

**Domestic management; or, the healthful cookery-book : To which is prefixed a treatise on diet, as the surest means to preserve health, long life, &c.; With many valuable observations on the nutritious and beneficial, as well as the injurious effects of various kinds of food; also remarks on the wholesome and pernicious modes of cookery. Intended as an antidote to modern errors therein. To which is added the method of treating such trifling medical cases as properly come within the sphere of domestic management / by a lady.**

### **Contributors**

Plumptre, Bell, active 1795-1812.  
University of Leeds. Library

### **Publication/Creation**

London : printed for B. Crosby and Co., 1810.

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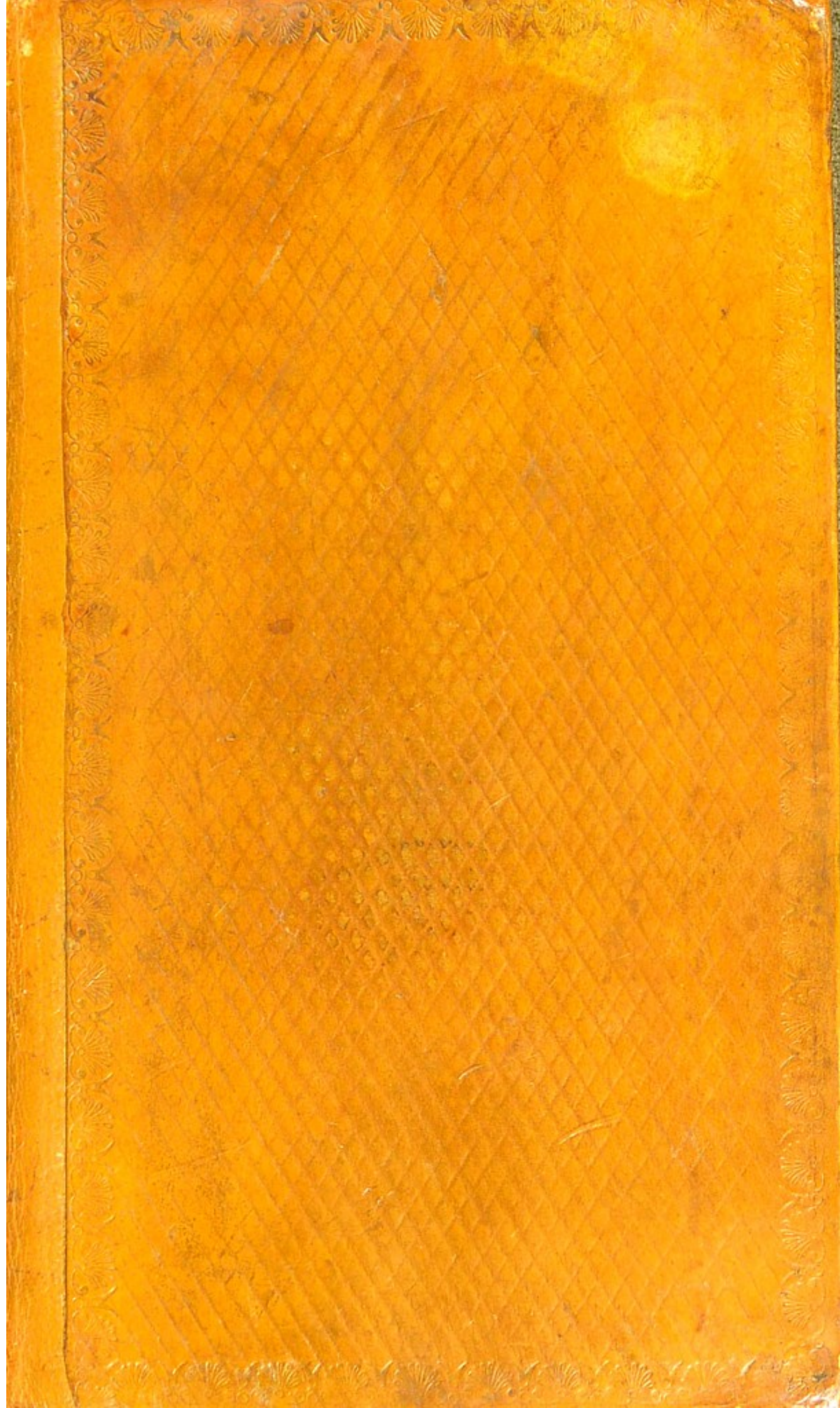
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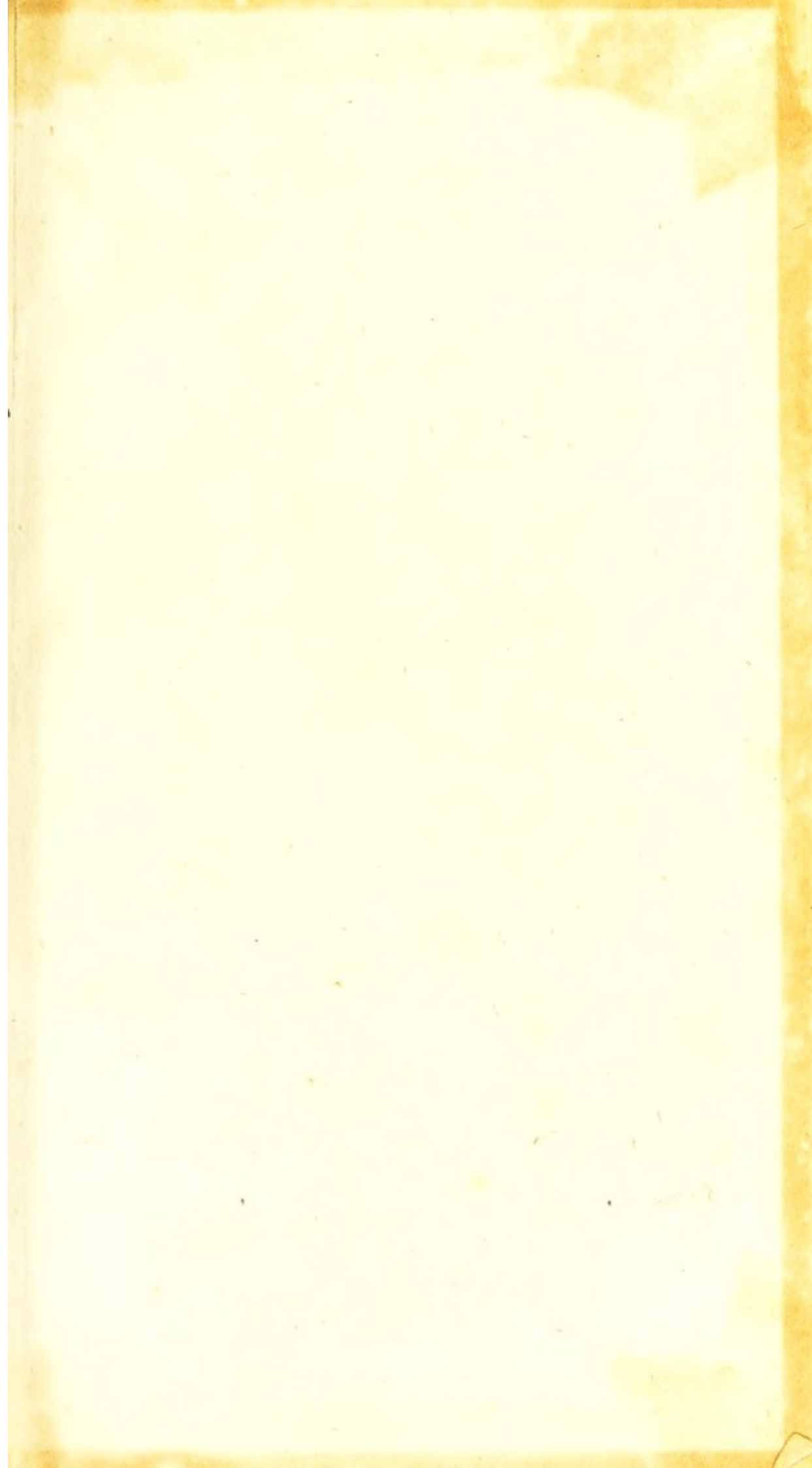
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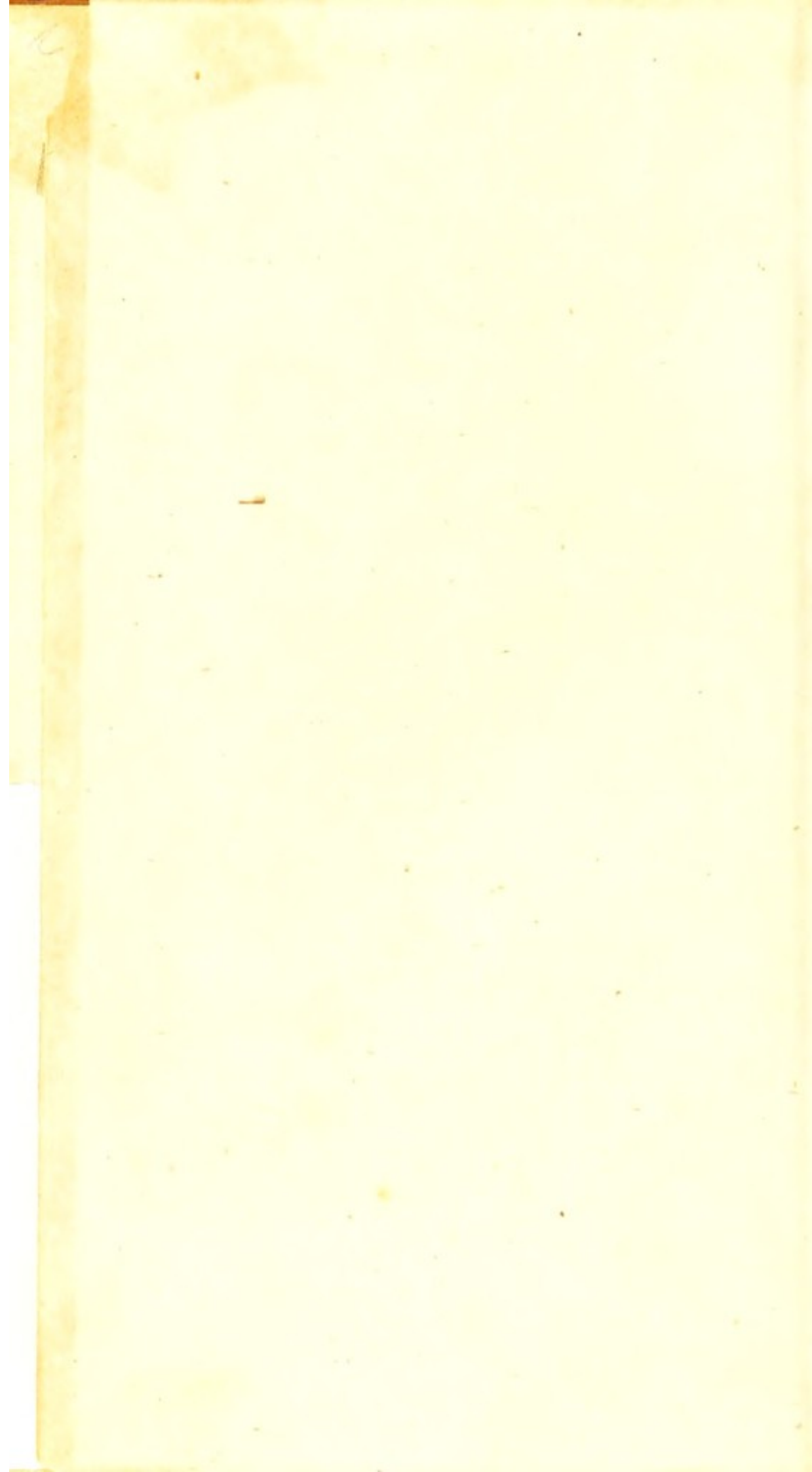
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DOMESTIC MANAGEMENT;  
OR, THE HEALTHFUL  
COOKERY-BOOK.

TO WHICH IS PREFIXED,  
*A TREATISE ON DIET,*  
AS THE SUREST MEANS TO PRESERVE HEALTH,  
LONG LIFE, &c.

WITH MANY  
VALUABLE OBSERVATIONS

ON THE NUTRITIOUS AND BENEFICIAL, AS WELL AS THE  
INJURIOUS EFFECTS OF VARIOUS KINDS OF FOOD;

ALSO REMARKS

ON THE  
*WHOLESOME AND PERNICIOUS MODES OF COOKERY.*

INTENDED AS AN ANTIDOTE TO MODERN ERRORS THEREIN.

To which is added,  
THE METHOD OF TREATING SUCH TRIFLING MEDICAL CASES  
AS PROPERLY COME WITHIN THE SPHERE OF  
DOMESTIC MANAGEMENT.

BY A LADY. *PLUMPTRE, Annabella*

LONDON:

PRINTED FOR B. CROSBY AND CO.  
STATIONERS'-COURT, PATERNOSTER-ROW.

AND SOLD BY EVERY BOOKSELLER IN THE UNITED KINGDOM.

*Price 5s. boards.*

1810.

J. G. Barnard, Printer, Skinner-street, London.



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## ADVERTISEMENT.



THE object of this little Work, in opposition to that of Cookery-books in general, is to temper instead of to pamper the appetite. It contains, notwithstanding, a miscellaneous choice of receipts, as well for those who will indulge, as for those who will restrain themselves, though it avoids some of the most injurious refinements of modern Cookery.





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# INTRODUCTION.

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## GENERAL OBSERVATIONS ON DOMESTIC MANAGEMENT.

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**A** WELL arranged and steadily conducted system of domestic management is the foundation of all the comfort, respectability, and welfare of private families in particular, though no family can be truly respectable and happy where this is wanting.

However the fortunes of individuals may support a large expenditure, it will be deficient in all that can benefit or grace society, and in every thing essential to moral order and rational happiness, if not conducted on a regular system, embracing all the objects of such a situation. What a contrast do two families exhibit, the one living in the dignified splendour, and with the liberal hospitality that wealth can command, and ought to support; the other in a style of tinsel show, without the real appropriate distinctions belonging to rank and fortune; lavish, not liberal, often sacrificing independence to support dissipation, at the



cost of betraying the dearest interests of the country, to retrieve the follies of domestic mismanagement and personal vices.

In domestic management, as in education, so much must depend on the particular circumstances of every individual case, that it is impossible to lay down a system which can be generally applicable. The most that can be done, is to suggest some leading principles, as guides, and point out certain errors to avoid, for the assistance of the inexperienced, on their entering upon this important department of female life.

The immediate plan of every family must be adapted to its own peculiar situation, and can only result from the good sense and early good habits of the parties, acting upon general rational principles.

What one family is to do, must never be measured by what another family does. Each one best knows its own resources, and should consult them alone. What might be meanness in one, might be extravagance in another, and therefore there can be no standard of reference but that of individual prudence. The most fatal of all things to private families, is to indulge an ambition to make an appearance above their fortunes, professions, or business, whatever these may be. Their expenses ought to be so restricted within their means, as to make them easy and independent; for if they are too near run, the least accident will embarrass the whole system. More evils may be traced to a thoughtless ambition of appearing above our situation than the idle vanity that prompts it ever pauses to reflect on.

The next point, both for comfort and respectability, is, that all the household economy should be uniform, not displaying a parade of shew in one thing, and a total want of comfort in another. Besides the contemptible appearance that this must have



to every person of good sense, it is productive of consequences, not only of present, but future injury to a family, that are too often irreparable.

In great cities in particular, how common is it that for the vanity of having a showy drawing-room to receive company, the family are confined to a close back room, where they have scarcely either air or light, the want of which must materially prejudice their health.

To keep rooms for show, where the fortune is equal to having a house that will accommodate the family properly, and admit of this also, belongs to the sphere of life; but in private families, to shut up the only room perhaps in the house which is really wholesome for the family to live in, is a kind of lingering murder; and yet how frequently this consideration escapes persons who mean well by their family, but have a grate, a carpet, and chairs, too fine for every day's use. What a reflection, when nursing a sick child, that it may be the victim of a bright grate, and a fine carpet! Or what is still more wounding, to see all the children perhaps rickety and diseased, from the same cause.

Another fruit of this evil, is the seeing more company, and in a more expensive manner than is compatible with the general convenience of the family, introducing with it an expense in dress, and a dissipation of time, from which it suffers in various ways. Not the least of these, is, the children being sent to school, where the girls had better never go, and the boys not at the early age they are usually sent; because the mother can spare no time to attend to them at home.

Social intercourse is not improved by parade, but quite the contrary; real friends, and the pleasantest kind of acquaintance, those who like to be sociable,



are repulsed by it. Here is a failure therefore every way—the loss of what is really valuable, and an abortive attempt to be fashionable.

A fundamental error in domestic life of very serious extent, as it involves no less or even more than the former, the health of the family, arises from the ignorance or mistaken notions of the mistress of the house upon the subjects of diet and cookery.

It is very common for persons to have theories of wholesomes and unwholesomes in diet; but these are seldom founded upon a real knowledge of the nature of the substances in use, as food, or of the best manner of preparing them, but on the vague authority of some family receipts or traditions, or of some old nurse, any of which prove but fallacious guides. While many more have no thought on the subject but of indulging their appetites.

It should be the serious reflection of every mistress of a family that the health of it, in all its branches, depends in great measure upon her judgment in diet and cookery; but pre-eminently that of her children, from their tender natures. This more especially requires attention in great cities, to counteract as much as possible the want of purity in the air, and the restraints from free exercise. She will then, no doubt, both from duty and inclination, make it her business to inform herself upon these subjects, that she may fulfil this charge so peculiarly belonging to the female sex, with the affectionate duty due to her husband, children, and domestics, that as a wife, mother, and mistress of a family, they have a right to expect from her.

With a view to promote so laudable an inquiry, this little work has been compiled, on the authority of many able writers upon these subjects, and has been submitted to the revision of a friend in every re-



spect competent to sanction it. As far as it goes, therefore, the compiler ventures to hope it may be useful, as having brought together within a small compass what, though accessible elsewhere, is so dispersed amongst different authors as to make it unlikely it should fall under the observation to which it was desirable to introduce it.

The subject of cookery is, in general, either despised by women as below their attention, or when practically engaged in, it is with no other consideration about it than, in the good housewife's phrase, to make the most of every thing, whether good, bad, or indifferent; or to contrive a thousand mischievous compositions, both savoury and sweet, to recommend their own ingenuity.

The injuries that result from these practices will appear in the course of this work. When these are fully considered, it can no longer be thought derogatory, but must be thought honourable, that a woman should make it her study to avert them. If cookery has been worth studying, as a sensual gratification, it is surely much more so as a means of securing one of the greatest of human blessings—good health.

It is impossible to quit this part of the subject of domestic management without observing, that one cause of a great deal of injurious cookery, originates in the same vanity of show that is productive of so many other evils. In order to set out a table with a greater number of dishes than the situation of the family at all requires, more cookery is often undertaken than there are servants to do it well, or conveniences in the kitchen for the purpose. Thus things are done before they are wanted for serving up, and stand by spoiling, to make room for others; which are again perhaps to be succeeded by something else, and too



often things are served up that would be more in their place thrown away, or used for any thing rather than food. The practice of flavouring custards with laurel leaves, and of adding fruit kernels to the poison of spirituous liquors, can only be excused on the plea of want of better information. Let it then be remembered that the flavour given by the laurel essence is the most fatal poison in nature, and children, as well as delicate grown-up persons, have often died suddenly on taking them, even in small quantities.

The leading consideration about food ought always to be its wholesomeness. Cookery may produce savoury and pretty looking dishes without their possessing any of the qualities of food. It is at the same time both a serious and ludicrous reflection that it should be thought to do honour to our friends and ourselves to set out a table where indigestion and all its train of evils, such as fever, rheumatism, gout, and the whole catalogue of human diseases lie lurking in almost every dish. Yet this is both done, and taken as a compliment. We have here indeed the "unbought grace of polished society, where gluttony loses half its vice by being stripped of its grossness." When a man at a public house dies of a surfeit of beef-steak and porter, who does not exclaim, what a beast!

How infinitely preferable is a dinner of far less show, where nobody need be afraid of what they are eating! and such a one will always be genteel and respectable. If a person can give his friend only a leg of mutton, there is nothing to be ashamed of in it, provided it is a good one, and well dressed.

A house fitted up with plain good furniture, the kitchen furnished with clean wholesome-looking cooking utensils, good fires, in grates that give no



anxiety lest a good fire should spoil them, clean good table linen, the furniture of the table and sideboard good of the kind, without ostentation, and a well-dressed plain dinner, bespeak a sound judgment and correct taste in a private family, that place it on a footing of respectability with the first characters in the country. It is only the conforming to our sphere, not the vainly attempting to be above it, that can command true respect.

How much of this graceful propriety of private life depends on the conduct of a wife; those best can tell who have witnessed the contrast of it in families where the wife has been deficient in knowledge, or wanting in inclination, to fulfil her domestic duties. Nothing can truly compensate this defect: it may be assisted, as the loss of a leg may be; but no substitute will ever fully supply the place of the limb.

The mistress of the house, keeping her keys herself, and giving out her own stores, household linen, &c. as they are wanted; keeping regular accounts,\* and being punctual in her payments, are all important points in housekeeping, and will all of course enter into the system of a sensible woman.

On the view of domestic management, as given above, little more now remains to be said on the subject. Where the leading principles are such as are here alluded to, the minuter parts of the household economy will not be neglected, and can only be supplied, as was previously observed, by the good sense of the acting party.

A woman of this description will have her eye upon her whole establishment, and conduct it with uni-

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\* Crosby's Family Account Book may be found useful in keeping the details of weekly accounts.



form prudence. Her behaviour will be equally remote from an obstinate stiffness that will not give way, when necessary, to circumstances that cannot always be commanded, or from an obtrusive bustle ; either of which dispositions makes a house uneasy to the whole family.

“ Her ways are ways of pleasantness, and all her paths are peace.”

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### OBSERVATIONS ON COOKING UTENSILS.

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THE various utensils used for the preparation and keeping of food are made either of metal, glass, pottery ware, or wood ; each of which is better suited to some particular purposes than the others. Metallic utensils are quite unfit for many uses, and the knowledge of this is necessary to the preservation of health in general, and sometimes to the prevention of immediate dangerous consequences.

The metals commonly used in the construction of these vessels are silver, copper, brass, tin, iron, and lead. Silver is preferable to all the others, because it cannot be dissolved by any of the substances used as food. Brimstone unites with silver, and forms a thin brittle crust over it, that gives it the appearance of being tarnished, which may be accidentally taken with food ; but this is not particularly unwholesome, nor is it liable to be taken often, nor in large quantities. The discolouring of silver spoons used with



eggs arises from the brimstone contained in eggs.—Nitro or saltpetre has also a slight effect upon silver, but nitre and silver seldom remain long enough together in domestic uses to require any particular caution.

Copper and brass are both liable to be dissolved by vinegar, acid fruits, and pearl-ash. Such solutions are highly poisonous, and great caution should be used to prevent accidents of the kind. Vessels made of these metals are generally tinned, that is, lined with a thin coating of a mixed metal, containing both tin and lead. Neither acids, nor any thing containing pearl-ash, should ever be suffered to remain above an hour in vessels of this kind, as the tinning is dissolvable by acids, and the coating is seldom perfect over the surface of the copper or brass.

The utensils made of what is called block tin are constructed of iron plates coated with tin. This is equally liable to be dissolved as the tinning of copper or brass vessels, but iron is not an unwholesome substance, if even a portion of it should be dissolved and mixed with food. Iron is therefore one of the safest metals for the construction of culinary utensils; and the objection to its more extensive use only rests upon its liability to rust, so that it requires more cleaning and soon decays. Some articles of food, such as quinces, orange peel, artichokes, &c. are blackened by remaining in iron vessels, which therefore must not be used for them.

Leaden vessels are very unwholesome, and should never be used for milk or cream, if it be ever likely to stand till it become sour. They are unsafe also for the purpose of keeping salted meats.

The best kind of pottery ware is oriental china, because the glazing is a perfect glass, which cannot be dissolved, and the whole substance is so compact



that no liquid can penetrate it. Many of the English pottery wares are badly glazed, and as the glazing is made principally of lead, it is necessary to avoid putting vinegar, and other acids into them. Acids and greasy substances penetrate into unglazed wares, excepting the strong stone ware ; or into those of which the glazing is cracked, and hence give a bad flavour to any thing they are used for afterwards. They are quite unfit therefore for keeping pickles or salted meats. Glass vessels are infinitely preferable to any pottery ware but oriental china, and should be used whenever the occasion admits of it.

Wooden vessels are very proper for the keeping many articles of food, and should always be preferred to those lined with lead. If any substance has ever fermented or become putrid in a wooden cask or tub, it is sure to taint the vessel so as to make it liable to produce a similar effect upon any thing that may be put into it in future. It is useful to char the insides of these wooden vessels before they are used, by burning wood shavings in them, so as to coat the insides with a crust of charcoal.

As whatever contaminates food in any way must be sure, from the repetition of its baneful effects, to injure the health, a due precaution with respect to all culinary vessels is necessary for its more certain preservation.



## *DOMESTIC MANAGEMENT, &c.*

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### ON DIET.

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**F**OOD is not more necessary than the abuse of it is injurious to mankind. But accustomed to it by necessity from the first moments of our existence, it is so familiar to us, that we use it without any reflection on the nature of it, or the excessive influence it is capable of, nay, certain to have upon us, from its constant use, both physically and morally. So insensible indeed are we upon this subject, that food is chiefly thought of as a sensual indulgence, however unperceived or unacknowledged, this sentiment operates upon us.

That we require food, as vegetables require water, to support our existence, is the primary consideration upon which we should take it. But in our general practice of eating, it cannot be said, "we eat to live," but are living passages or channels, through which we are constantly propelling both solids and fluids, for the sake of pleasing our palates, at the severe cost often of our whole system.

A reasonable indulgence in the abundant supplies of

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On Diet.

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nature, converted by art to the purposes of wholesome food, is one of the comforts added to the maintenance of life. It is an indiscriminate gratification of our tastes, regardless of the consequences that may ensue from it, that is alone blameable. But so great is our general apathy in these respects, that even on the occurrence of diseases, from which we are all, more or less, sufferers, we scarcely ever reflect on our diet, as the principal, if not the sole cause of them. We assign them to weather, to infection, to hereditary descent, to spontaneous breeding, as if a disease could originate without a cause; or to any frivolous imaginary source, without suspecting, or being willing to own, they arise from our own mismanagement of ourselves.

The weather has very little serious effect upon a person in health, unless exposed to it in some unusual manner that suddenly checks the customary evacuations, especially perspiration.

Infection, formidable as it sounds, is almost divested of its power over those whose temperance in diet keeps their blood and juices pure. Just as the spark which fires tinder, dies away without effect upon a moist substance. The closest attendance upon an infected person has been found perfectly consistent with personal safety under such circumstances.

Even diseases said to be hereditary may, perhaps, with equal probability, be assigned to errors in domestic life, of which the children partake, and fall into the same disorders as their parents, and other progenitors. But even if this is not exactly so, an originally indifferent constitution may certainly be much amended by proper management.



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On Diet.

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That illness comes of itself, that there is no accounting for such things, or that it was to be, are no doubt very satisfactory reasons for it, from the length of time they have obtained credit. Yet, however satisfactory, it does not exactly follow that they are unquestionable.

Though the cause of a fever, an apoplexy, or a fit of the gout, is less immediately obvious to a common observer than that of a fractured limb; that there is a sufficient cause for them, as well as for the latter, is incontestible. The inflamed or putrid state of the blood and whole mass of the body, in fevers, is the cause, not the effect of the disease, which could have no existence but from such causes. It would be as credible to assert that muddy water was taken out of a clear fountain, as that disease can arise in an uncontaminated body. The subject of inquiry, therefore, must be what does contaminate the body, which, from the general face of the thing, can only be something intimately connected with it.

Bad air, want of cleanliness, want of exercise, excessive bodily fatigue, mental uneasiness, and, amongst females, absurdities in dress, are all unfavourable to health, but have not so immediate an influence upon it as our food.

We derive the renewal of our blood and juices, which are constantly exhausting, from the substances we take as food. As our food, therefore, is proper or improper, too much or too little, so will our blood and juices be good or bad, overcharged or deficient, and our state of health accordingly good or diseased.

By aliment, or food, is to be understood whatever we eat or drink, including seasonings; such as salt,



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sugar, spices, vinegar, &c. &c. Every thing, in short, which we receive into our stomachs. Our food, therefore, consists not only of such particles as are proper for the nourishment and support of the human body, but likewise contains certain active principles, viz. salts, oils, and spirits, which have the properties of stimulating the solids, quickening the circulation, and making the fluids thinner; thus rendering them more suited to undergo the necessary secretions of the body.

The art of preserving health, and obtaining long life, therefore consists in the use of a moderate quantity of such diet as shall neither increase the salts and oils so as to produce disease, nor diminish them, so as to suffer the solids to become relaxed.

It is very difficult, almost impossible, to ascertain exactly what are the predominant qualities either in our bodies or in the food we eat. In practice, therefore, we can have no other rule but observing by experience what it is that hurts or does us good; and what it is our stomach can digest with facility or the contrary. But then we must keep our judgment unbiassed, and not suffer it to become a pander to the appetite, and thus betray the stomach and health to indulge our sensuality.

The eating too little is hurtful, as well as eating too much. Neither excess, nor hunger, nor any thing else that passes the bounds of nature, can be good to man.

Temperance and moderation in eating and drinking are nature's great preservatives. *Plures gula quam gladius—The throat has destroyed more than the sword.*



## On Diet.

Some people are apt to think the more plentifully they eat and drink the better they thrive, and the stronger they grow. But this is not the case. A little, well digested, will render the body more vigorous than when it is glutted with superfluity, most of which is turned to excrementitious, not alimentary fluid, and must be soon evacuated, or sickness will follow.

By loading the stomach, fermentation is checked, and of course digestion impeded; for the natural juice of the stomach has not room to exert itself, and it therefore nauseates its contents, is troubled with eructations, the spirits are oppressed, obstructions ensue, and fever is the consequence. Besides, that when thus overfilled, the stomach presses on the diaphragm, prevents the proper play of the lungs, and occasions uneasiness in our breathing. Hence arise various ill symptoms and depraved effects throughout the body, enervating the strength, decaying the senses, hastening old age, and shortening life. Though these bad effects are not immediately perceived, yet they are the certain attendants of intemperance; for it has been generally observed in great eaters, that, though from custom, a state of youth, and a strong constitution, they have no present inconvenience, but have digested their food, suffered surfeit, and borne their immoderate diet well; if they have not been unexpectedly cut off, they have found the symptoms of old age come on early in life, attended with pains and innumerable disorders.

If we value our health, we must ever make it a rule not to eat to satiety or fulness, but desist while the stomach feels quite easy. Thus we shall be refreshed, light, and cheerful; not dull, heavy, or indisposed. Should we ever be tempted to eat too much at one time, we should eat the less at another. Thus, if our



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dinner has been larger than usual, let our supper be less, or rather quite omitted; for there is no man, however careful of his health, who does not occasionally transgress in this way.

With regard to the times of eating, they must to a certain degree be conformed to family convenience, but ought to be quite independent of the caprices of fashion. The great things to be guarded against are, either eating too soon after a former meal, or fasting too long.—The stomach should always have time to empty itself before it is filled again.

Some stomachs digest their contents sooner than others, and if long empty it may destroy the appetite, and greatly disturb both the head and animal spirits; for, from the great profusion of nerves spread upon the stomach, there is an immediate sympathy between that and the head. Hence the head is sure to be affected by whatever disorders the stomach, whether from any particular aliment that disagrees with it, or being over-filled, or too long empty. Such as feel a gnawing in the stomach, as it is called, should not wait till the stated time of the next meal, but take a small quantity of light, easily digested food, that the stomach may have something to work on.

Children with craving appetites do, and may, eat often, yet still with allowing a due interval to empty the stomach.

Young persons in health who use much exercise, may eat three times a day. But such as are in years, such as are weak, as do no work, use no exercise, or lead a sedentary life, eating twice in the day is sufficient; or,



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as in the present habits of society, it might be difficult to arrange the taking only two meals, let them take three very moderate ones. Old and weak persons may eat often, but then it should be very little at a time.

The diseases of human bodies often require substances of more active principles than what are found in common aliment, viz. medicines, in order to produce sudden alterations. But where such alterations are not immediately necessary, the same effect may be produced by means of regulating the diet with much greater safety to the body. Abstinence is, in short, one of the best remedies to which we can resort; and if resorted to in time, will entirely cure many disorders, and check the violence of such as cannot be entirely carried off by it.

The quality of our food is a subject of greater difficulty than the quantity; moderation is an invariably safe guide in the latter instance; but though always favourable to prevent ill effects from any error in quality, it will not always be effectual.

To a person in good health, with a strong stomach, and whose constant beverage is water, cold or tepid, according to the season, or some aqueous liquor, the niceties of choice in food or cookery are less material than to persons with naturally weak stomachs, or to those in sickness, or for children. But all persons who would to a certainty preserve their health and faculties, and live out the natural term of life, should use plain food, as all high seasonings and compound mixtures have an injurious effect, sooner or later, on the strongest constitutions. If a few instances can be quoted to the contrary, these, like other anomalies in nature, cannot constitute an exception to a well established fact.



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On Diet.

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A prevailing error in the diet of this country is a too great use of animal food. The disease called the sea-scurvy often occurs in every great city in England from this cause; and it is probable that the frequency and fatality of putrid and scarlet fevers may be justly attributed to it also.

Persons of weak health must be cautious in their diet, and those labouring under any particular malady must conform theirs to the regimen prescribed for them by their medical advisers.

No part of our aliment is more important than our beverage. It is essential to moisten and convey our more solid food into the stomach, and from thence to the respective parts of the body. To allay thirst, to dilute the blood, that it may circulate through the minutest vessels, and to dissolve and carry off by the watery secretions the superfluous salts we take in our food. To answer these purposes no liquid is so effectual as pure water, with the exception of some few cases that will be noticed hereafter. No other liquid circulates so well, or mixes so immediately with our fluids. All other liquors are impregnated with particles which act strongly upon the solids or fluids, or both; but water being simple, operates only by diluting, moistening, and cooling, which are the great uses of drink pointed out to us by nature. Hence it is evident that water is in general the best and most wholesome drink; but some constitutions require something to warm and stimulate the stomach, and then fermented liquors taken in moderation are proper; such as beer, ale, cider, wine, &c. the choice and quantity of which depend on the age, constitution, and manner of living of the drinker; and to have them pure is above all things essential; as otherwise, instead of being of any benefit, they will be highly detrimental.



Drams or distilled spirituous liquors, the use of which is unhappily very prevalent, are of the most poisonous qualities ; and from their direful effects are the destruction of thousands. From the degree of heat they have undergone in distillation they acquire a corrosive and burning quality, which makes them as certain to kill as laudanum or arsenic, though not so soon. They contract the fibres and vessels of the body, especially where they are the tenderest, as in the brain, and thus destroy the intellectual faculties. They injure the coat of the stomach, and thus expose the nerves and weaken the fibres till the whole stomach becomes at last soft, flabby, and relaxed. From whence ensues loss of appetite, indigestion, and diseases that generally terminate in premature death. Spirituous liquors in any way, whether alone, mixed with water, in punch, shrub, noyau, or other liqueurs, are all slow poisons.

It would be endless to enter into an account of the different qualities of all sorts of wines, but it may be said in general, that all the light wines of a moderate strength, due age and maturity, are more wholesome for the constitution than the rich, hot, strong, heavy wines ; for the light wines inflame the juices of the body less, and go off the stomach with less difficulty.

Red port is strong and astringent, but white port and Spanish wines are stimulating and attenuating. French wines are lighter, and not so strong as the Portuguese and Spanish wines, which renders them wholesomer for thin and dry constitutions. Rhenish and Moselle wines are the most wholesome of any, where acidity is not hurtful.

Home made wines are prejudicial to all constitutions, being very windy, heavy, and heady.



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On Diet.

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The last thing to be said concerning liquors is, that wine and all other strong liquors, are as hard to digest as solid strong food. This is not only evident with respect to persons of weak stomachs and digestion, but also from strong healthy people, who only drink either water or small beer at their meals, and are able to eat and digest almost double the quantity of what they could if they drank strong liquors. It appears very plain, therefore, that we should not drink strong liquors at our meals, as by their heat and activity they hurry the food undigested into the habit of the body, and by that means lay a foundation for various distempers. An abstinence, in short, from fermented liquors, would preserve our mental faculties in vigour, and our bodies from the most painful disorders that afflict mankind, as there is no doubt that we may principally ascribe to them the gout, rheumatism, stone, cancer, fevers, hysterics, lunacy, apoplexy, and palsy.

“A fool or a physician at forty,” is an adage containing more truth than is commonly believed. He who has neglected to observe the causes of self-disorder until forty, shews little signs of wisdom; and he who has noted the things which create disorder in himself very carefully, must, by the course of his own experience, possess much knowledge, that a physician at a pop visit ought not to pretend to.

PARTICULAR REMARKS

ON

*THE DIETING OF CHILDREN.*

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**I**T should be an invariable rule with mothers, nurses, and all who have any concern with children, to give them food only as a thing necessary. But, so far from observing this simple and obvious rule, it is too common, throughout every period of childhood, to pervert the use of food, by giving it when it is not wanted, and consequently when it does mischief, not only in a physical, but in a moral view.

To give food as an indulgence, in the way of reward, or to withhold it as a matter of punishment, are both injurious. Whether good or naughty, children equally require food, proper, both in quantity and quality, to sustain their health and growth. Their faults ought to be corrected by more rational means. The idea of making them suffer in their health and growth on account of them, will fill every considerate mind with horror. It is the project only of an impotent mind to attempt to correct the disposition by creating bodily sufferings, which are so prone to hurt the temper, even at an age when reason should counteract such an effect.

The eatables usually given to children in the way of rewards, and frequently by well-meaning but inju-



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On the Dieting of Children.

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dicious persons, to court their favour, are still worse than the punishments inflicted on them in the way of privations of food. Sugar-plums, sugar-candy, barley-sugar, sweetmeat tarts, most kinds of cakes, &c. &c. are very pernicious, as has been already shewn in the preface.

Till children begin to run about, the uniformity of their lives makes it probable, that the quantity of food they require in the day is nearly the same, and that it may be given to them at much the same stated times. By establishing a judicious regularity with regard to both, the danger of injury in these respects will be obviated.

This rule is to be understood as applying to infants at the breast, as well as after they are weaned. By allowing proper intervals between the times of giving children suck, the breast of the mother becomes duly replenished with milk, and the stomach of the infant properly emptied to receive a fresh supply.

The supposition that an infant wants food every time it cries, is a mere idle fancy. According to the usual practice of feeding children, they are more likely to cry from the uneasiness of an overloaded stomach. Even the mother's milk, the lightest of all food, will disagree with the child, if the administration of it is repeated improperly.

A very injurious practice is sometimes adopted by mothers, of suckling a child beyond the period when the milk can be proper for it. The reason for this is obvious, but it does not excuse the practice. A child is injured both physically and mentally by this unnatural protraction of what ought to be given only in its first stage of infancy.

A child will sleep with an overloaded stomach, but it will not be the refreshing sleep of health. When the stomach is filled beyond the proper medium, it in-



duces a similar kind of heaviness to that frequently arising from opiates and intoxicating liquors, and instead of awakening refreshed and lively, the child will be heavy and fretful.

When children run about, the increase of their exercise will require an increase of their nourishment. But those who overload them with food at any time, in hopes of strengthening them, are extremely deceived. There is no prejudice equally fatal to such a number of them. Whatever unnecessary food a child receives, weakens instead of strengthening it. The stomach, when overfilled, loses its power, and is less able to digest thoroughly; and food badly digested is so far from yielding nourishment, that it only serves to debilitate the whole system, and proves a source of diseases; producing obstructions, distention of the body, rickets, scrofula, slow fevers, consumptions, and sometimes death.

Another pernicious custom prevails with regard to the diet of children, when they begin to take other nourishment besides their mother's milk, viz. to give them such as their stomachs have not the power to digest; and to indulge them also in a mixture of such things at their meals as are hurtful to every body, and more especially to children, considering their feeble and delicate organs.

This injudicious indulgence is defended on the plea of its being necessary to accustom the stomachs of children to all kinds of food; but this idea is highly erroneous. Their stomachs must have time to acquire strength sufficient to enable them to digest varieties of food, and the filling them with indigestible things is not the way to give them strength.

Children can only acquire strength gradually with their proper growth, which will always be impeded if the stomach is disordered.



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On the Dieting of Children.

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The food given to infants should be very simple, and thus easy of digestion. When they require something more solid than spoon-meats alone, they should have bread with them. Simple puddings, mild vegetables, and wholesome ripe fruits, eaten with bread, are also good for them. The giving them animal food is better deferred till their increased capability of taking exercise may permit it with the greater safety, and then care must be taken that the exercise is proportioned to this kind of food. The first use of it should be gradual, not exceeding two or three times in a week.

An exception should be made to these rules in the instances of scrofulous and rickety children, as much bread is always hurtful in these cases, and fruits are particularly pernicious. Plain animal food is found to be the most suitable to their state.

The utmost care should be taken under all circumstances to procure good bread for children, as the great support of life. If the perverted habits of the present generation give them an indifference as to what bread they eat, or a vitiated taste for adulterated bread, they still owe it to their children, as a sacred duty, not to undermine their constitutions by this injurious composition.

The poor, and many also of the middling ranks of society, in large towns, are unhappily compelled to this species of infanticide, as it may almost be called, by being driven into towns to gain a subsistence, and thus, from the difficulty of doing otherwise, being obliged to take their bread of bakers, instead of making wholesome bread at home, as in former times, in more favourable situations. While these are to be pitied, what shall be said of those whose fortunes place them above this painful necessity? Let them at least rear their children on wholesome food, and with unsophisticated habits, as the most unequivocal testimony of



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Spoon-meats for Infants.

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parental affection performing its duty towards its offspring.

Children ought not to be hurried in their eating, as it is of great importance they should acquire a habit of chewing their food well. They will derive from it the various advantages of being less likely to eat their food hot, of thus preparing what they eat properly for the stomach, instead of imposing upon it what is the real office of the teeth; and also that of checking them from eating too much. When food is not properly masticated, the stomach is longer before it feels satisfied; which is perhaps the most frequent, and certainly the most excusable cause of eating more than is fairly sufficient.

Thoughtless people will often, for their own amusement, give children morsels of high dishes, and sips of fermented liquors, to see whether they will relish them, or make faces at them. But trifling as this may seem, it would be better that it were never practised, for the sake of preserving the natural purity of their tastes as long as possible.

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## SPOON-MEATS FOR INFANTS.

