites; stir them lightly in by degrees with a wooden spoon; have paper cases ready, and fill them only half; bake them in a biscuit oven, and serve hot.

* This is a lesson to the cook how much attention is necessary to the slightest operations, and how indispensable a knowledge of the materials is to adjust the proportions.

English Fondus.

Boil half a pint of milk, an ounce of butter, and a little salt; mix in a spoonful of flour, stir it over the fire five minutes; take it off, and mix it with half a pound of grated cheese, the yolks of eight eggs, and two whites; when well mixed, add half a pint of cream, and six whites beaten to a froth: the batter must be as thick as cream. Make paper cases, and fill three-fourths, and bake in a very slow oven eighteen minutes.

Another.

Beat four ounces of parmesan to a paste; add a piece of butter, and mix it well; stir in the yolks of six eggs, and a gill of cream: when all is well mixed, add the whites, with four ounces of sifted flour, at the moment of putting it into the oven, in a very deep dish of silver or block tin, to give it room to rise; stir it for a few minutes after it is put into the oven.

Petits Soufflés au Zest de Citron.

Mix two ounces of potatoe flour with a little milk; add by degrees three glasses of cream, two ounces of fresh butter, and a little salt; cook it over a moderate fire, and continue to stir it; it must be a little firmer than crême patissière: when it has cooked eight minutes, change the pan, and mix in four ounces of sugar (on which has been zested two lemons) and two eggs; work it a minute; add four yolks. This paste should be rather soft; cover twenty-four small flat moulds with fine paste, fill them, and put them into a moderate oven. When they are done, glaze them with very fine sugar, and serve hot. They may be made with any odour.

Omelet Soufflé.

Beat the whites and yolks of six eggs separate; strain, and add two spoonfuls of sugar to the yolks, a little orange-flower-water, or essence of lemon; work them well together, whip the whites firm, and mix them in; put a bit of butter into the frying-pan, and run it over it; pour in the omelet, and set it on a slow fire, and take care that it does not burn; turn it out upon the dish, sift sugar over, and put it in the oven: when it has risen, serve it.

Another moulded.

Prepare the eggs and sugar as above; add orange-flower-water, pound four massepains, a spoonful of flour, a little lemon-peel cut fine; mix well; butter and crum a saucepan; when ready to serve, whip the whites, and when they have taken, mix them with the soufflé; put it into the mould, but do not fill it full; put it into a slow oven, or in a furnace upon a grill, and brown it with a salamander.

Soufflé of Potatoe Flour, with Vanilla, Chocolate, or Rose.

Mix a spoonful of flour, two spoonfuls and a half of sugar, and a little salt, in a little water; work and dry them as pâte royale, only a little thinner; work in six yolks by degrees, and two whole eggs, with a few drops of orange-flower-water, or any other perfume; mix well, and whip the whites firm, and mix them in carefully: dress the omelet high on the dish it is to be served on, and put it into the oven: when it begins to brown, glaze it with sugar.

This soufflé may be made of vanilla, chocolate, or rose; the last by adding a little cochineal, with a few drops of the essence.

Soufflé of Rice.

Prepare the rice by breaking it in a little milk, with salt, lemon-peel, and the size of a nut of butter; wet it by little and little in reducing; put in a spoonful of sugar, the yolks one after another; put them a little on the fire, but not much*, otherwise the whites will not mix; dress the soufflé on the dish, and finish as above.

Wafers.

Mix into orange-flower-water and lemon grate three spoonfuls of flour, and three of pounded sugar; melt two ounces of butter in two gills of water, and thin the paste with it; mix it well; heat the irons very equally, rub them over slightly with a buttered cloth; put in a spoonful of paste, close the irons carefully, to spread it well; turn the irons equally; when of a fine colour, roll it upon

* Observe this instruction well in the mixing whites into soufflés, or any thing they are intended to raise.

a roller, and hold it till it takes the form; continue to make them, putting them in a sieve in a stove to dry.

Cream Wafers.

Make them of cream instead of water, that is all the difference; they may be rolled smaller, and coloured with cochineal, or a brush run round the irons with it.

Wine Wafers.

Make a paste of a proper thickness of wine, flour, sugar, and eggs, and finish as above. When they are coloured a delicate pink, and the cream kept as white as possible by making them of white of egg and lemon-juice, they make a beautiful dish mixed. They are also excellent filled with whipped cream at the moment of serving, as meringles; they may also be meringled and varied with different essences, or pearled with sugar.

Puddings.

Many of the directions given for cakes will answer for pudding, such as the picking and cleaning of fruits, &c.; and it may occur to the attentive cook, that as eggs are chiefly necessary to lighten, therefore, when they are scarce, that she may lighten her puddings by the addition of a little yest or beer; or allow, by mixing them a few hours earlier, to rise in a warm corner. In like manner, she will observe that fruits are not put into cakes till they are just going into the oven, otherwise they would fall to the bottom. Fruits must not be put into puddings till they are just going into the pot or oven; and hence the propriety of keeping them moving till they fasten.

The want of salt is what often prevents the nicest puddings having zest, while the addition of sugar to give it, makes them mawkish.

Snow, in the quantity of two spoonfuls for each egg, is an excellent substitute. Butter for making puddings should be creamed by the hand, and mixed in with the eggs, so that it may not oil. Lemon, bitter orange zest, and orange-flower-water, are the best seasonings for pudding. Bay-leaves are poisonous, and wine and brandy should be disused.

Boiling puddings in cloths washed with soap is very unpleasant, and may generally be tasted in the pudding. Moulds or basins ought always to be used, and if they have no covers, a buttered white paper ought to be laid over, and a very nice cloth, that has been lessived and dried in the air, tied firmly over.

If the pudding is made of flour, the mould ought to be quite full; if of bread, room should be left for its swelling.

Boiled puddings require that the water should boil so quick when they are put in, that it shall not cease; otherwise the ingredients will separate, and it will not, therefore, be amiss to wheel it round, which ought to be repeated several times for the first twenty minutes, particularly where there is much fruit.

Very rich Cabinet Pudding.

Cut some very fine dates, plums, or raisins, lengthwise, stone and fold them together, butter a mould, and cover it with any of them, or preserved cherries; cut very light bread or muffins to fit the mould, and cover the fruit with it; lay in fruit, which may be currants and layers of bread, Naples biscuit, or macaroons, or all of them alternately, by strewing over the bread, rasped citron, almonds, a little sugar, minced marrow, and the fruit; and sprinkle with sweet wine, raised by a little clove brandy: when it is lightly filled, beat five eggs, and add them to a pint of cream; put it in gently, letting it soak: as the mould must be quite full, if it is large, it may require more: cook it in a bain-marie, and serve it with a rich sweet wine sauce.

Such as like it stronger, can add brandy.

A simple Cabinet Pudding.

Make it as above, with raisins, currants, and milk custard; seasoned with nutmeg, cloves, sugar, and a little almond paste, lemon-zest, juice, and wine.

Black-eyed Susan.

Boil some lemon-zest in a quart of cream or milk, and pour it over a sufficient quantity of stale crum; let it cool, and beat it up with two ounces of batter; add a handful of plumped currants, and as much minced citron

and almonds; beat up four eggs, mix and sweeten it; put it into a bordered dish, or pour over it a nice light custard; strew it with currants: when it is baked, sift sugar over it, or tie it loosely, and boil it in a cloth, and pour a caudle sauce over it; strew it with rasped citron and sugar.

Sago Pudding.

Simmer a quarter of a pound of sago on the embers, as it is very apt to burn, and leave it till it falls into a jelly; add half a pound of Naples biscuit or bread, ten yolks, six whites, and a quart of cream or new milk; season with wine, sugar, cinnamon, or lemon-juice zest, and candied peel; put it into a bordered pudding-dish, and sift sugar over it; rasped citron may be added.

This is very nourishing for invalids. If milk is used, prepare and thicken as artificial cream, and when the pudding is mixed, add an ounce and a half of very nice butter, which, if properly done, will answer instead of cream.

Tapioca Pudding.

Simmer a quarter of a pound of tapioca in water, strain and add a pint of new milk, and simmer it till it thickens; let it cool, and add four yolks and two whites, with a little brandy, wine, or orange-flower-water, sugar, nutmeg, and an ounce of clarified butter; mix it well, border the dish, and butter it, or boil it in a China basin.

Almond Pudding.

Rub down a quarter of a pound of sweet almonds with two or three bitter; add a quarter of a pound of dry sifted flour, or grated Naples biscuit, the zest of a lemon, and a little cinnamon, or orange-flower-water; melt a quarter of a pound of butter in a quart of milk or cream, and mix in the other ingredients; beat five eggs, and, when ready, mix it all together; it requires a slow oven: garnish to taste.

Another.

Blanch half a pound of almonds with two or three bitter; beat to a snow the whites of seven eggs, boil a quart of cream, let it cool, mix the almonds and a spoonful of orange-flower-water, and the eggs with it; sweeten

it well, and lay cut citron and orange-peel in the dish, and lay some over the pudding: put it in a slow oven.

It is enough when the paste is coloured. It may be baked in cups. Sometimes, for variety, instead of the citron being laid on, leave it till it comes out of the oven, and stick it all over with citron and almond chips; or sift sugar and rasped citron and almonds over it, as the almonds and citron are higher flavoured than when baked.

Almond Pudding in Cups.

Beat or mix six ounces of sweet almond paste with a few bitter, four ounces of very nice butter, three eggs, or three yolks and two whites, half a gill of rich cream, a small glass of sweet wine, with any spice and sugar: a bit of nice sweet paste may be doubled over the mouths of the cups; fill them half, or, if to be turned out, butter them.

Another. (*Scotch.*)

Sweeten and boil a pint of cream; add five yolks, with a little almond-paste; put in some coriander-seed: bake it in a lined and bordered dish.

Macaroni Puddings, and all Italian Pastes.

Boil a sufficient quantity of macaroni in milk; lay it into a pudding-dish bordered with paste; season a pint of milk or cream with cinnamon, orange-flower-water, zest, and juice of lemon; sweeten, and add four yolks well beaten; thicken, and pour it over the macaroni. When the paste is done, it is enough: sift sugar and rasped almonds over it.

An excellent way, is to lay two or three ounces of plumped prunes or plums, with some shred marrow and sugar, over the macaroni. Vermicelli, and all Italian pastes, may be made in the like manner.

Yorkshire and Batter Puddings.

To every gill of milk put an egg and a spoonful of flour, and beat them up well together; add salt and any other seasoning; boil it in a basin or buttered cloth: but these proportions are varied to taste, as, when wanted light and trembling, a larger proportion of egg and less flour is put in: the flour, milk, and salt may be cooked smooth, and when cold, the eggs added: this requires

much less boiling. If suet is put in, it ought to be rolled into the flour till it disappears.

The Yorkshire pudding is made as above, and should be stiff, so that three eggs* to six spoonfuls of flour and a pint of milk is a good proportion. The Scotch sometimes add a handful of very fine minced parsley, shalot, onions, and suet; if to be served under pork, sage, sugar, and currants: this last is from a very old receipt. The dish in which it is cooked must be well heated, and covered with the meat dripping: when done on the upper side, it ought to be sliced and turned, so that it may be browned on both sides.

A Cream Pudding.

Beat up the yolks of four eggs and two whites; add a pint of cream and two ounces of clarified butter, a spoonful of flour, a little grated nutmeg, salt, and sugar; beat till smooth: bake it in buttered cups or paste.

Rice Custard Pudding.

Boil two large spoonfuls of rice flour in a quart of milk; season it with a few bitter almonds, sugar, and salt, or with lemon-juice and zest; add the yolks of four eggs, and stir it over the fire till it thickens; sheet a dish, bake, and sift sugar over; or boil it in a basin or cup; turn them out, and serve hot or cold, with a cream or caudle sauce. If made of ground rice and rasped bitter almonds, it will taste as if made of almonds altogether.

Custard Pudding with Sippets.

Cut a roll in thin slices, and toast it nicely, or not; set it to simmer in the cream the custard is to be made of. If the custard is to be made of milk, simmer it in a little wine, sugar, and spice; stick it over with fillets of almonds, and put it in the pudding-dish, or strew in a few currants, and pour the custard over it.

Custard puddings may be made with fewer eggs, by making the milk into an artificial cream with rice flour (see that article), and adding a small bit of very nice butter, with a single bitter almond, as bay-leaves

* The cook ought to acquire a knowledge of the weight of eggs, as often where four are ordered, five will be necessary.

never ought to be used, being a deadly poison: apricot or peach kernels answer very well: coriander, cinnamon, and cloves are all excellent seasonings for custards.

Bread and Butter Pudding.

Cut and butter as much bread as will fill the dish; butter the dish, and lay it in, strewing it with currants; beat up and season a custard with sugar and nutmeg. It may be baked, or cooked in the bain-marie.

Lemon or Orange Pudding.

Zest a lemon or Seville orange; squeeze out the juice, and pulp; boil the skin in several waters, to take out the bitter; beat it in a mortar with sugar and butter, of each a quarter of a pound, with six eggs, a little of the zest, and the juice; put it in a sheeted dish, and cross bar it with very fine bars, with an ornament in the middle.

Another.

Prepare the skins of six lemons or oranges, and beat them in a mortar: strain the juice; to it beat sixteen yolks and eight whites; mix in a pound of butter, and sweeten; sheet and border a pudding-dish with puff paste. Ornament to taste.

Another.

Zest two lemons or oranges very thin; prepare the skins as above; add by degrees half a pound of butter, half a pound of sugar, and sixteen eggs; rub all well together, and finish as above.

Sweetmeat Pudding.

Slice citron, orange, and lemon, of each an ounce; strew them over a dish, sheeted with puff paste; beat together four eggs, or six yolks and two whites, half a pound of sugar, and half a pound of butter; when ready to put into the oven, pour it upon the sweetmeats: three quarters of hour of a moderate oven will bake it: rasp citron, almonds, and sugar over it.

Transparent Pudding.

Beat eight eggs; add half a pound of butter with the hand, half a pound of loaf sugar in powder, and grated nutmeg; thicken it over the fire; put it into a sheeted dish: half an hour will bake it.

Apple Pudding.

To the pulp of six large roasted apples put the yolks of five eggs and two whites, six ounces of melted butter, some lemon zest cut very fine; sweeten, and add a glass of white wine: garnish a dish with paste, and bake it.

Bread, Plum, and Apple Pudding.

Beat eight eggs in a quart of milk; bread, suet, currants, or plums and apples, of each eight ounces; half a glass of brandy, or a glass of wine, with sugar and nutmeg; boil it for three hours, and serve with a wine sauce. It may be thickened over the fire, and baked in a bordered or covered dish.

Another Apple Pudding.

Roast and pulp a dozen of large apples; break a quarter of a pound of marrow in small pieces, or butter; add a little clove, and sweeten it; let it cool, and mix in three beaten eggs and a glass of wine; butter a dish, and strew it thickly over with crums, and put in the apples; cover with crums, and butter them; bake, and turn it out; sift sugar over it.

Another.

Butter a dish, and crum it; lay in slices of apples, with sugar, cloves, and a little marrow; strew in more crums till the dish is half full; sprinkle a little wine over it, and finish it with an apple or plain custard. Currants may be put into either of these puddings.

These apple puddings may be frosted or meringled, and are not the worse of almonds in paste or fillets and citron.

Tansy Pudding.

As tansy is excellent for children, it may be introduced into any bread, flour, or batter pudding or pancake, by steeping the plant, or putting in a little of the juice.

Lay a bunch of tansy to steep in a quart of milk or cream for an hour or two, according to the strength wanted; beat twelve whites and twenty-four yolks well; mix them with the cream; season it with spices; sweeten, and add salt.

If the colour is to be a deep green, put in spinach essence; mix it over the fire till it thickens; let it cool, and line or border a dish with paste, or not; put in the cream, and bake it. It requires very little doing; turn it

on a dish; sift sugar over: garnish with drop biscuits or lemon. By steeping the tansy in the milk, it may be coloured any other colour, and very fancifully dressed upon a dish; or it may be baked in cups.

Chestnut Pudding.

Roast and peel a pound of good chestnuts; pound them with a little orange-flower-water, or lemon-juice, and a little sweet wine; beat eight eggs, or twelve yolks and six whites; mix in three pints of cream; if there is no cream, thicken three pints of milk with two dessert-spoonfuls of fine rice flour; sweeten, and season with nutmeg; put it into a sheeted dish, and bake it: it will only require the time necessary for the paste. To make it very white, put in lemon-juice and two ounces of almond paste, a spoonful of flour, and eight well-beaten whites.

A Spinach Pudding.

Boil a basket of spinach in a great quantity of water; refresh in as much more; drain, and mince it fine; beat up five or six eggs; mix them into a pint of milk or cream; season with nutmegs; mix in the spinach a quarter of a pound of butter; sweeten, and add crums to make it a proper thickness; bake or boil it; serve it with butter, sugar, and lemon or Seville orange-juice. Lettuce, cabbage, vine-leaves, and all blade vegetables are to be made in this way, and may be seasoned with tansy-juice: stick it over with fillets of pistachios.

Carrot Pudding.

Boil half a pound of bread, or soak it in a quart of boiling milk or cream; pound with it half a pound of the zest of carrots, salt, a quarter of a pound of sugar, and a little orange-flower-water, zest and juice of a lemon, cinnamon, or cassia buds; beat and add six eggs; bake it in paste or not; sift sugar over it: or the dish may be buttered and lined, so that the pudding may be taken out, but not turned over: the top may be ornamented with almonds, rasped citron, or paste.

Make the following vegetables into frangipane (see Potatoes) for sweet or savoury puddings: spinach, Jerusalem artichokes, scorzonera, sea-kale, peas, beans, haricot, or French beans, nettles, dent-de-lion, vegetable marrow, gourds, cucumbers, &c. &c.

Those to be preserved white ought to be boiled with lemon-juice in an earthen vessel, and made with cream, almonds, white sugar, and lemon-juice. The red beet will give sufficient colour; or it may be lowered with a white vegetable: the white may be saffroned or greened with spinach-juice, sweetened and seasoned according to taste, or mixed with crums, flour, rice, millet, &c.

All these may be also dressed as a savoury potatoe pudding is dressed, with a few more eggs: they may be made in endless variety, and very good as batters for meat baked puddings; of course they are to be well nourished with suet or butter, and seasoned with spices; but a little sugar as well as salt must never be forgotten.

These puddings may also be made excellent flavoured with the medicinal juices of plants, and particularly of such as are not eatable, in the manner of tansies: they also make good batter or pastes for salt fish and pork pies, which are excellent.

These puddings are not recommended with a view to economy, but to that of health; the cooling vegetables being pulped are easy of digestion, obviating by their qualities the heating effects of animal diet and the gluten of flour.

Dutch Yest Pudding.

Beat eight eggs, and add them to half a pint of new milk, a gill of good yest, and a pound of butter; mix all well together.

Millet and Rice Pudding, without Eggs.

Put six ounces of rice into three pints of milk or cream; season with grated lemon zest, juice, sugar, and salt; if milk is used, add two ounces of butter or marrow. If to be boiled, swell it, and wash and scoop some apples; fill them with sugar or marmalade; sweeten, and put them into the middle of the rice; tie it up, and boil it. This is an economical pudding for family use, and one of the best for children. This pudding may be put into the oven without any preparation but mixing.

Another.

Swell half a pound of rice in three half-pints of water; let it cool; beat two or three eggs; put them into as much milk as the rice will require; beat all together with

a handful of currants or plums; season it with sugar, lemon-zest, juice, and salt. These puddings may be made with butter or shred suet, raisins, currants, minced apples, or any other hard fruit, and may either be boiled or baked; or any of the lesser fruits may be dried over the fire, and put into the middle of the rice, as a dumpling, served with caudle, wine and butter sauce, or sweetened cream.

Almond Rice Cup Puddings.

Mix a quarter of a pound of almond-paste with a pint of cream; mix in two spoonfuls of ground rice, and a little lemon-zest; let it cool, and add the yolks or whites, according to the stiffness wanted, of from two to four eggs. If to be turned out, put some citron chips in the bottom of the cup. If to be served in the cups, lay some on the top; dip the cups in water before the pudding is put in. They look beautiful hogged over with almonds or pistachio nuts, and served in coloured cream; or the puddings coloured, and served in white cream, or in broken jelly.

Another.

Boil eight ounces of rice in three pints of milk till it becomes tender; add four eggs, well beaten, half a pound of butter, half a pint of cream, six ounces of sugar, rose-water, nutmeg, and cinnamon.

Rice and Apple Pudding.

Pulp two pounds of apples, and dry them well over the fire to give them a grilled taste; prepare two ounces of rice with milk, lemon-peel, and salt, and three whole eggs, or five yolks; sweeten, and add a glass of wine, or a little powdered clove or cinnamon; minced citron, orange-peel, almonds, or currants may be added. Line a mould, and put in the pudding; bake it, and serve it with sugar strewn over it, and a wine-caudle sauce in a boat. If to be turned out, ornament the mould before it is lined.

Another.

Wash the apples, and take out the eye and stalk, and boil them in no more water than is sufficient: by this method the fine flavour of the skin is preserved, and nothing is lost; or roast and pulp them.

To every pound allow a quarter of a pound of grated bread, three yolks, and five whites, a quarter of a pound of butter, cloves, and sugar; mix and put it into a buttered bordered dish, with paste ornaments; give it a quick oven; sift sugar over it.

If for children, put in more bread, fruit, and sugar, and no butter.

This pudding may be made richer with marrow, citron, and almonds; or a custard may be poured over it.

Green Fruit Pudding.

Prepare the rice, bread, or flour with suet, milk, and lemon-zest, for a pudding. To a quart of milk add three or four whole eggs; mince fine two pounds of hard or fallen apples, plums, peaches, or any other; rub them well between the hands with moist sugar and a little fine clove or cinnamon powder; when the water boils, mix in the fruit, so that the sugar may keep about it, which gives it the taste of citron; tie it up, and put it in the pot: two hours and a half will boil it. These fruits may be put into any pudding, in greater or less quantities; but the above is not only economical, but excellent healthy food.

Apricot, Peach, or Nectarine Pudding.

Scald the fruit; peel, beat, and sweeten it; beat six yolks and two whites; mix all together, with a pint of cream; put it into a dish sheeted with cream-paste: as the pudding stuff requires a moderate oven, puff paste would not answer. A cook ought to attend to this, as either the paste or pudding will be spoiled unless she does. Make a paste of the kernels, and put it into the pudding.

Yest Flour Pudding.

Melt a pound of shred suet in a pint of milk, a pound of currants, eight eggs, and sweeten it; add any other seasoning. After beating it well together, mix in two pounds of sifted flour, and two spoonfuls of yest; let it stand an hour to rise; put it in a buttered mould: bake it an hour in a hot oven.

Another.

Prepare raisins or currants, and suet, of each half a pound; rub two spoonfuls of flour in a little milk till smooth; add two spoonfuls of bread, nutmeg, cinnamon,

allspice, lemon-zest, sugar, and salt; whip eight eggs, and mix all together: bake or boil it. Hard apples (see Green Fruit Pudding) may be added.

Excellent Biscuit or Bread Pudding, recommended as a Foundation for different Dishes.

Rub half a pound of biscuit and a quarter of a pound of almond-paste with a quart of cream or milk in a mortar, adding ten yolks and five whites; season it with lemon grate, juice, and sugar; any sweet peels or fruit may be added.

Where a great variety is wanted, the cook may make a double quantity, or even a triple of this pudding, as after it is prepared, she may sheet a dish, and colour what is to be put in it with spinach greening, and stick it over with sliced pistachios or citron; some sweet paste cases may be filled with it, white, ornamented with currants or paste: a boiled pudding may be made with dates, prunes, or any other dried fruit: some of it may be boiled in cups, or fried. They may all be coloured differently, and ornamented with reference to the other decorations of the table. A good, well-made, simple pudding stuff a cook will find as useful to her for her second course as her stock-pot is for her first.

They may be made of ground rice, flour, biscuit, or flour of rice, with cream,* eggs, and sugar; they are then fit to be coloured and seasoned for all such purposes.

Oatmeal Pudding, boiled, baked, or done under roast Meat. (*Scotch.*)

Steep a pound of nice oatmeal over-night in a quart of cream or milk; season it with sugar, a few beaten almonds, a little orange-flower-water, lemon zest, a small bit of butter; currants or raisins may be added, but they are not necessary; boil it till smooth and thick. When nearly cold, add six eggs: bake it with or without a paste border, and strew sugar over it; or boil, and serve it with sweet sauce. If it is made without fruit, a few currants may be put in the sauce.

* Milk will answer equally well if half an ounce of very fine butter is added, particularly if rice flour is used. The cook ought to attend to the combinations, as many ingredients are totally lost, and, although good in themselves, often prove hurtful.

It may be made very economically, for a family or children's dinners, with plain milk, a little treacle, hard apples, a very little bit of butter, and salt. This is a pleasant nourishing food for them, and very opening.

The same preparation as in the above receipt, with savoury seasoning, used to be cooked under the meat formerly, in the manner of a Yorkshire pudding, and is much more relishing from chives, parsley, young onions, pepper, and salt being put into it.

Potatoe Pudding.

Mash two pounds of roasted potatoes; add a pint of milk or cream, and work them into a fine batter, with two or three eggs and two ounces of sugar; bake in a moderate oven: two ounces of raisins or currants, and two ounces of butter, may be added. Some put wine or brandy in this pudding: orange-flower-water is better: wine and brandy should be excluded from sweet puddings, as deleterious, or at least unnecessary.

Plum Puddings

May be made from the simplest puddings, with a few plums, to the richest compositions that can be brought together; but to give these a zest as a whole takes much attention; for one cook, from her knowledge, will make a much better pudding, at half the expense, than another. The stoning and cutting of the raisins, the plumping of the currants, the slicing the almonds and citron, the proper quantities of spices and sugar, the smooth mixing, the proper thickness, keeping the water constantly boiling, and time, &c., are all necessary to be attended to.

Mutton Suet Plum Pudding.

Cut a pound of suet from the breast or neck of mutton, and mince it fine; stone and mince a pound of raisins, half a pound of currants, half a pound of flour, a pound of fallen fruit or hard apples, minced and rubbed very well in sugar; half a nutmeg, a little allspice and salt, a little cider or home-made wine, lemon zest, sugar, eggs, and as much milk as will make it rather stiff. It will take nearly four hours.

Another.

Suet, bread, currants, raisins, of each half a pound; hard fruit, minced and rubbed in sugar, a pound; season with lemon; grate half a nutmeg, and the size of a nutmeg of ginger, with six eggs, and as much milk as will make it into a proper consistency, a table-spoonful of treacle; salt ought never to be omitted. Should it be too thin, an ounce or two of flour may be added.

Plum Pudding, with Meat.

Prepared calves-feet, apples, currants, raisins, and sugar, of each a pound; beef suet, two pounds; with a rasped nutmeg, a quarter of an ounce of cloves, a quarter of an ounce of cinnamon, lemon zest, and a little salt. Mix eighteen eggs well with a quart of milk, two pounds of grated bread, two pounds of marrow, half a pint of white wine, and a gill of brandy; with sliced almonds, citron, and orange-peel, of each from a quarter to half a pound. When these are well mixed, put in the other ingredients.

This is sufficient for a table of forty covers. It may be boiled all together in two or four puddings, or a fourth may be made, and the meat left out.

They will take from four to six and eight hours boiling.*

Small Paste Dumplings, or with Meat or Fruits.

These may be put into any sort of paste, provided that there is a sufficient quantity of white of egg, or gelatine of meat, to bind it; flatten, and cut it into any shape, and boil it sufficiently; sauce it with sweet sauce and lemon-juice; or roll the paste out thin, and having any sort of meat prepared, such as mince or farce, lay it on, and turn it over, either in a three-corner or square shape as a puff; seal it well together with egg, or egg and flour; hold the hand firm upon it till it takes, as in making rissoles; boil and sauce them with high-seasoned

* Let any of these puddings be high seasoned and carefully made, and boil them nearly double the time necessary for present use; let them cool, and dry up the surface moisture in the screen; then wrap them close in cambric paper, put them into cartridge-paper bags, and paste them over with Maculloch's paste, and hang them in a dry place: they will keep a twelvemonth, and are excellent sea store. When used, put them into cold water, and let them come slowly to a simmer, and leave it in that state for an hour, and serve them with sauce.

buttered gravy, anchovy sauce, or what may suit. Fruit or vegetables may be done in the same way; and either may be boiled, fried, or baked. A small bit of any thing left will make an excellent dish, and indeed often better than in the first dressing. Two or three things may be mixed with advantage together in these boiled or fried puffs.

Plain Suet Dumpling.

Mix a pound of nice shred suet into a pint of milk and four well-beaten eggs: make it up into a stiff paste with flour, having put in ginger, nutmeg, and salt. This quantity may be divided into three or four; poach and try when they are ready, and serve them with melted butter. More suet may be put in, and any kind of fruit, in which case sugar or a little treacle may be added. The fat from the necks and loins of mutton answers better than suet.

Yest Dumplings.

