

**The cookmaid's complete guide, and the art of cookery made easy : being the best and easiest methods of correctly fulfilling all the duties of the cookmaid, in respectable families. With instructions for steaming; and the most exact directions ever given for properly preparing to cook, for cleanly and nicely cooking and genteely serving-up, all kinds of provisions ... The whole written from practice and experience / by a lady.**

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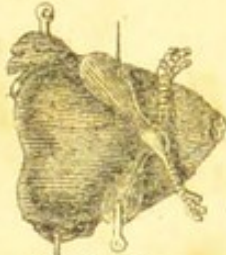
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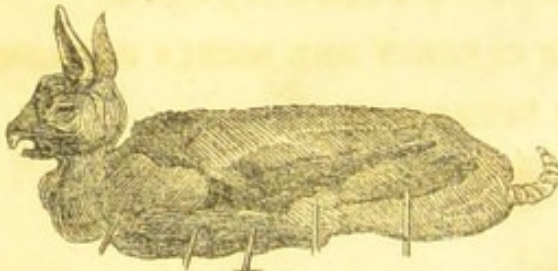
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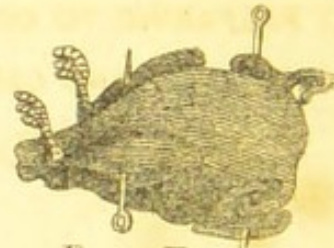
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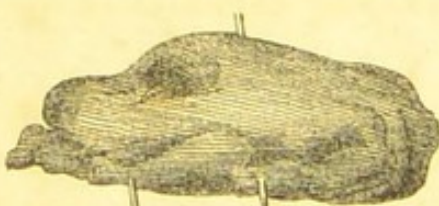
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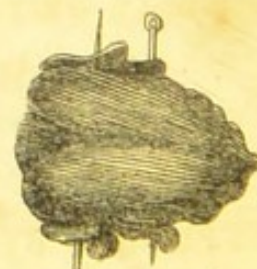
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## INTRODUCTION.

**T**HE utility of a work like the present is obvious; its object being to point out the duties to be done by the Cookmaid, in families of the middle and genteel ranks of life, and the most easy methods of performing them.

It is very necessary, in maintaining order and comfort in a family, that each servant should thoroughly understand what her own work is, that no disagreement may arise; and it is equally important that she should have a guide, that will point out the best manner of accomplishing it.

The addition of the "COOKERY MADE EASY,"—which commences immediately after the directions for doing the household work usually expected of the Cookmaid, renders it a complete guide; as it comprises the best instructions for the correct performance of every part of her duty, and also for properly preparing to cook, and for cleanly and nicely cooking and serving up, every kind of dish, with the vegetables, sauces, &c. proper to accompany them.

THE AUTHOR OF

*London, 1850.*

"COOKERY MADE EASY."



THE  
COOKMAID'S COMPLETE  
GUIDE.

WHEN a young woman undertakes the situation of cookmaid in a family, where only one or two other servants are kept, she will have many duties to perform, besides preparing and dressing the provisions, although that is her principal business. What those duties are, will, of course, depend very much upon the habits of the family with whom she lives; and whether there is a man-servant, or a boy kept; as, if not, the cleaning of knives, shoes, and various things that would be done by them, become the business of the cookmaid.

The part of the house in which her chief work lies is the kitchen; but she is also expected to clean the passage or hall, the stone door-steps, the bell pull, name plate, knocker, and all things outside the house which are kept cleaned; also, the kitchen-stairs, pantry, servants' offices, and areas; and, in many families, the dining-room as well as the kitchen windows, and the light over or at the sides of the hall door. It is her place to scour the dresser, table, shelves, &c. in the kitchen and pantry, and to keep both places clean and in order; to wash the plates and dishes, to keep the saucepans and all other vessels used in cooking, or for keeping eatables in, perfectly clean, so that they may always be ready for use; to wash and keep the pudding-cloths sweet and clean; to sweep the carpet, and clean the grate, fender, fire-irons, and hearth, in the breakfast-parlour; to clean the kitchen candlesticks; to assist the housemaid in making the beds after they have been laid open to air; to answer the door to the tradespeople; and, if there is no man-servant, nor boy kept, to brush the clothes and shoes of the gentlemen of the family.

It is of great importance that the cookmaid should be cleanly in her person, as well as in her cooking; and that she should never be seen with dirty hands, which may be easily prevented by using thick gloves, when blacking a stove or doing any other dirty work, and always washing her hands as soon as she has finished. Nothing can be more disagreeable than to see the person who prepares one's meals with dirty hands or apron.

A habit of economy is indispensable in a cookmaid, and should never be lost sight of, even in the most trifling things, for a number of trifles saved every day will amount to a considerable sum in the course of a year. A conscientious and well-disposed servant would never feel justified in wasting the smallest bit of any thing that might be turned to account; and if a cookmaid knows her business well, she can make good use of pieces of meat, bread, or vegetable; and, in short, of almost every thing that may happen to be left.

A good cookmaid will make many a nice little dish of mince or hash out of pieces that a wasteful one would give to the cat, or throw aside until they were spoiled. All pieces of bread, or bread and butter, if put into a pan and kept covered over, instead of being suffered to lie about and get dirty, may be made into excellent puddings, and should be saved for that purpose.

Economy should also be used with regard to fuel. A careless person will burn twice as many coals as a managing one, by making up a great fire in the kitchen, when a small one would do better, and putting on fresh coals when she might use cinders: but the greatest waste of kitchen fires arises from a foolish and very dirty habit, which some people, as well as servants, get into, of poking and stirring a fire, every time they come near it, or have to do any thing at it, whether it is or is not requisite; and another great waste of kitchen fires is by families having large heavy kitchen fire-irons, which smash and destroy as much coals and fire as are fairly burnt; the remedy for

which is to use in their kitchens, pokers, tongs, and shovels, only a very little larger and heavier than those used in their dining rooms. Habits of economy are easily acquired, and the cookmaid would do well to consider how much more valuable she must be to her employers, and how much more she will be respected, if she be careful, and make the most of the property that is entrusted to her charge, than if she uses it wastefully.

Punctuality is a very essential quality in a cookmaid, who ought to regulate her work so that the dinner should always be ready at the appointed time; and to avoid any mistake in this particular, she should take for her guide the useful little work which follows these directions, in which she will find the exact time that is required to cook every thing; and if she allows herself about fifteen to twenty minutes more, to take up the dinner, and for any little hindrance that may occur, she will be tolerably exact. The best means of being punctual is to keep every thing in its proper place, and fit for use, so that no time may be lost in looking for this thing or that, or in having to clean any utensils that may be wanted for cooking: indeed I have always noticed whenever the cookmaid has failed to serve up dinner at the proper time, the fault arose from want of good order, not from want of ability; and the truth, probably, is, that she has been obliged to hurry the cooking, either because she has been late with her other work, or because she has had to wash or clean some of the things she wanted to use, instead of having them ready and clean beforehand.

Having offered these few preliminary remarks, I shall now proceed to give instructions to the cookmaid as to the best and easiest methods of performing her several duties.

On coming down stairs in the morning, you should go directly to the kitchen, open the shutters, and light the fire, having placed the wood and paper ready, over night, that the wood may be dry, and no time be lost. Most

people have their own way of lighting a fire, but it will be found that the readiest mode is, first to clear out the ashes and cinders from under the oven and boiler, then put some cinders at the bottom of the grate, lay a few pieces of slightly squeezed-up paper on the cinders, and put the wood on the paper in a heap, which is better than crossing it. Put some large cinders and a few small sized round coals, lightly on the wood, and upon them a few more coals and cinders; light the paper, and the fire will burn up in a minute, for the air gets to it through the cinders at the bottom of the grate, and the wood burns long enough to light the cinders and coals. When it is well lighted up, more coals and cinders may be added; and in the meantime, you can sift the cinders, carry away the dust, sweep the range, and polish any part of it which may be necessary, sweep the kitchen, put on the kettle, and clean the hearth, using a little soda, if there should happen to be any grease upon it. All this may be done in half an hour, when you must go to the breakfast parlour, and get your part of the work done there, in time for the housemaid to finish the room before the family come down; and if a tea-urn is used for breakfast, take care to put the heater into the kitchen fire in good time.

In order to avoid soiling the carpet in the breakfast-parlour, while you are lighting the fire and cleaning the stove, you should have a piece of drugget, about a yard wide and two yards long, or cloth of some kind, to lay down; but, whichever you use, always use it the dirty side upwards. Without this precaution, the most careful person cannot prevent the carpet from getting dirty before the fire-place.

Your work in the breakfast-room generally is to light the fire, clean the stove, fender, fire-irons, and hearth; take up the ashes, sweep the carpet, shake the hearth-rug, and lay it down again; but this is sometimes varied in different families. If you find there are more cinders than you can use for lighting the fire, you should take them down to burn in the kitchen.

In cleaning the stove, you will generally require black lead, and stove brushes; also a soft leather and some rotten stone, for polishing the fire-irons; all of which should be kept in a house-box, that they may be carried up every morning, with the cloth that is to be laid over the carpet at the fire-place.

A stove that is bronzed or japanned, must only be dusted with a dusting-brush; but any part of a stove that is of polished steel, must be rubbed with a little rotten stone on a dry leather. But if bright bars are used to have fires in them, you must clean them with emery and oil, polishing them off with a dry leather and dry rotten-stone. The fire-irons may be rubbed with the leather only, unless you see any spots upon them, in which case you must also use the rotten-stone. The fender, if of steel, must be cleaned in the same manner as the fire-irons; but if it is of bronze, or japanned, it is only to be dusted; and if any part that is bronzed or japanned, gets dirtied, it merely requires a damp cloth, to wipe it off.

Having done your part in the breakfast-parlour, you should take away the things you have used, leaving the housemaid to finish the room.

The proper way to black-lead a grate, is to damp the lead with a very little water, or beer, or turpentine, taking care not to make it wet enough to splash; brush the dust off the stove, then, with your little round brush, black any part that looks brown or dirty, and immediately polish it lightly with the polishing brush. Do this in every part that seems to want it, and then give the stove a polish all over, with the dry polishing brush. Some servants wet the stove all over with the black-lead every morning, but it is bad to do this more than once a-week. A stove will polish best before the fire is lit in it.

When the copper coal-scuttle, or a bright copper tea kettle, which some families use, wants cleaning, it is the cookmaid's place to do it; and the proper way is to polish



it with leather and rotten-stone. If tarnished, moisten a little rotten-stone with sweet-oil, and rub it over the scuttle or tea kettles with a piece of rag, then rub it off with a dry rag, and polish it with a leather and dry rotten-stone, or dry whiting. But most parlour coal-scuttles are now made of elegantly painted iron, lined with zink or copper, and these never require any thing more than dusting, or wiping any part that may get soiled.

The cookmaid should always be furnished with her own pails, brushes, flannels, and every thing she requires for her own work, and should never use the housemaid's pails or brushes, nor suffer the housemaid to use her's.— A strict attention to this rule prevents much discomfort and confusion, and the work is sure to be done with more regularity, and much time saved.

If you are quick with the breakfast-parlour work, you will, very likely, have time to clean the door-steps and passage before breakfast, which is much better than leaving them till afterwards: but this will, of course, depend on the breakfast-hour, as you must not, on any account, neglect to see that the water in the kettle is boiling, the urn-iron hot, and every thing ready to take up the moment it is wanted.

If you have toast to make, or bacon to cook, take care to have a clear fire, so that it may be done quickly, when wanted, and not before; for both toast and bacon should be hot from the fire, and not suffered to stand after they are done. Dry toast should be thin and crisp; to keep it so, set it on its edge in the toast-rack, directly it is made.

Never boil eggs by guess; if you have no clock in the kitchen, you should have a sand-glass, or egg-boiler, for in guessing at the time, it is not possible to be quite exact, and half-a-minute too much or too little will spoil an egg. It is the duty of the cookmaid to prepare the breakfast; and that of the housemaid to carry it up to the breakfast-parlour.

In some families, whatever cold meat or cold poultry may have been left from the previous day, is served up at breakfast; in which case it is the cookmaid's duty to send it up, laid out neatly on clean and rather small-sized dishes, with breakfast plates and small clean knives and forks; sometimes it will require a little putting to rights, by trimming, and garnishing with a few sprigs of parsley, which, of course, she will attend to.

When eggs are taken, or cresses, it is also the cookmaid's duty to get the eggs boiled, and the cresses washed perfectly clean, ready to the moment the housemaid is to take them up to the breakfast-parlour. It is necessary to wash eggs in cold water before they are put on to boil, if they are the least soiled, as they must go to table quite clean and white. The housemaid sets the egg-cups, egg-spoons, salt-cellar, &c. ready.

In cleaning the stone steps and other stone work, first sweep the dust carefully away, and wash the stones with clean water and a flannel; then rub the hearth-stone on them until they look white; wring your flannel almost dry, and pass it lightly over the wet stones, in a straight direction, so that they may look smooth when dry. If the stones are dirty, you must, of course, use the scrubbing-brush at first, as well as flannel; but not otherwise.

Brass-knockers, door-plates, bell-pulls, or other outside brass work, must be cleaned and polished with a leather and rotten-stone; but bronzed knockers should only be dusted. Ornamental brass-work, which is always lacquered, should be cleaned with nothing but a little weak warm soap-suds, three or four times a year, and wiped dry with a soft cloth, or old silk handkerchief. At other times, it need only be dusted with a clean dusting-brush, for rubbing would destroy the beautiful lacquer, and leave it in a state that would easily tarnish, which the lacquer is intended to prevent; but lacquered brass-work is seldom or never used outside the house.

The hall, or passage, must first be swept clean with a long hair broom; and, if covered with a floor-cloth, should be wiped two or three times a-week with a damp flannel, and dried with a clean soft cloth, but must never be scrubbed. It may, occasionally, if very dirty, be washed with warm water and soap; but, in general, the less a floor-cloth is wetted and rubbed, the better. When the hall is of white stone work, you must use a flannel with soap and water, to wash it; and if the white stones should be discoloured, a very thin blued starch and a little pipe-clay, put on after washing, will restore them; but, if the hall should be paved with black and white marble, which is sometimes the case, you must only wash them with clean warm soap-suds and flannel, and wipe them quite dry with a softish cloth.

Such, with some slight variations, according to the different habits of the families in whose service you engage yourself, will usually be your early morning work, and you will find it of the greatest advantage to get it all performed, if possible, before breakfast, that it may not interfere with the business of any other part of the day. If the children of the family breakfast in the nursery, or require to go to school early, you will, most probably, be expected to cut their bread and butter, and get their breakfast ready for them; or, at all events, assist in doing so. It is your place also to get the kitchen breakfast ready for yourself and the housemaid, &c; and it will materially add to the comfort of your situation, if you take care to keep your table-cloth clean, and neatly folded, so that it may not have an untidy appearance when spread upon the table; and let the knives, and all the things you use for yourself and fellow-servants, be clean like those you send up to the table of the family.

It is well for the cookmaid and housemaid to have their breakfast at the same time as the family; they are then in the way to attend to any thing that may be wanted:

and the cookmaid will be ready to receive the directions of her mistress, which are generally given directly after breakfast.

In most families, it is the custom of the lady of the house, to go into the kitchen every morning, to make arrangements with the cook about the dinner, and to give out from the store closet such things as may be required for the day's use, either by the cookmaid or housemaid. You must then remember to ask for whatever you will want, so that you may not have to give trouble a second time. Some ladies prefer that the cookmaid should come into the parlour, to receive directions. Should this be the custom, you should make it a rule to wash your hands, and put on a clean apron, before you go in. There are some foolish servants, who have a mistaken notion that a lady should not trouble herself much with her kitchen; but every one ought to have the good sense to know that it is the province and duty of a mistress to superintend the order and management of every part of her household; and those servants who are conscious that they waste not, and perform their duties to the best of their ability, will never feel an objection; but, on the contrary, will be pleased that their mistress should see that they do so.

When you have taken orders about dinner, you should go up into the bed-rooms, to assist the housemaid in making the beds, having already washed your hands and put on your clean bed apron. It is very proper to keep a bed apron entirely for this purpose, one that will wrap quite round you, and tie together behind, and to take it off and fold it up, as soon as the beds are made.—It will serve for a week, with care; therefore, if you make a rule to put on a clean one every Monday morning, the bed-clothes and furniture will never get soiled by rubbing against your gown or clothes. Attention to such little niceties as these is so easy, that it is surprising any one should neglect them, particularly as they make all the difference between a good servant and a bad one.

When the beds are made, which is all you have to do in the bed-rooms, except the weekly cleaning of your own bed-room, you may, perhaps, have to go out to market for vegetables, or something that may be wanted for dinner, unless the various tradesmen call daily for orders; therefore, it is essential that a cookmaid should be something of a judge of the good quality of meat, fish, poultry, vegetables, and all things used in cookery, and be acquainted with their usual prices, that she may not be imposed upon. She should also be able to reckon, and be very correct in keeping account of any money that may be entrusted to her for the purchase of any articles, and for which she is expected to account once a week. If this should be the case, you must keep a book for the purpose of setting down every thing you buy. You must also have a book for the baker, to put down the number of loaves, and the quantity of flour taken each day, that you, or the lady, may compare it with his weekly bill. If any mistake should occur, you will then be able to point it out, and have it rectified. You should also take care that the butcher always brings a note of the weight of the meat, and you should preserve these notes carefully, that they may be compared with his weekly bill.

If you are provided with scales and weights, you should never omit weighing all things that are brought in; and, if any thing should be short of weight, it is your duty to inform the tradesman of it, and if he does not immediately alter his bill to the true weight, and act justly in future, you should next time name it to your mistress.

If the milk is paid for weekly, you should keep a book for that, also; and, in short, you should never trust to your memory for any thing which is not paid for at the time it is brought.

I have already mentioned the necessity of arranging your work beforehand, that you may be punctual with the dinner, not forgetting to give the housemaid plenty of time to lay the cloth, and to get all the things ready

for the dinner table; one of which is to have the salt-cellars filled with fine clean salt, and the cruets and cruet stand dusted; and that each of the cruets are about half full of vinegar, oil, pepper, sugar, &c. such as they are intended to hold; and although this is the housemaid's duty it is only kind in the cookmaid to give the housemaid all the information she may require or ask for; for a good dinner will look very unhandsome, unless the housemaid takes care that the salts and cruets are clean and sufficiently filled to accompany it to table. The housemaid should also see that the mustard-cruet is quite clean before it is put on the table; for if the mustard is dried on the edges, or on the spoon, it has a very disagreeable appearance, and betokens an untidy servant.

In order more surely to be correct to the dinner hour, allow yourself from fifteen to twenty minutes for taking up the dinner, and for any hindrances that may occur; and take care to have the fire made up in proper time for cooking, regulating the size of it according to what you have to cook. It should be stirred as little as possible while you are cooking; indeed, a good cookmaid stirs her fire only once during her roasting, and that is when she turns the meat, or alters the hanging of it, at which times she takes the meat and dripping-pan away from the fire, as stirring creates both dust and smoke; but as dust or coal, by accident, may fall into the dripping-pan, keep ready a dish-cloth, to wipe it out directly. Be mindful, also, to keep in the house a stock of the things that are commonly wanted, such as flour, salt, pepper, spices, &c.; but always make a point of using up what you had, before you begin upon the fresh supply; and be sure to put them away into their proper places, as you receive them, as mustard, pepper, spices, tea, coffee, &c., will spoil, if kept in the papers they are sent home in.

Your duty will also be to make gruel, beef-tea, barley-water, light puddings, or any thing that may be required if any of the children or family should be ill.

If the family dine early, and the servants have their dinner immediately afterwards, you should put the kitchen in order, tidy up your fire-place, and clean the hearth, as soon as you have sent up the dinner, that you may be ready to sit down comfortably with your fellow-servants, for whom it is your place to carve; and you should be particular to cut the meat fairly, and to see that others do not waste bread, or use any thing wastefully.

In town, where the master of a house is usually engaged in business until rather late in the day, the dinner is more commonly five or six o'clock; and, in that case, there is an early dinner for the children and servants, for whom usually a pudding is also made. And it is a very material part of your business to know how to dress up nicely any thing that may be left from the preceding day, so that it may go towards the kitchen dinner, if it is not required to be sent again to the dining-room.

A good cookmaid never throws away a drop of gravy, but saves it to put into her hashes, stews, &c. or to make a little gravy for meat or poultry, that is warmed up in any way.

For this purpose, you should, when a joint is brought down from the dining-room table, put it on a clean dish, and pour the gravy into a small bason or jelly-pot, and you will find it very useful in making nice savoury dishes of cold meat, or in making gravy, if you happen to want some for any particular purpose.

You should also keep enough clarified dripping for frying fish or other things with; for if it is well clarified, it is as good as lard for that purpose. To clarify it, proceed as directed in page 55, *Cookery Made Easy*.

Before you send up the dinner, take care that there are enough hot plates. It is better to heat a few more than the exact number, that you may have them ready should an extra plate or two be wanted.

Whilst the dinner is being served up, the cookmaid may be required to assist, by taking the dishes to the door of the dining parlour; also, in some families, by taking them from the housemaid, or from the outside of the dining-room door, when they are done with, that the housemaid, if she waits at table, may not have to leave the room. And the cookmaid will save herself much time and trouble, if she gets her dish-tub, in the sink, half filled with hot water, so that she may put the dishes and plates into it the moment they are brought down from the dinner table.

When the dinner is cooked and served-up, the cheeks of the range may be put nearer together, to contract the size of the fire-place. The cinders and small coals can then be burnt, as a large fire will no longer be required. The urn-heater should be put into the fire, and the kettle should be filled and put on, that the water may have time to boil, without hurrying, before the hour for tea.

After dinner is over, you will have to wipe the knives and steel forks that have been used, perfectly clean and dry. The washing and cleaning of the silver forks, spoons, and other plate, is the duty of the housemaid.

The pudding-cloths should be washed as soon as possible after the puddings are taken out of them. They should be washed in clean warm water, without soap, and rinsed and thoroughly dried before they are folded and put into the kitchen drawers, otherwise they will give a musty smell to the puddings that are next boiled in them. The paste-brush, egg-whisk, and sieves, must also be washed, first in cold, and then in warm water, and put away clean and dry, or they will spoil whatever you use them for afterwards. All things through which eggs are strained, should be washed, first in cold and then in hot water.

The dirty dishes and plates should be put into a dish-tub of warm water, immediately they are taken from the



dinner table; for, by this means, half the trouble of washing-up will be saved, as it will prevent the gravy, mustard, juice, &c. from cooling and drying on the plates and dishes. When you commence washing them, add sufficient boiling water to make it hot enough to wash them in, and with a dish-cloth wash them clean on both sides, one at a time. Rinse them immediately, in a pan full of cold water, part of which should stand under the tap, which should be turned a little on to keep it full. The reason for keeping the pan full of water and running over, is, that any grease, &c. which may rinse off the plates and dishes, may swim over into the sink in the act of rinsing, otherwise it would remain on the water, and make those you rinse, after the first few, look greasy, instead of clean and bright.

When you have washed all the dishes and plates used at dinner, as above directed, and put them in the rack to drain, the saucepans and kettles which have been used for cooking, should next be cleaned. The proper plan is to fill them with cold water as soon as the food has been taken out of them, as, by this means, whatever may hang about the sides cannot stick close, nor dry on hard, and they will clean much more readily. If the insides are discoloured or dirty, a little soda or wood-ash is the best thing to clean them with; or, if they are very dirty, the wood-ashes, or some soda, must be boiled up in them. They should afterwards be well rinsed with boiling-hot water, wiped, and made perfectly dry, by being placed for some time bottom upwards, before the kitchen fire. The upper rims of saucepans, and the rims and insides of the lids, must be kept quite clean. If tin saucepans are not completely dry, they will soon get rusty and if copper ones are not perfectly cleaned and dried, they become poisonous. Never leave food of any kind in a saucepan to become cold; the rust of copper and brass, called verdigris, forms readily, and mixes with whatever may be in

the vessels, and as this is poison, lives have frequently been lost, because servants were not acquainted with this fact; you must, therefore, keep copper stew-pans, and all copper and brass vessels, bright and well tinned on the inside. If food is not turned out into earthenware pans or dishes, the moment it is done, let it be cooked in whatever kind of saucepan or vessel it may, it will contract a disagreeable metally taste, and lose its delicate flavour.

After you have cleaned or washed up your saucepans, empty your tub and pan, rinse and wipe them dry, put them in their places, and then clean the sink in the following manner:—

First, wipe into one corner and take up all the little bits of gristle, fat, or vegetables, or whatever else may have collected in the sink; and, if you live in or near to a town, throw it on the back part of the top of the kitchen fire, for if thrown into the dust-bin, it will either entice rats or other vermin, or else cause an offensive and unwholesome smell. If forced down the sink noles, the same unpleasant consequences will follow, besides stopping-up and destroying the drains. But if you live in the country where a pig is kept, it may be thrown into the pig tub with the dish washings.

You must next clean the sink, which, if of stone, is best done with a hard brush and a little soda; or, if of lead, with the following mixture:—One pennyworth of pearlash, one pennyworth of soft-soap, and one pennyworth of fuller's-earth, (the fuller's-earth dried,) mixed together in a pipkin, or something of the kind, with a quart of water. About a table-spoonful of this on a piece of flannel will clean the leaden sink.

Always remember that green water, that is water in which cabbage, or any other vegetable is boiled, should be thrown down the sink the moment the vegetables are out of it, while it is quite hot, and then a pailful of cold water thrown after it, will prevent the unhealthy smell

arising from green water ; but if it be left till it is cold, or nearly cold, before you throw it away, twenty pails of water thrown after it will not prevent the smell.

The spit, if one is used, must also be always perfectly cleaned when done with. A little dripping rubbed on a hot frying-pan or gridiron, after cleaning it, will greatly remove the smell and taste of fish ; but some persons rub a little salt well about the inside of a hot frying-pan, with a piece of clean paper, which also removes the taste of fish or onions. If these things are put away into damp places, they will soon become unfit for use.

And here we would strongly recommend all ladies who do not keep a kitchen-maid to scour saucepans, and clean after the cookmaid, never to have a stewpan, or saucepan, or any thing of the kind, with a bright outside ; because, if the cookmaid has to do such dirty work as to scour the outside of saucepans, especially of copper, or brass, her hands can never be fit to touch any article of food.—No washing would ever make them clean and sweet enough for the purpose, even if she could take the pains and time to attempt it ; indeed, they must, in some degree, be impregnated with the poison. If, therefore, ladies are desirous of eating clean and wholesome food, and should have copper or brass cooking utensils, let them be sent to the proper tradesmen to have their outsides bronzed or blacked ; and then the insides, which should be well tinned, can easily be kept clean and bright.

For the same reason, I would recommend families not to keep a brass or bell-metal pestle-and-mortar, as every thing which is either sweet, salt, or sour, that may be pounded in a mortar of this description, will be more or less poisonous ; it is, therefore, much better and safer to have Wedgewood-ware or marble mortars and pestles.—For the same reason we would recommend them never to have brass fenders or fire-irons, or any thing of copper or brass that requires cleaning. This does not apply to ornamental brass-work, which is always lacquered, and

should be cleaned with nothing but warm water and soap three or four times a-year, or when dirty, and wiped dry with a soft duster. At all other times, it will need only to be dusted.

Your bread-pan and cheese-pan should be wiped out every day, and be scalded once a-week, after which they must be wiped perfectly dry, or both your bread and cheese will become mouldy or musty; and your cheese should be always kept standing on its rind; and, if not disapproved of by the family, the rind should be scraped before it is sent to table.

Whenever pickle or preserve jars are empty, wash them well in cold water, dry them thoroughly, and let them be put in a dry situation. If you wash pickle or preserve jars in hot water, it will crack their glazed surface and make them porous, which spoils them for use, as pickles and preserve requires to have the air kept from them.

Dish-covers should always be wiped and polished as soon as they are removed from the table. If this is done whilst they are warm, it will be but little trouble; but if the steam be allowed to dry on them, you will find much difficulty in getting the tarnish from off the insides.—When they are wiped and polished, hang them up in their places immediately.

*A paste to clean zinc door plates, or tin dish covers.*

A quarter of a pound of strong yellow soap, cut into small pieces, in a quart pipkin, with half a pint of water, put on the fire till melted; then stir in some rotten-stone sifted from the grit, till it is of the consistency of butter. Let it stand till it is quite cold, then stir into it two-penny-worth of hartshorn, and keep it closely covered, to prevent the spirit from evaporating.

To use this paste, damp a small piece of flannel with water, and dip it into this mixture, then rub it over the surface of the zinc or tin; rub it off again, and polish it with a soft leather.

Be careful to scald every vessel which has contained milk, having previously let it stand for some time filled with cold water, and never let any other liquid be put into it till it has undergone this process; or whatever you put in will be spoiled.

You should not let beer stand in a pot or jug; but if there be any left, put it into a clean bottle, with a teaspoonfull of sugar, and cork it tightly down.

Never suffer two things to be put together, which would give to each other a disagreeable taste or flavour. Never cut bread, or butter, or meat, with a knife which has been used for cheese or onions, or the bread, butter, or meat will taste of them. Therefore, you should put the knife, which you have used for these purposes, in some place separate from the other knives, and never allow it to be put with them until it has been properly cleaned.

After making puddings or pastry, wash your rolling-pin and paste-board, without soap, and put it away quite dry. Never use, nor allow others to use, any of the family dinner or tea service in the kitchen; as if one thing be broken, it would perhaps spoil a valuable set; but always use for cooking, the plates, dishes, and cups, provided for that purpose, which are usually plain, and though of course equally clean, are much less expensive. Keep the bread, cheese, butter, flour, dripping, milk, eggs, and every thing else you may require in cooking, in their distinct and separate places, and be careful to put them away as soon as you have done with them.

It is highly necessary that you should keep a plentiful supply of hot water, by constantly filling up the boiler whenever water is taken out of it. A self-acting boiler does not require to be filled, as it fills itself as fast as the water is drawn out; but you must be very careful in frosty weather to watch whether the water continues to run; for if the water in the pipes become frozen, and you allow the boiler to get empty, the consequence is almost sure

to be, that when the frost melts, the cold water comes suddenly into the hot boiler, and splits it.—The damage can only be repaired by having a new boiler, which costs, perhaps, from two or three to four or five guineas; so you may see how important it is that you should prevent so serious an accident.

When the tea-time arrives, it is your duty to cut the bread-and-butter, or make the toast.—You should never send up more than one or two rounds of buttered toast at once, according to the number to partake of it, that it may be hot and fresh when it is handed round.—You must cut off the crusts as close as you can, after it is made and buttered. If a tea-urn is used, it will be your duty to get it ready in time, and put in the boiling water when it is wanted; you must also remember to make the urn-iron red-hot, by putting it into the kitchen fire after dinner, or at least for an hour before tea-time. When you use the tea-urn, be careful to do as follows:

Take care that the water boils, and that the urn-heater is red-hot; then, in the first place, dust the urn, and put the boiling water into it, before you put in the heater; and, to prevent giving an unpleasant taste, or spoiling the boiling water by dust, or particles of the hot iron, (which may rub off the heater as you are putting it into its place), be careful to put on the round rim, or ring, before you put in the red-hot heater; and be sure also to avoid pouring any water into the place where the heater goes, otherwise, when the iron is put in, the steam may fly up in your face, and scald you seriously. Taking the urn up into the parlour or drawing-room, is the housemaid's business; and she should not forget the rug to place it on, or the heat issuing from it will certainly spoil the polished table: and it is also the housemaid's business to empty the urn when done with, which she must be careful to turn upside down, to drain.

If there is meat for supper, it is your duty to set it on the dish or dishes, garnished with a little parsley, or

scraped horse-radish, or sliced carrot, or whatever you may have that is proper for the dish; also to get ready the plates, and other things that will be wanted. If any celery is taken, you should wash it well, trim off any part that is dirty or decayed, and after rinsing it in two waters, use a small brush, which should be kept for that purpose, to get all the dirt out of the crevices, and then give it another good rinsing in fresh water. It is your duty, also, to prepare the servants' supper, and to clear away, after they have taken it. And when the meat and other eatables are brought down from the family supper table, it is your business to put them away in the pantry.

Often, for supper, or lunch, sandwiches are served; in which case the cookmaid has to cut and prepare them. The moment they are ready, they should be served up; but if the family should not be ready for them at the appointed time, they must have a dish placed over them, and both dishes be covered closely up in a nice clean cloth, as they are considered quite spoiled if they get the least dry on the edges or outsides.

The cookmaid's last daily duties are, to take great care that the kitchen fire is so nearly out, as to be quite safe, so that not a spark can possibly fall outside the fender, and that nothing is left hanging before the fire-place, and then to see that the kitchen-shutters are fastened, and lock and bolt all the doors and windows of the servants' offices, that have not been fastened earlier in the evening.

If a lad or a man-servant is kept, he cleans the steel knives and forks, as well as the boots and shoes, and also brushes the gentleman's clothes; but in a great number of families, who keep neither a man-servant nor a boy, it becomes the business of the cookmaid to clean the knives and steel forks; if, therefore, it should fall to your lot to clean them, you should be furnished with a smooth knife-board, covered with a piece of good buff leather, glued down evenly all over one side of the board, on which you should use only very fine emery-powder.

These leathered knife-boards are to be obtained ready prepared, at the turnery shops, for six or seven shillings each, and are the only knife-boards that will clean knives beautifully enough to be fit for a genteel table; besides which, they preserve the knives double the time of those cleaned on a common knife-board, with Flander's-brick or fine brick-dust. But if you should have to prepare the leather for use, you must well soak the face of the leather with hot mutton-fat, and then rub into it an ounce or two, or more, if you can, of fine emery powder, pressing it in with a smooth bottle. If at any time, when using it, you should find it greasy, rub in a little more fine emery powder; and if at any time you find it too dry, so that the emery powder will not stick to it, rub in a very little more grease.

We suppose the knives and forks to have been prepared for cleaning, by having been wiped clean and free from grease directly they are done with. This will save half the trouble in cleaning; but if it has not been done already, it must be done before you commence. Stand as nearly about the middle of the board as you can, and taking a knife in your hand, move your arm backwards and forwards, bearing very lightly, till the knife is clean, but taking care to keep the blade flat. Having thus proceeded with all the knives, wipe out your knife-tray quite clean, and with a clean knife-cloth wipe each knife (blade as well as handle) quite clean from dust or dirt of any kind.—Wipe them one at a time, and as you do so put them into the clean knife-tray, their handles all one way; and then begin the steel forks.

For this purpose, you must have the two ends of a buff leather strap, about a yard long, and two inches wide, fastened to one end of the stand or table on which your knife-board is used, which will make it a strap of doubled leather about half a yard in length. Put the fore-finger of your left hand through the loop, and rub



the fork backward and forward, with the leather passing between the prongs. This strap must be prepared with hot mutton-suet, with fine emery powder rubbed in, the same as the leather of the knife-board, and it will clean the inside of the three prongs at once. Having gone through the whole in this manner, take a piece of stick, covered with buff leather, and clean the other parts of the forks. Should the strap become greasy, you must rub into it a little more fine emery powder, the same as used for the knife-board. After all the forks are cleaned, they must be carefully dusted and wiped, particularly between the prongs, and put one by one, the handles all one day, into the other side of the clean tray, the same as directed for the knives. But you will only have to clean the steel forks, as the silver forks, which are now generally used by families in the parlour, are always cleaned and taken care of by the housemaid.

Be careful to keep a good edge to your knives, and do your utmost to preserve them from notches, especially the carving-knife, otherwise a hot joint may get cold while the knife has to be sent from table to be sharpened. A keen edge may be given by cleaning alone, if care be taken, in passing the knife from you, not to let the edge lean on the board, but in drawing it towards you, to lean with a little pressure on the edge.

The knives which are not in daily use, should, after being wiped with a dry cloth, be put into the cases, or wrapped in very dry brown paper, and so placed as not to touch each other, the same way as the cutlers keep them. Great care should be taken that the place in which they are put is perfectly dry, as all articles made of steel have a tendency to contract rust, that metal having the property of extracting damp from the atmosphere, or from any thing moist near to it. If the ivory handles of the knives and forks get stained, or become discoloured, mix a table-spoonful of water with a few drops of spirits of

salt, rub it well on with a little bit of clean rag, wash it off with cold water, and wipe them perfectly dry.