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### *Method of using Milk.*

THE best way of using milk is without skimming and without boiling. The cream is the most nutritious balsamic part of milk, and to deprive it of this is to render it less nourishing, and less easy of digestion, than in its pure state. In some particular cases skimmed milk may be preferable, but it may be adopted as a general rule, that new milk is the wholesomest and



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Spoon-meats for Infants.

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best. Where this stands any time before it is used, instead of taking off the cream, it should be mixed in with the milk.

Milk boiled is nothing like so good as either raw or scalded; for the boiling not only fixes it, and thus renders it more stopping and harder of digestion, but alters its qualities, so that if boiled ever so little it will not afterwards afford any cream, but merely a thin skin.

*Egg Pap.*

Set a quart of good water on a clear, brisk fire; mix two full spoonfuls of fresh ground wheat flour into a batter with the yolks of two or three new-laid eggs, well beaten, and a little cold water. When the water is ready to boil, but before it quite boils, stir in the batter, and keep stirring it till it is ready to boil, by which time it will be sufficiently thick. Take it off the fire, put in a little salt, pour it into a basin, and let it cool of itself till it become about as warm as milk from the cow.

If eggs cannot be procured, a small piece of butter may be added with the salt, and stirred in gently till well mixed, to prevent its oiling; but eggs are better.

*Observation.*

This is a clean, sweet food, affords sound nourishment, opens all the passages, breeds good blood and lively spirits, is pleasant to the palate and grateful to the stomach. The common use of it purifies the blood and all the humours, prevents windy distempers and griping pains, both of the stomach and the bowels. From all the ingredients bearing a similitude to each other, no manifest quality violently prevails, so that it may justly challenge the first place amongst all spoon-meats or paps, and is the next food to breast-milk for children, indeed often much better, from the many



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Spoon-meats for Infants.

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diseases and the improper foods numbers of women are subject to or use. But no other ingredients should be added to this kind of food, such as sugar, spices, fruits, or the like, for then it will become of another nature and operation, and that for the worse.

It must be observed, that this kind of spoon-meat, and also all others, should be made rather thin than thick; for in such foods the liquid element ought to predominate, whether it be milk or water. For this reason all porridges and spoon-meats which are made thin, and quickly prepared, are sweeter, brisker on the palate, and easier of digestion, than those which are thick, and long in preparing.

Food should never be given to children more than milk warm, and the proper way to cool it is by letting it stand uncovered to cool of itself; for much stirring alters the composition, and takes off the sweetness. Covering it down, too, keeps in the fumes that ought to go off, and, by excluding the air, makes it less pure.

*Flour Pap.*

To two-thirds of new milk, after it has stood five or six hours from the time of milking, add one-third of river or spring water, and set it on a quick clear fire. Temper some good wheat flour into a batter, with either milk or water, and when the milk and water is near boiling, but before it actually does boil, pour in the batter, and stir it a little while. When it is again ready to boil, take it off, add a little salt, and let it stand to cool.

A good spoonful of flour is sufficient to thicken a pint of milk and water. This will make it about the thickness of common milk porridge, which is what will eat the sweetest and be the easiest of digestion.



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Spoon-meats for Infants.

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*Observation.*

This kind of food affords a firm substantial nourishment, neither binds nor loosens the body, but keeps it in proper order, and creates good blood, all which tend to produce brisk lively dispositions. Prepared thus, this pap is far more friendly to nature than in the common way of boiling, and may be constantly eaten with much better effect, and without ever tiring or cloying the stomach.

*Oatmeal Pap.*

Mix a pint of milk and water, in the proportion of two-thirds milk and one-third water, gradually, with a full spoonful of oatmeal, or rather more if the pap is to be thick, though inclining to thin is best. Set it in a saucepan upon a quick clear fire, and when it begins to rise, or make a show of boiling, take it off, and pour it from one basin into another, backwards and forwards seven or eight times, which will bring out the fine flour of the oatmeal, and incorporate it with the milk. Then return it into the saucepan, set it upon the fire, and when it is again ready to boil take it off, and let it stand in the saucepan a little to fine, for the husky part of the oatmeal will sink to the bottom. When settled, pour it off into a basin, add a little salt, and let it stand to cool.

*Observation.*

This is an excellent pap, very congenial to weak natures, affording a good firm nourishment, and easy of concoction.

*Bread Pap.*

Pour scalding water on some thin slices of good white bread, and let it stand uncovered till it cools; then drain off the water, bruise the bread fine, and mix



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Spoon-meats for Infants.

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with it as much new milk as will make a pap of a moderate thickness. It will be warm enough for use without setting it upon the fire.

*Observation.*

It is common to put sugar into this pap, but this and almost all foods for children are better without it ; and the taste will not require it, till habit makes it familiar.

*Water Gruel.*

Take a spoonful and a half of fresh ground oatmeal, mix with it gradually a quart of river or spring water, and set it on a clear fire. When it is rising or just ready to boil, take it off and pour it from one basin into another backwards and forwards five or six times : then set it on the fire again till it is ready to boil, but before it does boil take it off, and let it stand a little in the saucepan, that the coarse husks of the oatmeal may sink to the bottom. Then pour it out, add a little salt, and let it stand to cool.

*Observation.*

A mistaken idea very generally prevails that water gruel is not nourishing ; it is, on the contrary, a light, cleansing, nourishing food, good either in sickness or health, both for young and old.

*Milk Porridge.*

Make water gruel as above, and to two-thirds of gruel, when it has stood a little while to cool, add one-third of unboiled new milk. It may be eaten with or without salt.

*Observation.*

Milk porridge is exceedingly cleansing and easy of digestion, and may be given to the weakest stomach that is able to receive food.



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Spoon-meats for Infants.

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*Milk Porridge another Way.*

Stir a pint of water into three large spoonfuls of fresh oatmeal, let it stand till clear, and then pour off the water. Put a pint of fresh water to the oatmeal, stir it up well, and leave it till the next day. Strain off the liquor through a fine sieve, and set it in a saucepan on a clear brisk fire. Add milk, in about half the quantity, gradually while it is warming, and when it is just ready to boil, take it off, pour it into a basin, and let it stand to cool. A little salt may be added.

*Observation.*

This as well as the former porridge is very light, and proper for weak stomachs.

*To prepare Indian Arrow Root.*

Put a dessert spoonful of the powdered root into a basin, and mix with it as much cold new milk as will make it into a paste. Pour on to this half a pint of milk scalding hot, stirring it briskly to keep it smooth. Set it on the fire till it is ready to boil, then take it off, pour it into a basin, and let it cool.

*Observation.*

Great care must be taken to get the genuine root, which makes a very nourishing excellent food for infants.

*Sago Jelly.*

Soak a large spoonful of sago in cold water for an hour, then pour off the water, put a pint of fresh water to the sago, and stew it gently till it is reduced to about half the quantity. When done, pour it into a basin, and let it cool.

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Spoon-meats for Infants.

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*Sago with Milk.*

Prepare a large spoonful of sago by soaking it in water as above, but instead of putting fresh water to it, put a pint and a half of new milk. Stew it gently till reduced to about half the quantity, then pour it into a basin, and let it cool.

*Tapioca Jelly.*

Wash two large spoonfuls of the large sort of tapioca in cold water, and then soak it in a pint and a half of water for four hours. Stew it gently in the same water till it is quite clear. Let it stand to cool after it is poured out of the saucepan, and use it either with or without the addition of a little new milk.

*Barley Gruel.*

Put two ounces of pearl-barley, after it has been well washed, into a quart of water. Simmer it gently till reduced to a pint, then strain it through a sieve, and let it cool.

*Rice Gruel.*

Let two large spoonfuls of whole rice soak in cold water for an hour. Pour off the water, and put a pint and a quarter of new milk to the rice. Stew it gently till the rice is sufficiently tender to pulp it through a sieve, and then mix the pulp into the milk that the rice was stewed in. Simmer it over the fire for ten minutes, and if it appears too thick, add a little more milk very gradually, so as not to damp it from simmering. When done, pour it into a basin to cool.

*Rice Milk.*

To four large spoonfuls of whole rice, washed very clean in cold water, add a quart of new milk, and stew them



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Spoon-meats for Infants.

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together very gently for three hours. Let it stand in a basin to cool before it is used.

*Observation.*

Another way of making rice milk is, boiling the rice first in water, then pouring off the water, and boiling the rice with milk. But too much of the nutriment of the rice is thus lost, and both the boilings are bad.

*Rice Milk the French Way.*

After washing the rice well, set it over the fire for half an hour with a little water to break it. Put to it, then, by a little at a time, some warm milk, till it is sufficiently done, and of a proper thickness. Let it do slowly. Season it with salt and some sugar.

*Observation.*

For children the sugar had better be omitted.

*Ground Rice Milk.*

Mix a large spoonful of ground rice into a batter, with two or three spoonfuls of new milk. Set a pint of new milk on the fire, and when it is scalding hot, stir in the batter, and keep it on the fire till it thickens; but it must not boil. It should be stirred to prevent its burning. Cool it by letting it stand in a basin before it is eaten.

*Millet Milk.*

Wash three spoonfuls of millet seed in cold water, and put it into a quart of new milk. Stew it gently till it becomes moderately thick. Cool it by letting it stand in a basin till wanted for use.

*Observation.*

The preparations which require some time in the

Drinks for Children.

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doing, will also require the precaution of being stirred, to prevent their burning. But if they are done as directed, gently, and consequently set over the fire, not immediately upon it, a moderate stirring now and then will be sufficient.

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DRINKS FOR CHILDREN.

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*Observation.*

IF parents and other persons who have the care of children cannot reconcile themselves to the giving them the most salutary of all beverage, pure water, the following drinks will be found the best substitutes for it.

*Milk and Water.*

Put one-third of new milk to two-thirds of river or spring water. This is best drank cold, but if it must be warmed, it should be by putting warm water to cold milk. It ought not to be made more than milk warm.

*Whey.*

Take a quart of new milk before it is cold, and put in as much runnet as will turn it to a clear whey. Let it stand till it turns properly, and pour it off through a cheese-cloth without pressing the curd, that the whey may be the purer. It may be drank cold, or just warmed by setting it before the fire for a little while.

If new milk cannot be procured, other milk must be warmed to the degree of new milk.

*Pearl-barley Water.*

Set an ounce of pearl-barley, with half a pint of water,



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Drinks for Children.

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upon the fire, till it is hot, to clean it. Pour off the water, and put a quart of fresh water to the pearl-barley. Let it simmer for an hour. If it appears to be too thick, add more water, but let it be warm, as any quantity of cold water would damp it too suddenly, and thus tend to spoil it.

*Barley Water.*

To a handful of common barley, well washed, add three pints of water. Let it simmer gently till of a proper thickness for use.

*Observation.*

Both this and the pearl-barley water may be used cold, or milk-warm.

*Apple Water.*

Slice two or three spirited ripe apples, according to the size of them, into a jug, and pour on them a quart of scalding hot water. Let this stand till cool or cold, and it will then be fit for use.

*Observation.*

The apples should not be pared, as it takes off from the spirit of them.

*Toast and Water.*

Toast a moderate sized piece of white bread quite dry, and of a very dark brown colour; put it into a jug, and pump water upon it. Let it stand an hour before it is used.

*Observation.*

As all these preparations, both of spoon-meats and drinks, become flat and good for little by long standing,

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On Flour and Bread.

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it is better to make only such quantities of them at a time, as will be soon used. When they are re-warmed, no more should be done at once than what is just sufficient for the occasion, as repeated warming injures the nutritious quality of every thing.

It is better, when it can be avoided, not to set things on the fire to re-warm, but before the fire, or on the hob by the side of the fire. But care must then be taken not to let them dry and scorch, as it makes them very strong and injurious. Some earthenware vessel should be used for this purpose, as less liable to produce this effect.

A very good method of warming things is by setting them in a basin over boiling water, or by placing them in it.

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## OBSERVATIONS RELATIVE TO FLOUR AND BREAD.

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As the principal food of great numbers, and a part of the sustenance of all people, consists of corn, they ought to be sensible that their health must inevitably be injured by bad corn, and even by good corn when badly prepared.

The best flour is often made into bad bread by not letting it rise sufficiently, by not kneading it well, by not baking it enough, and by keeping it too long. Mixing other substances with the flour also injures the quality of bread in a very high degree.

These faults have all an exceedingly injurious effect on the people who eat such bread, but the injury is still more serious to children and weakly persons.



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On Flour and Bread.

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Where the flour is corrupted, the use of it in every other preparation will of course be as unwholesome as in that of bread.

The mere exposure to the air will evaporate and deaden all flour, though the grain has never passed through any fermentation or digestion; as in the instance of the flour of wheat, which is the strongest and of the best substance of any other. For this reason, flour which has been ground five or six weeks, or longer, though it be kept close in sacks or barrels, will not make so sweet nor so moist pleasant bread as that which is newly ground. Thus all bread in London eats drier and harsher than bread in the country which is made within a few days after the grinding of the wheat. All grains which are ground ought therefore to be used as newly ground as possible. But this is not the most profitable to the dealers in meal, as meal newly ground will not part so freely from the bran, nor consequently yield so much flour, as when it lies a certain time after the grinding; for a kind of giving way from each other then takes place, between the branny and floury parts, that makes them separate easier; the flour also then seems finer to the eye, but the bread made of such meal is not so good, nor either so opening or cleansing as that made of fresh ground meal.

All sorts of grain kept entire will remain sound and good for a long time; but flour will in a comparatively short time corrupt and generate worms. This all people should consider, but more especially the preparers of food.

The health of mankind depends in great measure on the good or bad preparation of food, and on the purity of the provisions of every kind used as food; but is more particularly placed in the hands of millers, dealers in corn and meal, and bakers, from grain be-



## On Flour and Bread.

ing the most essential article of subsistence. Those who acquit themselves honestly in these various vocations deserve their profits, and the good-will of their fellow men; but those who betray the confidence reposed in them, especially those who withhold grain when it is wanted, or who corrupt it in any way when it is brought into use, are pre-eminently the secret and worst enemies of mankind. Their crimes operate more slowly and unseen than those that are punished every day before the public eye, but their atrocity is deeper and more extensive than a slight view of the subject will perhaps suggest.

To create an artificial scarcity of corn, is to reduce the poor and middling ranks of society to a thousand miserable and injurious devices to supply the deficiency of what they must fall short of in this important article, and thus to generate diseases amongst them. And to corrupt this prime source of subsistence is to undermine the health of society at large, and dwindle it down to a race of invalid dwarfs. Are not such men the enemies of their country and of their species?

Bread made with leaven is preferable for general use to that made with yeast, for the sour quality of leaven is more agreeable to the ferment of the stomach than yeast, is easier of digestion, and more cleansing; it opens the vessels, and gives a healthy appetite; and a little use will make it familiar and pleasant to the eater. But this bread seldom agrees with weak stomachs, especially such as are liable to acidity and heartburn.

One of the best kinds of bread for sickly people is made of wheaten flour, the coarse or husky bran drest out, but not fine drest, as it would then be dry, and apt to obstruct the stomach. For the inward skin or branny parts of wheat contain the moist quality which is opening and cleansing, and the fine floury parts con-



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On Flour and Bread.

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tain the nutrimentive quality ; they do best, therefore, together, and ought not to be separated so much as fastidious people require, from not understanding the nature of these things.

The putting much salt into bread is injurious, from the change it occasions in bread of all kinds. For, finding no matter liable to putrefaction to work on, it seizes the good qualities, and by its active property alters and corrupts them. Therefore, when bread is intended to be kept a considerable time, as biscuits which are carried to sea, and the like, no salt is put into it. Porridges, as they are eaten immediately, will admit of salt, which, as has been already shewn, is very useful in various instances.

It must be understood that bread is not so substantial and nourishing as flour, when prepared in porridges, &c. with either milk or water. But good bread is an excellent food, proper to be eaten with flesh of all kinds, butter, cheese, herbs, and many other things, insomuch that it has, for its frequent and excellent use, been deservedly accounted and called **THE STAFF OF LIFE.**

Bread should not be baked in too close an oven, that the air may have more or less egress and regress. But the best way is to make it into thin cakes and bake them on a stone, which many in the north of England use for that purpose, making a wood fire under it. This sort of bread is sweeter, of a more innocent taste, and far easier of digestion than bread baked the common way in ovens.

In the same manner cakes may be made of any kind of grain, viz. rye, oats, or barley, and will be found a wholesome, nourishing bread, and more agreeable to nature than that made in the usual manner.

Oaten cakes are often preferable to those made of



## On Flour and Bread.

wheaten flour, as they tend to open the body, and are rather warmer to cold and weak stomachs.

Barley is not so nourishing, and requires more preparation to render it digestible than the other kinds of grain.

Cakes, biscuits, buns, muffins, crumpets, and small bread, made with eggs, butter, or sugar, seldom agree with delicate persons.

Biscuits made without either leaven, yest, butter, or sugar, are more difficult of digestion than bread when it is fermented.

Where bread is fixed to a standard weight and price, fraudulent bakers add a mixture of alum and pearl-ash to it, for the purposes of hastening its rising, of making it retain its moisture, and hence its weight.

If an infusion of bread turns the juice of a red cabbage of a green colour, it is a proof that it contains an alkali, which is most probably pearl-ash. It is said that a compound salt is clandestinely sold in London, under the name of baker's salt, and is composed of the above ingredients.

When there is reason to suspect that bread is adulterated with alum, it may be detected thus: cut about a pound of bread into an earthen vessel, pour upon it a quart of boiling water, and let it stand till cold. Strain the liquor off gently through a piece of fine linen, boil it down to about a wine-glass full, set it by to cool, and if there be a mixture of alum, the crystals of it will appear.

Four of the following aphorisms ought to be the general rules to all the makers of bread; and the fifth, the practice of all the consumers of bread.

1. Bread should be made of sound clean corn, newly ground, and not contaminated by any extraneous mixtures.



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On Flour and Bread.

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2. To be leavened, which makes it light of digestion ; and moderately seasoned with salt.

3. Suffered to rise for several hours, and well wrought and laboured with the hands.

4. Well baked, not too much, which consumes the strength and goodness of the corn ; nor too little, which makes it heavy, clammy, and unwholesome.

5. Not in general to be eaten hot, as it is then more viscid, and harder of digestion than when cold. Bread is in its best state the first and second day after it is baked.

In the times of the alleged scarcity of corn, many palliative schemes were suggested to lessen the consumption of it, and, amongst others, *economical* breads.

Judicious economy always deserves respect and attention ; but when this plausible appellation is given to bread of an inferior quality, intended for those whose principal subsistence is bread, it deserves to be reprobated with some degree of reproach against either the unfeelingness or the inconsiderateness of the proposers.

Should it be those who have little else to eat than bread, who are to be abridged in the good quality of it ?

Of the whole body of society, the labourers ought, above all others, to have bread of the purest and most nutritious quality, and at a reasonable price. They might then live upon their labour, and in health and activity would feel that labour was not irksome.

If bread therefore is to be made up with bran-water, that it may imbibe a larger proportion of water, or with potatoes, rice, or any other ingredients that lower its nutrimentive qualities, let it be for those who have abundance of other nourishment, and who may therefore less feel, or perhaps even be benefited by, some detraction of nourishment in this instance,



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 Leaven and Yest.
 

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to counterbalance their superfluity of it in other things, provided the substances introduced are not of a detrimental kind.

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 THE METHOD OF MAKING LEAVEN,

*As practised in the northern Counties.*

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WHEN leaven is to be first produced, a lump of yest dough must be put into a pan and set in a cool damp place. In about ten or fourteen days it will be in a proper state to use as a ferment for bread. At every making of bread, a sufficient quantity of the leavened dough should be laid by for leaven against the next baking. The makers of bread with leaven have learnt from experience, that it is best to use the same pan for keeping the leaven and the same tub for making the bread, without ever washing them. They are kept clean by scraping. It is always best to borrow a piece of leaven, to begin with, if this can be done, rather than to make it for immediate use.

*To make perpetual Yest.*

Take a pound of fine flour, and mix it up with boiling water to about the thickness of a moderately thick water gruel; add half a pound of coarse moist sugar, and when it is milk-warm pour it upon three large spoonfuls of well purified yest in a pan large enough to give room for the fermentation. As it ferments take off the yest and put it into a stone bottle with a small neck, cork it, and keep it in a dry warm place. When half used replenish it with flour and water prepared as at first, but no addition of yest will be required. This is to be the regular process to keep up the stock.



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*Artificial Yest.*

Boil some mealy potatoes till they are soft, then peel them, and when bruised add as much boiling water as will make them of the consistence of common yest. To every pound of potatoes put in two ounces of coarse moist sugar or treacle, and two table spoonfuls of good yest, stirred in while the potatoes are warm. Make this in a vessel large enough to admit of the fermentation, and keep it warm till it has done fermenting. It will then be fit for use. Let it be kept in a cellar.

*To make Bread with Leaven.*

The proportion of leaven to flour, is a piece of the size of a goose's egg to half a peck of flour. Take such quantities of each as the occasion may demand, make a hole in the middle of the flour, break the leaven into it, and put as much water made blood warm as will wet half the flour. Mix the leaven and flour well together, then cover it over close with the remainder of the flour, and let it stand all night. The next morning the whole lump will be well fermented or leavened. Add as much warm water, taking care it is not warmer than blood, as will mix it, and knead it up very stiff and firm till it be smooth and pliable. The more pains that are taken in kneading the dough, the better and smoother the bread will cut; as well as tasting softer and pleasanter in the mouth, and being easier of digestion. When the dough is well kneaded, let it stand by the fire about two hours, then make it up into loaves and bake them. The time of baking must depend on the size of the loaves. A quartern loaf will require two hours and a half. Some salt must be added in the morning with the fresh quantity of water.



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Making of Bread, &c.

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*Observation.*

In the northern counties, where leaven is most used, it is common to mix some rye flour, in the proportion of about a fourth part, with the wheaten flour, in leavened bread.

*To make Bread with Yest.*

Put half a bushel of flour into a trough, mix half a pint of good thick yest with two quarts of water milk-warm; make a hole in the middle of the flour, pour this into it, and mix it lightly with a part of the flour into a kind of batter. Strew a handful of flour over it, and let the remainder lie round it. This is called setting the sponge, and should be done in the evening. By the next morning it will be much risen. Add then two more quarts of water milk-warm, with two ounces of salt in it. Work it up into a pretty stiff dough, knead it thoroughly, and let it rise for two or three hours. Then mould it up into loaves, and bake them according to the size. A quartern loaf requires two hours and a half in a well heated oven, and smaller loaves in proportion.

*Observations.*

If the yest is not very thick and good, some addition must be made in the quantity to make up for it.

The above receipt is for fine flour; for flour with only the coarse bran taken out, a rather larger portion of water must be used.

If the flour is dry it will require more water than when fresh. The above receipt is intended for fresh flour.

In cold weather the dough should be set by the fire to rise after it is kneaded; and the water may be used rather warmer, but must never be hot.



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Making of Bread, &c.

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*French Bread.*

Take a peck of fine flour and sift it into a trough, make a hole in the middle of it, strain into it a pint of good yest mixed with a pint of luke-warm milk, stir in some of the flour till of the consistence of thickish batter, which is called the sponge, cover it lightly with a cloth, and let it rise for an hour in a warm place. Then add two quarts of luke-warm milk with half a pound of fresh butter melted in it, an ounce of sifted sugar, and a little salt. Knead it till of a moderate stiffness, let it rise another hour, knead it again, and let it rise again for an hour. Mould it up into bricks, lay them on tins, put them into a very cool oven, or some warm place to rise for half an hour, and then bake them in a brisk oven.

*Observation.*

This is as French bread is made in England. In France it is the practice to make the bread with leaven.

*To make Bread with a Mixture of Rice.*

Steep a pound of whole rice in water till it is quite tender, pour off the water, and put the rice before it is cold to four pounds and a half of wheat flour. Add the usual quantity of yest (about a quarter of a pint), rather more than the usual quantity of salt, and as much luke-warm water as will make it into dough. It will require the same time to rise as common bread, and is to be baked in the same manner.

*Observation.*

The produce of the above quantities, viz. five pound and a half, is ten pounds of bread. The rice is not perceptible in it, so that it is in appearance the same as if of wheaten flour alone. It eats well, and is not



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so soon stale as the common bread. If the dough is mixed up with the water the rice was boiled in, it gives the bread more substance.

*Potatoe and Flour Bread.*

Weigh half a pound of mealy potatoes after they are boiled or steamed, and rub them while warm into a pound and a half of fine flour dried for a little while before the fire. When thoroughly mixed, put in a spoonful and a half of yest, a little salt, and warm milk and water enough to work it into a dough. Let this stand by the fire to rise for an hour and a half, then make it into a loaf and bake it in a moderately brisk oven.

If baked in a tin the crust will be more delicate, but the bread dries sooner.

*Another Potatoe and Flour Bread.*

To two pounds of well boiled mealy potatoes rubbed between the hands till they are as fine as flour, mix in thoroughly two large double handfuls of wheaten flour, three good spoonfuls of yest, a little salt and warm milk enough to make it the usual stiffness of dough. Let it stand three or four hours to rise, then mould it, make it up, and bake it like common bread.

*Rolls with a mixture of Potatoes.*

Dry a pound and a half of flour. Bruise a pound of well boiled mealy potatoes, and work them with half an ounce of butter, and half a pint of milk, till they will pass through a colander. Put a quarter of a pint of warm water to a quarter of a pint of yest, add these and some salt to the potatoes, and mix the whole up with the flour. If it works up too stiff a little more milk must be added. When it is well kneaded, set it before the fire to rise for half an hour, then work it up



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into common sized rolls, and bake them half an hour in a pretty quick oven.

*French Rolls.*

Rub an ounce of butter into a pound of flour; add to it one egg, two spoonfuls of yest, and a little salt, mixed with as much milk just warmed, as will make it into a light paste. Let this rise half an hour, then make it into moderate sized rolls, and set them before the fire for an hour longer. Half an hour will bake them in a quick oven.

*Long Rolls.*

Take two pounds of flour, rub into it two ounces of butter, and two ounces of loaf sugar finely powdered. Put to these four large spoonfuls of pretty thick yest, and milk enough made just warm, to mix it into a light paste. Set this before the fire to rise for half an hour, then roll out the dough thin, into moderate lengths, let them stand before the fire for an hour, and then bake them in a slack oven for half an hour.

*Delicate French Rolls.*

Put half a pound of butter into half a pint of milk, and set it over the fire till the butter is melted. Let this stand till no warmer than milk from the cow, then put a spoonful of good yest, and the yolk of two eggs into a pound of dry flour, pour the butter and milk to it, mix up the whole together, and set it before the fire to rise for an hour. Then make it into rolls and bake them a quarter of an hour in a quick oven.

*Yorkshire Cakes.*

Dry a pound and a half of flour before the fire. Beat up an egg, with a spoonful of good new yest, and add to these three-quarters of a pint of new milk



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just warmed. Strain the whole through a sieve into the flour. Mix it lightly into a dough, and let it rise by the fire for an hour. Make it up into cakes about the size of a large saucer, put them on a tin, and let them stand before the fire for a little while before they are set into the oven. Half an hour will bake them. The oven should only be moderately hot.

*Yorkshire Knead Cakes.*

Rub six ounces of butter into a pound of flour till it is very fine, mix it into a stiff paste with milk. Knead it well, and roll it out several times. On rolling it out the last time, let it be about an inch thick, and cut it out into cakes, in shapes according to the fancy. Bake them on an iron girdle. When done on one side turn them on the other. Cut them open and butter them hot. They also eat well cold or toasted.

*Muffins.*

Melt two ounces of butter in three quarters of a pint of milk. Beat the yolks of two eggs with four spoonfuls of yest, and when the milk is no more than lukewarm mix them all into a pound and a half of flour, dried before the fire. Beat the whole up thoroughly, and let it rise for three hours. Make the dough up of the usual size and form of muffins, and bake them on a hot hearth; or over an ironing stove will do as well, and turn them when the under side is done enough.

*Crumpets.*

To eight large spoonfuls of flour, put the yolks of four eggs well beaten with four spoonfuls of yest, stir these well together, and add gradually a quart of milk, beating the whole up as it is added into a smooth batter. Ladle it out by a sufficient quantity at a time to make



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crumpets of the usual size, on to a hot hearth or ironing-stove, and bake them in the same manner as muffins.

*Tops and Bottoms.*

Beat the yolks of eight eggs and the whites of four with a quarter of a pint of yeast. Melt a quarter of a pound of butter in half a pint of new milk, and when about the warmth of milk from the cow, strain it into a pound and a half of flour, with two ounces of powdered sugar mixt into it. Beat this up like a batter rather than work it up into a dough, and set it to rise before the fire for half an hour. Then work it up well with a little more flour, but not to make it stiff. Bake it in pieces of two inches square in breadth, and three inches long, flattened on all sides. When baked let them stand to cool, then part them in two, and brown them a little in the oven.

This preparation will also make rusks, if made up into flat cakes, about six inches wide, and twelve or fourteen long. When baked, slice them after they are cold the thickness of rusks, and set them into the oven to brown.

If made up about the size of a common saucer, and eaten after the first baking, they are very nice buttered for tea.

*French Rusks.*

Weigh a pound of yolk of eggs, and a pound and a half of powdered sugar; put these into a pan together, and stir them about thoroughly with a large wooden spoon for ten minutes. Add an ounce of carraway-seeds, and two pounds of flour. Mix all together into a paste, and mould it upon a clean pye-board, into rolls of about fourteen or fifteen inches long, and between two and three inches thick. Lay these upon a



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paper, and press them down with the hand till about an inch thick in the middle, and flattened down almost to a point at the edges. Put them upon a wire plate with two or three sheets of paper under them, besides the paper they are made upon. Bake them with great care, not to overdo them, as they would then break in the cutting. When they come out of the oven wet the paper underneath, that they may come off while warm. Cut them with a sharp knife into rusks about a quarter of an inch thick, lay them flat on the wire, and put them into the oven till crisp and dry.

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 GENERAL OBSERVATIONS ON PUD-  
DINGS.
 

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The only puddings which can be safely recommended as really wholesome diet, are those of the simplest kind, such as are seldom met with but in families of the middle ranks of life. For the poor unfortunately cannot get them, and the rich like only those of a more complex species, of which the best that can be hoped of them is, that they will not do much mischief.

The principal ingredients of common puddings are so mild and salutary, that unless they are over-cooked, or too many of them mixed together, such puddings are generally speaking a good food.

To make them of the best and wholesomest quality, the materials should be all fresh and good of their kind.

Flour newly ground. New milk, Fresh laid eggs, Fresh suet, &c. &c. &c.



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Observations on Puddings.

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Millet, sago, tapioca, whole rice, will all keep a considerable time without detriment if kept dry.

When rice, millet, or sago, are wanted to be used ground, they had better be ground at home for the sake of having them fresh, and the certainty of having them pure. Such a mill as is used for grinding coffee will grind them extremely well.

The whites of eggs should never be used in puddings for children, or persons with weak stomachs, or for those who are invalids in any other way. The omitting them altogether indeed would not be attended with any disadvantage. The yolk of an egg alone answers the same purpose as when the white is used with it. To prove this let two cups of batter pudding be made, one with the yolk of an egg only, the other with the white and yolk too, and the result will be, at least it has been found to be, that the pudding with the yolk only was quite as good, if not better than the one with the whole egg.

In other instances also, of several kinds of puddings, where the whites of eggs have been totally omitted without increasing the number of eggs, the result has been the same.

There is a species of economy practised by good housewives, of making compositions on purpose to use up the whites of eggs which have been left out of any preparation made with eggs. But this is a false economy. It is far better to reject as food what is injurious as food, and to find other uses for it, than to make the human stomach a receptacle for offal. Economy would be much more judiciously exerted in retrenching superfluities, than exercised in this manner. Two or three dishes good of their kind and well cooked, are infinitely preferable to a whole course of indigestible compositions. A soup might as well be made of cabbage-stalks and pea-shells, as any preparation of food



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with whites of eggs if they are positively prejudicial, of which there seems no doubt. As cabbage-stalks then go to the dunghill and pea-shells to the pigs, so let whites of eggs find their proper destination. As agents in clarifying they are already known. And on occasions that require a strong coagulation, they might probably be sometimes made useful.

Currants, raisins, prunes, French-plumbs, figs, &c. and preserves of all kinds, are prepared either by the heat of the sun, or by cookery to the full extent that they will bear, beyond which any application of heat gives them a tendency to putridity. They are therefore certainly prejudicial to weak stomachs when used in puddings, and cannot be good for any; though strong stomachs may not perceive an immediate bad effect from them. Eaten without any further preparation, and especially with bread, these things may be used in moderation.

Spices are better not put into puddings for the same reason just given respecting currants, &c. viz. the high state of preparation they are in already. The warm climates in which they grow brings them to a state of far greater maturity than the general productions of our more northern situation. When they are used it is better to add them ground, at the time of eating what is to be seasoned, or put in the last thing before serving up the dish. These are also better ground at home both to have them fresh and free from adulteration.

Almonds used in puddings are liable to the same objection cited in the above instances.

Fresh fruits often become more wholesome from being cooked in puddings and tarts, and will in many cases agree then with stomachs that cannot eat them raw. But unripe fruits are not good either cooked or uncooked.



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Observations on Puddings.

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Puddings should boil briskly over a clear fire with the pot-lid, partly at least, if not entirely off; as the access of air makes all things dress sweeter. Reflect for a moment on the state of the air in a room long closely shut up with people in it. They are enveloped in the effluvia of their own breath, &c. and that this cannot be healthy, the smell of the room will bear testimony. It is a similar case with things boiling closely covered, they do not purify from their own effluvia. And that this is disagreeable without proper ventilation, may be indisputably ascertained from the smell of a dining-room, during or after dinner, which is so unpleasant to a person coming fresh into it, as to be scarcely bearable.

As a cookery-book is required to suit all tastes, no apology can be necessary for the giving a miscellaneous choice of receipts under the several different heads, however they may seem at variance with the cautions preceding them. To inform is one thing, and to attempt to restrain another.

It will be in the power of every one to adopt such receipts as they think proper, or to alter them according to their inclination or peculiar circumstances. Some of the ingredients may be omitted where they are very numerous and heterogeneous, if they do not like to pursue the safer course of rejecting such mixtures altogether.

That pudding-cloths and every utensil in the making of puddings should be quite clean, is so well established a maxim, that it need not be further enforced here.

Where quantities are given by spoonfuls, a common-sized kitchen spoon is meant, as less liable to vary in size from change of fashion than table-spoons.

A more defined measure would have been given, but that the extreme readiness of a spoon makes it in general one of the most convenient for common use. A little practice soon gives an accuracy in all these respects.



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As butter is now a very dear article, it may be convenient in many families to spare it as much as possible. Dripping, nicely prepared, will answer the purpose of rubbing basins with, quite as well as butter, wherever this is mentioned, and never gives any unpleasant flavour to the pudding. To dredge a basin with flour after it is rubbed with butter or dripping, is a good practice.

Veal suet, or the outward fat off a loin or neck of mutton, chopped small, makes a still better crust for fruit puddings or dumplings, than beef suet.

Pork lard is in general nicer to fry with than butter.

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*A plain baked Rice Pudding.*

Put five large spoonfuls of whole rice, washed clean, into a dish with a quart of new milk, and bake it an hour and a half in a moderate oven.

*Observation.*

Half a pound of prunes, raisins, or currants, make a pleasant addition to this pudding, but it is wholesomer without them. It is, without any other mixture, one of the purest of all puddings. Fresh fruits are pleasant also with it, such as ripe gooseberries and currants, plums of different kinds, damsons and apples, and these are not liable to the same objection as the others.

*Another Way.*

Stew the rice and milk gently till pretty thick, add some sugar and let it cool. Bake it for an hour. One or two eggs may be added, if approved, but it is very good without them.

*Observation.*

The former pudding is preferable to this, particularly for weak stomachs and children.



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*Snow Balls.*

Pare and core as many large apples as there are to be balls. Wash some whole rice, about a large spoonful to an apple will be enough, spread it on the dumpling cloths, and put in the apples, but do not tie them tight, to leave room for the rice to swell. Put them into cold water. They will take two hours to do properly.

*Another way.*

Boil the rice in a cloth till tender, putting it into cold water, then divide it into dumpling cloths, put in the apples, and boil them half an hour, or if the apples are very large, a little longer.

*Observation.*

These are very pure wholesome puddings.

*Plain boiled Rice Pudding.*

Wash half a pound of whole rice, tie it in a cloth, allowing room for the rice to swell, and put it into a saucepan of cold water. It will require doing for two hours after it is set on the fire. After it has boiled for some time, if it seems too loose, take it up and tie it tighter. Send it to table with cold butter and sugar to eat with it.

*Observation.*

Ripe fruits, such as gooseberries, red currants, almost any kind of plums, or damsons, make a pleasant addition to this pudding. It should be taken up about half an hour before it is done, the fruit stirred in, and then tied pretty tight, and put in again for the remainder of the time. A pint of fruit will be sufficient.

Raisins stoned, dried currants, prunes, or French plums, half a pound of either, are sometimes used for



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this pudding; but the other fruits are preferable, and make a wholesome as well as pleasant pudding.

*Boiled ground Rice Pudding.*

Set a pint and a half of new milk on the fire. Mix six large spoonfuls of ground rice into a smooth batter, with half a pint of cold milk. Add this to the other milk when it is scalding hot, and stir them over the fire till pretty thick. Then pour it into a basin, leaving it uncovered, and when nearly, or quite cold, put in sugar to the taste, and four eggs well beaten with a little salt. Boil it an hour and a half in a basin well buttered.

*Ground Rice Pudding baked.*

Mix three large spoonfuls and a half of ground rice into half a pint of cold milk. Set a pint and a half of new milk on the fire, and when scalding hot, pour the rice and milk into it, stirring it over the fire till it thickens. Let it cool in a basin uncovered, then add sugar to the taste, and three eggs well beaten with a little salt. An hour will bake it in a moderate oven.

*Observation.*

Ground sago, and ground millet pudding may be made in the same way.

*Millet Pudding.*

To four large spoonfuls of millet seed, washed clean, put a quart of new milk, and stew it over the fire till pretty thick. Leave it to cool in a basin, and then add two eggs and some sugar. An hour will bake it.

*Another way.*

Beat two eggs, and mix them with a quart of milk. Put four large spoonfuls of clean washed millet seed into a dish, and pour the milk and eggs upon it. Add



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some sugar. This will require an hour and a half to bake it.

*Indian Arrow-Root Pudding.*

Mix two large spoonfuls of Indian arrow-root with as much cold new milk as will make it into a smooth batter, moderately thick. Set a pint of milk on the fire, and when it is scalding hot pour it gently to the batter, stirring it all the time to keep it smooth. Set this on the fire for a few minutes to thicken, but do not let it boil. Stir it briskly or it will lump. When cold, add sugar to the taste, and three yolks of eggs well beaten with a little salt. Bake this half an hour in a moderate oven, or boil it an hour in a well buttered basin.

*Observation.*

As this is a very delicate little pudding for young children or invalids, nothing is added to the simple ingredients. Nutmeg, wine, or candied orange peel, may all or any of them be put in at pleasure, for those not of this description, nor afraid of coming under the latter of them.

*Tapioca Pudding.*

Wash two ounces of the large kind of tapioca, and stew it gently in a quart of milk till it is pretty thick. Let it stand uncovered to cool. Add three eggs well beaten with some salt, and sugar to the taste. Bake it with a crust round the edge of the dish, in a moderate oven, for an hour.

*Sago Pudding.*

Stew four large spoonfuls of sago, nicely washed, in a quart of milk till it thickens, taking care that it does not burn. Pour it into a basin, stir in a piece of butter,



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and leave it to cool. Add the yolks of five eggs, the whites of two, sugar to the taste, and two spoonfuls of white wine. An hour will bake it. If this pudding is made for boiling, add another spoonful of sago.

*Observation.*

Sago pudding is very nice, and certainly not the less wholesome, made with only adding a little sugar to the milk and sago. It can then only be baked, as it will not boil without eggs.

*A Dutch Pudding.*

Cut a round piece out of the bottom of a Dutch loaf, and put that and the piece that was cut out, into a quart of cold new milk, in the evening, and let it stand all night. If the milk is all soaked up by the morning, add some more. Put the piece into the bottom again, tie the loaf up in a cloth, and boil it an hour. Eat it with sugar, or with melted butter, white wine and sugar sauce.

*Observation:*

Dutch loaves are to be got at some of the bakers in London, but may not perhaps be general. A large roll of nice bread, with a crust all round it, will serve nearly, perhaps altogether as well.

*Plain boiled Bread Pudding.*

Grate white bread enough to fill a pint measure, pour upon it a pint and a half of new milk made scalding hot, and let it stand uncovered till cold. Work this smooth with a spoon, put in sugar to the taste, and three eggs well beaten with a little salt. Boil this in a basin well buttered, for an hour and a quarter.



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*Observation.*

This pudding will bake as well as boil. An hour will bake it.

Some of the common ripe fruits mix very pleasantly with this pudding, either baked or boiled; but it should be made rather stiffer than usual when any such are added.

*A Bread Hasty Pudding.*

Set a quart of new milk on the fire, and, when scalding hot, put in grated crum of bread till it is about the thickness of common hasty pudding. Beat the yolks of two eggs with a little salt; take out a few spoonfuls of the pudding and mix with them. Add this to the rest, and stir it over the fire two or three minutes. It must never be suffered to boil. Eat this with sugar, or sugar and cold butter.

*Observation.*

This pudding is very good without the eggs. Candied citron is sometimes added to it, cut thin, and put in when it is poured out to be sent to table.

*Plain boiled Batter Pudding.*

Mix five eggs, well beaten with some salt, into six spoonfuls of flour; add gradually a quart of milk, beating up the whole, as it is put in, to a very smooth batter. Boil it two hours in a basin, well buttered, or an hour and three-quarters in a cloth. Move it about for a few minutes after it is put into the water, to prevent the flour settling in any part. If in a basin it should be put in bottom upwards, to throw back the flour which may have fallen to the bottom.

The usual sauces to this, and puddings in general, are, cold butter, sugar, sugar and vinegar, and white wine sauce, made with melted butter, white wine, and



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sugar. But as melting butter is an unwholesome way of using it, the latter cannot be recommended.

Treacle is a pleasant sauce to this pudding, when the stomach can bear it, but never, perhaps, an advisable one.

*A plain baked Batter Pudding.*

Set a pint and a half of new milk on the fire till it is scalding hot, then pour it into a basin; stir in as much flour as will make it moderately thick, and a quarter of a pound of butter. Add some nutmeg grated, sugar to the taste, and ten eggs, with but half the whites, well beaten with a little salt. When all mixed together properly, pour these ingredients into a dish buttered, and bake them three-quarters of an hour.

