

**The housewife's guide, or, An economical and domestic art of cookery : adapted for tradesmen's families; containing directions for marketing ... also, instructions for dressing butchers' meat, poultry, game, fish, &c.,, likewise for preparing soups, broths, gravies, and sauces ... To which is added, the art of potting, collaring, pickling, and preserving; directions for carving, and approved receipts for made wines / by Mrs Deborah Irwin.**

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1830





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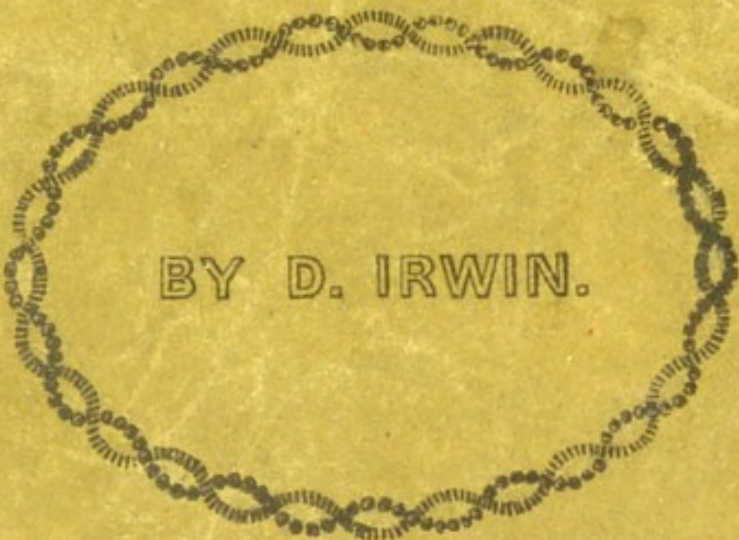









**A  
OF  
COOKERY.**

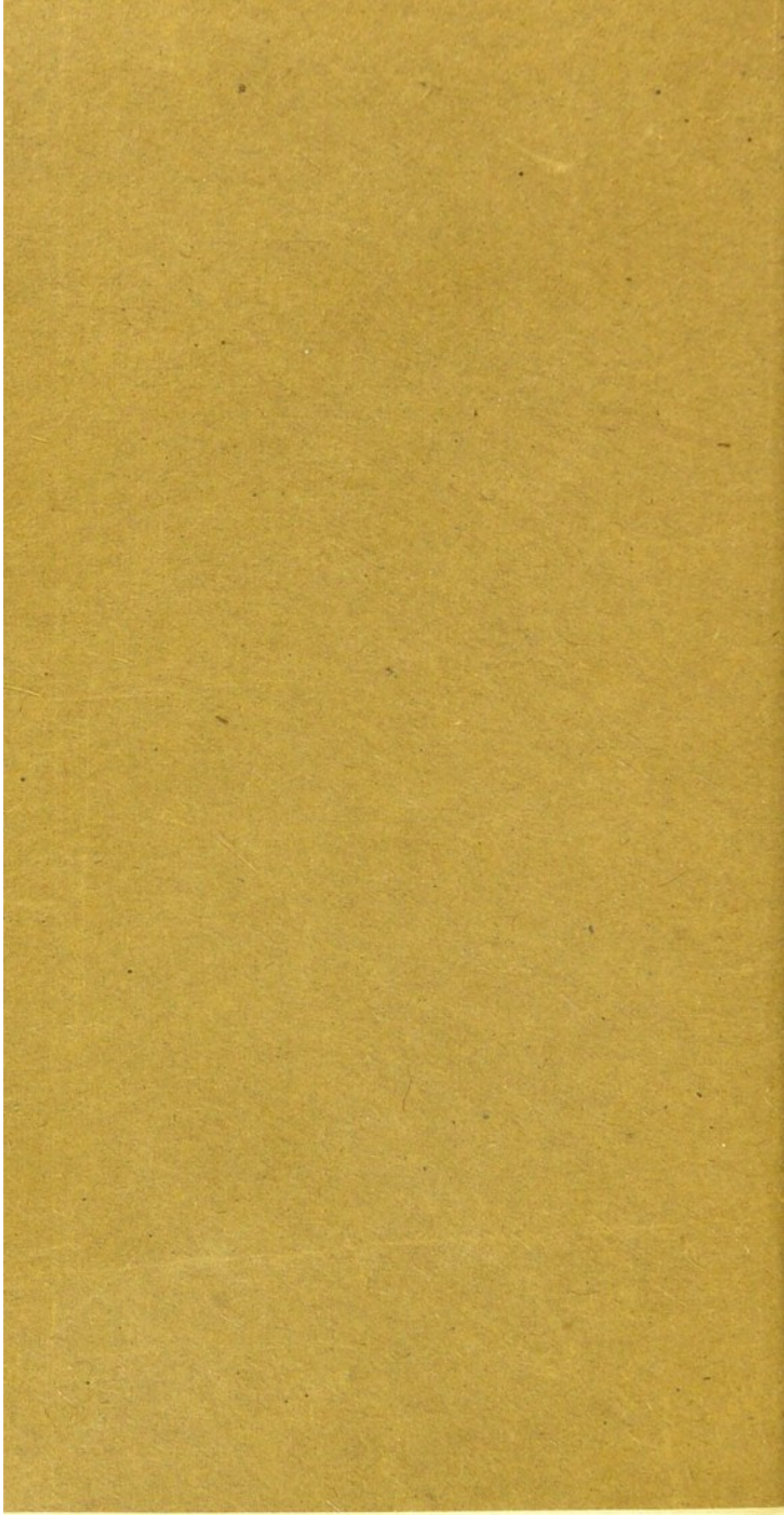


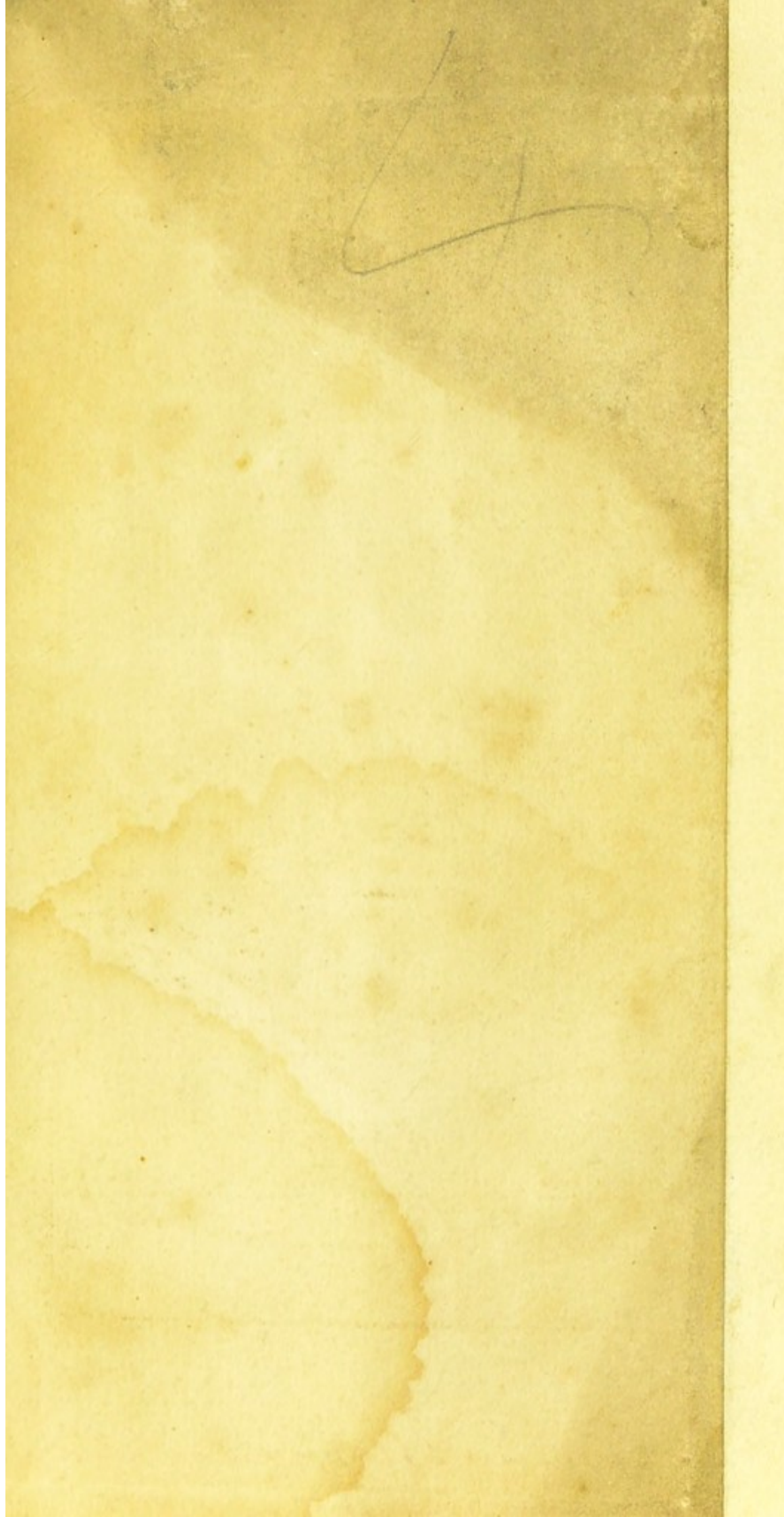
BY D. IRWIN.

LONDON:  
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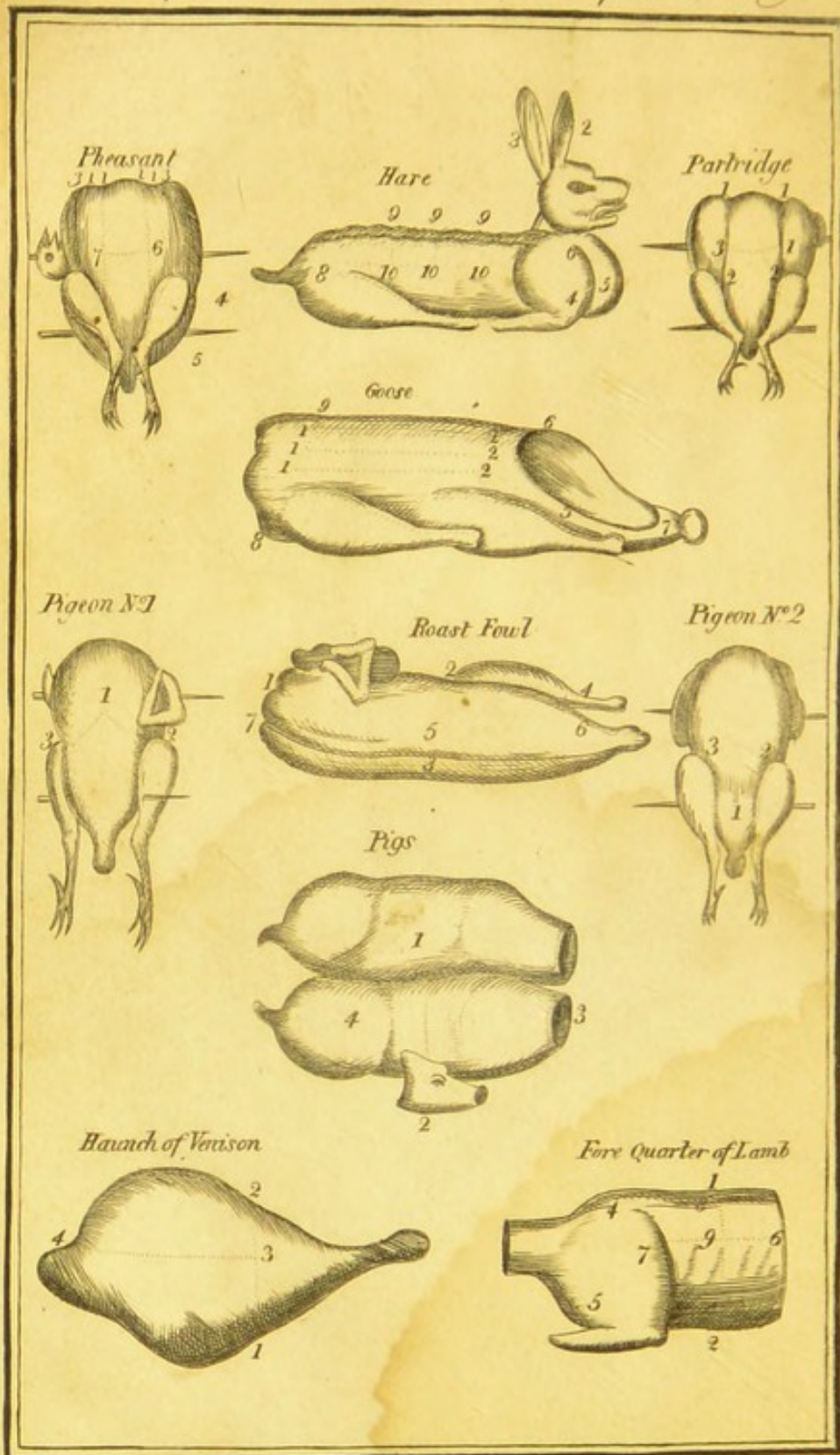
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*Price One Shilling.*







*Frontispiece. Illustrating the Art of Carving.*



THE  
**HOUSEWIFE'S GUIDE;**  
OR,  
An Economical and Domestic  
**ART OF COOKERY,**

ADAPTED FOR  
TRADESMEN'S FAMILIES;

CONTAINING  
DIRECTIONS FOR MARKETING,  
RELATIVE TO THE CHOICE AND PURCHASE OF BEEF, BUTTER EGGS,  
CHEESE, BACON, HAMS, FOWLS, DUCKS, GEESE, FISH, MUTTON,  
LAMB, PORK, VEAL, &c. &c.

ALSO,  
INSTRUCTIONS FOR DRESSING  
BUTCHERS' MEAT,  
POULTRY, GAME, FISH, &c.

LIKEWISE FOR PREPARING  
Soups, Broths, Gravies, and Sauces:  
WITH THE DIFFERENT BRANCHES OF  
PASTRY & CONFECTIONERY.

TO WHICH IS ADDED,  
THE ART OF POTTING, COLLARING, PICKLING,  
AND PRESERVING;

*DIRECTIONS FOR CARVING,*

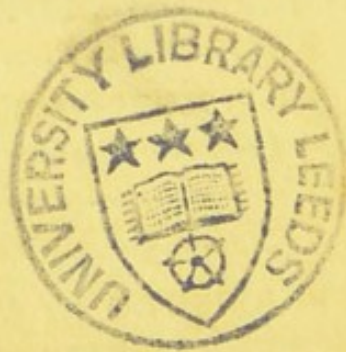
AND  
APPROVED RECEIPTS FOR MADE WINES.

BY **MRS. DEBORAH IRWIN,**  
*Twenty-three Years Cook to a Tradesman with a large Family*

LONDON ·  
PRINTED & PUBLISHED BY WILLIAM MASON,  
22, CLERKENWELL GREEN

ONE SHILLING

[1830]

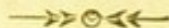


S. 14622

THE HOUSEWIFE'S GUIDE;

OR,

AN ECONOMICAL AND DOMESTIC  
ART OF COOKERY



TO THE LADIES.

COOKERY has long been considered as an art worthy the particular attention of Females, as food in general, when properly cooked, not only becomes more palatable, but more wholesome.

In this concise work, which contains every information necessary to the family of the Tradesman, and combines the refinements of the art with economy, will be found that sound information which will considerably reduce the expenses of a family in the housekeeping department; and, though small in price, the real value can scarcely be estimated, as, by an attention to its rules, it not only secures praise to the Cook, but gives profit and satisfaction to the Family.

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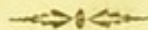
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THE  
YOUNG COOK'S ASSISTANT.



DIRECTIONS FOR MARKETING.

**BEEF.** The meat of ox-beef, if it be young, will have a fine, smooth, open grain, of a pleasing carnation red colour, and will feel tender; the fat should look rather white than yellow, for when the fat is of a deep yellow, the meat is seldom good; and the suet should be perfectly white. But the following rules should be observed, in order to distinguish between ox, cow, and bull-beef: the grain of cow-beef is closer, and the fat whiter, than that of ox-beef; but the lean is not so bright a red. The grain of bull-beef is still closer, the fat harder and skinny, the lean of a deep red, and gives a strong rank scent; but ox-beef is the reverse of this.

**MUTTON.** Press the flesh with your finger and thumb, and it will feel tender if it be young; but it will feel hard, be wrinkled, and the fat will be fibrous and clammy, if it be old. The flesh of ewe-mutton is paler than that of the wether, and the grain closer. The grain of ram-mutton is likewise closer, the flesh of a deep red, and the fat spongy. If the sheep had the rot, the flesh will be pale; the fat a faint white inclining to yellow; the meat will be loose at the bone; and if you squeeze it hard, some drops of water, resembling dew or sweat, will appear on the surface.

**LAMB.** If the lamb be good, the eyes will appear bright and full in the head; but if they be sunk and wrinkled, it is a sign it is stale. The vein in the neck of the fore-quarter will also appear of a fine blue colour, if it is fresh; but if green or yellow, it is undoubtedly stale. Should a faint disagreeable scent proceed from the kidney in the hind-quarter, or if the knuckle feels limber on your touching it with your fingers, you may conclude it is not good.

**VEAL.** The fillet of a cow-calf is usually preferred to that of a bull; the flesh of the latter being firmer grained than that of the former, and the fat more curdled. If the vein in the shoulder be not of a bright red, the meat is stale; and if there be any green or yellow spots, it is generally very bad. The neck and breast, if good, will be white and dry; but if they be clammy, and look green and yellow at the upper end, they are bad. The loin is generally tainted first under the kidney, and the flesh, when stale, will be soft and slimy. If the leg be white and firm, you may conclude it is good; but if stale, the flesh will be flabby, and intermixed with green or yellow specks.

**PORK** The lean of young pork will break, and the skin dent, on being pinched with the finger and thumb; but if the rind be thick, rough, and cannot be easily impressed with the finger, it is old. The flesh will be cool and smooth if it is fresh; but if clammy, it is tainted, and the knuckle is always the worst in this case. Measly pork, which is very unwholesome to eat, may be easily discovered by the fat being full of kernels, which is never the case in good pork.

**BRAWN.** The best method of discovering whether brawn be young or old, is by the extraordinary or moderate thickness of the rind, and the hardness or softness of it: for the thick and hard is old, but the moderate and soft is young. If the rind and fat be remarkably tender, it is not boar-brawn, but barrow or sow.

**DRIED HAMS AND BACON.** Thrust a sharp-pointed knife into the middle of the ham, under the bone; and on smelling the knife, if the ham be good, it will have a pleasant flavour; but if it be daubed and smeared, and has a disagreeable scent, reject the ham as a bad one; those short in the hock generally turn out best. A gammon of bacon may be tried in the same manner; and be sure to observe that the flesh adheres closely to the bones, and the fat and lean to each other: for, if it does not, the hog was not sound. When bacon is young, the rind is thin; but thick when it is old.

**TURKEYS.** The signs of a cock turkey being young are, the shortness of the spur, and the smoothness and blackness of the legs; the feet will also be limber and moist, and the eyes full and bright. But it will be necessary to observe, that the spurs are not cut or scraped, which is an artifice frequently made use of, in order to deceive. If the turkey be stale, the eyes will be sunk and the feet dry. The same rules may be observed to judge of a hen turkey, with this difference, that if she be old, her legs will be rough and red; if with egg the vent will be soft and open; but if she has no eggs, the vent will be hard and close.

**COCKS AND HENS.** The spurs of a young cock are snort; but the same precaution must be attended to as was just given in the choice of turkeys. Hens are always best when full of eggs, and just before they are going to lay. The combs and legs of an old hen are rough, but smooth in a young one. The comb of a good capon is very pale, its breast remarkably fat, and he has a large rump and thick belly.

**GEESE.** The bill and feet of a young goose are yellow, with very few hairs upon them; but if old, both will look red. The feet will be limber if it be fresh; but stiff and dry if stale. A stubble goose will be in order till it is five or six months old. Green geese, which are in season from May or June, and till they are three months old, should be scalded before they are picked; but stubble geese should be picked dry.

**DUCKS.** The legs of a fresh killed duck are limber, and the belly will be hard and thick, if it be fat; but the feet of a stale duck are dry and stiff; the feet of a tame-duck are thick, and inclining to a dusky yellow, but those of a wild-duck are smaller, and

of a reddish colour. Ducklings should be scalded before they are picked, but ducks should be picked dry.

**RABBITS.** If the rabbits be old, the claws will be very long and rough, and grey hairs will be intermixed with the wool; but, in a young one, the wool and claws will be smooth. If stale, the flesh will look bluish, with a kind of slime upon it, and the body will be limber; but if fresh, the body will be stiff, and the flesh white and dry.

**PIGEONS.** The tame pigeon, which is generally preferred to the wild, should be large in the body, fat, and tender, and when new, are full and fat at the vent, and limber footed; but if the toes be harsh, the vent loose, open and green, it is a sure sign they are stale; and the legs will be large and red, if old. Wood-pigeons are much larger than either wild or tame; but like them in other respects. The same rules may be observed in the choice of small birds, such as larks, field-fares, plovers, &c.

**EGGS.** If the egg be new, it will feel warm on putting the greater end of it to your tongue: but if cold, it is stale; and according to the degree of heat or cold there is in the egg, you may judge of its staleness or freshness. Or, hold it up against the sun or a candle, and if the yolk appears round, and the white clear and fair, it is a mark of its goodness: but if the yolk be broken, and the white cloudy and muddy, the egg is a bad one. Or put the egg into a pan of cold water; in this case, the fresher the egg is, the sooner it will sink to the bottom; but if it be addled, or rotten, it will swim on the surface of the water. The most approved method to preserve eggs is, to keep them in bran or meal; though some place them in wood-ashes, with their small ends downwards. If intended to be kept for a considerable time, the best way is to bury them in salt, which will preserve them in almost any climate.

**BUTTER.** It is necessary to use much caution in purchasing this article, in order not to be deceived; for, too frequently, a well-tasted and scented piece is artfully placed in the lump, which is offered for your approbation; therefore it is better to taste it yourself, at a venture, and not to trust to that which may be given to you. If you buy salt butter, put a knife into it, and apply it to your nose, when the smell will direct you much better than the taste. But if it be in a cask, have it unhooped, and thrust your knife between the staves, into the middle of it, and then you cannot be deceived; for the middle of the cask is frequently a different sort from that at the top, which is artfully introduced by those who send it from the country.

**CHEESE.** Particular attention should be paid to the coat or rind, in the purchasing of this article. If the cheese be old, and has a rough coat, rugged or dry at top, you may expect to find little worms or mites in it; and if it be over full of holes, moist or spongy, it probably is maggotty. Should you observe any decayed places on the outside, be careful to probe them to the bottom; for though the hole in the coat may appear but small, it may be of considerable dimensions within the cheese.

**SALMON.** Previous to giving directions for choosing a salmon, it may not be improper to make a few remarks on the choice of fish in general. In order to discover whether they be fresh or stale, take notice of the colour of the gills, which should be of a lively red; whether they are hard or easy to be opened, the projection or indention of their eyes, the stiffness or limberness of their fins, and the scent from their gills.

The flesh of salmon, when new, is of a fine red, and particularly so at the gills. The scales should be bright, and the fish very stiff. The spring is the proper season for the salmon, which is then of a fine, rich, and pleasant flavour.

**TURBOT.** This fish, if good, will be thick and plump, and the belly of a yellowish white; but if they appear thin and bluish, they are bad. This fish is in season during the greatest part of the summer, and is in high estimation.

**TROUT.** The females of this excellent fresh-water fish are held most in esteem, and are distinguished by having a smaller head and deeper body than the males. The best sort are red and yellow. They are in high perfection the latter end of June.

**COD.** A cod should be very thick at the neck; and, if it be perfectly fine and fresh, the flesh will be white, firm, and of a bright clear colour, with red gills. When they are stale, they will appear flabby, and will not retain their proper flavour. From Christmas to Lady-day is their proper season.

**SOLES.** Soles, if good, are thick and firm, and the belly of a cream colour; but if they are flabby or incline to a bluish white, they are not good. Midsummer is the proper season for this fish.

**TENCH.** Tench should be dressed alive, in order to be eaten in perfection; if they be dead, examine the gills, which should be red and hard to open. The eyes will be bright, and the body firm and stiff, if fresh. They are generally covered with a kind of slimy matter, which, if clean and bright, is a proof of their being good. Rubbing them with a little salt will easily remove this slimy matter.

**FLOUNDERS.** These fish, when fresh, are stiff, their eyes bright and full, and their bodies thick. They should be dressed as soon as possible after they are dead.