It is the duty of the cookmaid to clean the chamber candlesticks used by the servants, and the candlesticks belonging to the kitchen; (those used by the family in the parlours, drawing-rooms, and best bed-rooms, belong to the housemaid's work.) Before you commence, have a sheet of thick brown paper laid on a table, or on whatever else you intend to clean them, to save making a grease. Then scrape off the grease on to the brown paper with a piece of fire-wood, and put all you scrape off into your kitchen-stuff. The candlesticks should then be put, upside down, in the deepest candlestick, at a little distance from the fire, so that all the grease may melt, and drain into one. This grease should also be put into the kitchen stuff, and the candlesticks wiped perfectly clean with the candlestick-rag, or with a cloth kept for that purpose. The polishing should be done with a little dry rotten-stone, or dry whiting, put on a leather. The cookmaid has usually a candle-box provided for her, into which she puts all the pieces of candle, for kitchen use. This box should be lined with white paper, which should be frequently renewed, or the candles will become very dirty, and be unpleasant to burn, from bits of the snuff sticking to them. Always set the candles in the candlesticks in the fore part of the day, that they may be ready when wanted, and that all the dirty work may be done before cooking commences.

In some families, also, where neither a man-servant nor a boy is kept, the cookmaid is expected to clean the boots and shoes. Sometimes it is the custom of a family for the cookmaid to clean the gentlemen's shoes, and the housemaid those of the ladies and children; but this is usually arranged before the cookmaid takes the situation. The best way to clean shoes, is as follows:

First, scrape the dirt off the shoe with a wooden knife

or a piece of firewood, cut to something of an edge. When the worst of the dirt is thus taken off, use your hard brush, to remove the remainder, or the leather will never loo'k bright. Stir the blacking with a short piece of cane, bruised at one end, or else with a small piece of sponge tied round one end of it, and with this put some blacking on the blacking-brush, and black the shoe all over. Use the polishing-brush directly, while it remains damp, and rub it lightly, yet briskly, till the shoe shines perfectly bright. When boots or shoes are laid down before a fire to dry, let them be placed at a good distance, or the leather will harden and shrink, and the shoes get out of shape.

Twice in every year, at spring and fall, in all well-regulated families, the bedsteads are taken down and thoroughly cleaned, when it is usual for the cookmaid to assist the housemaid first to dust, then well beat, and afterwards brush, with clean brushes, the matrasses and paliasses, which is essentially necessary to keep them sweet, clean, and wholesome; and sometimes to assist in washing and wiping dry the joints of the bedsteads. At these times of cleaning the bedsteads, the bed furniture is usually changed, from winter curtains to light summer hangings, or from summer curtains to winter hangings, in which case the cookmaid is always expected to assist in shaking them, and, in some families, in brushing and rubbing them clean. The best mode of doing which is thus:—As the curtains or furniture are taken down, you must first look among the plaits and folds for anything you can find, and then, if they are of printed chintz, or glazed calico, or of moreen, you must shake off the loose dust, and lightly brush them with a clothes-brush, particularly between the plaits and folds; and then they must be well rubbed all over on a large table, or ironing-board, with dry silver sand and a dry flannel, particularly at the

dust has settled, or where they are the least soiled, or where any specks appear, that you may remove all stains, or any knits which may be upon them. When they have been thoroughly rubbed with the dry silver sand, shake them again, and brush them carefully with a clean clothes brush, and again rub them with a clean flannel or clean napkin, and then fold them up carefully, and put them away, wrapped up in something to keep them clean, ready for putting up again.

But if the curtains and furniture are of white dimity, or washing curtains, which are proper for summer, then you must put them into a tub of cold water, directly they are taken down, especially the head, tester, and valences: they should be left in soak for a couple of days, rinsing them out and changing the water twice the first day; then wash them through a clean soapy lather, rinse them in water a little blued, and rough dry them, and then put them away, dry, till about a week before they are wanted to be put up again, when they must be washed and boiled in the usual way, and slightly starched; and before hanging them to dry, well shake out the fringe; and, when dry, fold them down very smooth and neatly. When such things are to be done, your mistress will, of course, if you so arrange with her, avoid having any thing to cook on that day, by providing a sufficiency the day before.

And we would here recommend families, never to permit upholsterers or servants to use oil, unction, nor any other greasy stuff whatever, to the joints of their bedsteads, under an idea of its destroying bugs. If the joints or any other parts of the bedsteads should be infested by these annoying vermin, they may be destroyed by washing the joints and other parts clean, with cold water, and then, after wiping quite dry, wetting these places with green copperas dissolved in a little warm water, carefully applied into the crevices and joints with a small

brush, as you would paint, taking care not to drop any about, or sprinkle any article of cotton or linen with it, as it will produce iron-mould.

If the washing be done at home, the cookmaid will have to assist; and the changes of linen, and the kitchen things usually fall to her share. She generally folds and irons all but the fine things and the dresses. It is usual also for her to fill the copper; and for the housemaid to sort the clothes ready for the wash. Much time as well as labour will be saved by preparing the clothes for the wash the day before the washing-day; that is, by putting them in soak, the fine things and coarse things in different tubs, after having examined, and rubbed with soap such places as are most dirty, such as the collars and wristbands of shirts, the parts of table cloths which are most soiled, and any place in the different articles which would require more than usual rubbing. Indeed, every thing should be prepared the day before; the copper filled with soft water, the tubs rinsed and wiped, inside and out, (taking care that they do not leak. The best way to prevent the tubs from leaking, is to turn them bottom upwards after using, and keep the bottom filled with water, without which they will not only leak but fall to pieces, in summer weather.

When you have washed the flannels the first time, if the water be not too dirty, it will do for the housemaid to first the coloured things in, particularly as flannels and coloured things must not be washed in water which has either soda or pearlash in it. The seconding water for the flannels will do to finish the coloured articles in. Flannels must not be boiled, and should be only slightly wrung out of the warm water, and be hung up directly. Rain water should, if you live in the country, be secured for the flannels. It is also better to save up all the little pieces of soap which are left in the house, from one wash to another, and boil them up with some water in a

pipkin, till dissolved. This will make a good lather for the flannels and coloured things; and it is better than rubbing soap on them, and also saves time.

The changes of linen should be washed in warm water, not too hot, or it will set the dirt, and soaped at the same time in every part where it may be most required. They should afterwards be washed twice, in clean warm lather, each article being turned and examined when you second them, to ascertain if there are any spots or stains remaining. They may then be put into the copper to boil, with a little soap and a little soda put in with them. They should remain boiling from a quarter to half an hour, after which they will only require to be rubbed on the parts which were soaped when you put them in to boil, and rinsed in clean soft water, into which the bag of stone blue has been squeezed, then rinsed in clean spring water (also blued) and hung out to dry.

Carefully clean the copper after every boil, (before you make it up for another boil,) by rubbing it round with a wet soapy cloth, to take off the copper grease; for if you do not take this precaution, the copper grease will give you a great deal of trouble, by settling on the clothes in the next boil. If you have table baizes, or any other kind of coloured woollen cloth, use gall instead of soap. Half-a-pint of fresh gall, in a good-sized tub of warm soft water, will be enough for several articles. This will prevent the colour discharging or running into streaks, and if well rinsed in two waters, the disagreeable smell of the gall will be entirely removed. Such articles should be thoroughly mangled.

It is unusual now for families to have such things as blankets and counterpanes done at home, as, for a trifle, they can have them done at the scourer's in a better manner than female servants can do them, they having machines for the purpose of cleaning them, and wringing them dry.

Mildew may be extracted by rubbing the place with soap, and then with fine chalk, scraped: spread out the garment, and, as it dries, wet it a little, or repeat the application of the soap and chalk when requisite. The spot will generally disappear after it has been done twice. Iron-mould and ink-spots may be removed from linen, by placing it over a pewter pot filled with boiling water, and wetting the iron-mould with a little juice of sorrel and salt, or salts of lemon, and then washing them in a lye of soda and water.

Clothes-lines, when done with, should be wiped quite clean, and put away dry in a bag, for future use, or they will dirty the clothes. A bag should also be kept for the pegs; and both bags should be kept in a dry place.

Before you begin to fold the clothes, let the board be quite clean and dry, and a clean linen cloth placed upon it. Separate those things which are to be mangled, and those which are for rough-drying. Turn shirts, shifts, night-gowns, pillow-cases, petticoats, &c. the right side outwards; fold them very smoothly, and sprinkle them to a proper dampness for ironing. If the collars, wristbands, and frills, or pleated front of a shirt, be dipped in a little starch, then into water, and rolled up without squeezing, it will bring the whole of the shirt to a proper dampness, when it has laid for some time.

The articles usually mangled are, sheets, towels, table-linen, pillow-cases, and other straight things; but if there be any folds, they will not look well when mangled. Pearl-buttons will break in the mangle, and cut the cloth, therefore, all things with buttons, and even pillow-cases, if they have buttons, should not be mangled.

The ironing blanket should be made of a thick kind of flannel, called swan's-skin, and a coarse cloth should be spread between it and the board. When you are ironing, be careful to try your iron first upon some coarse article, or one of little value, for fear of its soiling or singeing

the better clothes. Let the heat be in proportion to the article you are about to iron, and be sure to make every part perfectly smooth.

After they are ironed, the things should be hung upon the horse to air. The cookmaid was now done with the washing, as it is the housemaid's business to air them, and to place them in the drawers, when aired; but in many families, the putting of them away is done by the mistress of the house, or by some of the young ladies.

In ironing the skirts of dresses, it is best and most proper to have a board about thirteen inches wide and four feet long, on which fasten, with tapes, an ironing-blanket; place one end of it on a table, and the other end on the dresser, or something that is firm, of the same height as the table. In using this board, pass it through the skirt, taking care that the wet part of the dress falls into a clothes basket, or a cloth, which you must first put on the floor, under the middle of the board, to save the skirt from being soiled; and turn the skirt of the dress round the board, as you iron it.



HAVING now gone through all the household work generally done by the Cookmaid, in families where a housemaid is kept; and noticed those parts of the household work which are usually done by men servants, in families where they are also kept; we shall now proceed to give plain and perfect instructions for the performance of the most important duties of the cookmaid, in all families, viz.—“The Art of cleanly and properly Cooking;” written entirely from practice and experience; and in which great attention has been paid to describe the neatest methods of preparing every kind of food for cooking, as is now used by the best cooks; as well as to give the most complete directions for cleanly and nicely cooking, and for genteely serving-up, every dish that can be required in families of the middle and genteel ranks of life; and by carefully following which directions, the cookmaid will not only be enabled to please the eye and gratify the taste, and in some measure preserve the health of the family she is serving; but she will also be enabled always to prepare dishes of a similar exquisite flavour, of healthful quality, and proper appearance.

COOKERY MADE EASY.

HOUSE

THE

ART OF COOKERY

MADE EASY.



# COOKERY MADE EASY.

## BOILING.

### DIRECTIONS FOR BOILING.

THE great art in boiling meat is to preserve a clean, delicate appearance, and to serve it up so as to eat tender, rich, and juicy.

Now all this is very easily done, the whole secret lying in slightly washing the meat clean with luke-warm water, just before you cook it—using a clean saucepan and clean water,—getting it to boil over a moderately good but not a great fierce fire,—skimming it clean as it comes to a boil—and keeping it gently boiling after it is skimmed, till it is done.

Meat so cooked will always look well, and eat tender; but if the inside of the pot is not quite clean, and if the water is not very carefully skimmed as soon as it comes to a boil, or if it is suffered to boil fast after it is skimmed, or to stop boiling altogether, though but for a short time, the meat will be unpleasant to the eye, have little juice or gravy, and eat harsh and hard.

Iron or tin pots and saucepans are the best and most wholesome for cooking in: but on no account should the liquor in which any joint has been boiled, be suffered to remain in the pot to get cool, but as it may be readily converted into good and nourishing soup, it should be turned out into a soup tureen, or earthenware pan, and, when cold, be kept covered over till wanted.

As to the time which a joint of meat will take to boil in, no precise rule can be laid down,—the old idea of a

quarter of an hour to every pound of meat, is any thing but correct.—The thinner the article is, as poultry, rabbits, or the like, the less time it will take to boil it; but close thick joints, as pork, and beef, will take a much longer time, even should both articles be of the same weight: we shall, therefore, give the correct time which will be required for boiling each article.

Pots or saucepans used for boiling, should not be much larger than just sufficient to hold the meat without touching the sides, with water enough to fairly cover the meat, and no more,—waste room, in a pot for boiling meat, is bad, as the nourishing quality of the meat is carried away in the greater quantity of water and steam, when the pot is unnecessarily large. It is also necessary that the covers of saucepans or pots for boiling meat, should fit quite close, and be rather tight, as the water will then be kept simmering by a moderate fire, and will not boil away, and carry off the nicest and most nourishing particles of the meat with the steam; which will be the case if it is kept uncovered while boiling, or if it is kept boiling fast over a large fire.

Fresh-killed meat is not so good for cooking as that which has been kept a moderate time.—If the weather will permit, a joint should be kept a few days after it is killed; it will then eat tender, and, if cooked slowly, be full of gravy.

Frozen meat will not cook well, without it is first thawed; this is easily done by putting the joint into cold water in the kitchen for a short time, say from half an hour to two hours before cooking. In cold weather, all joints take rather more time in cooking, than in warm weather.

Never stick a fork into meat in taking it out of the pot, or you will lose some if not all of the gravy. When you boil puddings, a tin fish-strainer, or a plate turned upside down, or some similar article, should always be put at the bottom of the pot, to prevent the pudding sticking to the bottom, and burning.

The proper way to boil vegetables, and to make sauces, to accompany the various joints, dishes, &c. will be readily found by referring to the Index at the end of the work.

### DIRECTIONS FOR STEAMING.

The general directions which have been already given for boiling must always be attended to, whether the meat, &c. is dressed by putting it into water, or by exposing it to the steam of boiling water: for many kitchen ranges now have steamers attached to them: and steaming, for many kinds of food, is so much easier and cleaner than boiling, that a knowledge of the proper method of using a steamer must be of the greatest value to a person who wishes to be able to cook nicely.

In the first place, therefore, when you have a steamer or two to your range, you must be careful to keep your steamer perfectly clean, which with a little of the same attention as is directed for keeping stew-pans clean, may be easily done. If the steam pipe, with the taps in it be fixed, as it ought to be, away from the fire, so as to have your steamer on a shelf about the same height as a table, you will find it not only cleaner and more convenient than a pot for boiling, but it may be also used with much less trouble and fatigue. Your chief care must be to keep steaming from the time the thing to be dressed is put into the steamer till it is done; for in steaming you can cook by time to the greatest certainty. To make sure of this, the best way is to take the key out of the tap of the boiler, or else tie a cloth round it so that no one can draw off the water from the boiler, and thus stop the rising of the steam. Another precaution that is necessary for this purpose, is to keep your fire bright and fierce against the side and back of the boiler in your grate; and if the fire should want fresh coals while you are steaming, you should put them on more towards the front of the grate than usual.

To make a kitchen range answer properly for baking and steaming, all the ashes and cinders must be completely raked out from under the oven and boiler every day you have to use it, before the fire is lighted; or the heat and flame of the fire cannot act in the flues to heat the range properly. The inside of the boiler must be cleaned out once in three months, especially at the mouth of the pipe which lets in the cold water, and at the mouth of the tap which lets out the warm water, by thrusting a piece of copper wire up and down it as the water runs out. The little balance cistern, which regulates the supply of water to the boiler, must also be cleaned out, but the handle of the ball-cock must not be bent or disturbed, as that would spoil the supply of water, which should always stand about an inch from the top of the inside of the boiler.

As a general rule, all things dressed by steam will take the same time they would require for boiling, reckoning from the time it comes to a boil, if put into cold water; or from the time it is put into water already boiling.

When you cook fish by steam, first grease the tin fish-strainer with a little piece of sweet butter, before you put the fish upon it to steam, which will make it slide easily off the fish-strainer, when it is served up, without the skin sticking or breaking in the least.

A great advantage in cooking by steam is, that you can do several things at once, in the same steamer, as easily as you can one only. For example, suppose you have a dinner to cook consisting of a stuffed oyster of veal, with parsley and butter sauce, pickled pork, carrots and potatoes, and peas-pudding,—you must first put in your pickled pork on the false bottom, and your carrots at the side of it, because the veal being white and delicate should not be discoloured by the pork: your veal must be put in next, laying as little of it as you can on the pork, and your peas-pudding by the side of that, in a cloth as usual. As soon as these are in, turn on your steam, and while they are doing, wash your potatoes, quite clean, but do not pare them, put

them into a cabbage-net, and according to the length of time they will require to boil, clap them into your steamer just so long before the rest of the things will be done, turning off the steam for a moment, while you put them in, but be sure to turn it on again directly.— About three quarters of an hour will steam middling sized potatoes; but large ones will take an hour. We have directed you in this to wash your potatoes nice and clean, and cook them without peeling, which is much the best way; but take great care they are nice and clean, otherwise if the least morsel of dirt is left in the eyes, or about the skins of the potatoes, the steam will draw it out, and of course whatever you are cooking besides will get some of it, and get an earthy taste too, so be careful they are quite clean. You may, however, if you like it, peel your potatoes before you put them into your steamer, in which case you must first sprinkle them well with salt, to make them cook floury.

All steamers have, (or ought to have) a little saucepan or two fitting into the lid, and you have only to put into one of these saucepans a little boiling water, and a little salt, and the steam will keep it boiling, so as to boil your parsley sufficiently to mix with melted butter. When it is done enough you must take it out to chop in the usual way, and make your melted butter in the same little saucepan, and put into it your chopped parsley; the only difference is, that this way takes rather more time than when it is melted over the fire; but then they never burn.

Of course you will serve up all the things cooked in this way at the proper time, in the same manner as if boiled; the only difference will be that there can be no dust or dirt among the food, and you will not have pots or saucepans to clean; and what is still better, the liquor (which you must draw off by the tap in front of the steamer two or three times while cooking,) will make most excellent soup, with almost any addition for



flavouring and seasoning; and the fat which you can take off from it when it is cold will do better for frying things in than butter or oil, or any thing you can purchase.

Another advantage of having a steamer is, that it is extremely convenient for making many little things, such as apple-sauce, jugging hare, and for warming up a cold joint, &c. by simply placing them inside the steamer in earthen vessels with covers to them, or with a clean plate, or some such thing, on the jug, or other vessel, so as to overhang the top, and prevent the steam from dropping into it. For example, if you want to make apple-sauce, you have only to pare, core, and cut the apples as usual, and put them into a jug or jar, covered closely, first with a piece of clean cloth, and then with a plate over the top of the jug or jar, and they will cook in the steamer cleanly and nicely, without being at all burnt; and thus also jugged hare, or any thing else, may be dressed, only for these no cloth will be required.

That there may be no occasion to draw off water from your boiler while steaming, you ought always to have a tea-kettle of boiling water on your fire; especially if you want to cook greens, peas, broccoli, cauliflower, &c. which must be boiled in water, as they will not cook so well in steamers.

## BOILING MEAT.

### HALF ROUND OF BEEF.

That which is called the silver side, or the tongue side, is the best.—First wash the joint, to wash the salt from the outside, and then put it into a pot or kettle of a proper size, with enough warm water to rise just one inch above the meat; put the pot on the fire,

and let it do so that it will be from twenty minutes to half an hour before it comes to a boil.

Just as the water begins to boil, the scum will rise: this should be carefully skimmed off, and keep skimming off the same as long as any scum continues to rise; if this be neglected, it will thicken and stick to the meat, and give it a dirty disagreeable appearance. When no more scum rises, cover it down close, put it on the side of the fire, and let it boil very gently till it is done.

If it weighs about fifteen or sixteen pounds, it will be done in about three hours from the time it comes to a boil.—If the joint should weigh ten pounds, it will take full two hours from the time it comes to a boil, gradually boiling all the time.

When you take it up, throw a cupful or two of the boiling liquor over the meat; this will wash off any substance that may, if not well skimmed, adhere to the outside of the meat; or, if necessary, this may be done with a clean cloth dipped in the hot liquor.

Garnish your dish with sliced or cut carrot.

Boiled beef should always be accompanied by carrots, and greens, and potatoes, in separate dishes. The carrots may be boiled with the beef: they will take about two hours gently boiling, unless very young; it is, therefore, very easy so to manage as to have them done at the same time with the meat. Some families have a peas-pudding served up with boiled beef.

Melted butter, to eat with the vegetables, is served up in a sauce tureen.

#### THE AITCH, OR EDGE BONE OF BEEF,

Is a delicious joint, if properly boiled.—Not being so close and firm as the half-round, it might be supposed that it would not take so long a time to cook; but owing to its being a thicker joint than the half round, it will take as long to dress one of twelve pounds, as it will take to cook a half round which weighs sixteen pounds. It should be well skimmed, be carefully washed,

especially in the crevices, to get the salt out, and be treated in the same way as directed for the half round, and done by a slow, gradual boiling, which, if it weigh from eleven to twelve pounds, will be in about three hours after it comes to a boil.

This joint should be sent to table with the dish garnished with sliced carrots, and there should always be a plentiful supply of boiled carrots to boiled beef; as most persons are partial to that vegetable cold with cold salt meat. It must also be served up with greens and potatoes, the same as the half round.

#### MOUSE BUTTOCK.

This joint being very firm and solid, will require great care in the cooking to make it eat rich and tender; and must, therefore, be very gradually brought to a boil and then kept gently boiling,—the least fast boiling will spoil it.

A mouse buttock of eight pounds weight will take about two hours and a half gentle boiling, reckoning from the time it comes to a boil. It should be served up in a dish garnished with sliced carrots, and accompanied by boiled carrots, greens or savoys, and potatoes, in separate dishes: as for the half round.

#### BRISKET, AND THICK FLANK.

Either of these joints will take as long or rather longer time to cook well, slowly boiling, in proportion to their weight, as the edge bone; a brisket of six pounds will take about two hours and a half; a piece of thick flank of the same weight, will take about the same time: when done, serve them up, garnished with sliced carrots, and accompanied by either carrots or parsnips, potatoes, and greens, in separate dishes: Peas pudding is more usually served up with the brisket, or thick flank, than with any other joints of boiled beef.

## LEG OF MUTTON.

This joint is best in cool weather, as the heat of summer will not allow it to be kept a sufficient time after being killed to make it eat short, rich, and tender. Indeed, a leg of mutton is not fit for the pot until it has hung at least a week.

Having cut off the shank-bone, lay the joint for five minutes in water about the warmth of new milk, and then wipe it; this will cleanse it from any dust it may have got while hanging up.

The joint being thus prepared, put it into a pot or saucepan with just enough warm water to cover it; and place the pot so high over the fire, that it will take at the very least forty minutes before it comes to a boil. As soon as the scum rises, which it will do as it comes to a boil, carefully skim it off so long as any rises;—then cover it close, and let it boil gently till it is done.

About two and a half hours' gentle boiling will be enough for a leg of mutton that weighs nine or ten pounds, and so in proportion for a larger one. When served up, the dish may be garnished with turnips cut in half, or in slices, and disposed round the dish; and it should be accompanied with mashed turnips, carrots, and potatoes. Sometimes greens, or broccoli, are also served up with this joint.

Caper-sauce must always be served up with a boiled leg of mutton.

Some families, where the leg of mutton is very large, cut it into two: in this case, the knuckle end, which should be cut pretty full, is the best to boil; the fillet, or thick end, will be best for roasting, or to make chops for broiling or frying.

The liquor in which mutton has been boiled, if with only a proper quantity of water, is very nourishing: it may be made into either plain broth, or barley-water: therefore, when you take up the meat, pour it out into an earthenware pan, and add the juice of the turnips to

the liquor, when you squeeze them dry, to mash them; the cake of fat which will settle on it, when it gets cold, you will find very excellent for frying, and, when clarified, good for plain puddings, &c.

#### NECK, OR BREAST OF MUTTON.

After having hung for three or four days, if the weather will permit, this joint, which will probably weigh from three to five pounds, must be first carefully washed and prepared for cooking, as directed in page 130, and then put into cold water, covered about an inch above the meat.—It should be carefully skimmed, and then let it boil gently about two hours.

This joint may be served up with caper-sauce, or parsley and butter, or white onion-sauce; the vegetables to accompany it should be turnips and potatoes, or turnips and spinach, or potatoes and young turnip-tops.

Jerusalem artichokes are sometimes served up with boiled mutton; but unless they are served up and eaten while quite hot, they become watery and insipid: serve plain melted butter with this vegetable.

#### LEG OF LAMB.

This is considered a delicate joint in the very first families. It should be put into a pot with warm water just enough to cover it, and very carefully skimmed so long as the least appearance of scum rises.

This joint should not be suffered to boil fast, for on its being gently boiled depends all its goodness, and the delicate white appearance it should have when served up.

A leg of four or five pounds weight, will take about one hour and a half, reckoning from the time it comes to a boil.

A boiled leg of lamb may be served up with either green peas, or cauliflower, or young French beans, asparagus, or spinach, and potatoes, which for lamb should always be of a small size.

Parsley and butter for the joint, and plain melted butter for the vegetables, are the proper sauces for boiled lamb.

#### NECK, OR BREAST OF LAMB.

These are small delicate joints, and therefore suited only for a very small family.—The neck must be washed and cleaned for boiling, the same way as is directed for making broth of neck of mutton, page 130.

Either of these joints should be put into cold water, well skimmed and very gently boiled till done.—Half an hour will be about sufficient for either of them, reckoning from the time they come to a boil.

They may be served up with either green peas, cauliflowers, asparagus, or vegetable marrow, and with small potatoes. Plain melted butter, and parsley and butter, may accompany these, as sauce.

#### LAMB'S HEAD.

Take care that the butcher chops it well through, and cuts out all the nostril bones: when you cook it, take out the brains, lay them into a bason of cold water; and well clean the head in water just milk warm.

When thus cleaned, tie the head up in a sweet clean cloth, and put it into a pot with just enough cold water to cover it. Let it come to a boil very gradually, and take care to remove all the scum as fast as it rises.

It will take about one hour very gentle boiling.

A quarter of an hour before the head is done, pick off the thin black skin from among the brains, wash them clean, tie them up with one or two clean sage leaves in a piece of muslin rag, and let them boil ten minutes.

Then take up the head, just cut out the tongue, skin it, and return it to the head, keeping both warm in the hot cloth and hot water they were boiled in.

Next take up the brains, throw away the sage leaves, and chop up the brains, mixing among them one table spoonful of parsley and butter, and a small pinch of

salt; just give them a gentle warm up in the butter saucepan, taking great care they do *not* boil; lay them round the tongue in a small warm dish, and the head in another; serve up quick and warm.

#### THE OYSTER OF VEAL.

An oyster of veal boiled, is as nice, or rather nicer, than when roasted, but whether for roasting or boiling, it should be first stuffed with veal stuffing. It should then be put into a pot with just enough warm water to cover it. As soon as it is coming to a boil, skim it clean, and when no more scum rises, cover it close, and let it gently boil till done, which will be in about two hours from the time it began to boil, if the joint be about eight pounds, and a further fifteen minutes for every pound over that weight. Just before it is ready to dish up, make some melted butter and parsley, pour a little over the veal, and send the rest up in a boat. It is also sometimes served up with oyster sauce, or mushroom sauce. Garnish the dish with sliced lemon.

The joint is usually eaten with pickled pork, or tongue; and is served up with either greens, broccoli, or cauliflower, and potatoes.

#### VEAL AND RICE.

When rice is cooked with veal, the rice should first be carefully looked over, and all the discoloured grains picked out, then washed and soaked in soft water, for half an hour; then strain it off, put the rice into the saucepan with the veal, and occasionally stir it, to prevent its burning. When the meat is done, serve it up in a dish, with the rice round it. One ounce of rice to every pound of veal, is the proper quantity. Two blades of mace, boiled with the rice, and a tea-spoonful of salt, added after it is done, is a good seasoning for about four pounds of veal.

#### NECK OR BREAST OF VEAL.

These delicious joints are boiled much in the same manner, but do not require so long a time to boil, as the

knuckle. They are covered with parsley and butter, and served up with pickled pork, or tongue, and with either greens, or broccoli, or cauliflower, and potatoes.

#### KNUCKLE OF VEAL.

The shoulder of veal furnishes two excellent joints, the knuckle and the oyster: the latter is sometimes roasted, while the former is always boiled. The knuckle should be put into rather more cold water than enough to cover it, and put a distance over the fire that it may come to a boil slowly.—Take the scum away as long as any rises, and then cover it close, and let it boil very gently, for two hours and a half, or more, till it is quite tender. When you dish it up, pour plenty of melted butter and parsley over it, and serve it quickly to table. It is usually accompanied by boiled bacon or pickled pork; and sometimes with fried sausages. For vegetables, serve either greens, or broccoli, and potatoes.

#### CALF'S CHEEK, OR CALF'S HEAD.

Get half a calf's head, take out the brains, wash it well several times with fresh water, and then let it soak a quarter of an hour at least in warm water. Next put it into a saucepan, with rather more warm water than enough to cover it, and let it heat slowly, taking off the scum as it rises. It must be stewed gently, till the meat is quite tender. If dressed with the skin on, it will take about three hours, a little more or less, according to its size; but if the skin is off, it will require only about two hours.

After the head has come to a boil, and has been well skimmed, wash the brains twice in cold water, and having carefully cleaned them from skin and blood, lay them in a basin of water, with a pinch of salt in it, till the head wants about half an hour of being done, then tie them up with two or three clean-washed sage leaves in a muslin rag, put it to the head, and let it boil a quarter of an hour. Then take out the brains, throw away the sage leaves, and chop up the brains; put them into the saucepan you



make the sauce in, with two table-spoonsful of parsley and butter, and a very, very small quantity of salt: stir the whole together, and set it over the fire to warm, taking great care that it does not boil or burn. The tongue, having been boiled with the cheek, its roots must be cut off, and then skinned, and served up in the middle of a small dish, with the brains round it. Calf's head may be served up with either a knuckle of ham, or boiled tongue, or pickled pork: and either broccoli, cauliflower, or greens, with potatoes, are proper vegetables; and there should always be parsley and butter for sauce. Save the liquor in which the calf's head is boiled, for soup, or for hashing up the cold head.

If you have the head a day before you want to cook it, it must be laid to soak in cold water, all night, and the brains in a separate basin; the water should be changed the first thing in the morning.

#### PARSLEY AND BUTTER SAUCE.

Get a small handful of fresh-gathered parsley, lay it to soak half-an-hour, and then wash it well in two other waters, as the leaves hold the grit or dirt very much. When nicely washed, put it into clean boiling water, with a pinch of salt in it, the same as you would greens, and boil it till it is quite tender: then take it out, scrape the leaves off the stalks, and chop the leaves quite fine on a trencher; put it into rather less than half a pint of melted butter, mix it well in the butter saucepan, and serve it up in a sauce-tureen, or boat.

#### TO HASH COLD CALF'S HEAD.

The remains of a calf's head will make a very nice hash, as follows. Cut the meat off the bones, into small slices, and put them into a clean plate with a few slices of the ham, or pork, or tongue, that was dressed to be eaten with the head; cover them over with another plate, to keep them moist, while you prepare the following gravy to warm them in: Put the bones and gristles

of the calf's head, with a bundle of sweet herbs which have been nicely washed, an onion peeled and sliced, a few bits of lemon peel, and a few allspice, into a saucepan, with a quart of the liquor in which the head was boiled; cover the pot closely, and let it simmer slowly for an hour or more, then take out the bones, mix a table spoonful of flour with any parsley and butter that may have been left, and add it to the gravy. Let it simmer for about ten minutes longer, and then strain it through a hair sieve. The gravy is then to be seasoned with a table-spoonful of white wine, or ketchup, half a tea-spoonful of white pepper, and a pinch of salt; and, after giving it a boil up in the stew-pan, and taking off the scum, put into it the slices of head and ham, pork, or tongue, and set it over the fire long enough for the meat to be very slowly but thoroughly hot through, but without boiling, and the hash will be done.

Serve up with nicely toasted sippets laid round the dish.

#### TONGUE.

Tongues, especially those which come from abroad, are generally made so hard and dry in curing, that they require to be well soaked in cold water, and boiled very slowly, and for a long time in proportion to their weight, in order to make them tender. Where there is a choice, pick out such as are plump, and have a smooth skin, as that is a sign of their belonging to young animals. But very dry tongues, if perfectly sound, may be made tender, and plump, by proper soaking and very slow boiling.

The tongue of an ox, salted and dried hard, must be steeped in cold soft water, twenty-four hours before it is dressed; but a green tongue, or one that is cured without drying, will require soaking only a few hours, more or less, according to the time it has been in salt.

After it has soaked a proper time, wash it in a little fresh water, and scrape it nice and clean, and put it in the pot, or kettle, with cold water enough to cover it about two inches, which is to be heated very slowly, so

that it may not begin to boil in less than an hour: it must then be kept simmering very gently, till it is done. A tongue of the largest size should be allowed four hours' gentle simmering from the time it comes to a boil; and others less, according to the size and the time they have been kept, &c.

The roots, trimmings, and gristles of tongue, will be very useful to stew as a relish for most soups.

HAM,—see also page 163.

All hams require soaking and scraping before they are dressed, to make them clean and tender. An old dry ham should be laid to steep in cold water about twenty-four hours; though half that time may be enough for a small ham, or one that is not very dry; and from four to eight hours will be sufficient for a green Yorkshire ham. When the ham has steeped long enough, take it out of the water, cut off all the ragged, rusty, or decayed parts, from the sides and under part, and make it perfectly clean all over, by a nice and careful scraping. Put it into a pot with enough cold water completely to cover it about two inches, but not more, and let it be heated slowly, so that it may be an hour and a half to two hours before it begins to boil. It must be well skimmed so long as any scum will arise, and then covered close down and kept simmering very gently till it is done. From four to five hours gently boiling will in general be enough for a ham that weighs fifteen or sixteen pounds, reckoning from the time it comes to a boil, but allowances must be made for the thickness or thinness of the ham, and for the time it has been kept. If the ham is thin, you must allow rather less time.

When the ham is done, the skin should be carefully peeled off, without breaking, if possible, as it will serve to cover the ham, and keep it moist, when it is put by. As soon as you have pulled off the skin, coat the top of the ham over with brown raspings, by rasping over it a little of the crust from the bottom side of a loaf.

Then trim and wipe the knuckle, and wrap round it a piece of writing paper, fringed, to hold it by in carving.

The dish may be garnished with either thin slices of turnips or carrots, or slices of lemon.

If the ham is not to be cut till it is cold, it should be allowed to boil gently half an hour longer than if it is intended to be cut while hot.

#### A GOOD FLAVOURING FOR GRAVIES AND SOUPS.

The gravy which runs out of ham when it is cut, is called essence of ham, and should be very carefully saved to flavour soups or gravies.

#### BACON.

Soak the bacon over night in cold water, unless it is very fresh, and then a few hours' soaking will be sufficient. When it is taken out of the water, be sure to cut off all the rusty discoloured fat, trim and pare it nicely on the under side, and scrape the rind and every other part of it as clean as possible; as the niceness of bacon depends upon it being made perfectly clean before it is dressed. Then put it on to boil gently in cold water; skim it well when it comes to a boil; and let it boil very gently till it is done. If it is not very thick, a piece weighing two pounds will take an hour after it comes to a boil; but a gammon or hock must have rather more time, in proportion to its weight.

When dressed, the skin should be taken off, and the top of the bacon be covered with grated crust of bread, the same way as directed for ham, in page 20.

The way to know when it is done, is to try the rind, which will come off easily when it is properly cooked.

#### LEG OF PORK

Should be soaked from a few minutes to half an hour, according to its saltness, and be scraped quite clean; then put it on in warm water, and let it get to a boil in about half an hour, taking off the scum carefully, and again scraping the meat clean, when it is dished up, if necessary.

A leg of pork weighing seven or eight pounds ought to boil gently, for two hours and a half, reckoning from the time it comes to a boil. If it is boiled fast, the knuckle part will be broken and spoilt before the joint is done. This joint is usually served up with peas-pudding; and with either parsnips or carrots, and with greens and potatoes.

#### A CHINE OF PICKLED PORK,

Should be dressed in the same manner as the leg; but as it is a thinner joint, it will not take quite so much time in boiling, in proportion to its weight.

#### THE BELLY PART OF PICKLED PORK,

Which is very thin, will take less time, in proportion to its weight. A piece of the belly part weighing three pounds, will take from three quarters of an hour to an hour, gently boiling, according to its thickness; always reckoning from the time it begins to boil. Serve it up with potatoes and any young greens in season.

#### A HAND OF PORK,

Which weighs between four and five pounds, will take about one hour and a half gentle boiling, a little more or less, according to its thickness, reckoning from the time it begins to boil. Serve it up with the same vegetables as directed for the leg.

#### RABBITS.

After they are skinned and trussed, put the rabbits into cold water for a few minutes; take out the livers; and wash the inside of the rabbit clean. Then put them into the saucepan with warm water enough to cover them about two inches; and as they come to a boil, skim them well, as long as any scum rises. Then cover them down close, and let them boil gently for about half an hour, when they will be done, if they are not large nor old. But if they are of a large size, they will take three quarters of

an hour, or rather more, after they come to a boil.—Boil the livers by themselves, in a separate saucepan, or they will quite discolour the rabbits.

Boiled pickled pork, and potatoes, should be sent to table with rabbits. Some families also have greens.