*Observation.*

Baked in cups this makes very pretty little puddings. They eat pleasantly with orange syrup as sauce. For which see article Preserves.

*Baked Batter Pudding with Fruit.*

To a quart of milk mixed in by degrees to six large spoonfuls of flour, add two eggs, four large spoonfuls of beef suet, shred fine, half a pound of currants, a tea-spoonful of grated ginger, and a little salt. An hour and a half will bake it in a brisk oven.

*Observation.*

In the season of fresh fruits this pudding is very nice, with red currants, gooseberries, apricots, plums, or damsons.

*Boiled Batter Pudding with Fruit.*

Beat the yolks of six eggs, and the whites of three, with a little salt, put to them a few spoonfuls of new milk,



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taken from a quart which is to be used in making the pudding. Mix these into six large spoonfuls of flour, beating it very smooth. Add the remainder of the milk by degrees, beating it in well. Put in the fruit, and boil it two hours in a basin, well buttered, and then dredged with flour.

A pound of prunes, French plums, raisins, or currants, or half a pound of each of the two latter are a sufficient quantity.

Gooseberries, either green or ripe, red currants, apricots parted and stoned, plums of various kinds, and damsons, either black or white, are any of them good in this pudding. About a pint and a half of the smaller fruits, or a quart of the larger is enough.

*Yorkshire Pudding.*

Make a nice smooth batter with three eggs, well beaten with a little salt, six large spoonfuls of flour, and a quart of milk mixed into the flour a little at a time, and beat well. Butter a tin pan made for the purpose, pour in the batter, and set it under either beef, mutton, or loin of veal, while roasting. A pudding of this size will require being done an hour and a half.

*Observations.*

It is not unusual to turn this pudding in the pan when about half done, and sometimes to cut it in pieces. But the former of these practices frequently makes it tough, and the latter exposes it to get dry and burnt.

This pudding may be made without eggs. A spoonful of ground ginger is then generally added.

*Suet Pudding.*

Take half a pound of flour, half a pound of beef suet chopped very small, and a tea-spoonful of salt; mix



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these with just sufficient milk, or water, to keep them together. Boil it two hours and a half in a basin or cloth. Prunes, currants, or raisins, stoned, may be added for a change. Half a pound of either.

*Suet Pudding with Eggs.*

To a pound of beef suet chopped very fine, six large spoonfuls of flour, a tea-spoonful of grated ginger, and a tea-spoonful of salt, add a quart of milk mixed in gradually, and four eggs. Boil it three hours in a basin well buttered, or two hours and a half in a cloth well floured.

*Hasty Pudding.*

Beat the yolks of two eggs with a little salt, and mix with them half a pint of cold new milk. Stir this by a little at a time into four large spoonfuls of flour, and beat it to a very smooth batter. Set a pint and a half of milk on the fire, and when it is scalding hot, pour in the batter, keep stirring it well that it may be smooth and not burn, and let it be over the fire till it thickens, but it must not boil. Pour it out the moment it is off the fire.

This eats well with cold butter and sugar stirred into it, or with sugar only.

*Observations.*

Fine oatmeal used with the flour, an equal quantity of each, makes this opening to the bowels.

Bay leaves, or laurel leaves, are often boiled with milk on this and many other occasions. They may be used with impunity if care be taken to do it sparingly, but they are dangerous things to use freely.

Hasty pudding is very good without eggs; and may be made by the above receipt, with no other difference than omitting them.



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*Fruменту.*

Let the wheat, in whatever quantity is approved, be rather more than covered with cold water, and boiled until soft. Then pour off the water, and keep it for use as it may be wanted. The method of using it is, to put milk to make it of a reasonable thickness, and warm it, adding some sugar and nutmeg.

*Observations.*

Scotch barley is often used instead of wheat, as being less troublesome to dress, and nearly as good.

Fruменту is made throughout the county of Durham, at the Christmas festival, as an indulgence to the children. It is made of new wheat, beaten in a stone mortar until the husk is loosened.

*Drop Dumplings.*

Half a pint of milk, two eggs, a little salt, and flour enough to make a very thick batter. Have a saucepan of water boiling very fast, and drop the batter into it by a large spoonful at a time. About three minutes will boil them. Serve up the dumplings on a fish-plate, that the water may drain from them, and eat them while hot, with fresh butter.

*Cake Pudding.*

Melt half a pound of butter in a quarter of a pint of milk; let it stand till it is no more than luke-warm, then add to it four eggs, well beaten, two large spoonfuls of thick yest, or four of thin, and a little salt, all well mixed together. Strain the whole into the middle of a pound of flour, mix it up lightly, and set it before the fire to rise for an hour. Work it up like a cake, adding, as this is done, half a pound of currants, and two spoonfuls of moist sugar. Bake it in a dish, or tin, well buttered, and turn it out before it is sent



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to table. An hour and a quarter will bake it in a brisk oven.

*Remark.*

When cold, this pudding eats like a good plain cake. If made for this purpose, carraway-seeds may be put instead of currants if preferred. Yet, why should not carraway-seeds be good in a pudding? The experiment might at least be tried. There should be no condemnation in the kitchen without a trial, any more than in law.

*Batter Pudding without Eggs.*

To six spoonfuls of flour stir in, by degrees, a pint of milk; beat it to a very smooth batter, and add a little salt and ground ginger. This is best boiled in a cloth. An hour and a half will boil it.

*Observations.*

A little tincture of saffron may be added to this pudding, if the giving it a yellow cast is preferred; but it eats quite as well without it.

Bottled malt liquors, fresh small beer, snow, or yest, are sometimes used instead of eggs in making batter.

One spoonful of malt liquor, or two spoonfuls of snow, are reckoned answerable to one egg.

One spoonful of yest is esteemed equivalent to two or three eggs, according to the quality of the yest.

This pudding eats very well cold.

*Bread Pudding with Suet.*

Pour a pint of milk, scalding hot, to as much stale bread, cut thin, as will soak it up. Let it stand uncovered till nearly cold. Bruise the bread fine, and add to it two large spoonfuls of suet, cut very small; half a pound of currants, well washed and dried, and



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two eggs, beaten with a little salt. Boil it in a basin, well buttered, for an hour and a quarter.

*Observation.*

This pudding is very light and good without the eggs, but does not turn out of the basin so well as with them. It should be made rather stiffer when they are omitted. A spoonful of flour is sometimes added when made without eggs.

*Bread and Butter Pudding.*

Cut thin slices of bread and butter according to the size of the dish the pudding is to be made in. Lay a layer of bread and butter, and then strew some currants over it, and so on alternately till the dish is full. Put four eggs to a quart of milk, if for a dish that will hold this quantity, add some sugar and nutmeg, stir the whole well together, and pour it over the bread and butter. Bake it an hour.

*A baked Custard Pudding.*

Mix four yolks of eggs well beaten, into a pint of new milk, and add some sugar and nutmeg. Pour this into a dish, and cover the top with slices of bread. Half an hour will bake it.

*A green Pudding.*

A pint of grated bread, a quarter of a pound of suet cut fine, half a pound of currants, some sugar to the taste, a little nutmeg and salt. Mix these together, with half a pint of spinach-juice, extracted by beating the spinach in a marble mortar, and then straining it through a cloth, three spoonfuls of cream and three eggs. Boil it two hours in a bason, or tin mould well buttered.



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*German Puffs.*

Beat six eggs, and mix them with four large spoonfuls of flour into a good batter. Add to this two ounces of fresh butter melted, a little sugar, a little nutmeg, and a pint of cream. Butter some large cups, and fill them half full with the batter. Twenty minutes bakes them in a pretty quick oven.

*German Puffs with Almonds.*

Mix half a pint of cream gradually to a large spoonful of flour, and a quarter of a pound of almonds beat fine. Add half a pound of butter melted, eight yolks of eggs and four whites well beaten, a spoonful of sack, a spoonful of orange-flower water, sugar to the taste. Bake them in cups well buttered, but filled only half full. Half an hour will bake them in a brisk oven.

*Suet Dumplings without Eggs.*

To a pound of flour put ten ounces of suet shred small, half a pound of currants clean washed, and well dried, and some salt. Mix this up with milk or water just sufficient to make it a stiff paste. Divide it into good sized dumplings, tie them in separate cloths well floured, and boil them two hours. The currants may be omitted at pleasure.

*Light or Yest Dumplings.*

Make a very light dough as for bread, only in a smaller quantity. When it has been worked up and risen a sufficient time, mould it into good sized dumplings, put them into boiling water, and let them boil twenty minutes. The dough may be made up with milk and water, if preferred.



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*Observations.*

These dumplings are very nice done in a potatoe-steamer. They should do thirty-five minutes if of a good size. The steamer must not be opened till they are taken up, as it would make them heavy. Dough from the bakers will serve for them, if it cannot conveniently be made at home. The dough made for rolls is the most delicate for this purpose.

If not eaten as soon as they are taken up, either out of the water or steamer, these dumplings are apt to fall and become heavy. Eaten with cold butter they eat much better than with a sauce of sugar and butter.

Half a quartern of dough will make five large dumplings.

*Suet Dumplings with Eggs.*

A pint of milk, two eggs, three quarters of a pound of beef suet chopped fine, a tea-spoonful of grated ginger, and flour enough to make into a moderately stiff paste. Make the paste into dumplings, roll them in a little flour, and put them into boiling water. Move them gently for a little while to prevent their sticking together. If the dumplings are small three quarters of an hour will boil them, if larger the time must be proportioned to their size. They will boil equally well in cloths, which is often preferred on account of keeping the outside drier. They will boil with beef if approved, but must not then be put into cloths.

*Hard Dumplings.*

Make some flour with a little salt, into a pretty stiff paste, either with milk or water. Roll it into balls with a little flour. Half an hour will boil them in boil-



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ing water. They are very nice boiled with a fine piece of beef. Made up of a common dumpling size, and boiled either with or without cloths, they are exceedingly good eaten with cold butter. The addition of some currants makes them still better. These must boil an hour.

*Quaking Pudding, white.*

A pint of cream mixed gradually to two spoonfuls of flour, and beaten till quite smooth. Put to it five eggs, well beaten, a little salt and sugar, and boil it in a basin, well buttered, for an hour and a half.

*A spoonful Pudding.*

A spoonful of flour, well beaten up with a spoonful of milk, or cream, one egg, a little salt, and a little grated ginger. Boil it half an hour in a cup well buttered.

*A scalded Pudding.*

From a pint of new milk take out enough to mix three large spoonfuls of flour into a smooth batter. Set the remainder of the milk on the fire, and, when it is scalding hot, pour in the batter, and keep it on the fire till it thickens, stirring it all the time to prevent its burning; but do not let it boil. When of a proper thickness, pour it into a basin, and let it stand to cool. Then put in six eggs, a little sugar, and some nutmeg. Boil it an hour in a basin well buttered.

*Quaking Pudding, yellow.*

Beat the yolks of ten eggs with a little salt, put them to two spoonfuls of flour, and beat it smooth. From a pint of cream take twelve spoonfuls, and stir them into this batter. Set the remainder of the cream on the fire with a piece of nutmeg and a blade of mace.



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When scalding hot, pour it to the batter, stirring it all the time. Add sugar to the taste. Boil it in a basin, well buttered, for an hour and a half. Pour melted butter over it, with wine and sugar, when it is turned into the dish.

*A Fruit Pudding in Crust.*

To a pound of flour put half a pound of suet, chopped small; roll these together on a pye-board with a rolling-pin till the suet is well rolled into the flour. Then put them into a basin with some salt, mix all up lightly with cold water, and mould it just sufficient to be made up. Butter a basin, and line it with this crust, rolled out moderately thick; put in the fruit, lay a piece of crust, rolled out round, on the top, and turn the side crust over it a little way to keep in the juice. Tie a cloth, well floured, over it. A quart basin will require boiling two hours.

*Observation.*

This pudding is good with almost any kind of fruit; but all people are not aware that black currants are particularly fine in this kind of pudding. The addition of some water is indispensable to them. Half a pint may be put to a quart basin.

*Apple Dumplings.*

Have ready a crust, as for the preceding pudding. Pare and core as many large spirited apples as there are to be dumplings. Work a piece of crust round them moderately thick, tie them in separate cloths well floured, and boil them, if large, an hour and three-quarters, or, if smaller, in proportion.

*Observation.*

These dumplings are certainly best when the apples



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are not cored, if persons can dispense with the unusual appearance of letting them remain in. The apples boil thus more juicy and better flavoured. The place of the core is sometimes filled up with quince marmalade.

Apricots make nice dumplings.

*A Cheshire Pudding.*

Make a crust as above for the fruit pudding; roll it out to fourteen or fifteen inches in length, and eight or nine in width. Spread it with raspberry jam, or any other preserve of a similar kind, and roll it up in the manner of a collared eel. Wrap a cloth round it two or three times, and tie it tight at each end. Two hours and a half will boil it.

Another way of making this pudding is, to roll up the crust and boil it plain. Then, when to be served up, cut the pudding into moderately thick slices, the round way of the pudding, and lay some preserve upon them.

*Parlour Puddings.*

Slice a penny loaf into a pan, put in with it half a pound of butter, pour a pint of scalding hot milk upon it, and let it stand uncovered. When cool, work it fine with a spoon, then add six ounces of sugar, half a nutmeg, six eggs, well beaten with a little salt, and half a pound of currants, clean washed and dried. Bake this in cups or saucers, or patty-pans, well buttered, three quarters of an hour. Turn them out and serve them up with white wine sauce.

*Observations.*

In the original receipt, which is of many years standing, these are called Nursery Puddings; but as they are not very recommendable for the nursery, they



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are here transferred to the parlour, and submitted to the judgment of that part of the family who assemble there.

At the time alluded to, bread was at about one-third of its present price. The penny loaf, therefore, it is to be feared, must now be a three-penny one.

These puddings are very nice without the currants.

*A Windsor Pudding.*

Shred half a pound of suet very fine, grate into it half a pound of French roll, a little nutmeg, and the rind of a lemon. Add to these half a pound of chopped apple, half a pound of currants, clean washed and dried, half a pound of jar raisins, stoned and chopped, a glass of rich sweet wine, and five eggs well beaten with a little salt. Mix all thoroughly together, and boil it in a basin or mould for three hours. Sift fine sugar over it when sent to table, and pour white wine sauce into the dish.

*A Fruit Charlotte.*

Rub the bottom and sides of a baking-dish well with butter, and then line it with thin slices of French roll, or white bread. Take any of the following fruits and lay them in layers in the dish, with sugar and pieces of butter between them. Apricots, or any of the large kind of plums, parted in two and stoned. Damsons or bullace whole, or apples sliced thin, with a quince sliced in amongst them. Have ready as many thin slices of roll, or bread, soaked in warm milk, as will cover the top of the dish, and, when it is full of fruit, lay them upon it. Butter the under side of a common dish, or plate, large enough to fit the top of the baking-dish, and set it upon the bread with a weight in it, to keep it prest upon the fruit. Bake this in a



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slow oven two or three hours, according to the size of it.

*A Cambridge Marrow Pudding.*

Put six eggs, well beaten, and a quarter of a pound of bread, or Naples biscuits, grated, to a quart of new milk, and set it over the fire till it thickens to a custard, but do not let it boil. Pour it out into a basin and leave it to cool. Then put in half a pound of currants, three ounces of candied orange peel, cut very small, and sugar to the taste. Lay a sheet of puff paste in the dish, or only round the edge, as most approved; pour in the pudding, and strew beef marrow on the top of it in small pieces. An hour will bake it in a moderate oven.

*Observation.*

Persons afraid of marrow may omit it, and still have a very nice pudding. But if particular caution is necessary to them in their eating, they had better forbear from it altogether.

*An Orange Pudding.*

Scald a quart of cream, and thicken it with grated bread. When cold, add half a pound of melted butter, four eggs, the juice of a Seville orange, and the rind grated in, a little nutmeg, and sugar to the taste. Mix these up well, and pour it into a dish with a crust round the edge. Three quarters of an hour will bake it.

*A whole Rice Pudding.*

Stew a quarter of a pound of whole rice very gently in a pint and a half of new milk. When the rice is tender pour it into a basin, stir in a piece of butter, and let it stand till quite cool. Then put in four eggs,



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a little salt, some nutmeg and sugar. Boil it an hour in a basin well buttered.

*Apple Pudding with Cream.*

Pare and grate three or four apples, according to the size, but they must be pretty large. Add to them a quarter of a pound of Naples biscuits grated, a little nutmeg, a pint of cream, sugar to the taste, and ten eggs, with but half the whites, well beaten with a little salt. Bake it with a crust round the edge of the dish for an hour. Sift it over with powdered sugar when done.

*A Carrot Pudding.*

Scrape a raw carrot very clean, and grate it. To half a pound of this grated carrot, put half a pound of grated bread, half a pound of fresh butter melted, half a pint of cream, half a pint of sack, some orange flower-water, sugar to the taste, a little nutmeg grated, and eight eggs ; leaving out half the whites, well beaten with a little salt. It must be of a moderate thickness, if it is more than that, therefore put in some additional cream. This will either bake or boil. If to be baked, pour it into a dish with a puff paste under it, and bake it an hour. Sift powdered sugar over it when it comes from the oven. If to be boiled, pour it into a well buttered basin, and boil it an hour and a half. Serve it up with white wine sauce.

*Carrot Pudding a different Way.*

Wash and scrape some carrots, and boil them till very tender in a good deal of water, take off the red outside part, and rub half a pound of the middle part through a sieve. Add to it six ounces of clarified butter, half a pound of crum of French bread grated, half a pint of cream, eight eggs well beaten with some salt, sugar to



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the taste, a glass of orange-flower-water, and some candied orange or lemon peel cut thin. Bake it half an hour in a dish with a puff paste round the edge. Sift it over with fine sugar before serving it up.

*Cheese Rice Pudding.* †

Set a quarter of a pound of ground rice, in a pint of milk, over the fire till the rice is soft. Stir it that it may not burn, and do not let it boil. Put it into a basin, add a quarter of a pound of fresh butter, stirring it about till the butter is melted. Throw a thin cloth over it to keep it from dust, without quite excluding the air, and let it stand till the next day. Then add three eggs well beaten with a little salt, sugar and nutmeg to the taste, two spoonfuls of sweet wine, and a quarter of a pound of currants, clean washed and thoroughly dried. Bake this in patty pans lined with puff paste.

*Observation.*

As the quality of rice varies, it may sometimes happen that this quantity will not make the paste stiff enough. In this case a little more must be added, as it should be quite stiff.

*A Susan Pudding.*

Boil some Windsor beans, just as they begin to be black eyed, till they are quite tender, peel them, and beat half a pound in a marble mortar till very smooth. Add to this four spoonfuls of thick cream, sugar to the taste, half a pound of clarified butter, eight eggs, leaving out four whites, well beaten with some salt, and rich white wine, enough to give it an agreeable flavour. Line a dish with puff paste, lay upon it a pretty good layer of candied citron cut in long pieces, pour in the other ingredients and bake it in a moderate oven three quarters of an hour.



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*Prince of Wales' Lemon Pudding.*

Put half a pound of loaf sugar, and half a pound of fresh butter into a saucepan, set it over the fire till both are melted, stirring it well, as it is very liable to burn, but not letting it boil. Pour this into an earthen pan, grate the rind of a lemon into it, and leave it to cool. Have ready two sponge biscuits soaked in a quarter of a pint of cream, bruise them fine and stir them into the sugar and butter. Beat the yolks of ten, and the whites of five eggs well with a little salt, squeeze and strain the juice of the lemon into them, and mix these well in with the other ingredients. Lay a puff paste into a dish, strew it with pieces of candied lemon peel, put in the pudding and bake it three quarters of an hour in a moderate oven. Sift fine sugar over it before it is sent to table.

*A Pippin Pudding.*

Put grated biscuit or French roll enough to a pint of cold cream, to thicken it, grate in a nutmeg, cut in some candied orange peel, put sugar to the taste, and twelve eggs well beaten with a little salt. Lay a puff paste into a dish, and slice in twelve pippins upon it, laid in a regular layer. Pour in the other ingredients, and bake it for three quarters of an hour. Serve it up with powdered sugar sifted on the top.

*A Patna Rice Pudding.*

Wash a quarter of a pound of whole rice, dry it in a cloth, and beat it to a powder. Set it upon the fire with a pint and a half of new milk till it thickens, but do not let it boil. Pour it out and let it stand to cool. Add to it some cinnamon, nutmeg, and mace, pounded, sugar to the taste, half a pound of suet shred very small, and eight eggs well beaten with some salt. Put to it



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either half a pound of currants clean washed, and dried by the fire, or some candied lemon, citron, or orange peel. Bake it half an hour with a puff crust under it.

*Observation.*

It is exceedingly nice without either currants or sweetmeat.

*A Welch Pudding.*

Beat twelve eggs, leaving out six of the whites, with some salt, add to them half a pound of powdered sugar, and some candied lemon-peel cut thin. Melt three-quarters of a pound of fresh butter very gently, and when cooled a little, stir it gradually into the eggs. Pour this into a dish lined with puff paste, and bake it half an hour in a moderate oven. Sift sugar over it, and send it to table.

*Observation.*

Nothing but the air of the Welch mountains, and exercise upon them like one of their native inhabitants, the goats, can ever digest this pudding. But to do justice between the two countries, it must be acknowledged that there is cookery enough on this side the boundaries which separate them, to require the discipline of this exercise.

*Butter-milk Curd Pudding.*

Turn three quarts of new milk, warm from the cow, or made milk-warm, with a quart of butter-milk. Drain off the whey through a sieve, and when the curd is dry, pound it in a marble mortar with a quarter of a pound of butter, half a pound of sugar, an ounce of sweet, and two or three bitter almonds, and a lemon boiled tender. When these are well beaten and mixed together, add to them two ounces of crum of roll grated, some



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nutmeg grated, a tea-cupful of thick cream, six eggs, with but half the whites, well beaten with a little salt, and a glass of rich sweet wine. Bake this, when well stirred together, in a dish, or cups, well buttered, turn out from either, and pour white-wine sauce into the dish.

+ *Macaroni Pudding.*

To two ounces of macaroni of the pipe kind, put a pint of new milk, a piece of lemon-peel, a bit of cinnamon, and stew it gently, till tender. Beat three eggs well with a little salt, and mix them with half a pint of cold milk, some sugar to the taste, and a little nutmeg grated. Put a puff crust round the edge of a dish, lay in a layer of the macaroni, and then a layer of some preserve, such as gooseberry-jam, orange marmalade, &c. &c. Spread the remainder of the macaroni over this, and pour the milk and eggs upon it. An hour will bake it in a moderate oven. Sift sugar over the top when served up.

*Observation.*

If the sweetmeat is omitted, this makes a very nice plain pudding.

*A German Pudding.*

Cut a pound of the crum of white bread into slices, and pour upon them a quart of new milk made scalding hot, and then well sweetened. When these are soaked and cool, pour off a little of the milk, add to it six eggs well beaten with some salt, and grated nutmeg. Have ready a pound of veal suet shred, and a pound of currants, clean washed, picked, and dried. Lay a layer of the bread in a dish, then a layer of suet and currants, mixed, and thus alternately till the whole is in. Pour on the milk and eggs, and either bake this in a buttered



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dish, or boil it in a buttered basin. Two hours will boil it, an hour and a half will bake it. If the bread has soaked up all the milk, put a little additional milk to the eggs.

*A Potatoe Pudding.*

Take a pound of potatoes, after they are boiled and peeled, and beat them in a marble mortar, with half a pound of butter. Boil an ounce of lemon-peel, and beat it in the mortar by itself. Mix the lemon with the potatoes, add to them eight yolks of eggs, and four whites, with sugar to the taste. Put it into a dish with a crust round the edge, and bake it in a slow oven.

*A richer Potatoe Pudding.*

To half a pound of boiled potatoes, beaten in a marble mortar, with a quarter of a pound of butter, add a quarter of a pint of cream, the rind of a lemon grated, and the juice strained in, two spoonfuls of white-wine, sugar to the taste, two ounces of almonds beaten with orange flower water, some candied orange-peel cut thin, and the yolks of eight eggs well beaten with a little salt. Bake this in a dish, with a puff crust round the edge of it, for an hour, in a moderate oven. Sift powdered sugar over it before it is sent to table.

*An Orange or Lemon Pudding.*

Melt a quarter of a pound of butter, without either water or flour, and pour it on two ounces of grated bread. Grate in the outward rind of two large lemons, or Seville oranges, and squeeze in the juice. Put to it the yolks of eight eggs, the whites of four, and sugar to the taste. Bake it in a dish with a puff paste under it, for half an hour, in a pretty brisk oven.



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*A Carolina Rice Pudding.*

Wash a quarter of a pound of whole rice, and stew it gently in a pint of milk till it is pretty thick, then pour it into a basin and let it stand to cool. Put to it a small tea-spoonful of beaten cinnamon, some grated nutmeg, the rind of a lemon grated, four large apples pared and chopped small, two eggs, and sugar to the taste. Mix all well together, tie it tight in a cloth, and boil it an hour and a quarter.

*A Beggar's Pudding.*

Take any odd scraps of bread, whether crust or crum, cut them small, and pour on them as much boiling water as will soak them well. Let it stand till the water is cool, then press it out, and mash the bread smooth with the back of a spoon. Supposing the quantity of this to be a quart, add to it a tea spoonful of salt, two tea-spoonfuls of beaten ginger, some moist sugar, and three quarters of a pound of currants. Mix all well together, and lay it in a pan well buttered. Flatten it down with a spoon, and lay some pieces of butter on the top. Bake it in a moderate oven, and serve it hot. When cold it will turn out of the pan, and eats like good plain cheese-cakes.

*Oatmeal Pudding.*

Stew half a pint of the best oatmeal in a pint of milk, stirring it all the time. Let it stand till the next day, then add to it a quarter of a pound of beef suet cut fine, a quarter of a pound of currants, two eggs, a little nutmeg, and sugar to the taste. Bake it with a thin crust under it.

*A Custard Pudding.*

Take two spoonfuls of sifted ground rice, or rice



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flour, put to it six eggs well beaten with a little salt, some nutmeg grated, sugar to the taste, and a pint of cream or new milk. Stir it up thoroughly, put it into a cloth well floured, and boil it three quarters of an hour. Move it about for some minutes after it is put into the pot. Pour white-wine sauce over it when it is served up.

*A Quince Pudding.*

Scald six large quinces very tender, pare off the rind thin, and scrape them to a pulp. Add powdered sugar enough to make them very sweet, and a little ginger and cinnamon pounded. Beat four yolks of eggs, with some salt, and stir a pint of cream into them. Mix these with the quince, and bake it in a dish with a puff crust round the edge, for three quarters of an hour, in a moderate oven. Sift powdered sugar over it before it is sent to table.

*Bread and Apple Pudding.*

Grate six ounces of bread ; put to it six ounces of powdered sugar, six ounces of apples grated, six ounces of currants, well washed and dried, and six eggs beaten with some salt. Mix all these thoroughly together, and boil it in a well buttered basin for an hour and a half. Serve it up with white wine sauce.

*White Puddings.*

Pour two pints and a half of scalding hot milk upon half a pound of Naples biscuits or bread, let it stand uncovered, and when well soaked, bruise the bread very fine. Put to it half a pound of almonds beat well with orange flower water, three quarters of a pound of sugar, a pound of beef suet or marrow, shred fine, a quarter of an ounce of salt, ten yolks of eggs, five whites. Mix the whole thoroughly together, and put it into the skins,



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filling them but half full, and tying them at proper distances, like sausages.

*Observation.*

The skins must be carefully cleaned, and lay in rose-water some hours before they are used.

Currants may be put instead of almonds, if preferred.

*A Tansey Pudding.*

Grate four ounces of bread, blanch two ounces of sweet almonds, and beat them fine in a marble mortar, with orange flower water. Mix these, and four ounces of powdered sugar with the bread. Add five eggs, a little salt, a pint of cream, a nutmeg grated, half a pint of spinach juice, expressed from spinach leaves, beaten in a marble mortar, and strained through a cloth, and two or three spoonfuls of tansey juice beaten out and strained in the same manner. Stir the whole together, and put it into a saucepan with a small piece of butter. Set it over the fire till it thickens, stirring it all the time, but do not let it boil. When done, cool it in a basin, then pour it into a dish, well buttered, and bake it half an hour. Turn it out of the dish before it is sent to table, sift some fine sugar over it, and lay a Seville orange, cut in pieces, round it, as it eats well with the juice squeezed upon it.

*A Plum Pudding.*

To three-quarters of a pound of flour, add three-quarters of a pound of raisins, weighed after they are stoned, half a pound of suet or marrow, cut small, a pint of milk, two eggs, three spoonfuls of moist sugar, and a little salt. Boil it five hours.

*A small very rich Plum Pudding.*

Three-quarters of a pound of suet, shred small, half



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a pound of raisins ; weigh them after they are stoned, and chop them a little, three spoonfuls of flour, three spoonfuls of moist sugar, a little nutmeg and salt, three yolks of eggs, and two whites. Let it boil four hours in a basin or tin mould, well buttered.

Pour over it, when served up, melted butter with white wine and sugar.

*A very large rich Plum Pudding.*

Three pounds of suet chopped small, a pound and a half of raisins stoned and chopped, a pound and a half of currants, three pounds of flour, sixteen eggs, and a quart of milk. Boil it in a cloth seven hours.

*Sack Dumplings.*

Grate the crumbs of five halfpenny rolls, add to them three quarters of a pound of suet cut small, three-quarters of a pound of currants, a nutmeg grated, a little sugar, the yolks of eight eggs, and two wine glasses of sack. Make this into dumplings of a moderate size, tie them in cloths, and boil them two hours. For sauce, use melted butter, with white-wine and sugar.

*Observation.*

Between three and four two-penny rolls must certainly now be substituted for the half-penny rolls of the date of this receipt. What a person may live to see !!

*Brown Bread Pudding.*

A pound of beef suet, chopped very small, a pound of bread grated, half a pound of raisins, stoned and chopped, half a pound of currants, a nutmeg grated, a tea-spoonful of salt, and six eggs. Mix these well together, and let it boil six hours in a basin buttered.



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*Plum Pudding without Eggs.*

Three-quarters of a pound of flour, three-quarters of a pound of suet chopped small, three-quarters of a pound of raisins stoned, three-quarters of a pound of currants, well washed and dried, a tea-spoonful of ground ginger, and rather more of salt. Stir all well together, and add as little milk as will just mix it up quite stiff. Boil this for four hours, in a buttered basin.

*A Baked Plum Pudding.*

Make it the same as above, only let it be a pint of milk, and add two eggs. An hour and a half will bake it.

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*Oxford Puddings.*

Half a pound of Naples biscuits grated, a quarter of a pound of beef suet shred fine, a quarter of a pound of currants; candied lemon and orange-peel, an ounce of each cut small, a little salt, some nutmeg grated, and sugar to the taste. Mix these well together with the yolks of five eggs, some orange flower water, and a spoonful of white wine. Make them up about the size of a turkey's egg, fry them in fresh pork lard of a nice light brown. Serve them up on a fish plate. Sift some sugar over them, and have white-wine sauce in a tureen.

*Lady Heathcote's Apple Pudding.*

Put twelve large apples into an earthen pot, set it into a saucepan of water, and let them coddie till they will pulp through a colander. Grate into the pulp the outward rind of a lemon, and squeeze in the juice, put in two spoonfuls of grated bread, sugar to the taste, six ounces of butter melted by itself, and six eggs well beaten. Bake it in a dish with a puff paste under it. About an hour will bake it in a pretty quick oven.



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*An Orange Pudding.*

Pare six large oranges very thin, part them in two, squeeze out the juice, clear them of the seeds, and boil them till they are tender. Bruise them in a marble mortar with three-quarters of a pound of loaf sugar. Put the juice of the oranges to this, and half a pound of melted butter. When cool add the yolks of twelve eggs, and the whites of six. Stir the whole well together, pour it into a dish, with a puff paste round it, and bake it half an hour.

*Observation.*

Seville or China oranges may be used at pleasure for this pudding, as either make it good. The addition of a few ratafia biscuits gives it a fine flavour.

*A Rice Pudding with Cream.*

Stew a quarter of a pound of whole rice in water till it is tender, pour off the water, and set it over the fire with milk enough to make it moderately thick, till it is scalding hot. Pour it into a basin, and stir in a piece of butter. When cold, add to it a quarter of a pint of cream, the yolks of five eggs, the whites of two, some nutmeg, and sugar to the taste. Boil it in a cloth three-quarters of an hour.

*A Bread Pudding baked.*

Put a quarter of a pound of butter, to a pint of cream, or new milk, set it upon the fire, stirring it all the time. As soon as the butter is melted, stir in as much stale white bread grated as will make it moderately thick. Put in three eggs, a little salt and nutmeg, and some moist sugar. Bake it three-quarters of an hour. The dish it is put into should be buttered. Half a pound of currants may be added, if agreeable.



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*An Almond Pudding.*

Blanch half a pound of sweet almonds, and beat them in a marble mortar, with orange flower-water. Add the rind of two lemons grated, half a pound of butter melted, eight yolks of eggs and four whites, with sugar to the taste. Bake it half an hour, with a puff paste round the dish.

*A Lemon Pudding.*

Grate half a pound of Naples biscuits, add to it three-quarters of a pound of powdered sugar, grate the rinds of two clear good-sized lemons into it, and squeeze in the juice. To these put three-quarters of a pound of melted butter, a pint of thick cream, twelve yolks of eggs and six whites, and a nutmeg grated. Mix all well together, and pour it into a dish, with a paste at the bottom. Sift a little fine sugar over it before it is put into the oven. Half an hour will bake it.

*A Biscuit Pudding.*

Scald a pint of cream or new milk, and pour it upon a quarter of a pound of Naples biscuits, grated. Let these stand till cold, then add two spoonfuls of powdered sugar, half a spoonful of flour, some orange flower-water, some nutmeg, grated; four yolks of eggs and two whites, well beaten with a little salt. Mix all well together, and boil the pudding in a basin, buttered and dredged with flour, for an hour. Serve it up with melted butter in the dish, and some fine sugar sifted over it.

*Apricot, Gooseberry, or Apple Pudding.*

Coddle the fruit in an earthen pot, set into a saucepan of water, till it will pulp through a colander. To a pint of pulp put the yolks of ten eggs, the whites of



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five, a quarter of a pound of oiled butter, three spoonfuls of rose-water, and sugar to the taste. Stir all well together, and bake it in china dish, with a puff paste under it, half an hour in a quick oven.

*Common Pancakes.*

Beat two eggs with a little salt, and stir them into three spoonfuls of flour. Add a pint of new milk by degrees, and beat up the batter very smooth. Fry these in a small pan of boiling lard, of a light brown colour. Make them of a moderate thickness. Fried by spoonfuls this will make plain fritters.

*Observation.*

These pancakes will be very good without the eggs, and without any substitute for them. They may likewise be made with malt liquor, yeast, or snow, instead of eggs, in the proportions given in page 43. With the malt liquor, or snow, rather lessen the quantity of milk, or else put a little more flour.

*Cream Pancakes.*

Put an ounce of butter into half a pint of cream, set it on the fire till the butter is melted, and then mix it gradually into two spoonfuls of flour. Add the yolks of two eggs, a little nutmeg and salt. Fry them in a small pan, and this quantity will make a dozen. A small piece of butter should be put into the pan with the first pancake.

*Cream Pancakes another way.*

Stir a pint of cream gradually into three spoonfuls of flour, and beat them very smooth. Add to this six eggs, half a pound of melted butter, and a little sugar. These pancakes will fry from their own richness without either butter or lard.



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*Whole Rice Pancakes.*

Stew half a pound of whole rice in as much water as will just keep it doing properly, till it is very tender. Let it stand uncovered to cool, then break it very small, and put to it half a pint of scalded cream, half a pound of clarified butter, a handful of flour, a little nutmeg, and five eggs well beaten with some salt. Stir these well together, and fry them in butter or lard. Serve them up with sugar sifted over them, and a Seville orange, or lemon, cut and laid round the dish.

*Observation.*

This may be made into a pudding, either baked or boiled, and with currants added or not, as approved. Three-quarters of an hour will bake it, an hour boil it.

*Ground Rice Pancakes.*

Set a pint of new milk on the fire, and when it is scalding hot, stir into it two spoonfuls of ground rice, mixed up with a quarter of a pint of cold milk. Keep it on the fire till it thickens, but do not let it boil. Put it into a basin to cool, stirring in gently a quarter of a pound of butter. When cold, add some sugar, a little nutmeg, and four eggs, well beaten with some salt. Fry these, in as little lard as possible, of a nice light brown colour. Serve them up with sugar sifted over them, and with lemon, or Seville orange, cut and laid round the dish.

*Apple Fritters.*

To a quarter of a pound of sifted flour add four or five spoonfuls of cream, or new milk, and three eggs well beaten with a little salt. Beat these into a smooth batter, then pare, halve, and core, twelve good sized spirited apples, and put them into the batter. Take



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the halves out with a fork, put them into boiling lard, and fry them of a light brown colour. Serve them up on a fish-plate, with powdered sugar and pounded cinnamon sifted over them, and one or two Seville oranges cut and laid round the dish.

Apricots, peaches, pears, or oranges, peeled and cut into quarters, may be used instead of apples. Sweet-meat jams, which are stiff enough, may be cut into proper sized pieces and used also for this purpose.

*Fritters without Milk.*

Put a pint of good table beer to as much flour as will make a pretty thick batter, and beat it up quite smooth. Add two ounces of butter, melted, and three eggs well beaten with some salt. Give the whole a good beating up together. Dip slices of apple, or ripe apricots parted in two and stoned, into the batter, and fry them in boiling lard of a beautiful light brown. Sift powdered sugar over them when sent to table.

*Potatoe Fritters.*

To half a pound of potatoe, scraped after it is boiled, add a large spoonful of cream, four eggs well beaten with some salt, half a spoonful of lemon juice, a glass of sweet wine, and a little nutmeg, grated. Beat these to a very light batter, and fry them in a good deal of lard the usual size of fritters. Serve them up with sugar sifted over them, lemon, or Seville orange, cut and laid round the dish, and white wine sauce in a tureen.

*Spanish Puffs.*

Boil a stick of cinnamon, a piece of lemon peel, and a little sugar, in three-quarters of a pint of water for ten minutes. Let it cool, then add to it three eggs well beaten, and shake in three large spoonfuls of flour.



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Beat these well together, add three more eggs, and simmer the whole over the fire till it thickens almost to a paste. Drop this with a tea-spoon into boiling lard, and fry these little puffs of a delicate light brown.

*Pudding Cakes.*

Put four yolks and two whites of eggs to a pint of milk; mix with it half a pint of bread crumbs, grated fine, half a nutmeg, six ounces of currants, a quarter of a pound of beef suet chopped small, a little salt, and flour sufficient to make it of a moderate thickness. Fry these in lard, of about the usual size of a fritter.

*Cream Toasts.*

To eight eggs well beaten with a little salt, add a pint of cream, a little pounded cinnamon, and some powdered sugar. Mix these well together; cut two or three French rolls, according to the size of them, into four or five slices, the same way as hot rolls are cut for buttering. Lay them into a broad pan, pour the above mixture over them, and turn them at times till it is all soaked into the bread. Fry these sops in butter or lard, and serve them up with sugar sifted over them.

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## OBSERVATIONS ON VEGETABLES,

*And the Manner of dressing them.*

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Vegetables are, generally speaking, a wholesome diet, but become very prejudicial if not properly dressed.



## Observations on Vegetables.

The principal object of the cook is, that they should look well, and it is certainly very desirable they should do so, as nicety is not only pleasing to the eye, but essential with regard to preserving the best qualities of every thing. The point to regret is her mistaking, or being ignorant of, what is true nicety, which, if not attained, or if overstepped, spoils whatever passes through her hands as to its nutritious effects, however it may please, or gratify, a sophisticated eye or taste.

Cauliflowers, and other vegetables of the same species are often boiled only crisp, to preserve their beauty. For the look alone, they had better not be boiled at all, and almost as well for the use, as they are scarcely digestible by the strongest stomach in this crude kind of state. On the other hand, when overboiled, they become vapid, and in a state similar to decay, in which they afford no sweet purifying juices to the body, but load it with a mass of mere feculent matter. The same may be said of many other vegetables, the utility of which are too often sacrificed to the appearance, and thus they come to table not fit to be eaten. A contrary error often prevails respecting potatoes, as it seems an idea that they cannot be done too much. Hence they are popped into the saucepan, or steamer, just when it suits the cook, and left doing, not for the time they require, but till it suits her to take them up. By which time, perhaps, all the nutritious qualities are cooked away, and they taste of nothing but water.

Correct ideas of nicety and beauty can only originate in utility and circumstance. What is beauty in vegetables in the garden is not so at table, from the change of circumstances. They are brought to table to be eaten, and if not adapted properly to the occasion, they are deformities upon the table instead of ornaments. The true criterion of their beauty is their suitability for the purpose intended. Let them be care-



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fully adapted to this, by being neither under nor over done, and they will not fail to please both a correct eye and taste, as well as to constitute a wholesome species of diet.

A most pernicious practice in the dressing of vegetables is often adopted by cooks, of putting copper in with them, in the form of halfpence. They probably never reflect on these being copper, but only use them as endowed, they know not how, with the quality of giving a green colour. This is a lazy way of sparing their own pains; for, if put into boiling water with some salt in it, and boiled up directly, they will be as beautifully green as the most fastidious person can require. A little pearl-ash might be safely used on such an occasion, and with equal effect. And in the instance of all the cabbage species, with some further advantage from its alkaline properties, being a corrector of acidity.

Many vegetables are not only pleasanter, but wholesomer, for being stewed a good while; but then care must be taken that they stew merely, without being suffered to boil. Boiling produces a sudden, stewing a slow effect, and both have their appropriate advantages. But if preparations which ought only to stew are permitted to boil, the process is destroyed, and a premature effect produced, that cannot be corrected by any future stewing.

In the English manner of dressing vegetables, the genuine juices and flavour of them are very much lost in the quantity of water necessary to this mode of cookery, and the length of time they must be kept in it to make them digestible. Whereas, in the general manner of dressing them, practised by the French, the juices and flavour are retained, by dressing them principally in their own juices, or with only such a quantity of water, or other liquid, as is to remain a part



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of the preparation. And as they always cook them thoroughly, they are so far from losing the recommendation of being digestible, that they have even the advantage of being more so. When the best qualities of any thing are evaporated, or materially injured, the remaining mass, as has been observed, is little or not at all better than a dead weight. The preservation of the genuine qualities on the contrary, assists to carry off the whole substance into its proper channels, by administering the pure nutritious stimulant requisite to keeping the several organs of the body in a state of healthy activity.