**SMELTS.** If smelts be fresh, they will be very firm, have a peculiarly strong smell, greatly resembling that of a pared cucumber, and will be of a fine silver hue.

**HERRINGS.** The gills of a fresh herring will be of a fine red, and the whole fish stiff and very bright; but if the gills be of a faint colour, and the flesh limber and wrinkled, you may be assured it is stale. Pickled herrings, when good, are fat, fleshy, and white; and red herrings will be large, firm, and dry; the latter should be full of roe or melt, and the outside of a fine yellow. Those that have the skin or scales wrinkled on the back, are preferable to those which have broad scales.

**OYSTERS.** Oysters, when alive and full of vigour, will close fast upon the knife on opening, and let go as soon as they are wounded in the body. Of the various species, those called native

Milton, being the fattest and whitest, are most esteemed: but some prefer the Colchester, Pyfleet, and Milford oysters.

**CRABS.** When they are stale, their shells will be of a dusky red colour; the joints of their claws limber, which, being loose, may be turned any way with the finger; and from under their throat will issue an unpleasant smell. But, if good, they are the very reverse.

**LOBSTERS.** The tail of a boiled lobster, if fresh, will be stiff, and pull up with a spring; but if it be stale, the tail will be flabby, and have no spring in it. But it is more adviseable to buy them alive, and boil them yourself, taking care that they are not spent by too long keeping; if they have not been long taken, the claws will have a quick and strong motion on squeezing the eyes; and the heaviest are esteemed the best. The cock lobster is known by the narrow back part of his tail; the two uppermost fins within his tail, are stiff and hard; but those of the hen are soft, and the tail broader. The male, though generally smaller than the female, has the higher flavour, the flesh is firmer, and the body of a redder colour, when boiled.

**PRAWNS AND SHRIMPS.** These fish, when in perfection, afford a pleasant scent, are very firm, and their tails turn stiffly inwards. They have a bright colour when fresh; but their tails grow limber, the brightness of their colour goes off, and they become pale and clammy, when stale.

## THE ART OF CARVING.

ON the art of carving it would, perhaps, be difficult to advance any thing new; but, in our Frontispiece, we have adopted some improvements, which will tend to simplify the practice to the inexperienced practitioner

**HARE.** The best way of cutting up a hare, is to put in the point of the knife at 7, and cut it through all the way down to the rump, on the side of the back-bone, in the line 7, 8. This done, cut it in the same manner on the other side, at an equal distance from the back-bone. The body is thus divided into three. You may now cut the back through the spine, or back-bone, into several small pieces, more or less, in the lines 9, 10, the back being by far the tenderest part, the fullest of gravy, and the most delicate. With a part of the back should be given a spoonful of pudding, with which the belly is stuffed, below 10, and which is now more easily to be got at. Having thus separated the legs from the back bone, they are easily cut from the belly; the legs are next in estimation. The shoulders are to be cut off in the circular dotted line 5, 6, 7. The leg of a large hare is too much to be given to any person at once, it should therefore be divided: the best part of the leg is the fleshy part of the thigh at 3, which should be cut off.

Put the head on a clean plate, and turning the nose to you, hold it steady with your fork, that it may not fly from under the knife; then put the point of the knife into the skull between the ears, and by forcing it down you may easily divide the head in two, by cutting, with some degree of strength, quite through the nose.

This mode, however, of cutting up a hare, can only be performed with ease when the animal is young. If it be an old hare, the best method is to put your knife pretty close to the back-bone, and cut off one leg; but as the hip-bone will be in the way, the back of the hare must be turned towards you, and you must endeavour to hit the joint between the hip and the thigh-bone. When you have separated one leg, cut off the other; then cut out a long narrow slice or two on each side the back-bone, in the direction 7, 8; and afterwards divide the back-bone in two, three, or more parts, passing your knife between the several joints in the back.

**HAUNCH OF VENISON.** First, cut it across down the bone, in the line 2, 3, 1; then turn the dish with the end 4 towards you, put in the point of the knife at 3, and cut it down as deep as you can in the direction 3, 4, so that the two strokes will then form the resemblance of the letter T. Having cut it thus, you may cut as many slices as are necessary, according to the number of the company, cutting them either on the right or left. As the fat lies deeper on the left, between 4 and 1; the best flavoured and fattest slices will be found on the left of the line 3, 4, supposing the end 4 to be turned towards you. With each slice of lean, add a proportion of fat, and put a sufficient quantity of gravy into each plate.

**FORE QUARTER OF LAMB.** Separate the shoulder from the breast, by passing the knife under, in the direction 3, 7, 4, 5; and the shoulder being thus removed, squeeze a lemon, or Seville orange, upon the part; then sprinkle with pepper and salt where the shoulder joined it, and lay it on again. The grisly part should next be separated from the ribs, in the line 6, 4; and then all the preparatory business to serving will be done. The ribs are generally most esteemed, which may easily be separated from the rest in the line 1, 2; and a piece or two may be cut off the grisly part in the line 8, 9. If the quarter be grass lamb, and runs large, the shoulder may be cut on another dish, and carve it in the same manner as a shoulder of mutton usually is.

**PIG.** A roast pig is seldom sent to table whole; the head is cut off by the cook, and the body split down the back, and served up with the jaws and ears. Before you help any one at table, first separate the shoulders from the carcass, and then the legs, according to the direction given by the dotted line at 4. The most delicate part of the pig is about the neck, which may be cut off in the direction of the line 3. The next best parts are the ribs, which may be divided in the line 1, 2; and the others are pieces cut from the legs and shoulders.

**GOOSE.** Turn the neck towards you, and cut two or three long slices on each side of the breast, in the line 1, 2, quite to the bone. Cut these slices from the bone, and proceed to take off the

leg, by turning the goose upon one side, putting the fork through the small end of the leg-bone, and pressing it close to the body, which, when the knife is entered at 4, raises the joint; the knife is then to be passed under the leg, in the direction 4, 5. If the leg hangs to the carcase at the joint 5, turn it back with the fork, and it will readily separate, if the goose be young. When the leg is off, proceed to take off the wing, by passing the fork through the small end of the pinion, pressing it close to the body, and entering the knife at the notch 3, and passing it under the wing, in the direction 3, 4. When the leg and wing on one side are taken off, take them off on the other side; cut off the apron in the line 5, 6, 7, and then take off the merry-thought in the line 8, 9. The neck-bones are next to be separated, as in a fowl; and all the other parts divided the same. The best parts of a goose are the breast slices; the fleshy part of the wing, which may be separated from the pinion; the thigh-bone, which may be easily divided in the joint from the leg-bone or drumstick; the pinion; and next the side-bones. At the place where the apron is taken from, draw out the stuffing with a spoon, and mix it with the gravy, which should first be poured from the boat into the body of the goose, before any one is helped.

**ROASTED FOWL.** The fowl is here represented on its side, with one of the legs, wings, and neck-bone taken off. It is cut up in the same way, whether roasted or boiled. The legs of a boiled fowl are bent inwards, and tucked into the belly, but the skewers are withdrawn previous to its being sent to table. A roasted fowl is sent to table trussed like a pheasant, except the head, which is always cut off before the fowl is dressed.

The legs, wings, and merry-thought having been taken off, the same as in carving a pheasant, the next thing is to cut off the neck-bones, which is done by putting in the knife at 7, and passing it under the long broad part of the bone in the line 7, 2, then lifting it up, and breaking off the end of the shorter part of the bone which cleaves to the breast-bone. Divide the breast from the back, by cutting through the tender ribs on each side, from the neck quite down to the vent or tail. Then lay the back upwards on your plate, fix your fork under the rump, and laying the edge of your knife in the line 2, 5, 3, and pressing it down, lift up the tail, or the lower part of the back, and it will readily divide, with the help of your knife, in the line 2, 5, 3. This done, lay the croup, or lower part of the back upwards on your plate, with the rump from you, and with your knife cut off the side-bone, by forcing the knife through the rump-bone, in the lines 5, 6, and the whole fowl is completely carved.

**PHEASANT.** The bird is here represented in a proper state for the spit, with the head tucked under one of the wings. When laid in the dish, the skewers drawn, and the bird carried to table, it must be thus carved: fix your fork in the breast, just below the cross line 6, 7, by which means you will have a full command of the bird, and can turn it as you think proper. Slice down the breast, in the lines 1, 2, and then proceed to take off the leg on one



side, in the direction 4, 5; this done, cut off the wing on the same side, in the line 3, 4. When you have separated the leg and wing on one side, do the same on the other; and then cut off, or separate from the breast bone, on each side of the breast, the parts you before sliced or cut down. Be very attentive in taking off the wing. Cut it in the notch 1; for if you cut too near the neck at 7, you will find yourself interrupted by the neck-bone, from which the wing must be separated. Having done this, cut off the merry-thought, in the line 6, 7, by passing the knife under it towards the neck. The remaining parts of the pheasant are to be cut up in the same manner as directed for a roast fowl. The parts most admired are the breast, then the wings, and next the merry-thought.

PARTRIDGE. The partridge is represented as just taken from the spit; but, before it is served up, the skewers must be withdrawn. It is cut up in the same manner as a fowl. The wings must be taken off in the lines 1, 2; and the merry-thought in the lines 3, 4. The prime parts of a partridge are, the wings, breast, and merry-thought. The wing is considered as the best, and the tip of it is reckoned the most delicate piece of the whole.

PIGEONS. No. 1, is the back; No. 2, is the breast. Pigeons are sometimes cut up as a chick; but it is seldom carved otherwise than by fixing the fork at the point 1, entering the knife just before it, and dividing the pigeon in two, cut away in the lines 1, 2, and 1, 3, No. 1; and at the same time bringing the knife out at the back, in the direction 1, 2, and 1, 3, No. 2.



## BOILING.

It is a general rule in boiling, that all kinds of fresh meat should be put into boiling water, and salted meat into cold water. Young cooks would do well to observe this, especially for dried meats; but if the meat has only been salted for a short time, it is better to put it in when the water boils, or it will draw out too much of the salt as well as the gravy. Lamb, veal, and chickens, should be dredged with flour, put into a clean linen cloth, and boiled in plenty of water. Meat, as well as fish, and poultry, should be boiled very slow. The time to be allowed for dressing meat depends upon the size. A quarter of an hour to a pound of meat is generally thought sufficient, but this must be regulated, in a great measure, upon the thickness of the piece; a thick piece of beef weighing eight pounds, or a leg of mutton of the same weight, will require boiling for two hours. The hind quarters of most animals take longer time to dress than the fore quarters: and all kinds of provision require more time in frosty weather than summer. It would be difficult to specify the precise time each joint requires;

much depends upon having a brisk fire. Veal, pork, and lamb, should be well done.

**TO BOIL A HAM.** Lay the ham in cold water the night before you dress it; scrape it clean, and put it into the pot with cold water. A ham of twenty pounds weight will require five hours boiling; and in the same proportion for any other weight. While the ham is boiling, keep the water clear from scum. When you take it up, pull off the skin carefully, and strew crumbs of bread, or raspings, or grate a crust of bread over it, so as to cover it tolerably thick; set it before the fire, or put it in the oven till the bread is crisp, and of a fine brown; garnish with carrots, or any thing that is in season. The water should simmer all the time, but never boil fast; it is a good plan to add a little water occasionally, in order to prevent it boiling; care must be taken not to put much water in at a time, to prevent it simmering.

**TO BOIL A TONGUE.** If the tongue is dried, it must lie in water one night before you boil it; if a pickled one, only wash it in a good quantity of water, put it in the pot with the water cold, and let it boil very slowly three hours and a half; if a large one, four hours or more, according to the size of it. When you take it up, be careful not to stick a fork into it: take off the peel, put it on a dish, and garnish with any kind of herbs you think proper. If the tongue is to be eat cold, when the peel is taken off, put it into an earthen pan with as much of the liquor it was boiled in as will cover it; let it remain till cold, then take it out, and dry it with a clean cloth, cut it in slices, and send it to table garnished with butter rubbed through a sieve, or green parsley.

**BACON.** Soak the bacon several hours; take off the skin before you boil it. It has been proved by experience that a pound of bacon boiled without the skin will weigh an ounce heavier than a pound boiled with the skin. Fat bacon should be put into hot water, and lean bacon into cold water. A piece of bacon of moderate size will take about three quarters of an hour boiling, if young, but longer if it is old bacon.

**BEEF OR MUTTON.** When the water boils, put in the meat; take off the scum as it rises, till the water is quite clear; if you let the scum boil down, it will stick to the meat, and make it look black. Send it to table with turnips, greens, potatoes, or carrots. For mutton, you may send caper-sauce in a boat.

**LEG OF PORK.** Salt it, and let it lie six or seven days in the pickle; turn it every day, and rub it with the brine; put it in when the water boils, unless you think it will be too salt; let it have a good quantity of water to boil in; take care that the water continues to boil all the time. Send it to table with pease-pudding, melted butter, turnips, carrots, or greens.

**N. B.** If you wish to dress it sooner, you may hasten it by putting a little fresh salt on it every day; by that means it will be ready in half the time, but it will not be so tender.

**TO BOIL PICKLED PORK.** Wash the pork, and scrape it clean. Put it in when the water is cold; boil it till the skin is

tender. It is commonly eaten with roasted fowls, or veal; greens are the proper vegetables. It is frequently eaten instead of bacon, with peas or beans.

**VEAL.** Shake a little flour over the meat, and put it into a clean cloth. Let the water boil, and have a good fire when the meat is put into the pot. A knuckle of veal requires more boiling, in proportion to its weight, than any other joint, because it is necessary to have all the gristle soft and tender, that being the part, in general, most approved. Parsley and butter is the proper sauce; bacon and greens are frequently eaten with it.

**CALF'S HEAD.** The head must be picked very clean, and soaked in a large quantity of water a considerable time before it is put in the pot. Tie the brains up close in a piece of rag, with four sage leaves, and a sprig of parsley; put them into the pot at the same time with the head; skim the pot well; you will know when it is boiled enough by the tenderness of that part which joins the neck; a large head will take two hours boiling; chop the brains with the sage and parsley that were boiled with them, and one egg boiled hard; put them in a saucepan with a bit of butter; peel the tongue, slit it, lay it in a dish, and place the brains round it. Bacon, or pickled pork, and greens, are proper to eat with it.

**LEG OF LAMB.** Shake a little flour over the lamb, tie it in a clean cloth, and put it in the water when it boils. If it weighs six pounds, boil it an hour and a half. Take off the scum as it rises, and boil it in a good quantity of water; send it to table with spinach, carrots, and melted butter in a boat.

**PIGEONS.** When you draw pigeons, be careful to take out the craw as clean as possible. Wash them in several waters, cut off the pinions, and turn their legs under their wings. Let them boil very slowly a quarter of an hour, put them in a dish, and pour melted butter over them; garnish the dish with brocoli, and serve them up with parsley and butter in boats. They may be eaten with bacon, greens, spinach, or asparagus.

**FOWLS.** For boiling, choose those that are the whitest. Pick them carefully, so as not to break the skin; singe, wash, and truss them; flour them, and wrap them in a clean cloth, put them in cold water, cover the saucepan close, and set it on the fire, but take it off as soon as the scum begins to rise; cover them close again, and let them boil slowly for twenty minutes, then take them off, and the heat of the water, in half an hour, will stew them sufficiently. Before you dish them, set them on the fire to warm, then drain them, and pour egg-sauce or melted butter over them. Parsley and butter, oyster, lemon, liver, or celery-sauce, is used. If for dinner, ham, tongue, or bacon, is usually served up to eat with them, also greens. Or put them in when the water boils, and keep them boiling half an hour; then take them up, and dish them as above.

**CHICKENS.** Put the chickens into scalding water; as soon as the feathers are loose, take them off, or it will make the skin hard; after you have drawn them lay them in skimmed milk for

two hours; truss them with their heads on their wings; when you have singed and dusted them with flour, cover them close in cold water, and set them over a slow fire. Scum them, and boil them slowly eight minutes; take them off the fire, and keep them close covered for half an hour in the water, which will stew them sufficiently, and make them plump and white. Before you dish them, set them on the fire to warm, then drain them, and pour over them egg-sauce, and serve oyster sauce in a boat:—or put them into boiling water, and boil them twenty minutes.

**TO BOIL DUCKS.** As soon as you have scalded and drawn the ducks, put them in warm water a few minutes; put them afterwards into an earthen pan, and pour a pint of boiling milk over them. Let them lie in it two or three hours; when you take them out, dredge them well with flour, put them into a saucepan of cold water, and cover them close. Having boiled slowly about twenty minutes, take them out and drain them well. Make the sauce as follows: take one large onion, a handful of parsley washed and picked, and a lettuce: cut the onion small, chop the parsley fine, and put them into a quarter of a pint of good gravy, with a spoonful of lemon-juice, and a little pepper and salt; when they have stewed together half an hour, add two spoonfuls of red wine; lay the ducks in a dish, and pour the sauce over them. Omit the wine, if you think proper.

*N. B.* This quantity of sauce is sufficient for one duck only. You may smother the ducks with onions, if you like it best, made according to the receipt for onion-sauce.

**PARTRIDGES.** Boil them quick, in a good quantity of water; fifteen minutes will be sufficient to boil them. For sauce, take a little cream and a bit of fresh butter, the size of a walnut, rolled in flour; stir it *one way*, till it is melted, then pour it over the birds. Garnish with lemon, and sprigs of parsley.

**RABBITS.** Truss the rabbits close, with their heads straight up, the fore legs brought down, and the hind legs straight. Boil them three quarters of an hour, if large ones; fifteen minutes will do for very small ones; lay them on a dish, and smother them with onion sauce; or make sauce for them as follows: boil the liver, and bruise it very fine with a spoon, take out all the strings, put to it some good veal broth, a little parsley chopped fine, and some barberries picked clean from the stalks; season it with mace and nutmeg; thicken it with a piece of butter rolled in flour; let the sauce be of good thickness, and pour it over the rabbits. Garnish with lemon and barberries; some like only the liver and parsley chopped fine and put into melted butter.

**TURKEY.** A turkey should not be dressed till it has been killed three or four days, as it will not boil white, nor will it be tender. When you have picked it, draw it at the rump, cut off the legs, put the ends of the thighs into the body, and tie them with a string. Make the stuffing with grated bread, a few oysters chopped, grated lemon-peel, pepper, salt, and nutmeg, about four ounces of butter, or suet, chopped very fine, a little cream, and two eggs

to make the stuffing light; fill the craw with the stuffing; if any is left, make it into balls. Flour the turkey; put it into the water while cold, let it boil gently, take off the scum as it rises, then cover the kettle close. If a young one, of a moderate size, let it boil rather more than half an hour; take off the kettle, and let it stand half an hour close covered, the steam being confined will do it sufficiently. Boil the balls, lay them round it with oyster-sauce in the dish, and in a boat. The stuffing may be made without oysters, or it may be stuffed with force-meat, or sausage-meat, mixed with a few crumbs of bread, and yolks of eggs; if oysters are not to be had, white celery-sauce is very good, or white-sauce.



## ROASTING.

### GENERAL REMARKS.

**MEAT** should be well jointed before it is put to the fire, and covered with paper, to prevent the fat from scorching: half an hour before the meat is taken up, the paper must be taken off, and the meat basted and dredged with flour, to make it a fine brown. Large poultry should also be covered with paper, if the fire is very large, but small poultry does not require it. Be careful not to place meat too near the fire at first, put it nearer by degrees. Rather more time should be allowed for roasting with a bottle-jack, or hanging-jack, than with a spit. Roast meat should be frequently basted, and, when nearly done, dredged with flour. It is a general rule to allow a quarter of an hour to a pound, for roasting as well as boiling meat.

**TO ROAST A SUCKING PIG.** Stick the pig above the breast-bone into the heart, or it will be a long time dying. When dead, put it in cold water a few minutes; then put it for a minute in a pail of scalding water, afterwards lay it on a clean table, and pull off all the hairs as fast as possible; if they do not come off clean, put the pig into hot water again; when perfectly clean, wash it well in warm water, and then in cold water. Take off the feet at the first joint; cut the belly open, and take out the entrails. Put the heart, liver, lights, and pettitoes, together; wash the pig well in cold water, and having perfectly dried it with a cloth, hang it up till the next day. Before you put it on the spit, chop a little sage very fine, mix it with a handful of bread crumbs, a little pepper and salt, put it in the belly, and sew it up close. Then spit it, and lay it down to a brisk fire, with a pig-iron hung in the middle of it. Rub it well with butter that has been tied in a bit of thin rag for the purpose, during the whole time it is roasting, and take off the head while at the fire; take out the brains, chop them, and

mix them with the gravy that comes from the pig with a little melted butter. Then take it up, and, without drawing it from the spit, cut it down the back and belly; lay it in the dish; put a little of this sauce over it, and take off the bottom jaws and ears to garnish with; send brown gravy-sauce to table in a boat, with the bread and sage that comes out of the pig, put into it. A moderate sized pig will take about an hour and a half roasting. Currant sauce is frequently eaten with it. You may cut the bread in thin slices to put into the pig if you choose.

**TO ROAST A TURKEY.** The sinews of the legs should be drawn, which ever way it is to be dressed. The head should be twisted under the wing; and, in drawing it, take care not to tear the liver, or break the gall. Make a stuffing for the craw of grated bread, a little beef-suet chopped fine, a bit of lemon-peel, parsley, and sweet herbs chopped small, pepper, salt, nutmeg, and the yolks of two eggs; work these all well together, and fill the craw. Paper the breast; put it to a brisk fire; when nearly done, take off the paper, dredge it with flour, and baste it till done. Put fried sausage-meat balls and brown gravy in the dish. A large turkey will take an hour and a half, a middling-sized one an hour and a quarter, and a small one an hour. If it is a turkey-poult, serve it up with gravy and bread-sauce; the latter of which is made thus: cut the crumb part of a penny loaf into thin slices; put it into a saucepan, with cold water, a few pepper corns, a little salt, and an onion: boil it till the bread is quite soft, then beat it very fine; put it into a bit of butter; when it boils pour it into a boat, and serve it up with the turkey. This sauce is good to eat with fowls, as well as turkeys.

**FOWLS.** Cleanse and dress the fowls, put them down to a good fire; singe them, dust them with flour, and baste them well with butter. They must be three quarters of an hour roasting if large; twenty minutes if small. Make gravy of the necks and gizzards, or of beef; and when strained, put in a spoonful of browning. Take up the fowls, pour some gravy into the dish, and serve them with egg, mushroom, or celery sauce; or parsley and butter, if you prefer it.

**CHICKENS.** The same as the preceding. A quarter of an hour is sufficient to roast them; when they are done, froth them, and lay them on a dish, serve with parsley and butter poured over them. Use gravy instead of parsley and butter, if preferred.

**STUBBLE GOOSE.** After it is picked, the plugs of the feathers pulled out, and the hairs carefully singed, let it be well washed and dried. Make a seasoning of onions and sage-leaves chopped fine, a spoonful of bread-crumbs, half the liver parboiled, and chopped fine, or scraped with a knife, pepper and salt, and a bit of butter the size of a walnut; put it into the goose, and fasten it tight at the neck and rump. Put it first at a distance from the fire, and by degrees place it nearer. A slip of paper should be skewered on the breast bone. Baste it well. When the breast begins to rise, take off the paper, and be careful to serve it before

the breast falls, or it will be spoiled by coming to table flat; let a good brown gravy be sent in the dish. Some persons, before they cut the breast, take off the apron, and pour into the body a glass of port wine, and two tea-spoonfuls of mustard. Serve up with gravy and apple-sauce.

**TO ROAST A GREEN GOOSE.** Put a piece of butter, about the size of a pullet's egg, into the goose; spit it, and lay it down to the fire. Singe it, dredge it with flour, and baste it well with butter. If the goose be large, it will take at least three quarters of an hour; when done enough, dredge it with flour, baste it till a froth arises, and the goose is of a nice brown. Melt some butter, and put into it a spoonful of sorrel juice, a little sugar, and a few scalded gooseberries; pour it into sauce-boats, and send it up to table hot, with the goose. You may likewise add gravy and apple-sauce, and garnish your dish with crusts of bread, grated very fine.

**DUCKS.** Prepare them for the spit as you do geese, with the same seasoning; singe them, dust them with flour, and baste them; a good fire will roast them in half an hour, or rather less. Before you take them up, dust them with flour, and baste them till they froth and look brown. Dress wild ducks in the same way.

**PIGEONS.** Draw them, and take out the craws clean; wash them in several waters, and dry them; roll a bit of butter in some chopped parsley, and season it with pepper and salt. Put this into the birds, then spit them, dust them with flour, and baste them with butter. At a good fire they will be done in twenty minutes.