Make a light dough with milk, or take what is prepared for bread; an egg may be added, or not; make them up into balls, or in an egg form, which will poach sooner. The size of an egg will take a quarter of an hour in constant boiling water, and more or less according to their size. Tear them open as muffins, and serve them with boiled meat, or cold butter and sugar.

In a town where yest is not always to be had, get dough from the baker's, and mix in any ingredient at will to taste.

Norfolk Dumplings.

Make a stiff pancake batter; drop this batter by small spoonfuls into quick-boiling water; let them boil from two to three minutes, when they will be enough done: drain, and lay a piece of fresh butter over each.

Another.

Mix a pint of cream with two eggs, or the same quantity of milk with three; beat it into a thick batter with flour; season with salt; add spices, if agreeable; drop it in spoonfuls into boiling water, and, according to the quantity, let them boil quick from eight to twelve minutes; take them up, and serve them dry with hard or melted butter, or goose or other dripping from the dripping-pan.

When eggs are scarce, dumpling butter pastes may be made with ale or small beer.

Baked Rice curried Meat, Fish, or Vegetable Pudding, or common Casseroles.

Prepare the rice with top-pot and salt; butter a mould, and strew it with crums or Italian paste; mould the rice round it, and lay in the meat, fish, or vegetables, dressed as a ragoût, salpiçon, or farce; season with curry, or in any other way; finish with butter, rasped or slices of bacon: cover all nicely with the rice, and bake it; turn it out, and cut a small hole in the top, and put in an appropriate sauce with a funnel; or cut off the top, take out the bacon, and sauce it: or butter a large pudding-dish, cover it with the rice, lay in the prepared meat, cover it over, and egg or brown it: half an hour will bake it. If to be turned out, an ornament of paste may be laid into the dish after it is buttered.

Baked Potatoe Meat, Fish, or Vegetable Pudding.

Make a nice potatoe paste, work it out with flour, and finish as above.

Another, boiled.

Butter and crum a mould, and put in any of the above pastes; lay in the prepared meat, tie it up, and boil: or bake it, or form the pastes into handsome deep borders, to dish ragoûts in.

Different Kinds of Meat Pudding, or Fritters.

Whatever part is used, mince it fine, with equal quantities of suet and bread crums; add spices, sweet herbs, a little milk or water, and as many eggs as will bind it; tie it loose in a wet floured cloth, and boil it an hour; or put it into a sheeted dish, strew it thick with crums, and sprinkle it with butter, and bake it; or cover it with the paste. This may also be made into very nice fritters, or rolled puddings.

Very nice Meat Puddings.

Mince a pound of game, poultry, calf's head, or any other, with a pound of beef suet; grate over it a pound of crum, and season it according to what it is made of; mix the game with as much rich gravy and port wine, and four eggs; sweeten it. For poultry or white meat, use

rich cream, mushrooms, truffle, lemon-zest, juice, mace, and salt; or curry, and serve with dry rice.

Rhubarb Pudding.

Wash and prepare the quantity of rhubarb; make it into a marmalade, with sugar, water, cinnamon, and lemon-zest; add three eggs, or four yolks and two whites, with four ounces of butter; sheet a pudding-dish with puff paste: when the paste is coloured, it is done enough. Any green fruit may be made in the same way. The same preparation will do for tarts.

College Pudding.

Currants, crums, and suet, of each half a pound; half a nutmeg, two ounces of sugar; orange or citron, an ounce, minced fine, and a glass of brandy; mix it into a stiff paste, with four eggs; roll it into balls, and fry them in top-pot or egg, and crum them; they should not be made large. They may be boiled; thirty-five minutes will do them. Serve with a sweet sauce, a little wine or brandy; pour in the custard over it, and boil or bake it half an hour. It is excellent made of biscuit, or bread soaked in boiling cream. They keep well boiled, and may be heated in water, or fried.

Date or Prune Pudding.

Mix six ounces of flour in a quart of milk, sugar, salt, half a nutmeg, ginger, and lemon-zest; stir it over the fire till it thickens; put in a little marrow, and let it cool; add four eggs; wet and flour a cloth, and mix equally in a pound of prunes, which ought to be plumped before the fire, or a pound of stoned dates, cut in halves; tie up the pudding, and it will be ready, with constant boiling, in less than an hour: serve with sweet sauce. Minced hard fruit, currants, or raisins may be put in in the same way.*

EGGS.

Neither in English practice nor in English cookery-books, excepting one in a note,† have I been able to dis-

* A great many puddings have been suppressed to give room to other matter which appeared of more consequence, as pudding is a real national dish, and better understood than most other dishes.

† "Dipping eggs in boiling water, and instantly taking them out," so far from preserving, would be taking the quickest way to spoil them, by opening the pores

cover any satisfactory method of preserving eggs, notwithstanding the prodigious loss the sellers must yearly suffer, and the expense and inconvenience the consumers are put to; all which might be so easily avoided by either of the three following processes, none of which require half the trouble of salting butter, or curing ham, though much more necessary than either for the kitchen.

Spring eggs, from green food, do not keep so well as harvest ones, when poultry feed on grain and potatoes, (but it is equally necessary to store some for that season, as they are scarce at midsummer.) In autumn, the eggs are paler, but better flavoured. This, then, is the season for laying in winter store for seven or eight months.

A moderate estimate for a family will be about 200 dozen for puddings and confectionary; from 50 to 100 dozen, hard boiled, for salads, salt fish, turtle farce, and sauces; 40 to 60 dozen for boiling in the shell, or

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and admitting the air; the object is that of fixing the white, and to prevent the admission of it to the yolk, which might be done by turning them every day, to keep the yolk afloat; but that is not practicable in large quantities. Packing them in casks, and rolling them an inch or two every day; or hanging them from the roof in nets, and changing the mash every day; any thing that keeps the yolk from touching the shell, or precludes the air, will answer; such as covering with ashes, salt, fine sand, or putting them in baskets in running waters.

Oil runs off, and gets rancid in a very short time. If to be preserved by buttering, let them be dipped in boiling water, and wiped perfectly dry. This disposes the pores to take the butter, which ought to be salted. The best way of buttering is warm from the nest; and turning them in holes is very good, were it not impracticable when they exceed a few dozen.*

If lime-water is properly prepared, it is excellent for keeping eggs, particularly as it improves their flavour; but if lime is put into the water without attention to purifying it, and the eggs are left in it any length of time, the sediment of the lime that settles to the bottom will dissolve the shells; and from the corruption that immediately follows, the whole contents of the cask spoils.

Preserving by boiling is well calculated for sending to a distance; and buttering and putting them into charcoal and lime-water for home consumption.

Hunter speaks undecidedly on the proper methods of keeping eggs. He was making experiments when he published; but he has given us an excellent account of their medical virtues in the following words:—

"The yolk of an egg, either eaten raw or slightly boiled, is perhaps the most salutary of all animal substances presented to us by the hand of Providence. It is taken up in the body of the chick, and the first food presented to it by nature after its departure from the shell. It is a natural soap, and in all jaundice cases no food is equal to it. When the gall is either too weak, or by any accidental means is not permitted to flow in sufficient quantity into the duodenum, our food, which consists of watery and oily parts, cannot form a union, so as to become that soft and balsamic fluid called chyle. Such is the nature of the yolk of an egg, that it is capable of uniting water and oil into a uniform substance, thereby making up for the deficiency of natural bile: such an agent cannot but be productive of much good.

"When submitted to a long continuance of culinary heat, the nature of the egg is totally changed; so that when eggs are medically used, they should be eaten raw, or very slightly boiled."

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* "They may be preserved fresh by dipping them in boiling water, and instantly "taking them out, or by oiling the shell; either of which ways is to prevent the air "passing through it; or kept on shelves with small holes, to receive one in each, "and be turned every day; or close packed in a keg, and covered with strong lime-"water."

poaching. Of course these proportions must vary according to the table, and the greater or less use made of eggs. Few that see from eight to twelve, or more eggs every day, upon a breakfast table, think of the immense number of dozens used throughout the year. After the eggs (if bought at market*) have been selected in the most careful manner, candle them, and whenever the smallest speck appears, reject that egg. Then wash them carefully, as the least soil affects the flavour. Lay them, thus prepared, into lime or charcoal-water, either for preserving, or to prepare them for buttering or boiling, as a new-laid egg may be tainted from a dirty wet nest, or from the hen's treading on them with dirty feet. If they are to be preserved by boiling, select the largest and roundest for eating in the shell; simmer them very slowly in charcoal or lime-water two minutes: or if they are put in with cold water, and just allowed to come slowly to the boil, they will retain their milk. If to be boiled for pudding, put them into quick boiling water for half a minute; this hardens the white immediately close to the shell, while the remainder, with the yolk, continues raw, and fit for making puddings or sauces. This process requires much attention: hard eggs must be boiled ten minutes, and thrown into cold water, to prevent any change of colour.

To boil Eggs in the Shell.

Put them in cold water, and when it comes slowly to the boil, they will be enough; or put them in boiling water; simmer them slowly two minutes; take them from the fire, and cover them close with several folds of cloth, to make them milky; leave them from two to three minutes, less or more, as is wanted to finish the cooking. Boiling quick hardens the white too much, and cracks the shell, particularly if they are fat; some stomachs cannot digest hard cooked white of egg; which would never be the case were eggs boiled as above; as there is nothing more salutary than the white in a raw state, and it is applied as a remedy to the eye, the most delicate part of the human frame.

* Bought eggs ought always to be suspected; therefore let an earthen pan be kept with charcoal or lime-water in the pantry to put them in. The longer they are kept in it, the better they will be, as these waters destroy must, and even corruption.

It is to be regretted that the limits of one volume will not allow much to be said on any subject, however momentous to health, as that of the nature and excellence of the various foods, and manner of dressing them. In a publication of this kind, instruction is never looked for, and this is the cause that cookery is so far behind: however, a very little investigation would show how much evil is done by not possessing this knowledge.

Eggs are often rejected as bad at tables from bad cooking; if they are only half covered with water, and boiled quick, the yolk is too much done on one side, and too little on the other; this will give the egg an addled appearance, which is disgusting. Or if the egg is covered with water, and boiled very quick, the white is quickly hardened, while the yolk is nearly raw; or, if cooked harder on the outer edges, terminating in a raw watery speck in the middle, as if the steam had at first been forced into it.

When eggs are used for thickenings, clarifying, or for cream, let them always, after whipping, be strained; for if the specks are not taken out of the freshest eggs, they may meet with something in the various combinations of dishes that may break them.

Eggs dressed in various Ways.

Beat double the quantity of yolks to whites; strain, and add a little butter and stock, with nutmeg or mace, and salt; whisk them over a slow fire, and add a fine mince of any butcher's meat, poultry, game, ham, bacon, or any of the finer vegetables: anchovies, oysters, shrimps, &c., a little ketchup or spices, may be added to raise it. Serve it in a crustade, sippets, or a vol-au-vent, and garnish with crisped parsley.

Another.

Cover the bottom of a dish, that can be sent to table, thinly with butter; if fresh, dredge on a little fine salt; break the eggs lightly into it; take care the yolks are not broken; baste it with milk or cream; sprinkle with butter, and dredge with nutmeg, pepper, and salt; cook it over hot cinders; the yolks must be soft; glaze it with a hot poker or salamander; serve it in the same dish.

Egg and Ham Omelet in Gravy.

Mince or rasp cooked ham, season it with fine minced parsley, pepper, salt, and a little cream; whip the eggs; mix and dress it as an omelet, and serve it with thickened gravy.

Farced Eggs in Fricassée.

Boil four eggs hard; bruise the yolks with bread crums, salt, pepper, mustard, and butter; mix them with a raw yolk; fill the eggs, and serve with fricassée sauce.

Eggs white in Coffee.

Reduce a quart of cream; add to it a teacupful of strong extract of coffee; sweeten and beat two eggs and three yolks, and mix them with the cream; strain and stir it; butter small moulds; let them drain and cool; boil some water in a stewpan; fill the moulds, stirring the cream, and put them into the water; let them take, and turn them out upon a dish; have ready a dish of strong sweetened hot coffee for sauce.

Eggs in Tea.

Make a cupful of tincture of tea; reduce a quart of cream; put in the tea, and finish as in the foregoing receipt; sauce it with sweetened cream, thickened with the yolk of an egg, or with strong green tea and sugar, without cream.

Eggs in Gravy.

Put into a stewpan six yolks, two whites, and six spoonfuls of good stock; mix well, and strain; finish as above, and sauce with rich gravy, or serve it in the cups.

Chocolate, Marraschino, Madeira, and every flavouring fruit or flowers, may be made into these delicate egg-creams, by using pulp, juices, or infusions.

Surprised Eggs, Fruits, Flowers, &c.

Prepare the moulds by boiling in lime, charcoal, or ash-lye, or make a small hole in each end of the egg-shells; pierce the yolk, and blow out the egg; wash the shells, and fill up one hole with flour and egg; let it dry, and fill them with any of the egg creams, made as above, only coloured and flavoured to taste; or put them in moulds, to represent any flower, group, fruit, or vegeta-

bles; they may be made very stiff for these purposes with the addition of a little isinglass or cow-heel jelly; part may be kept white, to form groups or figures for garnishing the darker colours; set the moulds in a bain-marie, and let them stiffen: such as have isinglass or jelly in them should be then set in the cold to finish: when it has been turned out of the mould with a flatted top pink, red, or green, turn over upon it a white, paler, or darker group, and garnish the dish fancifully in the same manner as with gems of different or the same coloured jellies: they are not so expensive as blancmange, and very ornamental for supper-tables. The egg-shells may be filled with stiff jelly, or the shells may be cut across or lengthwise, and flowers or fruit moulded in the jelly.

Cupped Eggs.

Put a spoonful of very nice high-seasoned brown gravy into each cup; set the cups in a saucepan of boiling water; when the gravy heats, drop a fresh egg into each cup; take off the saucepan, and cover it close till the eggs are nicely and tenderly cooked; dredge them with very fine mace, or nutmeg and salt; serve them in a hot-water plate, covered with a napkin; or poach them in butter, vinegar, and spices, in cups.

Egg Cheese in Cups.

Beat up two spoonfuls of rich cream with four yolks of eggs, a heaped spoonful of rasped parmesan or Dutch cheese, about the size of a walnut of butter, with mace, pepper, and salt; mix it well, and fill the cups half full; put them into the oven: they will take little time.

To farce Eggs.

Cut hard eggs in halves lengthwise, and pound the yolks with a bit of almond paste, a little cream, mace, and salt; or with anchovies, oysters, shrimps, mushrooms, &c., and season as for the others; mix it up with a raw egg, and farce them; fry either in halves or whole: serve them in crisped parsley on a napkin, in crustades, or on spinach and sorrel: with the first, serve a cream, butter, or caudle sauce; with the last, oil and vinegar.

To poach Eggs in the Frying-pan.

Put very little butter, oil, or top-pot into the frying-pan: break the eggs gently into a deep cup, of the size the egg is to be of, sometimes smaller, sometimes larger; with a quick slight turn of the hand, turn the cup over with the egg into the pan, and leave the cup upon it, and continue to turn over the cups till all the eggs are put in; the fire must be very slow: when the first egg has taken, raise the cup a little to ascertain it: they must be done very slowly, otherwise the under part will be over-done: dress them over parsley, spinach, brown minces, brown gravy, clear juice, or in black butter. The top may be glazed with a hot iron.

Another Way.

Have the fat nearly boiling, whisk it briskly round, and drop in the egg, swinging the pan, to keep the fat in motion, that the egg may be kept in a round form; small dices of ham or anchovy may be thrown in to rough it; lay it to drain upon a cloth over a grill, before the fire, and continue to poach what may be required.

To poach Eggs.

Put a glass of white wine vinegar and salt to a pint of boiling water, in a broad earthen pan, upon a hot table, or in a warm corner; break the eggs, and turn them in quickly from the largest shell; leave them a moment, that they may take; when they have taken, give them a slight simmer; take out the first with a perforated spoon, and if enough, lay it in cold water: pare them nicely, and before serving warm them carefully.

This method is recommended, as there is seldom time, when poached eggs are to be served, to do them nicely: they may be served in any savoury sauce whatever, black butter, or upon spinach or fried crums.

Yolk of Egg poached with Marigolds.

Blanch and mince the leaves of marigold very fine; for six yolks, add a small clove of garlic, mace, pepper, salt, and two spoonfuls of rich cream; beat together; put it into a flat dish; let it come tenderly in a bain-marie; brown it with a salamander; garnish it with pounded anchovies, and a fringe of fried parsley.

To fry Eggs with Marigolds.

Strew blanched minced marigolds thickly over the eggs, and powder them lightly with nutmeg, pepper, and salt, as they are poached in the frying-pan; do them very slowly; do not turn them. If they are too much spread, cut them with a cutter all of one size; dish them on fried sippets that have been steeped in gravy or cream, and powdered with marigold; dish over fried parsley, and garnish with fried marigold flowers.

Eggs and Onions.

Cut in small slices a dozen of onions, and fry them a nice brown, with salt and pepper; put in a little good stock, cook the onions in it, and when ready, put in a dozen hard eggs, cut in slices, with a bit of fresh butter, after it is taken from the fire: garnish with curled bacon.

Egg Snow and Custard.

Beat the whites of twelve eggs very well, with two ounces of sugar, and a little orange-flower-water, or a few drops of any essence, and put in two pints of milk, with two ounces of sugar, upon the fire; when it boils, lay the frothed white upon the milk, and poach it; when it is done, take out a little of the milk, and season what is upon the fire with cinnamon, rose-water, or any other seasoning: mix in the yolks as for a custard; stir till it thickens; dish it, and dress the snow over it. The snow may be made of any colour, or pulped fruit.

Neapolitan plain Omelet.

The best ever eaten was made of eight very fresh eggs, with a little salt, by a hermit friar; cut and served to each upon hot plates, the moment it was taken from the fire, by the hand that dressed it. Omelets of any kind can never be good where they are not so dressed and served. Our fastidiousness about serving will ever prevent them from being in much use with us: even foreign cooks complain of their seldom being able to serve them properly.

Plain Omelet.

Break a dozen of eggs, and put to them a little water and salt; whisk or beat them with forks; put two ounces

of butter in a frying-pan; melt it slowly, without browning; put in the omelet, and beat it; put it on a clear brisk fire, and continue to beat and shake it well, that it may not burn; when nearly done, slip a small piece of butter under it; when it is melted, roll the omelet over to see if the colour is fine; turn it on the dish, and serve it very hot.

This omelet may be seasoned with all the varieties of dressed eggs; as with fennel, tarragon, parsley, onions, garlic, chives, spinach, sorrel, &c.; as also rasped ham or bacon, minced meats, or fish, &c.

Another.

Make the omelet plain as above, and have ready a nice small cut ragoût of oysters, truffle, mushrooms, sweetbreads, poultry, game, or fine vegetables; roll it in the omelet, and serve it hot.

Sweet Omelets.

Make three or four thin omelets of three eggs each; slip them upon a board, and cover with any sweetmeat; roll them up, strew sugar over, and glaze them.

Egg Rolls for sweet or savoury Zests.

Take a tin tube of any length; beat up the whites or yolks of as many eggs as will fill it; season them sweet or savoury with very fine blanched minced parsley, fennel, tarragon, saffron flowers, or marigolds, fine rasped bacon, ham, tongue, anchovies, or any of the powders, with spices and salt, or make them plain. Set the tube into a pan of cold water, and let it simmer fifteen minutes; take it out of the tube as soon as possible; or do them in a deep coffee-cup that is equally wide: these ought always to be ready where suppers are used.

Egg Marmalade.

Beat for an hour the yolks of twenty-four eggs; clarify a pound of good moist sugar; add four table-spoonsful of orange-flower-water, with an ounce of pounded almonds. Mix and stir the whole over a slow fire; continue the stirring constantly one way, till it gains a proper consistency; put it into custard-cups, and sprinkle them with pounded cinnamon and sugar. This marmalade may be higher

seasoned with rasped confected orange-peel or citron; or dish it in a glass dish, and sift sugar, almonds, and citron over it.

To dress Eggs.

Break any number of eggs necessary, and put a little water to them; squeeze in a little lemon or orange-juice and salt; beat them, adding a little gravy or cream; have ready a white hard toast, or fried white or brown in butter; put the eggs into a stewpan, and stir them one way, that they may not stick to the bottom; serve them very hot upon the toast, or beat them with salt and a little nutmeg, and put them into a saucepan with a large proportion of fresh butter, and finish as above, or serve in gravy.

Eggs in Farce.

Eggs are excellent cooked either over a meat, fish, or vegetable farce or gratin, which is to be put into the dish, and allowed to cook in the oven or over the gridiron; the eggs are then to be broken and dropped over, as for frying, and when they have taken, brown them with a salamander: sauce them with rich gravy.

Moulds for large Egg, Blancmange, Italian Cream, &c.

Get two moulds made at the tin-smiths, to hold the yolks and whites of seven or eight eggs: let them be made to open in such a manner as the egg may be taken out without injury. Let there be a hole with a cover or peg, so that when the mould is shut the egg may be filled in by a filler. These moulds answer also to make beautiful dishes of jelly, blancmange, flummery, and all sorts of stiffened creams.* There should likewise be moulds with wells, for ornamental jelly, blancmange, and salads: such dishes are more elegant than the constant routine of confectionary, and are no great expense, as four or six such dishes may be made for the expense of one from a confectioner's, besides the assurance of having no deleterious substances, so far as it is possible to avoid them.

Large Eggs.

If this egg is to be plain, whip the yolk, strain, fill the

* Moulds of this kind, of various shapes and sizes, are more useful in a family than almost any other. Their simplicity adds beauty to clear, pure, light, and delicate dishes, while their beautiful form raises simple dishes above their par.

small mould, and boil it fourteen minutes; throw the mould into cold water, and let it cool; whip the whites only, to mix them, that they may strain; open the mould, put in a little of the white, and lay in the yolk. Shut it fast, and put in the remainder of the white with a funnel, and peg it; put it into boiling water, and keep turning it constantly for five or six minutes, to prevent the yolk falling to one side of the mould, which, from the liquid state of the white from beating, it will be apt to do; leave it till the mould can be handled, but do not let it cool in it, as it may discolour it; put it into cold water; serve it over a mushroom, oyster, clear juice, or piquant sauce. A farce may be put in much larger than the yolk, and the white seasoned white, which looks well cut cross or lengthwise, and served hot over any good suitable sauce, or as cold salads, handsomely dished up in broken savoury jelly, garnished with salad herbs. Curious dishes are made in this way:—take three oval or square cases, like boxes; clasp two cray-fish together, so that they may be in the middle, and run in strong savoury jelly, or seasoned white of eggs, till it is half full, and cover with jelly: those for the sides may have anchovies, oysters, small eggs, small fish, &c. If a large globe or oval, anchovies may be arranged in the one half of the mould, to appear swimming.

*To pickle Eggs, an excellent Sea Store.**

Boil the eggs hard, and put them into cold water, to preserve their colour; when they are cold, take off the shells without injuring the egg: a jar should be chosen that will pack the eggs, that there may be no waste of room, which also makes a waste of vinegar; they may likewise be pickled in the shell.

Season and boil good vinegar with pepper or mace, and salt and strain it over the eggs; let it cool, and then have a fitted bung, which must be pressed tightly in with a cloth. Look at them in a week, and if they require the vinegar to be boiled, do it for sea store or keeping, but for immediate use it is not necessary. The same vinegar will answer again and again. A cook will find a store of pickled eggs

* For sea store, they may be boiled hard in strong vinegar, salt, and spices, in the shell, and so packed: they will keep any length of time.

very useful, both in first and second-course dishes, as well as ornamental.

To serve them.

They may be coloured by heating in saffron, cochineal, beet-root, sanders-wood, sorrel, spinach, parsley, fennel, or tansy-waters. The tinges must be very delicate; but green may be any shade, and the sauces being made darker or lighter than the eggs by savoury greenings, such as parsley or fennel; or they may be served in white fricassée, cream and butter-sauce, brown gravy, white ragoût, or pillau of white or yellow rice, macaroni, Italian paste, or white vegetables, *but not celery;* ragoût of peas, French beans, asparagus, peas, artichoke-bottoms, minces of white meat, venison, &c.

To serve them as ornamental.

Prepare them white or coloured; take a branch of any pretty shrub, with largish leaves, laying close up the stalk; prepare the top of the branch strong and long enough to support the weight of the egg, and put it in at the broad end; stick in a branch of small leaves, or a flower of the plant at the top. The colour and size of the leaves must be properly adjusted to the egg. Dish handsomely upon leaves: they look very pretty, and are an excellent salad.

To serve green.

One of the handsomest ways of serving them is in a fine cut ragoût of French beans, either white or greened any shade, or in a cream greened sauce.

To pickle Eggs for cooking in the Shell, for Breakfast.

Pour boiling vinegar over them in the shell; if to be long kept, boil the vinegar again; or boiling vinegar may be poured two or three times over, to cook them.

Duck-eggs, through prejudice, are generally consigned to the use of the kitchen; but a cook could not employ a spare evening better than in making them up in the size of plover's eggs, for salads. They naturally possess the high flavour and delicate blue white of wild-fowl eggs; but the cook should not take any liberties with them, as is done with small eggs for mock-turtle, and even real turtle, when there are no eggs, as flour-spiced eggs

would not be eatable in salad, though they may pass in rich gravy.

Parmesan Rennet.

Take the curd out of the stomach of a calf, wash and pick out all the hairs; wash the bag, put the curd into it, with a large handful of salt, and the juice of one or two lemons; sew it well up, that the juice may not escape; rub it well with salt, and keep it in pickle, or dry them perfectly, and hang them in paper bags: when they are to be used, cut a bit, with a bit of the curd, and steep it in a prepared pickle of salt and water, or salt and whey; return the piece so steeped into pickle, and it will answer again. Ladies' bed straw may be added to this rennet.

Pig Rennet.

Empty the pig's stomach, clean and fill it with salt, and finish as the foregoing; or the salt may be mixed with lemon or green acid fruit, such as currants, gooseberries, ver-juice, rose-leaves, or hips, &c.

The bags ought always to be scoured with salt or lime, and laid a night into lime or charcoal-water.

Vegetable Rennet.

The dried leaves of the flower of the thistle and artichoke coagulate milk, and is the only rennet, I believe, used in the south of France; it is even more delicate than ladies' bed straw, or any other that is in use: there is one of the thistles stronger than the others.

Italian Gallino Rennet.

Dry the inside rough skins of cocks' gizzards for this purpose, and after they have been used, they ought to be washed and again dried, as they will answer several times. The common way of making gallino curds may be changed for a much easier one, which is, to heat a little milk, and steep the gizzards in it; strain, and add it to the milk (see Gallino Curds): they might answer salted. The skins of any gizzards will answer.

Chedder Cheese.

Put the evening's cream to the morning's milk of twelve cows, with three spoonfuls of rennet, and when set, break and take off the whey; after this break it again, work into the curd three spoonfuls of fresh butter, and

put it into the press; turn it often upwards of an hour, changing the cheese-cloths for two days: near the finishing, put two or three fine dry cloths at a time: when it has been thirty hours in the press, or more, according to the size, take it out, and wash it with whey; dry it well, and turn it often.

A rich Cream Cheese.

Hang the quantity of cream to be made in a wet cloth, in a cool place, for six or seven days, which will depend upon the weather and state of the cream; put it into a vat lined with a cloth; put on the press with a light weight; turn it twice a day, and it will be fit for use in a short time.

Another Cream Cheese.

Warm a pint of new milk no more than just to heat a quart of fresh cream; put in a sufficient quantity of rennet to turn it, but not to make it too hard, say a spoonful; but as rennet is not always of the same strength, the cook must regulate it; let it stand in a warm place till it comes; do not break the curd, but slip it into a vat of any shape, placed upon straw or rushes; lay rushes over the curd; put on the press, with a sufficient weight to press the whey gently out; leave it from forty to forty-eight hours; turn it upon fresh rushes or nettles till it is fit for use. This is a much better cheese than that made entirely of cream, as it contains a due proportion of cheesy and oily matter.

It is to be regretted that in such limits so little of the management of the dairy can be entered into; but throughout the work, if attended to, many useful hints may be gathered.

Arabian Cheese.

The exact process by which the Arabs make their cheese is unknown; but it is remarkably rich, and of course in such hot countries could not be easily managed in vats. It is potted in large jars, and is uncommonly fine, not to be compared with any cheese we know. When it ripens, it often gets full of maggots, which does not prevent even the most fastidious from eating it. Some good housewife may try to pot cream cheese in this way. Perhaps some odoriferous plant is used for rennet.

Buffalo milk is extremely rich and salubrious, and

when boiled (which is immediately done when drawn, to prevent its getting acid), it becomes a thick cream.

Dressed Cheese, or Ramakins.

Half a pound of cheese, half a pound of bread, four ounces of butter, three eggs, a gill of cream, and a little salt. Pound all well together, and put it into paper cases: twelve or fifteen minutes will bake them.

Another.