They are to be served up with either parsley-and-butter sauce, as directed in page 18; or with white onion sauce, see page 23; or with liver-and-parsley sauce, for which see page 108.

#### WHITE ONION SAUCE.

Peel seven or eight large onions into a saucepan of hot water, and let them boil a quarter of an hour; then put them into fresh hot water, and boil them gently till they are quite tender; next peel off another skin, cut out the roots, and squeeze them as dry as possible between two trenchers or plates: you must now either press the onions through a colander, or chop them very fine; and warm them up quite hot in melted butter, made as follows:—Put a piece of butter the size of a large walnut, into a clean butter saucepan, with a small sized tea-cup full of milk, and half a tea spoonful of flour, and make it into melted butter, by stirring it one way over the fire till it has one boil up. As soon as this melted butter is ready, put the soft onions to it, set the sauce over the fire, and keep stirring it one way till it is quite smooth, and quite hot; and turn it out directly into your sauce tureens.

Instead of smothering the rabbit, the custom now is to pour only about a table-spoonful of onion sauce over each rabbit, and serve up the rest nice and hot in sauce tureens.

#### TURKEY.

A turkey, particularly if it is large, will be all the better for keeping three or four days before it is dressed; and in very cold weather a week to ten days; the flesh will then look white and eat tender.

To prepare it for dressing, the sinews or strings must be drawn out of the thighs; and the bird must be trussed with the legs outward: then singe it all over with a piece of clean writing-paper, twisted up and lighted; and afterwards wipe off the blacks with a cloth, and wipe and clean it well inside and out.

Next fill the breast of the turkey with the following stuffing, through the opening in the neck where the craw was taken out.—

#### TO MAKE STUFFING FOR A TURKEY.

Take two ounces of pork sausage meat, or two ounces of finely minced lean veal, and one ounce and a half of finely minced veal suet, as much parsley leaves as will fill a table spoon when chopped; half the peel of a fresh lemon, grated fine, a tea-spoonful of powdered knotted marjoram, and the same of lemon thyme; let all be minced very fine, and then mixed together with three ounces of bread crumbs, and the yolks and whites of two eggs: season it with a salt-spoonful of pepper and the same of salt, if you use lean veal and suet, but if you use sausage meat, it will not require half so much pepper and salt. A small quantity of grated ham or grated tongue will improve this stuffing.

Put the turkey into a clean pot, with clean warm water enough to cover is about two inches; take off the scum carefully as it comes up, and then the skin will look more white and delicate than if the bird had been wrapped in a cloth.

A large turkey will take two hours, or more, gentle boiling; and a smaller one about an hour and a half, reckoning from the time it comes to a boil.

Boiled turkey may be accompanied with either ham, or tongue, or pickled pork, or bacon, or sausages. Parsley-and-butter sauce, or oyster sauce, should be served up in a boat; and, in some families, egg-sauce is served up. The vegetables proper for boiled turkey are, either cabbage plants, or brocoli, and potatoes.

The liquor in which a turkey has been boiled, should be saved, as it is good to use for a hash or for soup.

#### FOWLS, CAPONS, &c.

Large fowls must be trussed and dressed just in the same way as a turkey; and if a fowl is not very young, the sinews must also be pulled out of the thighs.

White fowls are best for boiling; dark-feathered, or black-legged ones, are best to be roasted.

A capon, or large-sized fowl, will take about an hour to boil it; a middle-sized one from thirty-five to forty minutes, and a chicken about twenty minutes; reckoning from the time they begin to boil.

Boiled fowls must not be stuffed; but they may be served up with the same accompaniments as for boiled turkey, viz. boiled ham, pork, tongue, bacon, or sausages, and with either of the same sauces as for boiled turkey; and for vegetables, with potatoes, and any young vegetables in season.

#### TRIPE.

Be careful to get tripe quite fresh. Clean it from any loose, or discoloured fat, and then cut it into slices about four inches long and two broad: put these into a stew-pan, cover them with equal parts of milk and water; add a peeled onion, and boil gently till the tripe is tender.

The time tripe will take in dressing depends on the manner in which it has been prepared at the tripe-shop. In general, an hour's boiling will be long enough; but tripe that has not been dressed at all will take two or three hours to make it tender, according as it may be from a young or old beast; in this case you must first boil it in plain water for two hours, let it stand till it is cold, and take off the fat from the top before you stew it in milk and water.

Some fine onions, should be boiled about three quarters of an hour in water, and the outer skins having been peeled off, they are to be served up with the tripe



and all the liquor in which it was stewed, in a tureen; any fat that may rise to the surface is to be skimmed off, and the dish will be ready for table.

Fried sausages, or toasted rashers of bacon, may be served up with boiled tripe; and it may be accompanied with parsley and butter; or onion sauce may be brought to table with tripe, instead of putting the boiled onions in the tureen.

#### TO BOIL EGGS IN THE SHELL.

Eggs that have been kept for some time, though they may be quite sweet, are apt to crack if put into boiling water, and a great part of the white may thus be wasted. If, therefore, you have any but new-laid eggs to boil, the safest way will be to put them into cold water, set them over a moderate fire, and as soon as the water has boiled one minute, they will be done enough, if you do not hurry them to a boil, for if you hurry them they will be spoiled. But if you put them on the fire in boiling water, you must let them simmer gently three minutes and a half, and they will be done. Boiling eggs quick quite spoils them, even if they are covered with water, as it hardens the white too much, and the yolk too little, and cracks the shell, which is considered very bad cooking. It is still worse, if they are boiled quick and only half covered with water, as the yolk will then be done too much on one side, and not enough done on the other, which gives it a very unpleasant addled appearance. If you know the eggs to be new laid, you may allow them to boil gently half a minute more.

#### POACHED EGGS.

Put some boiling water into a clean frying-pan, and set it over a slow fire: break each egg into a cup, take the pan off the fire, and slide each egg carefully into it: it will do four at a time; let them stand till the white sets, then put the pan again over the fire, which must

not be fierce, and by the time the water boils, the eggs will be done enough. Have ready some thin slices of bread, nicely toasted and buttered; lift out the eggs with an egg-slice, and lay each egg on a piece of the toast, on a flat dish.

Or you may serve up the poached eggs on a flat dish of boiled spinach, squeezed quite dry. Or without spinach, upon toasted rashers of ham, or rashers of bacon.

Or you may lay the eggs upon the boiled spinach, in the middle of a dish, with rashers of toasted ham, or bacon, all round it.

## PUDDINGS.

### DIRECTIONS FOR PUDDINGS.

TAKE care that the cloth in which a pudding is to be boiled is quite sweet and clean. When you use it, dip it in boiling water, squeeze it pretty dry, and dredge the inside of the cloth with flour, before you put the pudding into it, or else it will break in turning out. The water must always boil before you put a pudding into the pot; and you should put a plate or dish into your saucepan, before you put in the pudding, or else you will be obliged to move it about every five or ten minutes, to prevent it from sticking to the bottom and getting burnt.

Set your saucepan in such away over the fire, that the pudding will be always kept gently boiling till it is done; for water is none the hotter, if it boils ever so furiously, then when it boils gently; it only makes a greater steam, which forces up the lid.

To keep your pudding-cloth nice and clean, wash it when done with, without soap, unless it is extremely greasy; and after it is washed, rinse it well in clean water, and dry it at once, to keep it sweet.

When your pudding is done, dip it in a pan of clean

cold water, then untie the cloth, and the pudding will turn out without sticking to it. If you boil your pudding in a mould, or a basin, it must be well buttered before the pudding is put into it.

Bread puddings, or custard puddings, should always be boiled in cups or moulds; and you must let them stand about five minutes after they are taken up, before you turn them out.

#### BEEF-STEAK PUDDING.

Well mix ten ounces of very finely-chopped suet, and half a tea-spoonful of salt, into a pound and a half of flour, then make it into a stiff paste with only just as much water as is necessary.

Next, grease the inside of the pudding-basin with lard or butter, and then lay a thin crust of the paste around the same; but not quite to the bottom, or it will suck up the gravy. Cut the steaks into pieces, season them with pepper and salt to your taste, and put a fat piece at bottom, and then the lean pieces; when about half full, pour in a table-spoonful of ketchup, and a quarter of a pint of luke warm water; then add the rest of the seasoned steaks, and cover the whole with the remainder of the stiff paste, rolled out to shape; well close the two edges, and tie a clean cloth over it, having first dipped the cloth into hot water, and floured the side of it which is to go next the crust. Then put it into the saucepan right way upwards, taking care that the water is boiling; and let it be kept boiling gently, and all the time covered with water, for about three hours, reckoning from the time of putting it on. When done, take it up, remove the cloth, and turn it out of the basin into a dish, and serve it up.

Some families have it served up with brown gravy in a sauce boat: and some persons make the crust with ten ounces of clean sweet dripping, finely shred and rubbed into the flour; but half suet and half clean dripping makes an excellent crust for meat puddings.

## MUTTON PUDDING.

This pudding may be made of any pieces of cold mutton, which may be left, mixed with two or three fresh chops, or a little of the flap or cuttings of the thin part trimmed from the breast or loin of mutton, seasoned with pepper and salt to your taste. The pudding must be made and served up in the same way as directed for beef-steak puddings. Boil about two hours.

## CHRISTMAS PLUM-PUDDING.

To clean and prepare the fruit.—First carefully look over one pound and a quarter of currants, then put them into a clean colander, with a plate on the top of them, and put the colander into a clean pan nearly full of pretty hot water, then take off the plate, and wash the currants about in the colander with your hands;—and this washing may be repeated if your water is very dirty;—then take them out of the colander, and put them on a clean cloth, doubled lightly over them to keep them warm, and there let them drain for a quarter of an hour, which allows the currants to swell, and the stones to separate from them; then turn them into a dish, and look them over carefully, a few at a time, to pick out the stones, and as you do so, put them into another dish, dropping them loosely into a clear part of it, so that you may hear any of the little stones drop in the dish which may have escaped your notice in looking them over; and which, unless you do so, you cannot make sure of getting all out.

Some persons may think that currants so washed would lose much of their sweetness; but they do not, as you will be convinced, if you taste the water they are washed in, which will not be the least sweet; they only lose dirt. If you use common or old raisins, they will also require a little washing; but new Muscatel raisins do not.

Next, pick from the stalks, and carefully stone one pound and a quarter of rich Muscatel raisins, and after they have been stoned, hold them up to a candle, one at a time, to see that every one of them is free from stones.

TO MAKE THE PUDDING.—Having cleaned the fruit, as before directed, you must finely shred and chop up as much nice sweet beef suet, cleared from the skins, as will, when chopped, weigh one pound and a quarter, and mix it, together with the fruit, in a pan large enough to contain all the ingredients, viz., ten ounces of flour, ten ounces of finely-grated stale French bread-crumbs, ten ounces of grated carrot, which must be first very cleanly washed and scraped, and then grated raw on a bread-grater, eight ounces of either moist or powdered loaf sugar, one ounce of finely ground spice, made of equal parts of mace, cloves, and nutmeg; half a tea-spoonful of ground ginger; and half the peel of a fresh lemon grated: Next mix up with the above ingredients five ounces of candied lemon-peel, two ounces and a half of candied orange-peel, and two ounces and a half of candied citron-peel, shred or cut into thin pieces; then pour a pint of new milk on to it, and well stir it up; and mix the whole well together with a strong wooden spoon; which you will find very hard work, as it must be well mixed, and yet be pretty stiff: then cover the pan with a clean cloth, and set it by till next morning.

You should first mix the spice and sugar with the flour and bread-crumbs; then mix with that the carrot, the candied peel, suet, and fruit; and last the milk; then let it all soak together, till the morning.

The next morning, when your water begins to boil, break ten full-sized eggs, and whip them well up in a clean basin, with a salt-spoonful of salt; then mix with the eggs a quarter of a pint of good brandy, or a quarter of a pint of very strong ale, and strain it all into your pudding; then mix and beat up your pudding thoroughly well again; and put a large plate into the pot, to prevent the pudding sticking to the bottom while it is cooking; Next, dip your pudding cloth (which should be of pretty close linen) into the hot water, squeeze it rather dry, well flour the inside of it, and put all the pudding into it;

tie it tight and pretty close, but not quite close, as it requires a little room to swell. Then put it into the pot, which must be large enough to allow the water to cover the pudding two or three inches, and let it boil seven hours. It must be kept gently boiling, and covered with water all the time; therefore have ready a kettle of boiling water, from which keep the pot filled, as the water may boil away.

When done, take it up, and put the pudding, tied up as it came out of the pot, into a tin colander, and put that into a pan of cold water, and there let it remain covered over with the cold water for three minutes. This sets it, and saves it from breaking in pieces; then take the colander out of the water, and let the pudding stand in it for fifteen to twenty minutes longer; then carefully untie and open the cloth, the pudding still standing in the colander; put the dish in which it is to be sent to table on the top of the pudding, and with the help of the cloth turn it over into the dish.

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Making plum puddings, at Christmas time, has long been considered excessively annoying, when there is so much other cooking to do; and it has been found that a Christmas pudding can be made and boiled a week, or longer, before Christmas day, as well as on that day, and be quite as nice. For this purpose, you have only to make your pudding one day, and boil it the next, exactly as directed in pages 29, 30, 31, and when you take it out of the pot, stick a meat hook into each corner of the pudding-cloth, and hang it up in the safe, or in any other safe place in the pantry, or store-room. But you must save, in an earthenware pan, the sweet liquor, fat and all, in which the pudding was first boiled, to boil it in again, on the day that you eat it. At the second cooking, be sure that the sweet liquor boils before you put in the pudding. And it will then require only one hour's gentle boiling.

## BRANDY SAUCE FOR CHRISTMAS PUDDING.

It should be served up with a little brandy sauce poured on the top of it, and with brandy sauce in a sauce tureen; which is good thick melted butter, to each half pint of which a gill of brandy, and two ounces of lump sugar have been added; in some families brandy also accompanies it on the table.

## A RICH BREAD PUDDING WITH PLUMS AND CURRANTS.

Let half a pint of milk simmer for ten minutes with a roll of lemon peel, a blade of mace, a bit of cinnamon, half a small nutmeg grated, and three ounces of loaf sugar, stirring it two or three times, then strain it into a basin, and when it is cold, beat up and strain into it three eggs, mix the eggs and milk together,—then put into it three ounces of raisins, washed, stoned, and chopped; three ounces of currants well washed and picked; and three ounces of white bread crumbs; mix the whole well up together into a pudding, put it into a buttered mould, tie a cloth over it tight, and let it boil two hours and a half.

Serve it up with a quarter of a pint of melted butter made thick, to which add a glass of white wine, or a glass of brandy, and two ounces of powdered loaf sugar.

## BAKED BATTER PUDDINGS.

The great secret of making good and light batter for batter puddings, is more in the mode of mixing the ingredients and using them directly they are ready, than any thing else: to do it properly you must first put into a clean pan half a pound of fine flour, then beat up in a jug or basin four good sized eggs, with a salt spoonful of salt, just sufficient to mix the yolks and whites well together, then add to them a pint and a half of water, and mix the eggs and water well together, then strain about a quarter of it through a sieve, on to the flour, and mix both well together till it is quite smooth and free from lumps; then strain on to it the rest of the eggs and water, a little at a time, beating

and mixing the batter well together with your wooden spoon all the time, and when the whole is well mixed together continue to beat it for a quarter of an hour longer, just as if you were beating up eggs to a froth. grease a baking-dish, pour the batter into it, sprinkle on the top a few small pieces of butter, (one ounce); put it into the oven directly, and bake it for an hour.

N.B. If you use a pint and a half of good milk, instead of water, then two eggs will do.

#### BOILED BATTER PUDDING.

Put into a clean pan half a pound of flour, and beat up in a jug or basin four eggs with half a salt-spoonful of salt and a pint of milk, until the yolks and whites are just mixed together; then strain them through a sieve on to your flour, a little at a time, beating the whole up to a very smooth batter, rather thicker than cream; when the batter is smooth and well mixed, you must continue beating it up with your wooden-spoon a quarter of an hour longer, as directed for Baked Batter Pudding, and pour it out directly into a well-floured cloth, tying it tight. Or you may fill a buttered basin, or a buttered mould, with your batter, and tie a cloth tight over it. Put it into boiling water, and let it boil gently for an hour and a half, to two hours.

Or this batter pudding may be poured into a pie-dish, and baked from three quarters of an hour to an hour.

Batter puddings must be made perfectly smooth, and be cooked directly you have done beating it up.

Batter for puddings in a bason or mould will take a quarter of an hour longer to boil, than if in a cloth.

Sauce for a boiled batter pudding, is melted butter, with sugar, and a little lemon juice;—some families always add a glass of white wine.

#### APPLE PUDDING.

Take four ounces of beef suet, chopped very fine, or four ounces of clean sweet dripping, mix it well on a paste-board, with one pound of flour, and a salt-spoon-



ful of salt; then add by degrees cold water enough to make it into a stiff paste: divide it into two pieces, one for the bottom crust, large enough to hold eight or nine apples, peeled, cored and sliced; the other piece to lay over the top; then roll each piece out flat with your rolling pin, but thinnest at the edges.—Then lay the pudding cloth in a colander, flour the inside of it, put into it your largest piece of paste, and on that the apples; then sprinkle among them half a fresh lemon peel grated, four ounces of sugar, and four cloves, or else, half a tea-spoonful of mixed spice; then slightly wet the edges of your other piece of paste, and lay it on the top of the apples, and join the edges of the two pieces of paste together; then dredge the edges which you have joined with flour, tie the cloth, and put it into a saucepan of boiling water, with a plate at the bottom, which will prevent its burning, and let it boil two hours, to two hours and a half.

In joining the two crusts of a pudding, you should pull the top edge of the bottom crust round the apples, which will form the pudding round, and make the edge of it thinner, so that when the two pieces of paste are joined together, the crust of the pudding will be of the same thickness all over.

#### APPLE DUMPLINGS.

Pare some codlings, or any other boiling apples, cut them in halves, and take out the cores: then have ready some paste the same as for apple puddings, roll it out and divide it into pieces, each large enough to cover one apple. Make up the dumplings, and tie them tight in cloths, and let them boil gently for an hour. Or you may put them on a flat dish, or iron, and bake them.

#### CURRANT, CURRANT AND CHERRY, GOOSEBERRY, AND OTHER FRUIT PUDDINGS.

The crust for all these must be made exactly the same as directed for apple puddings; and whichever

fruit you make them of, it must be first washed in a little cold water, then picked from the stalks, &c. First put into the crust half the fruit, then your sugar, and then the rest of your fruit, (allowing a quarter of a pound of sugar to each quart of fruit) then cover the fruit with the top crust, and well close it, by wetting the edges of the bottom crust, and pressing both the thin edges of the crusts together, &c. the same as ordered for apple pudding; only they will require less boiling by half an hour; and mind they boil gently, but boil all the time.

When they are taken up, just put them into a colander, with a plate under it, while you untie them, so that if the pudding should break you will save the juice. When you have untied your pudding, open the cloth all round your colander, then place the dish you intend to serve it up in, on the pudding, and with a cloth in your right hand between the plate and the colander, turn your pudding, colander and all, over quickly into your dish; then take off the colander and pudding cloth, and serve it up.

#### PEAS PUDDING.

First wash clean a quart of split peas in cold water; lay them to soak for two or three hours, then tie them loosely in a clean cloth, put them into a pot of cold soft water, and let them boil till they are tender which, if they are good peas, will be in about two hours; then take them up, untie the pudding cloth, and beat them well with a wooden spoon, add half an ounce of butter, half a tea-spoonful of white pepper, and the same of salt: beat and mix all well together; tie the pudding up again very tight, and let it boil again gently with the meat you intend to serve it up with, for another half hour; then take it up, and let it stand in the colander about ten minutes, untie it, and turn it out,—the easiest way to do which is, the same as directed above for currant pudding.

## BOILED RICE PUDDING.

Take one pound of rice, and look it over, and pick cut all the discoloured grains, and wash it in about two quarts of cold water. Tie the rice in a cloth, and leave plenty of room for it to swell; put it in a pot with a good deal of cold water; set it over a slow fire, so that it may be full an hour before it comes to a boil, and let it boil another hour. When it is done, serve it up with plain melted butter, and it may be eaten with either salt, or sugar. Over the top of the pudding, there is usually poured a little melted butter, and on that grate a little nutmeg, or a little lemon peel, according to the tastes of different families.

## BOILED CUSTARDS, OR CUSTARD PUDDING.

Simmer gently for ten minutes, in a pint and a half of new milk, half the peel of a lemon cut thin, two dried bay leaves, a bit of cinnamon, and a few coriander seeds; strain off the milk, and add to it half a pint of cream and four ounces of loaf sugar powdered: when this is half cold, mix with it twelve yolks of eggs, first well beaten to a froth with a very little salt: strain the custard through a hair sieve, stir it with a whisk over a slow fire till it begins to thicken, but do not let it boil; then take it from the fire, and keep on stirring it till it is almost cold: fill cups or glasses with the custard, and grate a little nutmeg over each; or pour the custard over whatever you intend it for. Take care it does not boil: for if it once boils, it will be curdled and spoilt.

## ALMOND CUSTARD.

You may make boiled almond custards, by merely leaving out of the above the lemon peel, and the coriander seeds, and simmer in the milk, instead of them, twelve bitter, and twenty four sweet almonds, first blanched, and then pounded, or grated. In all other respects proceed as above.

## SUET PUDDING.

Let six ounces of suet be chopped very fine, and well mixed in a basin with nine ounces of flour, and half a tea-spoonful of salt; then beat up in another basin three eggs with eight table-spoonsful of milk, strain the eggs and milk, and add it by degrees to the suet and flour, mix it all into a stiff paste, and boil the pudding in a cloth, or a shape, for about two hours.

Or make the paste into eight dumplings without any eggs, roll them well up in flour, and boil them three quarters of an hour in plain water, without a cloth, or in a pot along with mutton or beef.

## CURRANT PUDDING.

Currant pudding or currant dumplings may be made the same way, by only adding six or eight ounces of currants well washed and picked, as directed for Plum-pudding, and a little sugar, to the flour, before it is made up into paste for boiling.

## MARROW PUDDING.

Wash and stone one pound of raisins, as directed for Christmas puddings; and chop three quarters of a pound of beef marrow rather large; then break into a clean pan five eggs, beat them up quite smooth with a salt-spoonful of salt, a table spoonful of flour, and a tea-spoonful of sugar: then mix it well together with the raisins and marrow, with a wooden spoon; put the pudding into a basin or mould well buttered, tie a cloth tightly over it; and let it boil gently four hours.

## PLAIN PLUM PUDDING.

Chop twelve ounces of suet, cleared from skin, as fine as possible: wash and stone twelve ounces of raisins, as directed for Christmas puddings; then take flour one pound, bread crumbs half a pound, salt one salt-spoon-

ful, moist sugar six ounces, and a table-spoonful of powdered spice. Mix all well together, and make it into a pudding with a pint of milk and four eggs well beaten together. Tie it up in a cloth, well floured; put it into boiling water, with a plate on the bottom of the saucepan, and let it boil four hours.

#### THE PENNY PUDDING.

Get a penny french roll with the crust rasped, one egg, half a pint of milk, and rather less than two ounces of loaf sugar. Put the roll and sugar into a basin, pour upon them the cold milk, and let it soak an hour; then beat up the egg with the roll, sugar, and milk; put it into either a half-pint shape, or a cloth; and boil it twenty-five minutes if in a shape, or twenty minutes if in a cloth. Serve it up with sweet white wine sauce.

It may be made double the size, by using twice the quantity of every thing; and it will only take five minutes longer to boil it.

## BOILING FISH.

### DIRECTIONS FOR BOILING FISH.

MUCH more attention is necessary in boiling fish than in boiling meat, because leaving fish in the water but a very few minutes after it is really done, will cause it to crack and break so as to be very unsightly; while, if it is served up before it is done enough, it would be unwholesome to eat. And you must either skim your pot well, or wash the skimmings off the fish when you take it up.

When done enough, the eyes turn white, the fins easily part from the fish if pulled, and the skin cracks: the moment these signs take place, the fish must be taken up

Fish-kettles have always a perforated false bottom, with handles affixed, called a fish strainer, so that it is very easy to take up fish when done, without breaking it: when dished up, it must be slid off this strainer on to a fish-plate, which fits the dish you serve it up in, on which fish-plate a nice clean white napkin is sometimes put to lay the fish on, to absorb all the moisture.

Some people do not approve of using a napkin to lay fish on; in which case, of course, you must only slide the fish off the strainer on to the fish plate, which you put into a dish that it fits, and serve it up.

Should it so happen, that the fish is done before it is wanted, or that the family is not ready to sit down, the best way will be to wrap a wet napkin round the fish, and placing it very carefully on the tin strainer, suspend it in the fish-kettle, over so much of the boiling-water as will keep it hot, but not touch it. It will thus be kept ready to serve up when wanted: but it will not be near so nice as if it had been sent up to table the moment it was cooked.

Some cooks dissolve salt in the water in which fish is to be boiled; but this is a bad way; the proper way is to steep the fish in salt and water from five to ten minutes, before putting it in the kettle to cook: the necessity of using salt in boiling fish is thus avoided; less scum rises, so that the lid has not to be taken off so often to skim it, and the fish comes to table not only nicer, but with a better appearance.

Almost all cookery books direct that fish should be put into as much or more water as will cover them, this is also a very bad way: if the fish be a little more than half covered with water, and gradually brought to boil, then well covered down with your saucepan lid, and boiled gently till done, it will eat much richer, have a finer flavour, and be more firm than if cooked the old way, or rather drowned in water, which only soddens fish, and takes away the fine firmness so much prized.

In winter time, fish is likely to be frozen; and as it

will never cook in this state, it should, if frozen, be put into cold water (without salt) in the kitchen, for an hour or so, to thaw it. It must be put into salt and water all the same before you cook it, to make it firm.

The fishmonger ought to gut and clean fish in a proper manner; but a cook must not trust to this: a good washing will be found essential before it is fit to dress; and also a scraping at the back bone, to cleanse out all the blood.

Melted butter to be served up with fish, should be made thicker than when intended for any other purpose; as it is usually thinned at table by mixing with it Chili vinegar, or one or other of the sauces taken with fish, by the persons who eat it.

#### SALMON.

The cooking of salmon differs in some respects from that of other fish, for being a fat fish, the water in which it is to be cooked should boil before the fish is put on, and spring water is much better for this fish than soft water.

With these few observations, we shall show the cook how to boil salmon in a proper manner.

The salmon having been well scraped and cleansed from blood, and well washed, should be put into salt and water to soak for about a quarter of an hour, when it should be rubbed lightly down the inside with a table-spoonful of vinegar with a pinch of salt in it. This will make it eat firm. Meantime, you should have put on your fish-kettle, with as much pump water in it as will rather more than half cover the fish. When the water boils, put in the fish. A little scum will rise when it comes again to a boil, which should be carefully skimmed off: it should then be closely covered down, and boiled very slowly till done.

Salmon takes a longer time to boil than most other fish, but the time depends more on the thickness than the weight: for a thick piece of seven pounds weight, say one third of the fish, cut direct out of the thick

part of the middle, will take three quarters of an hours' gentle boiling. A whole salmon, of twelve pounds weight, would not take more time; therefore look to the eyes and skin, as before directed.

#### LOBSTER SAUCE.

This elegant sauce for salmon, is thus made: take a dessert-spoonful of the spawn of a live hen lobster, from under the tail, and pound it in a mortar with half a salt-spoonful of salt: then chop or cut the white meat of the inside of a boiled lobster into very small pieces; and having made as much melted butter (not too thick in this case) as you think will be wanted, well stir into it the paste which you made from the live spawn, and the meat of the lobster which you chopped up, till it is thoroughly mixed and turns the butter a fine red, and keep it simmering over the fire, till it gets hot enough to almost boil, and it is done; then turn it into your sauce tureen, and serve it up. Do not let it boil, or stand in the saucepan, or the fine flavour will be injured, and the delicate red colour be quite gone.

Some families use only the black spawn, without the meat of a boiled lobster: which makes nice sauce, if you tie the black spawn in a muslin rag, and mash it on a plate, and put all you can mash through the muslin into your melted butter, and keep stirring it till it turns of a fine red colour, when you must immediately pour it into your sauce tureen, and serve it up.

A dish of sliced cucumber, served up with boiled salmon, is much esteemed in some families. New potatoes also are considered an agreeable addition to salmon.

#### FRESH COD.

Having well washed and cleansed the fish, lay it in salt-and-water for about ten minutes; then take it out, and put it into a fish-kettle, on the strainer, with as much water as rather more than half covers it. Set the kettle over the fire, and when it comes to a boil, skim it clean from scum: then cover it down quite close, and let



it boil very gently till done, which, if it be a very thick large fish, will be in about half an hour; a middling sized fish, twenty minutes; if a small thin fish, fifteen minutes; reckoning from the time it begins to boil. This dish may be sent to table with the liver, and garnished with scraped horseradish. Serve it up with oyster sauce, or shrimp sauce. Boil the liver in a small saucepan by itself, or it will discolour the fish.

OYSTER SAUCE,—see also page 163.

Take two dozen native oysters: remove them one by one with a silver fork into a bason; let the liquor stand till it is settled, then pour it clear off into the bason to the oysters, through a small hair sieve; let it again settle a little, and then take them out of that bason, one by one, into another clean bason, straining the liquor again to them; then put the liquor and oysters into a saucepan, and let them get very gently nearly to a boil, but not quite, for if they boil, they will be hard; while the oysters are getting warm, well mix one dessert-spoonful of flour and two of water, with two ounces of butter, and put it to the liquor and oysters; stir it well over a very gentle fire till it just begins to boil, then serve it up.

COD'S HEAD-AND-SHOULDERS.

Is much esteemed. It should be dressed in the same way as we have directed for the cod-fish. It will take the same time, if as thick; and it must be served up with oyster sauce, or shrimp sauce, or plain melted butter, whichever is most approved of by the family.

The dish may be garnished with scraped horse-radish, or with a little of the roe sliced.

SLICED FRESH COD.

Lay the slices in salt-and-water for ten minutes; then put them on the strainer, into the fish-kettle, with scarcely enough cold water to cover them. If any scum arises just as it comes to a boil, remove it carefully, then cover the kettle down close, and gently simmer for twelve to fifteen minutes, according to their thickness.

## ANCHOVY SAUCE

Is made by boiling two good-sized or three small anchovies for about ten minutes, in half a pint of water: they should then be taken off and strained, and the liquor, when cold, mixed with three tea-spoonsful of flour, and two ounces of butter; then stir it over the fire till it just comes to a boil, and turn it out into a tureen.

## SALT COD.

If fresh salted, and fine in quality, this fish may be cooked to eat tender; but if stale, or if it has been long in salt, it will not dress well; but good cooking will make indifferent fish eat very palatable.

The degree of saltness may be judged of very near to the truth, by tasting a bit of one of the flakes: if it tastes mild, it is fresh salted; but if hard and dry, it is old. In the latter case, it will take twelve hours' soaking, changing the water two or three times, and then having been taken out and laid for six or eight hours on cold stones, or in a pan, it should be again laid in soak for a further twelve hours: According to the degrees of saltness, so should the soaking be; a newly-salted cod will require only four hours soaking.

The fish being thus prepared, your next care will be in the boiling: here a very little attention will do, but that attention must be not to let it boil; if you do, it will be hard; while if it is suffered only to simmer until quite done, it will eat fine and tender.

Lay the fish on the strainer in the kettle with water enough to cover it about two inches; watch it, that it does not come quite to a boil; skim it, and put it on by the side of the fire to let it simmer till done: a half fish, of about six pounds weight, will take an hour from the time it begins to simmer; a fish of ten pounds, about an hour and a half.

Boiled salt-fish should always be served up with parsnips boiled till tender in another saucepan; as the fish

would be quite spoiled, if they are boiled with the fish. The dish may be garnished with one or two of the hard boiled eggs sliced, and be served up with egg-sauce.

#### EGG SAUCE

Is thus made: boil as many eggs as you think will be enough, for full fifteen minutes, and then drop them into cold water, to fully harden; take off the shells, and separate the yolks from the whites; the whites should be chopped small, and the yolks cut into small squares; then mix both in a sufficient quantity of melted butter, over a slackish fire, till hot, and serve it up.

#### TURBOT.

This much esteemed fish is in season the greater part of the year. Previous to putting it on to dress, it should be laid in water in which salt has been dissolved, for about half an hour. It should then be taken out, and the skin scored across the thick part of the back, to prevent its breaking. Now put it into the fish-kettle on the strainer, in cold water; do not be in a hurry to get it in a boil; just before it boils, the scum will rise, which should be carefully removed: as soon as this is done, raise the saucepan up a little way off the fire, or remove it to the side, that it may boil very slowly till done: if it be suffered to boil fast, the fish will be broken and spoiled.

Supposing the turbot to weigh about eight or nine pounds, it will take rather more than half an hour after it comes to a boil. It should be served up in a dish garnished with crisped parsley, with scraped horse-radish, or sliced lemon, intermixed. Lobster sauce, oyster sauce, or anchovy sauce, should be served up with turbot; and it should be accompanied with boiled potatoes, or boiled parsnips.

#### BRILL

Is cooked and served up exactly the same as turbot; but being smaller, fifteen minutes in salt and water is enough.

## HOLLIBUT,

From its large size, is usually cut into large slices. They may be cooked just in the same manner as turbot; and should be served up with the same sauce, or with plain melted butter in a boat, to mix with essences, at table.

## MACKEREL

Should be cooked while quite fresh, or they will be good for nothing.

Mackerel should be well washed, and after steeping for five minutes in salt and water, put into a fish-kettle scarcely covered, with cold water: skim it as soon as it boils; then cover it close, and let it continue to boil very gently from two to five minutes, at most, when it will be done: but it is best to try it, and if the fins readily part from the back when pulled, and the eyes turn white and start forward, take it out of the water, and dish it up. In a very few minutes after mackerel are done, the skin cracks, the fish breaks and the appearance, as well as the flavour, is spoiled.

Sometimes the roe is under done: to prevent this, slit the mackerel fairly open, and cleanse it well, and take off all the fine thin black skin you will find in the inside, the heat of the water will then penetrate the better, and the roe will be well done, by the time the fish is.

Mackerel should be served up with parsley and fennel sauce, made with a sprig or two of mint in it; or with sauce made of the soft roes, boiled and mashed, and mixed with melted butter.

## SKATE,

Is sometimes crimped, when it is much more firm and dry,—but it is most tender when not crimped.

If the fish be too large to cook at once, cut it in half, or into pieces about two inches wide: steep it in salt and water about ten minutes; and then put it into the saucepan in cold water: as soon as it begins to boil.

skim it clean and cover close. If it has not been cut, it will take about a quarter of an hour; but if in slices, ten minutes will do them well. Serve it up with plain butter in a boat, or with anchovy-sauce. The dish may be garnished with egg-balls.

## EGG-BALLS.

Boil five eggs for about twelve or fifteen minutes, and then throw them into cold water, to render them quite hard: now take off the shells, separate the yolks from the whites, and pound (or rather smooth) the whites and yolks separately in a mortar,—mixing with the yolks the yolk of a raw egg, a tea-spoonful of chopped parsley, and a very little pepper and salt; and make it up into balls; then add to the whites the white of the raw egg, a tea-spoonful of chopped parsley, and a very little salt and pepper; and make that up into balls; boil them very gently (or they will break) for two or three minutes; and then lay them, first a white one, then a yellow one, and so on round the dish.

## SOLES,

Should be large and particularly fresh, for boiling. After having gutted, and well cleaned the fish, put them in salt and water for about ten or twelve minutes; take them out, and put them into the fish-kettle with cold water just sufficient to cover them: skim them as soon as any scum rises, and when the water boils, cover close and let the fish boil slowly till done, which will be in about ten minutes, or rather longer if the fish are of a large size. When sent to table, the dish should be garnished with sliced lemon and curled parsley.

Plain melted butter, or parsley-and-fennel sauce, may be sent up with this fish: most families like boiled potatoes with boiled soles.

## PARSLEY-AND-FENNEL SAUCE.

Take two parts of parsley, one part of fennel, and a few leaves of mint: wash it all carefully, tie it up in a

bunch, and boil it in water with a little salt in it, for about ten minutes: then take it out, and drain it dry, clear the leaves from the stems, chop or mince the leaves up small, and mix it with sufficient melted butter; give it a gentle warm up altogether, and pour it out into a warm sauce-tureen. Make sure the water boils before you put in the herbs.

You must be very particular in washing herbs perfectly clean for sauce, as the least dirt, or decayed leaves, will give it a brown, dirty look; the parsley always requires to soak in one water, and be washed in two other waters, to get it clean, as the leaves hold the dirt very much.

#### HADDOCK.

Wash the fish clean, after gutting it, and steep it in salt and water for about ten minutes; take it out, drain it, and put it into the fish-kettle, about two-thirds covered with cold water. Skim it as soon as any scum arises; then close it down, boil it gently from five to ten minutes, and it will be done enough.