**PHEASANTS AND PARTRIDGES.** The same method is used in dressing both these birds. When you have spitted and laid them down, dust them with flour, and baste them often with butter, keeping them a distance from the fire. About half an hour is sufficient to roast them. A few minutes before you take them up, sprinkle a few bread-crumbs over them. Make the gravy of a scrag of mutton, and put into the saucepan with it a tea-spoonful of lemon-pickle, and a large spoonful of ketchup. Strain it, and put a little into the dish with the birds. Serve them up with the remainder in one boat, and bread-sauce in another. If you wish for ornament, you may fix one of the principal feathers of the pheasant in its tail. Beef gravy is frequently used with them.

**HARE.** Put a skewer into the mouth, and fasten the head down exactly between the shoulders, bring the hind legs up to meet the fore legs, and pass one skewer through them, then proceed to make a stuffing thus: a quarter of a pound of beef-suet, minced fine, double the quantity of bread crumbs grated, the liver, parsley, lemon-peel, and a sprig of thyme chopped fine; season with pepper, salt, and nutmeg. Moisten it with an egg, and put it into the hare, sew up the belly, and lay it down to a good fire; let the dripping-pan be very clean. Put a quart of warm salt and water into the dripping-pan, and baste the hare with it till a very little is left; then with butter or good beef drippings well done. If it is a large hare, it will require an hour and a half roasting;

when it is nearly done, dust with flour, and baste it with butter, till it is properly frothed. Put a little brown gravy in the dish, the rest in a boat, and currant-jelly in a jelly-glass.

**TO ROAST RABBITS.** Baste them with butter, and dredge them with a little flour. Half an hour will do them at a very clear quick fire, if they are not very large. Take the livers, with a little bunch of parsley, and boil them; then chop them very fine together. Melt some good butter, and put half the liver and parsley into it; pour it into the dish, and garnish with the other half. Let the rabbits be done of a fine light brown.

**ROAST VEAL.** With a good fire, veal takes about a quarter of an hour to each pound. Cover the fat of the loin and fillet with paper. Stuff the fillet and shoulders as follows: take a quarter of a pound of suet chopped fine; parsley and sweet herbs chopped fine; grated bread and lemon-peel; pepper, salt, nutmeg, and an egg. Mix these well, and stuff it into the veal, as securely as you can, that it may not fall out while roasting. Roast the breast with the caul on, till nearly done; then take it off, and flour and baste the meat. Lay it in the dish; pour a little melted butter over it, and serve it up with either salad, potatoes, brocoli, cucumbers, French beans, peas, cauliflowers, or stewed celery. Veal must be well done.

**PORK.** Pork, like veal, must be well done. If a loin, cut the skin across, with a sharp pen-knife, which makes it more convenient to be carved. Score a leg in the same manner. If not disliked, stuff the knuckle part with a stuffing made of sage and onion chopped fine, a spoonful of grated bread, seasoned with pepper and salt; or put the seasoning in a hole under the twist, skewer it in, and roast it crisp. If a spring (which when young eats well,) cut off the hand, strew sage and onion over it, roll it round, and tie it. Two hours will do it. If a spare-rib, baste it with a bit of lard or butter, dust it with flour, chop dried sage, and strew over it. If a griskin, baste it with lard or butter, and strew sage over it; potatoes, apple-sauce, and mustard, are eaten with roast pork. If a leg of pork, have a little drawn gravy, and pour it into the dish, if you think it necessary.

**BEEF.** A piece of ten pounds will take about two hours and a half; twenty pounds, three hours and a half, if thick; put a piece of paper on the outside, it prevents the skin from shrinking. Either salad, potatoes, brocoli, greens, cucumbers, French beans, or cauliflowers, are eaten with it, also mustard and horse-radish.

**MUTTON AND LAMB.** Mutton and lamb must be roasted with a quick clear fire. Baste it as soon as you lay it down, sprinkle on a little salt; and, when nearly done, dredge it with flour. In dressing the loin or saddle, you must loosen the skin, and skewer it on; when nearly done, take off the skin, and baste it, to froth it up. Serve it up with potatoes, brocoli, French beans, or cauliflowers. Send mint-sauce to table with lamb.

**TO ROAST BULLOCK'S OR CALF'S HEART.** Take some crumbs of bread, suet, parsley, and sweet marjoram, chopped



fine; lemon-peel, grated; pepper, salt, and nutmeg, with an egg; mix these into a paste, and stuff the heart with it. When done, serve it up with gravy and melted butter in a boat. The same method to be used, whether you bake or roast it; if care is taken, baking it is the best plan, as it will be more regularly done than it can be by roasting.

**HOUSE LAMB.** House lamb requires to be well roasted. A small fore quarter will take an hour and a half; a leg an hour. Salad, brocoli, potatoes, celery, raw or stewed, or mint-sauce, are eaten with it. When a fore quarter is sent to table, you may cut off the shoulder, pepper and salt the ribs, and squeeze a Seville orange over it.

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## STEWING, HASHING, &c.

**TO STEW BEEF.** Take four or five pounds of beef that is proper for stewing, with the hard fat of brisket of beef, cut into pieces; put these into a stew-pan, with three pints of water, a little salt, pepper, a sprig of sweet herbs, and three cloves. Cover the pan very close, and let it stew four hours over a slow fire. Then throw into it as many turnips and carrots, cut into square pieces, as you think proper, and the white part of a leek, two heads of celery, chopped fine, crusts of bread, and two spoonfuls of vinegar. When done, put it into a deep dish, set it over hot water, and cover it close. Skim the gravy, and put in a few pickled mushrooms; thicken the gravy with flour and butter, make it quite hot, and pour it over the beef. You may serve force-meat balls with it, if you choose, and add red wine if you think proper, or beer.

**COW HEELS.** Boil them four hours, or till quite tender, and serve them up with melted butter, and mustard and vinegar. Or cut them in four parts, and dip them in batter, and fry them brown; fry onions, if you like them, and serve round; send melted butter, or gravy, in a boat.

**TRIPLE.** May be stewed with milk or water, or both, and onions, till tender; and served in a tureen with melted butter and mustard for sauce; boil it about half an hour.

Or fry in it small slices, dipped in batter.

Or stew the thin part, cut into bits, in gravy; thicken with flour and butter, and add a little ketchup.

**BEEF STEAKS.** Take rump-steaks, cut thick; put them in a stew-pan, with a bit of butter to brown. Add a little water, an onion sliced, two or three anchovies, with pepper and salt. Cover them close, and stew them over a slow fire an hour, or till sufficiently tender. Skim off the fat, add a glass of port wine, a few oysters, and some ketchup if you think proper.

**BEEF-A-LA-MODE.** The small buttock, leg of mutton piece, the clod, or a part of a large buttock, are all proper for this purpose:

take either of these, with one dozen of cloves, mace in proportion, and half an ounce of allspice, beat fine; chop a large handful of parsley, and some sweet herbs, very fine; cut some fat bacon into pieces, about a quarter of an inch square; put the beef into a pot, with all the above ingredients, and cover it with water; chop four large onions very fine; and four cloves of garlic, six bay leaves, and a handful of champignons or fresh mushrooms; put them into the pot, with a pint of strong beer, pepper, salt, Cayenne pepper, and a spoonful of vinegar; add three handfuls of bread-raspings, sifted fine. Cover it all close, and stew six or eight hours, according to the size of the piece; then take the beef out, put it into a deep dish, and keep it hot; strain the gravy through a sieve, and pick out the champignons, or mushrooms; skim off all the fat, then put the gravy into the pot again, and give it a boil up; season it to your taste; then pour it over the beef; and send it hot to table. If you prefer it cold, cut it in slices, with the gravy over it, and it will be a strong jelly. Some people boil red wine in a-la-mode.

**KNUCKLE OF VEAL.** Put the veal into a stew-pan, upon four wooden skewers, placed crossways, with two blades of mace, some whole pepper, an onion, a crust of bread, and two quarts of water. Cover it close, and, after boiling, let it simmer two hours. When done, put it into the dish; and strain the liquor over it. Garnish with lemon. You may omit the onion if you choose.

**VEAL CUTLETS.** Cut the veal into thin slices; dip them into the yolk of eggs, beat up fine; and strew over them crumbs of bread, sweet herbs, parsley, and lemon peel chopped fine; also, grated nutmeg. fry them with fresh butter. When the meat is done, lay it in a dish before the fire; put a little water or gravy into the pan, stir it round, and let it boil; then stir in a bit of butter, rolled in flour; add a little lemon juice, and pour it over the cutlets.

Some prefer the cutlets without either herbs or bread crumbs, and fry them of a nice brown. Put into the pan a little flour and water, with a sprig of thyme; stir it about; let it boil, and pour it over the cutlets; take out the thyme before you send it to table.

**TO MINCE BEEF.** Chop the under-done part fine, with some of the fat; put a little water into a stew-pan, with a small quantity of either onion or shalot, and pepper and salt; boil it till the onion is tender; then put some of the gravy of the meat to it, and the mince meat, with a spoonful of ketchup; make it quite hot, but do not let it boil. Have a hot dish, the proper size, with sippets of bread ready, and pour the meat upon it.

**TO HASH BEEF.** Do it the same as the last receipt: only the meat is to be cut in slices, and you may use a little walnut liquor, if you like it.

All sorts of stews, or meat that is dressed a second time, should be only simmered; if they boil, it makes the meat hard, and spoils the flavour.

**HARRICO OF MUTTON.** Cut the best end of a neck of mutton into chops, in single ribs; fry them of a light brown; put

them into a large saucepan, with two quarts of water, and a large carrot cut in slices; when they have stewed a quarter of an hour, put in two turnips, cut in square pieces, the white part of a head of celery, two cabbage lettuces fried (a few heads of asparagus, if you have them); season all with a little Cayenne pepper and salt. Boil all together till tender; put it into a tureen, or soup-dish, without any thickening to the gravy.

**TO HASH MUTTON.** Cut thin slices of dressed mutton, fat and lean; flour them a little; have ready a little onion boiled in a little water with the bones, or add to it a little gravy; season the meat, and make it hot; but it should not boil. Serve it quite hot. Instead of onion, you may add a clove, a spoonful of currant jelly, and half a glass of port wine, which will make it eat like venison.

**LAMB CHOPS.** Pepper and salt them; fry them; when done enough, lay them in a dish, pour the fat out of the pan; pour in a little beef broth, or water, a little ketchup, and walnut pickle; boil this up, stirring it about; put in the steaks, make them quite hot, and lay them in a dish.

**PORK SAUSAGES.** Chop fat and lean pork together; season it with sage, pepper, and salt; fill hogs' guts, that have been soaked, and made very clean; tie up the ends carefully: or the meat may be kept in a very small pan, closely covered, and so rolled and dusted with flour before it is fried. Serve them up with stewed red cabbage, or mashed potatoes, or poached eggs; the sausages must be pricked with a pin before they are dressed, or they will burst.

**TO PICKLE PORK.** Cut it to pieces; rub each piece with common salt; lay them on a slanting board, that the brine may run off; the next day rub each piece with pounded saltpetre: dry some salt, and put a layer at the bottom of the pan; then a layer of pork, and so on, till the pan is full: fill all the hollow places with salt, and lay salt on the top; cover the pan close, first with a board that will fit the inside of the pan, and a weight upon it, and then the lid of the pan; or tie paper over it.

**TO STEW CALF'S HEAD.** Let it be well washed, and laid in water for an hour; take out the brains, bone it, take out the tongue and the eyes; make a force-meat with two pounds of beef suet, and as much lean veal; two anchovies boned and washed clean; the peel of a lemon, and some nutmeg grated, with a little thyme; chop all these together, and some grated bread; beat up the yolks of four eggs, and mix with them. Make part of this force-meat into fifteen or twenty balls; then boil five eggs hard, some oysters washed clean, and half a pint of fresh mushrooms: mix these with the rest of the force-meat, and stuff the head from where the bones were taken; tie it up carefully with a packthread; put it into two quarts of gravy, or broth, with a blade of mace; let it be covered close, and stew very slowly two hours. While the head is stewing, beat up the brains with some lemon, thyme, and parsley chopped very fine, some grated nutmeg, and the yolk of an egg mixed with it; fry half the brains in dripping, in little cakes, and

fry the balls. When the head is done, keep it hot, with the brain cakes and balls; strain off the liquor the head was stewed in; add to it some stewed truffles and morels, and a few pickled mushrooms; put in the other half of the brains chopped; boil them up together, and let them simmer a few minutes: put the head into a hot dish, pour the liquor over it, lay the balls and the brain cakes round it. For a small family, half the head will be sufficient. A lamb's head may be done the same way.

**TO HASH A CALF'S HEAD BROWN.** Boil a calf's head; when it is cold, take one half of the head, and cut off the meat in thin slices; put it into a stew-pan, with a little brown gravy, adding a spoonful or two of walnut pickle, a spoonful of ketchup, a little red wine, a little mace, a few capers chopped, or a pickled gherkin; boil it over a stove, or a slow fire, a few minutes; thicken with butter and flour. Take the other part of the head, cut off the bone ends, and score it with a knife; season it with pepper and salt; rub it over with the yolk of an egg, and strew over a few bread crumbs, and a little parsley; set it before the fire to broil till it is brown; and when you dish up the other part, lay this in the middle; lay some brain cakes, with force-meat balls and crisp bacon, round the hash.—*See the last receipt for Brain Cakes.*

You may hash it white, if you prefer it, and use white gravy, oysters, and white wine, and omit the ketchup.

**TO STEW A HARE.** Cut off the legs and shoulders; cut out the back bone; cut the meat which comes off the sides into pieces; put all into a stew-pan, with three quarters of a pint of small beer, the same of water, a large onion stuck with cloves, some whole pepper, a slice of lemon, and some salt; stew it gently for an hour, close covered; then put to it a quart of gravy. Stew it gently two hours longer, or till tender; take out the hare; rub half a spoonful of flour smooth, in a little gravy; put it to the sauce, and boil it up; add Cayenne and salt; put the hare in again; and, when hot through, serve it in a tureen, or deep dish. Add red wine, if you think proper.

**HARE JUGGED.** Cut it to pieces, and put it into a jug with a little gravy and the same ingredients as the last receipt (but neither water nor beer); cover it close; set it in a kettle of boiling water; keep it boiling three hours, or till the hare is tender; then pour the gravy into a stew-pan; put to it a glass of red wine, and more gravy, if there is not sufficient, with a little Cayenne, and salt; thicken with flour; boil it up, pour it over the hare, and add a little lemon juice.

**HARE HASHED.** Cut it into small pieces; if any of the pudding is left, rub it small into some gravy; to which put a glass of red wine, a little pepper and salt, an onion, and a slice of lemon; make it hot through; take out the onion and lemon, and send currant jelly with it to table. Omit the red wine if you think proper.

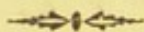
**RABBITS STEWED.** Take a couple of rabbits: divide them into quarters: flour them, and fry them in butter; then put them into a stew-pan, with some good gravy, and a glass of white wine;

season them with pepper, salt, and a sprig of sweet herbs; cover them down close, and let them stew till tender; then take them up; strain off the sauce; thicken with flour and butter, and pour it over them.

**WHITE FRICASSEE OF RABBITS.** Skin them, cut them to pieces, and lay them in warm water to cleanse; then stew them in a little clean water, with a bit of lemon peel, a little white wine, an anchovy, an onion, two cloves, and a sprig of sweet herbs; when tender, take them out, strain the liquor, put a very little of it into a quarter of a pint of thick cream, with a piece of butter, and a little flour; keep it constantly stirring till the butter is melted; put in the rabbits, with a little grated lemon peel, mace, and lemon juice; shake all together over the fire, and make it quite hot. If agreeable, put in pickled mushrooms, and omit the lemon. Chickens may be done in the same manner.

**BROWN FRICASSEE OF RABBITS.** Cut them to pieces, fry them a nice brown, in fresh butter; drain them on a sieve, pour off the butter; put some gravy or beef broth into the pan; shake in some flour; keep it stirring over the fire; add ketchup, a very little shallot chopped, salt, Cayenne, and lemon-juice, or pickled mushrooms; boil it up; put in the rabbits, and shake it round till quite hot. Chickens may be done the same way.

**TO STEW GIBLETS.** Let the gIBLETS be clean picked and washed, the feet skinned, and the bill cut off; the head split in two, the pinion bones broken, the liver and gizzard cut in four, and the neck into two pieces: put them into a pint of water, with pepper, salt, a small onion, and sweet herbs; cover the saucepan close, and let them stew till quite tender, upon a slow fire: take out the onion and herbs, and put them into a dish, with all the liquor. Omit the onion, and sweet herbs, if for a pie, and do not stew them so long as for a stew.



## BROILING, FRYING, &c.

**TO BROIL BEEF STEAKS.** Cut the steaks off a rump or beef, or any part that is tender; let them be about half an inch thick; the fire should be clear. Rub the gridiron well with suet; when it is hot, lay the steaks on; let them broil until they begin to brown, and one side is done; turn them, and a fine gravy will soon lie on the top, which you must take care to preserve, and lift all together with a pair of small tongs, or a knife and fork, into a hot dish, and put a little bit of butter under it.

**MUTTON STEAKS OR CHOPS** should be cut from a loin or neck that has hung three or four days, or longer, if the weather will permit. Broil them on a clear fire; keep turning them as quick as possible, or the fat that drops from the steaks will smoke

them; when they are done, put them into a hot dish; rub them with a bit of butter; slice a shalot very thin into a spoonful of boiling water; pour it on them with a spoonful of mushroom ketchup and salt. Serve them quite hot. Do lamb steaks the same way. Omit the ketchup if you think proper.

**PORK CHOPS.** Cut them the same as mutton or beef; they will require more time than either, as pork in every form requires be thoroughly done. As soon as they are done, put them into a dish that is quite hot, rub a little sage very fine (or, if green, chop it) and strew it over them; put a little good gravy into the dish. You may omit the sage, if not agreeable.

**TO BROIL CHICKENS.** Having cut the chickens down the back, season them with pepper and salt, and lay them on the gridiron over a clear fire, but at a distance. Let the inside continue next the fire, till it is nearly done. Then turn them, taking care that the fleshy sides do not burn; let them broil till they are of a fine brown. Make good gravy sauce, and add some mushrooms. Garnish with lemon, the liver broiled, and the gizzards cut, and broiled with pepper and salt, or use any other sauce you like.

**TO BROIL PIGEONS.** Wash the pigeons quite clean. Take some parsley chopped fine, a piece of butter as big as a walnut, with a little pepper and salt, and put it into their bellies. Tie them at both ends, and put them on a gridiron, over a clear fire. Or you may split and broil them, having first seasoned them with pepper and salt. Serve them up with gravy, or a little parsley and butter in the dish.

**TO FRY BEEF STEAKS.** Take rump steaks; beat them well with a roller; fry them in as much butter as will moisten the pan. For sauce, put to the gravy that comes out of them a glass of red wine, half an anchovy, a little nutmeg, pepper, salt, and a shalot, cut small; give it a boil; pour it over the steaks, and send them hot to table.

If you like them done in a plainer way, you may put a little flour and water into the pan, with the gravy, when you have taken the steaks out, and a spoonful of ketchup and walnut pickle, and use onion, or shalot, as you like, and omit the wine and anchovy.

**TO FRY A NECK, OR LOIN OF LAMB.** Cut the lamb into chops, rub both sides with the yolk of an egg, and sprinkle over them some crumbs of bread, mixed with a little parsley, thyme, marjoram, winter savory, and a little lemon peel, all chopped very small. Fry them in butter till they are of a nice light brown; put them in the dish, and garnish with crisped parsley. They eat exceedingly nice fried in butter, with a little boiled in the pan, and a bit of butter rolled in flour and stirred into it: pour the gravy over the chops.

**SWEETBREADS.** Cut them into long slices; beat the yolk of an egg, and rub it over them. Make a seasoning of pepper, salt, and grated bread; strew it over them, and fry them in butter. Serve them up with melted butter and ketchup; garnish with crisped parsley, and very small thin slices of toasted bacon.

Sweetbreads are very good boiled whole, and sent to table with parsley and butter, garnished with lemon; or parboiled, and afterwards boiled, or browned in a Dutch oven before the fire.

**TO FRY SAUSAGES WITH APPLES.** Take half a pound of sausages and six apples; slice four about as thick as a crown piece, cut the others in quarters; fry them with the sausages of a fine light brown, and lay the sausages in the middle of the dish, and the apples round. Garnish with the quartered apples. Or fry them without any apples, and serve on fried bread with mashed potatoes.

Sausages are very good boiled, or rather simmered; they should be put in when the water boils, and simmer four minutes, if small ones; or six, if large ones. Serve them with poached eggs, or mashed or roasted potatoes.

**TO FRY RABBITS.** Cut them in joints, and fry them in butter, of a nice brown; send them to table with fried or dried parsley, and gravy, or liver sauce.

**TO FRY CALF'S LIVER AND BACON.** Cut the liver in slices, and fry it first, then the bacon; lay the liver in the dish, and the bacon upon it. Serve it up with gravy made in the pan, thickened with flour and butter, and a little orange or lemon juice; garnish with sliced lemon. Some people like boiled parsley chopped and stewed over the liver, or crisp parsley: the orange and lemon juice may be omitted, and the bacon served in a separate dish.



## SAUCES.

**APPLE SAUCE.** Pare, core, and slice some apples, and put them into a saucepan, with a little water, to prevent their burning; add a bit of lemon-peel. Let them boil slowly, and shake them frequently; when done, take out the peel, bruise the apples with a spoon, and add a little sugar. When you have worked the whole together very fine, set it on the fire till it is quite hot, then put it into a basin, and serve it up with the meat.

**TO MAKE SAUCE FOR ROASTED MEAT.** Wash an anchovy very clean, and put to it a glass of red wine, a little strong broth or gravy, some nutmeg, a shallot chopped, and the juice of a Seville orange; stew these together a little, and pour it to the gravy that runs from the meat.

**FISH-SAUCE, WITHOUT BUTTER.** Simmer very gently a quarter of a pint of vinegar, and half a pint of soft water, with an onion, a little horse-radish, and the following spices, lightly bruised: four cloves, two blades of mace, and half a tea-spoonful of black pepper; when the onion is quite tender, chop it small, with two anchovies, and set the whole on the fire to boil for a few minutes, with a spoonful of ketchup. Beat the yolks of three fresh eggs;

strain them, mix the liquor by degrees with them; and, when well mixed, set the saucepan over a gentle fire, keeping a bason in one hand, into which toss the sauce to and fro, and shake the saucepan over the fire, that the eggs may not curdle. Do not boil them; only let the sauce be hot enough to give it the thickness of melted butter.

**SAUCE FOR A PIG.** Chop the brains a little, put in a tea-spoonful of white gravy, the gravy that runs out of the pig, and a small piece of anchovy. Mix them with about a quarter of a pound of butter, and as much flour as will thicken the gravy; a slice of lemon, some caper-liquor, and a little salt. Shake it over the fire; when quite hot, put it into the dish. A very good sauce may be made by putting some of the bread and sage, which has been roasted in the pig, into some good beef-gravy, with some of the brains.

**SAUCE FOR A TURKEY.** Open some oysters into a basin, and wash them, but save the liquor, and pour it, as soon as settled, into a saucepan; put to it a little white gravy, and a tea-spoonful of lemon-pickle. Thicken with flour and butter; boil it three or four minutes; add a spoonful of thick cream, and then the oysters. Shake them over the fire till quite hot, but do not let them boil.

**GRAVY FOR A FOWL WITHOUT MEAT.** Take the neck, liver, and gizzard; boil them in half a pint of water, with a small piece of bread toasted brown; also pepper, salt, and a bit of thyme; let them boil till reduced to a quarter of a pint; add half a glass of red wine; boil and strain it, then bruise the liver well and put to it; strain it again, and thicken with a bit of butter rolled in flour.

**TO MAKE ONION SAUCE.** Boil eight or ten large onions; when done enough, chop them on a board to keep them from turning a bad colour; put them in a saucepan, with a bit of butter, and a spoonful of cream; boil it a little, and send it to table quite hot. It is proper sauce for roast mutton, or to smother boiled ducks, rabbits, &c.

**SAUCE FOR A GREEN GOOSE.** Take some melted butter, put in a spoonful of the juice of sorrel, a little sugar, a few coddled gooseberries; pour it into sauce-boats, and send it hot to table.

**TO MAKE EGG SAUCE.** Boil the eggs hard, and cut them into small pieces, but do not chop them very fine; put them into good melted butter.

**LEMON SAUCE.** Cut thin slices of lemon into very small dice, and put them into melted butter; give it one boil, and pour it over boiled fowls; or send it in a boat.

**MINT SAUCE.** Take young mint; pick and wash it clean; chop it fine; put it in a small basin, with sugar and vinegar to your taste.