Beat three ounces of parmesan, or any other cheese, in a mortar, and mix in by degrees half a pint of cream, two ounces of butter, four yolks, and one white; rub them together, and leave them mixed for some time: fill it into paper cases. They may be baked in a Dutch oven.

Cheese Zest.

Gloucester and Cheshire cheese, of each a quarter of a pound, two table-spoonsful of flower of mustard, and three ounces of fresh butter. Beat it fine in a mortar, and pot it for use.

Almond Cheese.

Prepare a posset of sack and cream; beat the curd with a little rose-water, and a sufficient quantity of almond paste; sweeten, and rub them together; set it over a hot hearth; press it into a mould with a group of figures; turn it out when cold; sift sugar over it, to which may be added rasped almonds or citron. Serve it on cream, or upon or under broken jelly: it is beautiful.

Potted Cheshire Cheese.

Pound half a pound of Cheshire cheese with a quarter of a pound of fresh butter, adding by degrees, while beating them together, a glass of mountain or sweet wine, with a quarter of an ounce of mace. When well mixed, pot it; cover it with clarified butter; keep it in a cool place. Any potted cheese may be coloured and flavoured with herbs. Milelot will give the flavour of the famous shap-zigar.

Sage Cheese.

Express the juice from the tops of red sage, by beating them in a mortar with some spinach; add a little sugar

to correct the acridity ; set the milk with the rennet, and pour in some of the juice, regulating it by taste and colour. When the curd comes, slip in a skimmer, and cut it across, and press it gently down to make it give the whey ; slip it softly into the vat, and continue pressing it ; change it in twelve hours. It must be turned, wiped, and salted every day, for five or six weeks, when it will be ripe.

Excellent Shap-Zigar, by the above Receipt,

Using, instead of the sage, the milelot and spinach, which give the same flavour as that of the shap-zigar. It requires to be more pressed, as it is not eaten green, nor till it is fit to rasp. It is the staple commodity of the canton where it is made, and of which the villages smell.

CREAMS.

Winter Cream,

In many places, is very bad ; so much so, as not to be overcome by seasoning. When that happens, a small bit of saltpetre should be boiled in it. Cream or milk used for the table should be perfectly fresh ; and it is better at all times to use fresh milk than tainted cream.

Artificial Cream

Is an excellent substitute, and is made as follows :

Boil down a quart of milk nearly to a pint, then rub a dessert-spoonful of the finest rice flour completely down in a little milk ; strain, and add by degrees a few spoonsful of the milk to it, and put it into the saucepan, with one or two lumps (or more) of double-refined sugar. Continue boiling till the flour is completely cooked, and till it attains the required thickness : the taste will regulate the quantity of sugar and flour.

This cream will answer for the table as well as for tea and coffee. A small quantity of yolk of egg, when it is coolish, may be added, or saffron, to give it colour. Stir it till quite cold, to prevent it skinning.

This cream may be boiled down a great deal more, and evaporated for sea store.

To preserve Cream for Sea Store.

Put a pound of refined sugar into a full quart bottle, and fill it nearly full of rich cream, that has only stood twelve hours; cork it well, wrap it in a cloth, put it into a saucepan of cold water, and let it simmer, not boil, till the sugar is quite dissolved and incorporated: have a cork that fits well. When it is to be used, take out a little, and cork it immediately, and immerse the bottle head downwards in water, and it will continue good during short voyages; but if left open on the breakfast-table, and handled with warm hands, it will be apt to spoil. Keep it as short a time out of the water as possible.

Crême Pâtissière.

Mix two eggs with as much flour as they will take, with a little salt, in a saucepan; add a pint of milk, put it upon the fire, stir it that it may not stick, till it does not smell of the flour. Add the size of a large walnut of butter, put it into a dish, and rub a little butter over it, that it may not skin, so that it may be ready for use.

Crême Frangipane.

Take the pâtissière cream, add a little sugar and orange-flower-water, with powdered macaroons; mix all together till they are smooth. Add to it some eggs, one after another, till of the consistence of thick cream, and use it.

Small Turtlets of Crême Pâtissière.

Cover small tart-pans with thin sugar paste, fill them with crême pâtissière or sweetmeats, roll paste into cords, and cross them, or use fine rice paste; they may be done as fine as catgut. Cut a narrow, deepish border, and lay round, or make it in a twisted cord, or any other way, and put in the middle paste, stars, flowers, or knots.

Whipped Creams.

Sweeten and flavour a quart of cream with orange, lemon, strawberries, pomegranates, currants, raspberries, or any other fruit or wine. Set it within a basin of ice, which will make it rise better; beat it with a whisk, and lift it as it rises with a pierced spoon, and lay it on the back of a sieve. Return the cream that strains from it

into the basin; and when it grows thin towards the end, the white of an egg may be added.

The French call these creams mousses, and serve them in large silver goblets.

Make them also of coffee, vanilla, tea, pulp of fruit, &c. Put macaroons, and other sweet biscuits, steeped in sweet wine, into the dish with them; or they may be served over cream and fruit custards. They may also be flavoured with mareschino or liqueurs.

Gallino or Italian Coffee Cream, and Créme Vierge.

Boil one or two pints of cream, and make half the quantity of strong coffee, and put it into the boiling cream; bruise the inner skins of three dry gizzards for each pint, and put them into a sieve, and pour the cream through, pressing them with the back of a spoon; repeat this three times. Mould or put it into the dish it is to be served in, and set it into the bain-marie. Chocolate, tea, or orange-flower-water may be used.

Crême vierge is made with one or two bitter almonds, and two ounces of sweet almond paste, as above.

Creams without Gizzards.

Prepare as for the above creams; but instead of the gizzards, add six well-beaten yolks of eggs. Make them take in hot water over the fire; dish either in moulds or small pots.

Italian Cream Cheese.

Boil two quarts of cream, season with lemon-zest, juice, and sugar. Take a nice pierced mould, or a sieve, line it with a fine thin napkin, and as the cream is whipped, lay it in till the mould is full; leave it till next day, when it looks firm like a cheese: ornament it with coloured jelly or small flowers, such as violets or geraniums, and the leaves round the bottom.

Thin Fruit Creams.

These are all made by adding the clear juice of the fruit to the sugar, and then mixing in the cream, which may be served in dishes, or glasses, ornamented with trifles of cream, fruit, or eggs. They may be also made of preserved fruits, and strained.

Thick Fruit Creams

Are made like blanc-mangers, the fruit sweetened and raised by their essences, and enough of fish, heel, or isinglass, jelly, or eggs to thicken. These may be coloured, and moulded in any form.

Wassail Cup.

Boil eight cloves in three pints of cream; beat up six yolks, with a little cold cream, and mix them in; warm a bottle of tent, malmsey, or other fine-flavoured wine; put into a deep dish cakes strewed over with sugar; pour in the wine, and then the cream; strew over ginger, cinnamon, and sugar, and when it cools, stick it thick over with sliced almonds. Fine ale and milk may be used, with two additional yolks, or a little rice flour boiled in the milk, which makes it a light supper dish.

Steeple Cream.

Put into a common stone bottle five ounces of harts-horn shavings, two ounces of ivory dust, with a small quantity of gum arabic and dragon; fill up the bottle to the neck with water, cork it well, wrap it in a cloth, and put it in a pot of water, and let it boil for six hours. Take great care not to open the bottle till the liquor is quite cold; strain, and mix half a pound of prepared almonds in a pint of cream; when it has stood a little, strain it to a pint of the prepared gum; scald, but do not boil it; sweeten it with fine sugar, and add a little amber; mix, and pour it into strong ale glasses, or a high standing mould: as it is to be sent up standing amongst whipped cream, the object is to make it very stiff. Or it may be moulded in a jelly-pot, and a cone to be set over it; or in different-sized pots, to raise one above another, with a cone or spire placed upon the top; but in such a case one ought to be well fixed before the other is put on. The cream requires to be very strong. The mould ought to be dipped in water, and the cream nearly set before it is poured in.

Glacier, or Pyramid Cream.

Sweeten a quart of cream; boil and skim it, and boil it again till all the cream that will rise has been procured; add any seasoning, or lemon-juice to it, which will make

it very white; put in a well-beaten white of egg, with a little good sweet wine, and orange-flower-water; whip it very well, and lay it to drain on a sieve. When it is drained, if it is to be served in a glacier form, turn down a small glass; dish over a large one, leaving the dish to be seen like ice, here and there, and heaping up the cream in irregular pointed pyramids, or broken masses. Through these may be introduced little chocolate figures of chamois, or goats, made of chocolate gum paste, and the dish set in a dish of moss, to spread round it; or it may be dressed round with white sugar-candy in irregular lumps.

Honeycomb Cream.

Put the grate of two lemons into a China dish, and squeeze in the juice of three; add half a pound of sifted sugar, and a pint of white wine; mix it well together in the dish it is to be served in; make a pint of cream scalding hot, but not boiling; put it into a jug with a spout, and pour it from the greatest possible height: let it be done the night before.

Chocolate, Vanilla, or Coffee Cream.

Take a quarter of a pound of chocolate, vanilla, or coffee, in the finest powder; beat it up with ten yolks, a musk plum, or a little amber, or orange-flower-water, cinnamon, and ginger; sweeten and boil a quart of cream, and mix all well: line and border the dish with sugar paste. A very short time will bake it.

Crackling Cream.

Beat up five or six yolks, and pour in a little new milk while beating them; adding sugar in powder, and a little rasped lemon-zest; set the dish over a stove, and keep constantly stirring till the cream begins to form; slacken the fire, and stir the cream constantly, turning it to the sides of the dish or vessel till little or none remains at the bottom: as it forms a border round the top, take care the cream does not burn; when ready, brown it nicely with a salamander; loosen it carefully with the point of a knife, so as not to break it; let it remain upon the dish it has been formed upon, and put it into the oven till it dries, and very little is left, and that it crackles in the mouth; one for the middle, two for centres, or for side

dishes, make beautiful garnishing for preserved fruits. They require great attention in making, and care in handling.

Lemon Cream.

Put the juice of four lemons, and the zest of two, into a pint of water; sweeten, and infuse them over the fire, or in a bain-marie; let it cool, and beat it with six yolks; stir it over the fire, and strain it; put it into an earthen vessel, and stir it again over the fire till it is as thick as cream; put it into a dish or glasses when cold.

White Lemon Cream.

Mix the whites of nine eggs, well beaten with the juice of four lemons, in a pint of water; strain it through flannel, and sift in half a pound of refined sugar; put it over a slow fire, and keep it stirring constantly one way till it is as thick as cream, and pour it quickly into moulds or glasses.

Lemon Cream Curds.

Boil three quarts of filtered water; put in a table-spoonful of very nice vinegar, or lemon-juice, and zest, with a little salt; beat eight eggs very well; mix in a quart of cream, and put it into the boiling water; stir it one way very slowly, and skim the curd into a pierced mould: when cold, turn it out. A rich caudle or orange-flower sweetened cream may be served with it.

Baked or fried Cream.

Boil and thicken a quart of cream; let it cool, and beat it in a mortar, adding, by degrees, twelve whole eggs; season with a little brandy, white wine, or orange-flower-water, cinnamon, ginger, and sugar; work, and stiffen it well with flour; cut it into any shape; fry it in clarified butter, or bake it in the oven; sift fine sugar over. As this quantity will make four dishes, the paste may be divided and coloured differently, in which case the spices must not be put in till it is coloured—saffron with lemon-juice and zest, cochineal, rose, or cloves; make cinnamon with saffron and cochineal; green, green of spinach, with pistachios; white with almonds; put these different colours into pans, and sift sugar over them, first doing them over with the white of egg: when they take a

little, draw them to the mouth of the oven, and score them into the size required for the manner of dishing them separately, or piled together, when the sugar is sifted over them. There may also be sifted over flower or spice powders, such as orange-flower, rose, myrtle, rosemary, violet, &c. The colours of the creams ought to be very delicate. Where a long table is to be set out, this is an easy, elegant variety.

To make them higher flavoured, put a drop or two of the essence, according to the quantity of the creams, in a spoonful or two of wine; brush over the under side of the cakes, and return them into the oven for a minute to dry, which will force the fragrance through the cakes; but do not leave them in the oven till it fly off. Some of them may be iced, meringled, or pearled.

Almond Cream Drops.

Prepare half a pound of almonds; put them into a quart of sweetened cream, and boil; add nine eggs, and flour; beat it very smooth with orange or rose-water: a drop or two of the essence will answer, or a musk plum; sift flour upon paper, and drop them like almond biscuit; sift sugar over, and bake them in a quickish oven: take care they do not run together. They may be made of different flavours and colours.

Apples, Quinces, and other Fruits in Cream.

Core, but do not pare, from four to twelve apples, according to their size, as well as with reference to the dish or dishes that may be wanted; fill them with marmalade, or any confection of high-flavoured fruit; put them in the oven, covered with papers, that they may not burn; when nearly ready, take them out, wash them over with white of egg, and sift sugar over them: they should not be allowed to fall.

Quinces take longer preparation, and will be the better of being first boiled, and finished in the same way.

Pears are to be done in thin syrup, with cloves and wine, coloured or not, and glazed with egg and sugar: serve any of these in sweetened cream, and for particular occasions whip it, so that the glazed fruit may appear through it. Plums, peaches, nectarines, and apricots are excellent done so.

White Pot.

Slice some nice bread, lay it in the bottom of a dish, and cover it over with marrow; season a quart of cream or new milk with nutmeg, mace, cinnamon, and sugar; boil and strain it; beat six yolks, and put them to the cream, and pour it over the bread. Bake in a moderate oven, and sift sugar over it, or rasped almonds, citron, orange-peel, and sugar.

Raspberries or Strawberries in Cream.

Pick out some of the finest strawberries, and lay them aside; pick the others very nicely, and wash them in sweet skim milk; let them drain, to take off any grit or sand; lay them in layers into the dish; if there are any red raspberries, pick them very carefully, particularly upon account of worms, and lay a few over each layer, and dredge it over with fine sugar; heap them up in the middle, and pour sweetened cream over them; garnish the cream round with the reserved strawberries, and strew some upon the top, and sift sugar over.

If there are no red raspberries, squeeze the juice from some white, and add it to the cream.

Raspberries or mulberries may be served in the same way, or the fruit, cream, and sugar served separately, as they are eaten in so many ways, or alone, with wine, sugar, and bread. The healthiest way of eating raw or dried fruits, is with sugar and bread, or bread alone.

Everlasting Syllabubs.

Sift half a pound of double-refined sugar into five gills of cream, half a pint of nice sweet wine, the juice of two large or three small Seville oranges, the zest of two lemons zested with sugar, and a spoonful of orange-flower-water; mill it with a chocolate miller, and dress it into glasses.

Devonshire Syllabub.

Mix a pint of port and a pint of white wine together in a china bowl; sweeten it, and put in any flavouring syrup, cinnamon or cloves, if agreeable; milk the bowl nearly full, and leave it twenty minutes, and cover it with scalded cream; strew rasped almonds, sugar, and any flavouring spice that has been put into the syllabub

over it. Almost every county has its syllabub, and the only difference among them is, some use port entirely, others cider and brandy, some strong ale and home-made wine.

Baked Milk.

Put a gallon of milk in a jar; have a nice bung fitted to it, that the fine volatile parts may not evaporate; put it in the oven after the bread is drawn, and leave it till the oven cools.

Let a consumptive person use this milk with any acid fruit and sugar, if it agrees with them, with good stale bread (see note to Diet Bread) for most part of their diet: if too strong, mix it with water and syrup of mash-mallows, conserve of roses, violet, or real capillaire.

Flummery.

Simmer a quart of wheat in an earthen vessel in the embers; when it falls into a jelly, add double the quantity of new milk, with a quarter of a pound of currants boiled, and three fresh yolks beaten with a little milk; mix, but do not let it boil; sweeten, rasp in a little nutmeg; dish, and serve hot or cold.

Lemon Salad.

Grate the zest of a fine large lemon, and squeeze the juice into the dish it is to be served in; sweeten and season a pint of cream, boil it, and pour it hot upon the lemon-juice, and so leave it; rasp citron, and sift sugar over it.

Hatted Kit. (*Scotch.*)

To make this excellent and healthy dish, a small deep tub, with a cover to shut close like a churn, and a fosset below, to run off the whey, is necessary, and generally kept for it; fill the kit two-thirds full of buttermilk from the churn: when the new milk comes in warm, add a sixth or eighth part to the buttermilk; mix it well, and cover it close: next milking, put in the same quantity, and mix again: if the weather is hot, it may require no more, which will be known by the milk thickening at the top; let it ripen, and then try it by the spigot, and if the whey is milky, it must stand a little longer till it becomes clear. The whey must be well drawn off; take out what is ne-

cessary for a dish, lay it upon a drainer; beat it with a wooden spoon; dish, and strew sugar over, with a little rich cream: it ought to be used quickly, as it soon grows very acid: it is a very healthy and excellent dish.

Those who wish to make it as an economy should set it in a warm place, and it will require less sweet milk, as well as quicken it.

The kit will also assist the operation; but care must be taken to keep it in a proper acid; charcoal or lime-water will always purify it: after the cream is made, the whey ought to be well drawn off.

Corstorphen Cream. (*Scotch.*)

Use such a vessel as above, only it does not require to be perforated; put in a quart or two of new milk in the evening; put in the same quantity in the morning, and stir and mix them all well together: next evening put in another quart, and mix again. The following morning, or sooner, it will appear like very thick lappered milk; beat it up, as it should not whey, and serve it with sugar. These milks were strongly recommended by an eminent Scotch physician* for children's dinner in summer.

I never saw a family of finer looking nor healthier children than one who dined three times a week upon croudy, which was made of fine oatmeal, and buttermilk poured from the churn over it, and stirred well together.

These preparations of milk resemble much the famous preparations of the East, so much esteemed in the cure of consumption; and these would be not less so, if prepared from mare's and ass's milk, fed upon natural herbs: the koumiss and yahowrt are only different preparations brought about by fermentation.

Buttermilk

Is a ready prepared chyme, and of course the best imaginable food for weak stomachs and children; yet it is generally given to the pigs.

Fresh buttermilk, eaten with sugar and bread, is more agreeable than fresh cream, as it does not cloy; but it is not good with fruit, because, unless the stomach is extremely strong, it will turn immediately into a strong acid: sometimes, however, a consumptive patient's stomach is

* Who also recommended porridge with Younger's of Leith's ale, as a soporific supper for invalids.

very strong, or rather requiring that sort of nourishment, yet it will not be so beneficial as if eaten separately in small quantities, this ailment requiring a constant feeding. If these milks are much sweetened with syrup or capillaire, the patient will, in that case, be able to take more sugar, which is so renovating.*

Milk in every simple form cannot be too highly recommended as food for infancy, childhood, invalids, and old age.

PRESERVES, CANDIES, PASTES, DROPS, MARMALADES, &c. &c.

To clarify Sugar.

The whites of two eggs will clarify from twelve to fourteen pounds of sugar; whip them in four or five pints of water; break the sugar into a sweetmeat-pan, and add two-thirds of the water. The pan must be sufficiently large to prevent its flying over. Observe when it rises, to throw in a little white water, take it off the fire, and skim it; continue in this manner till no more will rise; strain through a wet linen or flannel bag.

Small Thread, or Petite Lissée.

The first degree is the petite lisse. Let it boil, till, by dipping the finger into the sugar, and pressing it against the thumb, upon opening, it shows a thread which breaks, and returns back to the finger.

Great Thread, or Grande Lissée,

Is formed by a few boils more; it is tried in the same way, and spins longer, and, being harder, is not so easily broken.

* In the West Indies, when many of the slaves are dying from the fatigue of putting the crops into the ground, they look forward to the saccharine juice rising in the cane, as they are cured by sucking it.

One instance occurred under my own notice, of a consumptive patient, who, after different skilful treatment having failed, was perfectly cured by a new milk, sugar, and light bread diet, which was administered from the idea of coming nearer to the saccharine juices than any other; and I should recommend to consumptive and chronic patients a voyage to the plantations.

Small and Large Pearl, or Petite et Grande Perle.

When it threads between the fingers without breaking, that is the petite perle; and when the fingers may be extended without breaking, and that it forms into pearls, that is the grande perle.

Pig's Tail, or Queue de Cochon,

Known by lifting the skimmer: if it falls in bubbles, that forms a pig's tail.

Blow, or Soufflé.

Continue to boil, and take out the skimmer, and blow first on one side, and then on the other; flakes of sugar will fly off.

Little Feather, or Petite Plume.

Continue to boil; draw out the skimmer again, and it will fly off in large flakes.

Great Feather, or Grande Plume.

Continue to boil, and turn the back of the skimmer up; it will rise in air-balls; but should a flake fly from them, they are near the petit boulet.

Small Ball, or Petit Boulet,

Will be known by dipping the finger in cold water, then in the sugar, and then in the water; roll the sugar between the finger and thumb, and if the sugar rolls easily into a soft ball, it has obtained its point.

Large Ball, or Gros Boulet.

Boil a little; make the same test, and when the ball cools, and is hard, it has attained the gros boulet.

Crack, or Cassée.

Reduce the sugar a little more, and when the ball is made up, and thrown into water, it becomes brittle; in breaking it between the teeth, it does not stick; and after that it immediately falls into caramel: but it requires experience to decide upon the proper colours necessary to be produced. This is the most difficult part to manage in sugar boiling, and so necessary for desserts. The sides of the pan must be kept very clean, by a wet napkin or

sponge, as it is very apt to burn; and the pan ought to be on a hot stove, about the size of the pan, that the heat may not spread much up the sides; and another essential care is necessary, to prevent the sugar graining, and to boil it sufficiently, without too much colour: when it has attained its point, put in a few drops of vinegar, or a small bit of butter; either grease or acid will prevent it. Take off the pan, and let the boiling cease: it is ready for caramelling, preserved or ripe fruits, nuts, and Chantilly basket-work; but if spinning is attempted till the heat is a little lowered, it will drop, and if too cold, it will run thick.*

Sugar in the above state is ready for making barley-sugar, drops, &c. &c.

To clarify raw Sugar and Honey.

Mix three whites of eggs in three quarts of water in a pan that will hold twenty-five quarts, and put in twenty-five pounds of sugar; mix two pounds and a half of powdered charcoal; have always cold water ready to damp the sugar; to prevent its flying over, have a bag hung as for jelly, with two receiving-vessels to clarify it; pour it back and back, till it flows quite clear.

Honey.

Prepare as above, using the same quantities; put the honey on the fire, with the water, adding five pounds of fine beaten Spanish whitening, and the zest of three le-

* Sugar very often misgives in the preparation for spinning, either from the bad quality of the sugar, or from its not being sufficiently boiled by the sugar-bakers. Therefore in selecting sugar for spinning, the whole loaf should be of one quality; compact, sparkling, and of a beautiful lucent white. Such sugar, if carefully boiled, will spin well. Sugars of different lower qualities will show their disposition on coming to the point, by rising heavily in uneasy and tumultuous boilings: others are spotted in such a manner that it almost imperceptibly tarnishes the appearance of the sugar. Again, there are some that come well to their point, and upon cooling become like the last mentioned. All these defects can only be remedied by giving the sugars a dozen more boils; which require much care, on account of the colour, as the sugars will not work under the above circumstances. Great attention is therefore necessary to the choice and boiling. A French author recommends, when the sugar is boiling and near the point, to throw in a pinch of burnt alum and cream of tartar, in equal parts, in fine powder, and after some boils, when the sugar becomes white and brilliant on the surface, and the ebullition or boiling becomes more languid and heavy, dip a knife or spoon into it, and put it in cold water, and immediately take the sugar off in the water. If it breaks easily, it has attained its point; give it a dozen more boils, and let the boiling cease before beginning the work, as the best prepared sugar will drop most in the highest heat; and indeed it is a proof of its being well made. After that is done, there wants nothing but practice and good taste to make the most elegant ornaments in spun sugar, which are very different from assiettes or pièces montées, and much easier made.

mons, rose-leaves, orange flowers, &c.; stir and mix it very well; then add the charcoal, and continue to stir; add six well-beaten whites to six quarts of water; when the honey is upon the boil, sprinkle it with this white water, till it appears like a sponge.

Have a bag ready, as above, with two receiving-vessels, and return it into the bag till it becomes quite clear. The bag may be cleaned by two or three whites of eggs, in a little tepid water.

That sweet water, with five or six whites, will again purify the same quantity of honey.

Fruit in Caramel.

Every kind of preserved or fresh fruits may be caramelled, as well as all kinds of nuts, gum paste, figures, &c.

Before the caramel is prepared, have the fruit, or what is to be caramelled, quite ready, which saves time as well as waste; for this purpose, if the fruit that is to be done is preserved, the sugar must be washed off with warm water, and the fruit dried in the sun or stove; it must be free from blemish, and whole. Stick into each a small twig, and arrange them. If dipped into white of egg, dried, and then caramelled, they will keep longer. Butter a marble slab slightly, and when the caramel has attained its point, give it a few more boils, and allow the heat to fall a little*; then let two quickly proceed to dip in the fruit, and arrange it on the marble slab. If a great deal is to be done, a third may remove the fruit to wire grills, and put them in a stove, the mouth of the oven, or in the sun.

Fresh fruit must be picked large and fine, and arranged with twigs, and laid some time in the sun, or in a hot room, where the surface moisture may be dried off. Proceed then as above. Cut bunches of small fruit, barberries, or grapes, which may be done with the grape so distant as to be spread, or be laid lightly over one another; or if in larger bunches, they must be hung, which may be easily done by tying the bunch, and hanging them over a dish to receive the droppings of the sugar.

* Those who wish to perfect themselves in this art ought to practise it with much care and assiduity, and also to attend to the preparation of the sugar: for if it is not properly prepared, and of a fine colour, let the work be never so well executed, it will have a poor and vulgar appearance, as there can be no medium in ornament.

Almonds and Nuts in Caramel.

Blanched almonds and nuts of every description must be grilled or roasted in a pan to make them peel; they are then to be stuck with twigs, and caramelled as the fruit.

Chantilly Baskets of Fruit or Nuts.

Butter a frame or mould either out or inside, and form the baskets by sticking with caramel, caramelled fruits, or nuts together. Walnuts look beautiful; but variety is so necessary to high-dressed tables, that things of a worse appearance must often be used.

After the baskets are finished, ornament them with shell or other comfits, fillets of coloured almonds, spun sugar, of which handles may be made, and stick all on with caramel. Pure white walnuts, stuck together in baskets, vases, cups, basins, &c. are beautiful netted over with spun sugar.

Biscuit Caramel Baskets.

These are delicate and beautiful. Stick drop biscuit with caramel together in any form of basket; they are beautiful in oval and round basins, contracted at the top, or with a lying-over edge, without any ornament, filled with caramelled or chemised fruit. These are elegant for undressed stylish family dinners.

Chemised Fruits, Nuts, Flowers, &c.

Prepare them as for the caramel in every respect, but have something firm and soft to stick them upright in; dip them in nice prepared isinglass, or well-whipped white of egg; hold them over white paper, and sift over them double-refined sugar in the finest powder, which may be coloured, to give more effect to the different fruits. These flowers or fruits in bunches are beautiful in caramel baskets or basins; or when such are filled with caramelled fruit, they may be stuck over them.

Lavender and rosemary buds may be put into just as much white of egg as will damp them, and then shaken amongst fine-pounded sugar till they are well covered, and left to dry in it.

Edgings for Glass Dishes.

Caramelled fruit, nuts, or biscuit may be fancifully stuck upon glass dishes, with much less expense and trouble, and with nearly as good an effect, and more congenial to the real elegance of a good table than coloured ornaments in paste and sugar, which are fitted only for show at great entertainments; for although a pièce montée is edible, it is not very likely that many would attempt it.

An assiette montée is a determined ornament, which no one that has good taste would admit of being placed on their table, unless at an entertainment where the confectioner assists, because it requires a professional person to make it* ; and this love of show prevents many a comfortable party, as many will not throw away their money, and limited incomes cannot afford it.

Still much style might be given with economy, without it being necessary to call in the confectioner; which, were it possible to procure good servants, would be no difficult matter; and for this purpose are selected some easily made ornaments, which are the better fitted to assist those who are disposed to have their tables elegantly served in their own houses.

Spun Sugar Baskets or Vases.

Prepare the moulds with butter; they must be of a proper shape to allow the caramel to come out easily. They may be made in two pieces, and put together with caramel. When the sugar has attained the caramel point, put in a few drops of lemon-juice or vinegar to prevent its graining; allow the intense heat to abate, otherwise the sugar will run in drops, and destroy the work. Take a spoon, toasting-fork, or something of that kind, or tie two wide-set forks together; dip them into the sugar, and if it works well, begin to spin it into the mould, which

* A century and a half ago grand pyramids of preserved fruits and comfits were used in the middle even of the king's table. How these pyramids were made I cannot learn. They were sometimes five in number, in the middle of a round table; the middle one being larger than the others, probably in the style of the pièces or assiettes montées. The idea of a king's table carries something so magnificent along with it, that one can hardly believe that a pièce montée could ever have been placed upon it. Yet we find it still in practice. The cookery at that time at high tables was much better than it is generally now, excepting the tables of those of very refined taste, who keep first-rate French cooks, of which there are no small number. But now, that there are really good French receipts in the hands of the public, it is to be hoped a better economy and management will be adopted.

must be turned, avoiding drops. There is some art in turning the mould in the left hand, and adapting the thread to give the work sufficient equality and strength. When finished, draw it out, and replace it to cool: if it sticks, heat the mould a little.