The time thus stated will do for a haddock of about two pounds; should it weigh more or less, regulate the time accordingly.

Haddock may be garnished with scraped horse radish, or egg balls; and served up with oyster-sauce, or with plain melted butter, to mix with essence of anchovy or ketchup, at table; or with shrimp sauce.

#### WHITINGS,

Are cooked the same as haddocks; the only difference being that they are done enough the moment they come to a boil.

#### SHRIMP SAUCE.

Rinse a pint of shrimps in a sieve, with cold water, then shell them, pick them clean, and stew the heads and shells of the shrimps in half a pint of water, closely covered, for a quarter of an hour: strain off the liquor,

and use it to make your melted butter with; when this is made, add the shrimps to it, let them have one gradual gentle boil up, and pour it out directly into a warm sauce-tureen.

#### A JELLY TO COVER COLD FISH.

Clean a skate which weighs about one pound and a half, and put it into three quarts of water, with a calf's foot, or half a cow-heel, a stick of horse radish, an onion, three blades of mace, a tea-spoonful of white pepper, a piece of lemon-peel, and a good slice of lean gammon of bacon. Stew gently until it will jelly: then strain it off; and when cold, remove every bit of fat; take it up from the sediment, and boil it with a glass of sherry, the whites of four eggs, and a piece of lemon; boil gently for half an hour, and strain it through a jelly-bag. Cover any cold fish with it, made a little rough.

### FRYING.

You should have two frying-pans, so that you may keep one entirely for fish. Every time a frying-pan is used, it must be made quite clean; the best way to do this is to warm it gently, and wipe it clean, first with a piece of paper, and then with a clean dryish cloth, taking care to scrape clean off any thing which may stick to either the sides or bottom of the pan before you use the cloth; for if you do not, it will make whatever you fry stick to the pan, and burn, and look dirty.

Butter, lard, dripping, or oil, will do to fry with, provided it is clean and sweet, but clean top pot is very good fat to fry fish in, and clean sweet dripping is the best for meat; but whatever is used to fry fish with, it must be thoroughly boiling hot before you put in the fish to fry: and if there is much salt in the fat or dripping, it will prevent whatever is cooked in it from browning.

## TO PREPARE FISH FOR FRYING.

There are several ways of preparing fish for the frying-pan. After they have been well cleaned, and, if very large, cut into proper sized slices, the first way is, to dry them, and then moisten them all over with ale, or milk, and shake them in a well-floured cloth, before putting them into the pan. A second way is, to dry them in a cloth, dip them in a very thin batter in which one or two eggs have been well mixed, and then fry them. And a third way is to dry them well, flour them, and then wet them all over with raw egg, and strew on them as much finely grated crumbs of bread, or sift on them, through the top of the flour dredger, as much raspings from the bottom crust of a light-baked loaf, as will stick to them; this mode is the handsomest.

To try if the fat is hot enough, put a piece of crumb of bread into it, and if it directly becomes a light brown, it is of the proper heat to fry fish in.

**FRYING FISH.**

HAVING prepared the fish, when the fat is of the proper heat, put them into it, and tend them carefully till done.

If the fish be thick, do not let it brown too soon, or the inside will not be done: in this case, rather backen the frying at first, by raising the pan a little off the fire, to let it do more gradually; and then, by putting the pan over a brisk part of the fire, brown it off quick.

When the fish is fried with egg and bread crumbs, it will require a great deal of draining from the fat, as the egg and bread crumbs hold a great quantity of fat, and the loose crumbs should be taken out of the frying fat, or they are apt to burn to the bottom of the pan, and cause the skin of the next fish to break.

The fish being done, take it up, and lay it on the fish strainer, to drain the fat from it; meantime, having put some clean parsley in a small net, dip it into the boiling fat, and it will immediately crisp it. This is then ready to garnish your dish with.



Small fresh-water fish are best fried in a little butter: and they require only a small quantity of butter, and much care, to prevent their doing too quick. They eat nicer thus cooked, than if done with boiling fat.

Plain melted butter is most usually served up with fried fish; with essence of anchovy, ketchup, and soy, in the cruets.

#### SOLES.

Middling-sized soles are best for frying, large ones are only proper for boiling;—an hour before they are to be dressed, let them be well washed and dried with a clean soft cloth.

Having again wiped the fish clean, you must either wet it well with ale or milk, and shake it in a well-floured cloth, or else beat up an egg, and spread it evenly all over the sole, and then sprinkle it all over with finely-grated bread-crumbs, or fine sifted raspings.

Put into the frying-pan plenty of clarified dripping or lard, so as to cover the fish when it is melted. Set the pan over a good clear fire, skim the fat with an egg-slice, and as soon as it boils, when it stops bubbling, and begins smoking, it is just the time to put in your fish. Let it fry about five minutes, or till it is brown on the under side: then turn it carefully by sticking a fork into it near the head, and putting a fish-slice under it towards the tail, and fry it about four or five minutes more, till the other side is done. Take up the fish, and lay them before the fire on a drainer, and then on a soft cloth, turning them three or four times, to dry the fat from them on both sides.

#### FLOUNDERS AND PLAICE,

Are to be dressed in the same manner; but they should be laid in salt and water for an hour, to give them firmness, and they must be wiped dry, and dredged with flour, an hour before you want to cook them, so that the fish is quite dry, before they are put in the frying-pan.

SLICES OF SALMON, COD, OR ANY SIMILAR FISH, Should, for frying, be cut about an inch thick; they may be dredged with flour, or done with egg and bread crumbs, and fried, the same as soles; they will take about a quarter of an hour to do both sides.

## SKATE.

A young skate, crimped, and fried like sole, is very nice eating. Or the fish may be cut into slices or fillets, and dressed in the same way.

## WHITING,

Must be skinned, the tails skewered into their mouths with a very small skewer, and then dried in a cloth and floured, covered with egg and crumbs of bread, and fried in plenty of very hot fat; or the fish will not be done nice and crisp. It will take about five minutes, and then must be well drained before the fire on a cloth, turning it carefully several times with a fish-slice.

All fried fish should be served up garnished with fried parsley.

## EELS.

Middle-sized eels are much the nicest; let them be skinned, gutted, and well washed; then divide each of them into pieces from three to four inches in length; dry and flour them, and season them with pepper. Or else you may dip them in yolk of eggs, and sprinkle them with crumbs of bread. Let them be fried in sweet dripping or lard, and well drained. Or eels may be dipped in batter, and fried. Serve up garnished with fried parsley. Send up with them either parsley and butter, or melted butter, with a little lemon-juice squeezed into it.

## SMALL FISH.

Roach, smelts, gudgeons, minnows, or other small fish, must be well cleaned and dried, and shaken in a floured cloth, and may then be fried either with a little

butter, or in boiling fat. Or they may be first dipped in egg, and sprinkled with fine bread crumbs.

They will scarcely take more than two minutes to make them of a nice brown colour, when they are done. Let them be drained on a hair sieve, before the fire, till they are pretty free from fat.

#### BAKED MACKEREL.

Well wash and clean the fish, and cut off their heads, and trim their tail and fins; then gut them and cleanse the insides, but preserve the roes: when they are quite clean, sprinkle them in the inside with salt and pepper, and put the roes in again. Season the mackerel with equal parts of black pepper, powdered allspice, and salt; put them side by side in a baking-pan; pour in equal parts of cold water and good vinegar, just enough to cover them; then tie over them white paper, folded double, and let them bake for an hour, in a slack oven.

### BROILING FISH.

#### SLICES OF FRESH SALMON, OR COD.

After the salmon is well cleaned, divide it into slices about an inch thick; dry them well with a clean cloth, then rub them with melted butter made thick, and shake a little salt over them.

Put the gridiron over a clear fire, heat it slowly, then wipe it clean, and rub the bars with a little lard, or clarified dripping; place the slices of fish on it, and when done on one side, turn them carefully to broil the other.—If you have a double or folding gridiron, which are made to hang or stand before the fire, you will find it much the nicest and cleanest way to broil fish.

Serve the salmon up with lobster or anchovy sauce, or plain melted butter; and if cod, with oyster or shrimp sauce or plain melted butter.

## ANOTHER WAY, FOR BREAKFAST.

Season them with pepper and salt; and let each slice be folded in a well-buttered piece of white writing paper; twist the ends close, so that the fire may not catch them; and broil them over a slow fire for five to seven minutes on each side; serve them up in their papers, without any sauce.

## DRIED SALMON.

A slice of this fish is a nice breakfast relish. It should be peppered slightly, then laid on the gridiron, over a slow fire. It will be done in about ten minutes.

Or it may be toasted, for the same time.

## FRESH HERRINGS.

Let them be well washed and dried, then dredge them with flour, and broil over a slow fire, till they are well done.

If for dinner, or supper, serve them up with melted butter in a boat.

## TO DRESS MULLET,—OR SEA WOODCOCK.

Scale and wipe them well, but do not open or wash the insides, as they are to be cooked like woodcocks, without being opened: fold each fish in a well-greased paper, lay them on a clean gridiron, first greasing the bars with a piece of suet; broil them from fifteen to twenty minutes, and serve them up in their papers, with pepper and salt and a lemon; so that each person may pepper and salt, and squeeze lemon over it, to their own taste, in their own plates.

Or they may be baked thus for dinner: After cleaning them as before directed, fold them in greased paper, put them into a dish, and bake gently for the same time: Put the fish in the papers into a clean hot dish, and make sauce of the liquor which has come from them, with a piece of butter, a little flour, a little essence of anchovy, and a glass of good sherry; give it one boil up, and serve it up hot in a sauce-tureen.

## RED HERRINGS AND BLOATERS.

First scrape off the scales, and wipe the fish with a damp cloth, then cut off their heads and fins; open them and take out the gut and the roe, then scrape off the fine black skin from the inside, and the swimmer from the roe; next take out the back bone. Broil the fish on a gridiron, over a clear fire, often turning them; or toast them on a fork before the fire; or in a cheese-toaster. Rub a little butter on them, when done, and serve up hot.

If the herrings are too salt, soak them in water for a day or two, and wipe them dry, before cooking.

## MACKEREL.

Take a good large mackerel, cleaned as directed, for boiling wipe it dry with a cloth, split it down the back, wash the inside well, wipe it dry and clean, pepper and salt it; parboil the roes three minutes, lay the mackerel on the gridiron; back downwards, with the roes also; do them five minutes, then turn them, and do them as long on the other side: when you put the mackerel into your dish, rub each with a piece of butter about the size of a walnut, and serve them up.

## SPRATS.

Sprats must be washed in cold water and wiped quite dry one at a time with a cloth. A double or folding gridiron, made of wire, is best for broiling sprats; but if you have not one, take a long skewer of iron wire, and pass it through the heads of the fish; and lay them with the skewer across the bars of the gridiron. Place it over a clear, bright fire; let the sprats broil about two minutes on one side, then turn them by means of the skewer, and broil two minutes more. When they are done, pull out the skewer, sprinkle them with salt, and serve up the sprats.

## HADDOCK.

The haddock, slightly peppered, should be laid with the skin downward, upon a gridiron, over a clear quick fire, and as soon as it is completely warmed through, it is done enough. Serve it up, with cold butter on a small plate.

Or, spread some butter over the inside of a dried haddock, and lay it in a Dutch oven. to toast before a good fire; this is also served up with cold butter on a small plate.

## WHITINGS.

Are broiled, and served up the same way as mackerel.

## TO CLARIFY DRIPPING.

If your top pot or dripping is not perfectly clean, clarify it; this is, melt it in a saucepan over a clear fire, carefully skim the top till quite clean, and then pour it through a fine sieve into a basin; let it stand till it is cold, then take it out, cut off all the sediment or gravy which may have settled at the bottom; melt it once more over the fire, with about half a pint of water, strain it again through a fine sieve into a jar or basin, and when cold it is fit for use.

**FRYING MEAT.**

You must take care, before you begin to fry, to make the frying pan quite clean, as directed in page 48.

Frying chops or slices of meat does not require any thing like so much fat as fish; nor should the fire be so brisk, nor the fat so hot, as for fish.

Sausages require still less fat than meat, but great care. A little fat is put into the pan, and then the sausages, which at first should be often turned, and very slowly fried. They will then do without bursting, and when served up, be full of gravy.

## RUMP STEAKS.

Steaks ought to be cut from three quarters of an inch to one inch thick, for frying.

Pepper them to your mind, but do not salt them, as that would make them hard. Put a little sweet dripping or lard into your frying-pan, set it over the fire, and as soon as it is well melted, put in the steaks, and turn them often, till they are done enough on both sides, but do not prick them in turning. When the steaks are done, take them out of the pan, and salt them a little on both sides, and place them in a hot dish before the fire, while you make sauce for them, thus:

## GRAVY FOR RUMP STEAKS.

Pour the fat out of the pan; dredge the pan with flour, let it brown a little, and then put into it one ounce of butter; rub and mix the butter and flour well together in the pan, and when it is a little brown, reduce it to the thickness of cream, by mixing gradually into it a little boiling water, a table-spoonful of ketchup, and half a tea-spoonful of pepper, and salt to your taste; keep stirring it well, till the sauce boils for a minute or two, and then pour it over the steaks through a sieve.

The steaks may be garnished with a few sprigs of parsley, or with scraped horse-radish; they are mostly served up without any other sauce than the above: but some families eat them with oyster-sauce, or mushroom-sauce.

## RUMP STEAKS AND ONIONS.

Peel and slice five or six large onions; put them into the frying-pan with a little salt and a little dripping mixed among them, cover them with a dish, for about fifteen minutes, but stirring them once or twice; then remove the dish, and fry them till they become brown and tender, stirring them now and then, to keep them from burning. When they are done, which you may

pretty well know by their shrinking into a smaller compass, turn them out into a hot vegetable-dish, which has a strainer in it, to drain off the fat. When you have got the onions into the vegetable-dish, fry your steaks with a little more dripping, till they are done; put them into a hot dish; pour off the fat from the frying-pan, and dredge the pan with flour, and when it becomes a little brown, put in a bit of butter, the size of a walnut, and a tea-cupful of water, a table-spoonful of mushroom ketchup, and a little pepper; mix it all well together, rub the flour well off the pan, and when it boils, strain it through a sieve into the dish your steaks are in, and serve all up, as hot as possible.

You may either serve up the onions in the vegetable-dish, or you may lay them round the steak.

#### RUMP STEAKS AND ONION SAUCE.

Fry the steaks as above. Put five large onions, peeled and sliced, into a stewpan with an ounce of dripping and half a tea-spoonful of moist sugar; place it over a slow fire, and stir till the sliced onion is rather brown, then add by degrees half an ounce of flour, and afterwards half a pint of broth, or (for want of broth) hot water, with a little pepper and salt; let it boil gently, till the onion is quite soft, and then rub it all through a sieve. By this time you should have sliced and chopped very fine another large onion, put it into the stewpan with very little dripping, stir it about till quite hot and nicely browned; put in the strained sauce, and one or two table-spoonful of ketchup; let it just boil, and serve it up with the steaks.

#### MUTTON OR LAMB CHOPS.

Season your chops with a little pepper, and fry them over a quick fire, turning them often. When done, take them up into a very hot dish, seasoning each with a very little salt, cover them over before the fire with a hot cover; and make sauce as directed for rump steaks. Serve up the chops garnishd with sliced lemon, and fried parsley, or with either.



## MAINTENON CUTLETS.

To make Maintenon cutlets, take slices or chops of mutton, or lamb, sprinkle them with crumbs of bread, crumbled sweet herbs, and white pepper; lay them on pieces of clean writing paper, buttered, to keep them from burning; fold the papers over the chops, grease the paper well, and let them broil in a frying-pan.

## VEAL CUTLETS.

First flour them on both sides; then fry them till they are brown on both sides, and turn them two or three times while they are doing. Cutlets, half an inch thick, if there is a strong fire, will take about a quarter of an hour to dress them: if not a strong fire, allow twenty minutes; and if they are thicker than half an inch, you must give them a still longer time, and do them rather slowly at first.

Veal cutlets are sometimes dipped in egg and sprinkled with bread crumbs mixed with crumbled sweet herbs, pepper and salt, and then fried; for cutlets when so done, you only require gravy, made the same as directed for rump-steaks;—or with Rich Gravy, as under.

Veal cutlets are usually garnished with slices of lemon: and served up with either rashers of ham, or bacon, or fried sausages; not forgetting a lemon cut in halves, that those at table, who like it, may squeeze a little juice over their cutlets or into their gravy.

## RICH GRAVY FOR VEAL CUTLETS.

For gravy, put into a stewpan with a little water, the trimmings of the cutlets, or any small pieces of veal; add a sprig of thyme, a few sprigs of parsley, a bay-leaf, a very small onion peeled and sliced, and a small piece of fresh lemon-peel; let them simmer together for an hour, and strain off the liquor into a basin; then put into the stew-pan an ounce of butter, let it melt, and mix with it as much flour as it will take to dry it up; keep stirring it over the fire a few minutes, then

add, gradually, the strained liquor; and when it has boiled about five minutes, strain the sauce through a sieve over the cutlets.

#### SCOTCH COLLOPS.

Cut some lean veal into very thin slices, about two inches square; beat them a little, dip them in egg beat up with a little salt, and strew them well with bread-crumbs, and grate over them lemon-peel and nutmeg: fry them quick with butter.

Serve them up with beef gravy, or mushroom sauce, under them; and garnish with fried bacon or sausages.

#### PORK CHOPS.

Let the chops be about half an inch thick; put over the fire the frying-pan with a small piece of fat, only just enough to grease the pan, and when it is hot, put in the chops; turn them frequently till they are quite brown.

They will take about a quarter of an hour to twenty minutes to fry; when they are half done, season them with a little finely-powdered dry sage, pepper, and salt.

Serve them up with sage and onion sauce; or make sauce with a little piece of butter and flour, as ordered for rump steaks, only adding with the flour a middle-sized onion peeled and minced fine, or a shalot finely minced.

#### TOASTED RASHERS OF BACON.

New bacon, that is freshly-cured bacon, should always be procured for toasting, it is nicer and much more nourishing than old dry bacon; if you like it fat, the ribs or back part is the best; but if you like it pretty lean, the cushion is by far the best; the whole of the thick part of the cushion will cut into fine rashers; they should be cut about one-sixth of an inch thick. Before you toast rashers of bacon, always cut off the rind, and also the outside of the bottom; when so done, lay them in a small dish before the fire, for about five

minutes, on one side, then turn them, and do them five minutes on the other side, taking care to keep the dish so far from the fire that no dust or cinders can possibly fall into it. Then just finish it off by toasting it for a minute or so longer on each side, taking care to catch all the gravy which drops from it in the dish, and serve it up in the same dish, gravy and all; for when the rind and bottom is cut off before you put it down to toast, all the gravy which drops from it, is nice and clean, and nourishing. Many families have the bacon and gravy served up, with bread for breakfast, merely on account of its superior healthiness to bread and butter, or buttered toast for breakfast.

To fry bacon in a frying pan is the most wasteful way it can be dressed, and is now considered to be both vulgar and discreditable.

Cold bacon cut into slices a quarter of an inch thick, with a little crust of bread grated over them, and laid in a cheese-toaster, before the fire, till they are brown on both sides, are very good for breakfast. About three minutes for each side will be enough for them, with a bright fire.

#### SAUSAGES.

Cut them into single sausages, and for every two pounds melt not more than one ounce of dripping in a clean frying-pan, and before it gets hot, put in the sausages; let them fry slowly, till they are half done, then dredge them lightly with flour, and continue the frying till they are nicely browned all over, and keep turning them and shaking the pan; but take care not to prick them or break the skins, or do them fast. When done, take them out of the pan, and lay them on a hot dish.

To make gravy: put a dust or two of flour into the pan, stir it into the fat till it browns a little, then add to it a cupful of boiling water, stir and rub the whole well about the pan till it boils, then pour it through a sieve over the sausages in the dish before the fire, and

serve them up. There is another way, which is, to fry in the fat left in the pan, a round slice from a loaf, with the crusts cut off, till it is of a light brown colour: lay the toast, divided into six pieces, in a dish, with the sausages upon it, and some poached eggs between them; and serve them up with melted butter.

#### TRIPE.

Cut the tripe, which must have been previously boiled till tender, into pieces about three inches long: dip them into the yolk of an egg beat up with a few crumbs of bread; or into a batter made of a proper thickness by mixing an egg with milk and flour. Fry them till they are of a fine brown, then take them out of the pan, and lay them on a hot strainer to drain: When drained, place them in a dish, garnished with parsley; and send to table with melted butter in a boat.

#### LIVER AND BACON.

Cut some calf's liver into slices about half an inch thick. Melt two ounces of nice clean dripping in a frying-pan; dredge the sliced liver with flour, and fry it over a pretty quick fire. Then fry rashers of bacon, lay the liver in a hot dish, and the bacon upon it.

Garnish with crisp parsley, and the edges with sliced lemon; you may serve it up with melted butter in a boat; or make sauce with a little butter and flour, as directed for rump steaks, and pour it through a sieve over your liver and bacon.

#### SWEETBREAD.

A sweetbread spoils in a very short time, and it ought therefore to be parboiled, as soon as you get it.

Cut it into pieces about three quarters of an inch thick, dry them with a clean cloth, pepper them with white pepper, dredge with flour, and fry them in a little butter, till they get a nice brown colour.

Pour off the fat, make sauce with a little flour and a little butter in the pan, as for rump steaks, with the

addition of a little lemon juice, squeezed into it;—and serve up the sweetbreads garnished with sliced lemon, or fresh parsley, or fried parsley.

Sweetbreads parboiled and cut in slices, may be dipped in yolk of egg, and sprinkled with bread-crumbs, and grated lemon-peel, and then fried and served up as before directed.

#### LAMB'S FRY.

This may be fried plain, in as small a quantity of dripping as you can, or first dipped in the yolk of an egg beaten up, and then sprinkled with bread-crumbs, and fried; or it may be fried in batter.

Sauce may be made with some of the fat it was fried in, as directed for rump-steaks; or you may pour off the fat, and mix half an ounce of butter and half a table spoonful of flour with a quarter of pint of beef gravy, (SEE BEEF GRAVY), then add three tea-spoonsful of walnut pickle, the same quantity of ketchup, a little white pepper, and a few grains of cayenne; let it simmer a few minutes; pour a little over the lamb's fry and send the rest of the sauce to table in a sauce-tureen. Serve it up garnished with parsley.

## BROILING.

### OBSERVATIONS ON BROILING.

Let the gridiron for broiling be always quite clean on the top, and between the bars. Just before using, wipe the bars first with a piece of paper, and then with a clean dish-cloth; rub them over, when heated, with a little suet or fat, and wipe them again, that no marks may be left on the meat.

The fire must be made up in time, that it may burn quite clear; for nothing can be broiled properly without

a bright, clear fire, that gives a good heat; on which account charcoal or coke is the best fuel for broiling, if you happen to have such a convenience.

Chops or slices of meat for broiling, ought never to be more than three quarters of an inch thick, or the outside must be scorched before the inside can be done enough.

A dish, and as many plates as will be wanted, should be set to warm, when chops or steaks are put on the gridiron; as they must be served up as hot as possible.

#### STEAKS OR CHOPS.

Steaks for broiling should be cut from half to three quarters of an inch in thickness, and they ought to be so tender as not to want beating, which will make them eat dry. If some pieces of steak happen to be a little thicker than others, they should be allowed rather longer time for dressing. Pepper your steaks or chops, and when the fire is hot enough, throw a little salt into it, to make it burn clear; then put the gridiron over it to get hot; place it slanting, that the fat may not fall into the fire and make a smoke: clean the gridiron, grease the top of the bars, and wipe them as before directed, then put the steak on it, and turn it often. It will take from ten minutes to a quarter of an hour to broil, according as the family like them more or less done. When you put on the steaks, put your dish to the fire, with a tea-spoonful of mushroom ketchup in it to each pound of meat, and as you take up each steak, put it into the dish, sprinkle it with salt, prick it with a fork, and rub a piece of butter, about the size of a nut, on each steak. Serve it up in the gravy, garnished with scraped horseradish. Some families like a small quantity of minced shalot mixed with the ketchup in the dish that is to hold the steaks, while it is warming before the fire.

Pickled onions or walnuts, or any other pickle, in pickle-glasses, are sometimes served up with them.

## MUTTON CHOPS.

Mutton chops are broiled in the same manner; but they must be sent to table without rubbing any butter on them; and should be garnished with any kind of pickles, or with fresh parsley.

## KIDNEYS.

Cut them through, lengthways, season with pepper and salt; then pass through them a wire skewer to prevent their curling, and that they may be evenly broiled.

Put them on the gridiron, over a very clear but slow fire, and turn them often, for about ten minutes, or rather longer, if necessary, that they may be well done. Rub them over in the dish with a very little butter; and serve them up with parsley fried crisp, chopped very fine, mixed with a little pepper and salt; and strewed over the cut side.

## PIGEONS, OR ANY SMALL BIRDS.

Let them be nicely cleaned, sprinkled with pepper and salt, and broiled over a clear, but not a fierce fire. Turn them frequently, while broiling, and put a little butter on them, as they are cooking.

When done put them in a dish, and pour over them melted butter mixed with a little ketchup, and made quite hot: then serve them up.

## ANOTHER WAY TO BROIL PIGEONS, OR ANY SMALL BIRDS.

Clean them, as before directed, then mix a salt-spoonful of pepper and half as much salt with a tea-spoonful of dry powdered sweet herbs, and a piece of butter the size of a walnut; put it into the inside, and tie them up, to prevent its dropping out; flatten the breast bones, and broil them slowly at first, as above directed. They will have plenty of gravy when cut open. Half the above is a proper quantity for the inside of smaller birds than pigeons.

**PIES, TARTS, BAKED PUDDINGS, &c.**

## OBSERVATIONS.

THINGS used in making pastry should always be kept very clean, and never used for any other purpose. If any hardened paste is left on the rolling-pin, or there is any dust on the cutters or tins, it will quite spoil your work.

Flour for puff-paste should be of the best kind: and it ought to be carefully dried before the fire, when you are going to use it, or else the paste will never be light and good; but you must be careful not to use the flour till it is quite cold, or the paste will be heavy.

The butter for making puff-paste must be well worked on a marble slab, or on the paste-board, before you use it, to get the water and buttermilk out of it. After it has been pressed and worked with a wooden knife, press it very lightly with a clean, soft cloth, to absorb the moisture, and then it will be ready for use.

But if you use good fresh butter, it will require very little if any working.

## PUFF PASTE.

Put a pound and a quarter of fine flour into a clean pan, and rub gently into it, with your hands, half a pound of good butter; then mix into it, by degrees, exactly half a pint of cold water; and after it has been well kneaded, set it by, on your paste-board, for a quarter of an hour; then roll it out thin, and lay on it a quarter of a pound more butter, in small pieces: sprinkle a little flour over the butter on the paste, fold it over, and roll it out thin again; then again lay on it another quarter of a pound of butter, in small pieces, sprinkle it again with flour, and when you have once more doubled it up, let the paste stand in a cool place for an hour. When you use it, roll it out to the size you want it.

If you beat up the yolk of one good-sized egg, in the water you use to make the puff paste with, and then add



to it the juice of one middle sized lemon, it will be found a very great improvement. The white of the egg, well frothed, will ice your tart, with a little lump sugar sifted over the top.

#### DIRECTIONS FOR BAKING PIES, PUDDINGS, &c.

Before you put any thing to bake, be sure the oven is quite clean, for if the juice or gravy of any thing which is baking should boil over into the oven, or anything dirty has been in the oven, it will give a disagreeable taste to whatever is baked in it. A cook should therefore be careful to sweep and clean her oven carefully out with a damp cloth, before she lights her fire, or before it is too hot to do so, and let it dry before she closes the door tight. All pies must be attended to while cooking, to see that the juice does not boil over, for if it does, it will make a steam in the oven, which will spoil your crust, by making it heavy, and make the pie appear to be done, before it is well warmed. After it has been in the oven about half an hour, at furthest, it must be looked to, and turned, or it may be spoiled, by burning at one part and not cooking at another.

If you should find the juice of a pie run over, you must take out your pie, raise the crust at one end, and pour out some of the juice, which save, and pour again into the pie when it is done, if there is room, and if not, send it up with the pie in a boat, or sauce-tureen.

#### APPLE PIE.

Pare, core, and cut into quarters, eight or ten russet or other good baking-apples; and lay them as close together as you can, in a pie-dish, sprinkling among the apples, four cloves, four ounces of moist sugar, half the peel of a fresh lemon grated, with a squeeze of the lemon-juice, and a little nutmeg. Add a table-spoonful of ale, or water; cover it with puff-paste, and put it in the oven. It will take about an hour and a quarter to bake it; but you must see to it, that it does not burn, and keep your oven of a moderate heat.

## A PLAIN TART PASTE.

Take a pound and a half of flour, and rub into it with your hands three quarters of a pound of butter; then add by degrees a little more than half a pint of water, and knead it well into a paste.

## FRUIT TARTS, OR FRUIT PIES.

May be made of either gooseberries, currants, raspberries, plums, damsons, green-gages, or cherries and currants, &c. which should be quite fresh, and be well washed before you pick them off the stalks. Put your fruit in a pie-dish, so that it may be highest in the middle; and to every quart of fruit when picked, which is about the quantity for a tart, put four ounces of good moist sugar. And having rubbed the edge of the dish with water, to make the paste stick to it, cover it with tart paste, or with puff-paste, about half an inch thick. Close the sides well, pare all round with a knife, and make a hole on each side, just above the rim. It must be baked in rather a brisk oven, a longer or shorter time, according to the thickness of the crust.

## SWEET TART-PASTE.

Take a pound of nicely-dried but cold flour, and mix it lightly with your hands with eight ounces of fresh butter, then add the yolk of one egg, beat up with three ounces of loaf sugar powdered; then put in by degrees, half a pint of good milk, and knead it into a paste.

## RHUBARB TART.

Peel off the skins from stalks of rhubarb, if it is either old or stale, but do not peel it if it is fresh and young; then cut them into small pieces, enough to fill a tart-dish; sweeten according to the size of it with loaf sugar powdered, add the juice of half a lemon, and cover it with sweet paste; sift over the top a little sugar; and put the tart in an oven made rather hot: bake it from half to three quarters of an hour.

## PRESERVED-FRUIT TARTS.

Line the inside of a flat pie-dish with puff-paste, about as thick as a crown-piece;—roll out a piece of puff paste half an inch thick, and cut it in strips an inch in breadth; wet the tart-paste on one side, and lay it round the edge of the pie-dish; then fill the middle with preserved fruit, or jam; ornament the top with small leaves of puff-paste; or with long narrow strips of the same paste, slightly twisted, first cut into strips with a paste cutter, or a knife. Let it bake half an hour. Serve it up cold.

## FRUIT PUFFS.

Roll out a piece of puff-paste till it is a quarter of an inch thick, and divide it into square pieces; lay on each a small quantity of raspberry jam, or any other preserved fruit; then fold over the pieces of paste, corner-wise; just damp one of the edges, and press the edges together; lay them upon paper, on a baking-plate, then ice, and bake them.

## ICEING FOR PIES AND TARTS.

Just before you put them into the oven beat up the white of an egg till it comes to a stiff froth; wash over the tops of the tarts with it, using a quill feather, or your paste brush, and sift white sugar over the egg. only plain water, and sift pounded white sugar over it.

Or warm a piece of butter the size of a small walnut, and beat into it the yolk of one egg, and wash over the tops with a little of this mixture, with a quill feather, or your paste brush, sifting pounded sugar over it.

## BAKED BREAD PUDDING.

Most families have waste pieces of bread, bread and butter, and toast, which if saved, and kept clean, will make a very good pudding, thus:—Weigh your pieces of bread the day before you intend to make the pud-

ding, and put two pounds weight of them to soak, in a pan, with cold water, a little more than sufficient to cover them; put a plate on the bread, so as to keep the bread under water, and let it soak twenty-four hours. When you make your pudding, pour the bread and water into a colander, press it as dry as you can, and return the bread into the pan; then add to it rather more than one table-spoonful of flour, and either six ounces of treacle, or half a pound of moist sugar, the peel of a fresh lemon grated, four ounces of currants, picked and washed as directed for Christmas pudding, a dessert-spoonful of mixed spice, powdered, four ounces of suet, chopped fine, or four ounces of sweet dripping, and six eggs. Mix the whole well up together with a wooden spoon; grease your baking-dish with a little butter; put the whole into it, and let it bake in a slack oven about three hours.

If not convenient to use eggs, it will bind nearly as well, and be almost as nice, if you use a pound of flour, instead of the eggs; and you will have a larger pudding.

#### VERMICELLI PUDDING.

Put into a very nice clean stew-pan, a pint and a half of good milk, four ounces of vermicelli, four ounces of loaf sugar, one ounce of butter; then add to it, tied up in a clean muslin rag, three or four bitter almonds blanched and grated, a bit of cinnamon broken into pieces, and half the outside of a fresh lemon-peel, grated off with a lump of sugar; and simmer it very gently till the vermicelli gets soft and thickens; then take it off the fire, pour it into your baking-dish, take out your spice-bag, stir into it another ounce of butter, and a table-spoonful of brandy; then beat up four eggs with a very small pinch of salt, strain them through a hair sieve into the vermicelli; mix the whole well together, grate a little nutmeg on the top of it, and bake it till it sets. Be careful not to put it into too hot an oven, or it will boil, and never set; and to crumble into pieces the vermicelli before putting it to the milk.

## SAGO PUDDING.

Wash very clean and pick carefully four ounces of sago, and mix it with a pint and a half of good milk, the newer the better; then tie up in a clean piece of muslin rag, a bit of cinnamon broken into pieces, and half a fresh lemon-peel, grated or shred fine, and put it into the milk and sago, and simmer the whole very gently till it thickens, stirring it frequently. While this is doing, put a border of thin puff paste round your baking-dish; and as soon as the sago and milk has become thickened, take it off the fire, take out the spice-bag, stir into it four ounces of loaf sugar, two ounces of butter, and a table-spoonful of good brandy. When it is nearly cold, add to it four eggs, beaten up with a very little pinch of salt, and strained through a sieve, as directed for Vermicelli pudding. Mix all well together, pour it into your baking-dish, grate a little nutmeg over the top, and bake it in a slack oven till it sets; and be careful it does not boil while it is baking.

## TARTLETS, (AS MADE BY PASTRYCOOKS.)

The fruits of which these tartlets are made in the winter months, are usually preserved; and in the summer months, of natural fruit which has been cooked and got cold. Cut puff-paste, rolled out to about half a quarter of an inch in thickness, into circles or oblong pieces to line your patty-pans with; which done, put in a small quantity of fruit or jam, and bake, for eight or ten minutes. They may be ornamented with a little flower in the center of each, cut out of the puff paste, or with very narrow strips of paste, laid checquer-wise across the tops; and if you use neither of these, you may put a tea-spoonful of boiled custard on the top of each, before you send them to table. They should be of rather a light brown appearance.

## STRING PASTE, FOR STRINGING TARTLETS, &amp;c.

Work, and well mix up with your hands, four ounces

of flour, with one ounce of butter, and a very little cold water; then rub it well upon the paste board with your hands till it begins to string; then cut it into small pieces, roll them out, draw them into fine strings, and lay them across your tartlets, just before you bake them.

#### CRANBERRY TART.

To every pint of cranberries, allow a tea-spoonful of lemon-juice, and three ounces of good moist sugar. First pour all the juice of your cranberries into a bason; then well wash the cranberries in a pan, with plenty of water, pick out all the bad ones, and put the cranberries into a dish; add to them the sugar and lemon-juice, pour the juice out of the bason gently to them, so as to leave behind the dirt and sediment which will settle at the bottom; mix all together, and let it lie while you are making your pie,—thus: Line the bottom of your dish with puff paste not quite a quarter of an inch thick, put your cranberries upon it, without any juice, and cover with the same paste not quite half an inch thick; close the edges as usual, ice it, and bake it from three quarters of an hour, to an hour, according to size. Simmer the juice a few minutes, which serve up with your tart in a small sauce tureen. A pint of cranberries makes a pretty sized tart.

#### BAKED CUSTARDS, OR BAKED CUSTARD PUDDING.

Simmer for ten minutes, a bit of cinnamon, two dried bay-leaves, and half of a fresh grated lemon-peel, in a quart of new milk, stir into it four ounces of powdered loaf sugar, and let it stand till it is half cold; then whisk up together eight eggs, with a few grains of salt, and mix it well with your milk. Then strain it through a hair sieve, into your dish, grate a little nutmeg on the top, and bake it in a slow oven, with the door a little open, till it sets.—If it once boils it is spoiled.

Some families do not use cinnamon or dried bay-leaves to a custard, but only half a fresh lemon-peel, grated.

Or, you may strain the custard into custard-cups, three parts full; bake them as directed for custards, in page 71.