Vegetables forced out of their proper season are never to be recommended, as they always fall short of the true flavour and qualities of the same things in their proper season. To instance only in the case of asparagus, how infinitely inferior is forced asparagus to that cultivated in its due season, when nature gives it growth and vigour. The never acquiring their full natural qualities makes vegetables liable to the same objections, as when they are destroyed by bad cookery.

To cultivate dully is the necessary and rational occupation of man. To force is like the whim of a spoiled child, who wants the order of nature reversed to humour its wayward fancies.

The English use vegetables with a cold distrust, as if they were natural enemies. They are seldom admitted freely at our tables, and frequently only tolerated upon a side-table in small quantities, as if of very inferior consideration.

The effect of this is like that of all indiscriminate reserve, that we may negatively be said to lose friends, because we have not the confidence to make them.

From the same distrust or prejudice, there are many vegetables never used at all, which are nevertheless



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both wholesome and palatable, particularly amongst those best known under the denomination of herbs.

From being little used at our tables, vegetables have been little noticed in our cookery-books, and thus one means has been lost of acquiring them more attention. The compiler of the present work has been therefore induced to treat this subject more at large, and to add a number of receipts for preparing vegetables from the French, with a view both to the introducing a greater variety into our methods of using them, and a freer use of them at our tables, than the general customs of this country encourage. We might profit greatly by this from the double advantage of lessening the expense of our tables, and promoting our enjoyment of health. It may possibly also not be without its use amongst Catholic families, that some of their customary preparations of food should be more familiarized amongst us. It may possibly lessen the inconvenience they have probably often experienced, from servants, excepting those of their own persuasion, being totally unacquainted with their customs.

Some of these preparations, it is true, are not unexceptionable, but we must choose the good and reject the bad.

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Vegetables should be always as freshly gathered as possible.

Where they cannot be obtained quite fresh, it will revive them greatly to let them lie a good while in cold spring water.

They should neither be so young as not to have acquired their good qualities, nor so old as to be losing them.

Great nicety should always be observed in trimming away all the offal parts, and in washing them well from insects and dirt.



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Dressing Vegetables.

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Some salt put into the water they lie in to cleanse, will assist very much in clearing them from insects.

All the utensils used in the dressing of vegetables should be extremely clean and nice; and if any copper vessel is ever used for the purpose, the greatest attention must be paid to its being well tinned.

The scum which arises from vegetables as they boil should be carefully taken off, as cleanliness is essential both to their looking and eating well.

The lid of the saucepan should always be taken off when they boil, to give access to the air, even if it is not otherwise thought necessary.

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*To boil Potatoes.*

Wash the potatoes very clean, but do not pare them, as they both look and dress better, boiled with the rind on. Set them upon the fire in cold water enough just to cover them. When the skins begin to break, pour off the water, and let them stand over the fire to dry, but out of the reach of burning. Moderate sized potatoes will require about a quarter of an hour, from the time the water boils, before it is time to pour it off; ten minutes is long enough for them to dry. The peels should in general be wiped off with a coarse cloth before they are sent to table; but some persons prefer having them served up with the peels on.

*To steam Potatoes.*

The potatoes must be well washed, but not pared, and put into the steamer when the water boils. Moderate sized potatoes will require three-quarters of an hour to do them properly. They should be taken up as soon as they are done enough, or they will become watery. Peel them or not at pleasure.



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*To mash Potatoes.*

Boil or steam some mealy potatoes, then mash them through a colander, put in some milk or cream, just warm enough to melt a piece of butter in it, and a little salt. Stir them well together over the fire for a few minutes, then lay them smooth into a dish, and brown over the top with a salamander, or in a Dutch oven.

Mashed potatoes look very nice put into cups to shape them, then turned out, rubbed over with yolk of egg, and browned in a Dutch oven.

Escalloped potatoes are prepared in the same way, then put into the shells, and browned either in a Dutch oven, or with a salamander.

*To roast Potatoes.*

Where there is an opportunity for it, potatoes roast very nicely in wood embers taken out of an oven. They must not be put into the embers while they are hot enough to burn them, and must lie in them for some hours.

Potatoes may be roasted also in a Dutch oven, or on an ironing stove, kept moderately heated.

They are sometimes partly boiled, and then peeled before they are roasted ; but roasting them with the peels on, makes a nicer kind of crust on the outside than when they are peeled first.

*To boil Turnips.*

Young turnips should be boiled without paring, as the rind will boil soft, and it retains the natural juices ; but full grown turnips must be pared till the stringy outside is quite cut away, as that will not boil tender. If the turnips are large, slice them in two the broad way ; if small, boil them whole. Put them into boiling water, and when they are tender enough to ad-



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mit a fork through them freely, take them up, drain them, and send them to table.

*To mash Turnips.*

Pare and boil the turnips as above. When they are quite tender, drain the water from them, and bruise them in an earthen pan with a spoon till they are well mashed. Add a little salt, and milk or cream enough to moisten them moderately. Set them over the fire in a saucepan till they are thoroughly hot, but not so as to let them burn.

*Observation.*

Turnips are sometimes mashed with butter instead of milk, but the latter is the most wholesome as well as delicate.

They will boil very well with beef, mutton, or lamb, but are best boiled by themselves.

*To boil Carrots.*

Carrots should be well washed and brushed, and if there are any specks in them, as there will be sometimes in the winter, they should be cut out. They should not be boiled in much water, and are generally put in when it boils. Large carrots will require full two hours boiling, smaller ones in proportion. When taken up, wipe the peels off with a clean coarse cloth, and send them to table either cut into slices or whole, at pleasure.

*Observations.*

It is very usual to scrape large carrots before they are boiled, but though this may save some trouble, as sooner done than wiping the peels off afterwards, when they get to this size, they neither look nor eat so well as the other way. They have a shabby ragged appearance, and are drier and less pleasant.



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Dressing Vegetables.

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Carrots may be put into cold water without hurting them in any way. They boil better with beef or mutton, when there is an opportunity for it, than by themselves.

*To boil Parsnips.*

Parsnips must be clean washed, and boiled in the same manner as carrots, but they will not require boiling so long. An hour and a quarter will boil a large parsnip well. Wipe off the peels, and serve them up, either whole, or cut into slices, according to the occasion on which they are used.

*To mash Parsnips.*

Boil them as above, and when they are soft enough to admit a fork through them, take them up and scrape off the outside quite clean. Then scrape them very fine into a saucepan, with new milk or cream enough to make them of a good thickness, and stir them over the fire, being very careful not to let them burn. Mix in a piece of butter and some salt, and serve them up.

*To boil Spinage.*

Pick every leaf of the spinage separately off the stalks, wash it well in two or three waters, and drain it in a colander. It does not require much water to dress it in, but should be put in when the water boils, with a small handful of salt, and pressed down in the saucepan with a spoon. Let it boil quick till quite tender, then pour it into a colander, and afterwards press it dry between two wooden trenchers. Lay it neatly into a dish, cut it through with a knife lengthwise down the middle, and again crosswise in different places, so as to divide it into proper sized pieces to help out at table.



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*White Orach, or Mountain Spinage*

Dress and use this as the above. The leaves are very large and thick.

*To boil Cabbage.*

Cut off all the outward offal leaves of the cabbage, and lay it in water. If small, cut it in two; if large, into four parts, put it into plenty of boiling water, with some salt in it, and sprinkle a little more salt on the cabbage. Make the saucepan boil up as quickly as possible, and when the cabbage is about half done take it up, put it directly into another saucepan of boiling water, and keep it boiling very fast till the stalk is quite tender. Drain it in a colander, and send it to table.

*Observation.*

As the strong flavour of cabbage requires being well refined by cookery, it will be found a very superior way of dressing it, to boil it in two waters, rather than to continue it in the water, rank as it becomes, into which it is first put. It will be an advantage also in the dressing of cauliflowers, and every thing of the cabbage species.

No method of preparation scarcely can make a hard white cabbage wholesome. They are obviously stronger and more fulsome than the open hollow greenish cabbages, and the water in which they are boiled is more offensive, and will sooner putrify, than that in which the others, or coleworts, are boiled. Therefore hard white cabbages had better be avoided by all persons.

*To boil Coleworts.*

Trim and wash the coleworts very nicely. Boil them in plenty of water with some salt, and change the water as directed above for the cabbage. Let them be well done, then drained, and served up neatly.



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*Observation.*

The common green colewort is now but little used. The cabbage coleworts, which are cabbage plants from the time the leaves are about as broad as a man's hand, till they begin to cabbage, are a very desirable open greens.

The Yorkshire, Battersea, sugar-loaf, and Antwerp cabbage plants make the best coleworts, and boil very tender and sweet.

*To boil Savoys.*

Take off all the offal leaves from the savoys with great care, and boil them in the same manner as cabbages.

*To boil Sprouts.*

Trim and wash sprouts very nicely. Drain them in a colander; then put them into boiling water with some salt thrown into it, and sprinkle a little more upon the sprouts. Boil them up very fast, and clear off any scum that may arise. When the stalks are quite tender, drain the sprouts off directly into a colander, or they will lose both their flavour and colour. Serve them up laid neatly in the dish with a fork, as that will not break them like a spoon.

*To boil Brocoli.*

Cut off the stalk from brocoli so as to leave a nice head, and such part of the stalk only as will boil tender. Trim it of the leaves, but not of the small branches, as they make the head look fuller and better. When well washed, put the brocoli into boiling water with some salt in it, and boil it up very quick. As soon as the stalk is quite tender it is done enough. Take it up with a tin slice, to avoid breaking the heads.



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*Observations.*

Brocoli boils best in a deep stewpan, as the heads do not then lie so as to break each other.

It is sometimes served upon a toast, with melted butter poured over it.

The stalks of brocoli are often peeled, but it makes them dry and indifferent eating, whereas otherwise many people think them very nice.

*To boil Asparagus.*

Cut off as much of the white end as will leave the asparagus about six inches long. Scrape the remaining white part very clean, and throw them as they are done into a pan of fresh water. After soaking some time, tie them up in small even bundles, put them into boiling water, and boil them up quick. When the heads are tender, which may be tried with a small fork, take up the asparagus directly, as, if over boiled, the heads will break off. Have a toast ready to dip into the water, then lay it into the dish, and the asparagus upon it, with the white ends outward. Pour some melted butter over the heads, and send it to table.

*To boil Cauliflowers.*

Cut off the stalk close at the bottom of the head, and let the cauliflower soak at least an hour in fresh water to cleanse. Put it into boiling water, or milk and water if convenient, boil it up quick, and skim the saucepan well. When the stalk is quite tender, which may be proved with a fork, take it up and drain it carefully, to prevent its breaking. Serve it up in a dish by itself.

*To boil green Peas.*

Peas should not be boiled in more water than just



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 Dressing Vegetables.
 

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enough to cover them well. Put them in when the water boils, with a few sprigs of mint tied together; boil them up immediately, and keep them boiling very fast. They require being thoroughly done. Drain them, and serve them up either with a piece of butter stirred in amongst them, or with melted butter in a tureen. Garnish them with the sprigs of mint laid round the dish, as many persons like to eat them with the peas.

*To boil Beans.*

It is best not to shell beans till just before they are wanted for dressing. They require boiling in a good deal of water, and must be put in when it boils, with some salt, and a bunch of parsley. Boil them up directly, and keep them boiling very quick. They must be done extremely well. To taste one is the surest way of knowing when they are done enough. Drain them off, garnish the dish with the parsley chopped, and serve them up with a tureen of melted butter.

*To boil French Beans.*

If the beans are very young and tender, they will have no strings, and thus require only taking off the heads and tails and being cut either slanting across the bean into thin pieces, or straight down the middle, and once directly across. If older, they must be strung. They must be put into plenty of boiling water with some salt, and made to boil very fast till they are quite tender. When done, drain them off, and serve them up with melted butter in a tureen.

Scarlet runners, and every species of this kind of bean, must be cut, and boiled in the same manner.

*To boil Artichokes.*

Twist off the stalks of the artichokes close to the bot-



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tom, lay them into water directly, and let them soak till they are quite clean. Put them into a saucepan of cold water. Moderate sized artichokes will require doing for an hour after the water boils. But a certain way of knowing when they are done enough is to draw out a leaf. If it comes out easily, they are sufficiently boiled. Serve them up with as many small cups of melted butter as there are artichokes.

*To boil red Beet-root.*

Let the beet-root be well washed, and boiled in a moderate quantity of water, putting it into the water when cold. It requires long boiling; a large root will take an hour and a half, after the water boils. Serve it up hot with melted butter to eat with it, or cold, and eat it with vinegar; or slice it into salads.

*Green and white Beet.*

The leaves of these plants are sometimes boiled, and eaten like spinage.

The leaves of the large white beet, when full grown, are stripped to the middle rib, which, being thick and fleshy, is peeled and stewed, and eaten like asparagus.

*Mangel Wurzel, or German Beet.*

The root of this plant has lost all estimation in this country, but is much used in France. The leaves are used in the summer and autumn to boil as greens, or as spinage. The stalks of the leaves are also drest in the manner of asparagus, as those of the white beet above.

*Scorzonera, Skirrets, Hamburgh Parsley, and Salsify.*

These plants are in much esteem for their roots, the only part of the three first which is eaten. They



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should be boiled like young carrots, and eat very well with meat, or alone, or in soups.

The shoots of the salsify in the spring, from the roots of a year old, gathered green and tender, boil and eat very nice in the manner of asparagus.

*Jerusalem Artichokes.*

Boil them carefully that they may be done enough without being too soft. Put them in when the water boils. Serve them up with melted butter in a tureen.

*Turnip Tops.*

Turnip tops are the shoots which come out in the spring from the old turnip roots. Drest like sprouts, they make a very nice sweet greens, and are esteemed great purifiers of the blood and juices.

*Sea-calc.*

This must be boiled very nice and tender, and served upon toast like asparagus, with melted butter poured over it.

*Bore-cole.*

Boil bore-cole like all the cabbage species in a great deal of water, changing it when it is about half done, and boiling it well. It must be first nicely trimmed and washed.

*Observation,*

This is a very pleasant vegetable, and particularly acceptable, from coming in the winter.

*To stew Beet-root.*

Put some red beet-root into a moderately hot oven, and let it stand till tender. When cold scrape off the



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outside, cut the root into slices, dip them in vinegar, and lay them into a stewpan, with brown gravy enough in proportion to the quantity of beet root to make a good sauce. Stew this gently till the root is quite tender. It will scarcely require more than half an hour. Two or three spoonfuls of cream may be added just before serving up, if agreeable, or a few spoonfuls of vinegar, if preferred, to take off from the sweetness of the natural flavour. The colour of this dish may be heightened either by a few spoonfuls of liquor extracted from some of the root pounded in a marble mortar, or by a few grains of powdered cochineal.

*To stew Cucumbers.*

Cut a large cucumber, after it is pared, into thick slices, and fry these and a sliced onion in butter till they are nicely browned. Lay them upon a sheet of spongy paper to drain, then put them into a stewpan with some gravy, a blade of mace, a little pepper and salt, and stew them gently till nicely done. Twenty minutes, or half an hour, will be long enough. Take them out when done, thicken the gravy with a piece of butter rolled in flour, and pour it over the cucumber.

*To stew Cucumbers a plainer Way.*

Pare and divide a cucumber in two the long way, and once across. Put it into a stewpan with some sliced onion, a little pepper, some salt, and a piece of butter. Stew it very gently till sufficiently done; then take it out, thicken the liquor with a little flour, and pour it upon the cucumber. If the liquor should have stewed away very much, add a few spoonfuls of cream instead of the flour. As all cucumbers are not equally juicy, this may happen without any fault in the cook.



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*To stew green Peas.*

To a quart of peas add a quart of gravy, two or three lumps of sugar, some pepper and salt. Stew them gently till the peas are quite tender, and if the gravy is not sufficiently thick, add a piece of butter rolled in flour.

*Observation.*

If the peas are old, half boil them first in hard water before they are stewed. Whether for young or old peas, the gravy must be strong.

*To stew green Peas a mild Way.*

Put a pint of young peas into a stewpan, with very little water, and two young lettuce, cut small. Stew them gently till the peas are tender, then add four spoonfuls of cream, a lump of sugar, and the yolks of two eggs. Stir the whole together over the fire for a short time, but do not allow it to boil. A little salt should be added before serving up the stew.

*To stew Peas another Way.*

Take a quart of young peas, a small onion, sliced; two cabbage lettuce, cut small; and a sprig or two of mint. Put them into a stewpan, adding some salt, a little pepper, a little mace, and half a pint of hard water. Stew these gently for twenty minutes; then put in a quarter of a pound of butter rolled in flour, and a spoonful of mushroom catsup. Keep the stewpan over the fire till the peas are quite tender, shaking it frequently, and never suffering them to boil.

*Observation.*

Receipts for stewing peas might be multiplied *ad infinitum*, if any advantage were to be derived from it,



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as there is no one preparation in cookery perhaps more varied than this, though without any very material difference. But cooks, as well as doctors, will differ; not that cooks are always intent upon selecting the better from the worse practice, but that they have been accustomed to do the thing their own way, and will not be put out of it. The above receipts, therefore, will be a sufficient ground-work for learners to model their varieties from at pleasure.

This observation will no doubt apply on various occasions, as it is not in stewing peas alone that cooks adopt methods of their own, to which they are as bigotted as a Swiss to his native mountain. But what might be observed every where, cannot be out of its place any where; and thus let this observation remain where it has fallen. If it should, though only once, excite a reflection, that there are more important considerations attaching to the subject of cookery than the habit of flavouring peas with essence of ham, or essence of any thing else, it cannot be misplaced.

*Stewed Spinage with Cream.*

Boil the spinage till nearly done enough; then squeeze all the water from it, and put it into a stewpan, with a piece of butter and some salt. Stir it over the fire till the butter is well mixed in with it; then add as much cream as will make it of a moderate thickness, shake it for a minute or two over the fire, and then serve it up with sippets of fried or toasted bread.

*To stew Spinage with Gravy.*

Pick the spinage nicely, then wash it well, and put it into a stewpan, with a few spoonfuls of water and a little salt. Stew this till tender, shaking the pan very often to prevent its burning. When done enough, put



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it into a sieve to drain, and give it a slight squeeze. Beat the spinage well, then return it into the stewpan with some gravy, pepper, salt, and a piece of butter. Let it stew about a quarter of an hour, stirring it frequently. Serve it up either in a dish by itself, or with poached eggs upon it, according to the occasion for which it is wanted.

*Stewed Spinage with Sorrel.*

Take spinage and sorrel, in the proportion of three-fourths of spinage to one of sorrel. Pick and wash these very nicely, cut them a little, and put them into a stewpan, with two or three spoonfuls of water. Keep stirring these over the fire till they begin to soften and become liquid. Then leave it to stew at a distance over the fire for an hour or more, stirring it every now and then. Thicken it with a little flour. When it is quite done add some pepper and salt, and serve it up.

*Observation.*

This is an excellent sauce to all kinds of meat, or to eat with potatoes. Almost any kind of cold vegetables add well to this stew. They should be put in just long enough to heat, and mixed in properly with the spinage before it is served up.

*To stew Sorrel.*

Prepare and stew sorrel alone, in the same manner as the spinage and sorrel above. Add the same thickening and seasoning.

*Observation.*

This is a very nice sauce to mackerel, or to any thing usually eaten with an acid sauce.

Sorrel stews extremely well in a stone jar set before the fire, only it will require double the time that it



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takes to do it upon the fire. It must be seasoned and thickened as above.

*To stew red Cabbage.*

Trim off all the coarse outside leaves of the cabbage, then cut it small and wash it well. Add one or two onions, according to the size of them, sliced thin, some pepper and salt, and stew them all together over a slow fire, with some gravy, till the cabbage is very tender. A few minutes before serving it up, thicken it with a piece of butter rolled in flour, and add some good vinegar to the taste.

*To stew red Cabbage another Way.*

Prepare the cabbage as above, then put it into a stewpan with a piece of butter, some pepper, a little allspice, tied in a piece of muslin, salt, an onion, and a quarter of a pint of water. Stew it gently till the cabbage is thoroughly done, then take out the onion and allspice, add a spoonful or two of sharp vinegar, and serve it up.

*To stew Savoys or Cabbages.*

These may be stewed by either of the above receipts; though the better way is to boil the cabbage, or savoy, in water till about half done, and then stew it, as this takes off the strong flavour, and thus makes it much pleasanter.

*Brocoli or Cauliflower in Cream.*

Boil the brocoli, or cauliflower, till nearly done; then drain it, and stew it for about ten minutes in the following sauce. To a quarter of a pint of good gravy add a spoonful of vinegar; heat this over the fire, then put in the brocoli, or cauliflower. Take it out when done, add the yolks of two eggs and a quarter of a pint



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of cream to the sauce, thicken it a few minutes over the fire, then pour it over the vegetable, and serve it up.

*Stewed Cardoons.*

Cut them into pieces not more than five or six inches long; take off the outward skin, wash and scald them. Put them into a stewpan, with gravy enough to cover them, and let them stew gently till almost done and the liquor nearly gone. Add a small quantity of fresh gravy, and continue stewing them gently till quite tender. Serve them up with sippets of toasted or fried bread round the edge of the dish. If the gravy is not sufficient for seasoning, some salt and Cayenne pepper must be added.

*To fry Cardoons.*

Half boil them in salt and water, dry them well, dip them into clarified pork lard, and fry them of a fine brown.

*French Beans with Cream.*

Prepare young beans as for boiling, and boil them in plenty of water, with salt in it, till rather more than half done, then drain them dry. Beat up the yolks of three eggs with a quarter of a pint of cream; put them with two ounces of fresh butter into a stewpan, and set it over a slow fire. When hot, put in the beans, with a spoonful of vinegar, and simmer them till quite tender, stirring the mixture to keep it from curdling or burning.

*French Beans stewed with Gravy.*

Pursue the same process as above, only instead of the eggs and cream, put half a pint of gravy. Use but half the quantity of butter, and add that rolled in flour to thicken up the whole after the beans are put



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in. The vinegar should be omitted, and Cayenne pepper and salt added if required.

*To stew Endive.*

First trim off all the green part of the endive, then wash and cut it into pieces, and scald it till about half done. Drain it well, chop it a little, put it into a stewpan with a little strong gravy, and stew it gently till quite tender. Season it with some pepper and salt, and serve it up as sauce to any kind of roasted meat; or it eats well with potatoes.

*To stew Jerusalem Artichokes.*

Wash, pare, and part the artichokes in two, boil them in a small quantity of gravy till almost done, and the liquor nearly consumed. Then add some cream; a piece of butter rolled in flour, and a little salt, all in proportion to the number of artichokes, and stew them gently for ten minutes. Serve them up with sippets of white bread fried.

*To stew Celery.*

Strip off all the outward leaves, and cut off the heads of the celery so low as to leave only the best part remaining. Wash these well. If the celery is very large it may be parted in two, down the middle; if small it will be better whole. Put it into a stewpan with gravy enough to cover it, and stew it gently till quite tender, by which time the gravy will probably be nearly stewed away. Add a little more gravy, a piece of butter rolled in flour, some pepper and salt. Simmer it again for ten minutes, and then serve it up.

*To stew Celery white.*

Prepare it as above, but stew it in broth instead of gravy; and, when tender, put to it a small tea-cup full



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of cream, a piece of butter rolled in flour, a little salt and nutmeg. Simmer it for ten minutes, and then serve it up.

*To stew Carrots.*

Half boil some carrots, wipe off the skins very clean, part them down the middle and once across, or slice them and put them into a stewpan with a few spoonfuls of weak broth, as much cream, some pepper and salt. Stew them gently till very tender, but not to break them. Add a small piece of butter rolled in flour about ten minutes before they are served up.

*To stew Carrots with Gravy.*

Half boil and prepare them as directed above. Stew them in gravy instead of broth and cream, season with Cayenne pepper and salt, and then follow the same process as in the former receipt.

*Stewed Parsnips.*

Boil the parsnips in milk and water, or milk alone, till something more than half done. Slice or divide them in two down the middle and across. Stew them gently with some good gravy, seasoned with pepper and salt, till quite done, adding, five minutes before they are taken up, a piece of butter rolled in flour.

*To stew Parsnips white.*

Do them in every respect as above, only with broth and cream in equal quantities instead of gravy.

*Stewed Artichoke Bottoms.*

Boil some artichokes till about half done, and then take off the leaves and the choke. Trim the bottoms nicely, and stew them gently in some gravy, with a little lemon juice, or vinegar, and some salt, till they



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are quite tender. Before serving them up, wipe them dry, then lay them in a dish with sippets of toasted or fried bread laid round it, and pour some strong clear gravy over them.

*Observation.*

Dried artichoke bottoms may be used for stewing, but should be soaked first in warm water for a while.

*Potatoes in Cream or Gravy.*

Half boil some potatoes, drain them, peel them nicely, and cut them into neat pieces. Put them into a stewpan with some cream, fresh butter, and salt, of each in proportion to the quantity of potatoes; or some good gravy, with pepper and salt. Stew them very gently till well done, but be careful not to let them break.

*To stew Water-cresses.*

Pick and wash as many bunches of water-cresses as will be wanted. Boil them for a few minutes, drain and press them dry. Give them a slight chopping, and then put them into a stewpan, with either some good gravy or cream, and a seasoning of salt and pepper. Add a thickening of some butter rolled in flour, if required. Stew them gently for ten minutes, or a quarter of an hour, and serve them up with a garnish of fried or toasted bread sippets.

*To stew Onions.*

Peel some large onions, flour them moderately, and give them a gentle frying of a light brown colour. Put them into a stewpan with some good broth, Cayenne pepper, and salt. Stew them over a very slow fire till thoroughly done. They will require about two hours. Serve them up with sippets of toasted or fried bread.



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They eat well with macaroni, or with potatoes either boiled or roasted.

*To roast Onions.*

Roast onions with the skins on in a Dutch oven, taking care to turn them as they do, that they may be equally done on all sides. These, as the last mentioned, eat very well with macaroni, or potatoes. Also with only cold butter, salt, and bread.

*A Batter to use in frying the following Vegetables.*

Sift a quarter of a pound of fine flour, add to it a little pepper and salt, the yolks of three eggs, and a small tea-cup full of beer. Beat these into a very smooth batter. It must be of a good thickness or it will not adhere properly to the vegetables.

The vegetables must be put into the batter, taken out one piece at a time with a fork, and fried in boiling lard of a fine light brown, then drained and served up.

*To prepare the Vegetables for frying.*

*Potatoes*

Must be pared and sliced thin.

*Red Beet-root.*

Boil it till about three parts done, and slice it half inch thick.

*Carrots*

The same, or cut into slices lengthwise, of about three inches long.

*Artichoke Bottoms.*

The artichokes must be boiled till the leaves and



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choke will come off easily. Pare the under part of the bottoms neatly, and fry them either whole, or parted in two, according to the size of them.

*Celery*

Should be nicely trimmed, cut into lengths of about three inches, half boiled, and wiped dry.

*Cardoons*

Should be skinned, and then prepared like celery.

*Onions*

Must be peeled, and sliced rather less than an inch thick.

These are the principal vegetables generally drest in this manner, but there are others which would probably be equally nice thus prepared, and experiments upon reasonable grounds are always worth trying.

*To serve up Laver.*

Laver being prepared for use upon the coast which produces it, before it is dispersed about the country, requires little further preparation than heating. This is best done over a lamp, but if done carefully at a distance over the fire, it will do extremely well. When hot, stir in a piece of butter, and vinegar enough to flavour it, or a little lemon or Seville orange juice, and serve it up.

*To boil Samphire.*

Boil samphire in plenty of water, with a good deal of salt in it, to preserve the green colour. Put it in when the water boils, and about half an hour will do it sufficiently. Serve it up with melted butter to eat with it.



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 Dressing Vegetables.
 

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In the spring when all kinds of fresh vegetables are particularly grateful and wholesome, as cleansing the body from obstructions that may have been occasioned by a long winter; there are many little early shoots of herbs, &c. we are apt to neglect, both in the gardens and in the fields, which, well boiled in plenty of good river or spring water, are both very salutary and pleasant. Of these there are,

Corn salad,	Borage,
The young buds growing on the stalks of cabbage or colewort plants,	Succory,
Parsley,	Nettle-tops,
Mint tops,	Tops of the wild hop,
Penny-royal, &c.	Red dock,
	Dandelion,
	Comfrey, &c.

In gathering things of this kind out of the fields, care must always be taken to avoid all such as would be injurious. A little attention will soon give a sufficient knowledge of plants to select what are proper.

*To lay up Potatoes and other Roots for the Winter.*

When potatoes are taken out of the ground they should be cleaned from the rough earth adhering to them, but not washed; and laid up in a dry close room. In severe weather let them be covered with dry straw a foot thick. They should be turned and looked over from time to time, and all which have any appearance of rottenness taken out, or they will infect and spoil the rest.

Carrots and parsnips should have the tops cut off close, be cleaned from the rough earth, and kept in a dry place. Lay a bed of dry sand upon the floor about two or three inches thick, put the roots upon it close to-



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Observations on Salads.

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gether, with the top of one to the bottom of the next, and so on. Cover the first layer with sand two inches thick, and then lay another layer of roots, and go on thus till the whole store are laid up. Lay some dry straw pretty thick over the whole.

Beet-roots, salsify, scorzonera, Hamburgh parsley-roots, and horse-radish, should all be laid up in the same manner.

Some turnips, and black turnip radishes, may be stored up in the same way, as a supply against frosty weather, when they cannot be got out of the ground.

Onions must be kept in a dry room. Let them be cleaned from the earth and the loose outward skins, and brought into the house in dry weather. Spread them separately upon the floor, and turn them frequently for the first two or three weeks. The windows of the room should be always open in dry weather during this time, but afterwards the air must not be admitted. They must be occasionally turned, and any which are decayed picked out.

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ON SALADS.

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SALADS are proper to be eaten at all times and seasons of the year, and are particularly to be recommended from the beginning of February to the middle or end of June. They are in greater perfection, and consequently more powerful, during this period than at other seasons, in cleansing, opening obstructions, and sweetening and purifying the blood. For the frequent eating of herbs prevents that pernicious, and almost



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general disease the scurvy, and all windy humours which offend the stomach.

Then again from the middle of September till December, and indeed all the winter, if the weather be mild and open, all green herbs are welcome to the stomach, and very wholesome. For though herbs have not so much vigour, nor are so opening and cleansing in the winter as in the spring, yet all such herbs as do grow, and continue fresh and green, do also retain their true natural virtues and qualities, and being eaten as salads, and seasoned as they ought, have in a degree the same operations as at other seasons of the year.

It is a necessary consequence of cold weather, that the heat of the body is driven more inward than in warm weather, as the cold of the atmosphere repels it from the surface. Hence arises a great appetite for solid, strong, fat, and succulent foods, and strong drinks, which, where discretion, order, and temperance are wanting, lays the foundation for diseases that commonly shew themselves in the summer following. The frequent eating of herbs and salads in the winter will, in a great measure, prevent these ill effects, for notwithstanding a prejudice that is too common against eating herbs in the winter, a salad well ordered and seasoned, if the weather prove mild and open, is as exhilarating, (being eaten only with good well made bread) and will warm the stomach as much, as two or three glasses of wine, and is far more pleasant and natural. The one produces an effect in unison with all the operations of the human frame, which thus go on in their regular course; the other stimulates them for the moment to a hurried unnatural action, which is soon over, and succeeded by cold languor. There is a much greater excellency in all green herbs in the winter than most people imagine. They are particularly salutary for old



## Observations on Salads.

persons, and such as are subject to stoppages or shortness of breath, who instead of an onion may use a clove of garlic in their salads, which is one of the best ways of eating it, and it will open, cheer, and warm the stomach, which gives a general animation to the whole system.

The principal herbs, &c. used as salads, are,

Balm,	Nasturtiums,
Basil,	Nettle-tops,
Borage,	Parsley,
Burnet,	Penny-royal,
Celery,	Purslain,
Chervil,	Radishes,
Colewort,	Ditto, white turnip,
Coriander,	Ditto, black ditto,
Corn-salad,	Rape,
Cresses,	Sage,
Endive,	Sorrel,
French fennel,	Spinage,
Lettuce,	Tarragon,
Mint,	Water-cresses.
Mustard,	

Onions both young and full grown, shalots, garlic, and chives, are all used as seasonings to salads; and red beet-root boiled, and cold, is often sliced into them.

Many of these herbs are very little in use as salads, but there are none of them that may not be recommended as good for the purpose. Our usual salads are indeed pretty much limited to what is specifically called small salading, lettuce, celery, and endive. These are all excellent in their kind; but to prefer them to the exclusion of every thing else is a prejudice. With a wish therefore to counteract it, a selection of salads



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Observations on Salads.

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of a different description are pointed out, under the sanction of authorities that deserve respect and attention.

Salads of all kinds should be very fresh, or, if not to be procured thus, should be well refreshed in cold spring water.

They should be very carefully washed and picked, and drained quite dry in a clean cloth.

In dressing small herbs, or lettuce, it is best to arrange them, properly picked and cut, in the salad dish, then to mix the sauce in something else, and pour it to the salad down the side of the dish, so as to let it run to the bottom, and not to stir it up till used at table. This preserves the crispness of the salad.

With celery and endive the sauce should be poured upon them, and the whole well stirred together to mix it equally.

Lettuce, endive, and celery may be eaten with salt only, and if well chewed, which all salads should be, often agree better than when mixed with seasonings.

If mustard in salad sauces occasions sickness, or otherwise disagrees, Cayenne-pepper will often prove an excellent substitute for it.



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Salads.

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EXCELLENT WHOLESOME SALADS,

THE USE OF WHICH WILL BE VERY CONDUCTIVE TO  
KEEPING THE BODY IN HEALTH.

*Salad 1.*

TAKE spinage, parsley, sorrel, lettuce, and a few onions, then add oil, vinegar, and salt, a good quantity of each to make it of a high taste and relish, but let the salt rather predominate above the other ingredients.

*Observation.*

The wholesomest way of eating salads is with bread only, in preference to either bread and butter, bread and cheese, or bread and meat, though any of these may be eaten with it, when the salad is seasoned only with salt and vinegar.

It is not advisable to eat butter, cheese, or flesh with salads, or any thing in which there is a mixture of oil. All fat substances are heavy of digestion, and to mix such as disagree in their nature, is to increase this evil to a degree that the stomach can hardly overcome.

*Salad 2.*

Take lettuce, spinage-tops, penny-royal, sorrel, a few onions, and some parsley, and season them as above with oil, vinegar, and salt.



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*Salad 3.*

Take lettuce, sorrel, spinage, tops of mint, and onions, seasoned as above.

*Salad 4.*

Take spinage, lettuce, tarragon, and parsley, with some leaves of balm. Or, sorrel, tarragon, spinage, lettuce, onions, and parsley. Or tops of penny-royal, mint, lettuce, spinage, sorrel, and parsley. Or lettuce, spinage, onions, penny-royal, balm, and sorrel. Or sage, lettuce, spinage, sorrel, onions, and parsley; seasoned with salt, oil, and vinegar.

*Salad 5.*

Take sage, penny-royal, mint, balm, a few lettuce, and some sorrel; season them with oil, vinegar, and salt.

*Observation.*

This is more especially an excellent warming salad, though they are all warm and healthful.

*Salad 6.*

Take lettuce, sorrel, endive, celery, spinage, and onions, seasoned as above.

*Salad 7.*

Take the green tender fresh leaves of coleworts, or cabbage-plants, lettuce, sorrel, parsley, tarragon, nettle-tops, penny-royal, and mint; of each according to the taste. Season them with salt, oil, and vinegar.

*Observation.*

If seasoned to the highest degree, this is a very warm exhilarating salad.



Salads.

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*Salad for the Winter.*

Take young tender colewort-plants, sorrel, lettuce, endive, celery, parsley, full grown onions, which are better to cut and eat with salads in the winter, than young ones, and season them well with salt, oil, and vinegar.

*Another Winter Salad.*

Take lettuce, spinage, endive, celery, and cut half a clove of garlic amongst it. Season it well with oil, vinegar, and salt.

*Observation.*

This salad is very warming and wholesome.

All these aromatic warm salads are particularly proper for phlegmatic and weakly persons, as they have the properties of warming the stomach, and diffusing warm juices through the blood.

*To supply the Want of Oil in Salads.*

Melt good butter thick, and pour it upon the salad, in the same proportion as oil. Or use some sweet thick cream in the same manner and proportion.

*Observation.*

Nothing is better for the purpose of seasoning salads than oil; but as some persons do not like it, and many others cannot get it, especially at this time, either of the above are a very good substitute for it, and both eat and look well in salads.

The cream is the most to be recommended of the two



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Observations on French culinary Terms.

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## OBSERVATIONS

REFERRING TO THE FOLLOWING RECEIPTS, TRANSLATED FROM THE FRENCH.

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THE different customs of France and England, and the difficulty of translating technical expressions from one language into another, require some little explanation and apology previous to entering on the following receipts. If even with this explanation they should not be so intelligible as more knowledge of French cookery might have made them, they will yet answer the object of the translator, which was to furnish hints that might be usefully adopted in some instances into our practical cookery, without entering at large into a system of French cookery.

Though *braise* is a word now introduced into our language, on the authority of some modern cookery-books, it is so differently used, that a novice in these things will be at a loss in what sense to understand it.

In Domestic Cookery the expression is used as a verb, and explained by a process given (page 84, of that popular work, a new edition, corrected 1808), as if it bore no other meaning.

With all possible deference to so respectable an authority, it is here submitted that this definition does not appear to be quite correct.

We have undoubtedly borrowed the word from the French, as it was wanting in our language, till enriched with it, on the authorities alluded to. No other meaning seems originally to have been annexed to the



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word *braise*, in its native tongue, than *hot wood embers*. But as the French often cook, particularly stew, over wood embers, this mode of cookery may from hence have been called *to braise*. Yet still admitting the use of the word as a verb, it seems to be of general, not limited import, and to answer to our stewing over a slow fire.

The mention of a *braising-pan* in other cookery-books authorizes this conjecture, as it is spoken of in a general way, just as we should have mentioned a stew-pan, before this modern refinement had polished our vulgarity. And a direction to *braise* occurs in many of the receipts given in these works, as familiarly as to stew did formerly in works of the kind now becoming obsolete.

In several of the following receipts the gravy, or sauce, directed for the things in question, is called *braise*, and the direction for making it varies on almost every occasion on which it is mentioned. As this must certainly be authorized by the customs and technical language of French cookery, there can be no appeal from an authority resting on such a basis. Whether verb or substantive, therefore, the word cannot be restricted in its meaning to one sense only without an evident curtailment of its privileges.

*Cullis* is so fast encroaching upon all the situations formerly occupied entirely by gravies, that it is almost become a question, whether to explain *cullis* as gravy, or gravy as *cullis*. Notwithstanding, however, all the pretensions that it may assume on account of its name, it is in its general acceptation a gravy, and variously made, according to different tastes, as any other gravy may be. It also signifies sometimes here, peas, many other vegetables, or almonds, &c. reduced to a pulp.

Though not strictly coming within the present subject, as they are not mentioned here, it may, perhaps,



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be excused just observing that *consommé* and *stock* are in the conspiracy with *cullis* against gravy, and endeavouring, yet without any superior merit, to supersede it.

*Béchamel* is a simple white sauce, and is given here under that description. We adopt the name, but not the simplicity, and put meat or broth to it.

However well *passing* a thing over the fire may be understood by the learned, who direct these things, the meaning of it certainly is not clear to the unlearned who are to practise them. But as far as any interpretation of it can be collected from the various directions that prescribe it, it seems to mean, in its utmost extent, to dress a thing partially, by setting it upon, or shaking it over the fire for a short time; and in this sense it has been given here, for though the expression is creeping in upon us, it is not yet naturalized.

For the sake of vulgar apprehensions, it is to be desired that cookery-books may for the future have a glossary annexed to them.

It is a pretty general practice in France to set an earthen pot before the fire early in the morning, filled with gravy-meat and vegetables to stew for broth, to be ready for the various occasions on which they use broth in cookery; *mettre dans le pot* (to put into the pot), and *cuire au pot* (to dress in the pot), &c. &c. hence become common expressions. As it is difficult to convey the idea intended in a better English expression than to say, according to the literal translation, "the pot," it is hoped this apology will be accepted for making use of it.

*Meager* must not be understood here in the frequent acceptation of the word in English, as poor and watery, but merely as without any mixture of meat, either in substance or gravy. Meager dishes, well made, would scarcely be supposed not to have meat in them in some



form or other, and are a substantial food. The being prescribed amongst the Catholics on *fast* days has brought them into disrepute amongst us, as there is nothing an Englishman dreads like the idea of *fasting*. But it is in the name only that he has any thing to fear in this instance, as he must starve wilfully if he does it with such dishes before him; and if they were more in use amongst us, than they probably ever will be, we should lose nothing by it, but an absurd prejudice.

*Garnishing*, in the French use of it, means something more than a mere ornament, as we make it. With them it is a part of the preparation, and thus to be eaten with whatever it is laid round.

The French have certain dishes making a part of their first course, which are always called *entrées*; and others again for the second course, called *entremets*. As these could not be well expressed by any concise term in English, it has been thought better to retain the French names, as conveying briefly the idea that must otherwise be perpetually repeated in a circuitous manner. There will be no occasion if we adopt the dishes to adopt these names with them, which would have an absurd effect at our tables.

*Marmites*, earthen pipkins of a kind of delft ware, are much used in cookery in France; but, as we seldom or never use any utensil of the kind, saucepans are here substituted for them.

Coals are never used for culinary purposes in France.

What cannot be dressed over a stove with either *charbon de bois* (charcoal), *braise* (hot wood embers), or *cedres* (wood-ashes), according to the degree of heat required, is dressed by a wood fire.

For the information of those who will enter no further into the subject, it is here briefly stated, that

*Braising*, is stewing.

*Braise*, a gravy, or sauce.



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*Cullis*, gravy, or pulp of vegetables, &c.

*Meager*, dressing without meat or gravy.

*Garnishing*, laying part of the preparation round the dish.

*Entrées*, dishes used for a first course.

*Entremets*, dishes for a second course.

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## ON VEGETABLES IN GENERAL.

*From the French.*

THIS head comprises the vegetables which are principally used in cookery, the manner of preparing them for the table, and of preserving such of them as can be kept for the winter.