It may be ornamented by sugar spun into any form on a napkin, and put together by hot caramel; as the caramel cools, coarser threads may be made, and twisted handles, borders, small croquants, and a thousand other delicate ornaments. Groups of figures in gum-paste may be arranged on a napkin, and the sugar spun over them, and enclosed by spinning on the other side: coloured almonds are also done in this way. The caramel may be moulded into solid ornaments in buttered leaden moulds for handles or any other ornaments.

Croquants and borders of this spun sugar are beautiful over pure white dishes of blancmange, solid creams, caramels, &c.

Beautiful borders may be made for jellies, creams, and blancmanges, by a person that might not be able to manage larger ornaments; besides, they answer better in the first style, that is not arrived at the fête, and may be served at a fête as accessories. Frosted pears and apples look beautiful through a spun sugar cover, or in a border.

Barley Sugar

Is made of sugar prepared in caramel, with a few drops of the essence of lemon.

Run it on a buttered marble slab, and cut it with scissors, and roll it with the hand on the board, or twist it.

Drops.

Put the sugar into a pan with a very small spout, and drop it on the slab, managing it with a wooden pointer. Sift fine sugar over, to keep from sticking, and wrap them in separate papers.

All sorts of essences may be made into drops or barley-sugars in the same way, colouring and perfuming them with a few drops of the different essences, such as lavender, musk-rose, mille-fleurs, &c., or with substances, such as ground coffee, chocolate, nuts, angelica, mallow-root in powder, &c. Finish all as above.

Currant or Raspberry Drops.

Mash a handful of raspberries; put in a very little water; boil and strain through a flannel bag; take half a pound of fine sifted sugar, and wet it with the raspberry-juice, with twenty drops of the spirit of vitriol; make it hot over the fire, but do not let it boil, and drop it from the point of a knife upon paper.

Ginger Drops.

Rub down half a dozen almonds and a little candied citron or orange-peel; add a little sugar, and rub it till it comes to a fine paste; incorporate well half an ounce of the best powdered ginger; put a pound of sugar upon the fire, with a little water; skim it, and put in the paste; let it boil to candy height, and drop it as other drops.

Lemon Drops.

Sift a pound of double-refined sugar; mix in the juice of two lemons, with the white of eggs; let them be well beaten to a froth: a pound of sugar will require three whites; put in by degrees; when it is finishing, put in the zests of two lemons; cover some oven-leaves with paper; sift sugar over, and drop them, and put them in the stove.

Peppermint Drops.

Mix fine-powdered sugar with the white of eggs, to give it consistency; add 120 drops of the oil to every half pound of sugar, and drop them off the point of a knife; or mix the sugar with lemon-juice and the same proportion of oil of peppermint. Dry it gently over the fire, and drop it.

They may be made more stomachic by adding to those made with the white of egg an ounce of magnesia: roll out and cut with a cutter: they may also be made of gum, magnesia, sugar, and oil of peppermint.

Lozenges for Heartburn.

Gather oyster-shells that have been bleached long upon the beach; dry them at the fire; beat them into fine powder, and wet it with milk and water to make a paste; roll and cut it into lozenges: dry in a slow oven, not to discolour them. These lozenges destroy acidity, and

promote digestion; their power of neutralising acids may be easily ascertained by dissolving one of them in a glass of strong vinegar.

Paterosa Lozenges.

Cut off the white end from the red rose-buds, and dry them in the sun; grind an ounce, and sift it; wet a pound of sugar, and boil it to candy height; put in the juice of a lemon, and the powder of roses; pour it on a nicely-oiled marble slab or dish, and cut it in lozenges.

These lozenges are very different from those bought in the shops. A drop of otto or essence may be added.

To make all Sorts of Tablets.

Boil six pounds of sugar nearly to a caramel; rub a marble or slate slab with oil of almonds; mix well into the sugar a tea-spoonful of any of the following essences—peppermint, cloves, cinnamon, or lemon. Pour it on the slab: when cold, cut it into square cakes.

Bon-Bons.

Prepare the sugar to a caramel, and add whatever essence they are to be made of, and pour them into leaden moulds that open. If liqueurs are used, put them in also when the sugar comes to the point, but let it again boil, to evaporate the fluid; fill the moulds. The bon-bons must all have a day in a moderate stove, or a heat equal to it: wrap them in papers.

Fruit, flowers, or figures must be opaque; and for that purpose put in the colours wanted; grain the sugar, and fill the moulds.

A very few moulds only are necessary for these things, and they are very great ornaments to the dessert-table.

Gum Paste

Is made of gum-dragon and sugar. The gum is to be dissolved, after it has been picked and washed*; it takes half a pint of water to the ounce, and requires to be often stirred; and should always be prepared a day before it is

* This is the French manner of dissolving this gum. Some still prefer the old method of putting it into stone or strong glass bottles, and wiring down the cork, and putting it into a sand-bath for forty-eight hours, or in an oven-stove; or wrap it in a cloth, and boil for six hours. When it is taken out, it must not be uncorked till nearly cold, and then strain it through a silk sieve. This method prevents trouble and loss.

wanted, as it takes a long time to dissolve; rub it with a pestle, and wring it, between two people, through a coarse cloth.

Add triple-refined sugar, in the finest powder, to it by degrees, in the mortar, which must be well incorporated and worked, till the paste breaks. Four ounces is the quantity allowed to an ounce of gum; but as in cleaning and pressing it may lose some of its weight, this must be attended to, and when finished, cover it with a wet cloth.

The French make much more use of this paste than we do.

Starch Gum Paste

Is made as above, mixing starch in any proportion with the sugar.

Gum Plaster Paste.

Rub down some plaster of Paris in a great deal of water; when it settles, pour it off, and evaporate, and dry it in the sun; reduce it to the finest powder, and use it with a little starch, instead of sugar.

Gum Arabic Paste

Is used for lozenges, and is made of triple-refined sugar, mixing in the essences of toulu, &c.; work it with starch powder to keep it from sticking to the hands; make it in rolls, lozenges, or any other, and dry in the stove.

These pastes are sufficient for all the ornaments that may be required at the genteelest tables.

For large fruit, colour the gum paste; roll it out of a proper thickness, and, after having dusted the moulds with starch-powder, put in the paste, and mould with the fingers; take it out, and leave it to dry a little, and cement it together with a little of the reduced paste: when it dries, finish it off, and raise the colours to the natural tints with a hair pencil.

When working with wooden moulds to form wreaths, or one side of a figure, the bit of paste must be moulded with the hand, to fit the mould; dust it and the mould slightly with starch-powder; press it in, and with a sharp spatula take off the superfluous paste; damp a bit of paste, and apply it to it, and it will come out: if the mould is of plaster, paste is used; lay it flat on a damp slab, or table, and as the other halves of the figures are

made, fix them together, to prevent their shrinking: the sugar-paste does not require this precaution.

ICES

Are prepared of all kinds of fruit, which, if required, are acidulated with lemon-juice or crystals; they are also made of wines, liqueurs, spirits, and creams. They are then to be sweetened with syrup, and flavoured with their essences, to raise their flavour if necessary.

In winter, they may be made of preserved fruits, by infusing them in hot water, and clarifying them through a flannel bag. If there is no proper prepared fruit for them, make them rich and high-flavoured, as the icing lowers them. A bucket is used for holding the ice, which must be pounded with salt, and mixed very well.

When the ice is ready, let the cream or preparation be put into the icing-pot, which must be buried to the top in the ice, and the bucket is then to be briskly turned round and agitated for a few minutes, to make it take; it is then to be opened, and with a spatula, which should be carefully passed down to the bottom, all the ice is to be taken from the edges, and mixed well in: if this is not done, the ice will not be perfectly made, and appear gritty, or the sides lumpy; cover the pot, and agitate it, and continue to do so, mixing it in till it has completely thickened; cover the mould, and bury it in ice, and leave it till wanted.

Cherry Ice.

To obtain the juice, stone and stalk two pounds; put them upon the fire, with half a pint of water, and give them a covered boil; press them through a sieve; break a handful of the stones, and infuse an hour in boiling water, and add it with the juice of a lemon, and three quarters of a pound of sugar, at the *petite lissée* (see that article); mix it very well with a spatula, and use as above.

Currant Ice.

Pick two pounds, and put them on the fire, with a pound of raspberries, and half a pint of water; strain through a hair sieve; add a pound of sugar; taste, give it a proper consistency, adding what sugar or water it may require, and ice it.

Strawberry, raspberry, and mulberry are all strained without boiling; add water and sugar to taste. Lemon and orange ices are all made in the same way.

Flower Ices.

Two ounces of orange-flowers, from their high perfume, will be sufficient to infuse in four pints of water; strain through a gauze sieve; sweeten, and ice: this requires lemon-juice.

Apple, Pear, Melon, Pine-apple, Apricot, &c.

All these fleshy fruits must be boiled and pulped, the kernels to be pounded and strained with the fruit; mix of a proper consistency; sweeten, and ice.

Every one the least conversant in those matters knows how to obtain the different juices, and by attention and care their taste will soon be able to direct them in this necessary department of a good table. Preserved ginger, quince, pine-apple, and apples are all to be reduced to marmalades, and then into a proper consistency with cream, water, sugar, lemon-juice, and essences, &c.

When pine-apple or melon ices are made, the heads ought to be cut off, and the fruit scooped out with a silver spoon, to prevent cutting the skin, as a little preserved melon or pine-apple may be made into jelly, and served in them for the second course, which is an excellent way of serving jellies; and the ice may be served in them the same day. They may afterwards be preserved. The heart and water of the melon should be made into jelly, and kept for such purposes. Ices may be made of wine, mareschino, or spirits; that is, punch, negus, and every other mixture may be iced that can be thought of.

Ice Cream of Roses.

Take two handsful of picked rose-leaves, and infuse them in a pint of rich boiling cream, and leave them covered for two or three hours; strain, beat the yolks of eight eggs, and mix with the cream; sweeten, stir it over a slow fire till it thickens, and, when cold, ice it.

It is to be observed that cream, or any oily substances, are ill calculated to extract essences, and that they would be better obtained by water, and added to the cream.

Artificial cream may be used for these creams. (See receipt.)

Iced Orange-flower Cream.

Infuse an ounce of the pralinées, minced fine, in four pints of cream, and finish as above.

Iced Pistachio Cream.

Pound half a pound of pistachios to three pints of cream, six ounces of sugar, and the yolks of two small eggs ; strain, thicken over a slow fire, and finish as above.

It would be folly to multiply receipts : every fruit, flower, or spice may be made into water or cream ices by the above receipts. Where there is lemon, or crystals of acids and sugar, ices may always be good.

Iced Tea, Coffee, and Chocolate.

Put four pints of good cream on the fire, with eight yolks and a quarter of a pound of sugar ; let it thicken, turning it with a whisk. Dissolve half a pound of vanilla or chocolate, and mix it in well ; strain, cool, and ice it.

Iced Water Coffee.

Make eight cups of strong coffee, which will require half a pound ; sweeten, and add to it fifteen cups of cream, with two or three yolks : thicken, cool, strain, and ice it.

Make a pint of strong fine green or black tea ; put it in two pints of cream, with six ounces of sugar and five yolks ; thicken it over the fire, strain, and when cold ice it.

COMPOTES.

It is almost unnecessary to give any receipts for this preparation of fruit, as it is just brought to that stage of all preserved fruits in the first boiling in the syrup. The fruit by that means has more flavour, which is the cause that compôtes made of preserved fruits are not so good ; but as they stand here in their place, being always served with ice, a few examples will suffice.

Compôte of green Apricots.

Put half a pound of the grit of wood ashes on the fire; put in the fruit, and stir constantly till the down comes easily off; take them out, and throw them into fresh water. This quantity of ashes ought to blanch two pints of fruit. After washing, prick them all over, and set them again on the fire, with five or six pints of water, till they are blanched and become green, and can be pierced with a wooden larder. Put them again to refresh. Clarify a pound and a half of sugar with a pint of water; put it on the fire with the fruit; let it simmer an hour without boiling; leave them in the sugar till next day; drain, give the sugar a few boils, pour it over, and serve. Should they not be used, they may be finished for store.

Compôte of Apricot.

Pick out the stones of twenty-five apricots that are not quite ripe, prick and blanch, but do not boil. Put them into a pound of clarified sugar, upon a slow fire, that the sugar may penetrate them; dish them in the compôtier, give the sugar a boil, and pour it over them: a kernel may be blanched and put into each.

Another.

Pare ripe apricots very thin, divide, and throw them into boiling water, but do not let them boil; drain, and boil them in clarified sugar, leave them in a china dish till next day, drain, put them into the compôtier, boil the sugar, and pour over them.

Compôte of Cherries.

Cut off the half of the stalks of a pound of cherries, wash, drain, and put them to half a pound of syrup; give them two or three covered boils, take them off, let them cool, and put them into the compôtier, stirring them.

Compôtes of Currants, Barberries, and Raspberries

May be prepared as for preserving, only with less boiling, and half the quantity of sugar; the last must not be boiled. And, when cold, put into the compôtier fleshy fruits, such as apples, quinces, and pears, blanched and cut, and softened according to what is required in the first syrup.

Pears done whole is an elegant compôte.

Grill some *bons chrétiens* over a strong charcoal fire till the skins come off, wash them through several waters till they are perfectly clean, and put them in a weak syrup, with a little cinnamon. Let them boil gently till they are done in this way. All pears may be done whole or in halves, throughout the year.

Another, of early Pears.

Put a clove into each pear; blanch them till soft; pare, and refresh them in water and lemon-juice, to keep their colour; put them into half a pound of syrup, and give them a good boil, with some lemon-juice. They must swim in the syrup: dish in a compôtier.

Apple Compôte, in the Skin.

Core some fine rennets, prick them with a knife, boil them in light syrup till nearly done; put them on a dish in an oven, or under embers, and sprinkle them from time to time with the syrup, till it has attained a fine colour.

Plums being tough will require two boilings.

Pears as dressed for second courses, with wine and cinnamon, may be served as compôtes. Every fruit, properly prepared as above in their syrup, is called a compôte, and served with ices.

Pralinéed Almonds, Filberts, Pistachios, and other Nuts.

Rub a pound of new almonds with a cloth; melt a pound of sugar, with a little water, in a pan, adding more as it may require; put in the almonds, and never leave working them with a spatula till they sparkle: then work them well off the fire, till the sugar grains, and falls off the almonds. Take out part of the sugar, and put them again on the fire, and stir till they take the sugar. Be careful they do not burn. Put in the sugar that was taken out, and work till it is all taken up; put them on a sheet of white paper to dry, and separate those that have stuck together.

Blanch any of the above, cut them in fillets, and pralinée them; divide into four, and colour yellow and green, and keep one portion white. Mix them together. They are beautiful in desserts, candies, tops of cakes, or as a ground for spun sugar baskets.

Pralinées of all Sorts of odoriferous Flowers.

All flowers may be pralineéd, which keep well in that state for making ices and jellies at all seasons.

Weigh the flowers; pick and throw them into water; wash and dry them; have double the quantity of sugar brought to the soufflé, or blow; put in the flowers, and let it come again to the same height; take it off, and grain the sugar by rubbing it to the sides of the pan; when that is accomplished, set it in the stove or mouth of the oven to dry; sift out the sugar, and bottle the flowers.

Nougats.

Skin twelve ounces of hazel nuts, and divide each into two, and put them into the oven at a low heat; turn them, that they may get a fine equal colour; draw them to the mouth of the oven; put a glass of water into six ounces of sugar, and when it comes to a caramel, put in the nuts, and mix them with a spatula softly, not to break them. The nougat ought to have a fine red colour. Butter slightly an oven-pan, and turn the nougat into it; let it be eight inches long and six broad, and equally thick; it must be quickly spread; have some minced pistachios; strew it with them and coarse or large rasped sugar, taking care not to break it with the hands. When the sugar will cut without breaking, cut the edges even; divide down the middle; divide each half in fifteen equal pieces. This will give thirty nougats, which will make an elegant dish, if properly dressed. From this nougat many others may be made, such as with almonds and other nuts, currants, coloured sugar, and in moulds with cream; but here there is no room to give more place.

Gouffres.

Cut half a pound of blanched almonds into very small fillets; put them into a basin with four ounces of sugar in powder, half a table-spoonful of fine flour, the rasped zest of a lemon, two whole eggs, and one yolk, and a little salt; mix it softly together, not to break the almonds; butter an oven-pan of eighteen inches long and twelve broad; put in the gouffre, and spread it equally with the blade of a large knife; then with a fork arrange the almonds equally; strew it over with fine fillets of pis-

tachios; put it into a moderate oven; let it take a fine yellow tint on both sides. If the top is enough coloured before the bottom, cover the top with papers till the other has attained its colour, as the colour must be equal. Take them out the moment they are ready, as half a minute more will make them brittle, and will render it impossible to give them a fine form; and if not done enough, they will not preserve their form, and will be disagreeable by sticking to the teeth. When they are enough, cut them in lengths two inches broad, and then into two inches square or oblong; set the pan in the mouth of the oven, and have a small roller of four or five feet long; place them on the roller, giving them a half circular form. It takes a very quick, or two hands to this operation, as the gouffre soon changes colour. It is therefore better to put one-half into the oven five minutes before the other, which gives time to manage it. Many other kinds may be made, keeping the same proportion of sugar, almonds, eggs, and flour, like the foregoing article. If there is the quantity of two eggs and a half, it does not matter whether they are yolks or whites, or what mixture of them.

Small Chestnut Cakes.

Prepare by roasting thirty-six chestnuts; cut out all that is discoloured and hard; weigh six ounces of it, and pound it with two ounces of fresh butter. Sift four ounces of fine flour, three ounces of pounded sugar, and add two ounces of fresh butter, an egg, and a little salt; put the flour on a table, make a hole in the middle, and put in all the ingredients; work it with cream into a smooth firm paste; roll it out, and cut it into four equal parts; roll each out, and cut the cakes the size of a walnut, and form them long; place them as they are done upon a buttered copper-tinned oven-leaf. Glaze them, and put them into a moderate oven; leave them a little after they have attained a fine colour.

Small Potatoe Cakes.

Take twelve ounces of the fine white roasted potatoes; pound it with four ounces of butter; add four ounces of sugar, two ounces of sifted flour, two yolks, and a little salt; pound it into a perfect paste; dust the table with

flour; take the paste from the mortar, and finish as above.

Small Hazel Nut Cakes.

Prepare half a pound of nuts; grill them of a fine colour in a pan over the fire; make them into a paste as almonds in the mortar; make a paste of eight ounces of flour, eight ounces of pounded sugar, and four or five yolks, to give the paste colour: finish as above. Let them be sufficiently done. They may be pearled with sugar before they are put into the oven.

Chocolate Almonds.

Boil a pound of sugar, with an ounce of chocolate, and a quarter of a pint of water, to almost candy height; have ready a pound of almonds well crisped before the fire; put them in, and let them heat; take it from the fire, and work it well till the sugar granulates and sticks; separate them upon paper, and leave them to cool.

Smooth Almonds.

Dry them in a preserving-pan, and throw in about a gill of smooth boiled sugar, and stir and turn the almonds in it, leaving them to dry, and adding as many coatings as is judged necessary.

Crisped Almonds.

The almonds may be rough or blanched, half and half, or in fillets; boil a pound and a half of sugar to nearly candy height; put in a pound of almonds, and keep stirring constantly with a strong wooden spatula till the sugar is nearly dry; then put it on a stronger fire till it flows, and take it off the fire, and keep working it to the sides of the pan to granulate, and make the almonds take the sugar; do not let it burn; turn them out of the pan, and separate them. Some of the blanched may be coloured before they are put into the sugar, and some of them after, with cochineal or other colours.

Almond Balls.

Sift three quarters of a pound of sugar into a pound of almond paste; stir them over the fire till they grow stiff; put in the zest of a lemon; take it from the fire; make it up into little balls; beat some white of eggs to a

froth; roll them in it, and then in sifted sugar, till they become covered, dry, and smooth; shake them round and round in a pan that is hardly covered with the white of egg. A little amber may be put to them, or any other essence. Bake them in a slow oven.

Verdun Aniseeds.

Sift, pick, and rub free from dust these excellent seeds, and do them in the same manner as the smooth almonds. Any other seeds may be done so.

To preserve Walnuts.

Let them come to their full growth; but before the shell hardens, and if they are to be white, they must be pared almost to the kernel, putting them into water as they are prepared; put them then into boiling water. When they slip from the pin, they are enough, and must be taken off; throw in a little powdered alum, and give them another boil, and refresh them in cold water; put them into a prepared syrup; leave them for two or three days; pour it off, and boil it to a strong syrup; and continue boiling for two more, increasing the sugar till it comes to pearl height: when at this point, set them a day in the stove, and pot them.

To preserve Apricots.

Gather the apricots just ripe; take out the stones, and weigh them; sift the same quantity of refined sugar; strew a little into a china basin; lay in some of the apricots, and sift over more sugar, and continue to do so till all are in, and strew all the sugar over them; leave them till next day; set the basin, or jar, which is better, into a bain-marie,* and let them simmer a little; leave them till next day, and simmer them again the third time; do them over a brisk fire till they become clear. Pot them, strewing in the kernels amongst them.

To preserve Apricots, Peaches, Nectarines, &c., by baking.

Split the apricots open, before they are quite ripe; stone them; sift sugar thick upon the bottom of a dish; moisten with a little water, and lay in the apricots; put

* This manner of doing these, preserves from any danger of pans or waste. All preserves ought to be made in stone vessels.

them upon a stove, or upon a hot hearth. When the syrup and fruit becomes clear, take them off the hearth, sift sugar over, and replace and cover with some hot embers, which will glaze and colour them. Serve them hot or cold: they are a handsome dessert or supper dish.

Fruits done in this way, with a little more sugar, may be potted for sea or home store: the flavour is very fine.

To preserve Strawberries.

Pick out the finest; boil the others in as much water as will cover them, and strain the liquor; weigh it with the strawberries, and allow the same weight of sugar. Dissolve it in the liquor, and let it boil; put in the strawberries, and boil them up as quick as possible; when they are clear, they are enough. Let them cool, and pot them, or put them in glasses.

If currant-juice is added, to make a stronger jelly, let there be an equal quantity of sugar also added.

To preserve Plums, and other Fruit, dry.

Make a thin syrup of half the weight of the fruit; slit it a little in the middle of the nick of each, and prick it above and below, into the stone, with a needle. Put them upon the fire; let them simmer quick, but not boil, under the syrup; when sufficiently softened, let them lie in the syrup a night; drain them out, and add as much sugar as was used at first, and boil to nearly candy height. Put in the plums; let them be covered by the syrup; give them a good heat till they become clear; leave them in this syrup three or four days. Lay them upon tin-plates, in a strong sun, or put them into the oven or stove.

If green, they must be greened before they are put into the first syrup: if they are to be musked, put a single drop or two into the last sugar.

Musk should always be put in sugar-plums, or dropped on sugar, as a small drop may be too much.

To preserve Quinces.

Take four pounds of quinces; after they have been pared, quartered, and the hard cut out, put to them a quart of water, and four pounds of sugar. Boil it down to a pulp, mash it completely, and boil it to a strong jelly. Tie them up in muslin, in the form of handsome quinces;

put them into cups, and press them in such a manner as to give them a good shape, and leave them to stiffen some days.

In the mean time, prepare a strong jelly of quinces and apples, in the proportion of a pound of juice to a pound of sugar; boil fast to a strong jelly-heat the made quinces; take them out of the muslin, and pot them each in a pot; cover them with the jelly, wet and wipe each paper, stick it close, and cover well: they are a beautiful dessert or plateau dish.

Quince Cakes.

Prepare the quinces as for the jelly, and boil till it is very strong; strain it through a jelly-bag, and to every pint allow half a pound of sifted sugar; put it in while the jelly is boiling, and give it a good boil; strain it; put it into little pots, of a proper thickness, and when it candies, turn it out to finish in the stove: they may be coloured as marmalade.

To preserve Pears dry.

Pare the pears carefully before they are fully ripe; put them on the fire, in cold water, till they soften; take them out, one by one, with a slice, and put them into cold water. To every fifty pears put a pound of loaf-sugar, dissolved in two quarts of water, and leave them to soak two hours; put them upon wire grills, and set them in a cool oven to soak. Boil them the following day, and again set them into the oven; continue to do this four times, and then dry them, and pack them in boxes lined with paper.

Pippin Jelly, with or without preserved Apples.

Let the preparation be, a pound of pippins to a pint of water; slice, boil to a pulp, and strain, and add a pound of sugar to every pint of juice. Boil fast for five or six minutes, and put it into a mould or glass-dish; it is the better of a little lemon-juice.

If apples are to be preserved in this jelly, prepare them as follows:—pare and pick out the stalks and eyes, and put them upon the fire; to every pint of water add a pound of sugar; cover them, and make them boil fast for five or six minutes; let them cool, and then put them upon the fire, and boil as quick as before, and about the

same time; do this repeatedly, till they are clear; cover them close, if the jelly is not quite ready to receive them, till it is. Add to it lemon-juice, or crystal acid; boil it to its point, and put in the apples.

Roasted preserved Quinces.

Wrap up the quinces in several papers; wet the outermost, and roast them in the embers; core them, and cut them in pieces; put them upon the fire, with sifted sugar and a little water; let them simmer till enough, that is, when they have attained a proper consistence, and become clear, pot them.

To preserve Cherries.

Pick and stone the cherries; put a gill of clarified white currant-juice to every pound; measure or weigh all together, and allow a pound of sugar to each pound of fruit; sift in the sugar as the cherries are put into the preserving-pan. Boil and skim till clear: pot them.

To candy Cherries.

Stone them, and put them upon the fire, with a very little water; cover and scald, but do not boil them; drain them instantly; put them again into a clear pan: have weighed an equal quantity of refined sugar; sift it over the cherries as they are laid in, in layers; let it melt, and heat them thoroughly again upon the fire. This must be done again and again; then drain them from the syrup; dry them in the sun or stove; when they are done, dip them one by one into cold water, and wipe them, and leave them again in the sun for some hours, and put them in papered boxes for use.

The left syrup, with a few bitter almonds and a little brandy, will make a nice liqueur.

For their better preservation, it might be advisable to dip each cherry into white of egg or isinglass: where there are constant desserts, it is worth the trouble, as fruits so preserved are ready for caramelling or chemising throughout the winter.

To preserve Gooseberries as Hops for Decorations.

Take the finest long-shaped green gooseberries before they are quite ripe; cut them half down in six parts; pick

out the seeds with a wooden bodkin, and thread them in such a manner as will give them the appearance of hops.

Blanch and leave them in the water till fermentation begins; put them again upon the fire, with a little sugar and fresh water, to green, but not to boil; strain and make a thin syrup, and pour it over them, and do so from day to day till they are perfectly preserved; when required, drain as many as will be necessary, dip them in white of egg, and frost them with sifted sugar: a small red gooseberry may be put upon the top, and a pale yellow at the bottom. The above is the best mode of preserving all sorts of gooseberries.

To preserve Fruit in Bunches.

Have a syrup boiling upon the fire; lay in the fruit upon the bottom of the pan, or if they are tied in bunches, lay skewers across, and hang the fruit over into the syrup: this prevents them from breaking; draw the scum gently to one side, while they get half a minute in the boiling syrup; hang them in the screen before the fire, and continue to do the whole in this manner; the white first, then the red, and afterwards the black: have wide-mouthed bottles very dry, and tie as many upon long threads as will fill the under part of it; this is easily done by laying a strong thread across a jelly-stand, and measuring the depth of the bottle; tie the bunches accordingly; when that is done, slip them into the bottle, and tie the string round the neck; tie up for the middle or top part of the bottle, according to its depth, a second, or second and third row, and continue to arrange as before, and fill up with their respective jellies or syrups, which are always best; but as these fruits are only used for ornamental decorations, apple jelly, which keeps well, and can always be had in quantity, may be used.

Codlings, rennets, and pippins make the best jelly; but it may be made of any apples, and is not nearly so much used as it deserves to be.

To preserve Peaches dry.

Take the largest and finest Newington peaches, and boil them gently in an earthen vessel till they are soft; slip off their skins, drain, weigh, and put them into the preserving-pan, and cover them with their weight of

sugar; leave them two or three hours till the sugar melts; boil till clear, and the syrup becomes thick; pour them into a china basin, and put a white paper over them, and leave them till next day; give them another boil; let them cool, and give them another; let this be done for three successive days; dry them in a stove, turning them. If done in a bain-marie, much waste and trouble will be avoided.

To preserve green Plums, wet and dry.