**PARSLEY AND BUTTER.** Tie up some parsley in a bunch; wash it, and put it in some boiling water with a little salt; when it has boiled up very quick two or three times, take it out, chop it very fine, and mix it with some melted butter.

**A GOOD SUBSTITUTE FOR CAPER SAUCE.** Cut some pickled gherkins into small bits, rather less than capers; put



them into melted butter, with a little vinegar. Pickled nasturtiums chopped will also be found an equally good substitute.

**ANCHOVY SAUCE.** Chop one or two anchovies, without washing them; put some flour ~~and~~ butter, and a table spoonful of water; stir it over the fire till it boils once or twice; by that time, if the anchovies are good, they will be dissolved.

**TO MELT BUTTER.** Keep a tin saucepan solely for the purpose of melting butter. Put two table spoonfuls of water, and dredge in a little flour till it is nearly as white as milk: shake it well, and put in a quarter of a pound of butter, cut in slices. As it melts, shake it only one way, or it will oil: let it boil up, and it will be smooth and thick.

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## SOUPS, &c.

GREAT care should be taken to have all the utensils clean. Pots, saucepans, and stewpans, should be well tinned, especially for soups and gravies, as they are obliged to remain a long time upon the fire. Whatever is boiled in a brass or copper pot, should be taken out while it is hot; if left to cool, it would taste disagreeable, and be very unwholesome: as a convincing proof of this, if the liquor that any kind of meat is boiled in, remains in the pot till the next day, the fat at the top will be quite green, and the liquor of course very pernicious. Iron pots, saucepans, &c. are the most wholesome, but they spoil the colour of many articles of cookery, therefore are not much used: they are useful for any thing that would not be discoloured. Pots lined with earthenware are certainly preferable to any other kind; but they are very expensive.

When soups or gravies are required to be very rich, it is proper to cut the meat into slices, and put it into a stewpan or saucepan, with a piece of butter at the bottom, and herbs at the top of the meat; and set it on the fire, without water, to draw the gravy: stir it well with a fork, to prevent it burning; then add water or bro according to the strength you wish to have it. Any bones of ro meat broken to pieces and stewed with it, is a great improvement.

If you have a digester, it is a good plan to stew any kind of bones, as soon as they are done with, and by adding a little sea-planting herbs, and an onion, they will make very tolerable gravy, or be a good addition, at least, to either of them.

A clear jelly of cow heels is very useful to keep in the house being a great improvement to soups and gravies. Truffles and morels thicken soups and sauces, and give them a fine flavour. Wash half an ounce of each carefully, then simmer them a few minutes in water, and add them with the liquor, to boil in the sauce, &c. till tender.

If richness, or greater consistency is wanted, a good lump of

butter mixed with flour, and boiled in the soup, will give it both those qualities.

Green peas intended for soup require hard water to boil them in; but old peas are best in soft water.

Take care all the greens and herbs used in soups are well washed, picked clean, and supplied in just proportions, so that no one herb may be predominant. Soups, in general, require about five hours boiling.

Soup that is put by for use, should not be covered over, particularly while hot, as it will turn sour in one day.

**PEAS SOUP.** Save about two gallons of the liquor that beef or pork has been boiled in; if too salt, put a little fresh water to it, with some roast beef bones, a fresh rump bone broken to pieces, or a coarse piece of beef, and a pint and a half of split peas; set it on the fire, let it boil, and skim it well; then put in three onions sliced, two turnips, one carrot, and three heads of celery cut small, with a sprig of sweet herbs; boil it slowly four or five hours; season with pepper and salt to your taste; put it in a tureen, send it to table with slices of bread toasted brown, and cut into bits about an inch square, on a plate, and some dried mint rubbed very fine.

N. B. If you think proper, strain it through a cullender, put the soup again into the pot, cut the white part of a head of celery, slice two turnips, and one carrot, and boil them in the soup a quarter of an hour; before you serve it, you may add one table spoonful of oatmeal mixed in a little of the soup at the same time.

**GREEN PEAS SOUP.** In shelling the peas, divide the old from the young; put some of the old ones into a gallon of boiling water, with two onions, if large, or six small ones, four turnips, two carrots, and two heads of celery cut in slices, two cloves, one blade of mace, two cabbage-lettuces cut small: stew them an hour; then strain it off, and put in two quarts of old green peas, and boil them till tender; rub them through a cullender, and let it boil a quarter of an hour, with the young peas in it, or till they are done enough: put the soup in a tureen, with small slices of bread, toasted or fried.

**A CHEAP SOUP.** Two pounds of lean beef, six onions, six potatoes, one carrot, one turnip, half a pint of split peas, four quarts of water, some whole pepper, a head of celery, and a British herring; when boiled, rub it through a coarse sieve: add spinach and celery boiled, dried mint, and fried or toasted bread.

**SCOTCH BARLEY BROTH.** Cut a leg of beef into pieces, and boil it in three gallons of water, with a sliced carrot, and a crust of bread, till reduced to half the quantity; strain it off, and put it again into the pot, and boil it for an hour, with half a pound of Scotch barley, four or five heads of celery cut small, a sprig of sweet herbs, a large onion, a little parsley chopped small, and a few marigolds: then put in a large fowl, and keep it boiling till the broth is quite good. Season it with salt; take out the onion and sweet herbs, and serve it up with the fowl in the middle. Broth may be made with a sheep's head, which must be chopped into pieces; or six pounds of thick flank of beef, boiled in six quarts of water

Put in the barley with the meat, and boil it very gently for an hour, keeping it clear from scum. Then put in the beforementioned ingredients, with turnips and carrots, cut small: boil them gently together till the broth is good. Season it, take it up, pour the broth into the tureen, with the beef in the middle, and carrots and turnips round the dish.

**OX-CHEEK SOUP.** Break the bones of the cheek, wash and clean it; put it into a large stewpan, with about two ounces of butter at the bottom, and lay the fleshy side of the cheek downwards. Add half a pound of lean ham, sliced. Put in four heads of celery, cut small, three large onions, two carrots, one parsnip sliced, and three blades of mace. Set it over a moderate fire for about a quarter of an hour; after which add four quarts of water, and let it simmer gently till it is reduced to two. If you wish to use it as soup only, strain it off clear, and put in the white part of a head of celery, cut in small pieces, with a little browning, to make it of a fine colour. Scald two ounces of vermicelli, and put into it; let it boil ten minutes, and pour it into the tureen, with the crust of a French roll, and serve it up. If it is to be used as a stew, take up the cheek as whole as possible, and have ready a boiled turnip and carrot, cut in square pieces, a slice of bread toasted and cut small: put in some Cayenne pepper; strain the soup through a hair sieve upon the meat, and serve it.

**MOCK TURTLE.** Scald a calf's head with the skin on; saw it in two, take out the brains, tie the head up in a cloth, and let it boil for one hour; then take the meat from the bones, cut into small square pieces, and wash them clean in cold water; then put the meat into a stewpan, with as much good broth as will cover the meat; let it boil gently for an hour, or until quite tender; then take it off the fire; put a piece of butter into a stewpan, and half a pound of lean ham, or gammon, cut very fine; some chopped parsley, sweet marjoram, basil, three onions, chopped mushrooms, and a few shalots; put a pint of broth, or gravy, to the herbs and butter; put them on a stove, or slow fire, and let them simmer for two hours; put as much flour as will dry up the butter; add good broth, or gravy, so as to make two tureens; also add a pint of Madeira, or Sherry; let it boil a few minutes, rub it through a sieve, and put it to the calf's head: put force-meat balls, and egg-balls; season it with Cayenne pepper, and a little salt, if wanted; squeeze two Seville oranges, and one lemon; add a little fine spice and sugar, to make it palatable.

You may add oysters, if you like it, and garnish with fried oysters, as well as balls. If you want but one tureen of soup, you may make it of half a calf's head that has been skinned in the common way, and dress it as above, only use of each of the ingredients in proportion to the quantity of meat. Both shalots and thyme must be used with caution; a very small quantity of either is sufficient for most dishes: some cooks leave them out entirely.

**BROTH.** A few general directions respecting broth will answer the purpose, as well as giving directions for each sort separately.

A bit of coarse meat, stewed gently in water, or the liquor that a joint has been boiled in, may be made of any strength you wish to have it, by suiting the quantity according to the size of the meat. It is best to break the bones, and allow it as much time as possible to boil. If the meat is to be sent to table, the herbs should be boiled in a little of the broth, with a little oatmeal, sufficient to thicken the broth, when it is added to it; but, if the meat is not to be sent to table, the herbs may be cut small, and put into the pot with the meat, and as many onions as you think proper. It is best not to cut the thyme with the other herbs, but put a sprig into the pot: the leaves of thyme are so hard, that it is generally disapproved of; by putting a sprig into the broth, you have the flavour quite as well. A little rice, Scotch barley, or pearl barley, may be used to thicken it, or a crust of bread, whichever you think proper to use; it should be put in so as to allow it a sufficient time to be quite tender; some like to eat it with the broth, others like it strained, so that it must depend (as well as the kind of seasoning) upon the taste of the persons it is intended for. It is best to put the meat in with the water cold, and, as soon as it begins to be hot, the scum must be taken off, and continue to skim it as long as any rises. If broth, or the liquor that meat has been boiled in, is set by to be cold, it should be put into an earthen pan, and all the fat taken off, before it is used again; if any of the fat remains to be melted in it, the taste is unpleasant. Neither broth, soup, nor gravy, when taken off the fire, should be covered close while hot, as it will turn sour in one day.



## TO DRESS FISH.

**TO BROIL SALMON.** Cut slices an inch thick, and season with pepper and salt; dip them in sweet oil, or rub them with butter; fold them in pieces of writing paper, and broil them over a slow fire six or eight minutes. Serve in the paper with anchovy sauce.

If the salmon is dried, soak it for two or three hours, then put it on the gridiron, and shake over it a little pepper. It will take but a short time; when done, serve it up with melted butter.

**TO BOIL SOLES.** Take three quarts of cold spring water, and put in a handful of salt; then put in the soles, and boil them gently for ten minutes. Serve with anchovy or shrimp-sauce, in boats.

**TO STEW SOLES.** Half fry them in butter, then take the fish out of the pan, and put into it a quart of water, broth, or gravy, two anchovies, and an onion sliced. When they have boiled slowly for a quarter of an hour, put the fish in again, and let them stew gently about twenty minutes; then take it out, and thicken the liquor with butter and flour. Give the whole a gentle boil, then

strain it over the fish, and serve up with oyster, cockle, or shrimp sauce.

**TO FRY SOLES.** Take off the skin, rub the fish over with the yolk of an egg, and strew on some crumbs of bread. Fry them in hogs' lard over a brisk fire, till they are of a fine light brown. Then take them off, drain them, put them into a dish, and serve them up with plain melted butter in a boat. Garnish with green pickles. Fry them without the eggs and crumbs of bread, if you choose.

**TO BOIL CARP.** Scale and draw it; save the blood: set on some water in a stewpan, with vinegar, salt, and horse-radish; when it boils, put in the carp; if it is a good size, it will take near half an hour; let it boil gently. Take the blood, with some red wine, some good gravy, an onion or two chopped, a little whole pepper, a blade of mace, a nutmeg quartered; let all these stew together: thicken the sauce with butter rolled in flour; serve up the fish with the sauce poured over it, and squeeze in some lemon juice.

**TO FRY CARP.** Scale, gut, and wash them clean; dry them in flour, and fry them in hogs' lard till they are a fine light brown; fry some toast, cut three-corner ways, with the roes; lay the fish on a coarse cloth to drain; let the sauce be butter and anchovy, and the juice of a lemon. Garnish with the bread, roe, and lemon.

**TO STEW CARP.** Scale and clean it; take care of the roe &c.; lay the fish in a stewpan, with good beef gravy, an onion, eight cloves, a dessert spoonful of Jamaica pepper, the same of black, and two glasses of red port; cover it close, and let it simmer; when nearly done, add two anchovies chopped fine, a dessert spoonful of made mustard, some walnut ketchup, and a bit of butter rolled in flour. Shake it, and let the gravy boil a few minutes. Serve with sippets of fried bread, the roe fried, and a good deal of horse-radish and lemon.

**COD.** Some boil the cod whole; but a large head and shoulders contain all of the fish that is considered prime. If a large fish is boiled whole, the thin part will be over-done before the thick is ready; but if you purchase the whole fish, the lower part, if sprinkled with salt, and hung up, will keep good one or two days. Or it may be made salter, and served with egg sauce, potatoes, or parsnips.

**TO BOIL COD.** Set on a fish-kettle, of a proper size; put in a large quantity of cold water, with a quarter of a pint of vinegar, a handful of salt, and half a stick of horse-radish; then put in the fish; when it is done enough (which will be known by feeling the fins; if they pull out easily, it is done), lay it to drain, put it on a hot fish-plate, laid in a dish, with the liver cut in half, and laid on each side. Serve with shrimp and oyster sauce.

**TO BROIL COD.** Cut a cod in slices, two inches thick; dry and flour them well; make a very clear fire; rub the gridiron with a piece of chalk, and set it high from the fire; turn them often till they are quite done enough, and of a fine brown. They require a great deal of care to prevent them from breaking. Serve with lobster or shrimp sauce.

**TO STEW COD.** Cut the cod in slices an inch thick; lay them in a large stewpan, so that the slices need not be laid one upon the other. Season with nutmeg, pepper, and salt, a bundle of sweet herbs, and an onion, half a pint of white wine, and a quarter of a pint of water; cover it close, and let it simmer gently five or six minutes; then squeeze in a lemon; put in a few oysters, and the liquor strained, a piece of butter rolled in flour, and a blade or two of mace; cover it close, and let it stew gently, shaking the pan often. When done, take out the herbs and onion, and dish it up; pour the sauce over it.

**TO DRESS A SALT COD.** Steep the fish in water all night, with a glass of vinegar, to draw out some of the salt; the next day boil it; when it is done enough, divide it in flakes, and put it into a dish; pour egg-sauce over it, or parsnips boiled and beaten fine, with butter and cream; send it to table as hot as possible.

Haddocks and whittings may be boiled the same as cod.

**TO BROIL HADDOCKS AND WHITINGS.** When you have cleaned and washed the fish, dry them in a cloth, and rub a little vinegar over them, which will prevent the skin from breaking. Dredge them with flour; rub the gridiron with beef suet, and let it be hot when you lay on the fish. While broiling, turn them two or three times. Serve them up with melted butter or shrimp sauce.

**TO BOIL MACKAREL.** Rub them with vinegar; when the water boils, put them in with a little salt, and boil them gently a quarter of an hour. Serve them with fennel, or parsley and butter, and gooseberry sauce.

**TO FRY OR BROIL MACKAREL.** They may be fried or broiled, and are very good stuffed with bread crumbs, chopped parsley, lemon-peel grated, pepper, salt, and nutmeg, mixed with the yolk of an egg. Serve with anchovy sauce and fennel sauce. They are very good split open, the heads cut off, peppered, hang up for four or five hours, and then broiled. Make the sauce of fennel and parsley scalded, chopped fine, and mixed with melted butter.

**TO PICKLE MACKAREL.** Boil them in the usual way; let them be cold; take some of the liquor they were boiled in, a few pepper-corns, two or three bay leaves, and some vinegar; boil them together; when cold, put it to the fish.

**TO BOIL FLAT FISH.** Under this article are included flounders, soles, and the various kinds of flat fish. First, cut off the fins, and take out the guts. Dry them with a cloth, and boil them in salt and water; the length of time they will require must depend upon the size; when the fins pull out easily, they are done enough. Garnish with red cabbage, and serve them up either with gravy, shrimp, cockle, or muscle sauce.

**TO FRY TROUT, GRAYLING, PERCH, AND TENCH.** Scale, gut, and wash them well: dry them, and lay them separately on a board before the fire; after dusting some flour over them, fry them of a fine colour, in fresh dripping, or hogs' lard. Serve with crisp parsley and plain butter.

**TO FRY SMELTS.** After having washed and taken away the gills, dry them in a cloth; beat up an egg very fine; rub it over them with a feather, and strew on crumbs of bread. Fry them in hogs' lard over a clear fire, and put them in when the fat is boiling hot. When they are of a fine brown take them out, and drain off the fat; garnish with fried parsley and lemon.

**TO BOIL EELS.** Boil them in salt and water. Parsley and butter, or anchovy and butter, for sauce.

**TO STEW EELS.** Put one ounce of butter into a stewpan; when it is melted, throw in a handful of sorrel, cut in large pieces; about a dozen sage leaves, cut fine; five pounds of eels, cut in pieces about three inches long, peppered and salted, two anchovies boned and minced, a large onion, the peel of a quarter of a lemon chopped fine, half a nutmeg grated, and half a pint of water; let these stew gently half an hour; take out the onion, squeeze in lemon-juice; lay toasted bread round the dish, cut three-cornered. Half this quantity makes a small dish.

**TO FRY EELS.** Clean them well, cut them into pieces, season them with pepper and salt, flour them, and fry them in butter or hogs' lard; let the sauce be melted butter, with the juice of a lemon, or essence of anchovy.

**TO BOIL HERRINGS.** Scale, gut, and wash them, dry them thoroughly in a cloth, and rub them over with a little salt and vinegar; skewer their tails in their mouths, and lay them on the fish-plate; when the water boils, put them in, and about ten or twelve minutes will do them; then take them up, let them drain properly, and turn their heads into the middle of the dish. Serve them with melted butter and parsley; garnish with lemon and horse-radish.

**TO BAKE HERRINGS.** Scale, wash, and dry them well in a cloth, then lay them on a board; take a little black pepper, a few cloves, and plenty of salt: mix them together, and rub the fish all over with it. Lay them straight in a pot, cover them with vinegar, put in a few bay leaves, tie a strong paper over the top, and bake them in a moderate oven. They may be eaten either hot or cold; and if you use the best vinegar, they will keep good for two or three months.

Sprats and mackarel may be done in the same manner.

**TO BROIL HERRINGS.** Scale, gut, and cut off their heads; wash them clean, and dry them in a cloth; dust them well with flour, and broil them. Take the heads, mash them, and boil them in small beer, with a little whole pepper, and an onion. When it has boiled a quarter of an hour, strain it off; thicken it with butter and flour, and a good deal of mustard. Lay the herrings in a dish, put the sauce in a boat, and serve them up. Or they may be eaten with plain melted butter and mustard.

**TO SMOKE HERRINGS.** Clean and lay them in salt and a little saltpetre one night; then hang them in a row, on a stick, put through the eyes. Have ready an old cask, in which put some saw-dust, and in the midst of it a heater red hot; fix the stick of herrings over the smoke, and let them remain twenty-four hours.

**TO DRESS RED HERRINGS.** Choose those that are large and moist, cut them open, and pour some boiling small beer over them; let them soak half an hour; drain them dry, and make them just hot through, before the fire; then rub some cold butter over them, and serve them with egg-sauce, or mashed potatoes.

**SPRATS.** When cleaned, should be fastened in rows by a skewer run through the heads, then broiled, and served hot.

**TO PICKLE SPRATS LIKE ANCHOVIES.** Take a peck of the best sprats (they must be very fresh), not washed or wiped, but as they come out of the water; have ready two pounds of common salt, four ounces of saltpetre, a quarter of a pound of bay salt, two ounces of salt-prunella, two penny-worth of cochineal; pound them together in a mortar, and mix them all together; put them into a stone-pot, or barrel; lay a row of sprats, then a layer of the salts, and so on till the pot is full; press them down hard, cover them close; let them stand six months, and they will be fit for use.

**LOBSTER SAUCE.** Pound the spawn, and two anchovies; pour on them two spoonfuls of gravy; strain all into some melted butter; then put in the meat of the lobster; give it all one boil, and add a little lemon juice.

**SHRIMP SAUCE.** Mix a piece of butter with some flour; boil it up in gravy; put in the shrimps, and give them a boil. Or you may put shrimps in melted butter, with a little lemon juice. Or omit the lemon juice if you choose.

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

**TO STEW OYSTERS.** Wash them in their own liquor; strain them; put them into a saucepan, with some white pepper, and a little mace pounded, a little cream, and a piece of butter mixed with flour; stir this till it boils, throw in the oysters, simmer them till done enough; add salt, if wanted; put toasted sippets round the dish. Use water instead of cream, if you think proper.

**TO SCALLOP OYSTERS.** Wash them in their own liquor, then strain the liquor, and put it to them again; put some of them into scallop shells, strew bread crumbs over them, with a little pepper and a bit of butter; then more oysters, bread-crumbs, and a bit more butter at the top; set them in a Dutch oven, and let them be a nice brown.

**TO FRY OYSTERS.** Make a batter of flour, milk, and eggs, with bread crumbs and a little seasoning; dip the oysters into it, and fry them a fine light brown.

**TO MAKE OYSTER SAUCE.** Take a pint of oysters that are tolerably large; put them into a saucepan with their own liquor strained, a blade of mace, a little whole pepper, and a bit of lemon peel; let them stew over the fire till the oysters are plump; pour them into a pan, and wash them carefully one by one out of the liquor; strain the liquor through a sieve, and add the same quantity



of good gravy; cut some butter into pieces, roll it in flour, and put it to the oysters; set it over the fire, shake it round often till it boils, and add a spoonful of white wine; let it just boil, then pour it into boats. Some cooks add an anchovy, which greatly enriches the sauce. Plain oyster sauce is merely oysters, with a little of the liquor strained, and boiled in melted butter.

**TO PICKLE OYSTERS.** Wash four dozen of the largest oysters you can get in their own liquor; wipe them dry: strain the liquor off, adding to it a dessert spoonful of pepper, two blades of mace, a table spoonful of salt, three of white wine, and four of vinegar. Simmer the oysters a few minutes in the liquor, then put them into small jars, and boil the pickles up; skim it, and, when cold, pour it over the oysters: tie them down with a bladder over them.

## COLLARING.

**TO COLLAR RIBS OF BEEF.** Bone the beef, lay it flat upon a table, and beat it; then rub it with six ounces of brown sugar, eight ounces of common salt, and two ounces of saltpetre, beaten very fine; let it lie ten days, and turn it every day; take it out of the pickle, and put it in warm water; let it lie six or eight hours, then lay it flat upon a table, with the outward skin down, and cut it in rows, and across, about the breadth of your finger; but take care you do not cut the outside skin; then fill one nick with chopped parsley, the second with fat pork, the third with crumbs of bread, mace, nutmeg, pepper, and salt, then parsley and so on, till you have filled all the nicks: then roll it up tight, wrap it in a cloth, and bind it round with coarse tape, and boil it for four or five hours, according to the size of it: then take it up, and hang it up by one end, or lay a board upon it, and press it with a weight; save the liquor it was boiled in; the next day skim it, and add half the quantity of vinegar, a little mace, long pepper, and salt; then put in the beef, and keep it for use. When you send it to table, cut a little off both ends; set it upon a dish as you do brawn. If you make a fresh pickle every week, it will keep a long time.

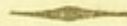
Some collar beef, salted as above, with only parsley chopped fine and strewed thick over it, and allspice ground fine.

**TO COLLAR A BREAST OF VEAL.** Bone and beat it: rub it over with the yolk of an egg, and strew on it beaten mace, nutmeg, pepper, and salt, a large handful of parsley chopped small, with a few sprigs of sweet marjoram, lemon peel grated, an anchovy washed, boned, and chopped very small, and mixed with crumbs of bread. Roll it up very tight, wrap it in a cloth, and bind it with a fillet: boil it two hours and a half in salt and water; when done, hang it up by one end, or press it. Make a pickle for it of the liquor it was boiled in, and half the quantity of vinegar. Before

you send it to table, cut a slice off one end, to make it look handsome.

**TO COLLAR A BREAST OF MUTTON.** Take out the bones and gristles. Then take grated bread, a few cloves, some mace, pepper, and salt, and a little lemon peel chopped fine; lay the meat flat, rub it over with egg, and spread the seasoning over it: add two or three anchovies, if you like it, washed and boned: then roll the meat as hard as possible, bind it with coarse tape, and boil it. Or you may skewer it, and omit the tape, and either roast or bake it.

**TO COLLAR PORK.** Bone a breast or spring of pork: season it with a good quantity of thyme, parsley, and sage: roll it hard, put it in a cloth, tie it at both ends, and boil it: then press it: when cold, take it out of the cloth, and keep it in the liquor it was boiled in.



## POTTING.

**CLARIFIED BUTTER** Clarified butter is used in all kinds of potting; it is therefore necessary to place that article first.

Cut as much butter as you think you shall want into slices, and put it into a saucepan, without either flour or water; melt it over the fire: then let it stand a few minutes to settle, but not to get cold: then pour it over the pots it is intended for. Or you may melt it, by putting it into a basin or jar, and set it over the fire in a pot, or stewpan that has water in it. This is the best way of melting it. Let the milk settle at the bottom, and be careful not to put it over the pots.