#### BREAD-AND-BUTTER PUDDING.

Pick and wash, as directed for Christmas pudding, three ounces of currants, strew a few of them on the bottom of your baking-dish. Cut several very thin slices of bread-and-butter, off a small loaf; pare off a part of the crusts, and lay some of the slices on the bottom and around the sides of the dish; over this layer pour some of the custard mixture and sprinkle some of the currants: and then two other layers of the bread-and-butter with custard and currants between them. Among the currants you may also sprinkle a little chopped candied lemon or orange-peel. Over this, pour the rest of the custard mixture, made thus:—beat up four eggs with a pint of milk, two ounces of powdered loaf sugar, and a table-spoonful of ratafia; and pour it over the bread-and-butter as before directed two hours before it is put into the oven, so as to soak into and moisten the bread-and-butter. It will take about three quarters of an hour to bake.

#### RATAFIA.

Take half a pint of the best brandy, and half a quarter of a pint of apricot-kernels, blanch them and bruise them in a mortar, with a spoonful of the brandy, bottle the brandy and the apricot-kernels, with one ounce of loaf sugar; let it stand till it has got the taste of the kernels, then pour it out into a bottle, and cork it close for use. More brandy may be put to the kernels, if you choose.

#### TO BLANCH ALMONDS, OR OTHER KERNELS.

Put your almonds into a bason, and pour some scalding hot water over them, let them lie in it a minute, then rub them between a clean cloth, and the brown skins will easily come off.

## BATTER PUDDING, WITH OR WITHOUT MEAT.

Mix your batter as directed for Yorkshire pudding, and pour some into a pudding-dish: into this put meat of any kind, a loin of mutton, for instance, with the fat trimmed off; or, tops of ribs of beef, nicely seasoned; or the remains of any cold joint you may like to make warm; now pour over the meat the remainder of the batter, and bake it till done, in a briskish oven.

If you bake it without meat, you have only to pour the whole of the batter into the baking-dish, and sprinkle on the top of it a few small pieces of butter.

## BAKED RICE PUDDING.

Pick out all the discoloured grains, and wash clean in cold water four ounces of the best rice, put it into a very nice clean stewpan with a pint and a half of good milk, a quarter of the yellow part of the outside of a fresh lemon, grated off with a lump of sugar, a dried bay-leaf, and a bit of cinnamon, tied up in a piece of clean thin muslin, four ounces of loaf sugar, and one ounce of butter; put it over a slack fire, so that it simmers very gently till quite tender, which will be in about half an hour, taking particular care to stir it every five minutes, to prevent it burning. Then take it off the fire, take out the spice-bag, pour it out into your baking-dish, beat into it another ounce of butter, and when it is only luke-warm, beat up four eggs with a very small pinch of salt, into another half pint of milk, and strain it through a sieve into your pudding; mix it all well up together, grate a little nutmeg over the top of it, and bake it in a slow oven, till it sets. Be very careful it does not boil in the oven, for a rice pudding, like a custard, will never set, if it boils while it is baking.

Wash your lemon with cold water, and wipe it dry before you grate it with the sugar.

## A PLAINER RICE PUDDING.

Well wash and pick eight ounces of rice, as before



directed, and put it into a deep dish, with two quarts of milk; add to this two ounces of butter, four ounces of sugar, and a little cinnamon or nutmeg, ground; well mix them together, and bake it in a very slow oven. It will take about two hours.

#### GROUND RICE PUDDING.

To six ounces of the best fresh-ground rice, mix gradually two pints of new milk, well stirring both together; then grate off one half of the outside of a fresh lemon with a lump of sugar; tie up a little cinnamon, and one dried bay-leaf, in a piece of clean thin muslin, and put the whole into a very nice clean stewpan, and stir it well over a small fire, till it thickens; then lift it from the fire, take out the spice-bag, and with a wooden spoon beat the pudding till smooth, stirring in one ounce of butter, and four ounces of lump sugar; and when the sugar is dissolved, pour the whole into your baking dish; then beat up six eggs slightly, with a small pinch of salt, and half a cup of milk, and when the rice is a very little more than luke-warm, strain them through a sieve into the rice and mix them well with it; grate a little nutmeg over the top of it, and bake it in a slackish oven till it sets, taking care it does not boil. Some persons line the dish with a thin puff paste, crimped round the edges, before they pour in the rice; but this is now considered old fashioned, and the pudding is nicer without it; though not quite so pretty; if you use the puff paste, you must save out of your eggs one of the whites; beat it up to a froth, and spread it lightly on the crust with a quill-feather or paste-brush.

#### MINCE MEAT.

Take two pounds of the undercut of the sirloin of ready-dressed roast beef, without skin or gristle, and chopped fine: two pounds of beef suet, clear from the skins, and chopped fine; three pounds of currants, well picked and washed; one pound of new raisins, washed,

stoned, and chopped; three pounds of pippin or russet apples, pared, cored, and chopped fine; one pound of good moist sugar, a quarter of a pound of candied orange peel, a quarter of a pound of candied lemon peel, and a quarter of a pound of candied citron peel, all chopped fine; add half an ounce of grated nutmeg, half an ounce of powdered ginger, and half an ounce each of cloves, allspice, and cinnamon, all finely powdered; the juice and grated rinds of three lemons, and a pint and a half of brandy. Mix the spice first with the suet and meat, then the currants, raisins, apples, and candied-peels together, in a large pan, adding the sugar by degrees, and then the lemon-juice, the grated lemon-peel, and brandy; and stir all well together with a wooden spoon every other day, for a fortnight, keeping the pan closely covered in a cool place, when it will be fit for use.

#### MINCE-PIES.

Take a sufficient quantity of the mince-meat to make as many pies as you wish. Stir the mince-meat up from the bottom of the pan, before you take it out, and mix with it half a glass of brandy. Line with puff-paste the number of patty-pans you may require; let the paste be a quarter of an inch thick at the edges, and half that thickness at the bottom of the patty-pans, fill them with the mince-meat, and cover with puff-paste a quarter of an inch thick all over; trim the edges off in a slanting direction; make a hole in the middle of the crust, and put the pies to bake in an oven moderately heated. Take them out of the tins, and send them to table hot.

#### PASTE FOR MEAT PIES.

Take either half a pound of salt butter, or lard, or half a pound of clarified dripping, divide it into small pieces, and mix with it, by degrees, a pound of flour; then rub it together between the hands, and add as much cold water as will make it into a smooth paste. Roll it out flat; then fold it, and roll it out again, three times,

and it will be ready for use. If you use either lard or dripping, you must put a pinch of salt in the water.

BEEF STEAK PIE,—see also page 163.

Divide two pounds of tender beef steak into pieces about four inches wide, and cut off any gristles and skins they may have in them. Mix together three quarters of a tea-spoonful of black pepper, a pinch of cayenne, a salt-spoonful of powdered allspice, and a tea-spoonful of salt; sprinkle the steaks with this seasoning; dredge them lightly with flour; cover the bottom of your pie-dish with a layer of seasoned steaks, then put in seasoning and steaks, dredged with flour, till all the steaks are in. Pour over the top four table-spoonsful of water or gravy, and one of mushroom ketchup. Cover it with paste as for meat pies; and let it bake in a moderate oven till done: About one hour and a half will do it.

Some families like a small onion minced fine and added to the seasoning; other families dislike the onion.

MUTTON PIES.

Take about three pounds of the best end of a neck or loin of mutton, cut it into chops, trim off part of the fat, season them with a full tea-spoonful of pepper, and rather less than a tea-spoonful of salt, dredge them with flour, and put them into a pie-dish, as directed for beef-steak pie; pour in four table-spoonsful of water or gravy, and one table-spoonful of mushroom ketchup. Cover it with meat-pie paste, and bake it about an hour and a half.

VEAL PIES

Are made in the same manner, with some of the best end of the neck of veal, or veal cutlets, seasoned with salt, pepper, and a few sweet herbs, finely powdered, and pour in a gill of water or veal gravy, but no ketchup, and bake it the same time; Or, instead of the sweet herbs, you may put in a layer of sausage-meat.

## VEAL AND HAM PIE.

Take veal cutlets, divided into slices, one pound and a half, and season them with half a tea-spoonful of white pepper, put them into a pie dish, in alternative layers with half a pound of ready-dressed ham, cut in thin slices, spreading between each layer of meat, a little veal stuffing. Pour over the meat a gill of veal gravy or water, and cover with meat pie paste. Let the pie bake from one hour to one hour and a half, in not too quick an oven, as meat pies require a soaking heat.

## PASTE FOR RAISED PIES.

Put into a saucepan half a pound of nice fresh lard, and three quarters of a pint of cold water; set it over a slow fire and let it boil. Then lay on a paste-board, two pounds and a half of flour; make a hole in the middle of it, and pour in gradually the water and melted lard; mix all together with a wooden spoon, and when the water and fat are mixed, knead it with your hands into a stiff paste. Sprinkle flour over it, to prevent its sticking to your fingers, or to the board, and roll it into a smooth lump for use.

## RAISED PORK PIE.

Cut four pounds of the loin of pork into chops, cut off the bones and rind, and season the chops with a tea-spoonful of white pepper, half that of salt, and half a salt spoonful of cayenne. Make a raised crust of paste, as just directed, about nine inches broad at bottom, and four inches high at the sides: put in the seasoned chops, roll out a piece of paste to cover the top, wet the edges of the side crust, put on the top crust, pinch the two edges together, rub it over with egg, cover it with paper, that the crust may not get burnt, and let it bake about two hours and a half in a slack oven.

This pie will keep good for three or four days, to be eaten cold.

## CHICKEN PIE.

Cut up a couple of chickens into joints, dredge them lightly with flour, season them with white pepper, a little salt, a little grated nutmeg, and a little cayenne pepper. Put into a pie-dish a few forcemeat balls, (see page 121.) and a few hard-boiled eggs, cut into halves, and lay the pieces of chicken upon them, together with a few slices of ready-dressed ham, or slices of new gammon of bacon, and four table-spoonsful of water, and two of white gravy, Cover it with puff-paste, (see page 65,) and let it bake about an hour and a quarter.

## DUCK PIE.

Duck pie may be made in the same manner, with a young duck, leaving out the ham or bacon, and putting at the bottom of the pie-dish, a good veal cutlet, and a small quantity of duck stuffing (see page 109,) instead of the veal forcemeat and the hard-boiled eggs. The duck will require to be first parboiled, for a few minutes, to take off the strong taste.

## GIBLET PIE.

Get two sets of goose giblets, clean them well, and let them stew over a slow fire in a pint and a half of water, till they are half done; then divide the necks, wings, legs, and gizzards, into pieces, and let them lay in the liquor till the giblets get cold. When they are quite cold, season them well with a large tea-spoonful of pepper, a small one of salt, and half a salt spoonful of cayenne; then put them into a pie-dish, with a cupful of the liquor they were stewed in; cover it with paste for meat pies, and let the pie bake from one hour to an hour and a half.

Skim off the fat from the rest of the liquor in which the giblets were stewed, put it in a butter-saucepan, thicken it with flour and butter, add pepper and salt to your taste; give it a boil up, and it is ready. Before the pie is served up, raise the crust on one side, and pour in the gravy.

The giblet pie may be greatly improved by laying a seasoned rump steak at the bottom of the dish.

#### PIGEON PIE, OR PARTRIDGE PIE.

Rub the birds well with pepper and salt, and put a little piece of butter mixed with pepper and a few bread crumbs into the inside of each; put a rump steak, cut in slices, seasoned with pepper and salt, and lightly dredged with flour, at the bottom of a pie-dish; and lay on it the birds, with two hard-boiled eggs cut in halves; pour in a cup of gravy, or water: cover it with the same paste as for meat pies, and wet the rim of the dish with water, that the paste may stick to it: rub some yolk of egg over the top, and stick the feet of the pigeons in the hole in the middle of the crust. Let it bake about an hour to an hour and a quarter.

Larks, or other birds, may be made into a pie in the same manner; only they will not take so long to bake.

#### HARE PIE.

Let the hare be cut up into pieces; then parboil it for a few minutes, to cleanse it, and take off the strong taste. Then stew the pieces for half an hour, if young; or for a full hour, if old, in broth or water just enough to cover them, with one small onion, a bundle of sweet herbs, and a few allspice; take out all the pieces of loins, legs, and shoulders, and leave the rest to stew till all the goodness is extracted from them. Put the best pieces when quite cold, into a pie-dish, seasoned with pepper, salt, and a little cayenne, pour in a cupful of the liquor they were stewed in, and cover with paste for meat pies; let it bake about an hour and a half. A little before it is quite done, strain off the liquor which is stewing with the inferior pieces: thicken it with a little flour and butter, and add to it a glass of port wine and the juice of a small lemon: let it boil up, strain it through a sieve, and pour it into the pie while hot; and serve it up.

## RABBIT PIE.

Parboil one large rabbit, or a couple of small ones, then cut it up, and season the joints and pieces with pepper and salt. Cover the bottom of a pie-dish with forcemeat, made by beating in a mortar the rabbits' livers, with three or four ounces of boiled bacon, seasoned with pepper and salt, half a salt spoonful of allspice powdered, a little minced parsley, and a small onion, chopped fine; let the whole be well rubbed and mixed together: lay the pieces of rabbit on the forcemeat; pour in half a pint of water, or gravy; cover the pie with meat-pie paste, and let it bake for about an hour and a half.

## EEL PIE.

Get four eels of a middling size, which weigh about half a pound each; skin, clean, wash, and trim them, cut off the heads and tails, and then divide the bodies into pieces from two to three inches in length; sprinkle them with pepper and salt, and put them into a very shallow dish, pour in a gill of cold water, and cover with meat-pie paste, (SEE PASTE FOR MEAT PIES,) rub over the top with yolk of egg, and ornament it to your fancy, and let it bake for an hour. While the pie is baking, stew the skins, fins, heads, and tails of the fish, in half a pint of water, for about three quarters of an hour, then strain the liquor through a sieve, and add to it a table-spoonful of lemon-juice, and pepper and salt enough to season it, then thicken it with a tea-spoonful of flour, make it quite hot, and pour it into the pie through the hole in the middle of the crust.

## OYSTER PATTIES.

Take some puff-paste, (SEE PUFF-PASTE) and roll it out thin, divide it into pieces of a proper size for the bottoms of the patty-pans: roll out more pieces of paste of the same thickness to cover the patty-pans; and

before they are laid over, put in the middle of each a bit of bread about as big as half a pigeon's egg: and pare them round the edges, then rub them over with yolk of egg, and put them to bake in an oven, well heated, for a quarter of an hour. While these are baking, get one dozen large, or twenty small, oysters, trim off their beards, and if they are large, divide them into three or four pieces each; put them into a pan to stew with all their own liquor, first carefully strained through a fine hair sieve, and then mixed up with two table-spoonful of milk, half an ounce of fresh butter, a tea-spoonful of flour, a little cayenne pepper, a little salt, and a tea-spoonful of lemon-juice; let them simmer in this liquor, but not boil, over the fire for about five or six minutes, stirring it carefully. Then take off the tops of the patties, take out the pieces of bread, in the middle of the paste, and fill them with the oysters and sauce while hot, and serve them up.

#### OMELET.

Break into a bason half a dozen eggs, beat them up with half of a tea-spoonful of salt; and when they are well mixed, add a table-spoonful, when chopped, of green parsley leaves, a small shalot also chopped very fine, two ounces of butter broken into small pieces: let all be well beat up together, then put two ounces more of butter into a clean frying-pan, over a quick fire, and as soon as it is melted, pour in the omelet, and stir it with a fork till it begins to harden, then turn it up at the edges that it may not stick to the pan, and let it fry till it a nice brown colour.

It must be served up quite hot.

Omlets are made of various things.—Ham, or tongue, or hung beef; or veal kidnies, or bacon, either grated or minced very fine, or sausage meat may be stirred into an omelet, made as above (with or without the shalot,) and with any other sweet herbs, instead of the parsley leaves.



## SWEET OMELET.

Break half a dozen eggs, beat them up with a few grains of salt only; then add a table-spoonful of lump sugar, pounded, half a grated nutmeg, some grated lemon-peel, and a little of any other powdered spice that may be agreeable; mix in two ounces of butter: and fry in two ounces of butter, as directed in page 81.

Serve up, garnished with slices of lemon.

Omelets are more difficult things to turn in a frying-pan than pancakes: the safest method of turning them is to lay a plate over the omelet when it is done enough on one side, turn the pan quickly upside-down, and shift the omelet carefully off the plate into the pan again.

## PANCAKES.

Break into a basin four eggs; beat them up with half a salt-spoonful of salt, and mix them well with a pint of milk, and strain the eggs and milk through a sieve into a jug; add it by degrees to eight ounces of flour, half a nutmeg grated, and the peel of half a fresh lemon, grated; mix all together into a very smooth batter, about the thickness of good cream. Use a small frying-pan, made as clean as possible, hold it over a clear brisk fire till the bottom is just hot; put in a piece of good sweet dripping or lard, the size of a walnut, and as soon as it is melted, pour in batter enough to cover the bottom of the pan, about one eighth of an inch thick. Fry them carefully on both sides, till they are of a good brown colour; lay the pancake on a hot dish before the fire, strew a little sugar over it, and when the next is done, lay that on it, with a little more sugar, and so on; and serve them up as hot as possible.

## APPLE FRITTERS, OR CURRANT FRITTERS.

Make your batter the same as for pancakes, only rather thicker; next pare, core, and chop up a few

apples, and mix them with the batter; fry the fritters the same way as directed for pancakes, and serve them up in the same manner.

Currants after being nicely washed and looked over as directed for Christmas puddings, may be mixed with the batter, instead of the minced apples; which are then called Currant Fritters, and are served up without sprinkling sugar between them.

## ROASTING.

### DIRECTIONS FOR ROASTING.

THIS method of dressing meat may be thought easy and simple, but it not only requires more care and attendance than boiling or steaming, but even more than many made dishes.

In all but the very highest families, roasting meat by what is called a bottle-jack, is the most usual way, and will be found most easy and economical; they are sold by most ironmongers at about 7s. to 10s. each, and will last your life, with careful usage; and if you hang them in what is called a roasting-cradle, which is made of tin, something like a large dutch-oven on feet, with a door behind to open when you baste the meat, you require no other dripping-pan than is sold with them, nor dripping-pan stand, as it comprises both in itself; it will do the meat nicer and quicker, and with less fire, than any other kind of meat-screen: these roasting-cradles also will last your life time, and another after yours.

Meat in general, and particularly beef, will not eat good and tender, whatever pains may be taken in roasting it, unless it has been first kept long enough to make it tender. The time necessary for that must depend on

the age of the animal when killed, on the heat or cold of the weather, and other circumstances.

The fire for roasting should be made up half an hour or so before it is time to put your meat down, and the size of it must be proportioned to the weight of meat that is to be dressed. A small thin joint would be scorched and spoilt if put down to a fire that would be only just enough to roast a large thick joint.

Put the meat down to the fire before it burns fiercely; but if you have allowed the heat to get strong before you do so, you must hang it at a greater distance, and allow a little more time for dressing.

The fat of the meat must be kept from being burnt, by tying over it a piece of any kind of writing-paper with a clean string; and well grease the paper and string with dripping, before you put the meat down to the fire, or it will burn, and be of no use. Stir the fire as much as is necessary, and make it clear at the bottom, before the joint is put down. Keep it free from smoking coals in front, as they would injure the taste and appearance of the meat.

A large joint, if it is put close to the fire at first, will be scorched on the outside, and never be properly done, nor be of a good colour. The distance of the meat from the fire must depend on the size of the joint; for the larger and thicker it is, the further off it must be hung. About twelve inches from the fire will be a proper distance for a large joint, when first put down; and when one-third done, put it two or three inches closer; and when about two-thirds done, put it another two or three inches still closer, until it is finished. For a small joint, about ten inches from the fire is a good distance when you first put it down, drawing it two or three inches nearer, at a time, as before directed; but the cook must be a good deal guided by experience, and set the joint nearer or farther off, according to the heat of the fire, as well as according to the thickness and weight of the meat.

Whatever distance from the fire you put the roasting cradle, of course the dripping will fall into the pan belonging to it; but if you are obliged to use a dripping-pan and stand only, you must take care to put the dripping-pan just near enough to the fire to catch all the dripping which drops from the meat, that it may not fall on any hot cinders on the hearth, and raise a smoke, which would spoil the taste of the meat; and at the same time the dripping-pan must not be too close to the fire, lest any of the coals or ashes fall out of the fire into it, and so spoil the taste of both the dripping and the meat. The dripping-pan must have what is called a well in it, on the side farthest from the fire, to catch and save the dripping to baste with.

To preserve the dripping clean and good, it ought to be taken out of the well with your basting-ladle once or twice while the meat is roasting, and strained through a hair sieve into a stone jar; and not be all left till the meat is done, as the heat of the fire would give it a strong, disagreeable taste.

If you have a meat screen, it should have deep shelves, then it will serve for a plate-warmer; but most ranges have now a good oven to them, in which plates can be warmed in a very few minutes.\*

To roast meat well, it should be done slowly at first, and brisker and brisker towards the end; keeping it always well basted.

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\* If you have not a meat-screen, I would recommend you *not to buy one*; as they are large, cumbersome things, and as a very useful meat-screen is very easily made, by simply hanging a pair of sheets, or a counterpane, or any other family linen, on a tall three-leaved horse, which will encircle the fire, and keep away draughts of cold air, as well as any meat-screen; and air the family clothes and family linen too; a thing which must be done some time or other, and which is not likely to be so well done as if done round a good roasting fire. If you do not want to use the bed-linen when it is aired, it is easy enough to lay them between the mattress and the bed they are for, to keep them aired, till you do want them.

When the fire is properly made up, and a roasting-cradle or meat-screen is used, and every thing in proper order, the old rule in roasting may be nearly followed, of allowing something more than a quarter of an hour for every pound a joint weighs, except for pork or veal, which will require full twenty minutes to the pound. More or less time, however, will be required, according to the heat of the fire, and the thickness or thinness of the joint; and the meat will be best and soonest done when it is well basted, as that will keep the outside tender, so that the heat can properly penetrate into it.

When the meat is about three parts roasted, the meat and dripping-pan must be drawn back, and the fire again stirred, to make it burn bright and fierce, which is necessary towards the end of roasting, to give the meat a rich brown colour. At this time, also, you should well baste the joint, and then dredge it with flour over every part of it, sprinkling also a little salt over it at the same time; do not mind a little of either falling into the dripping-pan, as it will only make the better gravy.

It is a sign that the joint is about done enough, when the steam rising from it is drawn towards the fire; but the cook will be best able to determine when meat is thoroughly dressed, by considering the weight and thickness of the joint, and the heat of the fire.

#### SIRLOIN OF BEEF,

Is usually hung a few days, to make it eat short and tender, therefore, before you dress it, you should wipe it with a clean cloth, and scrape it, if necessary, to take off any dust or soil it may have got by keeping; when you have made it nice and clean, hang it carefully down to the fire, so that it may turn round evenly; a piece of writing-paper, well greased, must be tied on with a string, or skewered on with very small skewers, over the fat side, till the meat is about three parts done, to prevent the fat from burning. A good durable fire having been made up,

the meat should be so hung down, that the thickest part of the joint will get the strongest part of the fire, but not too near at first, or it will get scorched on the outside, before it is warmed through. Put into the dripping-pan a little clean dripping, and begin to baste the meat immediately it is melted, and continue to baste it every quarter of an hour, till about half an hour before it is done. Then take the meat back from the fire; clean out all grit that has fallen into the dripping-pan; take off the paper that covered the fat, stir the fire, if necessary, that it may burn fierce and clear, baste the meat well; sprinkle a little salt all over the joint, and dredge it well with flour. Put it to the fire again, and let it roast till it is done, and the outside is nicely browned and frothed; observing not to baste it for a full quarter of an hour after flouring it.

A sirloin weighing ten pounds, that has been kept a proper time, will take two hours and a half to roast it. Rather more time must be allowed in cold than in hot weather. To make gravy for this joint, see page 88.

Garnish the sides of the dish with small heaps of horse-radish scraped fine; and serve up the joint with greens and potatoes, or cauliflowers and potatoes, or French beans and potatoes, or brocoli or spinach and potatoes. This joint, and also the ribs of beef, are sometimes served up with a Yorkshire pudding.

#### TO MAKE YORKSHIRE PUDDING.

Take six table-spoonfuls of flour, three eggs, half a tea-spoonful of salt, and a pint of milk. First beat up the eggs and salt together, then mix them well with the milk, and strain it through a hair sieve: then mix it a little at a time with the flour, till you make it into a batter rather stiffer than for pancakes. Place in the dripping-pan, under the meat, a shallow tin dish, so that it may get quite hot, and be well greased, by the dripping falling into it. Pour in the batter; and when it is baked brown on the top, and set stiff, turn it over,

that it may be done on both sides. If it is about an inch thick, it will be done before a good fire in two hours; if three quarters of an inch thick, in an hour and a half. It is easily turned if cut into four or six pieces.

#### TO MAKE GRAVY FOR ROASTED MEAT.

When your meat is done, lay that end which is the least done, in a clean hot dish, before the fire, then pour ALL the fat out of your dripping-pan through a hair sieve into your stone jar, and put it away; then wipe out of your pan any dust or cinders that may be in it, with a clean dish-cloth; then for a joint of about ten pounds, pour a small-sized cupful of boiling water, with a little salt in it, into your dripping-pan, and with this water and your basting ladle, rub all the baked brown gravy off the pan, for nearly all the real gravy which drops from the meat will be baked to the dripping-pan. When you have rubbed and washed all the brown off the pan, mix it well together, and strain it through a fine hair sieve into a butter saucepan, simmer it gently over the fire till it is quite hot, but not to boil, pour it over the meat, and serve it up. You will find it a good, nice brown gravy, better than is frequently made with half a pound of gravy-beef.

#### RIBS OF BEEF.

Ribs of beef should also be kept hanging a few days to become short and tender, therefore wipe and make it nice and clean before you hang it to the fire, as directed for the sirloin; there are sometimes two and sometimes three ribs to a joint; and it must be cooked the same way as the sirloin; only they are best done, and eat nicest, if they are hung to roast the thick part upwards, at first, till they are full half done, or rather longer; but take care to hang it so that the thick part gets the most of the fire; and be sure to tie well greased paper over the fat part, as directed for the sirloin. Less time, however, will be required for roasting the ribs

than the sirloin, because the joint is thinner. From three hours to three hours and a half, may be allowed for ribs of beef weighing fifteen or sixteen pounds; giving a little more time if a thick joint, and a little less if a thin one. When the joint is a little more than half done, you must hang it the other way upwards, baste it, sprinkle it with salt, and dredge it very slightly with flour; but sprinkle it with salt, and dredge it well again with flour, about half an hour before you take it up, first taking off the paper which covers the fat, as directed for the sirloin. Make gravy the same way as directed in page 88, and serve the joint up with the same garnish, and vegetables, as the sirloin.

#### TO ROAST AN OX HEART, OR CALF'S HEART.

First cut off the pipe and deaf ears, from the top of the heart, then lay it in cold water to soak for about half an hour, and wash the clotted blood out of the holes, as clean as you can, and quite to the bottom; then put it into very hot water for a quarter of an hour, or boil it for the same time, which will finish cleansing it, and in a great measure prevent the fat sticking to the roof of the mouth when it is eaten. Then wipe it dry all over, and to the bottom of the holes. Stuff them full of veal stuffing, and tie a piece of clean white paper, well greased, over the top, to keep it in, and hang it, point downwards, to a soaking fire: well baste it with clean sweet dripping every ten minutes or quarter of an hour, and allow it twenty minutes, or longer, to each pound, as it should do gradually at first, and will take more time than veal or pork.—Serve it up in a hot water dish, and hot cover, with rich brown gravy in a sauce tureen; and boiled potatoes. Some families pour a little melted butter over the heart in the dish, and some serve it up with currant jelly in glasses.

#### LEG OF MUTTON.

Mutton should be kept hanging as long as the



weather will allow, before dressing, to make it eat short and tender, and of course you must wipe it, and scrape it, and make it nice and clean before you put it to roast. A leg, a haunch, or a saddle of mutton, ought to hang in a cool, dry, airy place, from four to seven days, in mild weather, and from that to ten days, if cold.

Mutton does not require so solid a fire to roast it as a large piece of beef, but it must have one that burns up more briskly. A leg of eight pounds, will take two hours, and should be hung so that the thick part will get the most of the fire. When first put down, it should hang twelve inches from the fire the first half hour, then about eight inches from it for another hour, and still closer to the fire the last half hour.—When about half done, dredge it lightly all over with flour and a little salt, and when nearly finished, do so again. Make gravy in the same manner as directed for sirloin of beef, only using a little less water. The vegetables are also the same as for beef. Some families have this joint served up with onion-sauce.

#### SADDLE OF MUTTON.

This joint consists of the two loins together. The butcher should take off the skin and skewer it on again, to preserve the meat from being burnt while roasting, and to keep it juicy and tender: but if this is not done, a sheet of paper must be well greased and carefully tied over it, before it is put down to the fire. Begin basting directly, or the string and paper may take fire, and spoil the joint; but whether you have the skin on it or not, it must be kept well basted.

In about half an hour before it is done, take off the skin or paper, baste it, sprinkle it with salt, and dredge it all over with flour, so that it may be browned and frothed nicely.

A saddle weighing ten pounds will take from two hours to two hours and a quarter to roast it.

Make gravy for this joint, the same as directed

for roast beef; or you may serve it up with a richer brown gravy, made as directed in page 102; and garnish the dish with sliced lemon. In some families it is also served up with sweet sauce, same as is directed for the haunch of mutton.—Vegetables same as beef.

#### LOIN OF MUTTON,

Is cooked in the same manner; it must be sprinkled with salt, and dredged with flour, about half an hour before it is done; the gravy for it is made the same way, but with only half a cupful of boiling water. It will take from an hour and a half to an hour and three quarters to roast it: take care to let the fire be high enough to roast the ends of the joint properly. But the best way is to take it off the hook; and hang it by the middle, when you salt and flour it, as directed for the loin of veal; or else you must lay the ends to the fire to do, before you serve it up.

#### HAUNCH OF MUTTON.

The leg, with part of the loin attached to it, is called the haunch. It usually weighs as much as fifteen pounds, and will require, to roast it well, about three hours and a half; taking great care to hang a good way from the fire, to do it gently at first; and keep it well basted. When nearly done, it must be sprinkled with salt and well dredged with flour, as directed for the saddle. The gravy for it is made the same as for roast beef, or with a rich brown gravy, as directed in page 102; and besides gravy, it should be served up with either currant jelly in glasses, or with currant jelly sauce.

The vegetables proper for this dish are the same as for roast beef;—the garnish for it is sliced lemon.

#### SHOULDER OF MUTTON.

An hour and three quarters will be long enough to roast this joint, if it weighs eight pounds. Sprinkle it with a little salt, and dredge it with flour, when it has been down one hour; and dredge it again about twenty minutes before you take it up. You must serve it up

with brown gravy in the dish, made as directed in page 88; but you must use only half a cup of boiling water, instead of a cupful; sometimes it is served up with onion sauce also. Vegetables the same as for roast beef.

#### NECK OF MUTTON.

It must be the best end of the neck, and will take about an hour to dress it, but slowly at first, as it is so thin.—Vegetables the same as with the loin.

#### FILLET OF VEAL,

Is usually stuffed with veal stuffing, and on account of its thickness, must be done very slowly for the first hour it is hung down to the fire, and kept well basted, as the nicety of roasting veal depends on giving it a rich brown colour, without making the outside hard or black. A large, thick joint of veal, like the fillet, will not be done well without a good, durable fire, and it should be hung a foot or more from the fire at first, till the meat is heated thoroughly through, and then drawn a little nearer and nearer by degrees, that it may be nicely browned, and done through without scorching. It must be basted when first laid down, and again at least every ten minutes or quarter of an hour, to keep the surface tender. A piece of well-greased writing-paper must be skewered over the veal, to keep in the stuffing, and prevent the meat from getting burnt. it is half done, you must take it from the fire and hang it so that the parts which were the top and bottom, may be the sides, to face and turn round to the fire, so that every part will be alike browned and cooked: and you must not forget to dredge the joint lightly with flour when it has been down one hour: dredge it again lightly when you turn it, and once more, half an hour before it is done: using, the last time you do it, a very little salt, but none before, as salt makes veal look red, if sprinkled on before it is nearly done.

Serve the joint up in a hot dish, and pour over it brown gravy, made the same as directed in page 88, with the addition of nearly half a pint of melted butter, mixed into it when in the butter saucepan, on the fire: garnish the sides of the dish with thin slices of lemon; and serve it up with boiled bacon, or ham, or with pickled pork, or with a boiled tongue.

The vegetables proper for this dish are either brocoli and potatoes, or cauliflowers and potatoes; or sweet young greens, or green-peas, and potatoes; or French beans and potatoes. Garnish the dish with sliced lemon; and send up with it a lemon cut in halves.

#### TO MAKE VEAL STUFFING.

Take beef or veal suet chopped very fine, and stale bread crumbs grated, of each four ounces; as much nicely washed parsley leaves as will fill a table-spoon after they are chopped fine; half a fresh lemon-peel, grated; one tea-spoonful of winter savory: one of lemon-thyme, and one of knotted-marjorum. Chop or powder each of these things separately, then thoroughly mix them together with a salt-spoonful of grated nutmeg and a small tea-spoonful of white pepper, the same of salt, and half a salt spoonful of cayenne; make the whole into a stuffing with one egg, and a table-spoonful of milk, or if you have no milk use a couple of eggs. The stuffing must be put under the flap, and also in the middle, where the bone is taken out.

N. B. You may add to this stuffing a quarter of a pound of pork sausage meat, which is by some persons considered an improvement to the flavour.

#### OYSTER OF VEAL

Must be stuffed in the under side with veal stuffing, close to where the knuckle is cut off, where you must make a hole for it. It may have either of the same accompaniments as the fillet.

An oyster of veal will take from two hours and a

half to three hours to dress it, if it weighs from eight to ten pounds. For gravy: a little more than a quarter of a pint of melted butter should be mixed in the brown gravy, made the same way as directed in page 88. Vegetables, and garnish the same as for the fillet.

#### LOIN OF VEAL.

A loin will take about three hours to roast it properly, and be sure to put the ends to the fire, that they may be as well done as the middle; but the best way to do this, is to take the joint off the hook when it is half done, and hang it by the middle, so that the ends turn round to the fire.

Some families have the kidney with the fat belonging to it sent up on a round of toast, without crust, and cut into six pieces; others have it served up in the joint, as it is roasted; therefore enquire which way is preferred.

Garnish with sliced lemon, and serve up with some melted butter mixed with the brown gravy, as directed for the fillet; and with either of the same accompaniments; and with either of the same vegetables.

#### NECK OF VEAL.

For roasting, you must have the best end of the neck: it should weigh about eight pounds, and will take about two hours and a half. It must be hung down and cooked the same as ordered for a loin, and have the same kinds of gravy, garnish, and vegetables.

#### BREAST OF VEAL.

This joint must be roasted with the call over it till nearly done; then take it off, that the meat may get brown, baste it well, dredge it twice with flour, while it is roasting, the last time adding a little salt.

It will take from an hour and a half to two hours, according to its thickness.

## VEAL SWEETBREADS.

Sweetbreads must be perfectly fresh; you must par-boil them for ten minutes, then roast them for fifteen or twenty minutes, till they are of a nice brown. Or you may stop till it is cold, and rub it over with yolk of egg, sprinkle it with bread-crumbs, and roast it till done; or it may be broiled very slowly, till done, on a gridiron.

Serve up the sweetbread on a hot dish, with a sauce poured over it, made of melted butter, with a little mush-room ketchup and a squeeze of lemon-juice in it. Or it may be served up on buttered toast, with the same sauce in a boat. Garnish it with slices of lemon.

## TO ROAST LAMB.

The season for house lamb is from Christmas to lady day;—and for grass lamb from Easter to Michaelmas.

Lamb, like veal, must be well done. Neither lamb nor veal should be taken up till white gravy begins to drop from the joint; on which account be sure not to hurry it at first, or the outside will be done too much and the inside too little, but always finish roasting with a brisker fire than you began with.

Roast lamb must have a little gravy served up in the dish with it; this is to be made the same way as directed for roast beef, only, of course, you must use water in proportion to the size of the joint.

In some families, a little clean-washed finely-minced parsley is always sprinkled over roast lamb, about five minutes before it is taken down to be sent to table; in other families it is not liked; therefore, enquire of the lady before you do it.

## HIND QUARTER OF LAMB.

A hind quarter of lamb usually weighs from eight to twelve pounds, the best size is about nine pounds; and this size will take from two hours and a quarter to two hours and a half to roast it.

It must be very frequently basted, while roasting; and sprinkled with a little salt, and dredged all over with flour, about half an hour before is done.