Have water boiling upon the fire, and take plums while they are green, prick them all over, throw them into the water; let there be enough of water, that it may not lose the boil; when the plums are put in, cover them very close; take them off the fire, and leave them till nearly cold; put them again upon the fire, but do not let them boil; do this several times over a gentle heat, till the skins begin to crack; then put in a little powdered alum, and keep them scalding till they green; then cover them close, and let them boil; drain them, and put them in fresh hot water, and leave them till next day. Make a syrup to cover them, put them into it, and give them a few boils; continue this operation some days, till they become clear; leave them ten or twelve days in this syrup; drain, and dry them in a stove: some of them may be preserved wet in codling or pippin jelly. They ought to be done in an earthen or black iron vessel.

To preserve Angelica and Fennel Roots.

Wash and cut them in thin slices, and throw them into a strong pickle of salt and water for three days, and refresh them; put them for twelve hours upon a hot hearth in fresh water; weigh them, and for every pound of roots put in two quarts of water, and two pounds of sugar; boil the roots in it; take them up with a pierced spoon when enough; boil down the syrup to a proper consistence, pot the roots, and pour it over them.

To candy Angelica.

Boil the young shoots of angelica close covered till they are tender, pick out all the threads, cut it in proper lengths, and put it afresh upon the fire till very green; drain, dry, and weigh it, allowing a pound of sifted sugar

to each pound of the angelica; put it into a china dish, and sift the sugar over it, and let it stand for two days; boil it till it is clear; drain the syrup from it, add a little sugar, boil it up, and throw in the angelica, and give it another boil; take it out with a pierced skimmer, and dry it in a cool oven or stove.

Preserved figured Oranges.

Cut out figures of any kind upon the rind of lemon or oranges, which may be marked by cutters; grouped figures dancing round have the best effect, which may be pencilled, and nicely and equally cut out; boil and drain, and put them into a strong syrup or lissée; give them eight or nine boils; leave them in the syrup till next day, and for three successive days pour the boiling syrup over them; on the fourth, boil the sugar to the grande perle, put in the oranges, and boil them once up; pot, skim, and paper them close.

Preserved figured Orange Peels.

Cut them as above, boil and refresh them; when cold, cut out a piece no larger than will admit the handle of a teaspoon to take the pulp nicely out; take care of the piece that is taken out; put them into the pan with the open upwards, and fill and cover the oranges with syrup, and boil as above; leave them all night in the syrup, and continue to boil and pour over as above. These may be finished in three different ways: by boiling the pulp of the fruit with additional lemon-juice to the grande perle; fill the fruit, and putting in the piece that was cut out, or putting in a little caramel in each; when well drained, run it round; dip it in caramel when it dries: fill it with bon-bons mixed with pralinéed coloured almonds, and fix in the piece, and stick it into orange leaves: this makes a beautiful dish, piled up: or dry them in the stove, for serving creams, jellies, &c. in.

Sometimes fruits are got home quite green, but they must be asked for: they are done in the same way, after being carefully greened. They are so far handsomer as they look more foreign, though not so splendid upon the table: they are a beautiful variety.

Another Way to preserve ripe Seville Oranges and Lemons.

Grate off the zest thin and equally, and lay them in a great deal of water till next day; change, and boil them in a fresh quantity till they are very clear and soft; throw them into fresh water, and leave them till the bitter is greatly extracted.

For every six large oranges or lemons allow three pounds of fine sugar, and a pint and a half of water; boil it to a syrup, and when cold put in the fruit, and leave it for five days; put it upon the fire, and boil till clear; let them stand again two or three days in the syrup; give it another boil, and make pippin-jelly to pot them as follows:

To every pound of pippin-juice add a pound of sugar; boil till it is a strong jelly; warm the oranges, and put them into the jelly, with half of their own syrup; give a quick boil for twelve or fifteen minutes, and just as they are to be taken off the fire, add the juice of three lemons to every six of the fruit, and pot them in such a manner that they may be well bedded in the jelly.

Each orange should be put into a small pot, as they sometimes candy and are beautiful; in that case, chip the pots off, and if to be repotted, put them into pots a size larger, and fill them with sugar near to a caramel.

To preserve green Oranges or Lemons.

Change them often into fresh water for three days, and blanch them, closely covered, till they are quite green, and boil them till they become perfectly clear; put them again into cold water, and keep changing it for three days more; make a syrup of equal weight of sugar, allowing a pint and a half of water to every three pounds of sugar; put the fruit into the cold syrup, leave them three days, finish them as other preserves.

To preserve Melon Rind.

Rub off the outer skin, and throw it into spring water and salt for ten nights; refresh and blanch it, and make a sufficient quantity of thick syrup to cover them; let them remain in it till they soften, and then boil them till they become clear; scrape some ginger into the syrup, with the zest and juice of a lemon; let it cool, and pot it.

Another easy Method of preserving the Rinds of Melons.

Rub, rather than scrape, the outside, and leave them to soak ten or twelve days in a strong pickle of salt and water, and change them into fresh water, and quarter them; steep the pulp in water, and make a rich syrup of it, and when the skins have been prepared, pour it hot over them, and continue to do so till they become tender, adding what sugar is necessary, and boil them till they become clear, with a good deal of ginger and lemon zest; cut in fine straws. This is a beautiful sweetmeat, and costs nothing more than the sugar.

The true art of making green sweetmeats well is the length of time they are steeped in brine, which may be carried to forty days, with the proper soaking and greening, and preparing them in real sugar syrup, from the sugar-boiler's.*

Candied Angelica.

Gather the young stalks of angelica in April; cut them in proper lengths; lay them for some days in brine; refresh; boil them in a close-covered sweetmeat-pan till quite tender; string, scald, and simmer them again till green; wipe, and weigh them, and sift over them the same weight of double-refined sugar; let them remain in it two days, and then boil them in it till clear; drain and boil the sugar again, and throw in the angelica for a moment; lay them to harden near the fire, or in an oven or stove.

Dry Fruit Pulp.

Tamarinds, prunes, currants, or any other dried fruit, may be made by boiling and pulping them, which must be dried over the fire. Cut and stamped, or rolled, they are excellent for voyages, or in soft pulp for tarts, fever drink, consumptions, &c. &c.

Apple Honey Paste.

Pulp and beat them four hours, then sweeten with honey, and beat them four hours more; put a cloth upon a thick board, and lay on a thin layer; set it in a slow

* A well-covered stone jar should be kept full of strong salt brine, into which lemon, orange, melon, or pine-apple skins should be thrown, and left at least forty days. The pickle may be boiled or changed if it shows any tendency to scum or ferment. Cucumbers, even half cucumbers, or gherkins, may be kept so, and pickled or preserved as wanted, or used as fresh, by steeping out the salt.

oven; when thoroughly done, lay on another layer upon the first; continue always turning the reverse side for the new layer, or till all has been laid on. This is also excellent for all the above purposes.

Ginger Apple Paste.

Pulp some apples, and add a sufficient quantity of sugar or honey; dry it over a gentle heat, stirring it with a wooden, ebony, or ivory spatula till it begins to stick; sift sugar upon a tray kept on purpose, and roll it out to the thickness of a quarter of an inch, more or less, and cut it into any form, and dry it in a slow oven. They are to be kept in boxes, and when wanted may be used for garnishing dessert dishes in paper, or frosted with sugar, or powder of flowers, in different colours.

Ginger Candy.

Pound half a pound of sugar, a quarter of an ounce of ginger, a drachm of cloves, and a drachm of cinnamon; add two table-spoonfuls of boiling water; stir well together, and boil it slowly till it comes to candy height; pour it upon an oiled or buttered oven-leaf, and when it begins to harden, cut it in small squares, and put it into a stove to dry; wrap them in separate papers, and keep them in a dry warm place, closely covered.

Pralinéed Ginger.

Prepare exactly as in the foregoing receipt, but with sugar syrup, and when it is come to the point, boil the syrup nearly to a candy height; put in the ginger, and rub the sugar round the edges of the vessel to granulate it; lay the ginger on a fine wire grill to dry, and wrap it in paper, and pack it into boxes.

An excellent Method of preserving Ginger.

To accomplish this is one of the most difficult processes in preserving, as it is no easy matter to bring substances long hardened, even to reediness, back to what they were. This, however, by great attention, may be done by the following method; but let not the economist think, after she has been again and again disappointed, that it cannot be effected.

There is some ginger so remarkably old, either before it is taken out of the ground, or from long keeping, that nothing will soften it. Ginger is generally chosen white for preserving, which is an error, as it goes through a process for that purpose, that rather prevents it from softening: the plumpest and least reedy looking is the best, though dark coloured. Slice some, put it, with what is to be preserved, in rich sweet wine, and leave it forty days in it; then boil the wine, and pour it over the ginger, and continue doing so for twelve days; add a little sugar, and boil the ginger in the wine syrup; take it off, leave it to cool for a night, and continue this boiling till it becomes clear. It may happen that some of the pieces will be done much sooner than the others; they must be carefully picked out, and broken in such a manner as to get out the strings. If, however, a great deal of it should fail, have eringo-root prepared, and put it into the syrup. If it is well impregnated with the flavour, it will be as good, but it will not be ginger: or the syrup may be bottled for the side-board; or made into a liqueur, and some other ginger must be again tried.

Currant clear Cakes.

Strip and prepare the currants, either red or white, and to every pint put a gill of water; boil it well, run it through a bag, and to every quart of juice put three pounds of sifted sugar; let the juice be just upon the boil, and sift in the sugar, stirring it well; put it again upon the fire; make it very hot, and strain it into a broad pan; take off the scum, and fill it into pots, or into moulds; put it into the stove, and turn it upon glass. There must be no time lost in putting the juice of the white currants to the sugar, that it may not lose its colour.

Raspberry clear Cakes.

Take any quantity of raspberries and white currants; put a very little water to them; boil quick for a quarter of an hour. To every quart of juice allow three pounds of fine sifted sugar; let the juice boil; sift in the sugar; stir it well; set it again upon the fire, till the sugar melts; strain it into a broad pan, from which fill it into little pots or moulds; when it candies, finish it as other cakes.

Another.

Put the raspberries into a jar, and cover it very close; set it in a boiler of water, and let them boil till they fall; strain the juice, and add as much currant juice as there is raspberry; sift an equal quantity of sugar into the juice, and boil it nearly to candy height, and finish as above.

Quince and Apple Chips.

Pare and chip the quinces; boil them quick till tender; drain them well; prepare just as much thick syrup as will cover them; boil them quick till very clear; scald them for three or four successive days; lay them separate, and put them into the stove; turn and sift sugar over them.

Apples are done in the same way.

To make Apricot or Pear Chips.

Pare the apricots, and slice them very thin crosswise; lay them into the preserving-pan, sifting sugar over them, as they are laid in; leave them on a very slow fire for twenty minutes, that the sugar may melt, and heat about them; cover them up, and leave them till next day, and put them again upon the fire till they become clear; take them up, and spread them on sieves; sift sugar over, and put them to dry in the sun or oven. Pears ought not to be over ripe for this preparation.

To preserve Cucumbers.

Put any quantity of unblemished gherkins, of different sizes, into a jar, well mixed, and covered with vine leaves; fill it with spring water; tie it well down; put it into a warm corner of the chimney for ten or twelve days, when they will be very yellow, and of a very offensive smell; put them into an earthen vessel, with plenty of vine leaves, and fill it up with spring water over a charcoal fire, and let them simmer very slowly, till they become a beautiful green; strain and cover them up close between several folds of coarse cloth; when cold, put them into a proper jar, and prepare a syrup of double-refined sugar, with a large proportion of ginger and lemon-juice and peel; pour it hot over them, and tie down close. This operation must be repeated three times, when they may be put up for use. The ginger ought to be boiled in a great deal of

water before it is put in, and the lemon-peel cut very fine. Large cucumbers, cut lengthwise in four, preserve very well in this way, and may be dried, to answer in the kitchen instead of citron. The Italians and Genevese are famous for this preserve; but they steep the cucumbers, and other small fruit of which the sweetmeats are composed, forty days in strong brine, refresh, green, and finish as above. The Italians add mustard-seed, and the preserve is called mustardo.

Peach Chips.

Prepare the peaches; cut them in chips; make a syrup, and boil them in it till clear; set them aside till next day, and boil them again: this must be done for three or four times; lay them on wire grills; sift sugar over them; put them in the stove till dry, and pack them in papered boxes.

Orange Paste.

If knots are to be made of the zests, pare them thin, and as long as possible; cut, squeeze, and pick out the seeds and skins from the pulp; boil the skins till they are soft; measure the juice and pulp; beat the skins, and allow a pound and a half of it a quarter of a pound of the prepared pulp; mix them well in the mortar, and sift into it four pounds and a half of fine sugar; set it over the fire; add the juice of four large lemons; pour the paste into small flat earthen pans or moulds; set them in a stove or oven; or drop it upon glass, and dry it in a stove: what is too thin to candy, put again upon the stove: turn it once, and paper it.

Apple Paste.

Blanch golden pippins or rennets, in their skins, till they may be peeled; core, and pound them in a mortar with a little lemon-zest; boil an equal weight of sugar to a candy height; put in the pulp, and work it till it rises from the pan; when nearly cold, sift sugar over; knead and form it into cakes, or mould and dry it.

Cherry Paste.

Simmer any kind of cherries till soft; pulp them while warm through a sieve; allow a pound of sugar to every pint of pulp; add a pound of apple pulp to every pound

of sugar and fruit; set it over the fire, and work it into a stiff paste; spread it upon flat tin plates, and dry it in a stove, or other moderate heat; form or cut out as above.

Quince Paste.

Prepare and cut quinces in pieces, and allow a pound of sugar and half a pint of water to every pound of fruit; let it boil fast till the quinces fall; rub it down fine, and to each pound add another pound of quinces, prepared with as little water as possible; pass it through a jelly bag, and put it to the paste, and boil it, and to every pint so added put in a pound and a quarter of sifted sugar; let the sugar melt before it is allowed to boil; skim it well; put it into moulds; turn it when it candies; paper, and put it into boxes.

Pear Paste.

Boil in a very little water; mash, and dry the paste over the fire, stirring constantly with a spatula, till it sticks, without letting it burn.

When the paste rises from all sides, it is enough; having a caramel of equal quantity, mix them together very well, and set it again upon the fire, and incorporate it thoroughly; put it upon a marble slab; roll and cut, or put it into buttered moulds to dry.

Raspberry Paste.

After the raspberries have been picked, strain half, and put the juice to the other half; boil them quick for a quarter of an hour, and for every pint boil half a pint of red currants, with a very little water, for a quarter of an hour; strain, add the juice, and boil them quick; to every quart so prepared of fruit put two pounds and a half of sifted sugar; scald it over the fire, but do not let it boil; put it into little pots, set it in the stove, and finish it as other pastes.

All these pastes are beautiful in small square, oval, round, octagon shapes, with figures pressed on them, which may be done very prettily, by having a set of common glass seals.

Carrot Marmalade, excellent for the Navy.

Pulp carrot-zests, and boil it with an equal quantity of sugar, and acidulate it with lemon, vitriol, verjuice, tartaric crystal, or tamarinds. (See the Culina.)

Marmalade of Barberries.

Make three pounds of clarified syrup, and pulp two pounds of barberries through a sieve; after having boiled them with a little sugar into a marmalade, and again boiled till nearly sticking to the pan, stir the syrup well in over the fire, till near boiling; let it cool, pot it, and cover it close.

Pear Marmalade.

Pulp warden pears; boil sugar-candy high, three quarters of a pound to one of pulp; dry it over the fire; add the sugar, and simmer the marmalade for a little: pot, and cover close.

Ripe Apricot Marmalade.

Pare and stone ripe apricots; slice them, and boil a pound of sugar for each pound of fruit; let it come nearly to a candy height; put in the fruit, and boil it very quick, taking off the scum carefully: when clear, take it from the fire, and in potting put in the kernels.

Smooth and Chip Orange Marmalade. (*Scotch.*)

Weigh the oranges and zest two-thirds of them with sugar; by thin paring, or rasping, divide, and squeeze out the juice; take out the pulp; steep the skins in a great deal of fresh water, to take out the bitter; boil them till clear, changing the water, and cut them into fine chips with a sharp knife; collect the pulp from the inner skins and fibres, and put the refuse into a basin of water, and there let them remain till the sugar is clarified: if the skins are thick, and the proportion of juice small, one half of skins are to be kept out, otherwise the marmalade would be too coarse. To every pound of fruit allow a pound and a half of sugar, and an English pint of water, measuring along with it the water in which the refuse has been steeped. (For clarifying, see that article.)

When the sugar is clarified, put in the chips, pulp, and juice, and continue boiling till clear; add any quantity of the rasped zest, and boil five minutes after it is put in. If the fruit should have little flavour, add the juice of a lemon to every pound of the oranges; pot, and keep it in a dry place. If all the skins have not been used, pulp, or chip and boil them in a strong apple or quince jelly, or a mixture of them; or preserve them as chips or cups.

Take care of the zesting for culinary uses, or infuse them in brandy or wine for sauces.

Lemon chipped, or pulped Marmalade. (Scotch.)

Clarify two pounds of sugar in a pint of water for each pint of juice and pulp, boil it together till clear, put it into a nice large jar that will hold it, and cover it close. Lay the lemon skins in a strong brine of salt and water for twenty days, refresh until the salt is taken entirely out, and boil them till tender and clear; chip them fine with a very sharp knife: half the quantity of chips will be enough to each pound of jelly. Dissolve a pound of sugar in a gill of water to each pound of chips, or pounded skin, and boil it clear; add the jelly, and boil it all together for a few minutes. Put it up in half pound and pound pots.

There is a little more trouble in the double operation, which might be avoided by having skins prepared; but such as keep an elegant and economical table will find their advantage in such an excellent and not expensive addition, which may be made at any time throughout the year, but requires this additional care, either to make it well, or to make it keep; and it is for the want of care that it is rarely seen good.

Orange and Lemon Chips

Might be also cheaply and easily made, were the above economy practised.*

When the chips are prepared as directed above, boil them in a very strong syrup twenty minutes, and dry them in a stove, sifting sugar over them; or put each whole orange or lemon skin into a pot that will just hold it, and fill it and the pot full of strong pippin jelly, almost candy high, with a great quantity of lemon or orange juice in it: paper and keep them in a dry place. Should they candy, and any difficulty be found in taking them out, chip the pot gently, and take it off. If to be returned into the pot, let it be larger, and cover it with a little nice syrup. These make beautiful dishes for desserts or dormants.

* If fruit is to be bought for them, it will be found cheaper to buy it candied.

An excellent Way of candying Orange and Lemon Peel. (*Scotch.*)

Steep the peel in the pure lye of wood ashes for nine or ten days, having shifted them into fresh lye on the fifth, and change them in fresh water till they become sweet. Boil them tender, and then throw them into a weak syrup, and boil them gently to candy height; put them into the stove, and sift sugar over them.

Currant Jellies. (*Scotch.*)

Strip the currants from the stalks, and put them in earthen jars, and set them into the oven or boiler to scald them; run the juice through a jelly-bag. Add to every quart of juice half a pint of prepared raspberry juice; mix them together, and to every pint of juice allow a pound of clarified sugar. Boil carefully to candy height; put in the juice, and mix it well together; and when it boils twice up, it may be potted. When cold, cover it with paper dipped in brandy: some use water.

This is by far the best way of making jellies, as the short boiling preserves their flavour; therefore a minute or two on that account is of consequence.

Black Currant Jelly. (*Scotch.*)

Black currant jelly being extremely heavy and turgid, so much so, that in the case of sore throat the patient can hardly bear what is often necessary, it may be made more delicate by the addition of one-fourth of white or red currants, and one-fourth of raspberries; or with a fourth of any of these fruits, and a fourth of neat's feet or hartshorn jelly, which heightens the flavour, and is excellent for the throat and breast.

White Currant Jelly.

White currants may be made an elegant white jelly with white raspberries, or tinged to any shade with red currants or raspberries. This fruit is such an elegant preserve, and so useful as a cooling and summer or fever drink, and of such various uses in the kitchen, that it is matter of regret to see wine made of it. The stalks may be used with advantage in making wine or vinegar.

Fruit Jellies, and Manner of serving them.

All fruits, even those that do not jelly, may be jellied by hartshorn shavings or clarified stock; their shades may be changed by mixture or colouring. Cranberries, wild blackberries, mulberries, mountain-ash berry, apples, pears, plums, cherries, &c. &c. may all be quickly jellied in moulds by these means, if made clear and light, which the mixture will give them. They are very beautiful when well done in the following manner:—Run the jelly in the bottom and round the edges of the mould, about a quarter of an inch thick; then have blancmange or flummery figures, and decorate the bottom and round the sides of the mould. Pour in the jelly rather cool, but not set, laying in bunches of preserved fruit or blancmange, fruit, or eggs; garnish the dish with drop biscuit, stick two or three round like basket-work, laying back, or in any fanciful form. (See Chantilly Baskets or Borders.) When there is a candelabra or high epergne in the middle of the table, a variety of four of these round the centre looks very handsome. Many receipts might have been formed of these few instructions; but this will be more conducive to real knowledge. Wine or lemon-juice may be added to any of the jellies, and they may be clarified if necessary. All that is required of jelly, sweet or savoury, is consistency, clearness, and rich flavour, and the cook has seen how that is to be effected; or they may be coloured, thickened, and moulded in the form of the different fruits they are made of. (See Egg Creams, &c.)

*Raspberry Jam.**

Pick the raspberries very carefully, and pulp them with the hands. Take clear red currant juice, three-quarters of a pint to each quart of raspberries; measure the fruit so prepared altogether, and allow a pound of sugar to each pint of fruit. Boil the sugar to a candy in a sweetmeat pan, and put the fruit to it; let it just boil and become clear, and pot it. Jams and jellies may be made more delicate in their colour by a combination of the red and white rasps and currants, which is of great consequence for the table. The finest raspberries may be put one by one whole into the preserving-pan.

* Or any other delicate fruit that is to be preserved whole.

Lemon or Orange Jelly.

Grate three lemons, two Seville and two China oranges, squeeze the juice, mix the zest with it, and leave it overnight. Boil half a pound of double-refined sugar in a gill of water to nearly candy height; put it into a basin, let it cool, strain the juice into it. Have dissolved an ounce of isinglass in a pint of water, upon a slow fire, to simmer till it is a strong jelly. Mix in the lemon and sugar, and stir it till almost cold. Put it into the mould or glasses.

Another.

Clarify a pound of sugar with half a pint of water, add the juice of six lemons, and boil the peel of one, cut very thin, in a pint of water: beat up six whites in a very little of the water, and when the sugar gets cold, mix them in: thicken it upon a hot table, or upon the fire, stirring it constantly. Strain, and dish it in china, glass, or in moulds.

Cherry Jelly.

Boil in a pint of water two ounces of beaten isinglass; strain it, and put in two pounds of morella cherries, carefully stoned, that no juice may be lost; sweeten, and boil it carefully for five or six minutes; keep stirring, but do not break the cherries. Let it stand till nearly cold, and put it in the moulds. This is an excellent way of using the small yellow plum, and some of the gooseberries and large strawberries, which will require a little additional juice.

Fruit in Jelly.

Bunches of grapes and currants are beautiful moulded in jelly; peaches, nectarines, and cherries, that have been preserved in brandy, are also elegant dishes. They may be dipped in water, wiped and dried, and then put into it.*

Calves or Cow-heel Jelly.

Take two quarts of any of these jellies, prepared as directed at these articles (see Stock), and put it into a

* Arrange the bunches by hanging them into the mould, and pour the jelly in when ready to set: the moulds ought to have small holes to admit wires to pass over for this purpose, which are not to be taken out till the jelly is dished.

nice sweetmeat-pan, with a pound of loaf sugar and a pint of wine, fine old ale, or home-made wine, some broken cinnamon, the zest of one large or two small lemons, with the juice of six small or four large; whip six whites to a froth, and whisk them with the other ingredients. Let it come slowly to the boil, and simmer about twenty minutes. Put in from a half to an ounce of dissolved isinglass, if required very strong; mix and boil up; add a gill of cold water, and leave it a little longer on the fire. Cover the saucepan close, and set it in the screen, or throw a double cloth over it in a warm place, as it must not cool, and leave it to repose while the jelly-bag and basins are preparing. Put the jelly into the bag, and, should it not be perfectly clear at first, it must be returned again and again till that is effected: put some very thin-pared zest into the basin; fill it into glasses or moulds. If the jelly is allowed to cool, it will occasion much waste. The isinglass only being put in to stiffen, is not necessary when the stock is strong enough for the purpose required.

Calves' Feet Jelly,

To be made as above, with sherry or Madeira, instead of ale; and when both are equally well made, there is no difference but in the expense, as the lemon, cinnamon, and sugar overcome the wine.

These jellies may be coloured to imitate fruit jellies; but as fruit jellies are easier made, it is better to make them, where variety is wanted; and as the wine jellies are the most delicate to the taste, and the most elegant for the table, they ought to be kept distinct.

If cow-heel jelly is made the basis of other fruit jellies, their colour ought to be made very delicate, and the fruits may be added, as lemons are for seasoning, and made in every respect as above. Some add a large glass of brandy to every quart of jelly.

The French make them with the different noyeaux and mareschino: the pine-apple jelly is considered the highest, which is sometimes served in the rind.

Gelatine jellies may be coloured and made with essences and flowers, as well as isinglass jellies. (See these articles.)*

* A small chafing-dish with hot embers set over the jelly-bag, or a hot water-plate, prevents much waste in clarifying any jelly, by preventing it from cooling. It

Hartshorn and Venus's Jelly.

Boil a quarter of a pound ofhartshorn-shavings in three pints of water till it hangs to the spoon as a jelly ; strain it hot into a saucepan, with half a pint of good white wine, and a quarter of a pound of sifted sugar ; beat up the whites of two or three eggs to a froth ; put it into the jelly ; mix all well together, and pour it from one pan to another ; boil it two or three minutes ; put in the juice of a large lemon ; boil a little longer : if a deeper colour is wanted, a little saffron or cochineal must be added ; put it into a jelly-bag ; keep it close by the fire ; return it into the bag till perfectly clear ; then put fine lemon chips into the basin, and fill the glasses or moulds from it. When the hartshorn is prepared, it may be flavoured as any of the preparations for ices. A tonish jelly at present is made of this, called Venus's, and is coloured with cochineal, and flavoured with the essence, with a proportion of brandy, wine, or both.

Syrup of Ginger

Is made from an extract, first obtained by infusing in a quart of boiling water two ounces of ground ginger ; filter it through paper, and add to it two pounds of sugar, and boil it into a syrup.

Seville Orange and Lemon Syrup.

Zest any quantity of lemons, or Seville oranges, and squeeze out the juice ; if convenient, add a half of sweet orange-juice, and to every pint of juice, which must be carefully strained through lawn, clarify and boil a pound and a half of refined sugar to candy height ; put the juice to it, and let it come to a thick syrup ; skim it well ; put it in very small bottles, with a little oil over it ; cork and seal it close ; dip the bottles into white of egg, or isinglass, and let them dry, and dip them again into it ; it will prevent the air spoiling it. If the juice is entirely lemon, it will require a little more sugar.

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is a great advantage to the taste of jelly to be broken, as it improves exceedingly by the admission of air ; it also looks much handsomer on the table.

Jelly for the poor might be made very cheap with ale, cow-heel, sugar, and lemon. It is not necessary to clarify it for them, which is both expensive and wasteful.

Capillaire.

Pick white, young, and without seeds, the fresh leaves of the true maiden-hair from the stalks, and pour over them a pint of boiling water; leave it closely covered up eighteen hours, and filter it; add it to two pounds of the purest honey; boil them a few minutes, and strain the syrup: orange-flower-water may be added, at will; but that will be unnecessary if the honey has dropped clear from the comb.

Honey may be clarified by boiling, or by allowing it to stand in the screen till it throws up all the foulness, which must be taken off; or see receipt.

Genuine Syrup of Capillaire. (*Montpellier.*)

Boil an ounce of maiden-hair in a kettle of water; lower the fire, and leave it simmering for two or three hours; strain it into a syrup, that is prepared as follows: put a pound of sugar into a sweetmeat-pan, with a gill of water; skim it as it boils up, throwing in a little white water to make it rise; continue boiling to candy height; pour in the decoction; mix it well with the syrup, without boiling; pour it into an earthen vessel that can be closely covered; leave it three days in hot ashes; it is ready when it threads between the fingers. Bottle it when perfectly cold; cork and cover it with bladders.

The English capillaire is more easily made by boiling a pint of orange-flower-water in a gallon of common syrup, sometimes coloured with saffron.

This common syrup is well adapted for making a pleasant beverage; but the true capillaire is a real balsamic syrup, and easily made.

Violet and Gillyflower Syrup.

Infuse two ounces of violets in a pint of boiling water, and leave it twelve hours in a low heat; mix it well into a pound of sugar in caramel, and bring it to caramel: it is a laxative for children, but often counterfeited.

The test is, acid will change it to red, and alkali to green, while the counterfeit will remain unchanged.

Alkali changes the gillyflowers to green also, but has no effect upon the cloves.

Mulberry, and other small Fruit Honeys.