The vegetables principally used are,

Norman peas,	Sorrel,
Common peas,	Green and white beet-
Field peas,	leaves,
French beans,	White cabbages,
French bean-seeds,	Lettuce of various kinds,
Beans,	Roman lettuce of ditto,
Common lentils,	Wild succory, green and
Juniper berries,	white,
Cabbages,	Common white succory, or
Milan cabbages,	endive,
Carrots,	Cardoons,
Parsnips,	Spanish cardoons,
Parsley,	Artichokes,
Chives,	Asparagus,
Chervil,	Cauliflowers,



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Garlic,	Skirrets,
Rocamboles,	Thyme,
Shalots,	Bay,
Gourds,	Basil,
Hops,	Savory,
Cucumbers,	Fennel,
Spinage,	Capers,
Salsify,	Nasturtiums,
Scorzonera,	Purslain,
Melons,	Truffles,
Jerusalem artichokes,	Morels,
Red beet-root,	Patience,
Gherkins,	Bugloss,
Mushrooms,	Borage,
Onions,	Rhubarb,
Leeks,	Cresses,
Celery,	Water-cresses,
Turnip radishes,	Burnet,
Radishes,	Balm,
Parsley roots,	Tarragon.
Turnips,	

*Of Peas, both green and dried.*

Green peas are in season for three months, viz. June, July, and August. To judge of their quality it is necessary to taste them. If they taste sugary, and are tender, they may be depended on as fresh gathered, and newly shelled.

Good peas have the little tail to them after they are shelled, by which they are fastened to the shell. The smallest peas are esteemed the best. The field peas are the latest. Although larger than the others, they are not less tender.

Green peas are used with all kinds of meats, make excellent ragouts, and are served, both rich and meager, as entremets.

Dried peas are used for the making of porridge.



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*Peas stewed with white Sauce.*

Put three pints of peas into a stewpan with a piece of butter, a bunch of parsley and chives, and a cabbage lettuce cut into quarters. Stew them in their own juice over a slow fire. When well done, and scarcely any of the liquor remaining, add some yolks of eggs and cream, thicken it over the fire without letting it boil, and serve it up.

There is another kind of peas called gluttons' peas, because the whole of them is eaten. When they are very green and tender, they are dressed in the shells, stewed in the same manner, and with the same sauce as above.

*Of dried Peas.*

Dried peas are used for making porridge on meager-days, and for thickening soups. They are used also of a consistence thicker than porridge, though prepared in the same manner, to serve under Dutch herrings in Lent.

*To make Peas Porridge.*

The peas, when boiled, must be pulped through a colander, and then heated in a saucepan with some butter, chopped parsley, and chives, and seasoned with pepper and salt.

*Dried Peas with streaked Bacon.*

Lay the bacon in water for a while, to take out some of the salt, then boil it with the peas and some water. Add to them two carrots, or parsnips, as many onions, and a bunch of sweet herbs. When the peas are done enough, pulp them through a colander, or sieve, and serve them up over the bacon.



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On Vegetables in general.

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*To stew French Beans.*

Choose very young tender French beans, break off the tops and ends, wash them, half boil them in water, and drain them. Melt a piece of butter in a saucepan with some chopped parsley and chives, and when it is ready put in the beans, give them two or three shakes over the fire, then add a dust of flour, some salt, and a little good broth, and stew them till the liquor is gone. When they are to be served up, stir in the yolks of three eggs mixed with some milk, and a dash of verjuice, or vinegar; thicken it a few minutes over the fire, and serve it up as an entremet.

When they are to be served up rich, put cullis and veal gravy, instead of eggs and milk.

*To preserve and to dry French Beans, so that they will keep till Easter.*

Take the quantity of French beans which are to be preserved, choosing them tender and not stringy. Pick off the ends, put them into boiling water, boil them a quarter of an hour, and then put them into cold water.

When they are cold, drain them from the water. After they are well dried, put them into pots, which must be very clean and nice, and fill them up with brine quite to the edge of the pots. Afterwards pour on some melted butter, half warm, which will congeal upon the brine, and prevent the air getting to the beans.

Keep them in a place neither too warm nor cold. Tie paper over them, and do not open them till they are wanted for use.

The brine is made by putting two-thirds of water to one of vinegar; and salt, in the proportion of a pound to three pints of the liquid.



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Warm the brine over the fire till the salt is melted, then let it stand till clear, and use it as directed above.

*To dry French Beans.*

Take French beans, in the same state as for the last purpose, pick them in the same manner, and boil them also a quarter of an hour. When they are drained thread them with a needle and thread, hang them to the ceiling, in a dry place, and they will keep a long time in this manner.

Before they are used they must be soaked in warm water till they return to their original colour. Dress them afterwards in water, and prepare them in the same manner as when fresh.

The same process is to be observed with the French beans preserved in brine before they are used.

*Of French Bean Seeds.*

Boil the seeds in water, and drain them. Brown a piece of butter and a little flour in a saucepan; then add to it a chopped onion, and shake the saucepan over the fire till the onion is brown. When this is ready put in the seeds, with chopped parsley and chives, some salt, pepper, and a dash of vinegar. Boil the whole a quarter of an hour, and then serve it up.

When to be done rich, prepare the seeds in the same manner; but instead of butter put melted bacon, and moisten them with good veal gravy. Serve them as entrées, or entremets; or under a roasted leg of mutton, if approved.

*Of Beans.*

Beans are generally skinned before they are dressed; but, if to be dressed with the skins on, they must be boiled in water for ten minutes to take off the acri-



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mony of them. The method of preparing them afterwards is the same either way. Put them into a saucepan with some butter, a bunch of parsley, chives, and a little savory. Shake them over the fire, then put in a pinch of flour, a piece of sugar the size of a walnut, and moisten them with broth. When done enough, thicken them with three yolks of eggs and a little milk. Serve them as an entremet.

*Of Lentils.*

Choose large common lentils of a beautiful light colour. After washing and picking them, boil them in water. When boiled, fricassee them like French bean seeds.

Lentils à la reine, are very small, and not much used to fricassee. They are preferable for making cullis, from the superior beauty of their colour, and the greater excellence of their flavour.

*Cullis of Lentils.*

First pick and wash some lentils, and then stew them with a good broth, either rich or meager, according to the use that is to be made of them. When done enough, pulp them through a sieve, moistening them with the broth they were dressed in. Season this cullis judiciously, and use it at discretion, either for soup or other dishes.

*Juniper Berries.*

These are only used in the kitchen in the salting some kinds of meat, as for instance, a piece of hung beef.

A few may be added in salting pork. They give an agreeable flavour, provided it is not prevalent.

*Of Cabbages.*

White cabbages, savoys, and Milan cabbages, are all



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dressed in the same manner. They are generally used to put into the pot, after tying them round with packthread, that they may not mix with the meat.

To make entrées of them, cut one of either into quarters, wash it, and boil it a quarter of an hour in water, with a piece of streaked bacon cut small, without taking off the skin. Then put the cabbage into fresh water, press it well, and on taking it out again, tie it up with packthread. Put it into a braise with a piece of fat bacon, and the meat that it is to be served up with.

This braise is only some broth with a bunch of parsley and chives, cloves, nutmeg, pepper, salt, and two or three carrots or parsnips.

When the meat and cabbage are done enough, take them out, wipe them clean from all fat, and put them into the dish they are to be served in, with the streaked bacon upon them. Pour over them a sauce made of good cullis, seasoned with taste.

The best kinds of meat for this purpose are breast of veal, brisket of beef, part of a rump of beef, a kind of sausage called an *andouille*, shoulder of mutton boned, then rolled up and tied very tight, or capon with the feet trussed inwards.

Whatever meat is used, boil it two minutes in water, that it may throw off the scum, and then put it to the cabbage.

Cabbages are eaten also as a family dish, after being dressed in the pot, and well drained, with a white sauce poured over them.

*Cabbage à la Bourgeoise.*

Take a whole cabbage, wash it, boil it a quarter of an hour in water, then put it into fresh water, let it lie till cold, and then press it well without breaking the leaves. Take off the leaves one after another, and put to each a little force-meat, made with a piece of fillet of veal as



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large as an egg, and twice as much beef suet chopped together, add to them parsley, chives, and mushrooms chopped, two raw eggs, salt, pepper, and a quarter of a pint of cream, all mixed well together. Replace the leaves one over the other as if the cabbage was whole, tie it in every part, and dress it in a braise, nicely seasoned.

When it is well done, take it out of the braise, press it lightly in a linen cloth to clear it from the fat, cut it in two, and lay it in the dish it is to be served in, pouring a good cullis over it.

The braise is made with some broth, salt, pepper, cloves, a bunch of parsley, chives, thyme, bay-leaves, sweet basil, onions, and carrots, or parsnips, or some of each.

*Of Cauliflowers.*

Cauliflowers are used to garnish some kinds of entrées, and as entremets.

The cauliflower must be first nicely trimmed and washed, then scalded for a moment in water. When taken out again, put it into a small quantity of water with a spoonful of flour mixed into it, a little butter, and some salt. Stew the cauliflower till quite tender, then serve it up, and if to be rich, pour over it a sauce or cullis in which there is some butter; if to be meager, a white sauce.

If it is for an entrée, dress it in the same manner, serve it up round the meat it is intended for, and pour the sauce for the meat over it. There must always be a little butter in this sauce.

*Cauliflower Loaf.*

Take a fine cauliflower, trim it and half dress it in water; then change it into fresh water, and put it to



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drain in a colander. Have ready a saucepan the size of the bottom of the dish to be used for serving in, put some slices of fat bacon at the bottom, and place the cauliflower upon them with the stalk upwards.

Having a good force-meat, prepared as just given in cabbage à la bourgeoise, only putting in three eggs and omitting the cream, fill up all the spaces of the cauliflower with it, pressing it well in with the fingers ; and dress it in good broth seasoned with judgment.

When the cauliflower loaf is done enough, and the sauce stewed away, turn the saucepan gently bottom upwards, putting a dish over the top of it to receive the cauliflower. Take away the bacon, pour a good cullis over the cauliflower, with a little butter in it, and serve it for an entrée

*Cabbage à la Flamande.*

Cut a cabbage into quarters, blanch it in boiling water a quarter of an hour, then put it into fresh water, and when cold, take it out and press the water from it. Cut the stalk and tie it up. Stew it with some good broth, a piece of butter, seven or eight onions, a bunch of sweet herbs, a little salt, and some whole pepper. Before it is quite done enough, put in some sausages. Have ready a crust of bread larger than the palm of the hand, fried in butter. Lay this at the bottom of the dish intended to be used, serve the cabbage upon it, and lay the sausages and onions round it. These should all be wiped clear from fat, and the fat must be taken off the sauce. If there is any cullis prepared, add it to the sauce, that it may be rich and well flavoured, and then pour it over the cabbage.

*Cabbage to surprise.*

Boil a good whole cabbage in water a quarter of an



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hour. Put it into fresh water till cold, and then press it well with the hand without breaking the leaves. Take off all the leaves from the stalk, and in the place of the stalk put chestnuts and sausages. Replace all the leaves in such a manner that it shall not appear as if there was any alteration. Tie the cabbage up well, and dress it in a little braise lightly made with some broth, a bunch of sweet herbs, onions, roots, whole pepper, and a little salt.

When the cabbage is done enough, set it to drain, and serve it up with a good sauce over it, in which there is some butter.

*Of Carrots and Parsnips, which are often specified by the Name of Roots.*

Carrots and parsnips are put into all kinds of soups, into braises, and into cullises. They are used also in entrées of meat called hodge-podge, and ragou'd, as a garnish to small entrées.

For the latter purpose they should be cut as long as the breadth of two fingers, and rounded. Scald them a quarter of an hour in water, drain them, and put them into a saucepan with some good broth, a glass of white wine, a bunch of sweet herbs, and a little salt. Stew them gently till they are sufficiently done, then add a little cullis to thicken the sauce, and serve them with any kind of meat as approved.

*Roots in thin Slips.*

Cut a few onions into small slips, and dress them in some burnt butter and flour. When nearly done, moisten them with some broth, and finish them. Have ready some carrots, parsnips, turnips, and celery, all



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scalded a little in water; cut them quickly into thin slips, and put them to the ragout of onions. Season it with salt and pepper. When to be served up, add a dash of vinegar and a little mustard.

*Roots in Cream.*

Scrape and wash some large very tender roots, and put them into boiling water for half an hour to blanch. Cut them into large slips, and lay them into a saucepan with a piece of good butter, a bunch of parsley, sweet basil, and chives, a clove of garlic, and two shalots; shake them a little over the fire; then add a pinch of flour, a little salt, whole pepper, and some good broth. Stew all together till the sauce is reduced to a small quantity. Take out the herbs, and put in three yolks of eggs mixed with some cream. Thicken it over the fire without boiling. In serving up, add a good dash of vinegar.

*Of Parsley and Chives.*

These are of very great use in the kitchen, but as this will be sufficiently apparent in the different preparations here given, it is unnecessary to say any thing further of them in particular.

*Of Chervil, Sorrel, and Beet, both white and green.*

All these herbs are excellent in the making of soups and ragouts, and may be preserved in the summer for the winter. When they are prepared in a proper manner they lose nothing of their original flavour. The method of doing this is so easy as to require but little attention.

Take sorrel, chervil, beet-leaves, purslain, parsley, chives, and cucumbers, if in season, in quantities pro-



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portioned to the strength of each. Pick these carefully, wash them several times, and set them to drain. Then chop them, and press them with the hands, that little or no water may remain.

Put a good piece of butter into a kettle, and the herbs upon it, with as much salt as will salt them well. Stew them over a slow fire till they are well done, and there is no liquor remaining. Let them stand to cool, and then put them into nice clean pots.

The smaller the consumption of them is likely to be, the smaller the pots must be, as when once they are opened the herbs will not keep at furthest more than three weeks.

When the herbs are quite cold in the pots, melt some butter, and when it is no more than luke-warm, pour it over the herbs. Let them stand till the butter is well congealed, then tie paper over the pots, and set them in a place neither too hot nor cold. They will keep till Easter, and are very useful during the winter.

When wanted for soup, put as much as there is occasion for into some broth, made without salt, and the soup is prepared at once.

If to be used as sauce, put them into a saucepan with a piece of butter, boil them an instant, and add three yolks of eggs with some milk. This may be served either under hard eggs, or dishes of broiled fish.

The best time for preserving these herbs is about the end of September.

*Observation.*

Perhaps in England about the middle, or even beginning of the month may be better, from the season growing sooner cold and unfavourable to vegetables than in France.



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*Of Onions.*

Onions are of great service in the kitchen when used with moderation, particularly in soups, gravies, and cullises.

The small white onion is the most in esteem for making ragouts. When used for this purpose do not peel them, but merely cut off the head and the root. Scald them in water a quarter of an hour, then put them into fresh water, peel off the first skin, and stew them in some broth.

When sufficiently done, add two spoonfuls of cullis to thicken the sauce ; season them with judgment, and serve them up with whatever is thought proper.

Dressed in some broth and well drained, they are eaten cold in salads, with salt, pepper, oil, and vinegar.

*Of Leeks.*

These are only used in the kitchen to put into the pot. They give a good flavour to the broth.

*Of Celery.*

Celery, when very white and tender, is eaten with a sauce of salt, pepper, oil, vinegar, and mustard. It is used also to put into the pot, but it must be in a small quantity only, because the flavour is strong, and would prevail above all the other vegetables.

When it is wanted for ragouts to serve with meat, soak it some time in water to wash it well, then boil it half an hour, and put it afterwards into fresh water. Press it well, and stew it with some good broth and cullis. Season it properly, and be very careful to take off the fat. Serve it up with any kind of meat that is most approved.



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*Of Radishes and Turnip Radishes.*

Radishes and turnip-radishes are of no other use in the kitchen than to serve raw, as a very common corner dish, at the beginning of a dinner, by the side of a soup.

*Of Parsley-roots.*

The roots of parsley are seldom used but for putting into the pot. This must be done sparingly, because they are very strong, and would overpower every other flavour.

They are not good for choleric persons.

*Of Turnips.*

Turnips are used to put into the pot, and likewise make good soup.

When to be used as garnish round a dish of soup, cut them neatly, give them a short scald in water to take off the strong taste, and then dress them in broth, adding some gravy to give them a colour.

For a ragout to serve with meat, cut them neatly, give them a good scald in water, and stew them afterwards with some broth, some cullis, and a bunch of sweet herbs. When well done and seasoned with taste, skim off the fat, and serve the ragout under any kind of meat most approved. Whatever it may be, it should be dressed in a braise.

A more simple way of dressing turnips is to put them in at once with the meat to stew. When about half done, skim the fat quite clear off the ragout, and season it properly.

If this way of dressing them does not look quite so well as the other, it is at least less expensive, and not troublesome.



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*Of Cabbage, and Roman or Cos-lettuce.*

It is unnecessary here to enter into any detail respecting the different natures of the cabbage and Roman lettuce; it is enough that they are both eaten in salads when they are fine and tender. They are used also in ragouts, and sometimes for garnishing soups.

Lettuce must be prepared according to the use they are intended for. After picking and washing them, scald them in water a quarter of an hour, then put them into fresh water, and afterwards press them with the hands. If for soup tie them up, stew them in some broth, and serve them round the dish of soup. The broth in which they were stewed may be added to the soup.

If for entrée, after pressing them, stew them with a piece of butter, some good broth and cullis, with seasoning as required. When ready to be served up, skim off the fat very nicely, and put the ragout under any dish of meat that is thought proper.

The stalks of lettuce make very good entremets and garnishing for entrées of meat. After picking and washing them, stew them in some water with a spoonful of flour mixed into it. Add a bunch of sweet herbs, two onions, some roots, a little butter, and some salt.

When dressed, they may be served meager, with a white sauce, or with a thickening of three yolks of eggs and some milk, like a fricassee of chickens. Or rich, by adding some good cullis, and serving them with any kind of meat as approved, or alone for an entremet.

*Cabbage-lettuce with Force-meat.*

Scald eight or twelve cabbage-lettuce, according to the size of them, half an hour in water, then put them into fresh water, and press them well with the hands. Strip off the leaves of the lettuce, and lay those of each one separate. Tie up each parcel of leaves with some



## On Vegetables in general.

force-meat in the middle of it, and stew them with a little braise. When they are sufficiently done, drain them and press them in a linen cloth. Dip them in a batter made with flour, white wine, a spoonful of oil, and a little salt, and fry them of a beautiful light brown; or rub them over with beaten egg and crums of bread, and then fry them.

Stuffed in this manner, and broiled, they serve to garnish entrées of meat.

*Of wild Succory, both white and green.*

Wild white succory is only good to eat in salads.

The green is used to put into cooling broths, and to make decoctions in medicine.

*Of the common white Succory, or Endive.*

This is eaten in salads, and used for ragouts.

First pick and wash it, then scald it half an hour in water, put it afterwards into fresh water, in order to press it well with the hands. Stew it with some broth, a little butter, and some cullis, if there is any prepared. If not, brown a little flour to thicken the sauce.

When done enough, take off the fat, and season it nicely, add a little shalot, and serve it under either a shoulder, leg, or neck of mutton, roasted.

If to be served white and meager, stew it in meager broth, and instead of the burnt flour, thicken it with yolks of eggs and cream. Serve this under poached eggs.

For meager broth, see article Soups, Porridges, &c. from the French.

*Of the Stalks of green and white Beet-leaves.*

Trim and wash them well; then boil them in water, moving them from time to time, to prevent the upper



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ones turning black. When they are done enough, drain them from the water in a colander.

Make a white sauce with a little flour, some water, a piece of butter, some salt, pepper, and a dash of vinegar. Thicken this over the fire, and then put in the stalks to stew for a few minutes over a slow fire, to give them some flavour. If the butter oils it is a sign that the sauce would be too thick. In this case add another spoonful or two of water, and shake the stewpan till the sauce recovers its first appearance.

Cardoons are dressed in the same manner.

*Of Spanish Cardoons.*

Cut them three inches long, leaving out any that are hollow and green. Boil them half an hour in water, and then put them into warm water to pick them. Stew them with some broth, with a spoonful of flour mixed into it. Add salt, onions, roots, a bunch of sweet herbs, a dash of verjuice, and a little butter. When they are well done take them out, and put them into a good cullis with a little broth. Boil them half an hour in this sauce to give them a flavour, and then serve them up. Let the sauce be neither too clear nor too thick, and of a fine light colour.

They may be served meager, with the same sauce as above for the beet-stalks.

*Of Artichokes.*

Artichokes are very useful in the kitchen; they serve as entremets, and the bottoms to garnish all sorts of ragouts.

It would be useless to enter into a detail of all the various modes of dressing them, as nothing farther is proposed here, than to give simple ragouts of little expence.

Artichokes are generally eaten with the green part underneath cut off, and half the upper leaves.



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 On Vegetables in general.
 

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Boil them in water with a little salt, and a bunch of sweet herbs. When they are done enough, drain them and take off the choke. If they are to be rich, take some good cullis, add to it a piece of butter, a little dash of vinegar, salt, and some whole pepper. Thicken this over the fire, and then put in the artichokes. If they are to be meager, instead of the above sauce, use a white sauce.

Artichokes dressed in water are eaten when cold with oil, salt, pepper, and vinegar.

*To fry Artichokes.*

Pick the artichokes quite to pieces; take off the choke, cut the bottom in two, wash and drain them. Before they are fried they must be shaken over the fire in a saucepan with a small handful of flour, two eggs, a dash of vinegar, some salt and pepper. Fry them till they are yellow. Serve them up with fried parsley.

Pulled to pieces in the same manner, boiled in water for a quarter of an hour, and then put into fresh water, they may be dressed like a fricassee of chickens. When done enough, put in a thickening, and serve them for an entremet.

*To preserve and to dry Artichokes for the Winter.*

Take off all the leaves, and cut off the under part of the bottom, which is not good to eat. Throw them into water as they are done till they are all finished. Boil them in water till the choke will come off easily, then put them into fresh water, and when they are very clean and nice, set them to drain.

If they are for drying, put them upon wire plates into an oven, which must not be too hot. If the hand can be held in it without burning, it is hot enough.



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When they are dry they may be used to put into ragouts, softening them first in warm water.

To preserve them, which is better, make a brine like that for preserving French beans, and follow the same process.

The tender violet, and the small green artichokes, are eaten with poivrade sauce. They are served up in a plate with some ice, as a little corner dish by the side of a soup.

*Artichokes à la Barigoulie.*

Take three or four artichokes, according to the size of them, or of the dish to be used. Cut off the green from underneath the bottom, and half of the leaves. Put them into a saucepan with some water, two spoonfuls of good oil, some salt, a little pepper, an onion, two roots, and a bunch of sweet herbs. Stew them till the sauce is entirely reduced, then fry them a moment in oil to brown, put them into a baking-tin with the oil which remains in the saucepan, take out the choke, and put a hot cover on to the pan, with some fire upon it to grill the leaves. If they can be put into a hot oven they will look still better. When they are of a fine colour, serve them up with a sauce of oil, vinegar, salt, and pepper, as an entremet.

*Artichokes with Verjuice.*

Cut off the green from underneath the bottoms, and half the upper leaves of three or four artichokes. Stew them in a little braise slightly seasoned, drain them when done enough, take out the choke, and serve them with the following sauce as an entremet. Boil a little solid verjuice (sour grapes) in some water for a moment. Then put this liquor into a saucepan with a piece of butter, a pinch of flour, two yolks of eggs, some salt, whole pepper, and a dash of verjuice. Thicken this



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over the fire, and add to it the solid verjuice which was boiled in the water at first.

*Artichoke Balls.*

Take six tender artichokes of a good size, pick off the largest leaves, cut away the green part, and then, with the point of a knife, round the bottom carefully, without cutting into the white. Put them as they are done into fresh water, then blanch them for ten minutes in boiling water, and lastly return them into fresh water to take out the chokes. Stew them in a mixture of flour and water, with some butter, a little salt, a little solid verjuice, or half a citron cut into slices. When sufficiently done take them out of the liquor, wipe them with a linen cloth, and serve them up with a white sauce, or any other that is more approved, as an entremet.

*Of Asparagus.*

The largest asparagus are esteemed the best. They are eaten in various ways. Ragouts are made of them as garnish to entrées of meat, and of fish, and to soups. They are also served with a sauce as an entremet.

For this last purpose, after having cut off a part of the white, and washed them well, boil them in water with some salt in it. Ten minutes will do them sufficiently, as they should be a little crisp. Serve them up with a sauce over them.

If they are to be rich, take some good cullis, a little good butter, some salt and whole pepper, thicken them over the fire, and pour this sauce upon the asparagus.

If to be meager, pour a white sauce over them.

They are also eaten cold, with oil, vinegar, salt, and pepper.



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To make a ragout of asparagus, take only the tenderest, and cut them the breadth of two fingers long. When they are scalded in water and well drained, put them into a good sauce, stew them till done, and serve them with any thing at pleasure.

If they are for soup, take the small ones and use only the green. Scald them a moment in water, then put them into fresh water, and tie them in bundles. Stew them in some of the broth intended for the soup, and garnish the dish with them.

*Asparagus like green Peas.*

After cutting the asparagus the size of small peas, and washing them well, scald them a moment in water. Drain them thoroughly and dress them like the peas, with white sauce, only omitting the lettuce. See page 108.

*Of Gourds.*

These are of but little other use in the kitchen than to make porridge with milk.

First, pare a gourd, then boil it in water. When it is done enough, and there is very little water remaining, put to it some milk, a piece of butter, a little salt, and a little sugar. Add some slices, or crusts of bread if agreeable. Do not set it upon the fire after putting in these ingredients.

To fricassee gourd, after it is dressed in water, it must be put into a saucepan with a piece of butter, some parsley, chives, salt, and pepper. When it has stewed a quarter of an hour, and there is no sauce remaining, add a thickening of yolks of eggs, with some cream, or milk.

*Of Tomatoes.*

Tomatoes are used in soups, sauces, and to serve as little dishes at table, at any part of a dinner.



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*To bake Tomatoes.*

Cut some tomatoes in two the broad way, put them upon a tin, with the part where there is rind downwards. Strew upon each a seasoning of pepper, salt, and sweet herbs chopped small. Set them into an oven till they are soft, and serve them up without any other sauce.

The fruit of the purple egg-plant is eaten, prepared in the same manner. These must be cut the long way.

*Of Hop Tops.*

Hop-tops, the young shoots of the wild hop, are seldom eaten but in Lent, as a boiled salad.

Boil them in water with a little salt. When they are well done, well drained, and cold, serve them up with salt, pepper, oil, and vinegar, over them.

*Of Cucumbers.*

The cucumber is known to every body as of the same cold species as the melon and the gourd.

In using cucumbers, they should be pared, the inside taken out, and then cut in pieces.

If they are for a ragout, lay them in a pan with half a spoonful of vinegar, and a little salt, for two hours, turning them from time to time. By this means the juice, which is so cold to the stomach, will be drawn out of them. They must be pressed in a cloth before they are dressed.

Stew them with a piece of butter and some broth, with a bunch of sweet herbs. When they are dressed add a little cullis. Take off the fat before serving up the ragout.

If they are to be meager, after having pressed them, put them into a saucepan with some butter, shake them over the fire, then add a pinch of flour, and



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moisten them with some meager broth. Keep them doing slowly till they are done enough, and then put in a thickening of yolks of eggs, and some milk. Serve them as an entremet, or a corner dish, either alone, or with eggs upon them.

To make soup with cucumbers, dress them for a moment in water; then put them into some broth to finish them, and add a little gravy to give them a colour. Garnish the dish of soup with them, and put the liquor they were dressed in into the soup.

For cucumbers to preserve, they must be chosen small, and not too ripe. Lay them in pots, and pour on them a brine, the same as that for the French beans. When they are wanted for use pare them, and dress them like fresh cucumbers.

*Of Salsify and Scorzonera.*

Salsify and scorzonera are prepared in the same manner. They must be scraped and washed; then dressed like cauliflowers, and served with a white sauce.

*Of Spinage.*

Pick and wash the spinage very nicely, boil it a little while in some water, then put it into fresh water just to cool, and press it well.

Put it afterwards into a saucepan with a piece of good butter, and stew it over a small stove fire for a quarter of an hour. Add a little salt, a pinch of flour, and milk or cream enough to moisten it nicely.

To make it rich, instead of cream, put a good cullis and veal gravy. When prepared in this manner it may be served with roasted meat.

*Of Melons.*

Melons are used as corner dishes at the beginning of a dinner or supper.



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To choose them good they ought to smell like pitch; and the tail should be short and thick. In pressing them under the hand they should be firm, not soft. Let them be neither too green nor too ripe.

*Of Jerusalem Artichokes.*

They are very little in esteem. Those who wish to eat them must dress them in water, then peel them, and put them into a white sauce, with some mustard.

*Of red Beet-root.*

Red beet-root should either be boiled in water, or set into an oven till it is soft. It is eaten in salads and in fricassees.

When it is to be fricasseed, put some slices, after being prepared as above, into a saucepan with some butter, parsley, and chives, chopped; a little garlic, a pinch of flour, salt, pepper, and vinegar to the taste. Let it boil a quarter of an hour.

*Pickled Gherkins.*

The Dutch gherkins are esteemed the best, the colour of them being the greenest. They are used as garnish to boiled salads and in ragouts. They must be boiled a moment in water to take off the flavour of the vinegar. Put them afterwards into a good sauce, or ragout, not boiling them any more, and serve them up with any thing that is approved.

*Gherkins of Maize, or Indian Corn.*

Take some maize while it is yet soft and pithy, and quite green. Half boil it in water, then cool it in fresh water, and put it into pots. Boil some water with one third of vinegar, some cloves, and some salt. Pour this brine boiling hot upon the maize, and set the pots upon hot ashes. Make the same kind of brine the next



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day, and pour it as before upon the maize. Repeat this process till it is quite green, and then cover the pots close. Use them for the same purposes as gherkins. Gherkins may be preserved in this manner.

*Of Mushrooms and Morels.*

The best mushrooms are those which are cultivated in beds, and they may be had fresh all the year.

It is not the same with morels and the mushrooms which grow in the woods, and are found at the foot of trees, in the months of March and April. To have these all the year it is necessary to dry them. After taking off the end of the stalk, wash them, and boil them for a moment in water. When they are drained, put them in a very cool oven to dry. Keep them when done in a dry place. Soak them in warm water for use.

Cultivated mushrooms may be dried in the same way.

Morels and mushrooms are both used for the same purposes, and in an infinity of sauces and ragouts.

To serve as entremets in cream, they must be put into a saucepan with a piece of butter, a bunch of parsley and chives, and shaken over the fire. Then add a pinch of flour, a little salt, and a little sugar; moisten them with hot water, and stew them. When they are sufficiently done, and the sauce stewed away, put in a thickening of yolks of eggs, and some cream. Fry a crust of bread in some butter, lay it at the bottom of the dish, and serve the ragout upon it.

To make mushroom and morel powder, they must be well dried, as above, and then pounded very fine in a mortar. This powder may be used in all the ragouts in which there are chopped parsley and chives.

*Of large and small Capers.*

Small capers are used for garnishing boiled salads,



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and to put whole into sauces. The large ones are used in sauces that require chopped capers.

*Of Nasturtiums.*

Nasturtiums are red flowers which are eaten in salads, and are quite an ornament to them.

*Of Truffles.*

The largest are the most esteemed; those which are brought from Perigord are the best.

They are usually eaten dressed in wine, and broth seasoned with salt, pepper, a bunch of sweet herbs, some roots, and onions.

Before they are dressed they must be soaked in warm water, and well rubbed with a brush that no earth may remain about them.

When dressed serve them in a plate as an entremet.

The truffle is excellent in all sorts of ragouts, either chopped, or cut into slices, after they are peeled. It is one of the best seasonings that can be used in a kitchen.

Truffles are also used dried, but their flavour is then much diminished.

*Truffles à la Maréchale.*

Take four fine truffles, wash them well, and rub them with a brush. Season them with salt and pepper, wrap them in several papers, and put them into a little earthen pan without any moisture. Cook them upon hot ashes for a full hour, and serve them hot without any kind of sauce.

*Of Skirrets.*

Skirrets are sometimes scraped, which diminishes them much, but they are the more delicate for it.



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Sometimes they are only washed, and the hard part broken off.

Boil them in water with some salt in it for a quarter of an hour, which will do them enough, and then drain them. Make a thick batter with some flour, white wine, a spoonful of oil, and a little salt. Dip the skirrets in this batter, fry them, and serve them as an entremet.

*Of Thyme, Bay-leaves, sweet Basil, Savory, and Fennel.*

Thyme, bay-leaves, and sweet basil, are always used in the bunches of herbs when sweet herbs are directed. Savory is not much used excepting for beans. Fennel is used only for flavouring. It must be boiled a moment in water. When well drained, put it upon the meat it is intended for as it is, without dipping it into the sauce. There are few persons who like it.

*Of Patience, Bugloss, and Borage.*

They are only used in the kitchen to make cooking broths, with a small piece of veal, and no salt.

*Of Garden Cresses, Water Cresses, Chervil, Tarragon, Balm, and Burnet.*

Water-cresses are used to serve round a roasted pullet or capon. Season them with some salt and a little vinegar.

Garden-cresses, chervil, tarragon, balm, and burnet are used in salads; and little green sauces are also made with them.

Put of each according to the strength of it; but little balm and tarragon, as these herbs are very strong. Boil them all for a moment in water, then put them into fresh water to cool, and press them well. Chop



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them very small, and put them into a cullis. This sauce may be served with any thing as most approved.

*Of Garlic, Rocambole, and Shalot.*

Use these in ragouts and sauces which require to be highly flavoured, unless a separate sauce is made of them only.

*Observations.*

It is an observation meant to apply equally both to English and French cookery, that the mixing animal juices in preparations of vegetables is not to be recommended. The different modes of cookery desirable for each, makes the mixing them together during the cooking to be avoided, where the health is to be consulted. The approbation of the French manner of dressing vegetables must therefore be understood as confined to the doing them thoroughly, and preserving the natural juices, not to the mixing them with animal juices. An alteration in this respect may easily be made, by substituting butter and flour, yolks of eggs and cream, or some mushroom or walnut catsup, instead of them.

Wherever thyme or other hard-leaved herbs are used, they are better not served in the preparation, as they are indigestible.



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Soups, &c. from the French.

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## SOUPS, PORRIDGES, &c. FROM THE FRENCH.

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### *To prepare Broth for all Kinds of Soups.*

THE meat must be sound and healthy in every respect, and fresh killed, that it may give the more and the better flavour to the broth. The most juicy pieces should be used for this purpose, such as the flank, the rump, the ribs, the middle of the leg, the under part of the sirloin, &c. The best pieces to serve at table, are the rump and brisket of beef. Veal must not be put into broths but on occasions of illness. Let the meat be done first with nothing but the water, and when it is well skimmed, put in some salt. Then add all sorts of vegetables, well picked, scraped, and washed, viz. celery, onions, carrots, parsneps, leeks, cabbages, &c. &c. Boil the broth gently till the meat is done enough, then strain it through a napkin or sieve, and keep it for use as it may be wanted.

### *Meager Broth.*

Half fill a saucepan with whatever variety of vegetables is most approved, and some seasoning herbs with them. Add water nearly to fill the saucepan, and let it boil till the vegetables are very soft. Then strain it off, and use it when meager broth is directed. It will not keep above a day or two, and the fresher it is used the better.

### *Cabbage Soup.*

Cut some cabbages in halves, wash them well, and



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blanch them a few minutes in scalding water, then tie up each half separate with a slice of streaked bacon, cut with the rind on. Lay them into a stewpan, sufficiently apart one from the other to prevent their being broke, with some broth prepared as above, and stew them gently. When the bacon and cabbage are done enough, simmer the soup with some more of the same broth, and some crusts of bread. Serve up the soup with the cabbage and bacon round it, or in it, at pleasure. Put very little salt into the soup, on account of the bacon.

Soup of roots, or of turnips, is made in the same manner, and of celery also, only this will require blanching for a longer time.

*Cullis of Lentils.*

Pick and wash half a pint of lentils, or more, according to the quantity of cullis to be made. Stew them with some good broth, and when sufficiently done, pulp them through a tamis, and add seasoning to the taste. The lentils à la reine are the best for cullises.

*To make a Porridge with Crusts of Bread.*

Lay some crusts of bread upon a silver or pewter dish, and moisten them with some broth, which must not be cleared from the fat. Simmer them till the fat browns a little on to the bottom of the dish, then pour off the remainder of the fat, and serve the crusts upon some lentil cullis.

Crusts of bread prepared in this manner, may be served with peas-porridge. But the porridge should then be made with some parsley and chives, scalded and pounded in a marble mortar, added to the peas, when they are pulped through the tamis, to give them a green colour.



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*Soup with small white Onions.*

Blanch some small white onions in scalding water, peel off the first skin, and stew them in a little broth. When ready, lay them in a row round the edge of the dish intended for the soup. To keep them in their place, put a thin slip of bread rubbed with some white of egg round the rim of the dish, and set the dish over a stove for a moment to fasten the bread. Use slips of bread in this manner to keep all kinds of garnishing to soups in the proper place.

Serve these with any kind of soup as approved.

*Soup with Cucumbers.*

Pare and cut the cucumbers, then stew them with some good broth, and veal gravy to colour them. When they are done enough heat the soup with the liquor they were stewed in, and season it with salt. Serve up the soup garnished with the cucumbers. These will be a proper garnish for almost any *kind of soup*.

*Rice Soup.*

Take a quarter of a pound of rice or more, according to the quantity of soup required. A quarter of a pound will make enough for four plates. Wash the rice three or four times in warm water, rubbing it with the hands. Stew it over a slow fire with some good broth, and veal gravy for three hours. When it is done enough skim off the fat, season it properly with salt, and serve it up of a moderate thickness.

*Herb Soup.*

Put some sorrel, lettuce, chervil, and purslain, well picked and washed, into a saucepan with a carrot, a parsnep, and a little celery cut into thin slips. Stew them with some good broth, and a little veal gravy.



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When they are well done and properly seasoned with salt, heat the soup over a slow fire, and serve it up with the herbs in it without any garnishing,

Soups may be served at pleasure with any kind of meat most approved, as capon, pullet, large pigeons, partridges, ducks, knuckle of veal, &c. The manner of dressing them all is the same. The legs of the birds must be trussed within the body, and whatever of them, or any other kind of meat is used, must be blanched for a moment in scalding water, and not put into the saucepan with the soup for a longer time than just to dress it nicely. To know exactly when a fowl or other bird is done enough, it is necessary to feel it; when it yields a little to the fingers, it will be ready to serve. It may be served either in the soup, or as a corner dish, with some good broth over it, as preferred. When gravy is used in soups, veal, should be used rather than beef gravy, the veal being cooling and lighter. Veal gravy drawn over a very slow fire with a few onions, is not prejudicial to the health.

*Observation.*

So says the French cook. How far his opinion deserves to weigh against that of many eminent medical opinions in England, the public will decide.

*A Meager Spring Soup.*

Put a pint of peas into a saucepan with some chervil, purslain, lettuce, sorrel, parsley, three or four onions, and a piece of butter, shake them over the fire for some minutes, then add warm water in proportion to the vegetables, and stew them till they are well done. Strain off the soup, and pulp the vegetables through a tamis or sieve. Heat the pulp with three quarters of the soup, mix six yolks of eggs with the remainder of it,



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and thicken it over the fire. When ready to serve, add this to the soup, and season the whole with salt.

*Soup-meager of Rice and Lentils.*

First make a good meager broth with cabbages, turnips, onions, celery, carrots, parsneps, and leaks, of each in proportion to its strength, and half a pint of peas. While this broth is preparing, put half a pint of lentils à la reine into a small saucepan, and stew them in a little water. When done pulp them through a tamis or sieve. Wash a quarter of a pound of rice very clean, and stew it with a piece of butter, and some of the meager broth drawn clear. When this is ready add it to the lentil cullis and season it well. If too thick put in some more of the broth.

*A brown Soup-meager.*

Put three quarts of water into a saucepan with bread raspings sufficient to thicken it. About a small teacup full to a quart of water. Add to it two or three onions cut across, a little pepper, some salt, and two or three cloves. Boil this about half an hour, and then strain it through a sieve. Fry some carrots, parsneps, celery, endive, lettuce, spinage, and sorrel, cut moderately small, in butter, then put them into a clean stew-pan with the above soup, and stew it till the vegetables are tender, and the soup of a good thickness. If it is not sufficiently brown, a very little mushroom catsup may be added. Serve up the soup with some fried bread cut into dice put into it.

*A white Soup-meager.*

Grate the crumb of two small rolls into five pints of water, prepared in a clean saucepan. Add to them two onions sliced, two or three cloves, a little whole



## Soups, &amp;c. from the French.

pepper, and salt, and boil it till quite smooth. Cut the white parts of some lettuce, celery, and endive, and two or three turnips pretty small. Put them into a clean stew-pan with a good piece of butter, and stew them gently till nearly done. Strain the soup to them, and boil it smooth and of a good thickness, clearing off any scum that may arise. Rasp a tolerable sized French roll, lay it in the dish, pour the soup upon it, and serve it up.

*Almond Milk Porridge.*

Set half a pound of sweet-almonds upon the fire with some water, and when they are ready to boil, take them out and peel them. As they are done put them into fresh water, and when all finished, drain them, and beat them in a marble mortar, moistening them from time to time with a spoonful or two of water to prevent their oiling. Put a pint of water into a saucepan with a little sugar, a very little salt, a piece of citron peel, a little cinnamon and coriander. Simmer this over a stove for a quarter of an hour, and then use it to pulp the almonds with through a napkin, pressing them often with a wooden spoon. Lay some slices of bread, dried, into a dish, and pour the milk of almonds upon them as hot as it can be made without letting it boil. If a more simple preparation is desired, pulp the almonds with plain hot water, then add a very little salt, and sugar to the taste, and pour the milk as above over some slices of bread.

*Soup à l'Eau.*

Put a quarter of a cabbage, four carrots, two parsneps, six onions, a root of celery, a small root of parsley, three or four turnips, some sorrel, a bunch of white beet leaves and chervil, and half a pint of peas, tied in a piece of linen, into a saucepan that holds about three



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pints. Add water in proportion to the vegetables, and stew the whole for three hours. Strain off the broth, add a proper quantity of salt, heat it and serve it up garnished with the vegetables.

*Fowl and Egg Soup.*

Boil half a pint of the richest part of some broth prepared for soups, over a stove for two minutes, with a piece of crum of bread the size of an egg. Pound the white part of a roasted fowl very fine in a marble mortar with some sweet-almonds, and the yolks of six eggs boiled hard. When the whole is well beaten, mix it with the broth and crum of bread, and pulp it all through a tamis, adding to it a quarter of a pint of cream, or a gill of milk. Season it to the taste, and set whatever it may be in, into a pan of boiling water to keep it hot. Heat broth enough for the occasion, with some crusts of bread in it well rasped. When ready to serve add the cul-lis to it, without letting it boil, as it would then curdle.

Soup with lamb's pluck is made as above, only that the pluck is dressed separately in some broth. When this and the soup are ready, garnish the dish with the pluck, and put the head into the soup. If roasted fowl is not to be had, put a few more sweet almonds instead of it.