#### FORE QUARTER OF LAMB.

A fore quarter of lamb is cooked the same way, but takes rather less time, if the same weight, than the hind quarter; because it is a thinner joint, one of nine pounds ought to be allowed two hours.

#### LEG OF LAMB.

A leg of lamb of four pounds weight will take about an hour and a quarter; if five pounds, nearly one hour and a half; a shoulder of four pounds, will be roasted in an hour, or a very few minutes over.

#### RIBS OF LAMB.

Ribs of lamb are thin, and require great care to do gently at first, and brisker as it is finishing; sprinkle it with a little salt, and dredge it slightly with flour, about twenty minutes before it is done. It will take an hour, or longer, according to thickness. Gravy for this and other joints of roast lamb, is made as directed in page 88.

#### LOIN, NECK, AND BREAST OF LAMB.

A loin of lamb will be roasted in about an hour and a quarter; a neck in an hour; and a breast in three quarters of an hour. Do not forget to salt and flour these joints about twenty minutes before they are done.

#### GARNISH AND VEGETABLES FOR ROAST LAMB.

All joints of roast lamb may be garnished with double parsley, and served up with either asparagus and new potatoes; spring spinach and new potatoes; green peas and new potatoes; or with cauliflowers, or French beans and potatoes:—and never forget to send up mint sauce.

Sea-kale, which comes in when asparagus is very dear, may be dressed and served up the same way as asparagus.

#### TO MAKE MINT SAUCE.

Take half a handful of fresh spear-mint, wash it nice

and clean, pick the leaves from the stalks, mince the leaves quite fine, and put them into a sauce tureen, with two tea-spoonsful of moist sugar; mix it well with the mint: and, five minutes before you want to serve it up, put to it three table-spoonsful of vinegar, stir it well together, and serve it up; for if you put the vinegar to the mint sooner than five minutes before you serve up the sauce, it will turn the mint yellow.

#### MINT VINEGAR.

Sometimes lamb is to be cooked, particularly house lamb, when green mint cannot be procured, unless at very great expense; in this case mint vinegar, with sugar dissolved in it, may be used. This is made by putting into a wide-mouthed bottle, fresh nice clean mint leaves enough to fill it loosely: then fill up the bottle with good vinegar; and after it has been stopped close for two or three weeks, it is to be poured off clear into another bottle, and kept well corked for use.

#### LEG OF PORK.

The principal season for fresh pork is from Michaelmas-day to the end of April.

Before you put any pork down to the fire, which is to be cooked with the rind on, rub well the rind of the pork with about a desert-spoonful of sweet salad oil, which will very much save it from burning, and make it both cook and eat much nicer and crisper: and take care to score it, that is, with a sharp knife make about six or seven cuts across the joint, about half-an-inch apart, and just through the rind, before you put it down, if the butcher has not done it.

A leg of pork may be stuffed under the flap with sage and onion stuffing, made as directed for geese, ducks, &c. It must not be hung near the fire at first, but about twelve inches off, and before the fire gets to its full heat, so that the heat of it may penetrate gradually through to the inside; and must be basted often enough to pre-



prevent it from burning or blistering, as the crackling should be done crisp and nice, without burn or blister.

If it weighs eight pounds, it will take three hours to roast it properly; and it had better be over than under done, for when not dressed enough it is unwholesome.

If pork is not stuffed, you may serve it up with sage and onion sauce, as well as apple-sauce, which should always accompany roast pork, whether it is stuffed or not; and also with mustard.

Roast leg of pork must always be served up with plenty of nicely boiled potatoes;—and, in some families, it is accompanied with peas-pudding.

#### TO MAKE SAGE AND ONION SAUCE.

Chop fine as much green sage leaves as will fill a desert spoon after they are chopped, and chop as much onion very fine as will fill a table-spoon after it is chopped, and let them simmer gently in a butter saucepan, with four table spoonsful of water, for ten minutes; then add half a tea-spoonful of pepper, half a tea-spoonful of salt, and one ounce of grated bread crumbs: when these are well mixed, pour to them a quarter of a pint of thin melted butter, or as much gravy, and let the sauce simmer a few minutes, stirring it all the time, and serve it up hot in a sauce tureen.

#### TO MAKE APPLE-SAUCE.

Pare, quarter, and core five or six large apples into a saucepan, with three table-spoonsful of water, cover the saucepan close, and place it over a slow fire two hours before you want the sauce. When the apples are done quite soft, pour off the water, and beat them up with a piece of butter the size of a nutmeg, and a desert-spoonful of powdered lump-sugar. The apples must be tried while they are stewing, to know when they are quite soft; for some kinds of apples will take a longer time than others.—Some persons use moist sugar.

If you have a steamer in use, you can make apple-

sauce better in that than on the fire, as they are sure to cook without burning, and be a better colour. For making apple-sauce in a steamer, see page 10.

#### A LOIN OF PORK

Is not usually stuffed, and therefore serve it up with sage-and-onion-sauce instead. Now the crackling of the loin requires more care to keep it from burning than the crackling of the leg, so be sure to rub it well with a tea-spoonful of salad oil, two or three hours before you put it down to the fire, and mind it is scored; baste it frequently; and about a quarter of an hour before it is done, sprinkle all over it a little chopped or powdered sage leaves.

It must not be hung very near to the fire at first, for the meat should be done slowly at first, that the heat may penetrate into it, and cook the inside thoroughly, without blistering the crackling: The best way is first to hang it down by the middle, so that the ends turn round to the fire, till it is half done; then take it down, and hang it by one of the ends in the usual manner; by which means the ends of the joint will be done at the same time with the middle. A loin of five pounds done this way, will take nearly two hours. Serve up with sage and onion sauce, apple sauce, and potatoes.

#### SPARE-RIB, OR BALD-RIB.

This is the fore-part of the ribs and part of the breastbone of pork, cut with not much meat on it. It must be jointed, and dredged lightly with flour, before you hang it down, as it is usually so thin of meat that a bald rib weighing six to eight pounds will be done in one hour to one and a quarter, at a moderate brisk fire; while some are cut so thick, that they will take twice this time, therefore you must roast it according to its thickness or thinness; but in both cases, slowly at first; and it must be hung so that the thickest end gets the most of the fire. About fifteen minutes before it is done it should be sprinkled over with powdered sage leaves.

Serve it up with apple-sauce and potatoes.

## THE SPRING, OR FORE-LOIN OF PORK.

Cut out the bone, and, in its place, put a stuffing of sage and onion, made as directed for roast pork, geese, ducks, &c. page 109. Skewer it in the joint; hang it down to a moderate fire, and allow it about twenty minutes to a pound: but you must give a little more or less time, according to its thickness, more than to its weight: only do it slowly till rather more than half done; and finish it off with a brisker fire. Serve it up with potatoes and apple sauce;—same as the leg.

## ROAST PIG.

A sucking pig is nicest when about three weeks old; and should, if possible, be dressed the same day it is killed; one of this age will take about two hours to roast.

The most particular thing in dressing a sucking pig is carefully to cleanse and clean it; to do which you must take the wax out of the ears, and the dirt from the nostrils, by using a small skewer covered with a bit of thin rag, which you must wipe off upon a clean dishcloth; then take out the eyes with a fork or a sharp-pointed knife, clean the tongue, gums, and lips, by scraping them with a clean knife, and wiping them, being careful not to cut them, and with your hand up the inside of the throat, take out all the clotted blood and loose pieces you will find there; and lastly, you must cleanse the other end of the pig also most carefully, by putting a thick skewer covered with a piece of rag through from the inside, so as to push every thing out at the tail, which generally comes out with a small portion of the pipe with it, wiping the inside of the pig clean with a damp cloth; and unless all this is done by the cook, a sucking pig cannot be very nice; and for want of knowing how to do it, they are frequently brought to table not far from offensive: for butchers and porkman never do clean them properly, whatever they may tell you, or promise you. When all this is

done, and the stuffing sewed into the belly, (to make which, see the two following receipts,) wipe the outside of the pig, and rub it well all over with a table-spoonful of salad oil or fresh butter, (but oil is the best,) cover the loins with a piece of greased writing-paper, and hang it down to a pretty good fire, giving most of the heat to the rump and shoulders, as they require more doing than the loin part; therefore, when the loin is done enough, put the ends to the fire to finish them. While it is roasting, you must baste it well, very frequently, with nice sweet dripping, to keep the skin from blistering, till within about twenty minutes of its being done, when you must take the paper off, and baste it with a little butter.

When you serve up the pig, the two sides must be laid back to back in the dish, with half the head on each side, and one ear at each end, all with the crackling side upwards. Garnish the dish with slices of lemon; and serve it up with rich gravy in one sauce-tureen, and with brain sauce, or bread sauce, in another.

#### TO MAKE STUFFING FOR A SUCKING-PIG.

Chop fine or crumble two dozen good-sized clean sage leaves, four ounces of stale crumb of bread grated, and one ounce of butter, broken into small pieces; mix them well together with a tea-spoonful of pepper, and half as much salt; put all into the belly of the pig, and sew it up.

#### ANOTHER WAY TO MAKE STUFFING FOR A PIG.

Chop fine or crumble two dozen good sized clean sage leaves, and mix them with half a small salt-spoonful of cayenne pepper, half a tea-spoonful of pepper, and half a tea-spoonful of salt; then cut four slices of crumb of bread and butter, about four inches long, two wide, and a quarter of an inch thick; roll the bread and butter in the herbs and seasoning, and put them into the pig, and sew it up.

#### TO MAKE BRAIN SAUCE.

Before the pig is served up, put it into a dish, cut

off the head, and cut the pig right down the middle into two halves; then cut off the ears, and cut the head in two, take out the brains, chop them very fine with about a table-spoonful of the stuffing taken from the inside of the pig, and all the gravy which runs from the pig when it is cut in half; then put it all into a butter saucepan, with a large table-spoonful of melted butter, give it a warm up, stirring it all the time, and send it up in a sauce tureen.

#### TO MAKE A RICH BROWN GRAVY.

Put into a clean stew-pan, one ounce of butter, a middling-sized onion peeled and sliced, a thin slice of fat ham or bacon with the rind and the under side cut off, and a pound of the rump fillet of beef; set it over a slow fire, and when the steak gets warm, sprinkle on it a little salt, pepper, half a tea-spoonful of sugar, and a very little pounded allspice; then dredge it well with flour, and let it brown a nice brown; prick it with a fork, and when the meat is browned on both sides, and drawn the gravy, (taking care not to burn it,) pour in a little more than a pint of boiling water, two table-spoonfuls of ketchup, a crust of bread nicely toasted brown, and a few sprigs of winter savoury, basil, and lemon thyme, tied up in a bit of muslin; cover the stewpan close, let it stew very slowly one hour, then strain the gravy through a sieve, and serve it up; except a gill or so of it, which will serve with the steak as a dish of stewed steak.

#### TO MAKE BREAD SAUCE.

Put a small tea-cupful of grated white bread crumbs into a butter-saucepan, pour on them as much milk as they will soak up, add a little more: then put the saucepan over the fire, with a small onion stuck with four cloves, and a blade of mace; let it boil, and stir it well, then simmer it till it is quite stiff; take out the onion and spice, add two table-spoonfuls of cream, or melted butter, and it will be ready.

## TO BAKE A SUCKING PIG.

A sucking-pig is one of the few things which is rather nicer baked than roasted; a baker will in general lend you a pig dish, if you send it to him to be baked. You must clean and stuff it, and prepare it exactly the same as for roasting, except that you must mix the yolk of a raw egg with the table-spoonful of salad-oil, and rub it well all over the pig; cover the ears with well buttered paper; and send with it to the bakehouse two or three ounces of butter, in a piece of clean rag, to baste it with. For a baked pig, you must make gravy, and sauce, and send it to table in every thing the same as directed for roast pig, in page 101.

## HAUNCH OF VENISON.

As venison always hangs as long as it can be well kept, you must be careful to wipe the haunch all over with a clean kitchen cloth, before you dress it.

A haunch of buck venison, which weighs twenty pounds, will take three hours and a half to four hours' roasting; a doe one, of the same weight, only three hours and a quarter. Venison should be rather under than over done.

Spread a sheet of white paper with butter, and put it over the fat, first sprinkling it with a little salt; then lay a coarse paste of flour and water, a little more than half an inch thick, on white paper, and cover the haunch with it; tie it on with packthread, and hang it at a distance from the fire, which must be a good one, and baste it often. Fifteen minutes before serving, take off the paste, draw the meat nearer the fire, and baste it well with butter, and dredge it well with flour, to make it froth up nicely. For sauce, see page 104.

Serve it up as hot as possible in a very hot dish, covered with a hot cover; with gravy sauce and currant-jelly sauce, both also quite hot, in hot sauce-tureens: and do not forget some glasses of currant-jelly. For vegetables, nicely-cooked French beans.

## TO MAKE GRAVY FOR ROAST VENISON.

Gravy for it should be put into a sauce-tureen, and not into the dish (unless there is none in the venison,) and made thus: Cut off the fat from two or three pounds of a loin of old mutton, cut it into steaks, and set the steaks on a gridiron for a few minutes, just to brown one side; then put them into a saucepan with a quart of water, cover quite close for an hour, and simmer it gently; then uncover it, and stew till the gravy is reduced to a pint; season it with salt only; strain it into your sauce-tureen, and it is ready.

## TO MAKE CURRANT-JELLY SAUCE.

Mix some currant-jelly, and a spoonful or two of port-wine, in a clean stewpan, or butter saucepan, and set it over a slow fire till melted; then stir it till quite hot, and pour it into your sauce-tureen.

## A FAWN.

A fawn, if very young, should be trussed, stuffed, and roasted in the same manner as a hare; but a fawn is not much esteemed till it is about the size of a house-lamb; and should be then roasted like venison, in quarters, and without stuffing.

The quarter should be put down to a good strong fire, and basted nearly all the time it is down; but ten or fifteen minutes before it is done, it must be basted only with butter, and dredged with flour, to raise a froth on it, as directed for venison.

Serve it up with the same gravy, and the same currant-jelly sauce, as directed for venison.

## RABBIT.

Cut the skin of the neck, take out the congealed blood, and clean it as directed for boiling, page 22, but dry it well afterwards; then stuff it with veal stuffing, made the same as directed in page 93, but with half the

quantity directed to be used for a fillet of veal; sew up the belly, and truss it the same as a hare for roasting; baste it well with nice sweet dripping till nearly done; then with a little butter, and dredge it lightly all over with flour, that it may come to table a light brown colour, and well frothed.

Rabbits for roasting are usually large-sized ones, and will take from forty minutes to an hour to roast; and they ought to be hung a few days to make them tender.

Serve it up with half the quantity of rich brown gravy as for a pig, see page 102; or with a quarter of a pint of liver and parsley sauce, with a squeeze of lemon-juice in it. Garnish the dish with sliced lemon.

#### HARE.

The older a hare is, the longer it should be kept before it is dressed; and if old, it must be larded with bacon, or it will not be tender. A leveret, or young hare, may be known by a small knob on the first joint of the fore-foot, and by the thinness of the ears, which tear easily. A hare is stiff when fresh killed, but gets limp when stale.

On the morning you are going to cook a hare, skin it, take out the inside, and wash it with cold water, cutting the skin of the neck in several places, to let out the blood; then having dried it with a clean cloth, truss it, and stuff it with a pudding made of veal stuffing, as described in page 93, with the addition of the liver chopped fine and mixed amongst it, which you must first parboil for about ten minutes. Line the inside of the hare, along the back bone, with a long thin rasher of nice new bacon, with the rind and the bottom part cut off; then put the stuffing into the belly of the hare, and sew it up.

Put half a pint of milk and half a pound of sweet dripping into the pan, and baste it all the time it is roasting, or it will burn, till about ten minutes before it



is taken up; then baste with a little butter, and dredge it with flour, to raise a froth.

A middle-sized hare will be done in about an hour and a quarter: a larger one a little longer; and a small one about one hour.

Garnish the dish with sliced lemon, and serve it up with rich brown gravy in a sauce-tureen, (see page 102,) and a little poured over the hare; with currant-jelly in jelly-glasses, unless the family like currant-jelly sauce better.

#### TURKEY.

Turkeys, capons, and large fowls, are all dressed nearly in the same manner, only allowing for the difference of time, according to the size.

As turkeys are in season in the middle of winter, great care should be taken to keep them from being frozen; for they should be hung up seven or eight days in cold weather, and four or five in mild weather, to make them tender.

Having been carefully picked it, singe it all over, with a piece of clean writing-paper; and care should be taken not to leave any blacks on the skin.

When you draw the turkey (or any kind of fowl or game) be careful in taking out the liver not to break the gall-bag, as the gall in it would give a bitter, disagreeable taste to every thing it happened to touch.

Make a stuffing, the same as ordered for fillet of veal, see page 93, only add thereto four ounces of pork sausage meat, and stuff it in the breast, where the craw has been taken out. Score the gizzard, dip it into melted butter, sprinkle it with a little salt and plenty of pepper, and put it under one pinion; then cover the liver with well-buttered writing paper, and put it under the other pinion.

When the turkey is first put down to the fire, it must be dredged with flour, and basted well in five minutes after with plenty of sweet dripping, and keep it

well basted, particularly about the breast and wings. You must hang it twelve inches distance from the fire for the first half hour, that it may warm through slowly, then put it nearer; and when it looks plump, and the steam rises from it, baste it with butter, give it a light dredging of flour all over it, and continue to baste it only with butter till it is done, to raise a fine froth.

A small turkey will take an hour and a half to roast it; one of a middle size, weighing nine or ten pounds, about two hours; and a large one from two and a half to three hours; always finish off with a brisker fire than you begin with.

Garnish with nicely fried pork sausages, or with fried force-meat balls; and serve up with plenty of rich gravy in sauce-tureens. Sometimes oyster-sauce, or egg-sauce, is served up with roast turkey, as well as rich brown gravy, made as directed in page 102.—Vegetables may be any of the finer sorts, and potatoes.

#### VERY LARGE FOWLS, OR CAPONS,

May be stuffed, trussed, and roasted exactly in the same way as a turkey, only there should be not more than one-third as much stuffing. The size of the fire, and the time allowed for it to hang down, must be proportioned to the size of the fowl; but always take care to do them slowly when first put down; and baste well.

A full grown capon, or very large fowl, will roast in about an hour to an hour and a quarter, and may be garnished with fried sausages, or crisped parsley.

#### FOWLS.

The beauty of roast fowls depends on their being well browned, by careful dredging, and basting with a little butter, just before they are done. The gizzard must be prepared like that of a turkey, and put under one pinion; and the liver prepared and put under the other. A middle-sized fowl will take about three quarters of an hour; and a chicken, from twenty-five to forty minutes,

Roast fowls are usually served up with a piece of pickled pork, or a tongue, or ham, or bacon, and with any of the finer vegetables, and potatoes.

Roast fowls must be served up with rich brown gravy, made as directed in page 102, but half as much as is there directed is quite enough. They also may be served up with either oyster sauce, or egg sauce.

#### TO MAKE LIVER-AND-PARSLEY SAUCE.

For this sauce be sure the liver is quite fresh: boil a rabbit's liver in a few table-spoonsful of water, for five minutes, mince it, and bruise it in a mortar with a little of the liquor it was boiled in, and rub it through a sieve; take about one-third the weight of the liver in parsley-leaves, picked from the stalks, put them in some boiling water with a tea-spoonful of salt, let them boil till tender, then squeeze the parsley dry, and mince it very fine, mix it with the liver, and stir the whole into a quarter of a pint of melted butter, warm the sauce, without letting it boil; and serve it up hot.

Some families have a little grated lemon peel boiled with this sauce; some have a squeeze of lemon juice added in the butter boat.

#### GEESE.

Let the goose be well picked, singed, and cleaned from the blacks, if any are left after singeing; then wipe the inside with a clean cloth, and stuff the belly not quite half full, with sage and onion stuffing, made as directed in page 109, but with only half the quantity of bread crumbs. Tie it with a piece of tape at neck and vent, to keep in the stuffing. Then dredge it well with flour, and hang it twelve inches from the fire, for twenty minutes or half an hour; then draw it nearer, till done. It will not want much basting; but it must be frothed, by dredging it with flour, and basting it only with butter, for at least twenty minutes before. Be sure to cut the tapes off before you serve it up.

A goose will take from an hour and a quarter to an

hour and three quarters, to roast, according to its size, and the strength of the fire.

It must be served up with rich brown gravy, (see page 102), or with Sauce Roberte; and be sure to send up apple sauce, (see page 98), and potatoes.

#### GREEN-GEESE.

Are roasted the same way; but they must be stuffed with nothing but a piece of butter the size of a walnut, mixed with half a tea-spoonful of pepper, and half a tea-spoonful of salt. Three quarters of an hour, to an hour, according to their size, will roast them.

#### TO MAKE SAGE AND ONION STUFFING, FOR ROAST PORK, GEESE, DUCKS, &c.

To make this stuffing, take two middling sized onions, peel them, and boil them for about ten minutes in plenty of water; next take as much dry sage leaves as when rubbed into powder and sifted through the top of your flour dredger, will fill a table-spoon. When the onion has boiled about ten minutes, squeeze it dry, chop it fine, and mix it with the crumbled sage; then add to them a tea-cupful of stale white bread crumbs, with a tea-spoonful of black pepper, a very little pinch of cayenne, and a salt-spoonful of salt; mix all well together, and it is ready.

#### DUCKS.

Wipe the duck in the inside with a clean cloth; then stuff it like a goose, but half the quantity of stuffing will be sufficient; tie up the neck and vent to secure the stuffing, then singe and truss it. Dredge it with flour, and let it roast from half an hour to three quarters, or a little longer, according to size; giving it a pretty brisk fire, and basting it with butter towards the end, to raise a froth.

Serve up ducks with rich brown gravy, (see page 102), or with sauce-roberte, (see page 128); and with green peas and potatoes; or French beans and potatoes.

Green sage leaves, washed and chopped fine, are best for ducks.

Young ducks must be stuffed with half the quantity of butter, pepper and salt, as directed for green geese, and roasted from twenty minutes to about half an hour.

#### PHEASANTS.

Pick the pheasant carefully and draw it nicely, cut a slit in the back of the neck and take out the craw, leaving the head on; wipe out the inside with a clean cloth; singe the outside carefully, wiping off any blacks which it may make; cut off the toes, but not the feet, twist the legs close to the body; truss the head under the wing; and flour it.

Make up a bright, but not a large fire; and let the pheasant roast about forty minutes, if it is a full grown bird; but a young one will be done in about half an hour.—They are sometimes larded with fat bacon.

It must be basted frequently with butter, and dredged with flour, to brown and froth it, like a turkey.

Serve it up with rich brown gravy, (see page 102), and bread-sauce, if liked.

#### GUINEA FOWLS

Are to be roasted and served up exactly like pheasants, but they must always be larded; only they will take a longer time to roast, in proportion to their size.

#### PARTRIDGES.

A partridge must be carefully picked and cleaned as directed for pheasant, but it is trussed rather differently; you skewer the head under the wing, but you must truss the legs across by making a slit in the bend of one leg, and thrusting the other leg through it; (see frontispiece) and as you do not cut off the head, you must make a slit in the neck, to take out the crop by, same as directed for a pheasant; and it will take nearly as long to roast, on account of the plumpness of the breast.

These birds are to be always served up with rich gravy in the dish, and sometimes with bread sauce in a boat, the same as pheasants.

Partridges are also frequently served up upon a buttered toast, without crusts, which should be moistened with a little broth, and soaked in the dripping, before you lay the partridge on it.—And in some families with a few forcemeat balls in the dish.

#### MOOR-FOWL AND GROUSE

Are to be dressed in the same manner, and will take about the same time to roast as a partridge.

They must be served up with some rich gravy in the dish, as directed for partridges; and, in some families, currant jelly in glasses. They are also sometimes served up in bread crumbs, fried a light brown, as directed in page 113.

#### PIGEONS.

These birds are in season all the summer and autumn; they ought to be chosen when they are just full grown, and quite fresh, as they very soon lose their fine flavour if kept after they are killed.

Pigeons must be prepared for roasting with the same care as directed for other poultry. The belly should be half filled with a stuffing, made of parsley leaves chopped very fine, and mixed with the livers, first boiled for a few minutes, and minced fine, with a small piece of butter, and pepper, and half as much salt as you use of pepper.

They will take from twenty minutes to half an hour to roast; baste only with butter. Put into the dish with the birds a little melted butter and a little rich brown gravy, mixed together, which will make sauce with the gravy that runs from them. Garnish with parsley; and for vegetables, serve green peas, asparagus, or young French beans.

#### WOODCOCKS, SNIPES, QUAILS, OR PLOVERS,

Must be nicely plucked and singed, but none of them must be drawn, or their insides opened, as therein is reckoned the great delicacy. Truss them with the legs close to the body, and put them down to a clear fire.

Toast nicely as many slices of bread as there are birds,

and put them in the dripping-pan, one under each bird, to catch what drops from it. Baste with butter only, and dredge lightly with flour, to raise a froth.

Let woodcocks roast about twenty-five minutes; then take up, and lay each on its own toast in a hot dish, into which pour a very little melted butter with a squeeze of lemon-juice in it, as any other gravy would take away their fine flavour. Garnish with sliced lemon.

Snipes will take only from fifteen to twenty minutes to roast. Quails and plovers less time than snipes.

#### WILD-DUCKS.

You must pluck, draw, singe, and clean the inside of these, the same as directed for poultry. To roast them properly, you must hang them down to a brisk, clear, bright fire, and baste them with butter, as the outside must be nicely browned and frothed, and yet the flesh be juicy and full of gravy. They will take about twenty to thirty five minutes to roast, according as the family like them more or less done, which you must enquire. Serve up with sauce as directed for wild-ducks, &c. in page 127; or with sauce made thus: half a tea-cupful of port wine, the same of good meat gravy, a small onion sliced, a little cayenne-pepper, and salt, a grate of nutmeg, and a bit of mace; simmer them for ten minutes; then put in a little bit of butter and flour, give it all one boil, strain it, and pour it through the birds. Or you may serve them up without making gravy, by only mixing the gravy which drops from them with half a tea-cupful of boiling water, and a little pepper and salt, and straining it into the dish.

#### WIDGEON AND TEAL

Are to be dressed and served up in the same manner as wild-ducks; but twenty to twenty-five minutes will be long enough to roast a widgeon; and fifteen to twenty minutes, a teal.

#### SMALL BIRDS.

Sparrows, larks, and other small birds, must be carefully picked, gutted, and cleansed; then rub them over thinly

with the yolk of an egg, and sprinkle them with bread-crumbs; hang them down, and baste with butter while they are roasting. They will take ten to fifteen minutes, with a brisk fire. Fry some bread-crumbs in a clean pan with a little butter, till they are of a light brown colour. When the birds are ready, put these crumbs into a hot dish, lay the birds on them, and serve them up; with slices of lemon for garnish.

#### TO DRY AND PRESERVE HERBS.

Herbs should be preserved just at the time that they begin to blossom, as then the flavour of the herb is in its highest perfection. The best plan is to tie the herbs up in rather small bunches, then to cut off all their roots, and dry the herbs over thin lines in the store-room, or in the open air, but under cover; when they are dry, shake and wipe all the dust off them, and tie them up in white paper bags, and write the name of the herb upon each bag. Or, when they are quite dry and clean, rub the leaves off the stalks, and then rub them to powder between your hands; and sift it through the top of the flour-dredger. Put the sifted powder into sweet wide-mouthed bottles, with the name of the herb pasted on to it, and keep them closely corked, in a dry place. Dry one kind of herb at a time, and put that into paper bags or into small bottles, before you begin another kind, in order to keep each quite distinct and separate from the other.

## SOUPS, SAUCES, BROTHS, &c.

### OBSERVATIONS.

No one can ever be a good cook of either soups, gravies, or broths, who is not particularly careful that the insides of the pots or saucepans which she uses to make them in, are well tinned, and kept particularly clean; for if the inside of the covers, and the inside of the stewpans, be not washed out with boiling water, as soon as they are done with, and turned upside-down to drain, till you have



time to rub them quite dry with a warm cloth, the insides both of saucepans and covers will get tainted with a musty, bad smell, which will give a disagreeable taste to all things afterwards cooked in them; and which mustiness can only be got out by frequent scaldings, and rubbing dry. If unfortunately the stew-pan should be of copper, and the tinning not quite good and perfect, every thing cooked in it will be, in a greater or less degree, poisonous, as every thing which is sweet, salt, or sour, extracts verdigris from copper, which is poison.

Soup, sauce, gravy, or broth, must also never be suffered to stand in a saucepan or stewpan to get cold; but always be poured off, while hot, into a shallow earthenware pan, and be stirred about, every five minutes, till it is nearly cold, for otherwise, the liquor will become sour. And be careful never to let any food get cool in a copper saucepan, or it will become poisonous; and in iron or tin, it will get a nasty, metally taste.

Pieces of lean juicy meat, fresh killed, make the best broth or soup. If meat is stale, broth or soup made with it will be grouty, and have a disagreeable taste.

An excellent relish to flavour all brown sauces and soups, and heighten their colour, may be made by frying slices of onions, with a very little sugar, salt, and pepper, and a little flour dredged on them, till they are brown, and rubbing the pulp through a sieve.

Cooks very often season soups too highly, and put in too much of things that have a strong flavour, as onion or garlic. They sometimes season their soups like sauces; not considering that soup should always be mild, while sauce should be highly seasoned, as it is wanted to give a relish to any thing which is rather insipid of itself.

Be sure, in the first place, to get the herbs and roots thoroughly cleansed; let the water be properly proportioned to the quantity of the meat and other articles; allowing, in general, a quart of water, to each pound of meat, in making soups; but only half that quantity of water for gravies or sauces. If care is taken to simmer

slowly, and the cover of the stew-pan fits close, as it ought to do, to prevent the steam getting out, or the smoke getting in, but a very little more water should be put in at first than is expected to be left at the end.

TO CLEANSE AND SWEETEN THE INSIDES OF SAUCEPANS  
AND STEWPANS.

Put a pound of soda into your largest saucepan, fill it up with water, put on the cover, and set it on to boil. When it boils, skim off the dirt which rises, cover it down close again, and let it continue boiling for three hours.—Then turn out the liquid into your next sized saucepan, and let it boil in that, after you have skimmed it, for the same time. And so with the next, until all are cleansed.

Immediately you have turned the soda-water out of the first saucepan, you must rub it with dry salt, which will take all the brown off, then rinse the inside of it and the inside of the cover also, with boiling water, and wipe them quite dry, particularly in all the seams and crevices, while the saucepan is warm. And so do each one.

Clean the inside of your frying-pans, in the same way.

The inside of metal or other tea-pots, or moulds or shapes for puddings, may be cleansed and brightened, by putting into any of them a dessert-spoonful of soda, filling it full of water, and letting it stand all night.

A QUICKER WAY.

When you have occasion to clean the inside of a saucepan in a hurry, a good way is to wash it out well with hot water, wipe it out with a cloth, and then rub it well with salt, with a piece of clean rag, or stiff paper. The inside of a frying-pan is also easily cleaned with salt in the same manner: This is the best way to get the taste of onions or fish out of them.

*Note.*—A clean kind of saucepan has lately been made of white porcelain or china;—they are easily cleaned, and are excellent for making melted butter in, and for any thing delicate. (Of course they require a little more care in using than iron or tin;) and it is necessary, before you first use them, to put them into a saucepan of cold water, to be boiled for two or three hours, and then to let them get gradually cold in the same saucepan of water.

**SOUPS.****OX-TAIL SOUP.**

Take three large, or four small tails, and divide them into joints, wash them clean in luke-warm water, dry them in a cloth, dredge them with flour, and fry them with a little sweet dripping in a clean frying-pan, till they are of a fine light brown; then put them into a stew-pan in which are four quarts and one pint of warm water; and slice two large onions into the frying-pan, dredge them well with flour, and fry them also till they are all over a nice brown; then add to them half a pint of hot water, stir and rub it well about in the pan, till it boils and is well mixed with the gravy and browning in it, and pour it all into the stewpan to the tails. Then put to them fifteen berries of allspice, thirty black-pepper corns, and a few leaves of sweet basil, all tied up in a muslin rag, and a carrot, nicely washed, scraped, and sliced; put the stewpan over a slow fire, and stir it occasionally till it boils. Then put on the cover of the pan close, and let it simmer by the side of the fire as slowly as possible, till the meat is so tender as to be easily slipped quite clean from the bones. It will take three hours, or more. Then take out the tails into a deep earthenware pan, and strain all the soup through a sieve on to them, put it by to cool; if till the next day, the better. Half an hour or so before you want to serve it up, take away the cake of fat from the top of it, cut the meat off the two largest joints of each tail into neat-sized pieces, stir a tea-spoonful of salt, half a salt-spoonful of cayenne pepper, and two table-spoonfuls of ketchup, into the soup; put the whole into your stew-pan, and let it stew, but not quite boil, for about half an hour, then pour it into a tureen, and serve it up.

N. B. If it is not so thick as you wish it to be, mix a desert spoonful of flour, with a cupful or two of the soup, till it is quite smooth, and stir it well into the soup ten or fifteen minutes before serving it up.

A piece or two of cow-heel, or a couple of pig's feet, or a few pieces of fresh pork rinds, are always a great improvement to soup.

#### GIBLET SOUP.

Take two sets of goose or four sets of duck giblets, let them be scalded, picked, and washed in warm water, two or three times; cut off the bills, cut open the heads, and cut the necks and gizzards into pieces of a moderate size, break the bones of the legs; and put altogether into a stew-pan with cold water enough to cover them, and a pint over, and let them do slowly; skim the liquor when it is coming to a boil; then add two or three sprigs of lemon thyme or sweet marjoram, an onion, and a small bunch of parsley very nicely washed, or it will be gritty, twenty-four black-pepper corns, and twelve berries of allspice: the herbs and spices must be carefully tied up in a muslin bag. Let the whole simmer gently for an hour and a half, or longer, till the gizzards are done tender, stirring it occasionally to keep it from burning. Then skim off five or six table spoonful of the fattest of the liquor from the top of the pot, and mix one table-spoonful of flour with it quite smooth, and stir it well into the soup on the fire, with half a tea-spoonful of salt, and a table-spoonful of mushroom ketchup; keep stirring it, while it simmers a few minutes longer, take out the spice-bag, pour it into a tureen, and serve it up.

#### LEG OF BEEF, OR SHIN OF BEEF SOUP.

Take six pounds of the meat of leg or shin of beef, or six pounds of the middle of the brisket, put it into a saucepan, with six quarts of cold water; place it over a slackish fire, and skim it well as it comes to a boil: when all the scum is taken off, put in turnips, carrots,

and onions, two or three of each, according to their size, a couple of heads of celery, a bunch of parsley, three or four sprigs of lemon thyme, and winter savoury, ten berries of allspice, and a tea-spoonful of black-pepper corns; place the saucepan at the side of the fire, very closely covered, to simmer quite slowly, for four hours, or rather more, so that the meat may be tender and good.

#### BEEF BOULLI.

When the meat is done, take it up carefully into an earthen pan without any of the vegetables or seasoning; and strain the soup through a sieve over it, and put it by till cold. Then you may skim off the fat, and serve it up, after the soup, garnished with parsley, and with sauce made by mixing with a quarter of a pint of the soup, a table-spoonful of mushroom ketchup, and a tea-spoonful of ready made mustard.

Strain the soup again through a hair sieve, into a clean stewpan, put into it one or two carrots and turnips, ready dressed and cut into small dice, and when it is hot, serve it up: or, instead of putting these last vegetables into it, the soup may be thickened a little, by mixing with some of the top fat you skim from it, one or two table spoonful of flour, and stirring the mixture into it over the fire. But leg-of-beef soup is never made so thick as ox-tail soup, nor so brown.

#### HARE SOUP, OR GAME SOUP.

Hares, partridges, or any other game which is too old to roast, will make excellent soup, if dressed as follows. Take an old hare, and in skinning it, be careful you leave no hairs on it, cut all the flesh off it you can, carefully saving all the blood, and the liver; then chop and bruise the bones, and put them into one pan with two quarts of water, and the meat into another pan with two quarts of water, dividing between the two pans three onions stuck with cloves, three blades of mace, an

anchovy, a table spoonful of mushroom ketchup, a slice of ham or bacon scraped very clean, and a little pepper and salt. Let them come very slowly to boil, skim them both quite clean, and then cover them close to simmer for four or five hours, or put them into an oven for the same time. Then take out all the pieces of hare, and strain both the soups through a sieve into a stew-pan, cut the meat into neat sized mouthfuls, and add it to the strained soup: Then pour over the bones as much boiling water as will make the liquor up again to four quarts; let it simmer with the bones a few minutes, but it must not boil again; strain it also into the soup; stir it well up, and let the soup and meat stew gently together, a few minutes longer. While it is stewing, parboil the liver, to harden it, so that it will rub down with a gill of port wine, and the blood; when you have done so, take your soup off the fire, and stir these well into it. When properly done, it will be of the smoothness and thickness of cream. It must not be put on to the fire again, but be served up in a tureen, as the slightest boiling again would quite spoil it, after its blood has been stirred in.