Strain a pint of mulberry, or any other juice, and add it to a pound and a half of clarified honey; reduce it to two-thirds, skimming it carefully; pot, and cover it as other preserves.

Honey of Roses, and other Flowers.

Infuse four ounces of the dried buds of red roses for six hours ina little distilled boiling water; mix in five pounds of clarified honey into the strained liquor, and boil it to a syrup. Violets, gillyflowers, &c. &c. are done in the same way.

Conserve of Roses.

Cut off the white ends of fresh red-rose buds; beat them in a marble mortar with a wooden pestle till they are very smooth, and add by degrees three times their weight of double-refined sugar: when they are well incorporated, press them into little pots, and sift fine sugar over them; cover very close.

To keep Codlings all the Year.

Gather white codlings, without speck or blemish, at midsummer, and put them into an earthen jar, putting in layers of their own leaves; pour boiling water over them, and let them stand till cold; boil it up again and again, and when they shrivel, they are ready for covering up; add some fresh leaves, and boil up some water, and fill the jars. Cover with bladders, and set them in a cool, dry place.

To bottle Fruit while they are yet green, but at their full Size

Strip the currants, and put them very gently into pint or quart bottles, whichever will contain the proper quantity for the family use; cork them, and put them up to the neck in cold water, and let it come softly to near the boil, and simmer for twenty or thirty minutes; leave them in the water till it cools, and cover the corks with rosin; put the bottles head downwards in dry earth.

Gooseberries, cherries, plums, crab-apples, and all the smaller fruits, may be done in the same way: the larger fruits must be cut in slices.

Method of drying Fruits.

All fruits should be dried with the stalks and stones; the stalks and leaves are to be dipped two or three times into distilled vinegar. Apples and pears may be cut through the middle. Arrange them upon leaves, and put them into a cool oven, stove, or screen. They ought to be carefully attended to and shifted: they are again to be put into a cool oven. This must be continued till they are perfectly dried: they might be set in a hot sun in the day-time, and laid in some warm place near the fire during night. (The poor people in Italy dry their winter store in this way.) When quite dry, they are to be packed into boxes lined with paper.

Preserving fruit in this way is a great saving where a table is kept.

When these fruits are to be used, they must be steeped in cold water.

To preserve Cherries.

Boil two pounds of loaf-sugar in a quart of vinegar; skim it well; leave till it is milk warm: add cloves and cinnamon, grossly powdered, of each half an ounce; cut half the stalks off four pounds of morella or acid cherries; put in the cherries in layers into a stone jar; strew in the spices, and cover with the syrup, and stop up very close.

These cherries form an elegant part of a dessert, and are an excellent remedy in many cases.

Florence artificial Olives.

Take young chestnuts or almonds; pick them of a handsome size and shape; make a lye of wood ashes sufficiently strong to bear an egg; have enough of this lye to cover the walnuts; pour it over hot, and cover them very well up; leave them from fourteen to twenty days; put them into a strong brine of salt and water, and leave them about the same time. Bottle them in this liquor for sale and use; but those that would have them superlatively good, must bottle them in equal quantities of Seville orange-juice and oil.

To salt acid Tamarinds, Apples, Verjuice, green Gooseberries, Currants, Barberries, &c. (*Sea Store.*)

Excellent for soups, sauces, and for heightening the flavour of insipid fruit and vegetables.

Pulp the large fruit (the small may be pulped or mashed), and mix half an ounce of sugar to an ounce of salt; pound them well together, and use an ounce to every pound of fruit. If the fruit is liquid, it ought to be dried over the fire; mix the salt powder in, in the manner butter is salted, and put the fruit in pots, and cover it close. If it is dry, it will keep many years.

We have tamarinds from the East so prepared.

Dried Chestnuts. (*Sea Store.*)

Put them into a cool oven till both skins become brittle, and will come off by rubbing in the hand; put them in a bag; handle and rub them till all the skins are got off; thread them upon strong thread, and tie them up; put them into a cool oven, and dry by degrees till they are quite hard.

When they are to be used, steep them in salt and water for two days, and then change them into fresh water till they regain their natural size; use them as fresh chestnuts for every purpose. This would be an excellent sea provision, as they might be had in any quantity, and not take the fourth part of the room they would occupy in the shell, and might be stowed any where.

Cool Tankard.

A bottle of Younger's Leith ale, a gill of good white wine, a glass of brandy, as much syrup of orange-flower or capillaire as will sweeten it, a sprig or two of balm, a warm toast well rubbed with nutmeg; nutmeg may also be grated over it. It ought to be made a quarter of an hour before dinner or supper, that the ingredients may be incorporated.

A good way is to mix all but the ale, and pour it on just as it is going to be served.

King William's Posset.

Mix a quart of cream with a pint of ale; beat the yolks of ten, and the whites of four eggs, and put them to the cream and ale; sweeten and grate in some nutmeg;

set it over a stove, and keep stirring it till it becomes thick; take it off before it boils; pour it into a china basin, and sweeten it hot.

The Pope's Posset.

Beat three quarters of a pound of almonds; sweeten and boil a pint of sherry or any other wine, and boil the almonds in half a pint of water; mix them boiling hot together; beat them smooth with a spoon, and serve hot in a china basin.

Orange Posset.

Squeeze four Seville oranges and two lemons into a china dish; add four spoonfuls of orange-flower-water; sweeten, and strain; boil a quart of cream with a little zest; let it cool a little, and pour it into the dish from a height upon the juice, and leave it till next day; garnish with sliced or rasped citron, orange-peel, or almonds, and sift sugar over.

Wine Bread Posset.

Boil some slices of stale bread in a quart of new milk; when ready, add sugar and cinnamon; beat it, and put in by degrees a pint of wine.

Lait sucré.

Milk boiled with sugar is used by the French, particularly at their balls. In the south of France, they make very little use of milk as food, but drink it to allay the fermentation of the blood, caused by the violence of the exercise, and for its composing nature; as it calms and gives the most delightful rest.

Eau Sucrée

Is sugar put into boiling water: sugar being very restorative, it is a very proper drink for the sick, and easily obtained by the poor, if they knew it was good for them, or how to make it, and is drank constantly by the ladies in France; but it is particularly adapted to the sick, from its power of causing sleep, although sugar is not regarded as soporific.*

* "Can'st thou dream? there is a power
In lighter diet, at a later hour,
To charm to sleep."

Athole Brose. (*Scotch.*)

Mix two or three spoonfuls of honey with brandy, whiskey, or rum; make it of a proper consistency, and take it before setting out upon a journey: some add the yolk of an egg. This is given as an antidote against the raw frosty air of northern and hilly districts.

Meal, Barley, Grots, or Rice Caudle.

Make a nice gruel of any of them, with lemon-zest and cinnamon; add a glass of brandy or wine, and sweeten with sugar; a little almond-paste may be dissolved in it, or add sliced almonds and citron, or currants. For the patient, the less wine or brandy the better; but, for visitors, put in as much as they like, or she who makes it will be no good nurse.

Ale Berry. (*Scotch.*)

Berry is made by soaking and boiling stale bread or oatmeal in beer, ale, or porter: for children, it is made of good small beer, or equal quantities of ale and water, and sweetened with sugar; and for others, as they like it. It is an excellent supper for invalids and weakly children, when milk does not agree with them; and, in such a case, it is better made of barley-meal.

The warm bath, rubbing the child every night when taken out of it with olive oil or roasted goose-grease, with this food, is the best cure for rickets.

Hot Pint. (*Scotch.*)

Put two quarts of strong ale upon the fire, in a tea-kettle, with sugar, nutmeg, ginger, and lemon-zest; put a pint of Madeira or sherry, with half a pint of brandy, into a large tankard or jug, with eight or ten yolks, well beaten: mix all well together; when the sugar is dissolved, let the ale boil; mix two or three spoonfuls with the ingredients in a jug, and then pour in the ale from the tea-kettle, from as high as the arm can reach; put it again into the tea-kettle, and pour it backwards and forwards two or three times. This is what is carried out in Scotland when relatives and friends go to visit one another on new-year's morning, and of which every one who passes is obliged to stop and drink. This custom

is now wearing out fast; but hot pint and wassail cup ought never to be forgotten.

Mulled Ale. (*Scotch.*)

Boil a quart of ale with a sufficient quantity of sugar, and any spice; add wine, brandy, rum, or butter, and serve it with toast.

Seed Waters, Soups, and Milks, good for Colic. (*Scotch.*)

Rub in a mortar a dessert-spoonful of coriander, and half a spoonful of caraway; boil them in a pint of any of these liquors; strain and season in any agreeable way, with sugar, honey, treacle, capillaire, or the yolk of an egg, which sheaths the heat. Any other seeds or peppers may be used in proper quantities.

Cardamomum Water.

A tea-spoonful of cardamomum, four grains of allspice, and eight of common pepper; beat in a mortar; boil in half a pint, and season as above. The cold seeds, such as melon, cucumber, and gourds, are all good for fever drinks. (See Sweet Herbs.)

Mulled Wine.

Boil any quantity of wine, with nutmeg, cloves, and sugar. Cider, perry, ale, porter, and beer, are mulled in the same way.

Egg Wine.

Prepare as above, and to every gill of wine allow a yolk; mix with a little cream or cold wine, and pour it backwards and forwards till well mixed. Serve toast with either.

Soda Powders.

Carbonate of soda, 60 grains in blue paper; acid of tartar, 25 grains in white paper; dissolve each in a gill of water, and mix together.

Seidlitz Powders.

Tartar of soda ℥ij, carbonate of soda ℈ij, in blue paper; acid of tartar, 35 grains, in white paper: dissolve separately.

Lemonade Powders.

Acid of tartar, one ounce; sugar, six ounces; essence of lemon ʒij; rub them together, and divide them into 24 packets.

Another Powder.

Concrete acid of lemons, one ounce; sugar, four ounces; essence of lemon ʒij; mix and divide as above.

Ginger Beer Powder.

White sugar in powder, 50 grains; ginger, five grains in each blue paper; acid of tartar, 20 grains in white.

Toast and Water.

Toast the bread quite hard through and through; brown it well, and pour filtered boiling water upon it; let it stand till quite cold, and pour it gently off; for if it stands till the bread dissolves, it gets thick and mawkish. A little lemon zest or nutmeg and sugar is very grateful in it, or whatever else an invalid may desire; but toast and water ought to be a constant table and family drink, laying economy aside, upon account of health, and the best for bilious constitutions.

Barley Water.

Wash two ounces, and put it upon the fire, with half a pint of water; boil it a few minutes, strain, and put on it five pints of water; boil it to a half; strain when it is ready; to be seasoned to taste.

The compound Decoction of Barley-water.

Take two ounces of sliced figs, an ounce of bruised liquorice root, two ounces of distilled water; add a quart of the barley decoction; boil the whole together till reduced to a quart. Of this the patient ought to drink plentifully.

Lemon-juice, wine, capillaire, spices, meat jellies, almonds, milks, syrups, fruit juices, and sugar may be added.

Refreshing Fruit Beverages.

These may be made of any fresh or preserved fruits, heightened by an addition of their essences. Lemon, China

or Seville oranges, sweet or bitter almonds, syrups, capillaire, &c., peach, nectarines, apricots, and cherry kernels ought to be preserved for making them, but not used in too great a quantity in these mixtures.

Fruit Waters.

Apple water is higher flavoured when the apples are first roasted: the common way is to slice and put them into a jug with some thin parings of lemon skin and sugar; the tarter the apples the better; pour over them boiling water, and sweeten to taste.

Gooseberries, currants, mulberries, &c. are all excellent, both for the sick and healthy, done in the same way. A spoonful or two of fine sugar may be added to any of them, and lemon acid to raise the flavour.

Cucumber and Melon Water.

When cucumbers are dressing for salads or culinary purposes, use the water as a most refreshing and cooling drink; the hearts and parings of all the cucumbers used in the parlour or kitchen ought to be carefully preserved for this precious water. (Melon water is made in the same way, and resembles water-melon.)

When it has attained a fine taste of the cucumber, sweeten it with syrup, strain, and put in a sprig of balm, sprinkle it with fresh, fine-shred mint, or a little powder of any flavouring herb more agreeable. These waters may be iced, or a little ice put into them.

*Lemon Whey**

May be made with the juice of lemon or crystals; if with crystals, a little zest should be used; let the milk and lemon juice simmer a little, strain, and add sugar. This is an excellent whey for inducing perspiration.

Cream of Tartar Whey.

Boil the cream of tartar, and strain it; boil three half pints of milk; add half an ounce of the dissolved cream of tartar.

* When wheys are in general use, there is much waste if the curd is not put to some proper use, and as it is generally well seasoned, it is fit for cheesecakes, butters, or nettle cheese.

Alum Whey.

Milk, three half pints, alum, a quarter of an ounce, boil together, and strain.

Mustard Whey.

Milk, three half pints, two ounces of mustard-seed; boil together, and strain.

Wine Whey.

A quart of milk, a pint of water; boil, and add half a pint of white wine.

Clarified Milk Whey.

Six pints of milk; add enough of rennet to turn it; leave it to make in a warm place; press it out, and strain: to clarify, add the whites of three eggs, and half a dram of cream of tartar; boil, and filter through paper.

A Water Filter.

Make a mattress of charcoal to fit a large common flower-pot, put it in the bottom, with a mattress of sand over it, each about five inches thick; hang this pot on a cock, with a vessel under to receive the water. Where there is no filter, this is in every one's power.

To restore putrid Water.

Four ounces of unslacked lime will purify a puncheon of water in twenty-four hours, if the water is exposed freely to ventilation.

An ounce of charcoal powder, five drops of sulphuric acid, twenty drops of distilled vitriolic acid; any of these put into a quart of putrid or other water will soon purify it. Oxide of manganese preserves water from corruption, and recovers it after it has become putrid. The puncheons at sea ought to be agitated well every fifteen or twenty days.

Frosted Codlins, served in different Ways.

Boil the codlins slowly in spring water and a little purified alum.

Take them out when they rise, skin, rub them over with clarified butter; sift a good deal of loaf sugar over them; put them into a slow oven till the sugar crystallises upon them. They may be drawn out when half done,

and strewn over with sugar the size of small pearls. Serve them in nicely flavoured cream, custard, broken jelly, or in whipped cream, laid one above another upon cake, and seen through the cream; or they may be baked, glazed with white of egg, and sugar sifted over them.

Baked Pippins and Blackcaps.

Pare or not, and core them; fill them with sugar or a little marmalade; bake; sift sugar over, and serve hot or cold; or do them whole or in halves, and brown them with the salamander; they are then blackcaps. A cream caudle or sweetened cream sauce may be poured into the dish.

To stew Pippins.

Pare, core, and throw them into cold water to preserve their colour; mix half a pound of refined sugar to every pint of water for the pound of fruit; boil and skim the syrup, and put them in, and boil till clear; add some lemon-chip and juice.

Another.

Boil half a pound of refined sugar in a pint of water to a syrup; pare a pound of unblemished pippins; cut them in halves, core, and boil them in the syrup till quite clear; add the juice of two lemons and some very fine chips; dish them in glass or china, and serve them cold.

Apples, and other Fruit, in Paste.

Scoop apples, and fill them with sugar, or any marmalade, and lemon or orange-zest: wrap each in a bit of paste; boil, and serve with caudle sauce.

Apricots, large plums, and pears may all be done in the same manner, with appropriate seasoning: the pears must be pared. After they have been boiled, they may be bound round with sweet string-paste, baked, and glazed with white of egg and sugar. Pile them high on the dish.

Bombard of Apples.

Pare and core, and fill them with buttered quinces or marmalade; wrap them in thin paste, and ornament them fancifully with strips of puff-paste; bake them in a middling oven; send them to table with a wine and butter sauce.

Triffle of Apples, with Custard or Cream.

Pulp half a pound of roasted apples; sift over them half a pound of sugar, the whites of four eggs, and a little orange flower-water; whisk all well together till they become a fine froth; put sweetened cream or an almond-custard in a dish; raise it high over it: garnish with delicate green-house flowers, fruit, jelly, biscuits, or preserves. It looks well in glasses.

Frosted Ripstone Pippins.

Cut the rind of a lemon round in small rings, and with a bodkin raise them from it till they are all taken off; make as much syrup as will be required for the quantity of apples to be frosted; put in the rings and juice of the lemon; when the syrup is ready, put in the pared and cored pippins; arrange the rings fancifully over them, a larger and a smaller one over each apple. Put them over the stove, and continue basting them with the syrup till they are enough done, and finely frosted. Serve them in their syrup: the smaller rings may be opened and linked together, to garnish the dish. Rings may be taken off another lemon to assist to equalise them. It would be better to have rings properly prepared in syrup for such uses.

Batter of Roses or Oranges.

Make a batter with rich cream; sweeten and season with orange, or rose-water; let the paste be beaten very smooth; have clarified butter hot in the frying-pan, and dip in the mould to heat; take it out, and fill it with batter, and return it into the pan: when enough, give the handle a stroke, and it will fall out, and proceed to form the whole in the same way: any shape, flavour, or colour may be given.

Custards.

Two quarts or a gallon may be made as easily as a pint, and is often little enough for a large family or inn, as they will keep three or four days, and longer.

Ten yolks is the allowance to a quart of milk. Beat them well, and mix in the milk; strain; season with cinnamon, mace, ginger, sugar, and orange flower water, or any thing more agreeable.

Thicken them in a gentle heat. If a quantity is made, have dishes with paste borders for baking, and cups or glasses for the remainder. Have always, when eggs are used, some dish in which the whites may be used, such as pancakes, potatoe-rock, meringles, &c., or to clarify wines, or jellies; and should nothing of that kind be necessary, beat, season, strain, and boil them for triffle, or put them into a broad-bottomed cup, and set them in a bain-marie, and let it cook; it can be cut in slices for zests, made into fritters, and served in many ways.

Richer Custards.

Use cream instead of milk; boil it, and prepare the eggs, as above, with a little cold cream, and the same seasoning. Add and finish as directed above. A little almond-paste may be added.

Almond Custard.

Beat up the yolks of four eggs with two ounces of pounded sweet, and four bitter almonds; moisten with orange or rose-water.

Boil a pint of cream with lemon-zest; sweeten; let it cool, and rub the almonds through a hair-sieve with a little of it. Add syrup of roses; beat all together with the eggs; put it into cups or a dish, if it is to be baked; if for a boiled custard, cook it in a bain-marie, and dish it.

Another.

Mix into a quart of cream a pound of beaten almonds; add the whites of ten eggs, and half a pound of sifted sugar. Line and ornament a dish with nice paste, or put it into cups; let them be baked in a slow oven; ornament them with chips of citron and almonds, and sift sugar over.

Boiled Custard. (*Scotch.*)

Mix a pint of milk with a pint of cream; beat the yolks of nine eggs with a spoonful of orange-flower or rose-water; sweeten, and add a little nutmeg; mix all together, and stir it a little over the fire, or put it into the dish it is to go to table in; and set it into a bain-marie; when it begins to thicken, strew currants over it that have been plumped in Malaga, or wine and sugar. The currants should be thick in the middle. Coriander-seed is generally used for seasoning.

Gooseberry Custard.

Boil and pulp three pints of gooseberries; beat up five or six eggs, and two whites; mix, sweeten, and stir it over the fire one way till it is sufficiently set. If a larger quantity is wanted, from this quantity of fruit, add two gills of milk, two yolks, and a white. Seasoning is unnecessary; the natural simplicity of the fruit is injured by it.

Fruit-custards differ little from fruit-fools, as they only take a greater proportion of yolks, and less fruit, and thickening over the fire, with a little almond-paste and sweet waters, which makes them more delicate. They are easily and quickly made, and are elegant second-course dishes, baked in clear paste, covered with rasped sugar, almonds, citron, or flower-powders; they are beautiful in colours, made of cherries, currants, apples, but, above all, apricots, which, like raspberries or currants, require no seasoning but sugar.

Imitations of the fruits may be made by colouring, and adding a few drops of the essences, or the flower-powders, and a certain proportion of any jelly.

These custards are all made as the gooseberry custards.

Orange or Lemon Custards.

Pound the rind of a small or half a large lemon or orange; sweeten; add two dessert-spoonfuls of brandy, or four of rich sweet wine; beat four yolks, and add them, mixing them well together till completely incorporated; add them by degrees to a pint of boiling cream; whisk till cold; dish and put it into a bain-marie to stiffen; stick them over with sliced almonds or peels: or it may be stiffened and put into glasses.

Fruit Cheesecakes.

When a quantity of the above custards is made, part of it may be put into the mortar, with prepared orange or lemon-peel, zest and sugar, and filled into cheesecake cases.

Lemon or Orange Sponge.

Dissolve two ounces of isinglass in a pint of water, simmering it with the zest of a lemon or Seville orange; strain it while quite hot; sweeten; add the juice of six China and three Seville oranges; whisk it briskly till it

becomes a perfect sponge, which will take at least an hour: put it into a mould, and leave it all night. Lemon is made in the same way.

Gooseberry Fool.

Blanch a quart of gooseberries, closely covered, with no more water than will pulp them through a sieve; beat six eggs well, and add them to a pint or three half pints of cream, according to the quantity of gooseberries prepared; add some orange flower-water, with cloves, cinnamon, or nutmeg, and sugar; stir it over a slow fire till it is of a proper thickness; dish it, and sift sugar thick over it. Milk will answer, with the addition of another egg, or artificial cream.

Orange Fool.

Beat three eggs well; add to them the juice of three Seville oranges, and half a pint of cream; sweeten to taste; add a little cinnamon; mix and stir all over a slow fire till it thickens; add a small bit of butter: keep stirring till cold.

Puffs.

Blanch and beat a handful of almonds with two table-spoonfuls of orange-flower-water; beat up five yolks and three whites, and put in two table-spoonfuls of dried flour, a pint of cream, and sweeten; drop them into hot clarified butter.

Almond Puffs.

Beat a quarter of a pound of almonds; add six yolks and three whites; season as for curd puffs; make up the paste in the same manner; cut them out with the handle of a key; fry and serve also in the same manner.

Curd Puffs.

Pound a pound of curd; mix in six yolks by degrees, with a gill of cream, a glass of sweet wine, a little orange flower-water, with ginger, cinnamon, or nutmeg, and sugar; thicken it with flour, work it well, roll it out, and cut with a paste-cutter into any shape; fry crisp, and sift sugar over them.

Orange and Lemon Puffs.

Zest four large oranges or lemons, add two pounds of sifted sugar, pound it with the zest, and make it into a

stiff paste, with a strong infusion of gum-dragon ; beat it again, roll it out, cut it into any shape, and bake it in a cool oven.

Spiced Puffs.

Beat up any quantity of whites of eggs, adding white sifted sugar with any spices : the puffs are to be flavoured with a mace, cinnamon, or cloves, and drop them from the point of a knife, in a little high towering form, upon damped wafer sheets, and put them into a very slow oven.

Oyster Omelet.

Chop the oysters and parsley, and add salt, white pepper, and nutmeg ; and mix into a plain omelet.

Mushroom Omelet.

Prepare and cook the mushroom in butter, pepper, and salt, and finish as directed above.

Ham Omelet.

Rasp or mince some ham and bacon, season the eggs, and finish (see page 559.) Omelets may be made of every savoury ingredient by the above method.

Strengthening Flummery for Invalids.

Take very strong cow-heel jelly ; add equal parts of white wine ; season with lemon-juice, zest, and sugar ; to each pint of flummery add three very fresh yolks ; beat well, and heat it over a stove, stirring constantly ; dish and stir it till cold, and put it into cups or glasses.

Isinglass Flummery, very strengthening.

Dissolve without boiling two ounces of isinglass in a pint of water ; add an equal quantity of white wine, with the juice and zests of two lemons ; sweeten ; beat the yolks of six very fresh eggs, add, and thicken over the fire, stirring all the time ; pour it into a basin, and stir till cold : put it into a mould, pots, or glasses, or coloured greenish, and put into a melon or grape mould.

Another.

Dissolve the same quantity of isinglass, or boil two ounces of hartshorn-shavings in a pint of cream, sweeten, and add two spoonfuls of orange flower-water, or some

drops of any essence or lemon zest; sweeten, stir till cold, and dish.

Strong Fruit Flummery.

Prepare a strong flummery of cow-heel, isinglass, or rice, with a few bitter and sweet almonds, sugar, and the pulp of any fruit, and green it, not too deep, with spinach, and put it into a melon or grape mould. It looks handsome garnished with broken jelly.

A pine-apple mould may be filled with some coloured a deepish yellow: the jelly for garnishing it ought to be green.

All sorts of fruit may be made by moulding strong flummery; but they ought never to be coloured with any colours but such as are mentioned at their proper place.

These fruit flummeries may be served in jelly or in cream, and may all be made with the juice or pulp of the fruits represented.

Charlotte of Apples.

Take as many fine rennets as will fill the dish; pare, cut in quarters, and core them; mince fine; put them in a pan, and sift a sufficient quantity of sugar over them, cinnamon, some lemon-peel, and a little water; set them over a brisk fire; stir without breaking, and when enough let them stick a little, to give them a grilled taste; and put to every fifteen or twenty apples the size of an egg of good butter; take out the cinnamon and lemon-peel, cut some bread the size of two inches, that will reach the mould from the centre; make them to fit; steep them in melted butter; put them into the mould like a round fan; fill the mould with the apples; a little apricot or quince marmalade may be added; cover the charlotte with bread, as at the bottom; put it upon a furnace, take care it does not burn, and afterwards into the oven; when it is coloured, turn it out upon a dish.

Another.

Pare twenty rennets, and with a very small corer take off the pulp about the heart; when there are enough to fill the chartreuse mould, mince the parings, and make a marmalade; equalise all the small apples or pieces that have been cut out; put a little sugar in a little saffron

water* ; throw in a third of the small apples, and give them a slight boil; drain; do another third in cochineal, and the last in a syrup of white sugar; have an equal quantity of angelica as of one third of the apples; cover the mould with white paper; make a design in the bottom with these colours, and continue to mix them tastefully all round the mould, covering it completely to the top, and fill it with the marmalade, which ought to be firm, when ready to serve: turn over the mould, and take off the paper. If the charlotte is to be white, throw the apples, as they are formed, into lemon-juice and water.

Another.

Charlottes are excellent of drop biscuit and apricot, peach, or strawberry marmalade, well grilled.

Another.

Make a handsome open cut sweet paste cover; dress the prepared apples on a bottom, with drop biscuit as a border; brush it over with white of egg, and strew sugar in fine powder, rasped almonds, and citron thick over; put it into the oven, and when it gets a fine colour, lay on the top, and serve it; or large sugar may be strewn over, and allowed to pearl, and serve it without the cover; or it may be creamed, and served with the cover.

Rice and Apples.

Core as many nice apples as will fill the dish; boil them in light syrup; prepare a quarter of a pound of rice in milk, with a little lemon, citron-peel, sugar, and salt; put some of the rice in the dish, and put in the apples, and fill up the intervals with rice, and bake it in the oven till it is a fine colour, or glaze it.

A nice Apple Cake for Children.

Grate some stale bread, and slice about double the quantity of apples; butter a mould, and line it with sugar paste, and strew in some crums, mixed with a little sugar; then lay in apples, with a few bits of butter over them, and so continue till the dish is full; cover it with crums, or prepared rice, currants, a little powdered cloves, or

* They are beautiful of one colour.

cinnamon, and sugar; wash it over with butter, or the yolk of an egg mixed with butter: turn it out of the mould.

Snow Balls.

Pare, or not, as many large apples as will fill the dish; core and stuff them with any marmalade, or zest of lemon, sugar, spices, and a little apple pulp; have ready some rice soaked in seasoned milk to its full size; spread it on a thin cloth; put the apple in the middle, and handle it in such a manner as the rice shall entirely cover it; let them boil an hour, and serve with cream, caudle, sweet sauce, or sugar and wine.

Apple, Pear, or Apricot Fritters.

Make a batter with three spoonfuls of fine flour, a gill of cream, and a glass of wine, sugar, and four eggs; beat it very well; put some nice fresh butter into the frying-pan: throw the fruit into the batter; take them out one by one, and fry them a nice light brown, and put them into the oven, or before the fire, to dry upon a grill; dish them in a nice puffed napkin, and sift a great deal of sugar over them; a few sweet, and one bitter almond put into the batter is a great improvement. Any of the fruits that have not much flavour require to be steeped in wine, or lemon juice, and sugar for an hour before dressing.

Apple Fritters.

Wash the apples, and slice them; steep them in wine and sugar, or melted butter and sugar, or without either; make a thin batter of small beer, the staler the better, flour, sugar, and ginger; dip in the apples, and fry them in a great deal of clarified dripping; lay them upon a sieve before the fire to drain; dish upon a napkin, and sift sugar over them.

Apple and Currant Fritters.

Make the paste as above, and put in with the other seasonings plumped currants, fine chopped apples, plums, or any other fruit; drop them from the spoon into a quantity of hot clarified butter, or nice top-pot; finish as above.

Paste Clam, or Mushroom Fritters.