*Gourd Porridge.*

Pare a quarter of a middling sized gourd, and clear it entirely of the seeds, and the substance which hangs about them. Then cut it into small pieces, put it into a saucepan with some water, and stew it till reduced to marmalade. Stir in a piece of butter as large as an egg, and a little salt, and set it over the fire again for a few minutes. Boil a pint of milk, with as much sugar as



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will be agreeable, and pour it to the gourd. Lay some slices of bread in a dish, moisten them with some of the gourd soup, cover the dish and set it upon some embers for a quarter of an hour to soak the bread, but it must not be allowed to boil. When this is ready pour the remainder of the soup upon it very hot.

*Soup-meager of various Kinds.*

Take either small onions, carrots, parsneps, turnips, cabbages, or celery, as most approved for garnishing the soup, cut them properly, blanch them a quarter of an hour in boiling water, then change them into fresh water, and stew them afterwards with a piece of butter, some water and a little salt. While this is preparing put a piece of butter into a saucepan, with some onions, carrots, parsneps, and a root of celery, all cut small, some parsley, chives, thyme, basil, a clove of garlic, a bay-leaf, and three cloves. Observe to omit the vegetable here which is prepared for the garnish, as whatever it may be it will be enough of that kind. Set these vegetables over the fire, stirring them from time to time, till they are sufficiently done, and a little browned. Add water in proportion to them, and boil altogether half an hour, to make a broth of as good flavour and colour as if it had gravy in it.

Strain off the broth, and put it into the saucepan with the vegetables intended for garnish. Pulp the vegetables through a sieve, and when the broth is ready heat this pulp with some of it. Lay some slips of bread, rubbed with white of egg, round the edge of the dish and set it over the stove for a few minutes to fix them. Arrange the garnish, put the pulp to the soup, and serve it up. If the soup is served in a tureen, put the vegetable which was prepared for garnish into the soup.



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*Onion Porridge.*

Cut about a dozen middling sized onions into slips, put them into a saucepan with a piece of butter, and shake them over the fire till they are done enough, and lightly coloured. Moisten them with some water, or meager broth, if there is any prepared. Add some salt and pepper, boil it two minutes, and afterwards simmer it with some bread as usual.

For an onion soup with milk, take rather fewer onions than are mentioned above. Stew them over a slow fire till they are done enough without being coloured. Boil some milk, add it to the onions, and season them with salt. Lay some slices of bread into a dish, with a part of the broth, cover it, and set it upon a few hot wood ashes. When the bread is well soaked, pour the remainder of the broth upon it, and serve it up.

*Chestnut Soup, meager and rich.*

Cut two carrots, a parsnep, a root of celery, and three leeks into small pieces, put them into a saucepan, with three onions sliced, half a clove of garlic, two cloves and a piece of butter. Shake them all together over the fire till they are a little coloured, without letting them burn. Add some water, boil them an hour, then strain the broth through a sieve, and season it with salt. Take a hundred large chestnuts, or a hundred and fifty small ones, strip off the outward skin, and put them over the fire in an iron pan with holes in it, shaking them constantly till the second skin comes off. When they are well picked, stew them with some of the broth, then take out such as are whole to keep for garnish, bruise the remainder, and pulp them through a sieve, into a cullis, moistening them with the broth they were stewed in. Heat the rest of the broth, and when ready to serve mix this cullis into it.



## Soups, &amp;c. from the French.

When to be made rich, the only difference to be observed, is to use rich, instead of meager broth.

*Asparagus Soup, meager and rich, with Green-peas Porridge.*

For the meager soup, make a vegetable broth as above for the chestnut soup. When it is strained through a sieve, stew a pint of green-peas in a part of it, and pulp them through a sieve. Cut as much middling sized asparagus as will serve for garnishing the dish, the length of three fingers in breadth, blanch them a moment in scalding water, change them into cold water, drain them, and tie them up in several small bundles. Let the ends be cut a little to a point, and stew them with the peas before they are pulped. Heat the broth, add the peas-porridge to it, garnish the dish with the asparagus, and serve it up.

Use rich broth instead of meager, when the soup is to be rich; but make it otherwise in the same manner.

*Carrot Soup-meager.*

Melt a quarter of a pound of butter in a saucepan or earthen pot, which holds about three quarts, then fill it about half full with turnips and carrots cut into pieces rather larger than dice. Set these over the fire for a quarter of an hour, shaking them well at different times. Then add as much water as will nearly fill the saucepan, and after letting it stew for an hour, slice in three or four large onions, and put in a little rice. Stew this for two hours longer. A quarter of an hour before it is to be served up stir in a small teacup full of bread raspings, some salt, and either some Cayenne or common pepper, as approved.



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Soups, &c. from the French.

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*Observation.*

These kinds of preparation are best done over a small charcoal fire, taking particular care that they stew very gently.

*Onion Soup-meager.*

Peel and chop twelve middling sized onions, have ready half a pound of butter melted in a stew-pan, put in the onions and let them fry a quarter of an hour, then dredge in some flour, and do them for five minutes longer. Add to this two or three pints of boiling water, according to the thickness desired, well stirred in to the onions, and some crusts of very stale bread, cut small, with salt to the taste. Stew this for half an hour, then take it off the fire. Beat the yolks of two eggs with a spoonful of vinegar, take out a little of the soup to mix with them, and then add this to the rest. Stir it all well together, and serve it up without setting it again over the fire.

*Celery Porridge.*

Cut some celery and endive small, and stew them well in some broth. When done enough, add to it a little burnt butter, and gravy, and a little flour if it wants thickening. Stew them for a few minutes, and serve it up with sippets of fried bread round it, or a slice of fried bread at the bottom of the dish.

*A Soup-meager.*

Melt five ounces of butter in a stewpan with a little flour and water, when hot, slice into it four good sized onions, and shake the pan well over the fire for five minutes. Cut four or five roots of celery, two handfuls of spinage, a cabbage lettuce, and a bunch of parsley



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Soups, &c. from the French.

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very small, and put them into the pan with the onions. Set it over the fire till the vegetables are pretty well done, stirring them often to prevent their burning. Then mix in a little flour, some Cayenne pepper, salt, some crusts of stale white bread, and three pints of boiling water. Stir the whole well together, and let it stew for half an hour. Before serving it up, add the yolks of two eggs well beaten, and a spoonful or two of vinegar, but do not set it any more over the fire. The green part of asparagus is very nice cut into this soup with the other vegetables.

*A Winter Peas-soup Meager.*

To three quarts of water put a pint of whole peas, and boil them gently till quite tender. Drain them, pulp them through a sieve, and put the pulp into the liquor they were boiled in, adding with it some turnips, carrots, celery, onions, and leeks cut small, a bunch of sweet herbs, some salt, a little whole pepper, and a good piece of butter well rolled in flour. When the whole is well stewed, serve it up either strained, or with the vegetables in it, at pleasure. If strained, put in fried bread, cut into little squares, or some crusts of stale bread. Mushroom, or walnut catsup may be added to colour it, if agreeable.

*Observation.*

The flavour and good qualities of peas are always injured by splitting, unless they are used quite newly done. When this cannot be depended on, therefore it is far better to use the whole peas.

*A white Winter Peas-soup Meager.*

Boil half a pint of whole white peas in five pints of water, with a root of celery, a carrot, a parsnep, two turnips, three good sized onions, three blanched leeks,



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Soups, &c. from the French.

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a bunch of sweet herbs, two or three cloves, and a little mace. When the vegetables are all well softened, pulp them through a sieve, put this pulp into the liquor they were boiled in, with a good piece of butter rolled in flour, and heat the soup over the fire. Just before serving it up, beat the yolks of three eggs, and mix them with a pint of cream. Pour this gradually into the soup, taking care that it stews very gently while it is doing. Serve it up with a roll sliced and dried put into it.

If this soup is preferred green omit the cream, and instead of it put spinage juice extracted by beating the spinage in a marble mortar. Add one or two more yolks of eggs, and put Cayenne pepper instead of mace.

*A green Peas-soup Meager.*

Put a quart of old green peas, and some mint, to three quarts of water, boil them till quite tender, and then pulp them through a sieve. Mix the pulp into the liquor the peas were boiled in, put it into a stewpan, and with it the stalks of some lettuce stripped of the leaves and sliced, two good sized cucumbers cut small, some chives chopped, a pint of young peas, salt and pepper to the taste, a good piece of butter rolled in flour, and a lump or two of sugar, if agreeable. Stew this very gently till the vegetables are all nicely done. Serve it up with fried or toasted bread to eat with it.

*Observation.*

Any of these soups may be varied at pleasure by changes amongst the vegetables. Those of our culture the best suited to the purpose, both of the larger vegetables, and herbs for seasoning, are,



## OR, THE HEALTHFUL COOKERY-BOOK.

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### Soups, &c. from the French.

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Asparagus,	Basil,
Beet leaves, green & white,	Borage,
Carrots,	Bugloss,
Celery,	Burnet,
Chives,	Chervil,
Cucumbers,	Clary,
Endive,	Coriander,
Hamburgh Parsley,	Dill,
Leeks,	Finochio or French fennel,
Lettuce,	Lemon thyme,
Onions,	Lovage,
Parsneps,	Marigold,
Peas,	Marjoram,
Potatoes,	Mint,
Salsify,	Parsley,
Scorzonera,	Penny-royal,
Skirrets,	Purslain,
Sorrel,	Savory,
Spinage,	Tarragon,
Tomatoes,	Thyme.
Turnips.	

The peasantry in France make a very simple porridge of the largest thick rinded gourds, by putting them into an oven till they are softened to a pulp. Then cutting a slice off the top, stirring up the pulp in the rind, as a dish, and adding a little seasoning, such as salt, oil, vinegar, or sugar, &c. This eaten with bread is a frequent meal with them.

It is very common in France, amongst all classes of people, to dress cauliflowers and French beans to eat cold as salads, with a sauce of oil, vinegar, salt, and pepper.

In some parts of France, raw salads, composed entirely of herbs growing wild in the fields, are in frequent use, and called, for distinction, *rural* salads,



## OBSERVATIONS ON THE CHOICE OF ANIMAL FOOD.



IN the use of animal, as of all other kinds of food, its beneficial or injurious effects very materially depend on the choice of it, and the manner of preparing it. There are peculiar constitutions, and particular states of health, or rather particular diseases and periods of life, when animal food is highly detrimental; and others again when it is essentially necessary; but it is the general use of it, not these exceptions, that is here to be considered. As a part of our habitual diet the main points to be attended to are, the kinds of animal food, and the modes of dressing it, which are most to be recommended. A choice of kind will, however, be of but little consequence, if the animals subject to this choice are not sound and healthy. It is desirable therefore to avoid the flesh of all such as are fatted in confinement, or upon improper substances, which never can make wholesome food. Oil cakes and rank vegetables, with want of air and exercise, produce flesh, the sight of which alone will evidence the truth of the assertion that it is unwholesome.

That animals will eat rancid fulsome food, and grow fat upon it, is no testimony in its favour. Hunger and custom will induce the eating of revolting substances, both in the brute and human race; and growing fat is by no means always a sign of health. Is it so amongst mankind? or is it not more frequent that an increase of bulk is only symptomatic of grossness of habit, tend-



ing to fever, apoplexy, and other dreadful diseases, induced by improper and too much diet, and want of air and exercise.

It is no uncommon effect of confining and cramming animals, that they become diseased in the liver, besides acquiring a general tendency to putridity in their juices and muscular substances, from want of air and exercise, excess of feeding and bad food, and the dirt in which they live.

A brute, no more than a human being, can digest above a certain quantity of food, to convert it into actual nourishment, and good chyle can only be made of good ingredients, any more than any preparation in the kitchen.

To be well fleshed rather than fat is the desirable state of animals destined for slaughter. There will always be with this a sufficient proportion of fat, and labouring to produce more is only increasing that part of animal substance, which, from its gross indigestible nature, is not proper for human diet, unless in a very limited degree.

Venison, which in its domestic state is never fattened like other animals, game, and every wild animal proper for food, are of very superior qualities to the tame, from the total contrast of circumstances attending them. They have a free range of exercise in the open air, and choose their own food, the good effects of which are very evident in a short delicate texture of flesh found only in them. Their juices and flavour are more pure, and their fat, when it is in any degree, as in venison, and some other instances, differs as much from that of our fattened animals as silver and gold from the grosser metals.

The superiority of Welch mutton and Scotch beef is owing to a similar cause, and is a case still more in point than the former, as a contrast between animals of the same species under different management.



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*Observations on Animal Food.*

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It must not be supposed that the preferences here pointed out are a mere matter of taste, as they rest on more important considerations. A short delicate texture of flesh renders it more digestible in an almost incalculable degree than the coarse, heavy, stringy kind of substance often produced by the misapplied art of man. A pure animal juice too is something more than a luxury; for if what we use as food is not pure, neither can our blood nor juices be so. If we would but be contented with unadulterated luxuries, we have them at our command, and provided they are not indulged in to excess, are of decided advantage to our health.

Supposing all animal flesh good of its kind, there is yet a decided preference in the choice of it. Mutton, beef, venison, game, wild rabbits, fowls, turkies, and various small birds are preferable to lamb, veal, pork, young pigs, ducks, geese, and tame rabbits.

The more matured substance of mutton and beef, particularly if not killed till of a proper age, are far easier of digestion, and more nutritious, than lamb and veal. Nothing comes to perfection under a stated period of growth, and till it attains this it will of course afford inferior nutriment. If the flesh of mutton and lamb, beef and veal are compared, they will be found of a different texture, and the two young meats of a more stringy indivisible nature than the others, which makes them harder of digestion. Neither are their juices so nourishing when digested; as any one at all in the habit of observing what is passing within and about them will readily perceive from their own experience. Lamb and veal leave a craving nausea in the stomach, not felt after most other animal foods.

Veal broth soon turns sour by standing, owing to the sugar of milk contained in the blood of a calf, and the same change takes place in a weak stomach. Persons



## Observations on Animal Food.

in the habit of drinking strong liquors with their meals, cannot competently judge of such an effect ; as these liquors harden all kinds of animal food, and therefore little distinction can be perceived amongst them.

The idea that strong liquors assist digestion is a very erroneous one. When the stomach is uneasy from too much, or indigestible food, strong liquors produce a change of sensation and a deceitful glow in the stomach that induces a belief of their beneficial effect. But so far from assisting digestion, nothing requires more vigorous powers of digestion than such liquors. Every body has seen brandy cherries. Are they digested in the brandy, or are they not rather become as tough as leather ? And this is equally the case in the stomach as out of it. Nor is this effect confined to spirits : strong wines and strong malt liquors produce the same.

Pork is a strong fat meat, and unless very nicely fed, only fit for hard-working persons. Young pigs are liable to all the objections, in a greater degree, against lamb and veal : they are fat, luscious, and afford no nutriment. Ducks and geese are of a coarse oily nature, and only fit for very strong stomachs. Tame rabbits are of a closer heavier texture than the wild, and hence very inferior to them. Pigeons are of a hot nature, and must therefore be sparingly used.

It is unnecessary to add any thing further to what has been already said respecting venison, game, and other wild animals.

Fowls and turkies are of a mild proper nature for food, but the fattening them in confinement is equally prejudicial to them as it is to the animals cited above. If left at large, well fed with good barley, and with clean water to drink, they will be little inferior to game. Barley is preferable to barley-meal, as retaining all the natural qualities of the grain in greater perfection than when ground ; and as these animals are provided with



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Observations on Animal Food.

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grinders in the gizzard, the concocting their own food is more nourishing and wholesome for them.

Animal substances ought never, purposely, to be kept so long as to be in danger of tainting, which is the beginning of putrefaction. In this state they become very improper for food, particularly for persons with any tendency to putrid disorders, and for all persons at a time when putrid fevers prevail, as they dispose the blood and juices to receive putrid infection. But as difficulties sometimes occur about keeping meat in hot weather from one day to another, the wrapping it in a cloth dipped in vinegar, and not wrung very dry, will be found useful to preserve it from taint. This must be renewed as found necessary.

Some parts of birds, and other animals, are better than others. All the extremities, as the head, neck, feet, and tail, are of a hard, viscid, gross nourishment. the parts about the wings, back, and breast of birds are in general the most tender, and of the finest flavour. In four-footed animals, the upper part of the leg and shoulder, the back, breast, and long bones of the neck are much superior to the above named extremities, and to the flap parts about the belly or elsewhere. The heart and other viscera are nutritious, but hard of digestion and improper for weak stomachs. The skin is bad for every body.

The larger an animal is of its kind, the flesh of it will be stronger and harder to be digested. Thus beef and mutton of a large breed are harder to digest than those of a small breed, not only as their vessels being stronger and more elastic, their parts are brought together with greater force, but also because the qualities are proportionably more intense in large bodies than in smaller ones of the same kind. Just as a great fire is proportionably more intensely hot than a lesser one ; and as the wine contained in a large vessel becomes stronger



than that contained in a smaller, so consequently the juices of large animals are more rank than those of smaller ones of the same species. These remarks must be understood as relating to mature animals only, not at all as applying to a comparison between young and mature ones, the differences of which have been already noticed.

Animals which abound with oily, fat, and viscid substances are harder to digest than those of a drier, fleshy, and more fibrous substance. Oily and fat substances commonly elude the force and action of animal digestion, especially in persons who use little exercise, or have weak stomachs, for their particles attract one another, and unite more strongly than in any other substances, excepting salts; and their softness and humidity relax and weaken the tone and force of the stomach; the fat and oil being enclosed in little bladders, which are with difficulty broken and separated. Hence fat meat is not so easy to digest as the meat of well fed but not fat animals.

The flesh of very old animals is unwholesome, being hard, dry, sinewy, of little nourishment, and difficult to be digested,

Those which are the longest coming to maturity have the coarser juices; thus oxen, cows, boars, &c. are less tender and easy of digestion than sheep, hares, rabbits, poultry, and other birds.

The strong and pungent in flavour are harder to digest than those of a milder nature.

The flesh of birds is lighter, drier, and easier of digestion than that of four-footed animals.

Animals living in high places, refreshed with wholesome winds, and cherished with the warm beams of the sun, where there are no marshes, lakes, or standing waters, are preferable to those living in pools, as ducks, geese, &c.



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Observations on Animal Food.

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Fish is less nourishing than flesh, because it is gross, phlegmatic, cold, and full of watery superfluities ; but under certain restrictions may be safely used as a part of our general diet. It is bad for cold phlegmatic constitutions, and best suited to such as are hot and choleric.

The white kinds of fish, which contain neither fat nor oil, such as whittings, turbot, soles, skate, haddock, flounders, dorey, smelts, trout, graylings, and others of the same nature are preferable (as easier of digestion) to salmon, mackarel, eels, lampreys, herrings, sprats, &c.

Shell-fish, such as oysters, muscles, and cockles, are very far from being easy of digestion, although it is a popular idea that they are particularly proper for invalids ; an error that cannot fail to prove very injurious to them.

Lobsters, crabs, cray-fish, prawns, and shrimps very often occasion surfeits, which end in St. Anthony's fire. Persons have sometimes suffered these effects from eating the smallest portion of the last named shell-fish.

The following rules relative to fish may be found useful :

1. Those which are well-grown, nourish better than the young.
2. Sea-fish are wholesomer than fresh-water fish. They are hotter, not so moist, and more approaching to flesh-meat.
3. Of all sea and river fish, those are the best which live in rocky places ; next to these, in gravelly or sandy places, in sweet, clear, running water where there is nothing offensive. Those which live in pools, muddy lakes, marshes, or in any still muddy water are bad.
4. Of all fish, whether sea or river, those are the best



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 Observations on dressing Animal Flesh.
 

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which are not too large, and have not hard dry flesh, but are crisp and tender, taste and smell well, and have many scales and fins.

5. All fresh fish should be eaten hot ; and less eaten of fish, than of flesh-meat.

6. It should not be eaten very often ; and never after great labour and exercise ; for then fish easily corrupts ; neither should it be eaten after other solid food.

7. Fish and milk are not proper to be eaten at the same meal ; nor should eggs be used with fish, unless with salt-fish.

8. Salt-fish should not be used without soaking it well in water, and changing the water two or three times according as the fish is more or less salt. Then, if not eaten very often, and with carrots or parsneps, it will not be objectionable, unless to weak stomachs. But if eaten without these precautions it produces gross humours and bad juices in the body ; occasions thirst, hoarseness, sharpness in the blood, and many other bad symptoms, and is therefore improper food for all constitutions, except very strong labouring people. Even in them it will be attended with exceeding bad effects, if they feed upon it constantly, as may be seen in sea-faring people. All kinds of salted and dried fish also are included in what is here said.

*Observations on the dressing of Animal Flesh.*

The most judicious choice of animal foods will be of little avail if the manner of preparing them is not equally judicious. The greatest error in the cooking them, is to over do them ; their qualities are then entirely changed, they cease to be nourishment, as it is impossible to digest them into chyle. They are literally therefore only put into the stomach to be pressed out of it again by an unnatural exertion, which at last throws this oppressive load into the rest of the system, from whence it will not pass off without leaving some injury



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Observations on dressing Animal Flesh.

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behind it. And this perpetually repeated, ends at last in acute or chronic diseases, no less certainly than constant friction upon a stone will at length wear it away, though it may be a long time before any impression upon it is perceived. Not that our organs resemble stone; there is an elasticity in them that will rebound after a shock many times, but if these occur in continued succession, they will give way at last, and feebly, if ever, return to their wonted office. Similar effects arise from drinking, but generally with a more rapid progress, from the extension and collapse of the vessels being more sudden and violent. The power of the stomach to throw indigestible substances out of it, falls under the most common observation, in the evacuation of cherry and plum stones, &c.

Plain cookery in the exact medium between under and over doing, is the point to be attained to render our food salutary.

The mixture of a great variety of ingredients should be avoided, for even if good in themselves when separate, they are often rendered indigestible by being compounded one with another. As we must eat every day, there is opportunity enough for all things in turn, if we will only have the patience to wait for it.

Much seasoning with spices contributes to make animal food indigestible. Spices become so themselves by much cookery, as was observed in the comments on puddings. It is safer always to use them as there mentioned, either just before serving up the dish, or adding them at the time of eating it.

Beef and pork long salted, and hams, bacon, tongues, Bologna sausages, hung-beef, &c. are very indigestible, and particularly improper for weak stomachs, though they will often crave them.

Boiled flesh is preferable, particularly for weak stomachs, to roasted. Boiling extracts more of the rank strong juices from it, and renders it more diluted,



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Observations on dressing Animal Flesh.

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lighter, and easier of digestion, though not so nutritive.

Roasting leaves it fuller of the strong nutritive juices; harder to digest, and requiring more dilution with some small liquors, to soften the greater rigidity and crispness of the fibres.

The flesh of young animals is best eaten roasted.

Fried and broiled meats are difficult to be digested though they are very nourishing. Weak stomachs had better avoid them.

Meat pies and puddings cannot be recommended, but strong stomachs may be able to manage them. It is a confined mode of cookery, and the meat therefore is not at all purified from its grossness. When they are used it should be moderately seasoned.

Baking meat instead of roasting it, is a worse manner of dressing it, from the closeness of an oven, and the great variety of things often baking at the same time. It is not, however, so bad as a Rumford roaster.

Stewing is not a good way of dressing meat, unless it is done very carefully. If it is continued till all the juices are drawn from the meat, the meat becomes quite unfit for food. And if the stewing pan is kept close covered there are the same objections to it as to meat pies and puddings.

Hashing is a very bad mode of cookery. It is doing over again what has been already done enough, and makes the meat vapid and hard. What would have been good nourishment in the cold meat, is thus totally lost, as the juices, which are all drawn into the gravy, are spoiled by this second cookery exposing them too long to the fire.



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Observations on Broths, Soups, and Gravies.

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OBSERVATIONS ON BROTHS, SOUPS, AND  
GRAVIES.

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THE taking of animal food in broths is not advisable, unless in a very weak state of the stomach under circumstances that require some animal nutriment. When the stomach is inactive, it becomes necessary to take only such food as is in a state of solution. But it is quite the contrary with a person in health, who is best nourished by food dissolved in the stomach. Hence arises the importance of not taking any which has undergone, beyond a certain degree, the changes produced by the powerful and continued action of fire.

If persons in health eat broths, it should be as a meal, well crumbed with bread, or thickened in the making with rice, either whole or ground, or oatmeal, or Scotch barley, as they are better not mixed in the stomach with the other kinds of food usually served at our meals. Food prepared to the degree of solution, and that only prepared sufficiently to be dissolved in the stomach, do not assimilate well together, and therefore if not immediately producing present uneasiness of the stomach, will not fail to operate disadvantageously, though less sensibly, upon the general system.

All broths made of meat should be clear and fine, not glutinous, considered only as a mixture of meat and water, which renders them easier of digestion, and proper to create good blood. The addition of the grains above mentioned are not objectionable like the animal gluten so largely contained in the shanks, feet, and other bones often used in broths, &c.

It has been observed in the article Vegetables, that



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Observations on Broths, Soups, and Gravies.

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the dressing animal and vegetable substances together is not desirable, on account of the different manner of cookery they require. When vegetables therefore are added to preparations of animal food, it is best to dress them separately, and add them a little before, or at the time of serving the dish. Onions may be excepted from this rule, and dressed with the meat.

The meat used for broth should be fresh killed and otherwise good. The pieces selected for it should be such as contain good juices, and are not fat. Mutton, beef, or fowls are preferable to veal, and no two kinds of meat should be used together.

In making broth, the kettle should be of such a size as to hold water enough for the meat to swim freely. It should be put into the water when it is cold, or just luke-warm.

When it boils take off the lid of the kettle that the steam and fumes may pass away, and the air have a free influence upon it.

By the access of the air, and the having sufficient water, the meat is cleansed from the gross impurities which the best meat is not exempt from.

A clear brisk fire must be kept up, that there may be no interruption in the boiling, which would deaden the whole preparation, make it heavy upon the stomach, and of gross nourishment. Nor should it boil too long, for animal food over done in whatever way it is dressed, is heavy and ungrateful to the stomach, and would be ungrateful also to the palate if it were not perverted by our bad habits.

To soups and gravies, which differ very little but in name, there are many more objections than to broths. The ingredients they are made of are sometimes of a very bad quality in themselves, or made bad by the manner of using them, and are mixed together in the strangest manner. Meats of different kinds, fresh with



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 Broths.
 

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salted meat; fish with meat; fish of two or three different kinds, with sinews, gristles, and bones of all descriptions are jumbled together in endless varieties. Though animal gluten, extracted from the three latter ingredients, is sometimes used medicinally, it is equally as improper for common food, as any other medicine. The little that is extracted from the bones of joints of meat, in proper cookery, is too trifling to be included in what is here said. It is the long stewing, or digesting down these things, as is frequently practised for broths, soups, and gravies, that is mischievous. Every thing should be kept to its proper use.

Then as a colouring to soups and gravies a burning of sugar, butter, and flour is set about, which is admirably calculated to spoil three good things completely. The last and not the least ingenious contrivance to mar the kindly productions of nature in this process, is to draw gravies by broiling or frying, stewing, drying, and boiling. Every particle of pure juice, and genuine flavour, must be thus destroyed, and if it were not for the new flavour given by spices, catsup, &c. it would scarcely be possible that such a composition should be eaten.

Gravy, from good gravy meat, drawn simply by gentle stewing, not continued too long, and with no other mixture than a little flour and butter to thicken it, and a moderate seasoning, may be used on occasion by persons with strong stomachs, and accustomed to good exercise. If the natural taste is not entirely lost, a gravy like this will stand a comparison with the others, and soon obtain a preference to them.

*A proper Broth.*

Take lean juicy mutton or beef, or well-grown juicy fowl, and put it into water, either cold or just warm, sufficient to swim it freely, this will be about three pints of water to a pound of meat. Let it boil gra-



## Broths.

dually, but when once it boils, it must be kept boiling briskly, or it will become flat by subsiding again to a less powerful process. Take off the pot-lid when the pot boils, to evaporate the steam and fumes of the meat. Add some salt at first, and whole rice, or Scotch or pearl barley, if agreeable. If ground rice or oatmeal be used, they must not be put in quite so soon, and should be first mixed with a little of the broth. Vegetables prepared separately may be added on serving, or a little sooner. It must boil in proportion to the quantity; about an hour and a half after it begins to boil, will be sufficient for four quarts of broth.

*Observation.*

The other broths are given for choice, but not recommended.

*Rice, or Barley Broth.*

Put a quarter of a pound of whole rice, pearl, or Scotch barley into a gallon of water, let it stew till soft, then put in a knuckle of veal, or the scrag end of a neck of mutton, with two or three pounds of gravy beef. Stew this very gently for two hours, then put in turnips, carrots, celery, leeks, or any vegetables, as approved. Continue to stew slowly, and when the whole is sufficiently done, season it with salt, and serve it up.

*Mutton Broth.*

Cut a nice piece off the best end of a neck of mutton, part the remainder into steaks, and put the whole into a kettle, with three quarts of water, some turnips, carrots, celery, onions, leeks, all cut small, and a little bunch of herbs. As soon as it boils skim it clean, and when the whole piece of mutton is almost done enough take it out. Stew the remainder till the juices are drawn from the meat, then strain off the liquor



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and skim it. To this add a little turnip and carrot cut into dice, some leeks, celery, and parsley cut small, and some leaves of the marigold flower, the piece of mutton, a little ground rice, and a seasoning of salt. Simmer the whole together till done enough, then serve it up with toasted bread to eat with it.

*Veal Broth.*

Put a gallon of water to a knuckle of veal, with a blade of mace, and a little salt. Stew this till the meat is thoroughly done, by which time it will be reduced nearly to one half. Some vermicelli may be added, but it must only be put in latterly, so as to get just sufficiently done.

*Chicken Broth.*

Cut two or three good-sized chickens into pieces, and truss a whole one as for boiling. Put these into a kettle with water in proportion, to make a mild broth, and let them boil gently till the whole chicken is done enough, then take it out, and stew the rest till they are quite stewed down. Strain off the broth through a coarse sieve, and put it into a clean stew-pan with some chives and parsley chopped, some young carrots cut small, a quart of young peas, or two cabbage lettuce nicely shred. Set it upon the fire till the vegetables are tender, then put in the whole chicken, and as soon as it is thoroughly heated, add a seasoning of Cayenne pepper and salt, and serve it up.

*A Hodge-podge Broth.*

Take a scrag of mutton, a scrag of veal, a piece of shin of beef, and a hock of pork or ham. Stew these, with water in proportion, for an hour and a half, then add potatoes, turnips, parsneps, carrots, leeks, onions, celery, a bunch of herbs, or any other vegetables as



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approved, in greater or lesser quantities at pleasure. Let the whole stew till the vegetables will pulp through a tamis. Strain off the liquor, pulp the vegetables, put these together, with some fresh vegetables cut small, and oatmeal or ground rice, to make it of a good thickness. Stew till the vegetables are tender, season with pepper and salt, and serve it up with fried bread in small squares cut into it.

*To draw a plain Gravy for Game, Poultry, &c.*

To a pound of lean juicy gravy beef, notched and floured, put as much water as will make a pint of gravy when done. Let it stew very gently till the goodness is extracted from the meat, without drawing it to the dregs. About half an hour before it is taken off the fire, put in a piece of crust of bread. When done, strain it off, clear it from the fat, thicken it with some butter rolled in flour, and season it with black or Cayenne pepper and salt. An onion may be added at pleasure and a few sweet herbs.

*Observations.*

Ox melt makes excellent gravy, preferable even to beef. The other gravies are not recommended.

*To draw Gravy.*

To two pounds of gravy beef well notched with a sharp knife, allow two good-sized onions and the same of whole carrots. Put them into a stew-pan, without any water, and stew them over a gentle fire till the gravy is entirely drawn from the meat. Add a quart of boiling water, and set it on again to stew for three hours. Strain off the gravy, and keep it for use. The fat must not be taken off till the gravy is wanted.



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 Gravies.
 

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*To draw Gravy another Way.*

Slice a piece of gravy beef thin, and fry it in a stew-pan till brown, with an onion or two, and a slice of lean ham. Pour a quarter of a pint of good broth to this, and rub all the brown clear off the pan with the beef. Add more broth in proportion to the meat, an anchovy or two, a bunch of sweet herbs, some seasoning, and a little port or white wine, if agreeable. Stew it well, strain it off, and keep it for use.

*White Gravy.*

Boil a pound and a half of knuckle or scrag end of neck of veal in a quart of water, with a small onion, a bunch of sweet herbs, a blade of mace, a little whole pepper and salt, for an hour. Strain off the gravy, and use it as there may be occasion.

*Gravy for Poultry.*

Take a pound of gravy beef and score it across in various places. Flour it a good deal, and put it into a stew-pan, with a tolerable sized piece of butter ready melted. Fry the beef, turning it on every side, that it may get browned all over. Then put in three pints of boiling water, a little whole pepper, two or three cloves, a bunch of sweet herbs, and a pretty good piece of crust of bread. Cover this close, and let it boil till reduced to a pint. Strain it off and put in some salt. Thicken it, if required, with a little flour and butter.

*Liver Gravy for a Turkey or Fowl.*

Boil the neck, heart, liver, and gizzard of a turkey in three quarters of a pint, or of a fowl in half a pint of water, with a bit of thyme and savory, and a small piece of bread toasted brown. When the liver is



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done enough take it out, and let the rest stew till about half reduced. Strain it off, put in a spoonful of mushroom catsup, and the liver, first pounding it in a marble mortar. When this is well mixed in, strain it again, add a little bit of butter rolled in flour, and give it a good simmer. If too thick, add a little boiling water, and simmer it a few minutes longer.

*Essence of Ham.*

Cut the lean of a ham into slices, beat them well and lay them into a stew-pan with carrots, parsneps, and onions sliced. Cover the pan, and set it over a slow fire, till the ham begins to stick to the pan. Dredge a little flour over it, turn it, and moisten it with some veal gravy. Add a leek or two, a little parsley, some mushrooms and truffles, and three or four cloves, with some bread crumbs. Stew these very gently for three quarters of an hour. If a little more moisture should seem wanting, put in a little broth while it is stewing. Strain off the liquor and keep it for use.

*A Substitute for Gravy.*

Mix a gill of water, a gill of table beer, a spoonful of mushroom or walnut catsup, an onion sliced thin, a clove or two, three or four corns of whole pepper, and a little salt all together. Melt a piece of butter about the size of a pullet's egg in a small saucepan, when hot dredge in some flour, and stir it till the froth subsides, by which time it will be browned. Add to it the mixture above prepared, give it a boil, and, if agreeable, flavour it with a very small quantity of essence of anchovy.

*Fish Gravy.*

Put as much skate, or as many small eels or



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flounders cut to pieces as there will be gravy wanted, into a saucepan with water enough to cover them. Add some sweet herbs, a little whole pepper and mace, a piece of lemon peel, and a very little horse-radish. Stew these till the fish is drawn down, putting in, when about half done, a crust of bread toasted brown. Strain it off, thicken it with a piece of butter and flour, and flavour it well with essence of anchovy; or, if preferred, stew two anchovies with it.

*Observation.*

Serve this gravy to eat with fish, either as a sauce alone, or to mix upon the plate with melted butter.

*Brown Gravy for Soups.*

Of lean gravy beef, cut as much as may be wanting into small pieces, and put it into a stew-pan with water enough to cover it. Set it over the fire, and when it boils skim it very clean. Add to it some leeks, onions, turnips, carrots, parsneps, celery, and a bunch of parsley and thyme. Let it boil till the meat is quite drawn down. Put in some salt, keep it upon the fire a few minutes longer, then strain it through a fine sieve, and it is ready for use. The fat must not be taken off till the gravy is wanted.

*White Gravy for Soups.*

To a few thin slices of lean ham, add a knuckle of veal cut to pieces, some turnips, parsneps, leeks, onions, and celery. Put them all into a stewpan with two quarts of water, and let it stew till the meat is almost tender, without allowing it to colour. Add to this half as much clear beef gravy, and boil it an hour, skimming off the fat very clean. Strain it and use it as wanted.



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*To clear Gravy for Soup when required.*

Beat two eggs, shells and all, thoroughly together, mix them lightly into the gravy, and let it boil very gently for a quarter of an hour. Strain it through a tamis, or fine sieve, and the gravy will be beautifully clear.

*Gravy for white Dishes.*

Cut a pound of lean veal into thick slices, put it into a saucepan with some mushrooms, two turnips, the same of onions, a root of celery, a blade or two of mace, a little white pepper, and a small piece of lemon peel. Add as much water as will make about a pint of gravy when done, and let it stew till all the gravy is drawn from the meat. Strain it, and keep it for use as may be required.

*Approved Gravy for Soup.*

Take good juicy lean gravy beef, free from sinews, or any offal substance, or the lean of neck, loin, or the fleshy part of leg of mutton, or well-grown fowl, in the proportion of a pound of meat to a quart of water to beef, and rather less to mutton or fowl. Cut the meat in pieces, and let it stew very gently till the pure gravy is fairly drawn from the meat without extracting the dregs. The time required for this will vary according to the quantity, the proper degree of heat being of course longer penetrating the larger portion. From an hour and a half to three hours, at discretion, will allow sufficient time for any quantity that is likely to be wanted at once, at least in private families. When done, strain the gravy through a hair sieve into an earthen pot, and let it stand till cold. Take off the fat and pour out the gravy clear from the settlement at the bottom, which is not desirable for use.



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## Soups.

The above gravy may be served as a plain gravy soup, with a moderate seasoning of black or Cayenne pepper, and a little more salt if required; with a nice white roll or two in it.

Or, with vegetables at choice, stewed separately with very little water, and a piece of butter rolled in flour; adding them to the soup when served, either pulped through a tamis or not, at pleasure. If not to be pulped they must be cut small at first.

Or, with whole dried peas, either white or blue, boiled, pulped, and added in the manner above.

Or again, with rice, Scotch barley, vermicelli, or macaroni, stewed in water, or milk and water, till tender, then drained, and added to the gravy when it is heated for use.

Gravy of fowls may be served white with yolks of eggs and cream added ten minutes before serving, and simmered very carefully to avoid the eggs curdling. A nice roll or two should be served in this.

A moderate seasoning as above may be added on all these occasions.

Hare, partridge, or pheasant, drawn as directed above, and not mixed with any second kind of animal juice, may be used like the other gravies, and will be very delicate.

If wanted for immediate use, as there will be but little fat on any gravy here mentioned, it may be taken off with clean spongy paper, while hot, applied in the manner of blotting paper to ink blots.

## Observations.

Such are the only soups which can be at all recommended. The remainder of this collection are for those who will run all hazards with their constitutions rather than restrain the indulgence of their palates.



## Soups.

Soups are often made of the liquor salted meats have been boiled in; but when it is considered that this liquor contains all the rank strongest juices of meats, in themselves injured by salting, it must be obvious that it will be a gross bad food.

The good housewife, who has been accustomed to make her soups economically, with pot liquor, shank bones, &c. &c. will perhaps be unwilling that they should cost her more in meat than they used to do. But if she does not entirely save this by the omission of the other unnecessary ingredients, she had better do it by abridging a dish at her table, than give unwholesome food to her family and friends. A truly handsome dinner can no more be made of disguised offal, than people can make themselves of real consequence by fine clothes, when neither their birth, education, nor talents entitle them to the distinction. The ass in the lion's skin was still an ass.

*A mock Turtle Soup.*

Scald the hair off a calf's head, but do not skin it. Boil it for half an hour, and before it is cold cut it into small square pieces; put these into a stew-pan with some strong broth, made of six pounds of gravy beef, a knuckle of veal, turnips, carrots, onions, and celery. After stewing some time add a bunch of sweet herbs, a few leaves of sage, a thin slice or two of lean ham, or four anchovies. Boil the whole together till the head becomes tender, then strain it through a fine sieve. Season the soup with salt, white pepper, Cayenne pepper, Madeira wine, and lemon juice, and thicken it with flour and butter. Put in a part of the head wiped clean, and some force-meat and egg balls. Give it a good boil for a few minutes, and serve it up.



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*A Hare Soup.*

Wash a full grown hare and cut it in pieces, laying aside two or three of the nicest pieces of the back, and the fleshy joint of the legs. Put the remainder into a kettle with a knuckle of veal, a bunch of sweet herbs, some salt, and five quarts of water, stew these for three or four hours, and then strain off the gravy. Put it into a stew-pan with the pieces of the hare which were left out at first, and stew it gently till they are done. Thicken it with flour and butter, add some force-meat balls, and just before serving up half a pint of Port or Madeira wine.

If preferred, the pieces of hare to be served up, may be fried just brown in butter, before they are put into the gravy to stew.

*A Carrot Soup.*

Stew a shin of beef with some celery, onions, parsneps, a little thyme and parsley, some salt, and four quarts of water, for four or five hours, then strain it through a hair sieve, and let it stand till cold. Boil carrots enough for the purpose, wipe the skins off very nicely, and pulp them through a tamis. Take the fat off the soup, put it into a stew-pan with the pulp, and a little rice or vermicelli, first stew it tender in water, season it to the taste with salt and Cayenne pepper, boil it a few minutes, and serve it up.

*Macaroni Soup.*

Slice four onions into a stew-pan with a piece of butter and a very little water. Keep them upon the fire till they are a little browned, taking great care that they do not burn. Add to them as much good beef or veal gravy as there will be soup wanted, and a few sweet



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herbs. Give the whole a boil, and strain it through a coarse sieve; return it into the stew-pan, season it with Cayenne pepper and salt, put in a proper quantity of macaroni, first stewed in milk and water, then drained; let it boil a minute or two, and serve it up.

*A French Soup.*

Cut two fowls into pieces, put them with some gravy beef and a proportionate quantity of water into a stew-pan, let them stew some time, skimming them well; then add carrots, turnips, onions, leeks, and parsneps, five or six of each; two roots of celery, a parsley root, a large bunch of basil, burnet, lovage and chives, and some salt. Stew these for some hours, then strain off the gravy and leave it till the next day. Take off the fat, and to a pint of the gravy put a cabbage lettuce, some white beet leaves, sorrel, endive, celery, turnips, onions, and chervil, and stew them till tender. Add all or any part of these to as much gravy as there will be soup wanted, boil it up, seasoning it to the taste, and serve it with a French roll in it.

*A mild Soup.*

Put three quarts of good broth into a saucepan with two roots of celery, four turnips, two carrots, three moderate sized potatoes, a lettuce, a head of endive, some parsley, and two or three small onions. Stew this till the vegetables are quite tender, then strain them off, pulp them through a sieve, and put the pulp into the soup. Add a few spoonfuls of ground rice, stew it again for twenty minutes or half an hour, then season it to the taste, and serve it up. A little of the vegetables may be left unpulped, and served in the soup if agreeable.