All other game soup is made the same, only using a proportionate quantity of water and seasoning in proportion to the quantity of game used to make it.

#### GAME SOUP, FROM COLD GAME.

Extremely good soup may be made of the remains of a roast hare, or the remains of any other ready-dressed cold game; as follows: Cut the meat off the bones, and cut the pieces of meat which may have been left, into neat mouthfuls, and put them on one side, in a clean plate, with all the gravy which was left poured over them; then break all the bones to pieces, and stew the bones and the bits of skin and other pieces that will not make neat mouthfuls, and all the stuffing which was left, in some water, very gently, for about two hours and a half. Then strain it through a sieve, and put thi

strained liquor, with the gravy and pieces of meat you have cut into neat mouthfuls, into a clean stew-pan, and let the whole simmer very gently, but not boil, for half an hour longer; pour it into your soup-tureen, and serve it up.

In preparing hare, or game for cooking, all the blood that can be got from it should be saved, and stirred up with a little salt to keep it from getting dry: this will be equally good, if added to the soup made from the remains of cold game, if stirred in just before it is served up, after it is taken off the fire, as before directed.

#### MOCK TURTLE SOUP.

Get half a calf's head with the skin on, as fresh as possible, and take out the brains, wash and clean it well, particularly the inside of the nostrils and ears, and lay it to steep for an hour in cold water; then put it into a stew-pan with six quarts of fresh cold water; set it on the fire to boil, skimming it carefully till no more scum rises; and let it simmer an hour and a half;—then take out the head, and when it gets cool enough, cut it into pieces from an inch to an inch and a half square; and peel the tongue and cut it also into pieces, only smaller; and put it all by in a deep pan, till next day, covering it over with a little of your liquor, to keep it from getting dry or hard on the outside. Then put to the liquor in the stew-pan all the bones of the head, chopped or broken into pieces, and all the trimmings, with four pounds of knuckle of veal. Skim it when it gets to boil; and let it boil quite gently, closely covered, for four or five hours; then strain off the soup into an earthenware pan; stir it about now and then till nearly cold; and then put it also by till the next morning: The knuckle of veal will be good eating, with a little sauce poured over it.

Next morning, when the soup is to be made, take off the cake of fat which will be found on the top of it, and put the clear jelly into a stew-pan, keeping back the dregs or sediment. Peel and slice as many onions as,

when peeled, weigh six ounces; fry them in a clean frying-pan, to a light brown colour, with two ounces of butter, and two table-spoonsful, when cut small, of green sage leaves; then stir in six ounces of flour, let it brown a little, and then add some of the soup to liquify it; stir it well about in the frying-pan till it boils up, and then gradually mix it all together with the rest of the soup in the stew-pan; add the peel of a lemon pared thin, a few green leaves of sweet basil, a little sweet marjoram, half an ounce of ground pepper, and two blades of mace, pounded, with just salt enough to season it. Let the soup simmer slowly for an hour and a half, and then strain it through a sieve, without rubbing. Put it into a clean stew-pan, put in the pieces of meat which you cut off the head, and the pieces of tongue, with two glasses of sherry or good ginger wine, and the juice of one large lemon, strained; let the soup and meat simmer very gently, but not boil, till the meat is quite tender, (but no longer), and it is ready. Force-meat balls, and the yolks of two or three hard-boiled eggs, cut into small dice, should be added to the soup about ten minutes before you take it off the fire to serve it up.

For a cheaper soup, you may use a cow-heel, or two pounds of the rind of pickled pork, cut in pieces, instead of the knuckle of veal.

**TO MAKE FORCEMEAT, FOR MOCK TURTLE SOUP, OR  
MADE DISHES.**

Mince fine, and then pound in a mortar, half a pound of lean veal, mixing with it, as you pound it, rather better than two ounces of nice fresh butter; then take it out, and grate into the mortar four ounces of stale bread-crumbs; moisten them with milk, mix among them a table-spoonful, when chopped fine, of very clean parsley leaves, a tea-spoonful, when chopped fine, of eschalot, and the yolks of three eggs, boiled hard; and pound them smooth and well together in the mortar; then add to it the veal and butter which you had first



pounded. Mix and pound the whole well together again, dusting among it, as you do so, half a tea-spoonful of salt, one tea-spoonful of white pepper, and half a tea-spoonful of cayenne; then add to it the yolks and whites of two raw eggs, rubbing them well into it; and make it up into balls about the size of a nutmeg, squeezing each firmly together.—Use about eighteen balls to each tureen of soup.

TO MAKE EGG BALLS FOR MOCK TURTLE SOUP, OR  
MADE DISHES.

Pound up six yolks of hard-boiled eggs in a mortar, with half a tea-spoonful of salt, and then mix them up with as much yolk of raw egg and flour, in equal portions, as will bring them into a very stiff paste; and make them up into little balls, the size of a boy's marble; squeeze them firmly together;—boil them;—and use a dozen to eighteen balls to each soup-tureen.

MULAGATAWNY SOUP.

Wash nicely a knuckle of veal in lukewarm water, put it on to stew in three quarts and one pint of water, skim it carefully as it comes to boil, and then stew it for an hour and a half, closely covered; then take out the knuckle of veal, strain the broth into a clean stew-pan, and have ready three pounds of the best end of a breast of veal, cut up into pieces of about an inch square, without gristle or bone, and three large-sized onions, sliced, and fry them both together till they are of a delicate white brown, with a little butter; put them to the veal broth, and let them simmer one hour, taking care to skim it carefully again on its coming to boil; then take five or six table-spoonful of the broth, and mix with it a good large table-spoonful of curry powder, and a table-spoonful of flour, till quite smooth, adding to it, as you are mixing, half a tea-spoonful of cayenne pepper and a tea-spoonful of salt; stir all these gradually and well into the soup, keep it simmering, but not boiling, for a quarter of an hour longer; and then serve it up

It must be quite smooth, and of the same thickness as cream. Some families who have been to India, in addition to the above seasoning, put a couple of shalots, bruised, and mixed with a full tea-spoonful of ginger, and half a tea-spoonful of mace.

#### RICE TO SERVE WITH THE SOUP.

Look over carefully, pick out all the husks and discoloured grains, and then wash nice and clean in lukewarm water, half a pound of the best Carolina rice, drain it, and put it on to boil in half a gallon of boiling hot water, and keep it moderately boiling for a quarter of an hour; then turn it out into a colander to drain, and when well drained, turn it out of the colander into the dish you are to serve it up in, put it before the fire to dry, stirring it up and over and about with a very clean three-pronged fork, and when every grain is separate and distinct, which it will soon be if stirred up lightly, it is ready to serve up.

#### CURRIED FOWLS, OR RABBITS

Are done the same as breast of veal: (see Mulagatawny Soup, in page 122.) Be sure to cut them up, before they are fried, into proper joints and pieces, but rather smaller than they are in general carved at table.

#### EEL SOUP.

Put into a stew-pan two ounces of butter and two middling-sized onions peeled and sliced, and let them brown a little; then put into the stew-pan three pounds of eels, cleaned and cut in pieces, but not skinned; and after you have shaken them over the fire for five or six minutes, put to them three quarts of water, and a crust of bread; let it boil, and skim it well; then add lemon thyme and winter savory, five or six sprigs of each, a small bunch of parsley, half a tea-spoonful of whole allspice, and three quarters of a tea-spoonful of black pepper-corns; cover the stew-pan close; let the soup simmer for two hours; and strain it through a hair

sieve: then put two ounces of butter into a clean stew-pan, melt it slowly, and mix up with it enough flour or fine oatmeal to make it into a stiff paste; add the liquor to it gradually, stir it well, let it simmer for ten or twelve minutes; and serve it up in a soup-tureen, with toasted bread cut in small squares.

#### FISH SOUPS.

Other fish soups may be made in the same manner, with either skate, flounders, haddocks, whittings, or cod's head, instead of eels.

#### PEAS SOUP.

Get a quart of good split peas, wash them in cold water, and put them into a saucepan with three quarts of liquor in which any fresh meat or poultry has been boiled, if you have it; or if you have not, then in the same quantity of cold soft water, with a carrot, and two heads of celery in slices, two good-sized onions peeled and sliced, some sprigs of lemon thyme, and sweet marjoram, half a tea-spoonful of pepper, and half a salt spoonful of cayenne; set it over a slow fire to simmer as gently as possible, for about three hours, or till the peas are quite soft, stirring it frequently, to keep it from sticking or burning to the bottom. Then strain and press the whole through a coarse hair sieve; and if you are not going to boil either pickled pork, or bacon in it, mix with the soup a table-spoonful of essence of anchovy, two ounces of dripping or butter, and a very little salt: and let it continue to simmer for another hour, keeping it well stirred: then strain into a soup tureen, and serve it up, with a round of bread, toasted a light brown, and cut in dice, in one small dish, and some leaves of dried mint, finely powdered, in another.

If you have no broth to make your soup of, three or four penny worth of fresh pork rind, put in with the peas and water, will make it nearly as good.

This soup may be made with only three pints of soft water, at first, and when the peas are quite soft, and the soup has been passed through a sieve, three pints of liquor in which salt pork or salt beef has been boiled, may be added; but if you put any thing which is salt, to the soup, before the peas are quite tender, they will never soften, nor make soup; nor will they ever properly mix with the water, or become soft, unless you use soft water.

#### PEAS SOUP AND PICKLED PORK.

Make and strain the soup as before directed, but without salt, and then put into it, when strained, two or three pounds of the belly part of pickled pork, first nicely washed and scraped, and let it simmer for about two hours after the pork is put in. Then, when the pork is done tender, take it up into a dish and rinse off the soup, by throwing a cupful of hot water over it, and and serve it up, with the same vegetables as directed for pickled pork. Serve the soup in a tureen, accompanied with toast cut in dice in one small dish, and dried mint in another, as before directed. If the pork is very salt, it must be steeped in cold water for a few hours before it is used.

#### CARROT SOUP.

Take six or seven large carrots, wash and scrape them clean, and slice them into a saucepan or stew-pan, with a large onion peeled and sliced, a head of celery, or half a tea-spoonful of celery bruised seed, and three quarts of the liquor in which any fresh meat has been boiled: add the bones of any joint of meat, if you have them. Set the saucepan, close covered, over a moderate fire, and simmer for two hours and a half to three hours, till the vegetables are soft enough to pulp through a sieve. When you have done so, strain the liquor to the pulp, and if it is too thick after straining, thin it with broth or hot water; season it with salt and

pepper, boil it up again, and serve it up with toasted bread, cut into dice. Or fry thin slices of stale bread in a little sweet dripping or lard, till they are of a light brown; drain them as dry as possible from the fat, cut them into squares or diamonds, and serve up.

#### GREEN PEAS SOUP.

Take three pints of green peas, when shelled, and boil them in six pints of water till they are tender; then strain off the liquor, and beat the peas into a pulp in a mortar: put the liquor and mashed peas together again into the saucepan, add a few sprigs of mint, stir it well, and boil it five or six minutes. Strain the soup through a hair sieve, and serve it up with toasted bread.

Good green peas soup may be made with fresh pea shells, if first nicely washed, and boiled till quite tender, and then the pulp of them rubbed through a sieve.

#### MELTED BUTTER.

Put into a very clean butter-saucepan two ounces of butter in pieces, and on that a full tea-spoonful of flour, add to it by degrees exactly one third of a pint of cold water, mixing it all well together with a spoon as you add it. Then put it over a moderately hot, but clear, part of the fire, and keep stirring it all one way till it boils up; and pour it out directly into your sauce-tureen; for it will oil if you keep it in your butter-saucepan a minute after it is made.

#### MELTED BUTTER ANOTHER WAY.

Put two ounces of butter and a full tea-spoonful of flour into a clean butter-saucepan, set it on the hob at a little distance from the fire, and leave it till it softens to about a thick cream; then mix the flour and butter together with a spoon, and pour to it a third of a pint of boiling water, stirring it well together again; then put it on the fire, let it boil once up, and pour it out directly into your sauce-tureen.

## CAPER SAUCE.

Mince one dessert-spoonful of capers quite small, and cut another dessert-spoonful into about halves; mix with them one dessert-spoonful of vinegar; and stir the whole into a quarter of a pint of melted butter, over the fire, till quite hot, and pour it out into your saucetureen. Some families like a tea-spoonful of lemon-juice added to the above.

PICKLED NASTURTIUMS are frequently used instead of capers; but they are used exactly the same as capers.

Pickled samphire, or gherkins, are also sometimes used to make a mock caper sauce: and if the same quantities are used as directed for caper sauce, and done exactly as caper sauce, they will eat pretty well.

## A QUICK MADE RICH GRAVY.

When only a little gravy is wanted, such as for a small roast fowl, or some such little thing, the following will be good; put a quarter of a pound of gravy beef, scored, peppered and salted, into a small stewpan or saucepan, with a middling sized onion sliced on the top of it; place it by the side of the fire, to draw the gravy, for twenty minutes or half an hour; then add a slight dust of flour, a few allspice, and a little boiling water, very little at a time, till you have put in a quarter of a pint, rubbing the meat about each time you put in the water. Some add a little ketchup. It must not boil on the fire, but simmer gently by the side, till wanted, and strain it for use.

## SAUCE FOR WIDGEON, TEAL, OR WILD DUCK.

Mix together the juice of half a lemon, half a gill of port wine, half a gill of mushroom ketchup, a salt spoonful of cayenne pepper; and a tea spoonful of powdered loaf sugar; just stir it over the fire till it simmers, and pour it over the birds in the dish.

## SAUCE ROBARTE.

Put four or five middle-sized onions, chopped small, into a stewpan, with two ounces of butter, and half a tea-spoonful of brown sugar, and stir them about till they are of a rich brown colour; then stir in a table-spoonful of flour, a table-spoonful of mushroom ketchup, the same quantity of port wine, half a pint of clear gravy or strong broth, a salt-spoonful of ground pepper, and another of salt, a tea-spoonful of made mustard, and the juice of a small lemon. Let it simmer for a few minutes, and serve it up quite hot, with such things as roast goose, duck, or roast pork, pork chops, or rump steaks.

## TOMATO SAUCE.

Take ten or more tomatos, or love apples, according to their size, put them into a jar, and set it in a cool oven, or on the hob, till they are soft: then peel off the skins, pick out the seeds, and mix the pulp with a little powdered capsicum, and a small quantity of vinegar, powdered ginger, pepper, and salt; add two table-spoonsful of beef gravy, and simmer very slowly for a quarter of an hour; strain it through a sieve; and serve it up. Either garlic, shalot, or tarragon vinegar, and sometimes a little essence of ham, and a bay leaf, are added to this sauce by French cooks.

## SWEET PUDDING SAUCE.

Mix a glass of sherry or ginger wine, with half a glass of brandy, two dessert-spoonsful of pounded lump-sugar, a small quantity of grated lemon-peel, and a little powdered cinnamon; then stir all up together in a butter saucepan, with a quarter of a pint of thick melted butter, over a very gentle fire, till it nearly boils, and serve it up.

See also BRANDY SAUCE, as served with Plum Pudding, page 31.

**BROWNING FOR SAUCES, SOUPS, OR MADE DISHES,**

Is made by well mixing together flour and butter, in the proportion of one table-spoonful of flour to a piece of butter the size of a walnut; then holding and stirring it over the fire in an iron ladle, or small frying-pan, till it is well browned; but not burnt.

**BROWNING ANOTHER WAY, ALWAYS READY.**

Spread a handful of flour over the bottom of a plate, and put it into a pretty warm oven, stirring it about now and then, till it becomes a nice light brown, or fawn colour. When cold, bottle it, and use it to brown and thicken soups, &c. as wanted.

**BROTHS.**

If you can so manage it, broths are best made the day before you want them, as you can then take off all the fat in a cake from the top of them when cold.

**CHICKEN BROTH.**

An old fowl will serve for the purpose of chicken broth as well as a young one; pick, clean, singe, wash, and truss it as for boiling, and if it is a large one, put it in a saucepan with four quarts of cold water; but if a small fowl, or a chicken, two and a half quarts is sufficient; throw in a little salt, and take off all the scum that rises as the liquor is coming to a boil; then add a bunch of parsley, a few leaves of burnet, a small quantity of lemon thyme, and a head of celery sliced; season it with white pepper, and a little more salt, and let it simmer very slowly, closely covered, four or five hours; then strain it off into an earthenware pan; take off the fat from the top, when cold; just give it a warm up, not letting it boil, and serve it up.

**BARLEY BROTH.**

Take three ounces of Scotch barley, wash it well in cold



water: then get two pounds of leg of beef without bone; put the meat with the clean barley into a stewpan or saucepan with three quarts of cold water: set it over a slow fire, and when it begins to boil, take off the scum till no more rises. Then put in a good-sized onion, and a middling-sized turnip, peeled and sliced, a head of celery, a little white pepper, and a little salt; and let the broth simmer very slowly, closely covered, for four hours; stirring it now and then to prevent the barley burning to the bottom. Take out the meat, and keep it warm. Skim the fat off the broth, and pour it into a tureen.

You may serve up the meat at the same time, or as a remove to the broth, with sauce made by thickening half a pint of the broth with a dessert-spoonful of ready-browned flour, flavored with half a salt-spoonful of cayenne-pepper, and two or three tea-spoonful of ketchup; give it a gentle simmer over the fire in a butter saucepan, stirring it till it boils, and pour it over the meat.

#### MUTTON BROTH.

Take two pounds and a half of the scrag end of a neck of mutton, cut out all the discoloured and unsightly pieces, and the clotted blood, as clean as you can, and the pith which lies between the bones at the bottom; then lay it in an earthenware pan, and cover it with lukewarm water for about ten minutes, and wash it well. Then put it on the fire with five pints of cold water, let it simmer slowly, carefully skimming off all the scum, as it rises when it comes to a boil, till no more scum rises; then add to it two middle-sized onions, two middle-sized turnips, peeled and cut in halves, and a couple of middle-sized carrots, a head of celery, and a few sprigs of parsley, and a tea-spoonful of salt, and simmer it gently for two hours longer. Then strain the broth through a hair sieve, skim off all the fat you can from the top, and serve it up. The meat may be served up at the same time, in a dish, with a cupful of the broth poured over it, for gravy, and the carrots sliced and laid round it, with caper sauce in a sauce-tureen.

Some families prefer mutton broth not strained; and some prefer it thickened a little: in which case you must take out and dish up your meat with the carrots, and a cupful of broth, as before directed, and keep it warm: then mix a table-spoonful of either flour or oatmeal with a few table-spoonsful of the broth, a little at a time, and when well mixed, stir it into the broth till it boils up, and you can feel it thicken; then strain it through a sieve, and serve it up.

#### MUTTON BROTH FOR THE SICK.

Take a pound of chops cut from the loin, cut off all the fat, and put them on with a quart of cold water, and a salt-spoonful of salt; let it simmer very gently, till it comes to a boil; skim it carefully, and then add one turnip, peeled and sliced, and one small onion, peeled and sliced, and let it simmer two hours longer; strain it into a deepish pan, let it stand till it is cold; take off the cake of fat, and warm the broth as wanted. The meat may be served up with the broth, or by itself, with a couple of table-spoonsful of broth poured over it for gravy.

#### BEEF TEA FOR THE SICK.

Take one pound of rump steak, without any fat; cut it or chop it to about the size of peas; then put it on the fire, with one pint of cold water, in a clean saucepan, and let it simmer for ten minutes, and then strain it through a clean hair sieve, or through a piece of clean muslin rag, and season it to taste, with a little salt, or with a little spice and salt.

#### BARLEY WATER FOR THE SICK.

Take two ounces of pearl barley, and wash it clean in cold water; and boil it for ten minutes in a quart of water; then throw away the water, and put to it three pints of warm clean water; let it simmer till reduced to two pints, and strain it through a hair sieve for use.

## TO MAKE THICK GRUEL.

Thick gruel is made by mixing well together, gradually, in a quart basin, two table-spoonsful of the finest oatmeal with three table-spoonsful of cold water; when it is thoroughly mixed, pour to it exactly one pint of boiling water, a little at a time, stirring and mixing it well as you do it; then put it on the fire in a very nice clean saucepan, and let it boil for full five minutes, stirring it well all the time, or it will burn to the bottom, and spoil. Strain it through a hair sieve, into a basin, and it is ready.

## TO MAKE THIN GRUEL.

Thin gruel is made the same as thick, only you use but one table-spoonful of oatmeal instead of two, to the same quantity of water.

## VEAL BROTH.

Take a knuckle of veal, the bones of which must be broken by the butcher, wash it clean, and lay it in a stewpan, with cold water enough to cover it; let it simmer slowly, and skim it very carefully, adding a cupful of cold water, once or twice, as it boils, to make the scum rise. After it has been carefully skimmed, put in two ounces of rice, and add a blade or two of mace, four cloves, ten black-pepper corns, and a small bunch of sweet herbs, all tied up in a clean piece of muslin rag. Cover it close, and simmer it slowly about four hours, stirring it now and then, to keep the rice from burning; then take out the meat and spice-bag, and strain off the broth into a tureen, and serve it up. The meat may be served up with the above, or as a remove to the broth, with either parsley-and-butter-sauce, or with oyster-sauce.

**VEGETABLES.**

VEGETABLES are in the highest perfection when most plentiful, and those of a middling size are commonly

better than when very large or very small; but their principal goodness depends on their being quite fresh. Potatoes, parsnips, and carrots, may be kept in a state fit for eating for many months, with proper care; but cabbages, broccoli, asparagus, green peas, and similar vegetables, must be used quite fresh, to have them in perfection.

Cabbages, cauliflowers, and several other similar vegetables, require to be carefully looked over, and cleaned from slugs or insects, and all other impurities; and the outside leaves, or any others that are shrivelled or decayed, must be taken off, and the ends trimmed; then, after being nicely washed, lay them, head downwards, in a pan of cold water, with a table-spoonful of salt dissolved in it, for an hour before they are dressed, which will help to draw out any insects or dirt which you could not get at in the washing, as well as make them mild and sweet.

Vegetables in general must be boiled in a clean saucepan by themselves, with plenty of water; for putting them in the same pot with meat will often spoil the colour and flavour of both.

They generally require enough water to let them swim in it, and completely to cover them; which you must make boil, then throw in a little salt, and take off the scum that rises: when there is no more scum, and the water is clear, just taste the water, which should taste a little of the salt, then put in the greens, cabbages, cauliflower, or whatever it may be, and keep the water boiling till the vegetables become tender, and sink; then take them out directly; for if they are left, they will lose their colour and flavour. The water must be well drained from them before they are served up. The utmost attention is necessary in dressing vegetables, for when they are quite done, a minute longer boiling will spoil them. And yet they must be done tender, or they will be disagreeable and unwholesome.

The nice colour of green vegetables will be preserved,

by putting into the water with them a piece of soda, or pearl ash, as large as a nutmeg. This should always be done when you are obliged to boil vegetables in hard water, or if they should be a little stale; but green peas, or asparagus, or any similar delicate vegetables, are spoiled if soda or pearlash be boiled with them.

Though greens and such like vegetables can hardly be done too quickly; yet roots will be all the better for boiling as gently as possible.

Juicy vegetables should be kept in a cool, damp place, when they cannot be used immediately; but vegetables of the root kind should be kept in a cool, dry place.

#### ASPARAGUS.

Prepare them for boiling, by scraping them very clean, from the green part downwards, and as you scrape them, throw them into a pan of water. Then tie them up in small bundles of about twenty-five in each, and cut each bundle to one length, leaving on them enough of the white stalk to hold them by while eating. Put on only just enough water for them to swim in, throw in two teaspoonsful of salt, let it boil, take off the scum which will rise, and then put in the small bundles of asparagus. Let them boil fifteen to thirty minutes, according to their size; but the best way is to try them now and then, and take them up as soon as ever the green part of the stalk feels soft, or they will spoil. While they are boiling, toast, of a light brown colour on both sides, a round of bread off a large loaf, and pare off the crust; then dip it quickly into the liquor in which the asparagus is cooked, lay it in a dish, cut it into six or eight pieces, and lay the asparagus upon it with their heads turned inwards. Serve them up with melted butter in a sauce-tureen.

#### SEA KALE

Is to be dressed exactly in the same manner as asparagus; and must be served up on toasts, with melted butter. It is not good unless quite fresh, which you will

know by its being crisp, and of a bright pink colour on the tip ends of the leaves.

#### ARTICHOKES.

Pull off the coarse outer leaves, and cut the stalks close; wash them clean, and then put the heads to steep in cold water with some salt in it, bottom upwards, for an hour. Put them on in plenty of boiling water, in a saucepan, with the tops downwards, or else the dirt will not boil out of, but into, the leaves. Let them boil, (adding boiling water occasionally, if wanted), from three quarters of an hour, to two hours, according to their age. Try them when they have been boiling some time, by pulling a leaf, and if it comes out easily, they are done. When taken up, drain them on a sieve, and serve up with melted butter in as many small cups as you have artichokes.

#### JERUSALEM ARTICHOKES

Require at least twice as much washing as potatoes; they may be boiled, steamed, roasted, &c. like potatoes; but they should always be served up with melted butter, or else with thickened gravy sauce, in a sauce-tureen; but they must be served up without their skins.

#### FRENCH, OR SCARLET, BEANS.

Cut off the stalks and tops, and strip off the strings at the sides; divide them lengthways, if they are large, into three or more slices, and cut them again across; but when they are young and small, only cut off the tops and tails, and divide them slantwise. Let them steep in cold water for half an hour; then put them into plenty of boiling water, first salted and skimmed; and as soon as they are tender, take them out, drain them in a colander, and serve them up with melted butter.

#### WINDSOR, LONG PODS, OR BROAD BEANS,

Must be shelled into a pan of clean water, and be boiled in plenty of water, with salt first dissolved in it, and

skimmed; and they should be served up under boiled bacon or pickled pork, garnished with parsley boiled and minced, and parsley-and-butter sauce.

#### BROCCOLI AND CAULIFLOWER.

Strip off the outside leaves, cut the main stalk close, and pare the skin from the large stalks of the branches; then wash them, and let them steep in a pan of salt and water, with the heads downwards, for an hour. Put on plenty of water for them to swim in, with a table-spoonful of salt, take off all the scum that rises when it boils, then put them in, and let them boil from fifteen to twenty minutes, flower downwards; as soon as the stalks are rather tender, they will be done. When the heads are not nearly all of a size, the larger ones should be put in a short time before the others. Be sure and take them up the moment the stalk begins to feel soft, or they will be spoiled. Let them drain in a colander, and serve them up with melted butter in a sauce-tureen.

Cauliflower should be boiled gently; but broccoli is better done in water that boils briskly.

#### GREEN PEAS.

Peas should be fresh-gathered, if possible, and should not be shelled till just before they are to be dressed. A peck of peas will take about one quart of water to boil them, if young, and two quarts if old. When the water boils, put into each quart a tea-spoonful of salt, skim it, and then put in the peas; keep them boiling from fifteen to five and twenty minutes, tasting them to know when they are done enough. Young peas will boil sooner than old ones; therefore old and young peas must not be mixed together. When done, drain them in a fine colander, put them into a warm vegetable dish, with a few bits of butter amongst them, and serve up.

Some families like sprigs of mint boiled with peas, and served up with them; (the only kind of mint proper for peas is young spear-mint;) but other families do not like

its flavour among green peas, therefore enquire of the lady which is preferred. In some families peas are served up with melted butter in a boat, and leaves of mint boiled by themselves and minced, on a plate.

#### STEWED ONIONS.

Take five or six large Spanish onions, or a dozen middle-sized ones, scald and peel them, and cut out the roots; put them into a stew-pan, pour over them good broth enough to cover them, and let them simmer slowly, closely covered, for about two hours: salt them to your taste. Serve them up with the broth they were stewed in poured over them.

#### VEGETABLE MARROW, OR GOURDS.

Cut the gourds into quarters, if they are large, and take out the seeds, without paring them; but if they are small ones, boil them whole, and take care you do not prick them with a fork; put them into a saucepan of boiling water, enough to cover them about two inches, in which a large spoonful of salt has been dissolved. They will take from fifteen minutes to half an hour, according to their age; the way to try them is by rubbing off the skin, and when that will rub off easily they are done; then drain them, and serve them up on a toast, with melted butter, like asparagus. Or they may be squeezed dry, and mashed, and sent to table mixed up with butter, and seasoned with white pepper and salt, like turnips. But they are best served up like asparagus.

#### TO BOIL POTATOES.

Each boiling of potatoes should be, as much as possible, of the same size: wash them very clean; use a brush and plenty of water, and wash out the dirt from the eyes particularly, without paring or scraping them: they will require two good washings, or else they will have an earthy taste. When you boil them, put them into a pot with cold water, just enough to cover them,



with half a handful of salt. If they are large, throw in a cup of cold water when they begin to boil, and repeat it now and then till they are boiled to the heart, which will take from half an hour to one hour and a quarter, according to their size: but if they are small ones, they will not take so long a time, nor require any cold water to stop their boiling; but the slower they are cooked the better, provided they are kept simmering, which is quite sufficient.—When they are soft enough to admit the fork easily to the heart of them, they are done. Then pour off the water, and put the pot once more over the fire without the cover for a minute or two, but not longer, which makes them dry and mealy, and then turn them out, pull off the skins, and serve them up.

#### ANOTHER WAY, QUICKER.

Let each boiling be nearly of one size, and wash them perfectly clean as before directed; then put into a saucepan a pint of water, stir into it two ounces of salt, then put into it four or five pounds of potatoes, in their skins, cover them down quite close and tight, and let them boil from half to three quarters of an hour; then try them, and if done, dry and peel them, and serve up as before directed.

#### NEW POTATOES

Rub off their skins nicely with a very coarse cloth; then wash them quickly in cold water, and put them on to cook in boiling water, with a little salt in, and keep them boiling.—They will take about a quarter of an hour or twenty minutes; and ought to be cooked the day they are dug, or they will not be good. They should be peppered with white pepper, and a little butter put among them.

#### TO BOIL CABBAGES.

Cut off the thick stalk, and pull off the outer leaves; quarter, and wash them thoroughly; then lay them to soak in clean cold water, with a little salt in it for a

full hour before you want to cook them, which sweetens them and draws out any slugs or caterpillars that may be between the leaves. When you boil them, put them into plenty of boiling water; with a table-spoonful of salt in it, and if any scum rises, take it off; and boil them till the stalks feel tender. A full-grown cabbage will take about forty minutes, a young one about twenty minutes. Keep them well covered with water by stirring them down frequently with a spoon, or any other way.—To be sure your cabbages shall be green, stir up the water and taste if it is a little saltish before you put them in. Serve with melted butter in a sauce-tureen.

#### SPROUTS AND YOUNG GREENS

Are cleaned and cooked the same as directed for cabbages, only they must not be quartered, nor lay so long in water after being washed, as cabbages; and they will be boiled enough in from ten to twenty minutes, according to their age and tenderness. Half a market bunch of greens is enough to boil in not less than four quarts of water at one time, to have them sweet and nice. Serve with melted butter.

#### TURNIP TOPS.

After well washing, lay them in cold water to sweeten for an hour or two before they are dressed; and boil them in as much water as for cabbages, for if boiled in a small quantity of water, they will taste bitter; when the water boils, put in a small handful of salt; skim it, and then put in your turnip-tops; when they feel tender, they are done: drain them in a sieve or colander, and squeeze them dry: they usually take twenty to thirty minutes, according to their age and freshness. Serve up with melted butter.

#### SPINACH

Must be carefully picked, and if old, the stalks cut off; it must be washed in three or four waters at least, and

when quite clean, lay it in a colander to drain. While it is draining, put on a saucepan half filled with water, put half a table-spoonful of salt in it; let it boil; skim it, and then put in the spinach; and keep it boiling till quite tender, pressing the spinach down frequently that it may all be done equally; it will be enough in about ten minutes, if young; but if the spinach is a little old, will take a few minutes longer. When it feels soft and tender, by squeezing between the finger and thumb, it is done enough; then drain it, and squeeze it dry in a colander, with a small trencher, or else between a couple of plates, or trenchers. Then chop and mash it well up with a piece of butter, pepper and salt, and serve it up on a hot vegetable dish, scored into squares.

#### TURNIPS.

Peel off the outside, as deep as you find them stringy, and if large, cut them in two, and throw them into clean cold water for about half an hour; then put them into boiling water, without any salt in it; for if any salt is put in the water, it will discolour and spoil them. After boiling them for about an hour, try them with a fork and if they feel tender all through, take them up into a colander, squeeze them quite dry with a small trencher, the size of a cheese plate, chopping and mashing them up in the colander at the same time; then turn them into a hot vegetable dish, and mash them up with a little butter, and white pepper, and salt, as directed for spinach, and serve them up hot.—If you should not be quick enough to manage all this while the turnips are hot; you must turn them into a clean saucepan, with about a table-spoonful of milk or cream, and keep stirring them over the fire till they are hot again; but take care they do not get hot enough to boil, or you will oil them: then turn them into your dish, score them into squares, or diamonds, and serve them up.

Some families still have turnips served up whole, in which case, you have only to drain them.

## CARROTS.

Each boiling of carrots should be pretty nearly of one size, or some will be done while the others are half raw; they must be well washed and scraped, but not cut, or you will lose the fine flavour of the carrot. Large carrots will take from an hour and a half to two hours, and sometimes longer; but young ones, will be done in less than an hour: when done, slice them into long slices and serve them up. To try if they are done enough, you must pierce them with a fork, as directed for turnips and parsnips.

## PARSNIPS.

They are to be cleaned and cooked just in the same manner as carrots; they require from an hour to two hours boiling, according to their size,—therefore match them nearly in size for each cooking.—You must try them by thrusting a fork into them as they are in the water; when that goes easily through, they are done.

## SAVOYS,

Are cleaned and cooked in the same manner as full grown cabbages, therefore quarter them when you wash them; and take care to soak them in cold water for a couple of hours, if you have time, but at the least for one hour, before you cook them, to make them taste milder and sweeter: serve with melted butter.

## TO CRISP PARSLEY FOR GARNISH, &amp;c.

Carefully clean and wash, and shake quite dry, some nice fresh-gathered young parsley; pick off the stalks, then spread the leaves on a sheet of clean white paper, in a cheese-toaster, or in a clean dish in your roasting-cradle, before the fire, and turn it about very frequently, till it is quite crisp; then directly take it up.

It will also crisp on a sheet of paper, in a pretty hot oven, if done with the door open.

## MADE-DISHES, STEWS, AND RAGOUTS.

THE great art in preparing made dishes depends on mixing the different articles in proper proportions, so as to produce the true flavour required. Most of the observations on making soups are applicable to made dishes: and the utmost care should in general be taken to do them as gently as possible; for when ragouts, hashes, &c. are made to boil ever so little, the meat will be hardened in a very short time, or if left long boiling, it will be reduced to rags. The lid of a stewpan or saucepan, while these dishes are dressing, should not again be taken off after the scum has been removed; but the stewpan must be often well shaken, to hinder the meat from sticking to the bottom.

Made dishes may be recommended for economy; and meat dressed in this way will often be found more grateful and nourishing than when only plainly fried, boiled, or roasted, especially to elderly people. The great danger is in over-doing the seasoning, and using too much fire, or continuing them too long on the fire; therefore be careful in all these points, especially in using too much fire, or too much seasoning.

### RAGOUT OF BREAST OF VEAL.

Get the middle of a breast of veal boned by the butcher; and of the bones and cuttings make a strong broth, or plain stock, as it is usually called. When you have done this, cut the meat into pieces about four inches long by two wide, and fry them in a clean pan, with about an ounce and a half of butter, till they are of a light brown colour; then lay them in a stewpan, with the broth you made from the bones and cuttings enough to cover them; and put in a little parsley, a few sprigs of sweet herbs, four cloves, a blade of mace, a small onion peeled, six allspice, and the peel of half a small lemon; cover it up close, and simmer very gently,

for an hour and a half, or more, till the meat is tender; then strain off nearly all the liquor, and put the stewpan with the meat, just near enough to the fire to keep warm. Melt an ounce and a half of butter, in a saucepan, over the fire, and stir into it flour enough to make a stiff paste; then add gradually the gravy, with a tea-spoonful of white pepper and salt enough to season it; let it boil about ten minutes, taking off any scum that rises; then put to it a table-spoonful of lemon juice, half a table-spoonful of ketchup, and a glass of white wine, and let it boil up. Lay the veal in a ragout dish, and strain the sauce over it through a sieve. Garnish with force-meat-balls, made of grated tongue and sausage meat, &c. and slices of lemon.

#### RAGOUT OF RABBIT.

A couple of rabbits may be cut up into nice pieces fit to help at table, and dressed exactly the same as the breast of veal, provided you have some plain stock or strong broth to stew in.