**TO POT BEEF.** Rub twelve pounds of beef with half a pound of brown sugar, and two ounces of saltpetre: let it lie twenty-four hours, then wash it clean, and dry it well with a cloth: season it with pepper, salt, and a little mace, if you like it; cut it into five or six pieces; put it into an earthen pot, or jar, with a pound of butter in lumps on the top.

Take care to have the jar large enough, that the gravy and butter may not boil over. Tie it over with paper, or, if you have a lid that fits the jar, it is better. Put it in a hot oven, and let it stand three hours; then take it out, cut off the hard outsides, and beat it in a wooden bowl, or mortar; add to it a little more pepper and salt: melt a pound of butter in the gravy and fat that came out of the jar, and put it to the beef by a little at a time, while it is beating; continue beating it till it is very fine; then put it into pots, and pour clarified butter over it. You may dissolve two anchovies in the gravy and butter that comes from the meat, and put to it while it is beating, which will be a great improvement.

**TO MAKE A CHEAPER SORT.** Cut the meat off a leg of beef; put it into a jar; break the bone, take out all the marrow,

and put it upon the meat, and the outside skin and fat, at the top ; tie a paper over it, and bake it till it is quite tender ; turn it out of the jar while it is warm, take out all the skin and gristle, beat it very fine, with the gravy that comes out of the jar ; season with pepper and salt to your taste ; put it in pots, and pour clarified butter over it.

**TO POT VEAL.** Take veal that has been stewed, or bake some on purpose, in the same manner as directed for beef ; beat it to a paste with butter, salt, white pepper, and mace, pounded fine ; press it down in pots, and pour clarified butter over it.

**TO POT HARE.** Let the hare hang up two or three days with the skin on, then case it and cut it up, as for eating. Put it into a pot, and season it with pepper, salt, and mace. Put a pound of butter over it, tie it down close, and bake it in an oven as hot as for bread. When it comes out, pick it clean from the bones, and pound it very fine in a mortar, with the fat and gravy it was baked in. Then put it close down into the pots, and pour clarified butter over it.

**TO POT CHEESE.** To a pound of grated Parmesan or Cheshire cheese, add three ounces of cold butter, a little sifted mace, and a tea spoonful of mustard. Mix all well in a mortar ; put it into small pots, cover it with clarified butter, and set the pots in a cool, dry place.

## DRESSING EGGS.

**EGG BALLS FOR MOCK TURTLE, &c.** Boil the eggs hard, and put them in cold water : take out the yolks, put them into a mortar, and pound them very fine ; wet them with raw yolks (at the rate of three raw yolks to eight hard ones), season them with white pepper and salt, dry them with flour, and roll them into balls rather small, as they swell very much in boiling ; boil them in gravy for a few minutes.

**EGGS FRIED IN PASTE.** Boil six eggs for three minutes, put them in cold water, take off the shells (but do not break the whites), wrap the eggs up in puff paste, brush them over with eggs, and sprinkle a few crumbs of bread over them ; put a sufficient quantity of lard or butter into a stewpan for the eggs to swim when they are put in ; when the lard is hot, put the eggs in, and fry them of a gold colour ; when done, lay them on a cloth to drain.

**TO POACH EGGS.** Set a stewpan of water on the fire ; when it boils, break an egg into a cup, and put it into the water ; when the white looks quite set, which it will generally do when it has boiled about a minute and a half, or two minutes, take it up with an egg-slice, and lay it on toast and butter, or spinach. As soon as a sufficient number are done, serve them hot. If fresh laid they will poach well, without breaking.

**BUTTERED EGGS.** Beat four or five eggs, yolk and white together; put a quarter of a pound of butter in a basin; then set it in boiling water, stir it till melted, then pour it, with the eggs, into a saucepan; keep a basin in your hand; hold the saucepan in your other hand, over a slow fire, shaking it one way, as it begins to warm; pour it into the basin, and then back again; hold it over the fire, stirring it constantly in the saucepan, and pouring it frequently into the basin, to prevent it curdling, and to mix the eggs and butter, till they are boiling hot. Serve on toasted bread; or use it as sauce to salt fish, or red herrings.

**SCOTCH EGGS.** Boil five pullets' eggs hard, take off the shells, and, without removing the white, cover them completely with a fine relishing force-meat. Fry them of a fine light brown, and serve with good gravy in the dish.

**EGG SAUCE FOR CHICKENS, &c.** Melt the butter thick and smooth, chop two or three hard-boiled eggs fine, put them into a basin, and pour the butter over them. Serve it in a sauce-tureen.

**TO FRY EGGS WITH SAUSAGES OR BACON.** Fry the sausages or bacon first; pour the fat out of the pan, and put in a bit of butter; when it is quite hot, put in as many eggs as you wish to have done, keep them separate, and set the pan over the fire, but not very near; let the heat increase very slowly; when they are done on one side, turn them carefully on the other with a broad-pointed knife; and, when quite done, take them up with a slice.

**EGGS BOILED IN THE SHELLS** Having boiling water in a saucepan, put in the eggs, and let them boil three minutes.

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## PIES AND TARTS.

PARTICULAR attention should be paid to the heat of the oven for all kinds of pies and tarts. Light paste should be put into a moderately heated oven. If too hot, the crust cannot rise regularly, but it will burn; if too slack, the paste will be heavy, and not a good colour. Raised paste should have a quick oven, and be well closed, otherwise the sides will sink in, and spoil its appearance. Iced tarts should be done in a slack oven, or, before the tarts are sufficiently baked, the icing will become brown.

**BEEF DRIPPING CLARIFIED FOR CRUST.** Cut it in slices; boil it in water for a few minutes; let it stand till cold, and it will come off in a cake. It makes excellent crust for any kind of meat pies. If you wish to have it very fine, you may boil it three or four times, and it will be fit for any kind of common pies or dumplings. Mutton, pork, or lamb dripping, may be done the same way. Mutton fat, taken from the meat before it is roasted, may be done in the same manner.

**POTTED DRIPPING, FOR FRYING FISH, MEAT, FRITTERS, &c.** Boil six pounds of good beef dripping in soft water, strain it into a pan, let it stand till cold; then take off the hard fat, and scrape off the gravy from the inside; do this several times; when cold and hard, take it off clean from the water; put it into a large saucepan, with six bay-leaves, six cloves, half a pound of salt, and a quarter of a pound of whole pepper; let the fat be entirely melted; let it stand till just cool enough to allow of its being strained through a sieve into the pot, which being done, let it stand till cold, and then cover it up. Turn the pot upside down, that no vermin can get at it. It will keep on board a ship, and will make good puff paste, or crust for puddings.

**TO MAKE HOGS' LARD.** Take any quantity you please of the leaf fat of a large hog, cut it into bits about an inch square; put it over a slow fire in a clean, bright, brass kettle (if it is put in a pot that is tinned, it will fetch the tin off); let the heat increase gradually till it boils, and a good quantity of fat is melted (keep stirring it often); then pour it through a cullender into an earthen pot you intend to keep it in; when the liquid part of the fat has run through, return what was left in the cullender into the kettle, and put it over the fire till more is melted, then put it into the cullender as before; do this three or four times, and you will draw out all the lard; take care it does not scorch, as that would spoil the flavour and colour, and render it unfit for use. When it begins to cool, put it into small bladders; tie them up close, and hang them in a cool dry place, if you wish to keep it a long time; but if you intend to use it up in a month or two, you may let it remain in the pot, and tie a paper over it. Some put salt and pepper to it; but experience has proved, that it keeps much better without them. Beef suet may be done in the same way, and is very good for pastry or frying.

**ANOTHER WAY TO MAKE LARD.** Cut the fat as above, put it in an earthen jar, and set it in a kettle of boiling water; when there is a quantity melted, pour it off, and do as directed in the last receipt. This method of doing it is more delicate, but it takes longer time. It is fit for any kind of potting, and equal to butter for any purpose in pastry, frying, &c.

**A DRIPPING CRUST.** Take a pound and a quarter of clarified dripping; rub it very fine into three pounds of flour; make it into a paste with cold water. Or you may make hot crust with the same quantity, by melting the dripping in water, and mixing it with the flour while hot.

**CRUST FOR FAMILY PIES, WHEN BUTTER IS DEAR.** Cut some slices of beef suet very thin; put some flour on the dresser, lay the suet upon it; roll it with a rolling pin till it is quite soft; rub it very fine into some flour, and mix it with cold water. It is much better done this way than chopped, and makes a very good crust for any pie that is to be eaten hot, or for fruit puddings.

**COMMON PASTE FOR FAMILY PIES.** To one pound

and a half of flour, break in half a pound of butter or lard; wet it with water, work it up, and roll it out twice; then cover the dish.

**SHORT PASTE FOR TARTS.** Rub a quarter of a pound of butter into a pound of flour, wet it with water and two eggs; work it up to a good stiffness, and roll it out once. For sweet tarts, two table spoonfuls of sugar should be added.

**PUFF PASTE.** To one pound of flour, take three quarters of a pound of butter; rub half the butter very fine into the flour, mix it into a paste with cold water; roll out the paste; put on the remainder of the butter, roll it up, leave it for half an hour; then roll it out for use. You may beat an egg very fine, and mix it with the water.

**SHORT CRUST.** Rub six ounces of butter into twelve ounces of flour; mix it up with as little water as possible, so as to have it a stiffish paste; beat it well, and roll it thin. This is the best crust for all tarts that are to be eaten cold, and for preserved fruit. An ounce and a half of sifted sugar may be added to it.

**PASTE FOR CUSTARDS.** To half a pound of flour put six ounces of butter, the yolks of two eggs, and three spoonfuls of cream. Mix them together, and let them stand a quarter of an hour; then work it well, and roll it out very thin.

**CRUST FOR RAISED PIES.** Put one pound and a quarter of butter, or lard, into a kettle of water; boil it two or three minutes, pour it on four pounds of flour, work this into a pretty stiff paste; pull it into lumps to cool; then raise the pie. Use the same proportions for all raised pies, according to the size that is wanted, and bake them in a hot oven.

Those who are not expert at raising crust, may do thus: roll the paste of a proper thickness, and cut out a round piece for the top, and another for the bottom of the pie, then a long piece for the sides. Cement the bottom to the sides with egg, bringing the former rather further out, and pinching both together; put egg between the edges of the paste, to make it adhere at the sides. Fill the pie, put on the cover, and pinch it and the side crust together. Beat the white of an egg to froth, and brush the top of the pie with it.

**POTATOE PASTE.** Mash boiled potatoes very fine; add (while warm) a sufficient quantity of butter to make it hold together, or you may mix an egg with it before it gets cold; flour the board well to prevent it sticking, and roll it to the thickness wanted. If it becomes quite cold before it is put on the dish, it will be apt to crack.

**BEEF STEAK PIE.** Rump steaks are the best; season them with pepper and salt; put puff paste round the inside of the dish; then lay in the steak cut in pieces; fill up the dish with water, then cover it with puff paste. You may put a few small potatoes in the dish, if you like it.

**A COMMON VEAL PIE.** Make it as directed for a beef-steak pie, only omit the potatoes. A beef steak at the bottom of the dish makes the gravy very rich.

**MUTTON OR LAMB PIE** Take the fat and skin from a loin, cut it into steaks, season them well with pepper and salt; almost fill up the dish with water; put a good paste round the inside of the dish, and at the top.

**PORK PIE.** May be made in the same manner as beef or mutton pies.

**RAISED PORK PIES.** Make a crust as directed for raised pies, only use hogs' lard instead of butter; raise the pies, and allow time enough for the crust to be quite cold before the meat is put in; have ready the trimmings, or small bits of pork which are cut off, when a hog is cut up; or take any part you wish to use for that purpose, only be careful not to put in any bones, or outside skin of the pork; cut the meat into small bits, about half an inch square, and have a proper proportion of fat and lean; season it with pepper and salt; and, if you like it, you may chop a little sage very fine, and mix with the meat; fill the pies with the meat; put no water in; roll out the remainder of the paste, cut out the tops to fit, close them round, and bake them in a slow oven, that they may be thoroughly soaked.

**A COMMON GOOSE PIE.** Make a raised crust; quarter the goose, season it well, put it into the crust; cut half a pound of butter into pieces, lay it on the goose; put on the top, and bake it in a moderate oven. Duck pie may be made in the same manner.

**A RICH GOOSE PIE.** Bone a goose and a fowl, season them well, put force-meat into the fowl, then put the fowl into the goose. Lay them in a raised crust, and fill the corners with slices of tongue that has been dressed. Put half a pound of butter, cut into pieces, on the top; cover it, and let it be well baked. It may be eaten either hot or cold, but it is best cold. You may bone pigeons, partridges, or any other birds, and put them in, if you think proper.

**PIGEON PIE.** Wash and dry the pigeons, season them inside and out; put a bit of butter in each, put a puff paste round the dish, lay the pigeons in with their breasts downward, and their rumps toward the middle of the dish; put the gizzards and livers all together in the middle of the dish; add some water, then close the pie, and bake it well, but the oven should not be too hot at first. A beef steak, or a slice of veal, under the pigeons, is by some thought a great improvement. Clean three or four of the pigeons' feet, and stick them in the middle of the top.

**PARTRIDGE PIE.** Pick and singe four partridges; season them with pepper, salt, chopped parsley, thyme, and mushrooms. Lay a veal steak, and a slice of ham, or tongue, at the bottom of the dish; put in the partridges, and half a pint of good broth. Put puff paste round the dish, and cover with the same.

**HARE PIE.** Cut a hare into pieces, season it with pepper and salt, make the same stuffing as for roasting, lay the stuffing in a heap, in the middle of the dish, and the pieces of hare round it; put a few bits of butter on the top of the hare, fill up the dish with water, put a good puff-paste round the dish, and cover it with the

same. Have a little gravy ready quite hot, with a glass of red wine in it, and pour it into the pie before it is sent to table. You may add force-meat balls, if agreeable.

**CHICKEN PIE.** Cut a chicken or two into pieces; season high with pepper and salt; put puff paste at the bottom of the dish; stick some bits of butter on the chickens; fill up the dish with water; cover it with puff paste; bake it in a moderate oven. You may make it richer by putting gravy instead of water. Rabbit pie may be made in the same manner.

**EEL PIE.** Cut the eels into pieces; season them with pepper and salt, and a very little dried sage; put them in a dish with puff paste round the edge; put bits of butter upon the eels, fill the dish up with water, and cover it with puff paste. Omit the sage if you think proper.

**FISH PIES.** You may make pies of any kind of fish you like. If you want them very rich, put gravy in instead of water, and force-meat balls and eggs boiled hard: make some gravy to put in the pies when they are taken out of the oven. You may put in any quantity of anchovies or oysters. If you think proper, also a good quantity of butter. Use fine puff paste for the crust.

**MINCE PIES WITHOUT MEAT.** Take six pounds of apples (when pared and cored), three pounds of suet, three pounds of raisins stoned, and chop them all very fine; to these add half a quartern of an ounce of cinnamon, a nutmeg grated, eight cloves powdered very fine, six pounds of currants picked, washed, and dried at the fire; a little salt, the rinds of two lemons, and the juice of two; a quarter of a pound of candied orange-peel, the same of candied lemon-peel, and the same of citron, half a pint of brandy, and the same quantity of any kind of wine; add sugar to your taste. If you wish to keep the mince long, put it down close in a jar, and pour a little brandy over the top, tie it down with paper, and set it in a cool, dry place. Mountain wine is the best for mince-meat.

**MINCE PIES WITH MEAT.** Prepare the ingredients as in the last receipt, and add two pounds of the inside lean of a sirloin of beef underdone, or a neat's tongue, boiled very tender and chopped fine. Some prefer eggs boiled hard, and chopped fine, instead of meat.

**COMMON MINCE PIE.** Take the remains of any piece of beef you may have to spare, chop it with apples and suet; add a few currants, and a little allspice, a few drops of essence of lemon, or a fresh lemon-peel, and sugar to your taste. If you like it, you may add a little home made wine, which will be a great improvement.

**ICEING FOR TARTS.** Beat and sift a quarter of a pound of fine loaf sugar. Put it into a mortar, with the white of an egg that has been well beaten up. Add to these two spoonfuls of rose-water, and beat it all together till it is so thick as just to run; stir it one way. Lay it on the tarts with a brush, or a small bunch of feathers dipped in the iceing. Put the tarts into a gentle oven, to



harden the iceing, but take care not to let them stand too long, as that will discolour them.

**APPLE PIE.** Pare and core the fruit; boil the cores with a few of the parings in a little water, till it tastes well; strain it, add a little sugar, and a bit of bruised cinnamon, then simmer it again. Place the apples in a dish, a paste being first put round the edge; when one layer is in, put half the sugar over, and chopped lemon-peel; then put in the remainder of the apples and sugar, with the liquor you have boiled; cover the dish with paste that has sugar in it, as directed for tarts, or common puff paste. You may add butter when the pie comes out of the oven, if it is to be eaten hot. You may put in quince-marmalades, orange paste, or cloves, to flavour it.

**CHERRY, CURRANT, APRICOT, AND GOOSEBERRY TARTS.** Currant, cherry, and gooseberry tarts, require but little making. Gooseberries, to look red, must stand a considerable time in the oven. Apricots, if green, require more baking than when ripe. Fruit preserved high must not be baked at all, but the crust should be baked first, upon a tin, the size of the tart. The crust may be cut with a marking iron, or a wine glass, or any thing the size you wish it; when cold lay it over the fruit, or lay bits of preserved fruit upon it.

**CRANBERRY, CURRANT, AND DAMSON PIES.** Put the fruit into a dish, with good moist sugar. Put paste round the dish, and cover it with the same. You may add a little water if you choose. Put a small teacup upside down in the middle of a large pie dish, then put the fruit in. The juice will draw under the cup, and prevent it boiling over.

**RHUBARB PIE.** Take off the thick skin from the stalks; cut them into bits about an inch and a half long; put them in a dish with a sufficient quantity of good moist sugar, a little water and a bit of lemon peel; put on the crust, and bake it in a moderate oven.

**A ROOK PIE.** Skin and draw six young rooks, and cut out the back bones; season them with pepper and salt, put them in a deep dish with half a pint of water, lay some bits of butter over them, and cover the dish with a tolerably thick crust; let it be well baked.

**TARTLETS.** Use very small and shallow pattepanes; butter them, and lay in a bit of paste; mark it neatly round the edges, and leave a hole in the middle; then bake them: when they are cool, fill them with custard, or put into each of them half an apricot, a plum, some raspberry jam, or any kind of preserved fruit, a little preserved apple or marmalade; pour custard over it, with a very little sugar in it. Or cover the pattepanes with paste; put in any kind of preserve, and ornament them with small cross bars of paste.

**APPLE PASTY, OR TURNOVER.** Make a hot crust, either of lard, or dripping; roll it out while warm; have ready some apples pared, the cores taken out and chopped (not very fine);

put as much into the crust as it will hold, to close up; add a little lemon peel cut fine, and a little moist sugar; wet the edges of the crust, close it up well, make a few holes with a skewer in the top, and bake it in a moderate oven: let it bake long enough for the apples to be quite soft. Gooseberries scalded may be made up the same way.

## CHEESECAKES, CUSTARDS, &c.

**CURD CHEESECAKES.** Put a spoonful of runnet into two quarts of new milk. Let the milk be blood warm; set it within the air of the fire, but not very near, unless the weather is cold. When all the milk is congealed in a mass, stir it very gently with a spoon, so as to break it a little, but not very small. Let it stand till the curd is settled at the bottom of the pot, then pour off the whey; put the curd into a strainer and hang it up, or lay it over a pot, to drain the remainder of the whey from it, but do not press it with your hand. Put it into a dish, and rub into it a quarter of a pound of butter, with sugar and nutmeg to your taste; add two Naples biscuits grated, four eggs, and an ounce of almonds well beaten, with two spoonfuls of rose or orange flower water, and the same of sack or brandy. Clean six ounces of currants, and put them into the curd. Mix all well together, put paste in the patten-pans, fill them, and send them to the oven immediately. Cream is a great improvement in cheesecakes; and when that is added, if it makes it too thin, put a greater quantity of Naples biscuits, or bread crumbs. The almonds may be omitted.

**LEMON CHEESECAKES.** To half a pint of cream, take a quarter of a pound of butter, cut it in slices, put it in the cream, set it over a slow fire till the butter is melted, but no longer; then pour it into a basin, and have ready beaten the yolks of five eggs; when cool, mix it with the cream, grate the rind of a large lemon into it, and squeeze in the juice; add orange flower water, brandy, and sugar to your taste. When the weather is warm, you may whip the butter to a cream, which will be quite as well as putting it over the fire to melt in the cream. Put crust in the patten-pans, and fill them rather more than half full. Orange cheesecakes are made the same way.

**BREAD CHEESECAKES.** Slice a penny loaf as thin as possible, pour over it a pint of boiling cream, and let it stand two hours. Then take eight eggs, half a pound of butter, and a nutmeg grated. Beat them well together, and put in half a pound of currants, well washed and dried before the fire, and a spoonful of white wine or brandy. Bake them in patten-pans or raised crusts.

**RICE CHEESECAKES.** Take four ounces of ground rice; boil it in a sufficient quantity of milk to make it quite tender; put it into a pot, and let stand till the next day, when it will be quite

stiff. With a spoon mash it fine, with half a pound of butter; beat four eggs, and mix with it; also half a pint of cream, a nutmeg grated, a glass of brandy or orange flower water, and sugar to your taste. Add currants, if you choose. You may cut the butter in slices, and mix it with the rice when it is hot; stir it about till the butter is melted, then cover it over, and let it stand till the next day.

**ALMOND CHEESECAKES.** Blanch and pound four ounces of sweet almonds, and six bitter almonds, with a little orange flower or rose water; then stir in the yolks of six eggs beaten fine, and three whites; add five ounces of butter warmed, the peel of a lemon grated, and a little of the juice; sweeten with fine powder sugar; mix it well, and bake the cheesecakes in small pans, with good paste in them.

**BAKED CUSTARDS.** Boil one pint of cream with a bit of cinnamon; when cold, put to it four eggs beaten and strained, with only two whites; a little brandy, nutmeg, and sugar; fill the cups, or paste, nearly full, and bake them ten minutes. Baked custards may be made with good new milk.

**LEMON CUSTARDS.** Beat up the yolks of eight eggs till they look quite white; put to them a pint of boiling water, the rinds of two lemons grated, and the juice sweetened to your taste. Stir it on the fire till thick enough; then add a large glass of rich wine, and half a glass of brandy: give the whole one scald, and put it in cups to be eaten cold.

**BOILED CUSTARDS.** Take a pint of cream, set it over a slow fire, with two ounces of sugar, and the rind of a lemon: when it begins to simmer, take it off the fire; have ready beaten the yolks of eight eggs; put to them a spoonful of orange flower water, stir them in by degrees as the cream cools; put the pan over a very slow fire; stir it carefully one way till it almost boils, then strain it through a piece of thin muslin as quick as possible; put it into cups, and serve them cold. It is very good to eat with fruit pie, or preserved fruit. A little brandy is an improvement.

**GOOSEBERRY FOOL.** Set two quarts of gooseberries on the fire, in about a quart of water. When they begin to simmer, turn yellow, and begin to plump, throw them into a cullender to drain the water out; then with the back of a spoon squeeze the pulp carefully through a sieve into a dish; make them tolerably sweet, and let them stand till cold. Take two quarts of milk, and the yolks of four eggs; beat them up with a little grated nutmeg, and stir it softly over a slow fire. When it begins to simmer, take it off, and by degrees stir it into the gooseberries. Let it stand till it is cold, and serve it up. If you make it with cream, it does not require any eggs. The cream should not be boiled.

**SYLLABUB UNDER THE COW.** Put a pint of cyder and a bottle of strong beer into a large punch bowl; grate in a small nutmeg; sweeten it to your taste. Put it under the cow, and milk into it as much as will make a strong froth. Let it stand an hour; wash and pick some currants, and make them plump before the

fire; then strew them over the syllabub, and it will be ready for use. A good imitation of this may be made, by those who do not keep cows, by pouring new milk out of a teapot into the cyder and beer, or wine.

**WHIP SYLLABUB.** Grate some lemon peel into a pint of cream; add a quarter of a pint of wine, the juice of an orange or lemon, and sugar to your taste; whip or mill it; lay the froth on a sieve, and put a little red or white wine into the glasses; when the froth is well drained, fill up the glasses as high as you can with it.

**PANADA.** Slice the crum of a penny loaf very thin, and put it into a saucepan with a pint of water. Boil it till it is very soft, and looks clear. Beat it exceedingly fine with a fork, grate in a little nutmeg, add a bit of butter, about the size of a walnut, and a glass of wine, with sugar to your taste; put it into a deep soup dish, and serve it up. If you think proper, you may leave out the wine and sugar, and put in a little cream and salt.