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*Asparagus Soup.*

Cut a knuckle of veal into small pieces, put it into a saucepan with a pint and a half of whole white peas, three or four turnips, two lettuce, an onion or leek, a root or two of celery, and a small piece of lean ham. Add three quarts of soft water, and stew the whole till the juices are all drawn from the meat, and the peas quite tender. Take out the meat, strain off the soup, and pulp the peas and other vegetables through a sieve. Put the pulp into the soup with the green part of a bunch of asparagus cut as small as peas, and some mint chopped a little. Stew these till the asparagus is tender, taking care not to keep it long enough over the fire to spoil the colour of it. Season it to the taste. If the soup is not thick enough put in a little flour mixed smooth with some water, or a spoonful or two of ground rice, along with the asparagus. A little spinage juice, extracted by pounding some raw leaves, and straining off the juice, may be added, if a greener colour is preferred, just before serving up; but the soup must not be set upon the fire after putting it in.

*Chicken Soup.*

Prepare four well grown chickens, truss one as for boiling, and keep it back till wanted. Cut the other three into pieces, and put them into a saucepan with water enough in proportion to the size of the chickens, to make a good soup. Stew these completely down, then strain off the broth through a hair sieve, and put it into the saucepan with some young carrots cut small, some parsley, chives, and onions chopped, a pint and a half of young peas, and the trussed chicken. Boil these till the chicken is sufficiently done, then serve up the soup with that in it, adding seasoning to the taste.



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*Observation.*

The necks, livers, and gizzards, may be stewed in the broth, but not the feet and lower joint of the legs, as these are coarse and gluey.

*Veal Soup with Almonds.*

To six quarts of water put a good sized fowl, cut to pieces, a slice or two of lean ham, a knuckle of veal cut moderately small, a parsnep, two or three onions, two or three roots of celery, two turnips, and a bunch of sweet herbs. Stew these till the gravy is nearly extracted, then add two anchovies, and stew till the meat is quite stewed down. Strain it into an earthen pot, and let it stand till the next day. Blanch and pound in a marble mortar half a pound of sweet almonds, adding a very little water, as they are done to keep them quite smooth. Take the fat off the soup, pour it clear from any settlement into a stew-pan, stir the almonds into it, give it a boil, and then strain it off through a fine sieve. Put in a pint of cream with the yolk of an egg beat into it, and a few spoonfuls of boiled rice. Heat it a few moments over the fire, taking the greatest care not to let the egg curdle.

*A Gravy Soup.*

Stew the scrag end of a neck<sup>1</sup> of mutton, four pounds of lean gravy beef, with three or four ounces of lean ham, in three quarts of water, till all the juices are drawn from the meat. Boil some celery, turnips, carrots or parsneps, onions and thyme, in a saucepan with some water separate from the meat, and when soft enough squeeze them, and add the juice to the above broth. Strain the whole into an earthen pot, and set it by till the next day. Clear the soup from the fat, put it into a stew-pan with an anchovy or two pounded, and



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salt and spices to the taste. Serve it up when hot with a French roll in it.

*A Vegetable Soup with Meat.*

Chop two cabbage lettuce, a handful of sorrel, a handful of white beet leaves, three roots of celery, two or three leeks, some parsley and chervil. Cut two carrots small, slice two or three cucumbers according to the size, and cut some asparagus into moderate pieces, or use young peas instead of it. Stew all these together in some gravy till they are quite tender, then add as much good broth or gravy as will make the soup of a proper consistency, and some crusts of stale bread. Give the whole a boil, season it to the taste, and serve it up.

*Soup à la Reine.*

Blanch and beat very fine in a marble mortar three quarters of a pound of sweet almonds, with the white part of a cold roasted fowl. Slice to these the crum of four small French rolls, and then strain to it three quarts of good veal gravy boiled with a blade of mace. Simmer these all together for a quarter of an hour, then rub them through a tamis, season the soup with salt to the palate, give it a boil, and serve it up with a small teacup full of cream stirred into it, and the slices of crust cut off the French rolls laid on the top.

*Peas Soup.*

Put a pint of blue peas, with some turnips, carrots, parsneps, celery, onions, and leeks, all cut into slices, and a sufficient quantity of water, into a saucepan, and stew them till tender. Rub them through a tamis, add the pulp to some good beef or veal gravy, but not to make it thin. Give it a boil, season it with Cayenne



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pepper, and salt, and serve it up with fried bread cut into dice.

Some turnips, carrots, and celery and leeks blanched, all cut small, may be added to this soup with the pulp, and served in it, if agreeable.

*Vermicelli Soup.*

Boil two ounces of vermicelli in three quarts of veal gravy, then rub it through a tamis, season it with salt, give it a boil, and skim it well. Beat the yolks of four eggs, mix with them half a pint of cream, stir them gradually into the soup, simmer it for a few minutes, and serve it up. A little of the vermicelli may be reserved to serve in the soup, if approved.

*Sorrel Soup.*

Make a good gravy with part of a knuckle of veal, and the scrag end of a neck or chump end of a loin of mutton. Season it with a bunch of sweet herbs, some pepper, salt, and two or three cloves. When the meat is quite stewed down, strain it off and let it stand till cold. Clear it well from the fat, put it into a stew-pan with a young fowl nicely trussed, and set it over a slow fire. Wash three or four large handfuls of sorrel, chop it a little, fry it in butter, put it into the soup, and let the whole stew till the fowl is well done. Skim it very clean, and serve it up with the fowl in the soup.

*A green Peas Soup.*

Boil two quarts of old green peas in three quarts of veal or mutton gravy till they are tender, then strain them off, pulp them through a fine sieve, and put the pulp to the gravy they were boiled in. Have ready a quart of young peas, two coss lettuce cut small, four turnips cut into dice, two roots of celery, and two small onions cut very fine, all stewed together, with five ounces of butter, till three parts done. Stir a spoonful



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of flour into this, then add it to the gravy; season the whole with pepper, salt, and a lump or two of sugar, and boil it half an hour. Skim it clear, green it with a little spinage, or parsley, boiled and pulped through a tamis, and serve it up.

*Giblet Soup.*

Make a good gravy with either beef, mutton, or veal, and turnips, carrots, parsneps, leeks, and sweet herbs, stewed till the gravy is quite extracted from the meat. Strain it off, and to every quart of gravy put a set of goose giblets very nicely picked. Stew these till they are quite tender, putting in, when they are about half done, a little carrot and turnip cut into dice, or a quart of young peas, and a lettuce cut small, according to the time of the year. Season it with Cayenne pepper, and salt, and serve up the soup with the giblets in it.

*A Rice Soup.*

Pick, wash, and half boil two ounces of whole rice. Drain it quite dry, put it into five pints of clear veal gravy, and stew it gently till the rice is perfectly tender. Season it to the taste with salt and pepper, and serve it up.

*A Partridge Soup.*

Cut off the legs with the whole of the back bone, of as many partridges as are intended for the occasion. Skin the breasts and wings without separating them, take off any fat there may be upon them, and let them lie in cold water for about half an hour. Pound the flesh of the remaining parts in a marble mortar, with two anchovies, then put it into a stew-pan, with lean veal enough to make good gravy, in proportion to the number of partridges, adding to it all the bones the flesh was taken from, an onion stuck with three or four



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cloves, some celery and turnips cut small, the crum of a small roll, grated, and water sufficient for the rest of the ingredients. Stew these till the juices are quite extracted, both from the meat and vegetables, then strain it off through a sieve, and skim off the fat. Put this soup into a stew-pan with the white part of the partridges which have been laid by, and stew it for half an hour, or till these are done enough. Thicken it ten minutes before serving with some flour mixed into half a pint of cream, season it with salt and white pepper to the taste, and serve it up.

*A Scotch Leek Soup.*

Prepare a sheep's head, either by cleaning the skin very nicely, or taking it off, as preferred. Split the head in two, take out the brains, and put it into a kettle with a good proportion of water, a large quantity of leeks cut small, and some pepper and salt. Stew these very slowly for three hours. Mix as much oatmeal, as will make the soup pretty thick, very smooth with cold water, pour it into the soup, and continue stewing till the whole is smooth and well done, then serve it up.

*A Potatoe Soup.*

Cut a pound and a half of gravy beef into thin slices, chop a pound of potatoes, and an onion or two, and put them into a kettle with three quarts of water, half a pint of blue peas, and two ounces of rice. Stew these till the gravy is quite drawn from the meat, strain it off, take out the beef, and pulp the other ingredients through a coarse sieve. Add the pulp to the soup, cut in two or three roots of celery, simmer it in a clean saucepan till this is tender, season it with pepper and salt, and serve it up with fried bread cut into it.



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*A Family Soup.*

Wash the roots of a tongue in cold salt and water, and put them into a saucepan, with a scrag of mutton, or other odd pieces of meat, some turnips, carrots, onions, parsneps, and a root of celery. Add water in proportion to the meat, and let it stew very slowly for some hours till the gravy is drawn from the meat. Strain off the soup, and let it stand till cold. The kernels and soft parts of the tongue and the carrots must be saved. When the soup is to be used, clear off the fat, put in the kernels and soft parts of the tongue, slice in the carrots, and add some fresh turnips and onions cut small, a few spoonfuls of rice, half boiled, or some oatmeal, and pepper and salt to the taste. Stew these till the fresh vegetables are tender, and then serve it up with toasted bread to eat with it.

*The Marquis's white Soup.*

To a large knuckle of veal add a very nice well-grown fowl, a slice of lean Westphalia ham, three anchovies, two turnips, a parsnep, two roots of celery, four onions, a bunch of sweet herbs, and a blade of mace. Stew these in a gallon of filtered water till all the gravy is extracted from the meat, then strain off the soup and leave it till the next day. Pour a pint of boiling milk upon the crumb of a French roll, blanch six ounces of sweet almonds, putting them as they are done into rose-water; beat them very fine in a marble mortar, with the yolks of six eggs boiled hard. Stir these into the bread and milk, and rub them all together through a tamis, then put them into the soup, after clearing it from the fat, and heat it over a slow fire. About ten minutes before taking it off the fire, season it to the taste with salt and Cayenne pepper, pour in half a pint of fine rich cream, stir the soup till it becomes of a proper



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thickness, and then serve it up with a French roll in it. The roll should be put in five minutes before the soup is served.

*Oyster Soup.*

Prepare a good gravy of skate and eels, or any other fish that is preferred, putting a pound of fish to a quart of water, stewing it down to half the quantity, and then straining it off. Then take a quarter of a peck of oysters, trim off the beards, and pound the horny part in a marble mortar, with twelve yolks of eggs boiled hard, moistening them a little in the doing with some of the gravy. Set as much of the gravy as will be wanting, with the soft part of the oysters in it, over the fire with a blade of mace. When it boils stir in the pounded ingredients, let it boil till it is of a moderate thickness, season it with pepper and salt, and serve it up.

*Oyster Soup another Way.*

Prepare a gravy with perch, flounders, or codlings, as most approved, and an eel, in the same proportion of fish to water as above. Cut the fish in pieces and put it into a stew-pan with the water, a parsley root, two onions, a root or two of celery, some sweet herbs, a little mace, cloves, pepper, and salt. Stew it about two hours, then strain off the gravy, and put it into a sauce-pan. Have ready a good quantity of oysters, first bearded, then beat in a marble mortar, with the yolks of eight eggs boiled hard. Add these to the gravy when it boils, with some pepper, salt, and grated nutmeg. When of a good thickness take it off the fire and serve it up. Veal gravy is sometimes used for this soup instead of fish gravy.

*Lobster Soup.*

Clean two small codlings very nicely, cut them in



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pieces, and lay by one piece and the livers for a future purpose. Put the other pieces into a stew-pan, with a bunch of sweet herbs, some turnips, parsneps, celery, and onions, and three quarts of boiling water. Stew these till the vegetables are quite soft, and then strain it off, put to it the meat of four lobsters, of about a pound each, cut small. Prepare a forcemeat of the piece of fish laid by, some sweet herbs chopped small, crums of bread, a piece of butter, the livers of the codlings, and three or four yolks of eggs. Make this into balls, put them into the soup, with essence of anchovy to the taste, and some pepper and salt. Simmer the whole together for a quarter of an hour, and serve it up.

*A Skate Soup.*

Allow a pound of skate or flounders to a quart of water. Take as much as may be wanting for a soup, and boil it down to half the quantity, which must be allowed for at first. Then add some carrots, turnips, celery, onions, a parsley root, and a bunch of sweet herbs. When the vegetables are well done, strain off the soup, and thicken it with a piece of butter rolled in flour. Put in a pound or more of crimped skate, according to the quantity of soup, boil it till this is done enough, add Cayenne pepper, and salt to the taste, and serve it up.

*Cray-fish Soup.*

Boil as many cray-fish as will be wanted in water with a little salt in it. Pick out the tails, and put the shells of them and the remainder of the fish into as much of the liquor they were first boiled in as will rather more than cover them, and let them stew. Take a proper quantity of fish gravy, prepared as for the oyster soup. When it is hot strain the liquor from the shells into it, thicken it with flour and butter, add seasoning of salt and Cayenne pepper, to the taste, a little



## Soups.

essence of anchovy, and the tails of the cray-fish. Give it one good boil and serve it up.

*Water Souchy.*

Stew two or three small perch, or as many flounders, in a quart of water with a little parsley and parsley-roots. When soft, pulp them through a sieve. Put as many perch as are required into this liquor, with some fresh parsley and parsley-roots, and some salt. Let it boil till the fish is sufficiently done, and then serve them up in the liquor, with the parsley and parsley-roots in it, and a plate of bread and butter to eat with it.

*A Fish Soup.*

Take four flounders, a good sized eel, and a small codling, cut them into pieces, put them into a stew-pan with celery, turnips, parsneps, onions, and a bunch of sweet herbs; add three quarts of water, and stew them for two hours. Strain off the gravy, put in prawns or shrimps picked, in sufficient quantity in proportion to the gravy, two or three spoonfuls of essence of anchovy, a piece of butter rolled in flour; pepper and salt to the taste, and some crusts of French roll. Simmer the whole together till thoroughly hot, and then serve it up.

*Red-herring Soup.*

To four pounds of codlings, skate, or flounders, either separate or a proportion of each, put two or three red-herrings, according to the size of them, some turnips, leeks, carrots, a good bunch of parsley, and four quarts of water. Stew these till the fish is well drawn down, then strain off the gravy, add to it some pieces of fresh fish, as approved, a lump of butter rolled in flour, and a little Cayenne pepper, and salt. Let the whole stew gently till the fish is done enough, then put in some fried bread cut into small squares, and serve up the soup.

Oysters are good added to this soup instead of the fresh pieces of fish.



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Observations on roasting.

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### OBSERVATIONS ON ROASTING.

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THE first requisite for roasting is to have a clear brisk fire proportioned to the joint of meat, or whatever else it may be which is to be laid down to it. A cook who does not attend to this, might as well attempt to govern the state as to roast animal substances. She is quite incompetent to her business if she does not manage her fire judiciously.

All roasting should be done open to the air, to ventilate the meat from its own fumes; otherwise it is in fact baked.

Count Rumford was certainly an exact economist of fuel when he directed a contrary practice. But if what was saved in fuel was spent amongst apothecaries, in consequence of the indigestions he was the cause of, it became only a balance whether the coal-merchant or the apothecary should have the money. There are two views of every thing, and both should be well looked at before decisive opinions are laid down. The looking at one only, produces endless reveries and blunders.

The meat must be put down at such a distance from the fire as to heat it through gradually, or it will be dry and burnt on the outside, long before the inside is properly done. It should be brought nearer by degrees, as necessary.

It must be well basted, to keep it moist. When meat does not supply dripping enough to baste it without some addition, dripping saved on former occasions, and nicely prepared, answers in general as well or better than butter.

It is better not to sprinkle meat with salt till almost



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Observations on roasting.

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done, as it contributes to draw out the gravy. Basting with a little salt and water, when the meat is first laid down, is sometimes practised, but seems liable to the same objection as the former.

When the meat is nearly done it should be well dredged with flour, to brown and froth it nicely.

When quite done it is better to take it up, and keep it hot under a tin cover, made warm before it is put on; than let it remain at the fire; as every moment beyond doing it enough, does it an injury. It is not desirable that it should stand covered up in this manner, but it is the least of the two evils.

Want of punctuality leads to more mischief than people of fashion, and their imitators, ever reflect upon. It is the frequent cause of indigestion, both to themselves and their friends, by this thoughtlessness or affectation, and they are consequently answerable for the head-aches, nervousness, and other uneasy sensations that ensue from it, which finally bring on maladies of a more serious nature.

There are spits which do not run through the meat, and seem to have advantages over those which do. Unless cooks are very expert at spitting meat, they save the risk of tearing it, and at any rate the certainty of the spit hole, which is always ugly, and is a vent for letting out the gravy. They leave a mark where they have pressed upon the meat; and whether this is more or less sightly than the hole through it, will be for every one to decide for themselves. They do not require the assistance of a hold-fast, or of loaded skewers. Whatever spit is used should be perfectly clean.

With the exception of some few particular instances, it is certainly better not to paper meat to preserve the fat; for in the present *fashion* of fattening cattle it is more desirable to roast away the fat than to preserve it. If the honourable societies of agriculturists at the time



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they consulted a learned professor about the composition of manures, had consulted some competent authority on the nature of animal substances, the public might have escaped the over-grown corpulency of the animal flesh, which every where fills the markets. To get a pound of meat that can be used, a person must now have another pound that cannot, or ought not to be used. Such a tax upon those who can only go to market for a pound of meat is not unfelt.

With respect to the time required for roasting, the old rule of a quarter of an hour to a pound, is a pretty fair one for some joints, though it will not do for all. In cold weather rather more time must be allowed than when it is mild or hot. Nothing but practice can perfect a cook in these discretionary kinds of cookery, but learners may be assisted by directions that will give general ideas upon the subject, and must find out by experience when to follow or when to deviate from them. The time specified will be for temperate weather. A little longer or shorter time must be allowed, as the weight of the meat may vary from that which is here given.

The cook must always attend to such joints as require it, being well jointed before they are spitted.

When meat is frozen, it should be thawed by lying some time in cold water; and then be well dried in a clean cloth, before it is laid down to the fire.

*Roasting Mutton.*

A leg of eight pounds will require two hours and ten minutes.

A shoulder of seven pounds, an hour and three quarters.

A chine of ten or eleven pounds, two hours and a half.

A loin, rather more than an hour and a half.

A neck, an hour and a half.



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A breast, an hour.

The weight of the three last joints is not specified ; for as they seldom vary materially in thickness, the difference of weight scarcely makes any difference in the time they require roasting.

A haunch of mutton should be dressed like a haunch of venison, only in proportion as it may be less, must not roast quite so long.

*Roasting Beef.*

A sirloin, of from twenty-five to thirty pounds, will require four hours.

A part of it, of from twelve to fifteen pounds, two hours and three quarters, or three hours.

A piece of ribs of the same weight, much the same time. A sheet of paper should be tied over the thin part, or it will burn before the thick part is done enough.

A rump four hours.

*Roasting Veal.*

A fillet of veal, of from twelve to fourteen pounds, will require three hours and twenty minutes. This is usually stuffed either in the place of the bone, when that is taken out, or under the flap.

A loin, two hours and a half.

A shoulder, two hours and twenty minutes.

A neck, near two hours.

A bres , an hour and a half.

These directions suppose joints of a common size. If they are very thick an allowance must be made for it. Veal is seldom very small, but when it does happen to be so, rather less time must be allowed.

*Roasting Lamb of a moderate Size.*

A quarter will require two hours.



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A leg, an hour and forty minutes.

A shoulder, an hour and twenty minutes.

Ribs, or coast, an hour and a half.

A loin, an hour and twenty minutes.

A neck, an hour and ten minutes.

A breast, three quarters of an hour.

*Roasting Pork.*

A leg of seven pounds will require two hours all but a few minutes. The skin should be scored across in narrow stripes, either before it is laid down, or about half an hour after it is down. A stuffing of sage and onion, chopped, may be put in at the knuckle. A leg of pork is sometimes half boiled, then the skin taken off, and the joint roasted, strewing it as it is done with sage chopped very small, mixed with bread crumbs, pepper, and salt.

A loin of five pounds, an hour and twenty minutes. This should be scored as above.

A spare-rib of eight or nine pounds, an hour and three quarters.

A griskin of six or seven pounds, an hour and a quarter.

A chine, if parted down the back-bone so as to have but one side, two hours; if not parted, full four hours.

*To roast a Pig.*

Stuff the belly of the pig with a stuffing made of bread crumbs, some sage leaves, and two shalots chopped small, a little pepper and salt, and a piece of butter mixed together with two eggs, and then sew it up. When it is spitted rub it over with a soft brush dipped in sweet oil, and roast it gently. It will take about an hour and a half. When it is done, cut off the head, and part both that and the body in two down the middle. Put the brains and the stuffing into a saucepan with



## Roasting.

some good gravy, give them a boil, and serve up the pig with the sauce under it. Lay the two parts of the head one on each side of the dish, and the ears one at each end of it. Some currants, very clean washed, rubbed, and dried, should be served with it in a tureen.

*To roast a Haunch of Venison.*

Wipe the venison well in every part, and take off the skin from the upper side, rub a piece of butter over the fat, and dredge it with a little flour. Butter a large sheet of writing paper well, lay it over the fat, put on two or three more sheets of paper, and tie them well on with thin twine. Lay it down to the fire at a considerable distance, and bring it very gradually nearer, as required. A large haunch should be allowed four hours, not to hurry it in the doing. Keep it well basted. About ten minutes before it is to be taken up, cut the string and drop off the paper, sprinkle it with salt, and froth it well with butter and flour. Serve it with gravy in one tureen, and currant jelly melted with some Port wine in another; or with currant jelly alone not melted, which is far the best.

Shoulder and neck of venison may be dressed and served in the same manner. A shoulder will take about two hours and a half roasting, and a neck not quite two hours.

*Observation.*

The frequent practice of putting a paste over venison keeps it so extremely close during the roasting, that the fumes of the meat cannot evaporate properly. Paper fully answers the purpose of preserving the fat, and at the same time does not keep it so very close, so that the meat will be much sweeter and purer than when covered with a paste, which is the next thing to baking it.



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## ROASTING POULTRY, GAME, &amp;c.

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*Observations.*

No directions scarcely, however minute, nor even plates, can enable a person to truss poultry or game, who has never seen any thing of the kind done. Nor is it to be supposed that any body will attempt for the first time, what must be seen to be well understood, but under some practical instruction. It would therefore be a useless labour to endeavour to give instructions for it, that must necessarily be tedious, as this very circumstance would occasion their not being attended to. A single glance only at a poulterer's shop will teach a person of any readiness much more of trussing than the most laboured description.

As what is here said with regard to trussing, will, in great measure apply to carving, the mention of it in this place may perhaps be excusable.

To carve well, is not only desirable, but essential, both in men and women. What a miserable figure they make, whether at their own or any other table, if they cannot carve handsomely whatever may happen to stand before them. And this not for the look alone, but that it positively spoils things to be hacked to pieces by a bad carver. But if this knowledge is not acquired by observation of what they see practised every day from their youth, and should gradually be set to practice themselves, it will never be acquired from instructions, however ingeniously laid down, or illustrated by plates;



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as without a previous knowledge of the subject, neither can be well understood. Nothing is required in these cases but the will to learn, and the acquirement will be sure to follow it. Very laboured methods of instruction frequently keep back, rather than forward learners in many instances, by making what is really simple in itself thus appear difficult and complex. Let young people have good practical examples before them, and be early initiated into practical habits, and if they have any talents and good dispositions they will be stimulated to improve themselves. If they have not, they must drudge through life as they can; for labour, however anxiously exerted upon them, will do little. They want what no instructor can give, the spirit or the ability to learn.

No disrespect is here intended towards the writers on these subjects, whose different opinions have led them to treat them differently. Difference of opinion need not, and ought not, to excite any unhandsome sentiment between the parties who thus differ.

All poultry and other birds should be carefully singed before they are trussed, as nothing is more unseemly than to see them come to table without this being properly attended to; and it cannot be done so well after they are trussed as every part of the bird is not then so accessible as before it.

*To roast a Turkey.*

Fill the crop with a piece of crum of white bread, or stuffing, or sausage meat, or force meat. If large, it will take full an hour and twenty-five minutes to roast it; if small, an hour; and middle sizes in proportion. Serve it up with a little gravy in the dish, some more in one tureen, and bread sauce in another.



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*Observation.*

For basting turkey, and birds in general, nice dripping answers quite as well as butter; for it gives no unpleasant flavour whatever, if prepared as it ought to be. All birds should be floured, to froth them well, some minutes *before they are taken up*.

*To roast Fowls.*

A small chicken will not require above twenty minutes; a well-grown fowl half an hour; and a large one three quarters of an hour. Serve these like turkey, with gravy and bread sauce; unless small chickens are served with asparagus, and then bread sauce will not be wanted.

*To roast a Goose.*

Stuff it with chopped sage and onions. A young full-grown goose will require an hour, or very little more, to roast it. If not young, rather longer time must be allowed. Serve it up with gravy and apple-sauce. A green goose will not require above three quarters of an hour roasting. This is not always stuffed. Serve this with gravy and gooseberry-sauce, or with green peas.

*To roast Ducks.*

Stuff them with sage and onion as above. They will require from half to three quarters of an hour, according to the size. Serve them up with gravy. Ducklings will not require longer roasting than from twenty-five minutes to half an hour.

*To roast Pigeons.*

They require from a quarter of an hour to twenty minutes, according to the size of them. The insides are



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sometimes stuffed with chopped parsley. Serve them up with parsley and butter.

Another way of roasting pigeons is to stuff the inside with chopped parsley, pepper, salt, and a piece of butter, mixed together. The neck ends must be tied very close, and they must be hung before the fire to roast, by a string tied round the legs and rump. They should be kept constantly turning very quick. When done serve them up in their own gravy, of which there will be plenty.

*To roast Partridges.*

Partridges should roast from eighteen to twenty-five minutes, as they may be small or large. Serve them up with gravy and fried bread crumbs, or bread sauce. Melted butter is often served with fried bread crumbs, instead of gravy.

*To roast Pheasants.*

A fine cock pheasant will require roasting about half an hour, or thirty-five minutes, or if old a little longer. A hen from twenty-five minutes to half an hour. Serve them with gravy and bread sauce, or fried bread crumbs.

*To roast Grouse.*

Roast grouse about twenty-five minutes, and serve them up with fried bread crumbs, or bread sauce, and gravy.

*To roast Woodcocks.*

Woodcocks must be put on a small bird spit, and require from a quarter of an hour to twenty minutes roasting. A piece of toasted bread must be laid under them to drip upon. When done take out the trail, spread it on the toast, and serve the birds upon it, with melted



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butter in one tureen, and gravy in another, but none in the dish, as some persons object to gravy as overpowering the fine flavour of the birds.

*To roast Snipes.*

Dress them exactly like woodcocks, only shortening the time of roasting. Serve them up in the same manner.

*To roast green Plovers.*

They should be dressed and served up like woodcocks, but will not take quite so long roasting.

*To roast Quails.*

Quails may be dressed and served up like woodcocks; or dressed with the insides stuffed with sweet herbs and beef suet chopped fine, and mixed with a little spice; and served with a sauce that will be given hereafter. They must roast rather a shorter time than woodcocks.

*To roast Land Rails.*

These should be roasted and served up like woodcocks; but will not require doing quite so long by some minutes.

*To roast Ruffs and Reeves.*

About ten minutes will roast ruffs and reeves. Serve them upon a buttered toast with some gravy in the dish.

*To roast gray Plovers.*

From twelve to fifteen minutes will roast them sufficiently. Serve them up with fried bread crumbs and gravy.

*To roast Larks.*

Put them on to a long skewer, and then tie the



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skewer to a spit. Strew them with crumbs of bread, mixed with a little flour, while roasting. Eight or ten minutes will do them enough. Serve them up with fried bread crumbs in the dish, and melted butter, or gravy, in a tureen.

Various small birds may be roasted in the same manner.

*To roast Ortolans.*

Ortolans should be spitted sideways, with a vine leaf between each. Baste them with butter, and strew them with bread crumbs while roasting. Ten or twelve minutes will roast them. Serve them up with fried bread crumbs in the dish, and gravy in a tureen.

*To roast Guinea and Pea Fowls.*

These should be dressed and served up like pheasants.

*To roast Wild-ducks, Wigeons, Teal, &c.*

A wild-duck, or a wigeon will require a quarter of an hour, or twenty minutes roasting, according to the size. A teal, from twelve to sixteen minutes; and other birds of this kind, in proportion to their size, a longer or shorter time. Serve them up with gravy and lemons cut in quarters, to use at pleasure.

*To roast a Turkey, Capon, or Fowl, as practised in the royal Kitchen, in the Reign of Queen Anne.*

When the turkey, capon, or fowl has been long enough at the fire to be thoroughly hot, so as to require basting, baste it once all over very well with fresh butter, then in a minute after dredge it thinly all over with flour. The heat of the fire will convert this into a thin crust which will keep in the juice of the meat, therefore



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it is not to be basted any more, nor any thing done to it till it is almost roasted sufficiently. Then baste it well with butter as before, on which the crust will give way and fall off. As the meat begins to brown sprinkle it with a little large salt, and let it do till the outside is of a nice brown.

It was sometimes the custom to baste such meats with the yolks of fresh laid eggs, beaten thin, which was to be continued all the time of roasting.

*To roast a Turkey or Fowl with Chestnuts.*

Roast and peel two dozen of fine chestnuts, bruise sixteen of them in a marble mortar, with the liver of the turkey or fowl, and two anchovies. Add to these some sweet herbs and parsley chopped very fine, and a seasoning of mace, pepper, and salt. Mix these well together, and put them into the body of the bird, tying it very close at the neck and vent after it is spitted. When it is done enough serve it up with the remainder of the chestnuts cut in pieces, and heated with some good gravy, thickened with flour and butter poured into the dish.

*To roast Fowls the German way.*

Stuff the crops with a good force-meat, and fill the bodies with roasted chestnuts, peeled. While the fowls are roasting thicken half a pint of gravy with butter and flour, add to it some turnip half boiled and cut small, and some saussages sliced and fried. Serve up the fowls when done enough with this sauce round them.

Turkies or ducks may be dressed the same way.

*To roast Woodcocks and Snipes, a French way.*

Take out the trails, and chop them all but the stomachs, with some grated bacon, or a piece of butter,



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some parsley and chives, and a little salt. Put this stuffing into the bodies of the birds, sew up the openings, and roast them with bacon, and paper over them. When done serve them up with sauce à l'Espagnole.—For which see article Sauces.

*To roast Larks, a French way.*

Lay a slice of bacon over some of them, and lard the rest with bacon. Do not draw them. Lay some toasted bread under them while roasting, to catch what drips from them, and when done serve them upon the toast.

*To roast a Hare.*

A hare must be well washed after it is skinned, and then put into clean water to soak for some time. It must be wiped well afterwards with a clean dry cloth. Make a stuffing with a quarter of a pound of grated bread, a quarter of a pound of beef suet, chopped very fine, some parsley and thyme shred very small, and some pepper and salt, add the livers minced, if perfectly good; mix the whole up with an egg, put it into the belly of the hare and sew it together. It will require an hour and a half to roast it, if of a good size. Baste it with milk till about ten minutes before it is to be taken up, then sprinkle it with salt, dredge it with flour, and baste it with butter, or nice dripping, to froth it well. Serve it with gravy and currant jelly, in different tureens, and a little gravy in the dish. A quart of milk put into the dripping pan at first will last out the proper time. The head should be dredged occasionally with flour all the while it is roasting.

*To roast Rabbits.*

Either roast them with stuffing as above, like a hare, and serve them with gravy, or roast them without stuff-



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ing, and serve them with parsley and butter, with the livers boiled, chopped and put into it. Half an hour will roast good sized rabbits; twenty minutes small ones. Baste them with nice dripping or butter.

*To roast a Breast of Veal, as in the royal Kitchen of Queen Anne.*

Chop some parsley and thyme very small. Beat the yolks of five or six eggs with some cream, and add to them the chopped herbs, some grated bread, a few cloves, a little mace and nutmeg, some currants and sugar. Mix these all well together, raise the skin of the breast of veal, put the stuffing under it and skewer down the skin very close. Lay it down to the fire and baste it with butter. When roasted squeeze on the juice of a lemon, and serve it up.

*To roast a Loin of Veal, as in the same.*

Lay the veal down to the fire, and baste it with fresh butter. Set a dish under it with a piece of fresh butter in it, two or three sage leaves, and two or three tops of rosemary and thyme. Let the gravy drop on these, and when the veal is finely roasted, warm the herbs and gravy over the fire, and serve them in the dish with the veal.

*To roast a Pig, as in the same.*

Put some sage into the belly of the pig, sew it up, roast it, baste it with butter, and sprinkle it with a little salt. When roasted fine and crisp, serve it upon a sauce made with chopped sage and currants, well boiled in vinegar and water, the gravy and brains of the pig, a little grated bread, some barberries and sugar, all well mixed together, and heated over the fire.



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*To roast a Pig another way, from the same.*

Fill the belly of the pig with a pudding made of grated bread, a little minced beef suet, the yolks of two or three raw eggs, three or four spoonfuls of good cream, and a little salt; sew it up, lay the pig down to roast, and baste it with yolks of eggs beat thin. A few minutes before it is taken up, squeeze on the juice of a lemon, and strew it with bread crumbs, pepper, nutmeg, ginger, and salt.

Make a sauce with vinegar, butter, and the yolks of hard eggs, minced, all boiled together with the gravy of the pig, and then serve it up on this sauce.

*To roast a Hare, from the same.*

Wash the hare and dry it in a cloth, put a pudding into the belly, sew it up, truss the hare as if it were running, and roast it. Make a sauce of Claret wine and grated bread, sugar and ginger, barberries, and butter boiled together, and serve it up with the hare.

*To roast Ribs of Beef stuffed.*

Make a stuffing as for fillet of veal, bone the beef, put the stuffing into the middle of it, roll it up and bind it very tight. Let it roast gently about two hours and a half, or if very thick, three hours will do it sufficiently. Serve it up with a brown sauce, of either celery or oysters.

*To roast Sweetbreads.*

Scald the sweetbreads in water with a little milk in it till they are half done, take them out very clean and wipe them dry. Rub them over with yolk of egg, and roll them in bread crumbs grated very fine. Roast them carefully in a Dutch oven, of a fine brown colour, without setting them near enough to the fire to burn. Serve



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them up with fried bread crumbs round them, and melted butter in a tureen, or upon a toast, with gravy or melted butter in the dish.

*To roast Tongue and Udder.*

Clean the tongue nicely, rub it with some common salt, a very little saltpetre, and a little coarse sugar, and let it lie for two or three days. When to be dressed have a fresh tender udder with some fat to it, and boil that and the tongue gently together till half done. Take them very clean out of the water, then tie the thick end of one to the thin end of the other, and roast them with a few cloves stuck into the udder. Serve them up with gravy in the dish, and currant jelly in a tureen.

*To roast Calf's Liver.*

Wash the liver well, and lay it in a clean cloth to dry. Cut a long slit in it and put into it a stuffing of bread crumbs, shred beef suet, an anchovy chopped with some sweet herbs and an onion, and a seasoning of pepper and salt, all mixed up with an egg. Sew up the liver, wrap it round with a veal caul, and roast it gently. Serve it up with a brown gravy in the dish and currant jelly in a tureen.

*To roast the Head of a young Hog.*

Clean the head very nicely, open it underneath, so as the two parts may lie flat in the dish, without cutting through the skin on the upper side. Take out the brains, fill up the cavities with bread crumbs, chopped sage and a little pepper and salt, sew up the head, and roast it on a hanging jack, or on a string, but in other respects like a pig. When within a few minutes of being done, cut the stitches, and open the head enough to let the stuffing fall out upon a plate, put this into a saucepan with the gravy, and the brains properly cleaned, heat them over the



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fire till the brains are done enough, and then serve up the head laid open in the dish, with this sauce, and some currants nicely washed and dried in a tureen.

*To roast a Bullock's Heart.*

Stuff the heart with the same kind of stuffing used for a hare, and roast it with a paper over the top of it, to preserve what little fat there is to it. A moderate sized heart will require roasting about two hours. Serve it up with gravy and currant jelly.

*To roast a Calf's Heart.*

Stuff it and paper it as above. About an hour will roast a common sized heart. Serve it up with gravy, or parsley and butter.

*To roast a small Hen, Turkey, or a Pullet with Butter.*

Bone the bird, and fill it with a force-meat, or stuffing, paper it round and lay it down to roast. When towards half done, drop off the paper and baste the bird with a very smooth light batter. When the first basting is dry, baste it again, and repeat this till the bird is nicely crusted over, and sufficiently done. It will require ten minutes or a quarter of an hour longer roasting than a bird of the same size plain roasted, on account of the being filled with force-meat. Serve it up with white gravy, or mushroom sauce.

*To roast a collared Neck of Pork.*

Let the meat be boned, then strew the inside pretty well with bread crumbs, chopped sage, a very little beaten allspice, some pepper and salt, all mixed together. Roll it up very close, bind it tight, and roast it gently. An hour and a half, or a little more, according to the thickness, will roast it enough.

A loin of pork with the fat and kidney taken out and



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boned, and a spring of pork boned, are very nice dressed in the same way.

*A collared Loin of Mutton roasted.*

Take off the fat from the upper side, and the meat from the under side of a loin of mutton, bone it, season it with pepper and salt, and some shalot or sweet herbs, chopped very small. Let it be rolled up very tight, well tied round, and roasted gently. About an hour and three quarters will do it. While this is roasting, half boil the meat taken from the under side, then mince it small, put it into half a pint of gravy, and against the mutton is ready, heat this, and pour it into the dish when it is served up.

*Collar of Beef roasted.*

Take out the inside meat from a sirloin of beef, sprinkle it with vinegar, and let it hang till the next day. Prepare a stuffing as for hare, put this at one end of the meat, roll the rest round it, bind it very close, and roast it gently for an hour and three quarters, or a little more or less, proportioned to the thickness. Serve it up with gravy the same as for hare, and with currant jelly.

*To roast a small Piece of Pork Griskin.*

Put the piece of griskin into a stew-pan, with very little more water than will just cover it. Let it boil gradually, and when it has fairly boiled up take it out. Rub it over with a piece of butter, strew it with a little chopped sage and a few bread crums, and roast it in a Dutch oven. It will require doing but a little while.

*To roast a Sirloin of Beef with the Inside minced.*

When the beef is about three parts roasted, take out the meat from the under side, mince it nicely, season it



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 Observations on boiling.
 

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with pepper and salt, and some shalot chopped very small. Against the beef is done enough, heat this with gravy just sufficient to moisten it. Dish up the beef with the upper side downwards, put the mince in the inside, strew it with bread crums ready prepared, have a salamander hot to brown them over of a fine colour, and then serve up the beef with scraped horseradish laid round it.

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 OBSERVATIONS ON BOILING.
 

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To boil well is not merely to put the meat into a kettle or boiler, and let it stand over the fire for a certain time, as seems often to be supposed ; but it requires a degree of nicety and attention, without which the meat will be spoiled.

The kettle or boiler must always be of such a size in proportion to whatever is to be boiled, as to allow room for plenty of water, which dilutes the gross particles of the meat, and thus keeps the medium it is dressed in more pure, and makes the meat eat sweeter and wholesomer than when boiled in a small quantity of water, which leaves it luscious, and difficult to digest.

Salted meats should be put in when the water is cold ; fresh meat when it is lukewarm. Putting it into hot or boiling water fixes, instead of dissolving the juices, and consequently hardens the meat.

It should boil gradually, and as soon as it boils the lid of the kettle should be kept off, to ventilate the



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Observations on boiling.

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fumes of the meat, which, for want of this vent, would fall back upon the meat, and from their pernicious nature destroy the natural colour, smell, and taste ; make it close, heavy, gross on the palate, hard of digestion, and unwholesome.

That the fumes or vapours issuing from boiling meat are of a pernicious nature, contrary to the genuine nature of the food, may be perceived, if any kind of food is taken up when boiled, and covered close while it is hot, which forces back the fumes, and causes them to re-enter the food : it will hence become pallid, and lose its natural flavour, smell, and colour.

The using covers over dishes when they are brought to table it will hence appear is a prejudicial practice, from producing these effects upon the preparation they are put over, be it what it will. This practice has the further ill effect of encouraging the prevailing bad habit amongst us of eating every thing as hot as it is possible to get it through the mouth. A habit attended with great injury to the stomach, not only in the immediate heat prejudicing its delicate coating, but from the windy disorders arising from taking the food in this state. It also renders the palate callous, and thus leads to taking powerful stimulants to excite it to sensibility, which not only injures the stomach, but through that the whole system.

It is necessary for cooks and housewives to understand that the true virtue of all food consists in preserving the juices pure ; therefore if any violence be done to them in the preparation, such food becomes gross, and hard to digest.

For this reason in boiling, when the water boils, it must be kept boiling without being suffered to slacken, or the meat will be sodden. The time of boiling too must be critically attended to, that the meat may neither be under, nor over done. If underdone, the grossness



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Observations on boiling.

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of the meat will not be boiled out as it ought; if over done, the best juices will be extracted, and the remaining substance will scarcely answer a better purpose than merely to distend the stomach. No benefit is derived from exchanging the uneasiness of hunger for that of indigestion, as the latter is the more difficult evil to remedy. A small quantity of any light food would relieve us from hunger, but only fasting, or physic removes improper food.

Flesh being in its own nature the grossest of all food, and most subject to putrefaction, requires the more care in the dressing to prevent its being injurious.

A steady fire must be kept up to boil well.

The scum must be carefully taken off the water as fast as it rises.

With fresh meat a little salt may be put into the water after it has boiled some time.

Meat is sometimes boiled in a cloth to keep it clean, and if the cloth be very thin, and tied loosely about the meat, it will not do it any material injury. But if boiled in plenty of water, and the scum carefully taken off as it rises, the meat will be perfectly clean and white, and the better for not being put into a cloth. If a cloth is used it ought not to be floured, as that makes a kind of paste about the meat which keeps in the fumes.

All the utensils used in boiling as in every other kind of cookery, should be kept thoroughly well tinned, and otherwise in good repair; and great attention should be paid to having them extremely clean.

In boiling as in roasting, the time required for each particular joint, or any thing else, must be left very much to the discretion of the cook, which can only be acquired by practice; but some general directions in the same manner as for roasting, may facilitate the acquirement of this practical knowledge. The time mentioned is the time required after the water boils.



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Boiling.

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A moist heat does not dress food so fast as a dry heat, and therefore, in boiling, a longer time, reckoning from the first putting the meat into the water, is necessary than for roasting. It is for this reason that a longer time is required to boil, than to bake, a pudding of the same ingredients and size.

Joints of meat, poultry, &c. should all be boiled by themselves, with the exception only of boiling carrots or parsneps with mutton, beef, or pork. The boiling these two vegetables with the above meats is not liable, in any considerable degree, to the objection urged in a former observation against dressing animal and vegetable substances together. The quantity of water used, and each substance being boiled whole, makes but little intermixture between them, and leaves the carrots and parsneps little different from what they would have been boiled by themselves in water. No other vegetables should ever be boiled with meat, not only because it makes them greasy, but it also injures the flavour of both.