#### HARICOT OF MUTTON, OR BEEF.

Take the best end of a neck of mutton, kept long enough to be quite tender; divide it into chops, and trim away most of the fat, and the lower part of the chine bones, and scrape them clean: then fry the chops in a frying-pan, with an ounce of butter or sweet dripping, till they are of a light brown colour. Peel twenty or thirty button onions, and let them boil in three pints of water for twenty minutes; put the browned chops into a stewpan, with the liquor in which the onions have been boiled, strained off from them; adding one tea-spoonful of white pepper, same of salt, and boiling water, if necessary, enough to cover the chops; take off the scum that rises, and stew gently for about an hour and a half, or till the meat is tender but not over done. Then strain off the liquor in which the chops have been stewed, and put it into a cool place in a basin, till it is

cold; and place the chops, covered up, in a dish by the fire; pour some boiling water over the onions, and cover them up also, to keep hot. Have ready boiled two middle-sized carrots, or one large one, and three or four turnips; cut them into slices; or the carrots and turnips may be cut into dice, or scooped into balls the size of a large nutmeg. When the vegetables are ready, put into a saucepan an ounce of butter, let it melt over the fire, then stir in flour enough to make it stiff, and add by degrees, the broth or liquor strained from the chops, first taking off the fat congealed on the top of it; stir the sauce well till it boils, then strain it into another saucepan, put in the carrots, turnips, and onions, and let the sauce simmer till they are hot through. Lay the vegetables in the middle of a deep dish, and the chops around them, with the sauce poured over them.

Harricots may be made in the same manner with beef-steaks, or ox-tails, instead of mutton.

#### JUGGED HARE.

Let the hare be washed as clean as possible, then divide it into pieces fit for helping at table; put them into a stone jar of proper size, with half a pound of lean rump steaks at the bottom, a rasher of fat ham or bacon, a few sprigs of lemon thyme and sweet marjoram, two or three slices of lemon peel, pared thin, and a large onion, with six cloves stuck in it; add a quarter of a pint of water, and the juice of a lemon; tie over the mouth of the jar a piece of bladder, tightly, to keep in the steam. Lay some hay in the bottom of a saucepan, place the jar upon it, and pour in water till it comes to within two inches of the top of the jar. Or if you have a steamer, put the jar into it. Keep it in the kettle with the water boiling, (or in the steamer with a plate over the top) for three hours. When the hare is done, strain off the gravy, take out the onion, skim the fat from the gravy, and thicken the gravy with flour, season it to your taste with pepper and salt, let it boil up, and it will be ready,

Lay the pieces of hare in a deep dish, and pour the sauce over them: A glass of port wine, and a little cayenne pepper, warmed up in the gravy, will make it nicer.

#### BEEF ALAMODE.

Take four pounds of the mouse buttock, the clod, or the thick part of the flank; and divide it into pieces of about a quarter of a pound each. Then put into a stewpan, or an iron saucepan, two ounces of beef dripping, and two middle-sized onions peeled and chopped fine; and so soon as these get hot, dredge the pieces of meat all over with flour, and put them also into the stewpan, and stir it all well about for eight or ten minutes; then sprinkle in more flour among them, stirring them well again; then a little more flour, and more stirring, till the pieces of meat get a little browned, and will imbibe no more flour; then add by degrees boiling water enough to cover the meat, stirring and rubbing it well about, as you add the water; then add one tea-spoonful of ground allspice, two tea-spoonsful of black pepper, and two dried bay-leaves; and let it stew as gently as possible, over a small fire, closely covered, for three hours. About a quarter of an hour before it is done, stir in two table-spoonsful of mushroom ketchup; and when you are sure the meat is quite tender, serve it up in a tureen.

Alamode beef is usually sent to table with a salad.

#### VEAL ALAMODE.

Breast of veal may be cut into similar sized pieces, and floured, lightly browned, and stewed, in the same manner; but with two tea-spoonsful of white pepper, instead of the allspice and black pepper, and with the addition of some finely grated lemon-peel, instead of mushroom-ketchup.

#### STEWED RUMP STEAKS.

Steaks for stewing, should be cut about an inch



thick, and be of one even thickness, all through. Put into a clean frying pan one ounce of butter, and gently fry your steaks for five minutes on each side, till they are of a light brown, first on one side and then on the other; then take them out, and put them into a clean stew pan, on the hob, and fry in the frying pan one large or two middling sized onions, chopped small, with another ounce of butter and sprinkled with a desert spoonful of flour, until it is all of a light brown, but not burnt; then add to it half a pint of boiling water, and stir it all well about till it boils five minutes, and then pour it to your steaks, sprinkling upon them a tea spoonful of black pepper, a salt spoonful of allspice, a pinch of cayenne pepper, three leaves of sweet basil, a tea-spoonful of salt, and a quart of boiling water, and let it stew gently for an hour and a half. A pint of water to a pound of beef, is the proper quantity to be used.

You must then thicken it by taking out three or four table spoonfuls of the gravy, and well mixing it up in a basin with one table spoonful of flour, and a table spoonful of ketchup, and stir it well into the rest of your gravy, in the stewpan, and let it simmer, but not boil, a quarter of an hour longer, and it will be ready. Put the steaks in the middle of a hot dish, pour the sauce over them through a hair sieve; and serve up with pickles, and scraped horse-radish.

#### STEWED KNUCKLE OF VEAL WITH RICE.

Take a knuckle of veal, chop the bone, if not done by the butcher, wash it, and put it into a stewpan, with four pints of cold water, two blades of mace, an onion cut in thin slices, and when it boils, skim it well. Wash and pick clean four ounces of rice, put it into the saucepan with the meat, cover close, and let them simmer slowly two hours, stirring now and then to prevent the rice burning; and just before you serve it up add a tea-spoonful of salt. Lay the meat in a deep dish, with the rice round it; and serve it up. This dish is usually accompanied with pickled pork, or bacon, and

with either greens, or broccoli sprouts; and with parsley-and-butter-sauce.

#### IRISH STEW.

First peel and boil six large, or twelve small onions, for a quarter of an hour, and throw away the water; then boil three pounds of peeled potatoes for a quarter of an hour, and throw away this water also. While the potatoes are doing, cut a breast of mutton into thick slices; and your onions into thin slices: and cut your potatoes when done into thick slices likewise. Put into a saucepan, first, a layer of onions, next a layer of potatoes, then a layer of meat, and afterwards a little salt and pepper: then again another layer of onions, another of potatoes, and another of meat, with salt and pepper; and so on, till all is in the stewpan. Put in three quarters of a pint of cold water, cover it quite close, and let it simmer very slowly, for three hours. In order to make this stew in perfection, you must do it over a very gentle fire, in a sweet earthenware pan, closely covered, to keep in the steam: or it may be baked, closely covered, in a slack oven for the same time. Serve it all up in one dish.

## HASHES AND MINCED MEATS.

#### HASHED BEEF OR MUTTON.

Cut all the tender and underdone parts of ready-dressed joints into thin slices, trimming off all the gristle, skin, and brown outsides; put the slices of meat into a small clean dish, and pour over them all the gravy you have saved from the joint. Then put into a saucepan the bones chopped into pieces, and all the gristles, skins, and trimmings; cover them with water, put in an onion peeled and sliced, and a little pepper and salt; let them boil gently over the fire for two hours at least; then strain off the liquor into a bason;—stand the bason in cold water; and when the liquor is cold, take off the cake of fat from

the top; then take a piece of butter and mix it with flour, proportionate in size to the quantity of your hash, and stir it about in a hot ladle or iron spoon, till it is melted and well browned, but not burnt; stir this into the liquor in the saucepan, and let it boil gently for two or three minutes; then put to it the slices of meat, with a small pinch of cayenne pepper, a table-spoonful of mushroom ketchup, and, if liked, half a one of tarragon vinegar, and set the saucepan near the fire for nearly an hour, so that the hash will get hot through; but it must not boil, as it would harden the meat, and spoil the hash.

Serve up the hash in a hash-dish, or a small tureen, with sippets of toasted bread round the sides.

#### HASHED COLD FOWL, TURKEY, OR RABBIT, &c.

Cut up the remains of the fowls or rabbits into pieces of a moderate size; put them into a clean dish, and pour all the cold gravy over them. Then put the trimmings, and bones, first broken, into a saucepan of broth or water, enough to cover them; add an onion cut in slices, half a teaspoonful, each, of white pepper, and salt, and a blade of mace; boil it gently, closely covered, for an hour; then strain off the liquor through a sieve into a bason; and when it is quite cold, take off the cake of fat from the top, and mix the gravy in a bason with two tea-spoonful of flour; then let it boil gently for a minute or two. Lay the pieces of fowl, &c. in a stewpan, strain over them the gravy, and place it near the fire to simmer, without boiling, for about half an hour. Five minutes before it is done, put in the stuffing, cut in slices; but take care it does not get smashed.

Serve up in a hash-dish, with the slices of stuffing, and sippets of toasted bread at the sides.

If you have no stuffing left, you must boil with the liquor a few sweet herbs and a little lemon-peel.

#### MINCED VEAL.

Cut all the gristles, skin, bones, and brown outsides

off your cold joint of veal, and let the rest of the veal be minced very small; then put it into a saucepan with a pint of veal gravy, or else with as much good strong broth, made by stewing the bones, gristles, and trimmings of the joint, same as directed for hashed chicken, seasoned with white pepper, half a tea-spoonful of grated lemon-peel, a little grated nutmeg, and a table-spoonful of milk; thicken the gravy with a little flour and butter, sprinkle in a very little salt, and some lemon-juice; keep stirring it over the fire, till it is thoroughly hot all through, but do not let it boil; serve it up in a soup-dish, with sippets of bread at the sides.

#### MINCED BEEF.

Mince the lean parts of the cold meat very fine, add a little of the fat also minced, and put them into a stewpan, with rich broth, or gravy, just enough to cover them; add a little minced parsley, an onion chopped very small, and a little vinegar, with the gravy from the meat, if you have any: put the saucepan over or near the fire, for a quarter of an hour, to do the mince, but without letting it boil, adding salt and pepper to taste.

Serve it up in a soup-dish, on sippets of toasted bread.

#### GRAVY, OR SAUCE, FOR HASHES OR MINCES.

After you have cut all the nice pieces off the joints into thin pieces for hashing, take the bones, trimmings, gristles, or other remains of the dressed joints, and put them into a small saucepan with no more water than will just cover them: add two onions, in their skins, but cut out their roots, a little parsley, a few sprigs of lemon-thyme and marjoram, and half a tea-spoonful each of all-spice and pepper berries; cover close, and simmer for three hours; then strain off the gravy through a sieve, and let it get cold. When you use it, take the fat off the top, flavour the jelly of it with mushroom ketchup,

walnut pickle, or shalot vinegar, to suit the taste; and thicken it a little with browning, if for brown meat; but if for white meats, with flour only; give it a boil up on the fire; let it cool a little, and it is ready to simmer your hash or minced meat in.—If it is for white meats, such as veal, boiled chicken, and such things, you must flavour it with the juice and rind of lemon instead of ketchup, and a blade of mace instead of allspice.

#### COLLARED BEEF.

Take the thin part of the flank, young and tender, rub it over with salt, and a small quantity of saltpetre; let it drain all night, then rub in a mixture of salt, sugar, ground allspice, and pepper. Keep it a week in the salting-tub, or pan, turn it often, and baste it with the brine that runs from it. In cold weather it should be kept in the mixture ten or twelve days. Then take it out, bone it, and cut off all the gristle, and tough inside skin. Dry it with a cloth, and sprinkle over the inside a mixture of minced leaves of parsley, lemon-thyme, and winter savoury, mixed together with powdered allspice and pepper. Roll it up very tight, and bind it with broad fillet of linen, and afterwards with tape; keep it under a heavy weight for an hour; then take off the fillets, as the meat will have shrunk, and put them on again tightly as before, and tie them securely. The meat must then be simmered slowly in an earthenware pan, with three or four thick skewers at the bottom to keep the meat from burning, for five hours, in a little water, so closely covered that it may be done by its own steam. As soon as it is done, put it under the weight again; and when it is quite cold and set, which will take till next day, take off the binding, and it will be ready for table: The liquor will be an exquisite relish for stews, hashes, soups, &c.

#### POTTED BEEF.

Rub a piece of lean fleshy beef, about three pounds

in weight, with an ounce of saltpetre powdered, and afterwards with two ounces of salt; put it in a pan or salting-tray, and let it lie two days, basting it with the brine, and rubbing it into it each day. Then put the meat into an earthenware jar, just large enough to hold it, together with all the skin and gristle of the joint, first trimmed from it: add about a pint of water, put some stiff paste over the top of the jar, and place it in a slow oven to bake for four hours. When it is done, pour off the gravy, (which save to use for enriching sauces or gravies,) take out the gristle and the skin; then cut the meat small, and beat it in a mortar, adding occasionally a little of the gravy, a little fresh butter, and finely powdered allspice, cloves, and pepper, enough to season it. The more you beat and rub the meat, the better, as it will require so much less butter or gravy, which will assist it to keep the longer; but when potted beef is wanted for present use, the addition of gravy and butter will improve its taste and appearance. When it is intended for keeping, put it into small earthenware pots or into tin cans, press it down hard, pour on the top clarified butter to the thickness of a quarter of an inch, and tie over it a piece of damp bladder.

To make potted meat more savoury, you may beat up with it the flesh of an anchovy or two, or a little minced tongue, or minced ham or bacon; or mushroom powder, curry powder, a few shalots, or sweet herbs of any kind, the flavour of whichever may be most agreeable.

Meat that has been stewed to make gravy, may be used to make potted beef: only adding the salt, seasoning, and flavouring in pounding it.

Potted ham, veal, or ox-tongue is made in the same manner, only varying the seasonings to suit the taste of the meat.

#### POTTED PIGEONS, OR PARTRIDGES.

Clean, truss, and stuff your birds properly, as for

roasting, sprinkle them with salt, powdered allspice and a little cayenne pepper, put them into a jar, put over them sweet butter, and bake them in an oven for an hour and a quarter. When done, take them out, and when cold, cut them up into pieces fit for helping, and pack and press them together as close as you possibly can into a jar or pot, just large enough to hold them, fill it up with clarified butter, and tie a piece of moist bladder over the top. Partridges, moor game, or any other birds, may be potted in the same way.

For potting, the birds must be quite fresh.

#### POTTED LOBSTER.

Pick out the white meat, and mix it with the spawn of a good hen lobster that has been boiled; beat it well in a mortar, with the addition of a little powdered mace, white pepper, cayenne pepper, and salt enough to flavour it. Let all be well beat and mixed into a stiff paste; then put it into a jar or pot, pressed down as close as possible; pour over it clarified butter, and tie over it a piece of bladder.

Crabs are potted in the same manner, and also crayfish, and shrimps; but the seasoning may be varied by the addition of powdered allspice, and leaving out the cayenne pepper.

#### PICKLED SALMON: THE PROPER WAY.

First split open and wipe the salmon inside and out quite clean, but do not scale it, nor wash it; lay it flat on a board, and sprinkle it with a little salt, about a tea spoonful to a middle sized fish, let it lay two hours; then cut it into pieces of three or four inches wide, and lay them side by side and on the top of each other, in the same manner as you see it in a pickled salmon kit, into a clean earthenware pan, upon a full tea spoonful of raw lobster spawn, which must be first well bruised in a mortar, with a piece of salt-prunella, about the size of a small horsebean.

Then put into the pan as much of a mixture made with two thirds vinegar and one third water as will barely cover the pieces of fish; tie the top of the pan over with a clean white paper, and then with a bladder; then put the pan into a steamer, if you have one, with a dish on it which will overhang the pan; if not, you must put it on a piece of cloth in a kettle, and pour into the kettle as much boiling water as will reach about three parts up the pan. If put into a steamer, and the steam is on, it will take about three quarters of an hour to do, and if the pan is put in boiling water, and kept boiling, it will take the same time.

When it is cooked you must take out the pan, and let the fish cool gradually, without untying the bladder. It will be fit to eat the second day, and will keep a month or five weeks, if the air is kept from it.

#### POTTED CHEESE.

Take the rind of Cheshire, Stilton, Cheddar, or any other rich cheese, no matter how stale, scrape it quite clean, grate it with a grater, and beat it up in a mortar with one fifth of its weight of good fresh butter, till they are both well mixed. Put it into a pot, and tie over it a piece of clean bladder, and it will keep for several months.

It may be eaten spread on bread like butter, for breakfast or luncheon, with or without being seasoned with mustard, pepper, and salt. Or finely-powdered white pepper may be mixed with the grated cheese-rind and butter, in preparing it; and it may be served cold for luncheon.

#### WELSH BABBIT.

Cut some slices of bread half an inch thick, and toast them carefully on one side; pare off the crusts thin, lay them in a cheese-toaster with the toasted side downwards, and lay upon each a slice of good rich double Gloucester cheese, cut nearly half as thick as the



bread, but rather less in length and breadth, with the rind pared off, and the decayed parts picked out. Put the toaster before the fire, and as soon as ever the cheese is quite soft, serve it up. Mustard, pepper, and salt, must be served up with it.

## PICKLES, KETCHUPS, &c.

JARS of stone-ware, or wide-mouthed glass bottles, should always be used to keep pickles in. And keep a small wooden spoon, with holes in it, always clean, to take them out with.

Pickles in jars or bottles should always be completely covered an inch or two with the pickling liquor, or they will spoil; and to keep the air from destroying them, you must tie over the mouths of the bottles with wet bladder first, and leather next over that: and if the liquor wastes by evaporation, a little fresh vinegar may be added. But all pickles swell after first putting into bottles or jars, therefore only fill them half or three quarters full, but quite full of the pickling liquor.

### PICKLED CUCUMBERS.

Take any quantity of small fresh gathered cucumbers or gherkins, (which are best when about three inches long); lay them in an earthenware pan, and cover them with brine, boiling hot, made by dissolving salt in water, in a proportion of two ounces to a pint. Put a plate over the pan, and let it stand closely covered twenty-four hours, then take the gherkins out of the brine, drain them in a colander, and dry them between two cloths. Have ready a pickle made with two quarts of white vinegar, three ounces of black pepper-corns, an ounce of allspice-berries, one ounce of ginger sliced, a salt-spoonful of cayenne pepper, and a small table-spoonful of salt; let the ingredients infuse four days near the

fire and it is ready for use. Put the cucumbers into jars or wide-mouthed bottles, three parts full, and fill them quite full up of the pickle: secure them carefully with bladders, or cork bungs, tied over with leather; putting into each a sprig of dill-seed.

#### PICKLED WALNUTS.

You must try every walnut, by pricking them with a fork, and if the fork will not go through them they are too old to pickle. Steep your walnuts for nine days in brine of the same strength as for cucumbers, changing the brine every third day; then put them into a stew-pan with the last brine, and let them just simmer over the fire; then pour off the brine, drain the walnuts in a colander, and expose them to the air, on something flat, for a day or two, till they turn black. Make a pickle as for cucumbers, but with the addition of a few shalots, and a little mustard-seed. Put the walnuts into jars or bottles, three parts full, fill up with the pickle, and secure with corks and bladder or leather.

#### PICKLED ONIONS.

Put your onions, without peeling them, into a pan of strong salt and water, and let them lie twenty-four hours; then take them out one at a time, and peel them, and as you do so, throw them into fresh salt-and-water, and change the salt-and-water night and morning for two more days; at the end of which time you must take them out of the brine, just dry them in a cloth, and immediately put them into the following pickle. Have ready a pickle made by putting black peppercorns, allspice, sliced ginger, and horse-radish, of each one ounce, into a quart of good strong distilled vinegar, and let the ingredients steep, in a stone-ware jar, by the fire-side, covered close, for the three days your onions are in the salt and-water. When the onions are taken out of the brine, and dried with a cloth, put them into stone-ware jars or bottles; pour over them enough

of the pickle, quite cold, to fill them up completely; and secure them with corks, bladders, &c.

For onions, or cauliflowers, you must use distilled vinegar, or they will not be white.

#### FRENCH-BEANS.

Take young tender beans, fresh-gathered, then let them steep for two days in the same kind of brine as is ordered for cucumbers; and afterwards for a week or more in vinegar, poured over them boiling hot, and covered down close, to keep in the steam; repeating it every other day, till they turn green. When they are of a fine green colour, put them into jars or bottles, and fill up with the same pickle as for cucumbers. Tie bladders, &c. over them.

#### SAMPHIRE.

Take samphire that is green, and has a sweet smell, gather it in the month of May, pick and wash it well, to free it from every particle of sand or grit, and lay it to soak in salt-and-water for two days; then put it in an earthenware pan, pour in as much white wine vinegar as will cover it, cover the pan close, and let it stand till it is green and crisp: then put it into jars or bottles with the same pickle as ordered for cucumbers, only without the salt, and tie it down close for use.

#### PICKLED NASTURTIUMS.

The seeds of nasturtiums, gathered before the middle gets hard, form an excellent substitute for capers. They must be thrown into salt-and-water while fresh, and the next day you must wash them well about in it, and pick from them all the yellow leaves, &c. and as you do so, throw the clean nasturtiums into a fresh brine, strong enough to bear an egg, and change it every two days for a week. Then drain them from the brine, put them into jars or bottles, fill them up with a pickle made with soaking one ounce of black pepper corns, one ounce of allspice berries, half an ounce of ginger, and a little

salt, in a quart of vinegar, for a week before you gather your nasturtiums; shake it occasionally, and strain it before you use it. Fasten them down for use.

#### RADISH PODS.

The seed-pods of radishes are pickled in the same manner as nasturtiums or samphire.

#### PICKLED CABBAGE.

Choose a fresh middle-sized red cabbage; strip off the outer leaves, cut it in half, cut out the stalk, and shred the cabbage into narrow slices: sprinkle them with salt, and let them lie in a pan for two days; then take it out, and let it stand to drain quite dry; lay it very lightly in jars, till about three parts full; fill the jars up with the pickle, and secure them properly with bladder, &c. The pickle is to be made by infusing for three days, in a close stopped jar, by the fire side, an ounce of ground pepper, half an ounce of ground allspice, and half an ounce of bruised ginger, to each quart of strong vinegar; and before you pour it over the cabbage let it be strained clear off, and quite cold. Some persons like to add a few pieces of ginger, and three or four capsicums to each jar, to make it hot.

#### MUSHROOM KETCHUP.

Take a quantity of mushrooms fresh gathered, pick them clean, without washing, put them in a deep pan, thus:—first put a layer of the mushrooms, then a layer of salt, then another layer of mushrooms, and another layer of salt; and so on till the pan is nearly full. Let them stand three hours covered over, in a warm place; they will by then have got soft, and must be well pressed down with a wooden spoon. Keep them in the pan two days or more, stirring and mashing them twice a day; then pour the pulp and liquor into one or more stone jars, and to each quart add half an ounce of allspice berries, and an ounce and a half of black pepper

corns; stop the mouth of the jar tightly, and place the jars upon a piece of cloth in a stewpan, and put into it boiling water enough to reach nearly to the top of the jar; and keep the water boiling for about three hours and a half. Or put the stopped jar into a steamer, and steam it for the same time. Then take out the jar, and pour off the liquor, carefully keeping back the sediment; strain it through a hair sieve into a clean stewpan, and let it boil, or rather simmer slowly, for an hour, taking off all the scum that rises; then pour the ketchup into a clean dry jug, and let it stand closely covered, in a cool place, for about twenty hours. Pour it clear from the sediment, through a thick flannel bag; add to each quart of the ketchup two table-spoonsful of French brandy, and let it stand in the jug as before; some sediment will again fall, and the pure ketchup, decanted from it, must be kept for use in small bottles, which have been well washed, and made perfectly dry before the liquor is poured into them. If intended for keeping, it ought to be bottled in half-pints, quite filled, stopped with good corks, covered with sealing-wax or bottle-cement, and put by in a cool dry place.

#### WALNUT KETCHUP.

Take any quantity of green walnut shells, put them into a pan, with salt sprinkled among them in the proportion of half a pound of salt to half a sieve of walnut shells; let them stand for a week, bruising and mashing them twice a day. They will by that time become soft and pulpy; then tilt the pan and press the pulp on one side, so that the liquor that oozes from it may be taken up clear. When you have thus got all the liquor from the walnuts, put it over the fire in an iron pot to simmer, and skim it till no more scum rises; then add to every three pints of walnut liquor, an ounce of allspice, half an ounce of long pepper, an ounce of bruised ginger, and half an ounce of cloves; let it boil slowly with these spices three quarters of an hour

longer. When the ketchup is cold, put it into bottles quite filled, cork them tightly, and secure them with wax or cement. Some of the spices, in proper proportions, must be put into each bottle of the ketchup.

#### TO PRESERVE ONIONS.

Onions ought to be kept in a very cold, dry place, not subject to frost; they ought also to be carefully picked and sorted; the soft, or thick-necked, ought to be used first. Where these precautions taken, much waste would be avoided. But the better way to keep onions, is to tie them on a rope of dry straw, so that they do not touch each other; or else, with a thin packing-needle and strong thread, string them, by passing the needle in at the bottom and out at the top, and hang them in the coldest and driest part of the kitchen.

#### TO PREPARE SALT FOR THE DINNER-TABLE.

Put two lumps of salt in a plate at a good distance before the fire, to make it thoroughly dry; then rub or grind the two pieces together over a clean dish, or a clean piece of paper, and that which you grind off will be perfectly fine; fill your salt-cellars higher than the brims, and press it down even with the top; or press the bottom of the salt-cellars on the top of each other, for that purpose.

#### TO PREPARE MUSTARD FOR THE DINNER-TABLE.

Mix an ounce of the best flour of mustard with a tea-spoonful of salt; when they are well blended together, add eight tea-spoonful of cold water, a little at a time, and stir and rub it well together till it is quite smooth; the more pains taken in stirring and rubbing, the better the mustard will be. Mustard is best if made only an hour before it is wanted; and it will get dry and spoil in a few hours, if left uncovered.

Scraped horse-radish may be boiled in the water used to mix mustard; and cayenne pepper, and other pungent additions, are sometimes made to mustard. Milk

is used by some, and vinegar by others, instead of water, and sugar instead of salt, in mixing mustard: but we think these by no means improvements.

TO PREPARE HORSE RADISH FOR THE DINNER TABLE.

First carefully wash and scrub off with a brush every morsel of dirt, till you make the horse radish quite clean and nice: then throw it into clean water to soak for not less than three or four hours before your dinner time. A few minutes before it is wanted, take it out of the water, wipe it quite dry and clean, just scrape off the outside and throw that away, then scrape the root into fine long thin shavings, and serve it up as soon as you can after scraping it, as its fine flavour soon goes off after it is scraped.

Horse radish which is carefully cleaned as above directed, before it is put into water to soak, will have so superior a flavour to that which is only cleaned just before you are going to scrape it, that you can scarcely believe it; and nothing shows a good cook, or a good housekeeper, so much as properly preparing such things for the dinner table.

TO MAKE SHALOT VINEGAR.

Put into a bottle, an ounce of shalots sliced, an ounce and a half of horse-radish scraped, and a pint of good white wine vinegar; cork it well, and let it stand for ten days, shaking the bottle often; it will then be fit to bottle off for use, a little at a time, with salads, cold mutton, beef, &c. or for flavouring soups and gravies.

CHILI VINEGAR.

Put fifty red Chilis into a wide-mouthed bottle, with one pint of the best vinegar; and let them soak twelve or fourteen days, shaking the bottle two or three times a day, and it will be ready to use in fish-sauces, &c. When you have bottled this up for use, you may add another pint of vinegar to the chilis, which will be as strong as the first in a month's time.

## BASIL VINEGAR.

Half fill a bottle with the green leaves of sweet basil, fill it up with vinegar, cork it, and let it stand for a fortnight; then strain it, and bottle it for use.

## TARRAGON VINEGAR

Is made by infusing the leaves of tarragon, in the same manner as directed for basil vinegar.

## TO MAKE ORANGE TARTS AND DUMPLINGS.

First peel the oranges; to do which begin at the largest speck, and all the pith will come off with the peel; having peeled them, cut the orange in half, so that the pips will easily come out, then with a pen knife cut out the pith that remains in the middle of each half; after which lay them in your dish on a thin bottom crust, the juicy or cut side upwards, sprinkle them with three ounces of powdered loaf sugar, then cover them with your top crust, which must be made of puff paste, and bake them from three quarters of an hour to an hour. Nine middle sized oranges make a handsome tart.

Oranges also make very nice dumplings, by first only peeling them, as above directed, and putting each into a crust, the same way as apple dumplings, each person adding sugar to them at table.—Boil half an hour.

March is the best time to make them, as oranges are then sweet, and much the same price as apples.

## TO BAKE A HEART.

Having prepared and stuffed it as before directed for roasting in page 89, put the heart, point downwards, on a meat stand, in a large baking dish, with half a pint of water, and as many potatoes as you please, pared and sliced: when done, serve up with all things same as for roast, see page 89.

## TO BOIL OR STEAM A HEART.

Clean, prepare, and stuff it as directed for roasting,



and put it, point downwards, into a bason; put the bason into a saucepan, and pour into the saucepan boiling water, till it comes nearly to the top of the bason; put a plate wrong way upwards over the stuffing, cover the saucepan quite close, to keep in the steam, and let it boil three hours, if an ox heart; and about two hours, if a calf's heart;—or you may put it into a steamer for the same time. Serve up with gravy and potatoes, and with jelly, same as directed for roast heart.

#### DUTCH SAUCE FOR FISH.

Boil in a porcelain saucepan, or in a clean pipkin, for five minutes, with a gill and a half of vinegar, a little scraped horseradish: then strain it, and, when it is cold, add to it the yolks of two new eggs, a quarter of a pound of fresh butter cut into small bits, a dessert spoonful of flour, the same of water, and a pinch of salt. Then stir the ingredients over a gentle fire, with a clean wooden spoon, till the mixture almost boils, and serve it up directly, to prevent it from curdling. An iron spoon, or metal saucepan, would quite spoil this sauce.—And so will letting it quite boil.

#### CREAM SAUCE.

Boil gently a piece of fresh lemon-peel and a blade of mace, in a very clean pipkin, or a porcelain butter-saucepan, with a quarter of a pint of milk, for ten minutes; then add to it half a pint of cream, and two ounces of fresh butter rolled in flour. Let it simmer about five minutes, stirring it carefully all one way; then take it off the fire, take out the lemon peel and the mace; pour the sauce into a warm sauce-tureen, and squeeze into it the juice of half a lemon, through a sieve, to keep out the pips; stirring it round, at the same time, very gently. This sauce is frequently poured over fowls, that are to be sent to table cold, after they have been properly placed in a dish. Take care not to stir this sauce with any thing but a clean wooden spoon.

## MEAT PIES.

It is frequently found, that when the crust of a meat pie is baked quite enough, the meat in the inside of it is not sufficiently cooked to eat nice and tender, as it ought to do: the proper way to prevent this, is to gently stew the meat in a saucepan, properly seasoned, as directed for beef-steak pie, page 76, in half a pint of water, or gravy, closely covered, for an hour or longer, according to the hardness of the meat; then pour it out into an earthenware dish, and, when cold, take some of the fat off the top, if there is too much, and put, with the meat, as much of its liquor as it will take, into the pie-dish; then put on your crust, and bake it gently, till the crust is nicely done, and serve it up. If you have an oven to your range, you can first bake the meat in a pie dish, if you cover it closely over with another dish.

## OYSTER SAUCE.

In making oyster sauce, you must do it as directed in page 42, but in addition thereto, you must take the beards off the oysters, and stew them in the water you use for mixing with the flour and butter, which is a nice way, and makes the sauce taste stronger of the oysters. The beards should never be served up with oyster sauce.

## CLEANING HAMS.

After cleaning the ham as directed in page 20, it will be a great improvement to put it into pretty hot water and scrub it clean with a small stiff-haired brush about five inches long by two inches wide, and which are sold at six-pence each.

## TO MAKE BRINE FOR SALTING MEAT.

Salt, six pounds; saltpetre pounded, a quarter of a pound; foots, or soft sugar, half a pound; and water, one gallon. Mix them well together, and put the meat into the brine, keeping the meat covered with it for four, six,

or eight days, according to the saltness you require, or like. This will do also for pickling hams and tongues, by adding to the brine twelve of the small grains or insects of cochineal, pounded; which gives the fine colour required in hams and tongues.

Brine will not keep good a long time, especially in hot weather, therefore you must smell it, and if you find it turning the least sour, or it smells in any way offensive, you must boil it up directly, and skim it well; when quite cold, it will be fit for use again. It will only bear being boiled up once or twice, then you must make fresh brine.

#### TO PREPARE A TONGUE FOR PICKLING.

You must rub some salt well into it to cleanse it, but do not wash the tongue, or it will spoil; let it lay in the salt for twelve hours; then take it out and rub it dry and clean from the salt, with a clean cloth; then put it into the prepared brine. A large tongue will take three weeks to salt.

#### SALAD MIXTURE.

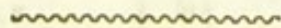
Two yolks of cold hard-boiled eggs, two table-spoonful of salad oil, one table-spoonful of vinegar, half a tea-spoonful of milk, a little white pepper and salt, and a tea-spoonful of ready-made mustard. First mix the mustard and milk together, and then add the oil and vinegar: when these are well mixed, chop and rub the egg-yolks very smooth, and add them, with the other ingredients, to the mixture; then again stir and mix it all well together, and it is ready for use, or to bottle for future use.

#### IMPORTANT TO HEALTH.

From sinks and drains, that are not properly trapped, there will, at times, arise unhealthy smells; to obviate this, a durable, unfailing, and cheap contrivance has been brought into use, called a bell-trap, for sinks; which must be not less than four inches wide, and be soldered into an inch-and-a-half waste-pipe. Any plumber will, for a

few shillings, fix a bell-trap, and a pipe, of these sizes, to carry off the waste water from the sink, and then no smell can arise from it, nor can it be stopped, if you keep a tin colander in the sink, through which to strain such things as tea-leaves or coffee grounds; this saves some time and trouble in clearing the sink, as the waste can so easily be thrown out of it on to the fire. A similar contrivance is also adopted to prevent the unhealthy smells, or miasma, which frequently arises from drain-holes under or near to the ground, by what is called a stench-trap, made of cast-iron, which may be purchased of any ironmonger, at from 3s. 6d. to 7s. each. Lowe's, or Lewis's, or Burnett's, cast-iron stench-traps, are all patents, and very good ones. These traps cost no more fixing than the old five-hole drain-stones, which let into the house all the unhealthy air and smells.

As the bad air, or miasma, which comes into the house from the drains, (these being commonly within the kitchen, or close adjoining, in the yard or area) is generally the real cause of typhus or low fevers in grown-up people, and of scarlet fevers in children, mention of the above cheap and easy means of preventing this great evil will not be considered as misplaced in a domestic work like the present.



For the proper methods of Preserving Fruit, for Sugar-boiling, and for making all kinds of Confectionary that can be required by a family, an excellent work, entitled **THE CONFECTIONER'S AND PASTRY - COOK'S ASSISTANT**, BY **GEORGE READ**, may be procured of **DEAN & SON**, 31, Ludgate Hill, price 1s. 6d. in cloth covers. With Instructions, also, for properly making and baking Fancy Bread.

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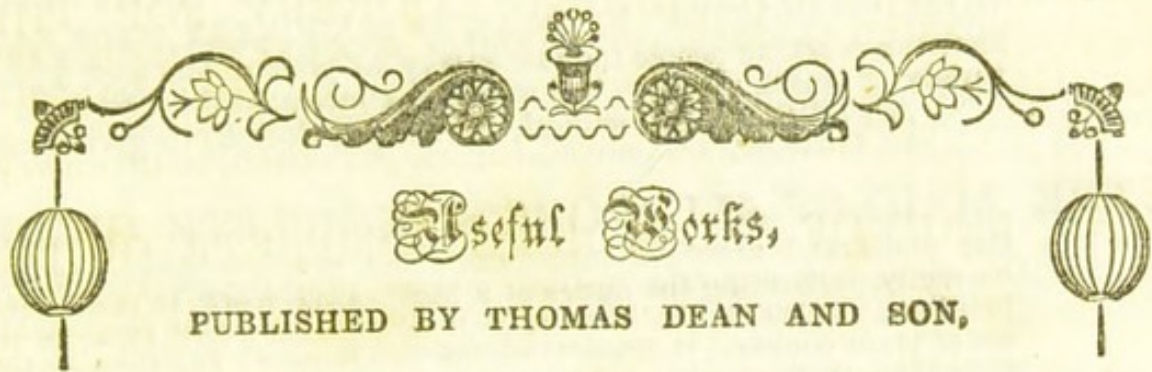
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**A PRACTICAL GUIDE TO THE COUNTY COURTS,**  
 AND ABSTRACT OF THE THREE ACTS FOR THE MORE EASY  
 RECOVERY OF DEBTS AND DEMANDS,—including the £50  
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 necessary Information, both for Plaintiffs and Defendants; whether  
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