**WHITE CAUDLE.** Mix two spoonfuls of oatmeal in a quart of water, put in a blade of macé, and a piece of lemon peel; stir it often, and let it boil twenty minutes; strain it through a sieve; sweeten it; add a little white wine, brandy, and nutmeg; also a little juice of lemon. Make the gruel of grits if you think proper, but they will require rather longer boiling.

**TO MAKE BROWN CAUDLE.** Make the gruel as above, but with more spice; add a pint of ale that is not bitter; let it be well boiled in; add a glass of wine or brandy, and sweeten it to your taste. The best method of using spice for caudle is, to tie cloves, and any other spice you like, in a muslin bag, and take it out when the gruel tastes sufficiently strong.

**TO MAKE RICE MILK.** Take half a pound of rice; boil it in a quart of water, with a bit of cinnamon; let it boil till the water is wasted, but take care it does not burn; then add three pints of milk, and an egg beaten up, with a spoonful of flour; keep stirring it till it boils; then take it up, and sweeten it. You may add currants and nutmeg, but it is very good without.

**THICK MILK.** Boil a pint of milk; beat an egg well, and add one teaspoonful of flour to it; mix it very smooth, with a table-spoonful of cold milk; put it to the milk that is boiling, keep stirring it over a slow fire till it boils, pour it out, add nutmeg and sugar to your taste. Omit the egg if you think proper, and mix a table spoonful of flour, with a little cold milk.---Any saucepan or kettle that milk is to be boiled in should have cold water put into it first, to prevent the milk from burning to the bottom. Marbles boiled in milk or cream will keep it from burning.

**TO MULL WINE.** Grate half a nutmeg into a pint of wine, and sweeten it to your taste with loaf sugar. Set it over the fire; when it boils, take it off to cool. Beat up the yolks of four eggs; put them into a little cold wine, and mix them carefully with the hot wine by a little at a time. Then pour it backward and forward till it looks fine and bright. Set it on the fire again till it is quite hot and tolerably thick; again pour it backward and forward several

times, and serve it in chocolate cups, with long slices of bread toasted of a nice brown. Some prefer water boiled with the wine.

**SAGO.** Put a large spoonful of sago into three quarters of a pint of water. Stir it, and boil it gently till it is as thick as you would have it. Then pour it into a basin, and add wine and sugar, with a little grated nutmeg, to your taste. A bit of lemon peel boiled in the sago gives it a pleasant flavour.

**SALOO.** Take a large teaspoonful of the powder of saloop, and put it into a pint of boiling water. Keep stirring it till it is a fine jelly; then add wine and sugar to your taste.

**MILK PORRIDGE.** Make a cupful of thick gruel; strain it; mix a pint of milk with it, then let it boil; have ready in a bason some bits of white bread cut in dice, and pour the milk upon it; add pepper and salt to your taste. You may add a small bit of butter, if approved.

**WATER GRUEL.** Put a large spoonful of oatmeal into a pint of water, and stir it well together; let it boil three or four times, stirring it often; be careful it does not boil over. Strain it through a sieve, salt it to your taste, and put in a bit of butter. Stir it about with a spoon till the butter is melted, and it will be fine and smooth. Grits make excellent gruel, but require much longer boiling than oatmeal.

**BARLEY WATER.** Take two ounces of pearl barley; boil it in two quarts of water till it looks white, and the barley is quite soft; then strain it, and add to the water a little currant jelly, or lemon, or milk. You may then put a pint more water to the barley, and boil it over again; when done with for barley water, it will make very good firmity, or it eats very good in boiled milk. If you are very particular about the colour of barley water, give the barley one boil in a quart of water; then pour it off, and add two quarts of fresh water to the barley to boil till the barley is soft.

**WINE WHEY.** Put a pint of skimmed milk, and half a pint of white wine into a bason; let it stand a few minutes, then pour over it a pint of boiling water; let it stand a little, and the curd will gather of a lump, and settle to the bottom; then pour the whey into a China bowl, and put a lump of sugar, a sprig of balm, or a slice of lemon, into it.

**LEMON WHEY.** Take half a pint of new milk, and an equal quantity of water; when it boils, add to it the juice of one lemon; let it simmer two or three minutes, strain it off, and sweeten it to your taste. This is less heating than if made of wine; and, if only intended to excite perspiration, answers the purpose quite as well.

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## CREAMS, JELLIES, &c.

**CALF'S FOOT JELLY.** Boil two calf's feet in a gallon of water, till it is reduced to two quarts; strain it, and, when cold,

skim off all the fat : take the jelly up clear from the sediment, put it into a saucepan, with a pint of sweet wine, half a pound of powdered sugar, the juice of four lemons, and the peel of two ; whisk six or eight whites of eggs ; put them in, and stir them with the jelly till it boils ; let it boil a few minutes ; pour it into a flannel bag, and it will run through quick ; pour it in again till it runs clear ; have ready a large bowl, let the jelly run into it, and then put it into the glasses.

**CURRANT JELLY.** Take some ripe currants, one third white ones : pick, and put them into a preserving pan over the fire to dissolve ; run the liquor through a flannel bag, and to a quart of juice add a pound of sifted sugar ; boil it quick ; skim it, and reduce it to a good thickness, which may be known by putting a little into a saucer, and setting it in cold water.

**BLACK CURRANT JELLY.** May be made the same as red : and raspberries, or any other kind of fruit you wish to make into jelly, may be done in the same manner.

**A FROTH TO PUT ON CREAM, CUSTARD, OR TRIFLE.** Take half a pound of the pulp of damsons, or any other scalded fruit : put some sugar to it, and add the whites of four eggs well beaten ; then beat the pulp with them till it stands as high as you wish it ; put it on the cream, &c. with a spoon, and it will take any form.

**TO MAKE BLANC-MANGE.** To one ounce of picked isinglass put one pint of water ; boil it with a bit of cinnamon till the isinglass is melted ; then put to it three quarters of a pint of cream, two ounces of sweet almonds, six bitter almonds, blanched and beaten, and a bit of lemon peel ; sweeten it, stir it over the fire, let it boil ; strain it, stir it till it cools ; squeeze in the juice of a lemon ; put it into any moulds you think proper ; when quite cold and stiff, turn it out ; garnish with currant jelly, any kind of jam, or marmalade.

**TO BAKE PEARS.** Pare, halve, and core them : put them into an earthen pan, with a few cloves, a little water, and some red wine, or any kind of wine you like ; sweeten it to your taste ; add a little lemon peel, cut small ; and bake them in a moderate oven till they are quite soft.

## CONFECTIONERY, PRESERVES, &c.

**ECONOMICAL METHOD OF PREPARING FRUIT FOR CHILDREN.** Put apples, pears, plums, gooseberries, raspberries, or any kind of fruit into a stone jar, and add Lisbon, or common moist sugar ; place the jar in a cool oven, or in a saucepan of boiling water, and let it remain till the fruit is done

It may be eaten with bread, or boiled rice; or be made into puddings.

**RASPBERRY JAM.** Dissolve four pounds of lump sugar in one quart of currant juice; then boil and skim it quite clean. Mash four quarts of raspberries, and mix with it; let it boil quick, over a clear fire, for nearly an hour, or till the sugar and raspberries are quite mixed, which you may know by putting a little on a plate; if the juice drains from the fruit it must be boiled longer; when boiled enough, put it into pots, and the next day put brandy papers over them; tie them down with another paper, and set them in a dry place.

**STRAWBERRY JAM.** Take some scarlet strawberries (gathered when quite ripe), bruise them very fine, and put a little juice of red currants to them. Beat and sift some sugar, and put twelve ounces to every pound of fruit: strew the sugar over them, and put them into a preserving pan. Set them over a clear fire, skim them, and let them boil half an hour. You may use only eight ounces of sugar to a quart of fruit, if you do not like it very sweet; the fruit will keep quite as well if you boil it longer. Put it in pots, and brandy paper over, as directed for raspberry jam.

**APRICOT JAM.** Pare apricots when they are nearly ripe, cut them into halves, break the stones, blanch the kernels, then put them to the fruit. Boil the parings in a little water, and strain it. To a pound of fruit add twelve ounces of sifted sugar, and a small glass of the water in which the parings were boiled; set it over a brisk fire; keep stirring it till of a good strength, but not too stiff. When cold, put the apple jelly over, and brandy paper over that, before you tie them down.

**GOOSEBERRY JAM.** Gather red gooseberries, when they are quite ripe; mash them, and to four quarts of fruit add three pounds of sugar; put them in a preserving pan; boil and skim them; when boiled enough (which you may know by trying it as directed for raspberry jam), put it in pots; when cold, put brandy paper over, and tie it down with another paper; set it in a dry place. You may make gooseberry jam with good moist sugar, and put two pounds and a half of sugar to a gallon of fruit; but you must boil it longer.

**BLACK CURRANT JAM.** Pick the currants from the stalks, bruise them well, and to four pounds of fruit add three pounds of sugar; boil them an hour; skim and stir them all the time, and then put it into pots; cover them with brandy papers, as directed for raspberries.

**PLUM JAM.** Get ripe plums, cut them into pieces, and put them into a preserving pan; bruise them as much as you can with a spoon, warm them over the fire till they are soft, pass them through a cullender with a pestle, and put as much through as you can; boil it one hour, stirring it from the bottom all the time, or it will burn; put six ounces of powdered sugar to every pound of jam; take it off the fire to mix it; put it over the fire ten minutes,

then take it off, and put it in brown pans, or white pots, and sift some powdered sugar over it.

**TO PRESERVE FRUIT GREEN.** Take pippins, apricots, pears, plums, or peaches, while green; put them in a preserving pan, cover them with vine leaves, and then pour clear spring water over them; put on the cover of the pan, set them over a clear fire; when they begin to simmer, take them off the fire, and take them out carefully with a slice. Peel and preserve them as other fruit.

**MORELLO CHERRIES.** Gather them when quite ripe, take off the stalks, prick them with a pin, and to every pound of cherries put a pound and a half of loaf sugar. Beat part of the sugar, strew it over, and the next day dissolve the rest of the sugar in half a pint of the juice of currants: set it over a slow fire; put in the cherries with the sugar, and give them a gentle scald, then take them carefully out; boil the syrup till it is thick, pour it upon the cherries, and tie them down.

Gooseberries, plums, raspberries, strawberries, currants, or any kind of fruit, may be done as directed for cherries, only using that kind of juice to boil in the syrup that is most suitable for the fruit you intend to preserve. It is a good plan to put apple jelly over jam, or preserved fruit; or sift sugar over the top of the pots, and when cold put brandy paper over them; but if they are set in a dry place, paper dipped in brandy and put over them will be sufficient, and white paper put over that to tie them down.

You may dry any kind of preserved fruit, by taking it out of the syrup it is preserved in; drain it on a sieve, or dip it in cold water to wash off the syrup, and dry it in a stove, or slow oven, and turn it frequently.

To preserve damsons, plums, currants, or almost any kind of fruit, take stone jars that hold about a quart, fill them nearly full of fruit, put good moist sugar upon them, the proportion of six ounces to a quart of fruit: wet a bladder, and put a piece over the top of each jar, instead of paper, to tie them down; set the jars in a pot, or copper, of cold water; let the heat increase gradually; do not let them boil, but let them simmer gently a quarter of an hour, then take them out of the water, and when cold set them in a dry place till you want to use them. This method of preserving fruit retains the flavour exceeding well. If any of the bladders burst, you must not set those jars by for future use, as they will not keep if the air is once admitted.

**TO KEEP CURRANTS.** Take common quart bottles that are perfectly clean and dry; let the currants be gathered on a fine dry day, and cut from the stalks with a pair of scissars, as close to the currants as possible, so as not to break the skins: hold the bottle under them, and let them drop gently into the bottle as you clip them off; when full, cork them close, and rosin them, set them in a box that has dry bran or sand in it, with the mouth of the bottles downward; let them stand in a dry place. Cherries and damsons may be done in the same way.

**TO BOTTLE GOOSEBERRIES.** Gather smooth skinned



gooseberries, before they are quite full grown; pick them and put them into gooseberry bottles; set them in a copper of cold water, up to their necks; cork the bottles before you put them in; but do not knock them in tight, and put hay or straw round the bottles to prevent their breaking; make a fire under them, and let the heat increase gradually; let them simmer ten minutes, but not quite boil; then take out the fire, and let them remain in the copper till cold; then take them out, dry the bottles, knock the corks in close, and rosin them, and set them in a dry place; or set them in sand, ashes, bran, or sawdust that is dry, with the mouth downward.

**TO PRESERVE CUCUMBERS.** Get those most free from seed, some should be small to preserve whole, and others large to cut in pieces. Put them into a jar, with strong salt and water, and a cabbage leaf to keep them down, and set them in a warm place till yellow; then wash them, and set them over the fire in fresh water, with a little salt, and a fresh cabbage leaf over them; cover the plan close, but they must not be boiled. If not of a fine green, change the water, cover them as before, and make them hot; when of a good green take them off the fire, and let them stand till cold. Cut the large cucumbers in quarters, and take out the seeds and soft part; put them into cold water for two days, change the water twice each day. Set a pound of single refined sugar, and half a pint of water, over the fire; skim it clean; put in the rind of a lemon, and an ounce of ginger, with the outside scraped off; when the syrup is pretty thick, take it off, and when cold wipe the cucumbers dry, and put them in. Boil the syrup every two or three days, and continue to do so for three weeks, and make it stronger if necessary. When you put the syrup to the cucumbers, be sure that it is quite cold. Cover them close and set them in a dry place.

**LEMON AND ORANGE PEELS CANDIED.** Take either lemons or oranges, cut them longways, take out the pulps, and put the rinds into a pretty strong salt and water, for six days. Then boil them in a large quantity of spring water till they are tender. Take them out, and lay them on a sieve to drain. Then make a thin syrup of fine loaf sugar, a pound to a quart of water. Put in the peels, and boil them over a slow fire till you see the syrup begin to candy about the peels. Then take them out, and grate fine sugar over them. Lay them on a hair sieve to drain, and set them in a stove, or before the fire, to dry. Remember, when you boil either lemons or oranges, not to cover the saucepan.

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## PUDDINGS, &c.

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### GENERAL OBSERVATIONS.

A CLOTH should be kept solely for the purpose of boiling puddings; it should be washed immediately after it is used, and kept

clean and dry till wanted again. Always dip it into boiling water, flour it, and shake it, before you put the pudding into it. If it is a bread pudding, tie it rather loose, to allow room for swelling: but if it is a batter pudding, tie it quite close. If boiled in a bason, mould, or tin, butter them before you put the pudding in, and boil it in plenty of water. Turn it often, and do not cover the pot it is boiling in; when it is done enough, take it up, and let it stand a few minutes to cool. Then untie it, take the cloth off, lay the dish over the top of the basin, turn it upside down, and take off the bason carefully, as light puddings are apt to break. If boiled in a cloth, when done have ready a pan of cold water, into which dip the pudding, as soon as it is taken out of the pot: this will prevent its adhering to the cloth.

Batter pudding should be strained through a coarse sieve when mixed; but, in every other kind, the eggs must be strained separately.

Very good puddings may be made without eggs; but they must have very little milk, and must be boiled three or four hours. A few spoonfuls of fresh small beer, or one of yeast, will be found a tolerable substitute for eggs.

Snow is by some thought a good substitute for eggs, in puddings or pancakes. Two large spoonfuls will supply the place of one egg. This will be found a convenient substitute at that season of the year when eggs are generally very expensive.

The water must boil before the pudding is put in, and should be kept boiling all the time, or the pudding will not be light.

**BATTER PUDDING.** Take a pint of milk, four eggs, four spoonfuls of flour, and a little salt; mix it all, and beat it till very smooth; tie it in a cloth very close, and boil it three quarters of an hour. Use cold butter, or melted butter, for sauce. If you think two eggs are sufficient, put more flour in proportion. You may add spice of any kind, if you like it; and use butter and sugar, or wine sauce, or Yorkshire dip.

**FRUIT PUDDINGS.** Make a batter as directed for the last pudding, only make it a great deal thicker, and add any kind of fruit you like; you may either bake or boil it. If you use apricots, cut them in quarters, and take out the stones. If apples, pare them, cut them in quarters, and take out the cores. If gooseberries, currants, plums, cherries, &c., pick them as for a pie.

**BAKED APPLE PUDDING.** Make batter as directed for a batter pudding; butter a baking dish; put in the batter; take as many apples as you like to put in, rub them clean with a cloth, take out the stalk and blossom, but do not pare them, or take out the cores; put them in the batter, and bake them in a quick oven. If the apples are pared before they are put in the pudding, they mash among the batter as soon as they are hot, and make the pudding soft; but, when baked whole, the pudding is light, and eats very well. Butter and sugar for sauce.

**BREAD PUDDING.** Slice a penny loaf very thin, pour as much milk upon it as will completely soak it; let it stand two or

three hours, then drain all the milk you can from it, mash it well with the back of a spoon; beat one egg and mix with it, and a little salt; tie it in a cloth, and boil it half an hour. If you make one with double this quantity, boil it three quarters of an hour. Plain butter, or butter and sugar, for sauce. Add currants, sugar, and spice, if you think proper. Some cooks pour boiling milk over the bread to soak it for a bread pudding; but it is much lighter, and cuts smoother, when soaked in cold water.

**PUDDING TO BAKE UNDER THE MEAT.** Make either a bread or batter pudding, by the receipts given as above: butter the dish you intend to bake it in, pour in the pudding, set the pudding stand in it, lay the meat upon it, and send it to the oven. If the meat is a large piece, and you make a bread pudding, you may add a table spoonful of flour to it, and mix it well before you put it into the dish. If it is veal, put some small bits of butter upon the top of the meat before you send it to the oven, or the outside will be dry and hard. Other kinds of meat do not require butter over them. Send the pudding to table in the dish it is baked in, with a slice of butter on a plate.

**YORKSHIRE PUDDING.** Make a smooth batter pudding; put it into a small shallow tin pudding dish, made for the purpose; put it under beef, mutton, or veal, while roasting; when brown, cut it into four or five pieces, and turn it, or turn it whole, that it may be brown on the other side; send it to table in a dish. Use about twelve spoonfuls of flour to a quart of milk, and three eggs.

**BOILED FRUIT PUDDING IN CRUST.** Make any quantity of paste you think proper, with either dripping, suet, lard, or butter; then roll it out, and line a basin with it; fill it with fruit, put on a lid, pinch it close, and tie a cloth over it; if a pint basin, boil it two hours; if larger, longer in proportion. If boiled in a basin, it must be buttered before the paste is put in; but the pudding is much lighter if it is only made in the basin, and then turned out into a pudding cloth, tied close, and boiled in a good quantity of water. If you intend to turn it out of the basin to boil it, you must flour the basin before you put in the paste.

**HASTY PUDDING.** Put some milk over a clear fire; when it boils take it off; stir it with a wooden spoon in one hand, and flour in the other; continue stirring and adding flour till it is as thick as very thick batter; put it on the fire again, let it boil a few minutes, pour it into a deep dish, and stick small bits of butter in different parts.

**COMMON RICE PUDDING.** Wash and pick half a pound of whole rice; chop four ounces of suet very small, put it at the bottom of a deep baking dish, and strew the rice upon it; take two quarts of milk, sweeten it to your taste; add a little salt and allspice finely powdered; put it into the dish, and bake it a fine brown. A few slices of thin bread and butter laid on the top (just enough to cover it) will make a nice crust. Put nutmeg and cinnamon, if you think proper, and omit the allspice.

**SUET PUDDING.** Chop six ounces of suet; mix it with a

pound of fine flour, two teaspoonfuls of salt, and one teaspoonful of white pepper, ground fine; mix it with milk as stiff as you can stir it with a spoon; tie it in a cloth, and boil it three hours. You may put an egg in if you choose, but it is unnecessary.

It eats very good baked under meat; or when cold, cut in slices, and fried or broiled. Some people make a very stiff batter with milk and eggs; beat it well, and add the suet with a little salt.

**SUET DUMPLINGS.** Make them as directed in the last receipt for suet pudding, only make it into paste, by adding a little more flour: make them into balls as big as a goose's egg; tie them in a cloth separately, or boil them without a cloth, if more convenient; put them in when the water boils, and let them boil half an hour. Dumplings are very good mixed with water instead of milk.

**YEAST DUMPLINGS.** Make a very light dough with yeast, as for bread; (see the receipt for Bread.) Let it rise an hour before the fire. Half an hour before you are to serve them, make the dough into balls the same size as the last receipt; lay them on a dish before the fire for a quarter of an hour to rise; then put them into a pot of boiling water, and boil them very hard a quarter of an hour. If you think they are not boiled enough, run a fork into the middle of one of them, and if it comes out clear, it is done enough; but if any paste sticks to the fork, let them boil a few minutes longer. You may mix a few currants, well washed and picked, with the dough, if you choose.

**PLUM PUDDING.** Take half a pound of raisins stoned, half a pound of currants picked and washed, half a pound of beef suet chopped; make a batter of nearly one pint of milk, about eight spoonfuls of flour, and three eggs; beat it very smooth, put in the fruit and suet, and add two ounces of sweetmeats (orange peel, lemon peel, and citron), a glass of brandy, and half a nutmeg grated; boil it four hours; do not tie it too tight, but allow a little room for it to swell. Put sugar in if you think proper. This pudding may be enriched by increasing the quantity of sweetmeat, fruit, eggs, and brandy.

**COMMON PLUM PUDDING.** Make it as directed for suet pudding, only put allspice instead of white pepper, and but little salt; put a tablespoonful of moist sugar, and either raisins, malagas, or currants, any quantity you choose; mix it up stiff, as directed for suet puddings; tie it close in a cloth, and boil it three hours, or four if a large one. If you cannot get milk, it will eat very well mixed with water, but milk is best if you have it. A glass of home made wine mixed with it is a great improvement, and you may add a table spoonful of brandy, but it is very good without either.

**BOILED RICE PUDDING.** Boil a quarter of a pound of rice in a cloth; leave it room to swell; when it has boiled an hour, untie it, and stir in two ounces of butter or beef suet, some nutmeg, and sugar; then tie it up again, boil it another hour, and pour melted butter over it. You may add currants, or raisins, if you

choose, but they must be added when you take the pudding up to put the butter and sugar in.

**HARD DUMPLINGS.** Mix some flour and water, with a little salt, into a sort of paste; roll them in balls as big as a turkey's egg; roll them in a little flour; throw them into boiling water, and boil them half an hour. They are best when boiled with a good piece of beef. You may add a few currants. Serve them up with melted butter in a boat, or with Yorkshire dip.

**BATTER PUDDING WITHOUT EGGS.** Six spoonfuls of flour, a teaspoonful of salt, two teaspoonfuls of beaten ginger, and two of the tincture of saffron. Mix it with nearly a quart of milk, and boil it an hour. If you think proper, you may add fruit.

**BREAD AND RICE PUDDING.** Put a quarter of a pound of whole rice in a saucepan with some milk, and steep it till quite soft; put it into a bason, and let it stand till the next day: cut a penny loaf into thin slices, and soak it in milk two hours; then drain all the milk you can from it; mash it fine with the back of a spoon; mix it with the rice, and two eggs well beaten, and a little salt; tie it in a cloth, and boil it an hour.

**MILLET PUDDING.** Take half a pound of millet seed, washed and picked; add half a pound of sugar, a nutmeg grated, three quarts of milk, and half a pound of fresh butter, or six ounces of suet chopped fine. Butter the dish, pour the pudding in, and send it to bake.

**POTATOE PUDDING WITH MEAT.** Boil and mash fine as many potatoes as you want to use; season them with pepper and salt to your taste; cut either mutton or pork into small bits about an inch square; season it with pepper and salt; lay a layer of meat at the bottom of a baking dish, then a layer of potatoes, then meat, and so on till the dish is full; lay potatoes over the top, and make it smooth with a spoon; shake a little suet over it, if you wish the top to be crisp, and bake it till of a fine brown.

The meat should have rather more fat than is used for a meat pie. You may add cream or butter to the potatoes, when you mash them, if you choose, but it is very good without.

Potatoes, mashed and seasoned as above, are very good baked under meat as a pudding, or put under meat while it is roasting. You may make a batter with milk and eggs, and use mashed potatoes instead of flour: cut some beef steaks into pieces, season them, lay a layer at the bottom of a deep baking dish, then pour some of the batter over; then put another layer of meat, and fill up the dish with batter.

**STEAK, OR KIDNEY PUDDING.** If kidney, split and soak it, and season that or the meat. Make a paste of suet, hogs' lard, or dripping, and flour; roll it, and line a bason with it; put the kidney or steaks in; cover with paste, and pinch it close round the edge. Cover with a cloth, and boil it; if in a pint bason, at least two hours. Or you may turn it out of the bason and boil it

in a cloth if you like it best. Great care must be taken that it does not break while boiling.