Make a batter of milk and cream in equal quantities, with lemon-zest, cinnamon, and sugar; beat up a sufficient

quantity of yolks of eggs, four eggs to the pint of milk; add them, with four spoonfuls of flour, and a little brandy or wine; beat all well together; dip the mushroom, clam, or other moulds, into hot lard; fill it with the paste, and when done strike the mould handle, and it will come out: fill these mushrooms with nice boiled custard; sift sugar over, and brown them with a salamander, and serve them upon a napkin. This batter may be made into any shape — shells, fruits, cups, or saucers, &c. and when wanted very nice, add almonds.

Lemon or Orange Fritters.

Peel and cut Seville or sweet oranges across; take out the seeds; boil them in a little weak syrup; let them cool; make a batter of white wine; flour a little olive oil and salt; mix it till it ropes from the spoon; dip in the oranges, and fry them a light brown in olive oil or clarified butter; drain them before the fire, upon a sieve; pile them upon the dish; sift sugar over, and send them hot to table.

Italian Fritters.

Make a nice batter in the manner of any of the foregoing, and mix in currants minced, dates, raisins, or other fruits, almonds, and some veal kidney fat, or marrow; sweeten and season to taste; fry them high over the fire, that they may be well done.

Fruit Fritters

May be made of the pulp or minced fruit of any kind, mixed with the batter. Wine or brandy is always used to these fritters: colour and finish as the others.

Vegetable Fritters

Are made as the fruit in every way, sliced, minced, or mashed; such as potatoes, beet-root, artichokes, carrot zest, scorzonera, spinach, or sorrel must be very finely minced. They are seasoned sweet or savoury.*

Beignets.

Make some pancakes with skim milk, not browning them in the least, by keeping the pan at a distance from

* Sweet fritters are served upon a napkin, and savoury upon crisped parsley.

the fire; cool them, and put them into a mortar, adding, as they are beaten, one yolk and half a-white to each pancake; put the paste on a buttered dish; have ready clarified butter: cut them out with the handle of a key: fry them a nice light brown.

These beignets ought to be highly seasoned with wine, nutmeg, sugar, and salt.

There is a famous dish of this kind made in Provence, which unfortunately has been mislaid.

Rice Beignets.

Boil the rice with very little water, and beat it in the mortar, adding proper seasoning and eggs as in the foregoing receipt, and finishing exactly in the same way.

Plain Pancakes.

Light plain pancakes are made of a thin light batter of milk, eggs, and flour, with salt and sugar.

Rub the frying-pan with a buttered cloth; sift sugar over them as they are doubled or rolled, and dished. Serve with lemon.

Fine Pancakes.

Beat twelve yolks and six whites; put them in a quart of cream; beat well, and thicken with wheaten or rice flour; add salt, sugar, lemon-zest, and juice, or any seasoning more agreeable, as nutmeg, or cinnamon, with a little butter: some put in a pound to this quantity, while others hardly put in more than will make them fry. Cover up the paste for two or three hours in a warm place; wipe a proper-sized, hot frying-pan; rub it with a buttered cloth for the first one, the remainder will fry themselves. Sift sugar over each separately as they are dished. Serve with lemon, orange, or wine, and sugar.

Another Way.

Make the batter as above, with eighteen whites; season with orange flower-water, lemon-zest, juice, sugar, and salt, with a bit of butter about the size of a walnut; make the pan hot; rub it over with a buttered cloth; have the paste beaten and raised to a froth; drop it in, and run it quickly over the pan as thin as possible; hold it high, that it may harden without discolouring; they are only done on one side; roll and sift very fine sugar over

each; continue till all the batter is wrought up; squeeze a lemon or Seville orange over them. A thin slice of preserved apricot may be laid within each, as it is rolled or doubled, or fold them in four, and dish them with the points in the centre of the dish, and half a lemon on each side.

When sweetmeats are served in pancakes, it is a great error to put in much, as it alters them entirely: instead of being nice and warm, they are unpleasantly wet and cold, besides the waste jams are too coarse: it ought to be jelly, fine marmalade, or preserves, laid on very thin.

Pancake batter may be made of ale, or raised by yest; or in winter two spoonfuls of snow may be used instead of each egg.

Pancakes are excellent made of ground rice or rice flour. The folly and waste of discarding so many whites of eggs from pancakes and puddings may be seen, as they are alone used in making the finest pancakes and puddings; and snow surely does not partake of the nature of yolk.*

Fruit Pancakes.

Mix the yolk of four eggs, well beaten, into a pint of cream, an ounce of flour, three ounces of fine-sifted sugar, and as much pulped apricot, peach, apple, pear, or any other fruit as will make it into a thin batter; run it very thin over a hot butter-pan; let it take; hold the pan high; sift sugar, seasoned with cinnamon, clove, or lemon grate over them; or with a brush wash them over with beaten white of egg, and sift sugar over them; and hold the pan before the fire, or a salamander over it; double or roll up, and sift fine sugar over them.

Cheesecakes

Have, from their name, probably been first made of seasoned curd, as the simple cheesecake; now they are made in all the varieties of puddings.

A short, sweet crust is the best; the quantity of sugar and butter to be used are to be rubbed into the flour before it is wetted; but any paste may answer, when there is curd from wheys, or any pudding-stuff left from filling dishes. By being beaten together with butter, and thickened with rice, bread, potatoes, carrots, apples, &c.

* Yolk thickens and enriches, but does not lighten or raise.

may be made into cheesecakes, the stuff being made firm and rich, and therefore requiring wine or brandy.

An excellent Cheesecake without Curd.

Steep the crum of a penny-loaf in a pint of boiling cream; mix half a pound of butter, melted by the hand, with eight eggs, cinnamon or nutmeg, lemon-peel or zest, half a pound of currants, and a spoonful of wine or brandy, and sweeten to taste.

Rice Cheesecake.

Prepare six ounces of rice the day before, or use any that has been cooked; ten ounces of butter, six eggs, half a pint of cream, some nutmeg and sugar, with a little wine or brandy. Lay over paste ornaments.

Curd Cheesecakes.

Pound eight ounces of curd, ten ounces of butter, six ounces of sugar, a quarter of a pound of almond paste, with orange flower-water, and a little cream; beat them for a quarter of an hour: and bake them in sweet paste.

Lemon Cheesecake.

Prepare and pound six ounces of lemon-peel; melt a quarter of a pouud of butter in a little cream; mix it with three eggs, the lemon-peel, and six ounces of sugar, a little lemon-juice, or a few drops of essence. Fill the pans, and sift sugar over, and lay on a paste ornament. If too thin add crums.

Orange Cheesecakes.

Prepare a quarter of a pound of the peel as above, half a pound of almond paste, ten ounces of sugar, twelve ounces of butter, and twelve yolks, and some confected orange-peel. If too thin, thicken with a little pounded biscuit; fill the pans; and lay some thin slices of candied orange-peel over, or sliced almonds.

Buttered Oranges.

Zest four oranges into a pint of water, and add the juice of eight; beat twelve yolks and four whites well; sweeten, strain, and stir it over the fire till it thickens; put in about the size of a walnut of fresh butter, and keep stirring till it cools.

Orange Butter.

Zest six oranges, and boil the skins till they are clear; pound and rub them through a sieve; beat the yolks of twenty eggs and four whites; put them into two quarts of boiling cream; stir it one way till it comes to a curd; strain, beat it in a mortar, and put in as much orange-zest as will give it sufficient relish, and sweeten it; put it in a mould, or in small pots. This may be made of artificial cream, and baked as cheesecakes, adding wine or brandy.

Fairy Butter.

To six hard boiled yolks add half a pound of sifted sugar, half a pound of fresh butter, and two table-spoonfuls of rose-water; pound all together, and rub it through a thin canvas bag, or squirt it.

It may be served in many handsome ways for breakfast, over ham and bread, or finely decorated with savoury jelly.

Almond Butter.

Put a pint of cream on a slow fire, with eight eggs well beaten and strained; stir them one way till they are ready to boil; put in a glass of rich sweet wine, and continue stirring till it comes to a curd; strain off the whey; pound the curd with two ounces of almond paste, and three ounces of sugar; put it into potting-pans, or turn it out of moulds. To be eaten with bread, as sweet zests.

VEGETABLES.

The vegetables that are kept throughout the year will not be mentioned in the following list, as the mode of preserving them will be found at their respective articles, such as potatoes, mushrooms, carrots, turnips, parsnips, beet, horse-radish, onions, scorzonera, shallots, and garlic; all of which are to be preserved, with many others, by the careful housekeeper.*

* Small salads of all kinds may either be had from a proper gardener, or grown with very little trouble at home throughout the year, if there is room, even where there is no garden.

When there is a garden, and a good gardener kept, it is necessary for either the mistress or cook to point out what will be required, and what sort of supplies; as it is a great loss of time, expense, and waste of ground, to have a full supply of things that take much care in raising, to be allowed to go to waste; the mistress ought every month to look over the best gardener's manual, and write out a list of such things as she wishes to have.

This is attended with excellent consequences, the mistress attains insensibly a knowledge of the garden and its expenses, it carries her eye over every thing as she walks through its beds; in a short time it becomes her pleasure and her profit, without any stretch of mind or loss of time; she teaches and she employs her children to cover the young plants from the nipping frosts, and train the fruit-trees or the tender vines.

The mistress who would have a full supply, either from her garden, preserved at home, or from the market for the winter, must not let her knowledge depend upon months, or lists in cookery books; let her study the seasons and nature of the vegetables; if they are indigenous or exotic, when forced or come naturally; then she is enabled to form estimates of their value, and by this knowledge she will be armed against much imposition, besides the numberless other comforts arising from it.

In January.

Sprouts, coleworts, sorrel, spinach, celery, leeks, the two broccolis, endive, chervil, scorzonera, Jerusalem artichokes, sea-kale, dent-de-lion, cardoons, nettles, Sweedish turnip, pea-tops, and forced asparagus, mushrooms, lettuce, small salads, &c. &c.

February

Brings rather a better supply of the above. As the year opens, new potatoes, French beans, peas, and hop-tops. Turnip-tops, and carrots, continue to increase till May. June brings them in profusion, adding, as the season advances, the later and more tender crops; such as gourds, vegetable-marrow, turk-caps, cucumbers, tomatas, love apples, which are white, and oval-shaped, natural mushrooms, small prickly cucumbers, &c. &c.

All these vegetables continue in succession till the winter store is allowed to come to maturity, and is housed. Vegetables make so little account in our manner of living, and their virtues are so little known, that a single public market is deemed sufficient for the supply of such an overgrown city as London. Green-grocers are a conveniency to the rich, but none to the poor; and it cannot be too often repeated, that vegetables are necessary to our animal diet; it is so far well that potatoes are in such general estimation, as an animal diet, eaten in the quantity it is with us with bread alone, is sufficient to corrupt the whole mass of the blood, from the strong gluten they contain. *

If a cook follows implicitly those directions which only set her in the way, she will seldom find herself right, as the difference of size and age makes a great difference

* It is a curious fact, first observed and established by Spalding, namely, that such divers as live principally on vegetables, suffer the least annoyance from working long under water, and hence it is inferred, that the lungs of beef-eaters require an extra supply of oxygen.

in the time necessary for cooking; a tea spoonful of soda is excellent for tendering old vegetables such as carrots, parsnips, cabbage, and turnips that have been kept over the winter, as well as for greening.

Alum is recommended for greening and crisping, and can do no harm if the vegetables are refreshed.

It is much to be desired that the English taste could be brought to relish vegetables rather stewed than boiled, for boiling crisp is little more than half cooking, from which many are obliged to disuse them, though evidently otherwise necessary for them; and were it not for the quantity of melted butter eaten with them, they would not be half as much used as they are, or no stomachs but those of strong working people little accustomed to the use of fermented liquors could digest them. Were this to be attended to properly, there would be few nervous patients.

Another great error is an anxiety to have vegetables to look green, let them taste how they may. This forces the cook to improper practices, therefore, let the mistress be on her guard with respect to it, as whenever spasms, cholics, and such complaints are prevalent in a family or among the children, in particular whose stomachs are tenderer, or may live more upon a particular diet; the cookery ought to be narrowly and jealously watched, as well as the bread and water.

Vegetables may be boiled green in hard water; but as that hardens them, it may be better to use a little soda, which ought to be provided by the mistress, and fixed over the kitchen chimney, that no accident may happen by using any other white powder for it.

Strain the water, let it boil with a little salt, and skim it before the vegetables are put in; lay in a wooden cover when necessary to keep them down, so that they may be equally cooked; skim them again, and leave them on a moderate boil, or simmer till enough: if to be served with butter, press the water well out; but if to be dressed, throw them into a great quantity of cold water, which prevents the colour from changing, as well as frees them from the water they were boiled in, which often ferments them in a few hours.

They are then ready to be cut for sauces, ragoûts, soups, &c., and will keep many days.

The time of cooking vegetables, as other aliments, must be subservient to the age and size, so that practice is indispensably necessary in this knowledge as well as every other.

The time generally given in our kitchens to cooking vegetables is, for asparagus, beans, parsnips, and artichokes, half an hour. All the fine vegetables, about twenty minutes. Carrots, an hour; beet-root, an hour and a half to three hours.

Potatoes

Are spoiled by washing, even an hour before boiling. Venders steep them in water to increase the weight. Families ought to lay them in, which insures their being good: besides, they may have them for half the price.

To roast Potatoes.

Parboil, rub off the skin, and put them into the Dutch-oven, or, if there are embers, wrap them in two or three papers; wet the last, and cover them with the hot ashes, or bake them in the oven. Best of all, if the ashes are reduced and hot, to wash the potatoes clean, and bury them in them, which frees them from all moisture.

To boil Potatoes.

Choose them of an equal size, brush them very clean, and put them into boiling water, and set them to simmer. It has been advised, where they are very mealy, and break before they are done, to dash in from time to time a little cold water to lower the heat; but is it not better to prevent it by constant simmering? If frosted, washing them in tepid water, and throwing them into quick-boiling water, recovers them. When they are ready, take them up while hot, and peel, but not pare them, and return them into the warm pan, and set them in a hot corner, with a cloth over them. Attention ought to be paid to cooking them as near as possible to the time of dishing, as they lose every moment after.

Another Way.

Pare the potatoes very nicely, and boil them in salt and water till a wooden piercer easily enters; drain and return them into the saucepan, and put them on the side of the grate, with a cloth over them, till they become quite dry; rub them through a cullender or wire sieve, towering them high upon the dish when ready to serve.

Crisped Cakes. (Irish.)

Parboil small, round, equal-sized potatoes; cut them in rounds of the size and thickness of a crown-piece, or less, and crisp them hard in the oven.

In Fricassée, Ragout buttered, Gravy, Sauce, &c.

Prepare as in the foregoing receipt, from the size of a farthing, and from a quarter to an inch thick to any size: the small looks well to be thick, but the larger is better to be thin; put them in any of the above sauces; let them have just time to imbibe the sauce, but not to fall. Minced white meat or fish may be put into these dishes, or in scollops, the same size as the potatoes: they may be cheesed or greened with parsley.

Farced. (Scotch.)

Pick them of an equal shape and size, parboil, peel, and scoop out a little of the heart; do not leave the potatoes too thick; farce with meat, fowl, fish, or vegetables; dip into egg and butter, fry a light brown, and serve on a parsley green sauce, or cut them in handsome shaped cups; brush over with egg, fill with farce of any kind, bind them over with a few strings of paste, if there is any; dip in butter and egg; fry, and serve on a napkin or fried parsley, or any convenient or appropriate sauce.

An excellent Way. (Scotch.)

Cut them in balls, and dob with ham, bacon, anchovy, &c.: prepare a butter, cream, and parsley sauce, or a butter gravy, with very fine minced parsley and scallions; soak them in it, dress them high in the dish, and pour the sauce over; or fry them in batter, and dish on parsley.

To mash.

Mash them fine with cream, butter, pepper, and salt; or with very fine minced parsley and onions; or butter, gravy, pepper, and salt; dress them in the dish they are to be served in, and put them to brown, or brown with a salamander; or butter a mould, and crum it, and, when well browned, turn it out.

To fry or broil.

Parboil and make them of an equal size, cut or whole, and broil or fry a light brown.

In Cakes. (*Scotch.*)

All left potatoes ought to be pounded with a little flour, milk, sugar, and salt, pressed into a dish, and set in a warm place; cut it in slices next morning, rub a little flour over them, and grill them on the gridiron; serve very hot to breakfast, or knead them into balls, with a little flour; flatten and bake them on a Scotch girdle.

New Potatoes. (*Scotch.*)

Wash and rub the skin off; parboil slowly in milk and water; have a cream and butter sauce; season with mace, pepper, and salt; simmer them in it, or fricassée them.

Another.

Finish the sauce with glaze and butter.

Sweet and savoury Potatoe Rock. (*Scotch.*)

Roast twelve large apples, and pulp them, and pulp double the quantity of potatoes. Put them into a little cream, and beat in a bit of nice fresh butter, orange flower-water, lemon-grate and juice, with six well-beaten whites, sugar, and salt. It must be thick enough to drop from a spoon, and stand upon a dish. This should be done in a warm place, to insure its standing: if properly dropped, it will fall into broken points, which look beautiful when partially browned. Sift sugar over it: if it is put in the oven, put a cover over it that will not touch it, and take it off a few minutes before to brown, otherwise the points would be burned before it was sufficiently done. It may be managed very well without a cover, in a Dutch-oven.

It is an easily-made, handsome dish, but requires a little experience in managing it. It would require to be placed opposite to some high-standing dish, such as steeple cream, a high-standing sweet pillau, &c. A savoury one may be made exactly in the same way, only changing the seasoning, and frosting it with crums and parsley, to which the apples may or may not be added. To keep up the classical*, these rocks may be placed opposite to marrow-bones, pillaus, and stalked dishes of vegetables, fried fish, or pastry.

* There is excellent authority for the use of this word—that of a little, old, humped backed upholsterer, who eloquently maintained that pine-apples were the most classical of all ornaments, which were contended to be out of place at the end of curtain-poles.

Potatoe Rolls and Balls, with or without Meat. (*Scotch.*)

Make either of the above batters a little firmer, and form them into rolls or balls, and fry them with crums or yolk of egg, or have a minced (almost dried) ragoût of mushroom, or any shell-fish, or of cold meats; mix it up with some of the prepared potatoes, and cover it with them: make them up in any form. Butter little tart-pans, and bake them in the oven or before the fire; or fry them, and dish them upon fried parsley; or put any seasoned meat into a pie-dish, and make the paste a little thinner with more egg, and pour it over as a batter meat pudding. Instead of cream or milk, the savoury potatoe-paste may be made of well-seasoned stock; and in some instances, when the paste may get too thin, a little flour may be added: they may likewise be mixed with ale or beer.

Potatoes in Crustades. (*Scotch.*)

Take some large tough potatoes (yams answer well for crustades), cut them into deep cups, oval or round patties, or in the shape of pots 2½ inches deep, by 1½ inches broad; hollow them out, dip the outside in egg, and crum it with crums and parmesan, truffle, or mushroom powder, and fry a nice brown, and fill them with salpiçon, patty-meat, or mince of any kind. Whatever the quantity is, dish them stalked, suppose eight crustades, first four, then three, and then one: covers may be prepared in the same way for them. They may be greened with any sweet herb, or redded with rasped ham.

Or prepare as above without crums, and cut out a small thin paste border, and lay it lying over the edge; stick on small paste balls round the edge, glaze high with yolks and butter, and brush the inside with butter and mushroom powder, and do them in the oven: take care they are not over-much done. Fill them as above at the moment they are to be served. They may be fancifully and very beautifully ornamented.

Or scoop them out, and farce them with fish, anchovy, butter, ham, or mushrooms; seal them up, and dress them in ragoût, gravy butter, or fricassée, or any other appropriate sauce; or fry and serve them either in sauce on a napkin, or parsley.

Potatoe Scollops

May be varied at pleasure, using the potatoes as crums are used in other scollops, and for which they must only be parboiled and rasped, and mixed with rasped ham, bacon, parsley, scallion, butter, gravy, or cream, pepper and salt, or with mushrooms, oysters, or shrimps, with savoury herbs. Any of these may be cheesed or curried.

They are excellent supper dishes, mashed sweet or savoury, served in shells.

Potatoe Paste

Makes good pastes and batters for common pies, and borders for dishes. Made into flour, it is a delicate thickener for soups and sauces, and equal to arrow-root for the food of children and the sick poor.

Potatoe Friture. (*Scotch.*)

Parboil some very equal-sized potatoes, cut them equal, and dob them through with seasoned bacon and ham. They may be cut egg shaped, or any other; egg and crum them, and put some finely-minced squared ham into the friture. Put in the potatoes, and as they are put in wheel the fat round with a wooden spatula; drain upon a cloth, and serve upon parsley, or in any sauce or ragoût.

This is a pretty supper dish, or made to be put into half-hard whites of eggs, which appear like cups for them. They may be crummed or done in high-seasoned batter, or covered with puff paste.

The potatoes must not be mealy; they are an excellent addition to meat ragoûts, and particularly to make up a left one.

Jerusalem Artichokes

Are dressed as other white vegetables; but they are no way so good as roasted, and served in a napkin with melted butter. They take very little stewing or boiling. They may be cut into bottoms; and, if not over-done, they answer very well.

Another Way.

Cut one or two onions in half rings, and brown them lightly in oil; cut the artichokes, and put them in with minced parsley and scallions, salt, and pepper. Give them two or three turns, dish, put a little vinegar in the pan, boil it up, and pour it over.

An elegant Crustade of Jerusalem Artichokes.

Make a firm paste with yolk of egg, milk, sugar, salt, and flour; work and make it extremely smooth and tough by rolling. Choose the artichokes of one size, and as near the same form as possible. Mould the paste thin round them, and cut the top off with a sharp knife; ornament them round the mouth, cut out a round with a border to fall over; cut the size of a shilling out in the middle. Egg the crustade, and lay it over: small tops of puff paste or the crustades may be made the long way, and the tops moulded to appear like the artichoke. When ready, scoop out part of the artichoke; put in a bit of nice fresh butter, seasoned with mace and salt, and finish as potatoe crustades.

Brocoli, Cauliflower, Artichoke-bottoms, Jerusalem Artichokes, Asparagus, small Beans, French Beans, Cucumbers, and Potatoes, in buttered Gravy.

All these, and indeed all the finer vegetables, may be prepared in buttered gravy, in the following manner:— After preparing, mix into some nice melted butter as much espagnole as will sauce the dish, or melted butter and a piece of glaze. Work this well, and put in the vegetables long enough to imbibe the taste of the sauce.

The French generally cut off the point of the asparagus, which they put into their soups, as they take less boiling than the stalk, and are not only wasted, but look ill.

Brocoli, Cauliflower, Cardoons, and Scorzonera, in Parmesan.

Mix rasped parmesan into butter, melted in cream or gravy; and as the vegetables are dressed handsomely upon the dish, pour over a little of the sauce till all is in; then sift cheese over, and put the dish into the oven, or brown with a salamander.

Brocoli, Cauliflower, Artichokes, Cardoons, Stock Cabbage, Brussels Cabbage, Potatoes, &c., in Batter.

Uncut, fine, large French beans look well in batter.

Having prepared any of the above vegetables, marinade them in vinegar, salt, and pepper, prepare a nice light batter, dip them into it, and fry them a light brown.

Every vegetable may be served with melted butter; but where more delicacy is required, cream and velouté, or a little rich stock are used: a little almond paste and sugar may be added with advantage.

All the finer vegetables may be dressed in fricassée, and all may be ragoûted, braised, and allowed to fall to a glaze and served under or over meats.

The French serve the vegetables in every different mode of dressing, with meat in their first course, and without it in their second.

Carrots, Turnips, &c.

Prepare and cut out, according to fancy, round, square, fillets, rings, and balls, or take out the heart, and only use the zest of the carrot; put them into a stewpan with a little sugar, butter, salt, and pepper, and as much stock as will cover them; let them fall to a glaze, and finish with a little cream, butter, and some minced blanched parsley; the parings may be made into a frangipane for tarts.

Mushrooms in Crustades or Rolls.

If there are no buttons, cut the larger of an equal size, and set them over a slow fire, in butter, with parsley and young onions; toss flour, and add a little stock; make them boil, and let them simmer; season with salt, pepper, and nutmeg; cut off the top crusts of nice rolls, hollow them, put them on a gridiron over clear embers to dry and brown.

When ready to serve, take out the sweet herbs, thicken with yolks and a little cream; when the sauce is mixed, wet the crusts with it, dress them upon a dish, and put in the ragoût.

Seal them up if not ready to serve: they may be buttered, and put into the oven.

Another Way.

Take large, thick, firm mushrooms, rub off the skin, hack them across upon the under side, pour olive oil over, and strew them with pepper and salt; leave them an hour or two, and broil them, turning often: for sauce, put in a stewpan as much oil as will sauce them, with a clove of garlic, parsley, and scallions, minced fine; heat it, and add the juice of one or two lemons, or a little verjuice, which is better, and pour over them.

Other Ways.

Marinade as in the foregoing article, mince the sweet herbs and stalks of the mushrooms, and dress them in butter; the mushroom-stalks ought to be squeezed in a cloth to take out the moisture; lay them into a tart-pan upon their backs, and fill them with the sweet herbs, and put them into the oven. Dish them, warm the butter the herbs was done in, add verjuice, and pour it over; or cook the mushrooms well in butter, and let them cool; fill them with the herbs, and put each in a paper twisted together on the top, oil them, and broil them over a clear fire.

They may be done with butter or rasped bacon in the oven, ragoûted, fricasséed, or stewed, and sent to table over a lamp; it is a handsome second-course dish for a top or middle centre.

Truffles and morels are dressed in the same way, only that rasped lard is generally used with them.

Potatoe Frangipane for Pasties or Tarts.

Whether the potatoes are boiled or cooked in steam, they must be well pounded in a mortar; add eggs, salt, butter, rasped citron, or lemon-zest, bitter macaroons, and sugar, and use it for filling tartlets or making pasties. Carrot zests, and all other roots, may be made as above.

Pumpkin.

Cut it in slices, pare, and take out the seeds, and blanch it; put it into a stewpan, with butter, minced scallions, parsley, pepper, and salt; toss, and serve it. It is excellent baked and mixed with oil, cream, salt, spices, and a little sugar.

In America, it is baked and dressed at table with new milk, spices, sugar, and butter, and makes an excellent soup.

Another.

Make a white sauce with butter, cream, or milk, and the above seasoning; work, and cook it well; put in the pumpkin, let it simmer, and add a little nutmeg; or it may be beaten up into a mash, and made in purée, or served of any consistency, and may be coloured as tomata or spinach.

Turk's Bonnet

Is cooked in the same way: they may all be fried or grilled by the different methods in use, or dressed in any of the French sauces, made into vegetable balls, put into soups, or made into frangipane for pasties and tarts, as, from the mildness of their nature, they can be accommodated to any dressing; this is applicable also to the white beet, and with verjuice, makes better winter and spring tarts, particularly for children, than preserved fruits. (See Frangipane of Potatoes.)

Farced Tomatas.

Cut out the tops, and pick out the seeds carefully with the handle of a tea-spoon; farce them with meat, fish, or vegetables, and serve them over a tomata sauce, or as garnishing to all nice white dishes.

Tomata in Soups and Sauces.*

Take out the seeds, and squeeze out the juice; put them upon the fire, with the size of an egg of butter to every dozen, and a little thyme; stir it till it falls to a mash; put in a spoonful of top-pot, rub it through a hair sieve; add as much espagnole or stock as will give it the consistence of sauce; add a little salt and cayenne: the expressed juice should be evaporated for winter use. They may be rubbed down with the thickening for soups, or be allowed to fall in them.

Peas stewed, with or without Parmesan.

Handle the peas well with butter, the size of a walnut to a pint, and leave them in water for a few minutes to tender; drain, and put them into a stewpan, with a bit of butter and a little stock, shaking them often; when they become green, add parsley and scallions, or mint; cover, and put them on a very slow fire; shake or toss them from time to time; mix a pat of butter with half a spoonful of flour; add a bit of sugar; set them on the furnace or stove, so that the flour may be well done; if too thick, put in a little water or cream; dress high upon the dish. A spoonful of rasped cheese may be put in with the butter and flour.

* They are a strong diuretic, and excellent for the blood.

To boil Green Peas.

Handle them in butter, as in the foregoing receipt; let them steep a little in water; strain, and put them on the fire, with a little water and salt; if old, put in a small pinch of soda, which will tender, and keep them green. Dish, and powder a little sugar over, and put a piece of fresh butter in the middle, which ought to be mixed before serving; let some chopped mint be laid in tufts upon the border of the dish. As peas are flatulent, the mint is an excellent antidote; no peas should be dressed or served without it.

Green peas, when young, are excellent in fricassée. A favourite manner of dressing them is with chickens and lettuce. (See that article).

Frangipane of Peas.

They may be made into a frangipane (see Frangipane of Potatoes). Whenever the skins get tough, peas ought to be pulped, as they are very ill to digest.

Gourmond Peas.

This is a very delicate vegetable, and almost never seen with us. It is dressed as French beans, being eaten in the pod.