**PEAS PUDDING.** Put the peas into a pudding cloth; give them room to swell. When nearly done, take them out; beat them up with salt and pepper, an egg well beaten, and a bit of butter; put it again into the cloth, tie it close, and let it boil half an hour longer. The peas will be better if soaked an hour or two before they are boiled. Omit the egg if you think proper.

**BAKED PLUM PUDDING.** Cut two penny loaves into thin slices; leave out the crust, soak it in cold milk, let it stand two or three hours; then drain the milk from it, mash it fine with a spoon, beat four eggs, and mix with it; add half a pound of suet, chopped very fine, three quarters of a pound of currants, the same of raisins stoned, a little nutmeg grated, a little ginger, a glass of brandy, and sugar to your taste; mix all well together, and bake it in a deep dish.

**A RICH APPLE PUDDING.** Pare large juicy apples, grate three quarters of a pound, and add to it six ounces of butter, worked to a cream, the rind of a lemon grated, four eggs well beaten, a spoonful of orange-flower water, brandy, and sugar to your taste. Line the dish with a rich paste, and strew candied peel, cut in bits, over it; put in the pudding, and bake it half an hour. If the apples are not tart enough, you may add a little lemon juice. A spoonful of bread crumbs, or two or three Naples biscuits, are a great improvement. Apple tart may be made the same way.

**A CUSTARD PUDDING, EITHER BAKED OR BOILED.** Boil a pint of milk and a pint of cream together, with cinnamon, lemon peel, and nutmeg; strain it, and let it cool; break eight eggs (leaving out half the whites), and about a table spoonful of flour; beat them well, then add the milk and cream that have been boiled, and a glass of brandy; if for baking, butter a dish, and put a thin puff paste at the bottom, and round the sides; then strain the custard into the dish; it will take about twenty minutes baking; if for boiling, butter the mould, and let it boil about half an hour; turn it out into a dish. Garnish with currant jelly, and pour wine sauce over it.

**BLACK PUDDING.** Get two quarts of grits; pick them clean; boil them in as much milk as they will require to make them quite soft; when they have soaked up all the milk, put them into an earthen pan; cut half a pound of hog's lard in thin slices, and mix with them; stir it till it is all melted, then cover them with a dish that just fits the pan, that the steam may not get out. Take a pint of the hog's blood, put a little salt to it, and stir it till quite cold; mix it with the grits, and stir them well together. Season with as much salt and pepper as you think proper. Take a little winter savory, sweet marjoram, thyme, and a handful of pennyroyal; strip them off the stalks, and chop them very fine, with a middle sized onion; put them to the grits with half a pint of the crumbs of bread grated, two eggs well beaten, and half a

pint of cream; mix all well together; cut some of the lean of the hog into small pieces, about half an inch square; wash the guts, and scour them clean with salt, changing the water very often; cut them into pieces about a yard long, tie one end, and begin to fill them; be sure to put in a good deal of fat; fill them three parts full; then tie the other end, and divide it into four bows or links; prick them with a pin, put them into a pot of boiling water, and boil them very slowly for an hour; take them out, and lay them on clean straw till cold.

## PANCAKES AND FRITTERS.

IN frying pancakes, great care must be taken to have the pan quite clean. Before you begin to fry pancakes, rub some butter or lard round the inside of the pan, and make the pan hot, then wipe it out with a clean cloth. Butter, lard, or dripping, may be used for frying. Pancakes should be sent to table quite hot; if suffered to cool, they become tough.

**COMMON PANCAKES.** Make a light batter of eggs, milk, and flour; put lard or dripping in the frying pan; when it boils, put in a ladleful of the batter; move the pan about, so as to make the batter of an equal thickness all over the pan; fry it of a nice brown; when one side is done, toss it, or turn it over without breaking; when it is done on both sides, lay it on a hot dish before the fire; when you have done two or three, send them to table; if you lay more on a dish at a time, the bottom ones will be spoiled. Send vinegar, verjuice, or lemon and sugar, to table with them. A little warm ale, that is not bitter, added to the batter a few minutes before you begin to fry, is an improvement.

Batter made with buttermilk and flour, without eggs, is very good in winter, when the buttermilk is sweet. Some use snow instead of eggs; in that case the batter must be made thick.

**PANCAKES FRIED WITHOUT EITHER BUTTER OR LARD.** Beat six eggs well, mix them with a pint of cream, four ounces of sugar, a glass of white wine, half a nutmeg grated, and as much flour as will make it almost as thick as common pancake batter. Make the fryingpan tolerably hot, wipe it with a clean cloth; then pour in as much batter as will make a thin pancake.

**RICE PANCAKES, OR FRITTERS.** Take three spoonfuls of rice flour, and a quart of cream or milk. Set it on a slow fire, and keep stirring it till it is as thick as pap. Put it into a quarter of a pound of butter, and half a nutmeg grated. Then pour it into an earthen pan, and when cold, stir in three or four spoonfuls of flour, a little water, some sugar, and eight eggs well beaten. Mix all well together, and fry them nicely.

**PLAIN FRITTERS.** Grate the crumb of a penny loaf, and put it into a pint of milk; beat it smooth, and add the yolks of

five eggs, three ounces of sifted sugar, and some nutmeg. Fry them in hog's lard; and, when done, pour melted butter, wine, and sugar, into the dish.

**APPLE FRITTERS.** Take some of the largest apples you can get; pare and core them, and cut them into round slices. Take half a pint of ale, and two eggs, and beat in as much flour as will make it rather thicker than a common batter pudding; and nutmeg and sugar to your taste. Let it stand a few minutes to rise. Dip the slices of apple into the batter, fry them crisp, and serve them up with sugar grated over them, and wine sauce in a boat. Or you may make them of common batter, with apples chopped fine, and mixed with it.

**POTATOE FRITTERS.** Boil and mash half a pint of potatoes very fine, with one ounce of butter, two spoonfuls of cream, a little pepper and salt, and two eggs well beaten; fry it in fritters of a nice brown. They are good to eat with sausages, steaks, or any thing with which potatoes are eaten.

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## CAKES, &c.

BEFORE you begin to make any sort of cake, have all the ingredients ready for use; currants should be well washed, picked, dried in a cloth, and then set before the fire. If damp, they will make the cake heavy; a little flour should be thrown over them before they are put into the cake. Butter should be beaten to a cream before it is put to the sugar, or it will require more beating afterward, and not answer the purpose so well. Eggs should be beaten well, and strained, and used immediately, or they will require beating again, and the cake will not be so light as if used when they are first beaten. Sugar should be powdered and sifted. Lemon peel should be cut thin and beaten to a paste, with a little sugar, in a bowl, or marble mortar, and then mix it with a little wine or cream, so as to mix it easily among the other ingredients. When all the articles are put together, they should be well beaten, and put in the oven directly, if the cake is a rich one; but if there is any yeast used, it should stand in the pot, or tin, that it is to be baked in, till it rises to the top, and then put in the oven. Whenever yeast is required, it should be procured the day before it is to be used, that it may have time to settle, and be quite thick at the bottom of the bason. The beer which will rise to the top must be all poured off, and the proper quantity of yeast used, as directed in the different receipts. If the yeast is at all bitter, put a little water to it the day before you use it, and it will improve it very much, but you must use rather more yeast on that account. When wanted for use, pour all the water from it, and always have the yeast as thick as possible for cakes, buns, bread, rolls, &c. Rich cakes should be baked in wooden girdles. Common cakes will bake very



well in pans or tins; the brown Nottingham ware pots are best for the purpose. All large cakes require a quick oven; to know when they are soaked enough, take a broad-bladed knife that is very bright, and plunge it into the middle; draw it out immediately, and if any of the cake sticks to it, put it in the oven, and bake it longer; but if the knife comes out quite clean, the cake is sufficiently baked. All kinds of cakes should be turned out of the tins or pans they are baked in as soon as they are taken out of the oven, and kept upside down till cold, or the steam which settles at the bottom will make them heavy.

**RICH PLUM CAKE.** Take one pound and six ounces of currants, wash and pick them very clean, then dry them, and rub a little flour with them; take one pound of fresh butter and put it in a preserving pan, rub it with your hand till quite a cream; take another pan, and break sixteen eggs, yolks and whites together; whisk them about ten minutes; take one pound of powdered sugar, put it in with the eggs, whisk them well over the fire, and be careful it does not burn at the bottom; make the whisk go to the bottom, and, when you feel they are warm, take it off; whisk them till they are quite cold before you put them to the butter; then mix them well with the butter; put the pound and six ounces of currants in with it; put in one pound and a quarter of flour, and mix it with the rest; add half a pound of citron, and lemon and orange peel, cut in bits; a handful of sweet almonds cut any size you like, a handful of bitter almonds pounded, with a little powdered sugar, half an ounce of cinnamon and mace pounded fine, and a glass of brandy; then paper the hoop, put in the cake, and bake it in an oven regularly heated.

**A GOOD PLUM CAKE.** Take three pounds of flour, three pounds of currants, four ounces of sugar, seven eggs, one pint of cream, two pounds of butter, four table spoonfuls of yeast (prepared as in the general directions for cakes); mix the eggs and the yeast together, strain them; set the cream on the fire, melt the butter in it, add half a pint of sweet wine; mix together the flour, currants, and sugar, with nutmeg and cloves to your taste, stir these into the cream; when it is as warm as you can bear your finger in it, put in the yeast, beat it well, butter the pot or tin it is to be baked in, put in the cake, let it stand before the fire half an hour to rise, and then put it into an oven properly heated.

**A POUND CAKE.** Beat a pound of butter to a cream; beat twelve eggs, leaving out half the whites; mix them with the butter; then put in a pound of dried flour; beat them together, for one hour, with one pound of sifted sugar, and a few caraway-seeds; butter the pan, and continue to beat the cake till sent to the oven.

**A POUND CAKE WITH PLUMS.** Make it as the last receipt, only omit the caraway-seeds, and add one pound of currants, one pound of raisins stoned and chopped, a glass of brandy, and any quantity of candied peel you think proper; add a little nutmeg, cloves, and cinnamon, if agreeable

**RICE CAKE.** Whisk five eggs well, mix with them half a pound of rice flour, and about six ounces of lump sugar pounded, a little brandy and orange-flower water, and a drop or two of essence of lemon; beat it half an hour, and put it immediately in a quick oven: it is fit to eat when cold, and best while new.

**A COMMON SEED CAKE.** Take three pounds of fine flour, set it before the fire till it is warm; melt half a pound of butter in a sufficient quantity of milk and water to mix the cake; beat three eggs well; add two table spoonfuls of very thick yeast to them; beat them together, and put some of the milk and butter to them quite warm; put them into the flour, and add the rest of the milk and butter by degrees, and keep stirring and beating it with a spoon; mix it up as stiff as you can conveniently stir it; cover it over, and set it before the fire an hour; then take it up, and add one ounce of caraway seeds, a teaspoonful of ginger, and sugar to your taste; mix it well, butter the pan or tin it is to be baked in; put in the cake, set it before the fire till it rises to the top; then put it into the oven; as soon as it is baked, turn it out of the pot, and let it stand till cold, with the top downward. Put a few currants in if you think proper, and omit the caraway seeds.

**ANOTHER SEED CAKE.** Make it as the last receipt, only omit the butter; it eats very good when new. Toast and butter it when stale. Currants may be added, if approved. Milk and water is much better for these kind of cakes than milk alone, which soon makes them dry. They eat much better, and keep longer, made with milk and water.

**A RICH SEED CAKE.** Work one pound of butter to a cream with the hand; put to it the whites of ten eggs beaten to a strong froth, the yolks of four, ten ounces of loaf sugar sifted, a little mace pounded, and nutmeg grated; add one pound of flour, one ounce of caraway seeds, and a glass of brandy. Sliced almonds, orange peel, or citron, may be added.

**A LIGHT CAKE.** Mix half a pound of currants, some nutmeg, and an ounce of sugar, in one pound of flour, with a little salt; then stir a quarter of a pound of butter into a quarter of a pint of milk, over the fire, till the butter is melted; strain into it two table spoonfuls of thick yeast, two eggs (only one white); stir altogether with a spoon, and set it before the fire to rise in the pan it is to be baked in. The oven must be as hot as for white bread.

**ALMOND CAKE.** Two ounces of butter, one pound of sweet almonds blanched and beaten, with a little rose or orange-flower water, and the white of an egg; half a pound of sifted loaf sugar, eight yolks and three whites of eggs, the juice of half a lemon, and the rind grated: bake it in a pan.

**LITTLE CAKES FOR TEA.** Mix one pound of flour with half a pound of sugar sifted, one ounce of caraway seeds, and a little nutmeg; beat the yolks of two eggs with three spoonfuls of sweet wine; put these to the rest, with half a pound of butter melted in a little cream or new milk; work all well together, roll

it out thin, cut it into cakes with a tin or glass; bake them on tins in a slack oven.

**ANOTHER SORT OF TEA CAKES.** Rub half a pound of butter into a pound and a quarter of flour; add half a pound of loaf sugar pounded, and an ounce of caraway seeds; mix it into a paste, with one egg beaten, and a glass of sweet wine; roll it out, and cut it into cakes with the top of a wine glass; put them on tins, and bake them of a light brown.

**SHREWSBURY CAKES.** Take a pound of butter and put it in a pan; rub it till it is as fine as cream; then take one pound of powdered sugar, a little cinnamon and mace pounded, with four eggs, yolks and whites together; beat it up with your hand till it is very light; then take one pound and a half of flour, work it together, and roll it out to any size you like, only very flat; let your oven be very slow, and let them change their colour; then take them out.

**BATH BUNS.** Take half a pound of butter, and one pound of flour; rub the butter well into the flour; add five eggs, and three table spoonfuls of very thick yeast. Set it before the fire to rise; when it has risen sufficiently, add a quarter of a pound of powdered sugar, and an ounce of caraways; mix them well in, then roll it out in little cakes, and bake them on tins. Strew caraway comfits on the top before you put them in the oven.

**BANBURY CAKES.** Take a pound of dough that is made for white bread, roll it out, and put bits of butter upon it the same as for puff paste, till you have worked in a pound of butter; roll it out very thin, then cut it into bits of an oval form, the size you wish to make the cakes. Have ready some currants washed, picked, and dried; mix some good moist sugar with a little brandy, sufficient to wet it; then mix the currants with the sugar and brandy, put a little upon each bit of paste, close them up, and put the side that you closed next the tin they are to be baked upon; do not let them touch each other; bake them in a moderate oven. Be careful not to bake them too much; as soon as they are taken out, sift sugar over them. You may add candied peel to the currants, or grate the rind of a lemon, or put a few drops of essence of lemon, if you like it.

**COMMON BUNS.** Rub four ounces of butter into two pounds of flour; add a little salt, four ounces of sugar, a desert spoonful of caraways, and a tea spoonful of ginger; put some warm milk or cream to four table spoonfuls of very thick yeast; mix all together into a paste, but not too stiff; cover it over, and set it before the fire an hour to rise; then make it into buns, put them on a tin, set them before the fire for a quarter of an hour, covered over with flannel; then brush them over with warm milk, and bake them of a nice brown, in a moderate oven.

**SWEETMEAT GINGERBREAD NUTS.** Take two pounds of treacle, and put it in a large bason; then take half a pound of fresh butter, and carefully melt it; pour the butter to the treacle, and stir it well as you pour it in; add three quarters of an ounce

of the best pounded ginger, two ounces of preserved lemon and orange peel, and two ounces of preserved angelica, cut very small; one ounce of coriander-seed pounded, and one ounce and a half of caraway seeds whole; mix them well together; then break two eggs, yolks and whites together, and mix as much flour as will bring it to a fine paste; make them the size you choose, put them on a tin plate, and let the oven be rather brisk.

**GOOD PLAIN GINGERBREAD.** Mix three pounds of flour with four ounces of moist sugar, and half an ounce of pounded ginger; warm one pound and a quarter of treacle, and melt half a pound of fresh butter in it; put it to the flour, and make it into a paste; make it into nuts or cakes, or bake it in one cake.

**RUSKS, OR TOPS AND BOTTOMS.** Beat up seven eggs, and mix them with half a pint of warm new milk, in which a quarter of a pound of butter has been melted: add a quarter of a pint of yeast, and three ounces of sugar; put them by degrees into as much flour as will make a very light paste, nearly as thin as batter; let it rise before the fire half an hour; then add more flour, to make it a little stiffer. Work it well, and divide it into small loaves, or cakes, about five or six inches wide, and flatten them. When baked and cold, slice and put them in the oven to brown a little. These cakes, when first baked, are very good buttered for tea. If they are made with caraway seeds, they eat very nice cold.

**BREAKFAST CAKES.** Take one pound and a half of flour, four ounces of butter, and two eggs; put one table spoonful of yeast to half a pint of warm milk; rub the butter into the flour, and mix the eggs, yeast, and milk together, with a tea spoonful of sugar; put the liquid into the middle of the flour, and let it stand to rise for two hours: make it into cakes, and let them stand to rise again before they are put into the oven. Wash them over with skimmed milk, with a feather.

**N. B.** When you make them hot a second time, dip them into boiling milk, and make them hot in a Dutch oven; then cut them open and butter them.

**YORKSHIRE CAKES.** Mix two pounds of flour, warmed before the fire, with six ounces of butter melted in a pint of milk, three eggs beaten, a little salt, and three spoonfuls of very thick yeast; let the milk be as warm as you can bear your finger in it; mix it well together into a paste, but not too stiff; set it before the fire, covered over, for an hour, to rise; then make it into cakes about an inch thick, and as large as a saucer or small plate; make the tins hot, shake a little flour over, put on the cakes, cover them over, set them before the fire ten minutes, then put them in a slow oven. They must be buttered while hot; or, when cold cut in two, toasted brown, and buttered. The eggs and yeast should be mixed with a little of the warm milk, and put into the flour first; then add the rest of the milk and butter.

**CRUMPETS.** Set two pounds of fine flour, with a little salt, before the fire, till quite warm; then mix it with warm milk and water till it is as stiff as you can stir it with a spoon; the milk and

water should be as warm as you can bear your finger in it. Have ready three eggs well beaten, with three spoonfuls of very thick yeast; add a cupful of the warm milk and water to the eggs, put them to the batter, and beat it all well together in a large pan or bowl; add as much milk and water as will make it into a thick batter; cover it close, and set it before the fire to rise; put a bit of butter in a bit of thin muslin, tie it up, and rub it lightly over the iron hearth, or frying pan; pour on a sufficient quantity of batter at a time to make one crumpet; let it do slowly, and it will be very light. Bake them all in the same way; they should not be brown, but of a fine pale yellow; when cold, toast and butter them; do not lay too many together.

**MUFFINS.** Put a quarter of fine flour into a kneading trough; mix a pint and a half of warm milk and water with a quarter of a pint of good yeast and a little salt, stir them together for a quarter of an hour; then strain the liquor into a quarter of a peck of fine flour; mix the dough well, and set it an hour to rise. Then roll it up with the hands, pull it into small pieces, roll them in the hands like balls, and lay a flannel over them, while rolling up, to keep them warm; all the dough should be closely covered up the whole time. When all the dough is rolled into balls, the first that were made will be ready for baking. When they are spread out into the right form for muffins, lay them on tins, and bake them; and, as the bottoms begin to change colour, turn them on the other side.

A richer sort may be made, by mixing a pound of flour with two eggs, two ounces of butter melted in half a pint of milk, and two or three table spoonfuls of yeast beaten well together. Let it stand two hours to rise, then bake the muffins the usual way. Muffins should be pulled open, and never cut with a knife.

**FRENCH ROLLS.** Warm three spoonfuls of milk, three of water, and a piece of butter the size of a walnut, with a little salt; then add two spoonfuls of very thick yeast; put all this into the middle of a quart of flour; stir enough with it to make it of the thickness of a batter pudding; strew a little flour over it from the sides, and set it a little distance from the fire; do this three hours before it is put into the oven; when it breaks through the flour and rises, work it into a light paste with warm milk and water; work it lightly into rolls a quarter of an hour before they are put in the oven; drop them on a tin first floured; handle them as little as possible; set them before a fire to rise, covered over with flannel, and they will require about twenty minutes baking: rasp the rolls.

**POTATOE ROLLS.** Boil three pounds of potatoes; bruise and work them with two ounces of butter, a little salt, and as much milk as will make them pass through a cullender. Take half a pint of thick yeast, and half a pint of warm water, and mix it with the potatoes; then pour the whole upon five pounds of flour. Knead it well; if not of a proper consistence, put a little more warm milk and water; let it stand before the fire an hour to rise.

work it well, and make it into rolls. Bake them about half an hour in an oven that is proper for white bread. They eat best when toasted and buttered.

## BREAD, &c.

**WHITE BREAD.** Put a bushel of fine flour into a dough trough. Take nine quarts of warm water, and mix it with a quart of yeast; put it to the flour, and stir it well with your hands till it is tough. Let it lie till it rises as high as it can, which will be in about an hour and a quarter. Watch it when it rises; but do not let it remain too long, or it will fall. Then make up the dough with eight quarts more of warm water, and one pound of salt; work it up with your hands; cover it with a coarse cloth, and flannel over the cloth. By the time the oven is heated, the dough will be ready. Make the loaves about five pounds each, or any size you like; clean the oven, put in the loaves, and bake them two hours and a half. In summer, the water must be lukewarm, in winter a little warmer, and in frosty weather as warm as you can bear your hand in, but not so hot as to scald the yeast. Make the loaves a quarter of an hour before they are put into the oven. Some prefer baking bread in tins made for the purpose. Bricks are made by making the loaves long instead of round, and cutting them in several places along the sides with a knife, before they are put in the oven. Small families may reduce the quantity.

**HOUSEHOLD BREAD** is made the same way as the white bread, only it is a mixture of rye and wheat flour, the proportion is generally two pecks of wheat to one of rye, but some prefer half rye; bread made of half rye will keep moist and good a week or ten days, and is excellent for bilious or costive habits. This sort of dough should be made very stiff.

**LEAVENED BREAD.** Save two pounds of dough from the last baking; cover it with flour, and keep it in a little flour barrel; the night before you intend to bake, put the dough or leaven into a peck of flour, and work them well together with warm water. Let it lie in a dry wooden vessel in a warm place, covered with a linen cloth, and a blanket over the cloth. If the dough is kept warm, it will be sufficiently fermented by the next morning, to mix with two or three bushels of flour. Work it up with warm water, and a pound of salt to each bushel. When well worked, and thoroughly mixed with all the flour, let it be covered with the linen and blanket till it rises; then knead it well, and work it up into loaves and bricks; make the loaves broad, and not so thick and high as for yeast bread. Bake them as before directed. The more leaven you put to the flour, the lighter the bread will be.

**ECONOMICAL BREAD** is made in the same manner as other bread, only the water is boiled with a quantity of fine bran in

it; when strained off, mix the water with the yeast, and make the dough with it. This method is supposed to save a considerable quantity of flour. Some use potatoes with flour to make bread, which should be mashed, and mixed with the water.

**TO PRESERVE YEAST.** Take a quantity of yeast; stir and work it with a whisk till it is thin. Then take a clean and dry tub, and with a soft brush, lay a thin layer of yeast over the bottom of the tub, and cover it over with a cloth. When that coat is dry, lay on another, and repeat it till it is two or three inches thick; one coat of yeast must be dry before you lay on another; it will keep good several months. When wanted for use, cut a piece off, and lay it in warm water to dissolve; then stir it with the water, and it will be fit for use.

**TO MAKE YEAST.** Thicken two quarts of water with three spoonfuls of fine flour; boil it half an hour; sweeten with about half a pound of brown sugar; when nearly cold, put it with four spoonfuls of fresh yeast in a jug; shake it well together, and let it stand one day to ferment, near the fire, without being covered. There will be a thin liquor on the top, which must be poured off; shake what remains, and cork it up for use. Always take four spoonfuls of the old to ferment the next quantity. A quarter of a pint of yeast is sufficient for a peck loaf.

**TO MAKE YEAST WITH PEAS.** Take a teacupful of split or bruised peas; pour on them a pint of boiling water, and set it by in a vessel four and twenty hours, in a warm place; it will then be fit for use.

**POTATOE YEAST.** Boil one pound of potatoes to a mash; when it is as cool as you can bear your finger in it, add a cupful of yeast, and mix it well. It will be ready for use in two or three hours, and keeps well. Use double the quantity of this to what you do of beer yeast.

To take off the bitterness from yeast, wet some bran with warm water, put it into a sieve, pour the yeast upon it, and let it drain through the sieve.

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## PICKLING, &c.

STONE or glass jars are best for all kinds of pickles; as earthen jars are porous, they admit the air, and frequently spoil the pickles.

A wooden spoon, with holes in it, is best to take pickles out of the jar, and should be kept dry for that purpose. It is best to keep a small jar, to put in the pickles that come from table; if they are returned into the jar they were taken from, it injures the others, by opening them too often.

It is a common practice to make use of brass utensils for green pickles, or to use alum; others boil halfpence with pickles; they are all very pernicious, and by no means necessary, as the colour

may be preserved quite as well without, if the receipts are properly attended to, the vinegar good, and the jars kept in a dry place, tied down close with bladder and leather.

#### GHERKINS, FRENCH BEANS, AND RADISH PODS.

Gather them when quite dry, pick off the blossoms and stalks, put them in a dish, and shake a handful of salt over them; when the salt begins to melt, stir them about frequently, so as to let them all be wet; the next day drain them in a cullender, put them in the jars you intend to keep them in, and pour boiling vinegar over them, sufficient to cover them. Let the jars stand at some distance from the fire three or four days; then put the vinegar and pickles into a stewpan; set it on the fire, with vine leaves over the top, so as to keep in the steam of the vinegar: when the leaves are turned yellow, take them off and put fresh ones on, and continue to do so till the pickles are of a good green; let the heat increase gradually till they simmer, but do not let them quite boil; add ginger sliced or bruised, pepper-corns, either black or white, in any quantity you think proper. More expensive spice may be added if agreeable, but it is not necessary.

Some gather gherkins, French beans, &c. and put them in the jar directly, and boil a spoonful of salt in the vinegar, and pour it boiling upon them, and then finish them, as directed above.

**ONIONS.** Peel small button onions, and put them in milk and water, with some salt in it; when it boils, strain the onions, wipe them dry, and put them into glass jars or wide mouthed bottles. Have ready cold white wine vinegar, in which whole white pepper, ginger, mace, and slices of horse radish, have been boiled. Pour it over the onions and cover them with a bladder and leather.

**WALNUTS.** Gather walnuts before the shells begin to form, which you may know by running a pin in near the stalk, where the shell first begins to get hard. Pick off the stalks, put them in a jar; boil the best white wine vinegar, or gooseberry vinegar, with a table spoonful of salt to a quart of vinegar; add pepper-corns, ginger, and slices of horse radish; pour it boiling hot upon the walnuts; when cold, tie them down with bladder and leather. They should stand twelve months before they are used. If the spice is bruised before it is put in, and boiled in the vinegar, half the quantity is sufficient to what it would be if put in whole; mace and cloves may be added, but they are not necessary. When the walnuts are all used, boil up the vinegar with anchovies, a little garlic, and a few cloves. The proportion is one pound of anchovies to a gallon of vinegar, one ounce of cloves, and four cloves of garlic; strain it; when cold, bottle it for use. Cork it close, and tie it down with bladder and leather. A spoonful of it, with melted butter, makes excellent sauce for fish. It is a great improvement to any kind of brown gravy or hashed meat.

**NASTURTIUMS.** Take the vinegar which is left of green pickles and onions; boil them together; put it into a jar; when cold, put in the nasturtiums, which must be gathered when quite dry, and when they are young; if a sufficient quantity cannot be



gathered at once, they may be put in as they ripen, till the jar is full.

This is a very good way to use up old vinegar, and they eat well. If old vinegar cannot be had, boil fresh vinegar, with salt and spice; when cold, put in the nasturtiums.

**RED CABBAGE.** Slice a cabbage cross ways, put it in an earthen dish, and put a handful of salt over it. Cover it with another dish, and let it stand twenty-four hours. Put it into a cullender to drain, then put it in the jar. Take good vinegar enough to cover it; add a few cloves and allspice bruised; boil it, and put it hot on the cabbage; cover it till cold, and then tie it close as you do other pickles.

**CAULIFLOWERS.** Take white and close cauliflowers; pull the white part into bunches, and spread them on a dish. Lay salt over them, and let them stand three days to draw all the water out. Then put them into jars, and pour boiling water upon them, with salt in it. Let them stand one night; then drain them in a sieve, and put them into glass jars. Fill up the jars with vinegar that has been boiled, and tie them down as other pickles.

**BARBERRIES.** Take barberries that are not quite ripe, pick off the leaves and dead stalks, and put them into jars with a good quantity of strong salt and water; tie them down with a bladder. When a scum rises on the berries, put them into fresh salt and water; they do not require vinegar, their own sharpness is sufficient to preserve them.—Currants may be done the same.

**MUSHROOM KETCHUP.** Take the largest mushrooms you can procure; mash them well with your hand; throw some salt among them; the proper proportion is six ounces of salt to a peck of mushrooms. Let them stand two nights; then strain it, and press the mushrooms as hard as possible, to get out all the liquor; put it into an iron saucepan or well tinned stewpan, with Jamaica and black pepper corns bruised, a few shalots, some ginger sliced, and a little horse radish; boil it an hour, strain it, and when cold, bottle and cork it close; tie it over with leather or bladder, and keep it in a dry place.

You may add any quantity of the vinegar that walnuts have been pickled in. If ketchup is well boiled, kept in a dry place, and tied down close, it will keep two or three years; but if the bottle is left open long, or set in a damp place, it will soon spoil. Mace, cloves, and nutmeg, may be added, if agreeable, but it is very good without them.

**WALNUT KETCHUP.** Take green walnuts, just before they are fit to pickle; pound them in a mortar, with some salt; squeeze out the juice; let it stand to settle; pour off the clear juice, and boil it; to every quart add half a pound of anchovies; and of mace, cloves, and Jamaica pepper, take of each half a quarter of an ounce, a handful of shalots, and half a pint of vinegar; boil all together till the anchovies are dissolved; strain and bottle it; when cold, cork it close, and tie it down with leather or bladder, and keep it in a dry place. It will keep good many years. A little of it in

any kind of gravy sauce or hashed meat is a great improvement. A few spoonfuls of it in melted butter makes excellent sauce for fish.

## W I N E S.

PARTICULAR care should be taken to have the cask quite sweet and dry, and washed inside with a little brandy, before the wine is put in; it must not be left too long to ferment before it is put into the cask; two nights are generally sufficient. When in the cask, the bung should be put in, but not stopped quite close, till the wine has done fermenting. It is advisable to taste the wine when it has stood three or four months, to know if it is fit to draw off, and, if too sweet, let it stand longer; if not sweet enough, more sugar may then be added, or it may be drawn off into another cask, and sugar-candy added, which, in such cases, is preferable to sugar, and adds much to the richness of the wine.

**APRICOT WINE.** Boil six pounds of loaf sugar in six quarts of water; skim it well; then put in twelve pounds of apricots, pared and stoned, and boil them till they are tender. Strain the liquor from the apricots, put it into a stone bottle, and bottle it as soon as it is fine. Cork it well, and keep it in a cool cellar for use.

**BLACKBERRY WINE.** Gather the berries when they are full ripe; take twelve quarts, and crush them with your hand; boil six gallons of water with twelve pounds of brown sugar, a quarter of an hour; skim it well, then pour it on the blackberries, and let it stand all night; then strain it through a hair sieve; put into the cask six pounds of Malaga raisins a little cut, then put the wine into the cask with one ounce of isinglass, which must be dissolved in a little cider; stir it all up together, close it up, let it stand six months, and then bottle it.

**CHERRY WINE.** Pull the cherries, when full ripe, off the stalks, and press them through a hair sieve; to every gallon of liquor put two pounds of lump sugar beat fine, stir it together, and put it into a vessel; it must be full. When it has done working and making a noise, stop it close for three months, and bottle it off.

**COWSLIP WINE.** To two gallons of water add two pounds and a half of powder sugar; boil it half an hour, and take off the scum as it rises; then pour it into a tub to cool, with the rinds of two lemons; when it is cold, add four quarts of cowslip flowers to the liquor, with the juice of two lemons; let it stand in the tub two days, stirring it every two or three hours; then put it in the barrel, and let it stand three weeks or a month; then bottle it, and put a lump of sugar into every bottle. It makes the best and strongest wine to have only the tops of the peeps.

**CURRANT WINE.** Take an equal quantity of red and white currants, and bake them an hour in a moderate oven, then squeeze

them through a coarse cloth; what water you intend to use, have ready boiling, and to every gallon of water put in one quart of juice and three pounds of loaf sugar; boil it a quarter of an hour; skim it well, and put it in a tub; when cool, put in a slice of toasted bread, spread on both sides two spoonfuls of yeast, and let it work three days; stir it three or four times a day; then put it into a cask, and to every ten gallons of wine add a quart of French brandy, and the whites of ten eggs well beat; close up the cask, and let it stand three months, then bottle it.

**RED CURRANT WINE.** Gather the currants when full ripe, and squeeze out the juice; to one gallon of the juice put two gallons of cold water and two spoonfuls of yeast, and let it work two days; then strain it through a hair sieve; at the same time put one ounce of isinglass to steep in cider, and to every gallon of liquor add three pounds of loaf sugar; stir it well together; put it in a good cask; to every ten gallons of wine put two quarts of brandy, mix them well in the cask, close it well up, let it stand four months, and then bottle it.

**DAMSON WINE.** Stone the damsons, and to every five quarts put two gallons of water, to which add five pounds of sugar; boil them till the liquor is of a fine colour, then strain it through a sieve; let it work in an open vessel for four days; then pour it off the lees, and let it work in that vessel as long as it will; then stop it up for six months or more, till it is fine; then bottle it, and let it stand for a year or two before you drink it.

**ELDER RAISIN WINE.** To every gallon of water put six pounds of Malaga raisins shred small; put them into a vessel; pour the water on them boiling hot, and let it stand nine days, stirring it twice every day: get the elder berries when full ripe, put them into an earthen pot, and set them in a moderate oven all night: then strain them through a coarse cloth, and to every gallon of liquor put one quart of this juice: stir it well together: then toast a slice of bread, spread three spoonfuls of yeast on both sides, put it in the wine, and let it work a day or two; then turn it into the cask, and fill it up as it works over: when it has done working, close it up, and let it stand one year.

**GINGER WINE.** To four gallons of spring water put seven pounds of Lisbon sugar: boil it a quarter of an hour, and keep skimming it well: when the liquor is cold, squeeze in the juice of two lemons: then boil the peel with two ounces of ginger in three pints of water, one hour: when it is cold, put it altogether into a barrel, with two spoonfuls of yeast, a quarter of an ounce of isinglass beat very thin, and two pounds of jar raisins: then close it up, let it stand seven weeks, and bottle it. The best season to make it is the spring.

**GOOSEBERRY WINE.** Take as many of the best pearly gooseberries, when ripe, as you please; bruise them with a wooden pestle in a tub, and let them stand all night, then press and squeeze them through a hair sieve: let the liquor stand seven or eight hours; then pour it clear from the sediments, and to every three

pints of liquor add a pound of double refined sugar, and stir it about till it is melted: then put to it five pints of water, and two pounds more of sugar; then dissolve half an ounce of isinglass in a pint of the liquor that has been boiled, and put all in the cask; stop it well up for three months, then bottle it, and put in every bottle a lump of double refined sugar.

**ORANGE WINE.** To ten gallons of water, put twenty-four pounds of lump sugar; beat the whites of six eggs very well, mix them when the water is cold, and boil it an hour; skim it very well; take four dozen of the roughest and largest Seville oranges you can get; pare them very thin, put them in a tub, put the liquor on boiling hot, and when you think it is cold enough, add to it three or four spoonfuls of new yeast, with the juice of the oranges, and half an ounce of cochineal beat fine, and boiled in a pint of water; stir it all together, and let it work four days; then put it in the cask, and in six weeks time bottle it for use.

**RASPBERRY WINE.** Gather the raspberries when full ripe and quite dry; crush them directly, and mix them with sugar (it will preserve the flavour, which they would lose in two hours); to every quart of raspberries put a pound of fine powder sugar; when you have got the quantity you intend to make, to every quart of raspberries add two pounds more of sugar, and one gallon of cold water; stir it well together, and let it ferment three days, stirring it five or six times a day; then put it in the cask, and for every gallon, put in two whole eggs (take care they are not broke in putting them in); close it up, and let it stand three months, then bottle it.

If you gather the berries when the sun is hot upon them, and be quick in making the wine, it will keep the virtue in the raspberries, and make the wine more pleasant.


THE END.

LONDON:

W. MASON, PRINTER, 22, CLERKENWELL GREEN.

The first part of the paper is devoted to a general  
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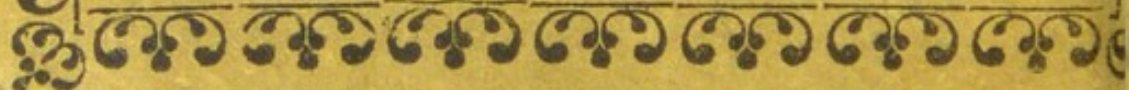




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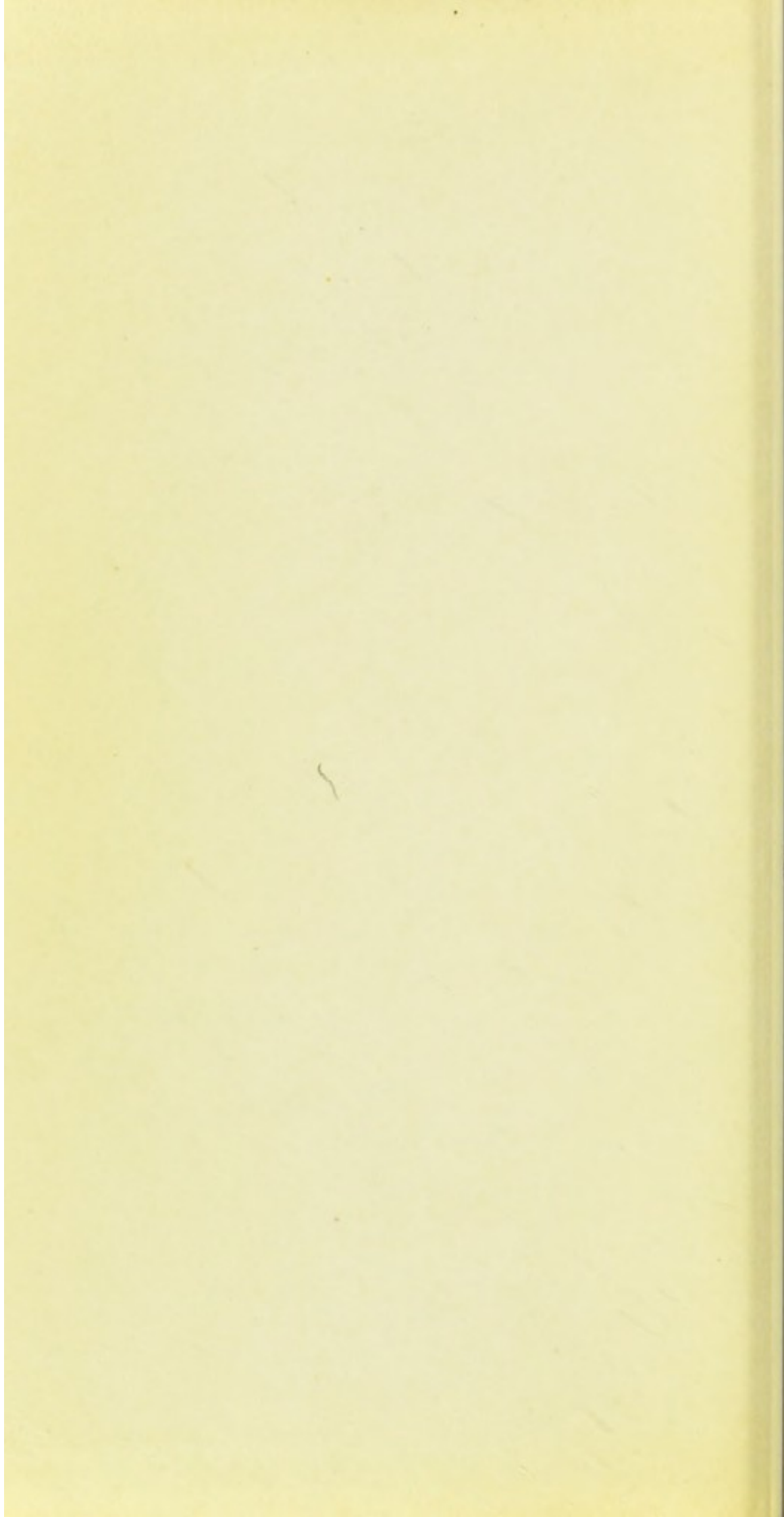
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It is hoped that Females in the middle classes of society, who superintend their own family affairs, and who wish to unite hospitality with economy, will find this publication answer the purpose for which it was intended, for it is the wish of the writer to furnish the young housekeeper with a considerable number of receipts, to which she may have recourse whenever occasion requires; to point out the best method of preparing those things which are frequently wanted in a family; and to enable her to render them agreeable to the palate, consistently with the rules of frugality and economy. It is also hoped, that this publication will answer the purpose much better than any which have preceded it--for although it contain many receipts for particular dishes which are much too expensive for common use, it also comprises many others adapted to daily service; and it must be remembered that a COOKERY BOOK is generally consulted at a time when some article out of the common course is wanted, or the table is to be set out for company.

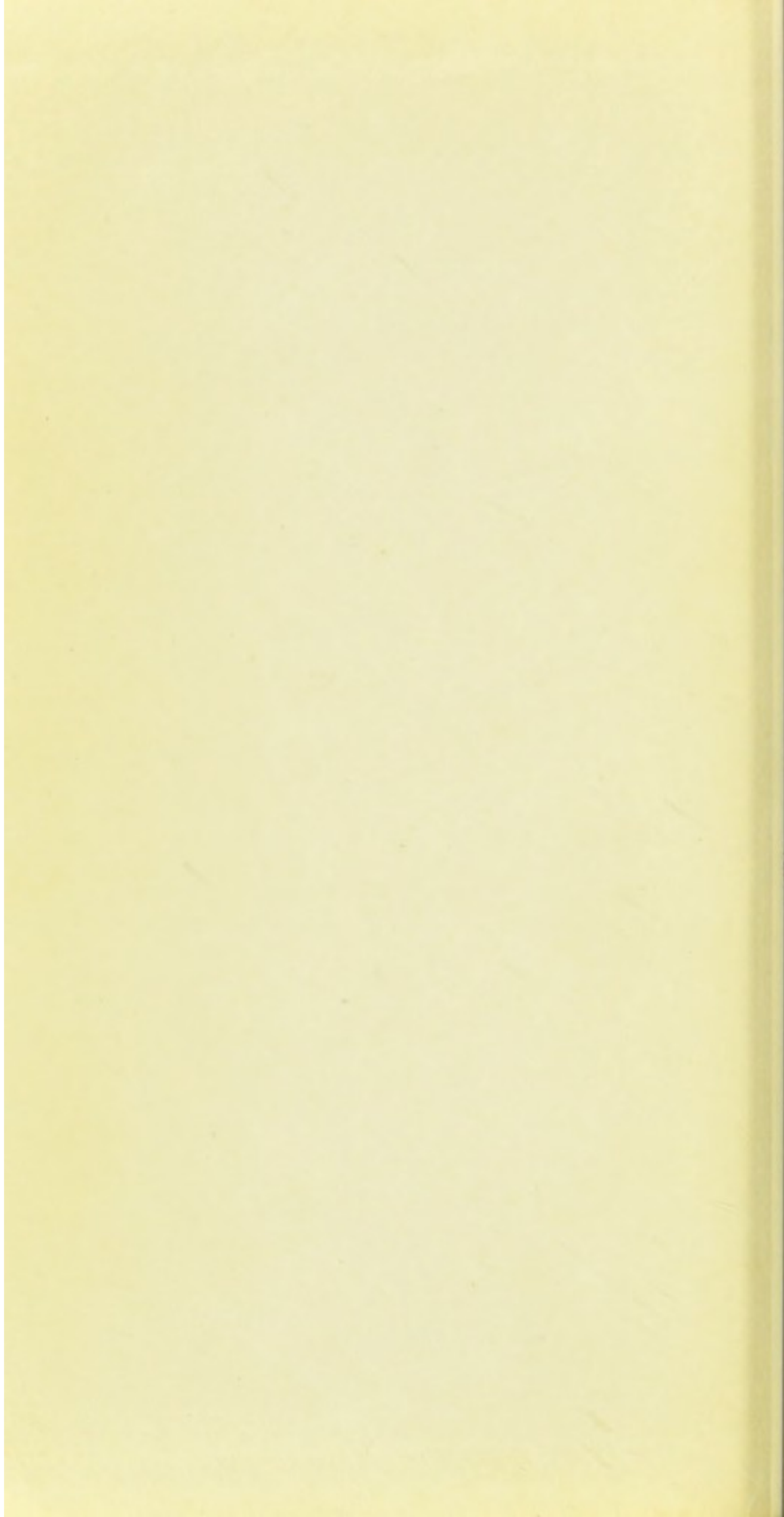




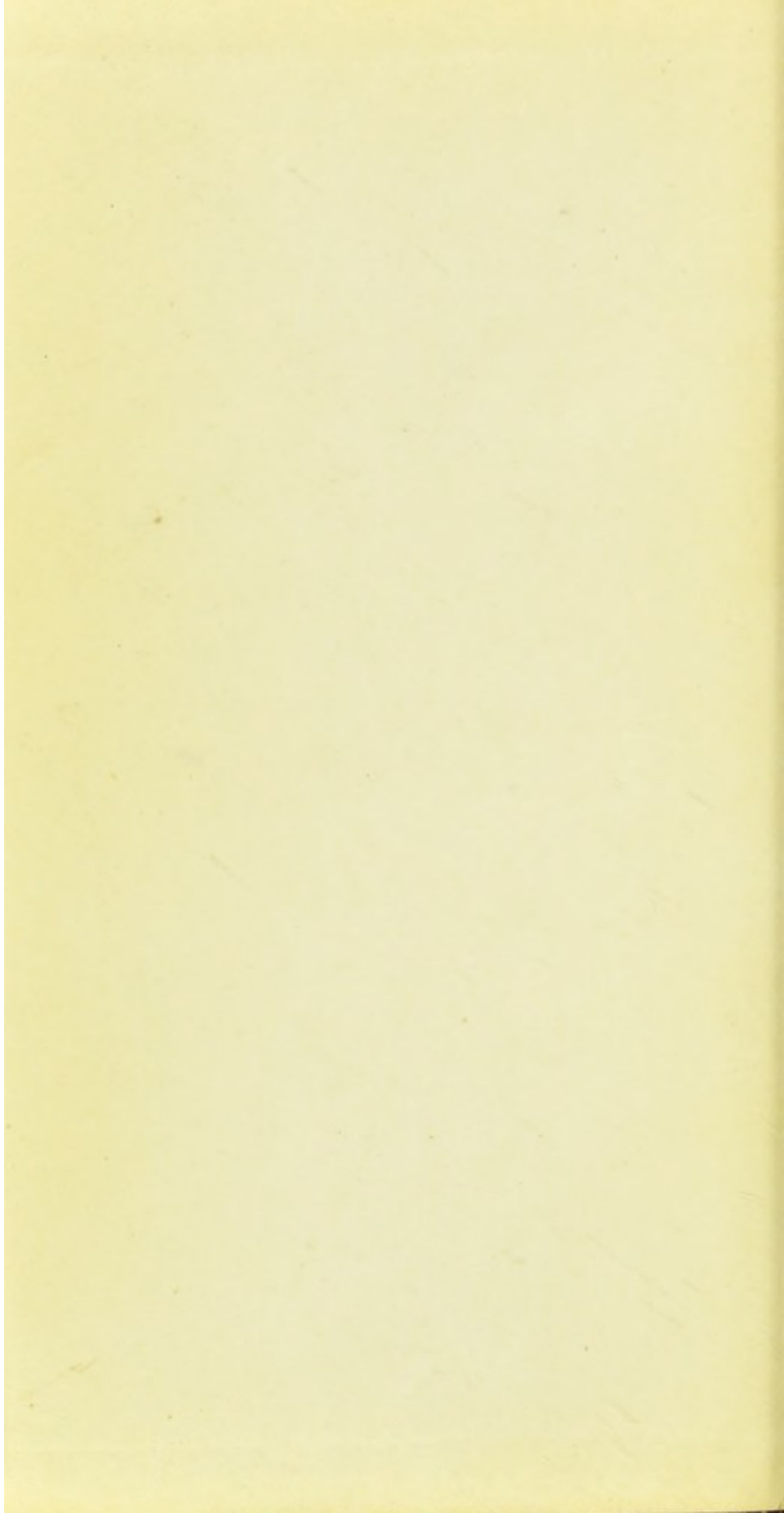












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