French Beans.

French beans must be cut in small long fillets, else they neither taste nor look well; throw them into salted water; put them into well-skimmed boiling salt water; let them boil till very tender, and finish in any of the ways directed for green peas. They are served constantly as a cold salad, on the continent, with oil and vinegar: they make a nice frangipane.

Spinach.

Pick it very nicely, and put it into a great quantity of salt and water; it must be watched, as it is apt to fly over, and raise the ashes about it; when it is quite tender, drain; refresh in a great deal of water; chop it well; pound it, and put it in a saucepan, with a little nutmeg, pepper, salt, cream, and butter. Beat, and dry it well over the fire, and dish alone, for the second course, and under dressed meat for the first. When very young, and used as an opening medicine, put it into the saucepan, with no more water than hangs on from washing; when tender add the seasoning, and finish it in the same pan.

Sorrel.

Sorrel is dressed in the same way, and they are often mixed together: they make elegant sauces by being liquefied with rich stock, and seasoned according to the dish they are to be served with.

Green of Spinach, Sorrel, Parsley, Fennel, and other Herbs.

Pick and beat two or three handfuls of spinach; express the juice through a cloth; stir it over the fire; when it curdles, take it off, and pour it into a sieve; when the water has run off, put it again into the mortar, rub it well with a little clarified sugar, and put it up for use. A great deal of these greenings ought to be made, as they are very useful.

To crisp Parsley.

To crisp parsley, dry for winter use, or garnishing, lay it loosely in the screen, turning it, till perfectly dry. To crisp parsley for savoury dishes, put it into a cullender or net; dip it into boiling fat; take it out the moment it is done, and hang it before the fire.

Red Cabbage.

Take out the large stalks and threads; slice, or mince; blanch and refresh well; put it into a stewpan, with a sufficient quantity of butter, or rasped lard, an onion, with two cloves stuck in it, salt, and pepper. Make it boil; turn and mix well with the butter, and set it upon a hot hearth, with dull embers over: or it may be set under a stove, where the ashes may fall upon it, for three or four hours; take care it does not burn: when cooked, take out the onion; finish with a little bit of butter, vinegar, or a little verjuice. A clove of garlic is a very great improvement. It may be stewed in stock.

Cabbage.

Cabbage of every kind may be done as the above; but the white kinds do not take so much cooking. When they are to be done whole, put into the stewpan with them, after they have been blanched, a little of any old braise, with top-pot, or rasped bacon, and when ready to serve, squeeze them in a cloth, and dish them round meat; or roll them in flour, and baste them, and put them in the oven till ready to serve.

Beans of all Kinds

May be sent well-boiled to table, with a butter sauce in a sauce-boat, or the second skin peeled off, and dressed in ragoût, fricassée, or made in purées for soups or sauces. The large kinds are generally served with pork.

Stock and Brussels Cabbages,

Though very different, are dressed alike. Of the first, the stock, which is very large, is only eaten. The second are small heads that grow all up the stock, like fresh sprouts that grow out of old cabbages in the spring.

It is a pity that such things are not cultivated in a country that is so anxious about change. The stock grows very large, and is the part eaten, when stripped of the skin. Blanch and cut it into any form, and dress it as cardoons, or pumpkins.

The French dress it in pepper, salt butter, and reduced velouté. It is excellent with melted butter.

To roast Onions.

Scoop out the hearts, which are bitter, but nowhere shows so much as in roasting; put in a bit of butter, mixed with pepper and salt, and a very little sugar; seal them up at the top, with white of egg, mixed with flour; wrap them in two or three papers; wet the last, and put them among the ashes. When ready, take them up; unpaper, and, if necessary, take off a coat: roll them in a little well-seasoned glaze, and send them to table upon a tarragon clear juice, that is, a little brown gravy with tarragon vinegar; or serve them plain, with melted or hard butter.

They may also be done in the oven, basting them with well-seasoned stock and butter.

Stewed.

If for white, let them be done white in butter; if for brown, to be carefully browned, and simmered slowly in good stock; and thicken with flour and butter. They are eaten cold in salads; the small silver onion, cooked white and glazed, makes an elegant garnish for brown dishes; for putting in soups, savoury pies; or two or three dozen dished either in ragoût, gravy, fricassée, or white sauce; or with tripe, cow-heel, &c. &c.

Asparagus.

Scrape and cut the hard ends, just leaving an inch and a half to hold them by; leave them in the water some time; bind them in parcels, assorting them to their lengths, and throw them into boiling water and salt: a quarter of an hour is sufficient: serve upon toast, with melted butter in a boat. The toast ought to be wet with the asparagus water.

Asparagus Peas in Fricassée, or farced.

Cut off the points, and preserve them for soup; cut all the tender part of the stalks the size of peas; put them into water, and blanch them in a great deal of water, with a little salt; drain, and put them into a stewpan, with a bit of butter, parsley, scallions, pepper and salt, and a little stock or water, with half a spoonful of sugar; let them simmer and reduce; take them off, and thicken with egg and cream; toss them for a moment upon the fire; the sauce ought to be thick: see that it is properly seasoned; dress high upon the dish, or have rolls prepared, buttered and crisped in the oven; fill them with the peas, and seal in the tops, and serve them on a napkin.

Cucumbers in Fricassée.

Slice them thick, or cut them lengthwise; toss them in butter, pepper, and salt; simmer and reduce them in well-seasoned stock; just as they are to be served, put in a little blanched minced parsley, rasped nutmeg; and thicken with yolk and cream.

Another.

Cook in the same way, and finish by tossing in a bit of fresh butter and a little nutmeg; or ragoût in white or brown sauce.

Cardoons with Marrow.

Prepare and cut them the length of the dish, and cook them in a blanc, with a round of paper over; set them to simmer three or four hours on a hot hearth; drain and put them into a stewpan, with a little stock, and let them nearly fall into a glaze; dress, and sauce them with rich stock and a bit of glaze, or a spoonful of savoury jelly; garnish with small onions fried white in butter, and co-

vered with marrow, put it a few minutes in the oven. To this dish lemon-juice must be added; but it ought to be put in at first, if the vessel is proper for it; if not, let it be put in at the time of dishing.

Another.

Blanch and cook as asparagus, and serve with melted butter; or prepare as directed for those served with marrow, and sauce with any sauce.

Sea Kale. (*Dress as Cardoons.*)

Artichokes

Are served in various ways; the bottoms are generally served in winter in every possible variety; they are cubbubbed with fat liver and oysters, or farced and dressed into vol-aux-vents, casseroles, &c., over gratin in pasties, ragoûts, pies, &c. &c.

If they have been dried, they must be steeped some hours in warm milk and water. One of the best ways of dressing them is to fill them with nice farce, and fry them.

Artichokes in white Sauce.

Pare three or four artichokes, and take off the points of the leaves; put them into a great deal of boiling water and salt; let them be well done, and very green; throw them into cold water; open them with care, and take out the choke; replace the bottom, and put them again into hot water; drain, and serve them with melted butter.

Farced Artichokes.

Prepare the artichokes as above; put into a stewpan a quarter of a pound of rasped lard, and as much butter, with minced mushrooms, parsley, scallions, shalots, salt, pepper, and spices; mix all well with a spoon; fill the artichokes with this, and tie them up, or use any other farce: cover the bottom of a stewpan with slices of bacon; put them in with a little thyme and half a clove of garlic, and two or three spoonfuls of stock; set them upon a hot hearth or embers, with fire over; let the fire be strong, and draw it up round the saucepan: when half cooked, take them up, and put a little white wine into each; when they are enough, and the leaves of a

fine colour, put a little rich gravy into each, with a little lemon-juice, and serve them over gravy.

Another.

After they have been cooked, fry them in oil or top-pot.

Another.

Prepare as for farcing; cut them in pieces, and lay them in a marinade; make a nice batter of eggs, flour, oil, salt, and pepper; make the frying-pan hot; incorporate them well with the batter; lay them in so that they may not run together; give them a fine colour, and dish on fried parsley, with a tuft over them, or fry them in quarters.

Turnips, Parsnips, and Beet-roots.

The best mode of dressing these is to roast them in the oven; or they may be parboiled in their skin, and roasted in the Dutch-oven: send them whole to table; or slice, without paring, and serve with melted or hard butter.

In this way they are excellent for consumptive patients, with sugar. Baking vegetables, even in their skins, throw off the phlegm that makes them so flatulent.

Mashed vegetables, such as turnips, carrots, beet-root, parsnips, cabbage, spinach, sorrel, and potatoes, are all to be well cooked in salt and water, refreshed, drained, and beat, and dried over the fire till they attain a proper consistency, and are well seasoned with cream, butter, stock, eggs, or a proper mixture of any or all of them, with parsley, onions, shalot, garlic, pepper, salt, nutmeg, and sugar. Mixtures may be made of these vegetables in any proportion; and where they are wanted very rich, a large quantity of cream may be dried into them.

Turnip Plums.

Cut out the quantity that will make a dish in the shape of plums; blanch and drain them, and put them into a buttered stewpan, without touching one another; add a little good stock, a bit of sugar, salt, and cinnamon; boil and cover with buttered paper; set them with fire under and over; when cooked, uncover them, and let them fall to a glaze; dish, and put in little twigs for stalks; put a

little good stock to detach the glaze; take out the cinnamon, and pour the sauce over them.

Turnip Balls.

Cut turnips in balls, or any other shape, and dress them in braise, fricassée, ragoût, white sauce, or melted butter. (See all other sauces.)

To boil all green vegetables of a fine colour, put into the water a little carbonate of soda.

Cauliflower and Broccoli.

Must be carefully washed, the leaves taken off, and the stocks pared. Cauliflowers in particular ought to be well examined, that no worms may remain about them. Boil them in milk and water; skim it well; watch them, as they fall very soon; the smaller pieces ought to be put in uppermost, to be taken out first: if to be served with melted butter, dress them handsomely on the dish, and pour it over them.

Beet-root.

The red beet is one of the most useful and ornamental vegetables we have. It ought to be baked, and never boiled, which preserves the juice: slice and fry it; it is excellent with roast or fried meats; it is good mashed with cream, butter, sugar, and nutmeg; dry it well over the fire.

Sliced and served alone, as salad, with oil, sugar, and vinegar, or either red or white, made into a frangipane, besides its usefulness in colouring and decorating salads; or serve it in an acidulated sauce, decorated with glazed onions, (see that article); or decorate it with dressed onion rings, which looks very beautiful; or serve it cold in both these ways, as salad, with oil and vinegar.

White beet is equally good, and may be dressed in every way as the other, although it wants colour to recommend it; it ought also to be baked, to preserve the juice. This root is more healthy to eat with meat than potatoes, and might be reared as easily and as cheap. On the continent, a pound of sugar made of it is sold for five-pence; and here sometimes from four-pence to six-pence is paid for a root. This is the consequence of the monopoly of our markets.

Carrots.

Never pare carrots, nor buy any where the zest is not thick. Our cooks pare off the best part of them, as well as of many other vegetables, which they pare with a large knife that cannot be suited to the turnings, without a point to turn out little blemishes: every thing is hacked off, and thrown into the waste-tub, leaving the seedy and worst part for use. Let them be well washed, brushed, and boiled in the skin. Rub it off after they are boiled, and turn out the blemishes with a small-pointed knife.

In high French cookery, nothing but the zests are used; and where a long table is constantly to be made up, using the heart and zest separately gives a variety without any trouble.

A Ragoût of Carrots.

Cut cooked carrots very nicely; put them into a tosser, and toss them, with a little butter, shred parsley, pepper, and salt; let them take a good colour; dredge in flour, toss and mix well, and add a little stock or water; set to simmer, and when ready to dish, finish with a little glaze or cream. If properly tossed, it will be excellent without either. Our cooks never think of the power of certain heats properly applied.

To mash Carrots.

Carrots are not very digestible, unless very well cooked; mash them very fine, with cream and butter, (see Potatoes.) They make an excellent batter to bake meat in, with a little flour and eggs.

Celery.

Prepare, cut into three or four inches, and blanch; braise in any soup that the flavour will not be hurt by; or put them into a stewpan, with a little stock, nutmeg, pepper, and salt, with glaze, and thicken; or with cream and thick butter, or egg. When celery is prepared, it may be served in brown or white ragoût, fricassée, or clear juice.

Celery, Radishes, Cresses, &c. in Water.

There are deep glasses made on purpose for sending these to table in water. Radishes and cresses are excel-

lent digestives, when eaten with oil before dinner. They are also very ornamental. The French use them as hors-d'œuvres, not belonging to the course, although placed on table.

Radishes and Hop Tops

Are served in spring (the radishes being skinned) as asparagus, upon toast with melted butter.

Turnip Tops or Spring Greens.

Pick and wash them very nicely, and serve as greens, or dress them as spinach.

Dent-de-lion

Makes an excellent purée, or dress it as spinach; it is the most healthy and the best of all raw salads (see Salads), or put it into soup.

Nettle Purée. (*Scotch.*)

Pick and blanch; strain and reduce them; rub in a little flour or oatmeal in butter, and add the water they were cooked in, or stock, with pepper and salt. This is an excellent dish for those afflicted with blood-spitting; or dress them as spinach.

Aubergines

Are of the gourd species, pear-shaped, of a white, greenish, purplish, and reddish colour; they are an excellent vegetable.

Take off the stalk, but leave the skin; cut them in slices, and marinade them in oil, pepper, and salt for some hours; broil them, basting with butter; they taste of sole: or fry in very hot fat; they are done in a minute; or dip in egg crum, and fry them.

Aubergines sur la Tourtière.

Cut them in two and take out the pulp; hash it fine with parsley and shalots; toss it in a saucepan with a bit of butter, salt, and pepper; fill the aubergines, and lay them in a silver dish, and put them into the oven: a very little time will do them.

Vegetable Marrow.

Cook it in the oven, or boil, without breaking the skin; cut in slices or fillets, and toss it, with pepper, salt, nutmeg, and butter, marrow, or top-pot; finish with a little cream and lemon-juice, or pound and dry it well over the fire; season and finish as above, or use oil or marrow. They make excellent soup with onions. They are in every way an excellent and elegant addition to the table, and may be dressed in tarts as frangipane.

Truffle in Champagne, or farced.

Having made them very clean, cover the bottom of a stewpan with slices of bacon, and put in the truffle; season with parsley, scallions, garlic, thyme, rasped lard, salt, and a little good stock, one or two slices of ham, and half a bottle of Champagne; make them boil, cover with paper, and put them on a hot hearth, with fire under and over; let them simmer an hour; when they yield to the finger, they are done; drain them on a cloth, and serve in a napkin; or farce them with any delicate farce or patty-meat.

Truffles or Mushrooms in Crustades.

Cover a tart-pan with paste, and line it with bacon; put in the truffle with rasped lard, pepper, and salt, and cover with slices of bacon; above that lay on a paste cover in such a manner as to have an open space below; wet it, and put on a cover of puff paste; glaze, and put it into the oven; it will take an hour or more; let it have a fine colour, and serve without opening. Large fine mushrooms are done in the same way.

Roasted Truffles à la Cendre.

Prepare as in the first receipt with pepper and salt; wrap each in a slice of bacon, and then in three or four papers; wet the last slightly in water; allow an hour before dishing for doing them under hot ashes; take off the outer paper, and cut away all that have been touched by the cinders, and serve in a napkin.

To farce Chillis.

Take out the stalk and top, pick out the seed, throw them into a great deal of water, to take out some of the

heart; have a rich farce with capers and anchovies, or oysters; or curry and farce them very carefully, putting it in with a small round spatula or pin, and put in the top with a little white of egg and flour. Two dozen, with two dozen of fine cray-fish, or the white meat of a lobster, makes a very handsome dish, which may be garnished with pickled barberries or lemon. They may be served as garnishes to fricassées, white or brown ragoûts, roast meats, tops of pies, or cold dormant dishes, &c.

To farce Turk Cap, Melons, small Gourds, &c.

Open a little bit in the top, and scoop out a little of it, and put in a piece of butter mixed with mace and salt, put in the top and set it in the oven; have a nice ragoût of any kind ready, of game, chicken, curry, or any dressed dish; take off the top, mix the butter with the pulp, and if there is not room enough, take out a spoonful or two, and put in the ragoût, and cover it with the top, or garnish it with any appropriate garnishing; dish it upon fried parsley or on a napkin; take great care that the skin in cutting is not split; it should be done carefully with a blunt knife. A paste border may be laid round and turned in; or it may be baked, and then cut open, and mixed with cream, sugar, and cinnamon.

To farce Cabbage, Lettuce, small Gourds, Cucumbers, &c. with Meat, Fowl, Game, Fish, Fruit, or Vegetables.

Scoop out the heart of any of the above, taking care to preserve the piece that is taken out to put in again; mince and dress the coarser leaves, and mix them with some nicely high-seasoned mince, which has, particularly for cabbage, a large quantity of suet.

Cooks, when they begin to reason, will see what is often wanting in receipts, and what is superfluous: of course the cucumber and vegetable marrow, &c. will not require to be cooked, but minced, and returned with the meat or fish. If raw rice is used in those farcings, room must be left for its swelling. This is the Turkish method of cooking them. Apples, lemon-juice, and vinegar improve much the gourd species, of which vegetable marrow is in the greatest use among us at present.

These farced vegetables may be tied up in cloths, or bound, and simmered in any fat braise, or baked in the

oven, being well basted with butter, and served with appropriate sauces.

To farce Onions.

According to the place on the table, cook one or two of the large Dutch onions, or from three to five or seven of our largest. The farce-meat may be of any thing, cooked shell or white fish, or curry. Care must be taken not to cut them through in taking out the inner coats of the onion, as three or four must be left entire. A dish may be prepared with a pastry border, and when the onions are farced, dress the top of each with a pastry rosette; put a high onion and apple ragoût into the dish; cover the ragoût with crums; baste them with butter; lay in the onions. When the paste is ready, they are enough; or the dish may be garnished with small glazed onions. When ready to serve, put an appropriate sauce or ragoût into it, and dish the onions over it, or they may be served in garlic gravy.

To farce Turnips, with Haricot.

Bake the turnips in the oven; mince mutton and mushrooms, and dress them white in butter, with proper seasoning. When the turnip is baked, cut off the top, and cut out the turnip; mince it, and mix it with the mutton and mushrooms; return it into the turnip, and seal on the top, and return it into the oven, and serve in crisped parsley, or in a crustade fitted to the dish, and turnip; or garnish with crisped parsley; or finish as above; or dish over a mushroom sauce or ragoût; or farce with rice and mince, and dish upon a pillau, green or yellow sauce, &c.

Black Turnip Radishes.

Excellent for fish, and are to be done as the foregoing.

Love Apples

May be farced with egg and cream, and sealed with egg, and simmered gently, and served in a cream or fricassée sauce.

To stew Celery white.

Blanch it well, and put it to simmer in white stock and white spices. If it is to be thickened as a ragoût, put in a bit of butter and flour; but if only for a sauce, cream

or milk, letting it reduce, will be sufficient; or it may be done white in butter; add flour and prepared stock, and finish as fricassée or not.

To stew Celery brown.

Fry it in pieces about two inches long; add a little gravy, and put it to stew till tender; season it with mace, pepper, and salt; thicken, and let it cook.

To preserve Cucumbers fresh.

To preserve cucumbers, put them in a strong pickle of salt and water before using; steep them a night, put them in fresh water, and dress them as fresh cucumbers.

Another Way.

Let them be full grown, but not ripened; pare, cut in four, and take out the seeds. Upon the purity of the jars depends the keeping. If they are not new, lessive them, strew salt in the bottom, and lay them carefully in, in rows, strewing salt over each, and cover them with it, and nothing else; stop very close. When used, prepare as in the foregoing receipt.

Another Way.

Take out the seeds as above; mash and preserve them as the tomatas.

To pickle Cucumbers for Winter Salad.

Cut them as directed for salads, and wind them in skeins of three or four inches long, and sprinkle salt upon them, and a little vinegar; wring them in linen cloths to take out all the juice; tie them in such a manner that they may be easily taken out of the jar without entangling with the others. Pack them, mixing either a few sliced cloves of garlic, shalot, or a larger quantity of onions; cut in fillets; boil vinegar in a jar, with ginger and capsicums, and pour it boiling hot upon the cucumbers; cover them when cold. If they should be too acid, when they are to be used, wring, steep them in water, and serve with oil sprinkled over them.

To preserve Savory.

Mix it with clarified syrup, and reduce it to the consistency of a preserve. A little of this preserve is used with preserved beans.

To preserve Gourds.

Pare and slice them in thick slices; pour over them hot water, and leave them to cool in it; and then put them in a strong pickle of salt and water.

Another Way.

Hang them in the roof of a chamber where there is occasionally fire, and they will keep a long time.

To preserve small Beans.

Let them be tender and newly shelled; put them into large-mouthed bottles, exactly as gooseberries are done; but they must have have an hour's boiling, and finish in the same way.

To preserve Peas.

Peas are to be done in the same way, or give them a few minutes boiling; dry them in the folds of a cloth, and put them in a cool oven, or hot sun, to dry; put them up in strong paper bags; shut them with paste, and paste the bags all over, and hang them in a dry place. All bottled fruits and vegetables ought to be buried in earth, with the necks down.

To preserve Asparagus.

Prepare them as for serving them in bunches, only that a little pepper and cloves are added to the blanching water. Arrange them in stone jars, and pour over them a strong pickle of salt and water. Three days after, pour it off, and boil, skim, and again pour it over them.

In two or three days, cover them with oil, stop them very close, and keep them in a cool place. The bungs ought to be nicely fitted before they are filled, otherwise before waxing, which is often left till all the preserves are ready, by which time often the half is spoiled. To prevent this as much as possible, turn down the top of the jars.

To preserve Kidney Beans.

Do them in the same way, excepting that after they have been well blanched in salt and water, they are to be refreshed in cold water, drained dry, arranged in lessived jars, and covered with strong cold pickle, and half an inch of oil; they must be close stopped.

The common Way of preserving French Beans

Is to lay them into jars, with layers of salt, and then cover them with a wooden cover, and a weight upon it: the brine will come up, and will remain over them: this method seldom does well; it is true they will keep.

Those that will not take the trouble of the first method, may blanch them well, and then put them into a strong pickle, or with salt: they ought to be closely covered.

Sour Krout.

It is from our not knowing the proper method of making it that it is so little used with us; as all the receipts prescribe its being kept in the fetid water that it throws off, and which purifies and makes it so pleasant, so digestible, and so anti-scorbutic.

In Germany, a hole is generally dug in the ground, where the cabbages, one by one, are buried with the head downwards; there it ferments and throws off the phlegm, which is absorbed by the earth; and in this state the cabbage is, perhaps, one of the most delicate and most digestible of vegetables; and by a proper preparation of it Captain Cook preserved his men in health, at sea, for three years; and every family that has a tendency to scurvy ought to take the trouble of making and using it constantly.

Prepare what cabbage is intended to be made. With a piercer take out the stock, and throw them together to sweat for a day or two, and prepare the casks; cover the bottom with some of the outer leaves, and strew salt over them. If the cask is small, the person who prepares it may manage, with his hands and a wooden mallet, to arrance the cabbage, as they are shaved cross in narrow ribbons into it; but if large, he must go into it booted, and over every layer strew a little salt, a few juniper-berries or caraway-seeds, taking care, as the cask is filled,

to cover the sides of it with large leaves: a wooden head must be put in, and a weight laid upon it.

The quantity of salt is a pound to fifty or sixty pounds of cabbage, which must be equally trod down, and laid smooth, and covered with salt; the cabbage must not reach the head of the cask by three or four inches, into which a wooden fosset must be introduced, by which the fetid water may run off; and this must be replaced by a strong pickle of salt and water, and this filling up must be continued for three or four days, till it runs clear, and that there is no more fetid water or offensive smell.

This takes about fifteen days. The cask ought to be filled up every month, and the linen cloth changed that is laid over it, as it is necessary that the pickle should always be an inch or two above the crout, and no space must be left between the cask and the cabbage; so that it is necessary, in the first instance, that it is well packed and trodden down, and properly managed in taking out. It will keep throughout the winter. When it is to be used, put it into fresh water, by which means it may be freshened to any taste.

There is no great trouble in the preparation; it is only the setting about it, which will be well repaid by the additional health it will procure to those who use it; and more particularly to such as are afflicted with the above distressing complaint.

Sow-thistle.

The roots of the sow-thistle are used in cooked salads by the Italians.

Burnet.

Burnet ought always to be pickled, dried, or made into a preserve, by pounding and boiling with sugar: excellent for sea store; it tastes of cucumbers.

To pickle Broom Buds.

They must be gathered while green; make a pickle of salt and water, and put in the buds; stir them every day till they sink, and then cover close.

To keep Cucumbers fit for using fresh all Winter.

Make a very strong pickle of salt and water, and cover them well down in it; when they are to be used, steep them in fresh water, and use them as fresh cucumbers.

To preserve Tomatas.

Squeeze them in the hand to take out a great part of the juice, and put them in a stone jar with butter; cover close, and put them into the oven after the bread has been drawn, and leave them all night; rub them through a very nice sieve, and add capsicum vinegar, what it will take, not to moisten too much, with a few cloves of garlic pounded, or the juice, salt and pounded ginger.

It ought to be put up in small bottles, as the air spoils it when opened.

Another Way.

Blanch and peel off the skin; take out the seeds, and press out the juice; put them over a gentle fire, and dry, turning them constantly with a wooden spatula; pulp them; add fresh capsicums, or cayenne, ginger, and salt; put this marmalade into wide-mouthed bottles, and cover with clarified suet: these preserves are ready for putting into soups or sauces, or served hot or cold with roast meats. Do cucumbers in the same way.

Another Way.

Prepare as above, and when the tomatas are nearly dried up, put in some of the strongest ox-heel jelly, nearly approaching to glaze, and stir over the fire and dry it till it can be stirred no more; it may then be rolled and cut into square cakes, or moulded and dried in a cool oven: this is excellent sea store.

The juice that is squeezed out is to be evaporated; it is very fine, and beautifully transparent; or preserve it with sugar.

The following herbs may all be preserved in the same manner:—

Vegetable marrow, cucumbers, white and red beet, Jerusalem artichokes, carrots, turnips, spinach, sorrel, endive, green cabbage, onions, leeks, and scallions.

This manner of storing vegetables is excellent, the fine new taste being preserved, and all the virtues of the vegetables. Every family ought to preserve them as they do fruit; it is true, cabbage, carrots, and turnips, &c. or peas or French beans keep; but have they the same taste that they have in the spring? There is another advantage,

that every leaf, if a little carbonate of soda is put into the blanching water, will dissolve.

These methods, if adopted for sea store, would not only be productive of comfort to their board, but health, and also carry in small compass.

Salt provisions, without vegetables must be very pernicious; but it is to be hoped that all these evils will be done away with soon.

Endive.

Endive may be preserved whole, by blanching it well, and draining it till perfectly dry, and finishing it as asparagus, in salt water, and covering it with oil.

To preserve Onions.

Perhaps there is nothing in which there is more loss than in storing onions, the growth being so well preserved and nourished, that frost hardly can reach it; it begins soon to shoot out, and then becomes useless for culinary purposes; and the thrifty housewife, who is sparing of her store in the beginning of the season, has often to throw it away in the end. The great hamperfuls that are thrown away in Covent Garden is shameful. What must not the profit be of those that can afford such waste?

Onions ought to be stored in a very cold, dry place, not subject to frost; they ought also to be carefully picked and assorted; the soft, thick-necked ought to be used first, and so on; even the different kinds ought to be picked, as they are used. Were these precautions taken, much waste would be avoided; but the surest way is to destroy the germ, which may easily be done by a small larding-pin being introduced: there is no loss, as the heart of the onion is bitter; then, with a packing-needle and thread, string and hang them in the kitchen; and those for sea store may be kiln-dried.

It will be necessary to steep them in cold water before using. Onions so preserved may be kept for years.

Carrots, parsnips, black radishes, Swedish turnips, cucumbers, artichokes, scorzonera, all sorts of pumpkins and potatoes may all be cut in slices, and kiln-dried and strung.

These make excellent store for long voyages, as they take little stowage, and no package, which if they did, they would be valuable, from lessening the quantity of salt butcher's meat.

The more succulent plants may be all kiln-dried, as has been fully proved by experiments, and should be put in practice, at least, for polar expeditions.

An excellent way of preserving potatoes for late spring use is to throw them into quick-boiling water for three or four minutes, and then dry them in a cool oven: any thing that destroys the germ will answer, and potatoes put out so many shoots, that they cannot be destroyed by any other means but kiln-drying.

Parsley, and all sweet herbs, ought to be kiln-dried: such quantities as go to waste throughout the season in every garden is shameful, when we know their usefulness, from their invigorating, cleansing, and diuretic qualities.

Vegetables are highly nourishing and healthy when the phlegm is thrown well off by baking; much refreshing after boiling or fermentation; any of these processes rendering them fit for the most delicate stomach.

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LONDON:
Printed by A. & R. Spottiswoode,
New-Street-Square.