Boiled meats should be taken up as soon as they are done ; as it is even worse for them to remain in the water than to be under a cover.

Meat, if frozen, must be thawed before boiling as before roasting, by lying sometime in cold water.

*To boil Mutton.*

Leg : allow a quarter of an hour for every pound, and from ten to twenty minutes longer, according to the size of it.

Shoulder, neck, and loin do not require more than a quarter of an hour to a pound. Though the difference of weight makes no difference scarcely in the time required for roasting joints of this kind, it does in boiling ; as the more the boiler is filled up with the solid substance the longer the substance will be in getting sufficiently done.



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*To boil Beef.*

Round and rump require a quarter of an hour to a pound, and from twenty minutes to half an hour, or forty minutes longer, in proportion to the size of them.

Aitch-bone and brisket: a quarter of an hour to a pound will be sufficient for these.

*To boil Veal.*

A neck should be allowed a few minutes more than a quarter of an hour to a pound.

A breast, a quarter of an hour to a pound.

Knuckle: allow twenty minutes, or half an hour, more than a quarter of an hour to a pound, in proportion to the size of it, to soften the sinews.

*To boil Lamb.*

A leg will require a few minutes more than a quarter of an hour to a pound.

A neck, a few minutes less than a quarter of an hour to a pound.

*To boil Pork.*

Leg: allow from twenty minutes to half an hour, above a quarter of an hour to a pound, in proportion to the size of it.

Spring: a quarter of an hour to a pound will be sufficient for this.

Chine: if parted down the back-bone a quarter of an hour to a pound will do it enough. If not parted allow twenty minutes, or half an hour above a quarter of an hour to a pound, according to the size of it.

*To boil a Haunch of Venison.*

A small haunch of venison will require about ten minutes more than a quarter of an hour to a pound. A



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large haunch, half an hour or forty minutes longer. It should be salted for about a week before it is dressed.

*To boil a Calf's Head.*

Clean the head very nicely, and let it lie in water for an hour or more before it is dressed. When it is put into the kettle tie the brains up in a piece of fine linen, and put them in with it. Boil it gently: about an hour and a half will do it sufficiently. Serve up the head with parsley and butter in the dish. Stir a little butter, salt, and chopped parsley into the brains, and serve them up on a separate dish, with the tongue cut down the middle, laid on each side of them.

A calf's head looks very nice rubbed over with yolk of egg when it is taken up, then strewed with bread crumbs and chopped parsley, and browned with a salamander, or in a Dutch oven.

*To boil a Tongue.*

A dried tongue requires soaking for ten or twelve hours before it is dressed. A tongue out of pickle should only be washed; but no difference need be made in the dressing of them. A tongue will take four hours to do it well, from the time it is put into the boiler; for the first two hours it should only simmer. About an hour before it is done it should be taken up and peeled, and then put into the water again to finish it. Serve it up with turnips nicely mashed, laid round it.

*To boil pickled Pork.*

Wash and scrape pickled pork very clean, and boil it till the rind is quite tender.

*To boil Bacon.*

Both white and smoked bacon should be well washed and scraped, and put into the kettle with the water



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boiling. They should boil till the rind is tender, and will peel off easily. Serve them up with bread raspings strewed over them.

*To boil a Ham.*

A dried ham should be soaked twelve or fourteen hours before it is dressed. A green ham need only be washed. Either must be scraped very clean, and dressed in the same manner. From a quarter, to half an hour, more than a quarter of an hour to a pound must be allowed for boiling a ham, in proportion to the size. It should simmer for an hour and a half, or two hours before it boils. Peel off the rind before it is served up, and strew it with bread raspings.

Ham is sometimes soaked in milk and water, and laid in soak for thirty, or thirty-six hours. The milk and water should be changed two or three times, when it lies so long.

*To boil Marrow Bones.*

Tie a floured cloth over the top, set the bones upright in a saucepan of cold water, not filled higher than to come within half an inch of the top of the bones. An hour will do them from the time the water boils. Serve them up, set upright, upon toasted bread.



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TO BOIL POULTRY, &c.

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*Observation.*

THE same attention must be paid to preparing poultry, &c. for boiling as for roasting.

*To boil a Turkey.*

The crop of a turkey, for boiling, is usually filled with force-meat ; but it is very nice filled with a piece of plain crum of bread only ; or a stuffing may be put, if preferred to force-meat. A large turkey with the crop filled, will require two hours boiling, or if not filled, an hour and a half ; and smaller sizes in proportion. A small hen turkey will be done sufficiently in three quarters of an hour, or very little more. Serve up a boiled turkey with white oyster or celery sauce.

*To boil Fowls and Chickens.*

A large fowl will require three quarters of an hour ; a smaller, half an hour, or thirty-five minutes. A large chicken, twenty-five minutes, and a small one from a quarter of an hour to twenty minutes. Boiled fowls are very nice served up with white mushroom, oyster, or celery sauce ; or parsley and butter ; and with ham, tongue, or bacon, to eat with them. Chickens are generally served up with parsley and butter.

*To boil a Goose or Duck.*

A goose should be salted for three or four days before



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it is boiled ; a duck for two or three, according to the size of either. A full grown goose will require boiling an hour and a half, a large duck an hour. Serve up either with onion sauce, or with cabbage boiled first, then cut to pieces, and stewed in a little gravy, or with brown celery sauce.

*To boil Pigeons.*

Pigeons for boiling should be full grown, and plump, but not old ; from a quarter of an hour to twenty minutes will boil them well. Serve them up with stewed spinage in the dish, and bacon to eat with them ; but the bacon must not be boiled with the pigeons, and should be served in a separate dish. Boiled pigeons may also be served with only parsley and butter, like boiled chickens.

*To boil Rabbits.*

A full sized rabbit may be boiled in thirty-five minutes ; smaller sizes will be done sufficiently in, from twenty minutes to half an hour. Milk and water boils them very nice and white, as it would also any white meat. Serve up boiled rabbits with onion sauce, or with melted butter, with the livers boiled and minced, and some slices of lemon, cut into very small squares, mixed into it. Some chopped parsley may be added, if agreeable.

*To boil Partridges.*

Partridges for boiling should be trussed like chickens for boiling. From eighteen to one or two and twenty minutes will do them sufficiently. Serve them up with either white or brown mushroom sauce ; or with rice stewed in gravy, made pretty thick, seasoned with pepper and salt, and poured over them ; or with celery sauce.



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*To boil a Pheasant.*

If large, a pheasant will require boiling three quarters of an hour ; if small, half an hour. Serve it up with any of the above sauces, like boiled partridges. It should be trussed in the same manner.

*To boil Woodcocks or Snipes.*

Take the trails out of the birds, and put them all but the stomachs into gravy sufficient to cover them well, and boil them for a few minutes. Truss the birds like chickens for boiling, and boil them in some strong, clear beef broth. From ten minutes to a quarter of an hour will boil woodcocks ; eight or ten minutes, snipes. While they are doing mince the trails pretty small, and fry some bread crumbs very nicely. When the birds are almost done, take half a pint of the liquor they are boiling in, put it to the trails, and add to it the fried bread crumbs, about half a glass of Madeira or Port wine, and a small piece of butter rolled in flour. Shake this mixture well in a saucepan over the fire till it is thoroughly hot, without letting it boil, and when the birds are done, serve them up with this sauce over them.

*To boil Woodcocks, Snipes, Pigeons, Blackbirds, Thrushes, Fieldfares, Rails, Quails, Larks, Sparrows, Wheat-ears, Martins, or any small Land-Fowl, as in the royal Kitchen of Queen Anne.*

Boil the birds either in strong broth, or salt and water. When boiled take out the trails, and chop them and the livers small, add to this some crum of bread grated, a little of the broth the birds were boiled in, some mace, and some gravy, and stew them all together. Beat the yolks of two eggs, with a little white wine vinegar and grated nutmeg ; and, when ready to serve, stir these into the sauce with a small



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piece of butter. Dish up the birds upon sippets of white bread, and pour the sauce over them with some capers, lemon minced small, and barberries, or pickled grapes, whole.

Some onions and currants boiled together in broth, separately from the sauce, are sometimes added to it. When no onion is put in, rub the bottom of the dish with a clove or two of garlic.

*To boil a Capon, Pullet, or Chicken, as in the same.*

Boil it in good mutton broth, with some mace, a bunch of sweet herbs, a little sage, spinage, marigold leaves and flowers, white or green endive, borage, bugloss, parsley, and sorrel, and serve it on sippets of white bread.

*To boil a Capon or Chicken with Cauliflower, as in the same.*

Cut the cauliflower into small heads, with about an inch and a half of stalk to them, and boil these in milk with a little mace till they are very tender. Then beat the yolks of two eggs with a quarter of a pint of sack. Melt some butter very thick, with a little vinegar and sliced lemon; pour this and the eggs to and fro till they are well mixed; then take the cauliflower out of the milk and put into it. Having boiled the capon or chicken tender, serve it upon sippets of white bread, finely carved, and pour the above sauce over it.

*To boil Pigeons, as in the same.*

Put them into a pipkin, or skillet, with some strong broth, or fair water; boil and scum them; then put in some mace, a bunch of sweet herbs, some white endive, marigold flowers and salt. When finely boiled



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serve them upon sippets of white bread, and garnish the dish with mace and white endive.

*To boil a Goose, as in the same.*

Salt the goose for a day or two. Steep some oatmeal in warm milk, or some other liquor, then mix with it some shred beef suet, minced apples and onions, some sweet herbs chopped, and a seasoning of cloves, mace, and pepper. Fill the belly of the goose with this, and tie it close at the neck and vent. Boil it and serve it on brewess, (slices of bread dipped in the liquor any thing is boiled in) with cauliflowers, cabbage, turnips, and barberries. Pour melted butter over it.

*Wild Duck boiled, as in the same.*

Having drawn and trussed the wild duck, parboil it, then half roast it. When that is done, carve it and save the gravy. Put the gravy into a pipkin, with plenty of onion, parsley, sliced ginger, pepper, and mace, some washed currants, barberries, and a quart of claret. Let all boil together, skim it clean, put in some butter and sugar, and serve it up over the duck.

*To boil a Rabbit, as in the same.*

Boil the rabbit in salt and water. Chop thyme and parsley, a handful of each, together, and boil it in a little of the liquor the rabbit is boiling in. Then add to it three or four spoonfuls of verjuice, a piece of butter, and two or three eggs, well beaten; stir the whole well together; set it over the fire till it thickens, and serve up the rabbit with this sauce poured over it.

*To boil Chickens in a Dutch fashion.*

Take six or more young chickens, and put them into a stewpan, or pipkin, being first trussed as for boiling,



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with as much water as will just cover them. When they boil, put in a quart of young green peas, and a small handful of parsley, finely picked and washed. When the peas are done enough, add a pint of good cream. Lay the chickens into the dish upon sippets of French bread, then pour the sauce over them; garnish the dish with flowers, and a little salt, and send it to table.

*To boil a Capon with white Broth, after the fashion of Lady M——, supposed to be Lady Masham.*

Make a pretty good broth with the scrag ends of necks of mutton and veal, of which there must not be less than three quarts, to serve with the capon when the whole is finished. Beat a quarter of a pound of blanched almonds with three or four spoonfuls of cream and a little rose water. Add some of the broth to this, to draw out all the substance from the almonds, and then mix the whole with the rest of the broth. Boil the capon in fair water by itself; and one or two marrow-bones in water by themselves. Boil also, separately, some chestnuts, or pistachio nuts, or some macerated pine kernels, and some skirrets, or endive, or parsley roots, according to the season. Plump some raisins of the sun, and stew some sliced, with sugar and water. When all these are ready, beat two or three new laid eggs, whites and all, with some of the white broth, which should be boiling at the time; then mix this with the remainder of the broth, and let it continue boiling. Add to it the other prepared ingredients, all but the marrow and the capon, and a little sliced candied orange-peel, from which the hard sugar has been soaked off in warm water; or a little peel of orange or lemon pickled with vinegar and sugar. After either of these has boiled in the broth a short time, it must be taken out again. Put a little sack to



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Broiling, frying, stewing, &c.

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the broth, and then the marrow in lumps, that has been knocked out of the boiled bones. Take the capon hot from the liquor it was boiled in, lay it in a dish upon sippets, and slices of toasted light bread; pour the broth with all its mixture over it; cover it with another dish; stew the whole together for a while, and then serve it up.

Boiling the capon in the broth, instead of in water, makes the broth better.

*Observation.*

This, and the other receipts of the same period, are given for the sake of such persons as have a curiosity in comparing specimens of cookery of a century old with the cookery of the present times; not that such mixtures as the above are any more to be recommended than those of a later date.

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BROILING, FRYING, STEWING, &c.

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*Observations.*

The only general directions that can be given for broiling are, to have a very clear, quick fire, and to take the greatest care by frequent turnings, not to suffer any kind of broil to get dry and burnt.

Frying also requires a brisk clear fire, that it may be done quick. If frying is long about, whatever it is that is frying will be dry, tough, and disagreeable. In frying, as well as broiling meat, turning it frequently is essential to its being well done, or it will burn and be dry.



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Stewing is best done over a small stove fire, that it may be done very gently. A stew ought never to be suffered to boil.

*To broil a Beef Steak.*

Have rump steaks half an inch thick, beat them with a rolling pin, and season them with pepper and salt. When the fire is quite clear, and the gridiron hot, rub it with a piece of fat, lay on the steaks, and turn them often to prevent the gravy drying out of them. The moment the steaks are done, lay them upon a hot dish with a little gravy in it, or a piece of butter with a very little water. Strew them with some minced shalot, and serve them up with scraped horse-radish on the edge of the dish.

*Observation.*

If the beef is not tender, the utmost attention on the part of the cook will not make the steak so, however well it may be dressed.

*To ragout a Calf's Head.*

Bone half a calf's head, then cut some slices of ham and lay them at the bottom of a stew-pan, with two thin slices of veal, three shalots, a clove of garlic, a little spice, and a bunch of sweet herbs. Put in the head with a tea-cupful of gravy. Stew it down for a quarter of an hour, then add to it a quart of gravy; stew it till tender, then strain the gravy from it. Take off the fat, and put a piece of butter into the stew-pan; melt it, and put to it a spoonful of flour. Mix the gravy to it by degrees, and throw in a glass of white wine and a few mushrooms, or artichoke bottoms, cut to pieces. The sauce must be thick. Put the head in and give it a boil. Season it to the taste, and serve it up with the sauce over it.



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*Mutton Chops.*

Cut the best part of a neck of mutton into chops, and season them with white pepper and salt. When put upon the gridiron let the fire be clear and very hot, and keep frequently turning the chops. When sufficiently done, serve them up as hot as possible. The best chops are cut from that part of the neck which is covered with fat; but the fat must be carefully taken off. At the same time the ends of the bones must be neatly trimmed off. Take care to confine the gravy as much as possible, by not suffering the chops to be over-done.

*To fry a Beef Steak.*

Cut the steaks as for broiling, and put them into a stew-pan with a lump of butter. Set them over a slow fire, and keep turning them till the butter has become a thick white gravy; pour this into a basin, and put more butter to the steaks. When almost enough, pour all the gravy into the basin, and put more butter into the pan; then fry the steaks over a quick fire till they become of a light brown, when they will be sufficiently done. Remove them from the fire, and put them into a hot pewter dish, pouring upon them the gravy that had been drawn from them, into which should be put some chopped shalot. Serve up very hot.

*Veal Collops, white.*

Cut very thin slices from a fillet of veal, and season them with white pepper, salt, mace, nutmeg, and a little lemon-peel. Then put the meat into a stew-pan, with a good piece of butter, and to prevent its burning to the pan, keep stirring it about till sufficiently done. Add cream beaten up with the yolk of an egg, a short time before serving up, and thicken it with a lump of



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butter rolled in flour. Keep it stirring till ready to be sent up.

*Veal Collops, brown.*

Cut the veal into slices, rather larger than when to be white; and after beating them with a paste-pin, and seasoning them with white pepper, salt, nutmeg, and mace; put them into a frying-pan, with some butter, and brown them nicely. When sufficiently done, put the collops into a stew-pan with some good gravy, catsup, essence of anchovy, and lemon juice. Keep stirring them, and when well warmed, serve them up with egg balls.

*Duck stewed with green Peas.*

Half roast a duck without stuffing it; then put it into a stew-pan, with two or three sprigs of mint, a little chopped sage, and about a pint of good gravy. Let these stew for half an hour, then thicken the gravy; put in a pint of green peas, boiled the same as for serving up. Stew a few minutes longer, and then serve up the duck with the peas, and gravy over it.

*To fry Calf's Liver and Bacon.*

Cut the liver into moderately thin slices, and fry it of a nice brown. Then fry some thin slices of bacon, lay them upon the liver, and serve up the dish with a little gravy added to it, and crisped parsley laid round or scattered over it.

*A fried Curry.*

Pound a clove of garlic, a table spoonful of curry powder, and a tea spoonful of ground turmeric in a marble mortar, with a very little water. Then cut a rabbit or chicken to pieces, and rub it with some of this mixture, adding to it a little water and salt. Melt



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a good piece of butter in a stew-pan, being careful that it does not burn; put the rabbit or chicken into it with the remainder of the curry mixture, and an onion or two sliced. Fry these till the meat is nicely done. Squeeze in a little Seville orange or lemon-juice, and serve up the curry.

*Observation.*

Though curry is more frequently made of chicken, or rabbit, than of any thing else, it is very nice made of oysters, eels, lobsters, prawns, veal, or almost any kind of meat.

*Curry, with Gravy.*

Cut three or four onions small, and fry them brown without burning them. Then cut a chicken or rabbit in pieces, and half fry it in butter, strewing it as it is doing with rather more than a spoonful of curry powder. When this is ready put it into a stew-pan with the onions, and a pint of good gravy. Stew it gently till the meat is tender, then add the juice of a lemon, or two limes, and serve it up.

*To boil Rice to eat with Curry.*

Wash half a pound of rice in salt and water, then put it into four pints of boiling water if Patna rice, if Carolina into five, and boil it twenty minutes. Drain it in a colander and set it near the fire to dry. When quite dry, shake it into a dish without touching it either with a spoon or the fingers. It is to be served in a dish by itself.

*To stew Pork Steaks.*

Cut as many steaks as are wanted from the best end of a loin or neck of pork; take off the skin and nearly all the fat, and fry them of a nice brown. Put the



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steaks into a stew-pan, with good gravy enough to make a proper sauce to them, and pepper and salt. Ten minutes before they are done, thicken the gravy with a piece of butter rolled in flour, and rub in a little dried sage or mint.

*Stewed Mutton Steaks.*

Take some steaks off the best end of a loin of mutton, or some slices out of the middle part of a leg. Season them with pepper and salt, lay them into a stew-pan with some sliced onion, and cover them with water and a little gravy. When done on one side, turn the steaks on the other, and thicken the gravy at the same time with some flour and butter. A little shalot, or catsup, or both, may be added at pleasure. Twenty, or twenty-five minutes will stew them enough. Long stewing makes meat hard.

*Fried Mutton Steaks.*

Mix a little chopped parsley, thyme, and lemon-peel, with a spoonful or two of fine bread crumbs, a little grated nutmeg, some pepper and salt. Take some steaks from a neck or loin of mutton, cut off most of the fat, beat them well, rub them with yolk of egg, and strew them pretty thick with the bread and herbs. Fry them of a nice brown, and serve them up with crisped parsley in the dish.

Veal is very nice done in the same manner.

*Brisket of Beef stewed plain.*

Stew nine pounds of brisket of beef in two gallons of water for two or three hours over night. When made sufficiently tender, take out the bones, and carefully skim off the fat. Then boil a few carrots, turnips, onions, celery, and white cabbage, in some of the



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liquor, till they become quite tender. Add these, some salt, and the remainder of the broth, to the beef, and stew altogether till sufficiently done.

*Brisket of Beef stewed savoury.*

Take about eight pounds of brisket of beef, and stew it till quite tender in as much water as will cover the meat. When sufficiently tender, take out the bones, and skim off the fat very clean. Take a pint of the liquor, put to it the third part of a pint of red port wine, a little walnut or mushroom catsup, and some salt. Tie up some whole white pepper and mace in a piece of muslin, and stew all together for a short time. Have ready some carrots and turnips boiled tender and cut into squares; strew them upon the beef, putting a few into the dish. Truffles and morels may be added, or artichoke bottoms.

+ *Beef Steaks rolled.*

Take the steaks, and after beating to make them tender, put upon them any quantity of high-seasoned forcemeat; then roll them up, and skewer them to keep them tight. Fry them in nice dripping till they become of a delicate brown. Then take them out of the fat in which they were fried, and put them into a stew-pan, with some good gravy, a spoonful of red wine, and some catsup. When sufficiently stewed, serve them up with the gravy and a few pickled mushrooms.

*Family Beef.*

Take a brisket of beef; and after mixing half a pound of coarse sugar, a quarter of an ounce of salt-petre, two ounces of bay salt, and a pound of common salt, rub the mixture well into the beef; then put it into an earthen pan, and turn it every day. Let the



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meat remain in this pickle for the space of a fortnight, when it may be boiled and sent up to table with savoy, or other greens. When cold and cut into slices it eats well with poivrade sauce.

*A Beef-steak stewed.*

Fry the steaks in butter a good brown, then put in half a pint of water, one onion sliced, a spoonful of walnut catsup, a little chopped shalot, and some white pepper and salt. Cover them up close, and stew them gently. When done enough, thicken the gravy with flour and butter. Garnish the dish with scraped horse-radish, and serve up hot.

*Fricassee of Sweetbreads.*

Cut heart sweetbreads in pretty thick slices, boil them till about half done, with a little more water than just to cover them, with a little salt, white pepper, and mace. Then add some butter, the yolks of four eggs beaten with a little white wine, and some verjuice. Keep this over the fire, shaking it well, till the sauce is properly thickened, then serve it up with some Seville orange juice squeezed over it.

If to be a brown fricassee, fry the sweetbreads first in butter till the outside is browned, then pour away the butter, put water to them, boil, and finish them as above. An onion, or a clove of garlic, may be added to the water at pleasure. Some broth used instead of water will make the fricassee either way more savoury.

*To dress Pigs' Feet and Ears.*

Clean and scald the feet and ears, divide the feet down the middle, tie them together, put them into a saucepan with water enough to cover them well; when they boil.



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skim them clean, add some pepper, mace, allspice, salt, two or three onions, and a little thyme. Stew them till tender, and set them by. The next day clear them from fat, and shake the feet (untying them first) a little over the fire, with a little of the liquor they were boiled in, some chopped parsley and shalots, and a little lemon juice. Then rub the feet over with yolk of egg and bread crumbs, and brown them with a salamander. Slice the ears into long narrow slips, stew them a few minutes in some good gravy, and serve them up with the feet upon them.

*To dress Pigs' Petticoes.*

Take the heart, liver, and lights, boil them ten minutes, and then mince them small. Let the feet boil till they are tender, then take them out and split them. Thicken the liquor these were all boiled in with flour and butter; put the mince to it with a slice of lemon, a spoonful of white wine, and a little salt, and boil it a little. Beat the yolk of an egg, two spoonfuls of good cream, and some nutmeg, put these and the feet to the rest; shake it over the fire, but do not let it boil, lay sippets of bread round the dish, pour in the mince and gravy, lay the feet upon this, and serve it up.

*Shoulder of Lamb grilled.*

Roast a shoulder of lamb till about three quarters done, score it both ways into squares about an inch large, rub it over with yolk of egg, season it with pepper and salt, and strew it with bread crumbs and chopped parsley. Set it before the fire, brown it with a salamander, and serve it up with gravy, mushroom catsup, lemon juice, and a piece of butter rolled in flour, heated over the fire till well thickened.



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*To hash Beef or Mutton.* ✕

Take a lump of butter rolled in flour, put it into a stew-pan, and stir it till it becomes of a good brown colour. Then put in as much gravy as will make sauce for the meat. Season it with salt, white pepper, shalot or onion, and a little shred parsley. Cut the meat into thin pieces and put it into the sauce; and when sufficiently warmed, add some juice of lemon, or a little vinegar, and serve up hot.

*A Bloomsbury Fricassee.*

Cut two chickens in pieces, and fry them lightly in butter. Then pour upon them some hot broth, or boiling water, put in a sliced onion, a bunch of thyme and parsley, a slice or two of lean bacon, some whole pepper, a few cloves, and some salt. Let it stew gently for a quarter of an hour, then take out the bunch of thyme and parsley, put in some chopped parsley, the yolks of two or three eggs beaten with a little of the broth, and some verjuice, or white wine vinegar. Shake it over the fire till the sauce is thickened, and then serve it up.

If the chickens are stewed too long they will be hard, but if the proper time be observed, they will eat short and tender.

A fricassee of rabbits may be made in the same manner.

*To bake Pigeons, Teals, or wild Ducks, à la Toussaint.*

Season the birds well with pepper and salt, put them into a pot with a good deal of butter, and some claret. Tie a paper over the pot and set it into an oven. When the birds are baked, take them out of the pot and wipe them very dry. Put them into a clean pot without any



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liquor, and lay some bay leaves over them. Clarify the butter they were baked in, and as much more as will be wanted to cover them two inches thick, pour this upon the birds as cool as it can be, not to have congealed, let them stand till it is cold, then paper them up and keep them for use. They will keep for three months.

*Red Beef, for Slices.*

Take a piece of thin flank of beef, and cut off the skin; then rub it well with a mixture made with two pounds of common salt, two ounces of bay salt, two ounces of saltpetre, and half a pound of moist sugar, pounded in a marble mortar. Put it into an earthen pan, and turn and rub it every day for seven or eight days; then take it out of the brine, wipe it, strew over it pounded mace, cloves, pepper, a little allspice, and plenty of chopped parsley, and a few shalots. Then roll it up, bind it round with tape, boil it till tender, press it in the same manner as a collared pig, and when it is cold cut it into slices, and garnish it with pickled barberries, fresh parsley, or any other garnish, as approved.

*Ox Cheek stewed.*

Bone and wash the cheek very clean; then tie it up round, put it into a stew-pan with some good gravy, or boiling water, skim it, add two bay leaves, a little garlic, some onions, mushrooms, celery, carrots, half a small cabbage, turnips, a bunch of sweet herbs, some whole pepper, a little allspice and mace. Let the cheek stew till near done, then cut off the strings, put the cheek into a clean stew-pan, strain the liquor through a sieve, skim off the fat very clean, season it with lemon juice, Cayenne pepper, and salt, add a little catsup, clear it with eggs, strain it through a tamis cloth to the cheek, and stew the whole till tender.



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*Rump of Beef à la Mode.*

Bone the rump, daub it with slips of fat bacon, seasoned with sweet herbs, beaten spices, and peppers and salt. Bind it round with packthread, put it into a stew-pan, cover it with some veal gravy, make it boil, skim it, and add a pint of red port, some onions, turnips, celery, a few bay leaves, garlic, mushrooms, a little whole allspice, and a little mace. Let it stew till nearly done; then take out the liquor, cut off the strings, wipe it dry, and put it into a clean stew-pan. Then strain the liquor, skim the fat off clean, season with Cayenne pepper, salt, a gill of vinegar, lemon pickle, and a small quantity of juice of lemon; add a little catsup, clear it with whites of eggs, and strain it through a tannis cloth to the beef. Stew it gently till done, and serve it up in a deep dish.

*Observation.*

To the liquor, when cleared with eggs, and strained, may be added some flour and butter, by way of thickening, if approved. The clearing the liquor will make it appear bright, either thickened or plain.

*Hashed Calf's Head.*

Take a head, without the skin, chopped in two, wash and blanch it, peel the tongue, cut it in slices, and likewise the meat from the head. Add blanched morels and truffles, egg and force-meat balls, stewed mushrooms, artichoke bottoms, and some well-seasoned gravy. Let the meat stew gently till nearly done, and then add some slices of sweetbreads. When it is to be served up, put the brains round the hash, and slices of bacon; and if approved, half of the head may be laid on the top, prepared thus:—one half of the head when blanched, to be done over with yolk of raw egg; then seasoned.



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with pepper and salt, strewed with fine bread crumbs, baked till very tender, and coloured with a salamander, if required. The brains to be egged and rolled in bread crumbs, and fried in boiling lard. The slices of bacon to be boiled.

*Breast of Veal with Omelets.*

Bone the veal, and lay a light force-meat over it, and upon that some slips of lean ham, pickled cucumbers, fat bacon, and omelets of eggs white and yellow. Roll it up tight in a cloth, tie each end, and stew it till tender. When it is to be served up, take it out of the cloth, wipe it dry, and glaze the top; then put under it stewed sorrel, or stewed celery, or a ragout of artichoke bottoms.

*Breast of Veal en Ragout.*

Take off the under bone, and cut the breast in two lengthwise; then cut it again into middling sized pieces, fry them in a little lard till of a light brown colour, wipe them dry, put them into a stew-pan with half a pint of veal gravy, simmer them till nearly done, and the liquor almost reduced, then add blanched morels, truffles, slices of throat sweetbread, egg balls, artichoke bottoms, a little catsup, and some gravy; season it to the palate with Cayenne pepper, and salt, and a little lemon juice. Let all stew together till done.

*Neck of Veal larded.*

Take off the under bone of a neck of veal, leave only a part of the long bones on; trim it neat, lard it, and roast it gently with a veal caul over it. Ten minutes before it is done take off the caul, and let the veal be of a very light colour. When it is to be served up put under it some sorrel sauce, celery heads, or asparagus tops, or serve it with mushroom sauce.



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*Harico Mutton Cutlets.*

Cut a loin or best end of a neck of mutton into steaks, trim them neatly, and fry them till three parts done and of a nice colour. Put them into a stew-pan, add a little water to preserve them from burning, and simmer them till tender. Lay the steaks round in a dish, and serve them up with harico sauce over them,

The liquor that the steaks were stewed in is to be strained, skimmed clean from fat, and added to the sauce.

*Fillet of Mutton with Cucumbers.*

Take the best end of a neck of mutton, cut off the under bone, leaving the long ones on; then trim it neatly, lard it, let it remain plain, roast it gently, and serve it up with cucumbers or sorrel sauce under it.

*Mutton Cutlets with Potatoes.*

Cut a loin of mutton into steaks, beat them with a rolling pin, and trim them neatly. Do them a little over the fire in sweet herbs, chopped shalots, pepper, salt, and lemon juice. When nearly done, lay them on a dish till almost cold, and then rub them with yolk of egg and bread crumbs, and fry them in boiling lard till of a light brown colour. Place the steaks round in a dish, leaving a space in the middle, which is to be filled up with potatoes, and pour the sauce under the steaks.

The potatoes are to be peeled, then fried of a light colour, and put before the fire till wanted. Add some gravy to the sauce the steaks were done in at first, and some catsup, then strain and use it for the steaks.

*Mutton Cutlets à la Maintenon.*

Have the best end of a loin of mutton, take off the under bone, and cut it into cutlets; beat them, and trim them neatly; then add to them a piece of fresh butter,



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chopped parsley, thyme, shalots, pepper, salt, a little pounded mace, and some lemon juice. Shake them over the fire till nearly done, then lay them on a dish, pour the liquor over the cutlets, and when nearly cool, do them with bread crumbs, and put them separately into oiled white paper; fold them up, broil them over a slow fire, and serve them up with hot poivrade sauce in a boat.

See *Poivrade Sauce* receipt.

#### *Irish Stew.*

Take the best end of a neck of mutton, chop off the under bone and cut it into steaks; season them with pepper, salt, a little mushroom powder, and beaten mace. Put them into a stew-pan, add a large onion sliced, a bunch of parsley and thyme, and a pint of veal broth. Simmer the chops till three parts done, then add some whole potatoes peeled, and let them stew till done. Serve it up in a deep dish.

Let the parsley and thyme be taken out when the stew is to be served up.

#### *Beef Collops.*

Take the fillet from the under part of a rump of beef, cut it into small thin slices, and fry them till three parts done; then add to them slices of pickled cucumbers, small mushrooms stewed, blanched oysters, some well seasoned gravy, and stew them till tender.

#### *Fillet of Beef larded.*

Take a fillet or piece of a rump of beef, force it and lard it with bacon, turn it round like a fillet of veal, roast it, glaze the top, and serve it up with a sauce, made of gravy, lemon pickle, and catsup; add likewise some scalded celery, and button onions; then stew till tender, and put the sauce round the beef.



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*Beef Palates.*

Scald and scale the palates clean, and boil them till tender; when cool, roll them up with force-meat in the middle, and tie them with thread; stew them as white as possible, and serve them up with a sauce made of ham, breast of fowl, pickled cucumbers, and well seasoned brown or white gravy.

*Observation.*

The ham, &c. are to be cut in the form of dice.

*Veal Cutlets larded.*

Cut the best end of a neck of veal into chops, leaving only a part of the long bone; then lard, blanch, and stew them; and when they are to be served up, drain and dry them, place them round in a dish, and put green truffle sauce, or white mushroom sauce, in the middle.

*Loin of Veal à la Crème.*

Take the best end of a loin of veal, joint it, and cut a little of the suet from the kidney, make it lie flat, and then cut a place in the middle of the upper part about three inches deep and six inches long. Take the piece out, chop it, add to it some beef suet, or beef marrow, parsley, thyme, green truffles, mushrooms, shalots, some lemon peel, chopped very fine, and season it with pepper and salt, and a little beaten allspice. Put all together into a marble mortar, add the yolks of two eggs, and a little French bread soaked in cream; then pound the ingredients well, and fill the cavity with the force-meat, and cover it with a piece of veal caul, after which tie it down close and cover the whole with a large piece of caul, roast it gently, and when it is to be served up, take off the large piece of caul, let it colour a little, glaze it lightly, and put under it a white sauce.



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*Observation.*

In the same manner a fillet of veal may be done, instead of using plain stuffing for it.

*To fry Tripe.*

Cut the tripe, being first nicely prepared, into small pieces, dip them into a smooth light batter, and fry them in boiling pork lard of a fine light brown. Tripe is very nice rubbed with yolk of eggs, strewed with bread crumbs and chopped parsley, and then fried. Fried onions may be served with it either way if agreeable.

*To stew Giblets.*

Scald two sets of goose giblets, cut them into rather small pieces, trim them neatly, and wash them. Wipe them quite dry, put them into a stew-pan with half a pint of broth, simmer them over a slow fire till more than half done, when the liquor will be nearly reduced. Add some good well seasoned gravy, and stew them till sufficiently done.

Some green peas boiled and added with the gravy are a great improvement to this dish.

*To broil a Chicken.*

Split the chicken down the back, spread it open, season it with pepper and salt, and broil it over a quick clear fire very nicely. Serve it up with mushroom sauce, either brown or white.

Pigeons, or any other bird, as approved, may be broiled in the same manner.

*To dress a Lamb's Fry.*

Scald the fry for a few minutes, then drain off the water and wipe it very clean and dry. Rub the different pieces with yolk of egg, roll them in bread crumbs, fry them quick and crisp in plenty of boiling lard, and



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serve them up with a good deal of crisped parsley in the dish.

*To make Bologna Sausages, as they are made in Italy.*

Take seventeen pounds and a half of a fore-quarter of pork, and three pounds and a half of lean buttock of beef, chop them well together, but not very small ; put to them a pound and a half of salt, well dried and pounded, three ounces of white pepper, a good deal bruised ; mix them all well together like paste, and if there is fat wanted, a pound or two of the fat of bacon may be put to them cut in the form of dice. Add as it is mixed, a glassful of red wine, then fill large beef skins with this, having first washed and cleansed them from all the slime, by turning them. Wipe them dry before they are filled. When filling them, the meat must be squeezed and pressed down quite hard, that all the wine may run out of them, and that they may be stuffed very close. Tie them lightly with packthread, and hang them up over the mantle piece, so as to receive a moderate heat, let them hang for three weeks, then hang them in a garret where they can have some air. When they are quite dry let them be taken down and wiped ; then rub them over well with salad oil, and lay them in a box in hay. They will keep very well for a year. The skins had better be cut the length of eight or nine inches, tying them at one end before they are filled. When to be used, boil one or two in fresh water for an hour, and when they are cold cut them into round slices, and they will look red and white. They are excellent meat, and will keep a fortnight after they have been boiled.

*To make Sausages.*

Take six pounds of pork, quite free from skin, gristle, and fat. Beat it in a mortar till it is very fine, add to it six pounds of beef suet shred very small, season it with



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sage, sweet herbs, and lemon peel minced very fine, and pepper, salt, and nutmeg. Put this into skins well cleansed, or press it down into a pot, and when to be used roll it up about the usual size of sausages, rub them over with yolk of egg, and fry them of a nice brown.

*To dress a Lamb's Pluck and Head.*

Boil the head by itself till it is tender. Boil the pluck till it is nearly done enough, then mince it. Take about half a pint of the liquor it was boiled in, thicken it with a little butter and flour, add a little catsup, a little vinegar, salt and pepper. Put in the brains and the mince, and let it stew a short time. While this is doing rub the head, which should be parted in two, with yolk of egg, strew it with bread crumbs and chopped parsley; and brown it with a salamander, or in a Dutch oven. Then serve it up with the mince poured round it. The heart may be seasoned and broiled if preferred, instead of mincing it.

*To cure Hams, Bacon, Pig's Cheek, and pickled Pork.*

To a ham of ten pounds take an ounce and a half of saltpetre, two ounces of bay salt, half a pound of coarse sugar, and a pound of common salt. Mix these together and rub them well into the ham. Let it lie for three weeks, turning it at times, and then dry it in wood smoke. The ingredients must always be in this proportion to the weight of whatever is to be cured.

For pickled pork the sugar must be omitted.

*To cure Tongues.*

To a moderate sized tongue put an ounce of saltpetre, two ounces of coarse sugar, and a pound of common salt. Rub these well into the tongue, and let it lie a fortnight or three weeks, turning it sometimes. It will



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then be fit to dry, or to dress immediately out of the pickle.

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*A Paste for Meat Puddings.*

To as much flour as will be wanting, put half the quantity of beef or mutton suet, chopped small, roll them together upon a paste board to break the suet, then add some salt, and water enough to make a light paste.

If preferred, this paste may be made up with an egg and some milk, instead of water.

*A Beef-steak Pudding.*

Line a basin with paste rolled out, not quite half an inch thick. Trim the steaks nicely of the skin and fat, beat them well with a rolling pin, cut them into smallish pieces, season them with pepper and salt, lay them neatly into the basin, put in some water, cover the top with paste, turn the edge of the side paste over it, and tie on a cloth. Put it into boiling water. A quart basin will require rather more than two hours boiling.

Oysters, sliced onions or potatoes, or a seasoning of sweet herbs, chopped small, may be added at pleasure, between the layers of beef.

Mutton steaks, veal, calf's heart, beef kidneys, and various other meats may be made into puddings in the same manner, adapting the seasoning and other mix-



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tures to the kind of meat used. For instance, put forcemeat balls to veal; stuffing into a calf's heart, &c. &c.

Crusts proper for meat pies and patties, &c. such as puff crust, raised crust, and crust for tourtes and patties, will be found under the article Pastry.

*Mutton Steak Pie.*

Raise a crust pretty deep and thick. Cut a neck or breast of mutton into steaks, beat them, and season them with nutmeg, pepper, salt sweet herbs, cut very fine, two onions chopped small, the yolks of three or four hard eggs minced, and two spoonfuls of capers. Scatter these amongst the steaks as they are laid into the pie. Put on the top crust, and let the pie soak in a moderately hot oven, for two hours or longer, according to the size of it. Have some gravy ready to put into it through a funnel when it is to be served up.

*Tongue and Udder Pie sweet.*

Either half boil or roast a tongue and udder, slice them into moderately thin slices, and season them with pepper and salt. Stone half a pound of raisins of the sun, or Denia raisins, (which are very fine) then raise a crust, or put puff crust round the edge of a dish, lay in a layer of tongue and udder, and then some raisins, and so on till the whole is in. Cover the top with a crust and when the pie is baked pour in the following sauce. Beat some yolks of eggs, vinegar, white wine, sugar, and butter well together, then shake them over the fire till ready to boil, and add it to the pye immediately before it is served up.

*A Turkey Pie.*

Break the bones, and beat the turkey flat on the breast, lard it with bacon, lay it into a raised crust with some slices of bacon under it, and well seasoned with



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salt, pepper, nutmeg, whole cloves, and bay leaves. Lay a slice of bacon over it, cover it with a crust, and bake it. When baked put a clove of garlic or shalot into the hole in the middle of the lid, and do not use it till it is cold.

The turkey may be boned, if preferred.

Duck or goose pie may be made in the same manner.

*To make a Florentine Pie, as in the royal Kitchen of Queen Anne.*

Take a leg of mutton or veal, cut it into thin slices, and season it with sweet marjoram, thyme, savory, parsley, rosemary, an onion, and a clove of garlic, all cut small; some nutmeg and pepper beaten, some grated manchet, a little salt, and the yolks of three or four raw eggs, to mix them all together. Lay the meat into a dish, with a crust under it, or not, at pleasure; intermixed with some thin slices of streaked bacon. Put in a few bay leaves and some oyster liquor, cover the dish with a crust, and bake it.

*To make a Carabas Veal Pie, as in the same.*

Cut a fillet of veal into pieces about the size of walnuts, and season them with cinnamon, ginger, sugar, and salt. Use a raised crust or dish, at pleasure, lay in the meat with roasted chestnuts peeled and quartered, dates sliced, and the marrow from two marrow bones. Put on the top crust, bake the pie, and when done serve it up with the following sauce poured into it. Beat the yolk of an egg with some white wine, cinnamon, ginger, and sugar, heat it over the fire till it thickens a little, taking care not to let the egg curdle.

*An Ox Check Pie.*

Clean the cheek well, bone it, cut it in pieces, and



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season it with pepper, salt, nutmeg, and a few whole cloves. Lay it into a dish or raised crust, with some slices of bacon, put on the lid, bake it slowly that it may be very tender, and when done pour in some claret and butter warmed together.

*A Beef-steak Pie.*

Prepare the steaks as for a beef-steak pudding, but do not cut them so small. Season them with pepper, salt, and some sweet herbs cut fine, if approved. Roll them up with or without a piece of fat in them, according as the gravy is preferred being greasy or clear. Arrange them neatly in the dish, pour in some water, put on the top crust and bake it. Any kind of meat almost will make a plain family pie in this way.

*A Giblet Pie.*

Pick and wash the giblets of a goose or duck very nicely, and singe the pinions. Lay some beef or mutton steaks at the bottom of the dish, and then the giblets neatly upon them, seasoning the whole with pepper and salt, lay on the crust, and bake it. When done pour in some hot gravy.

Giblets are sometimes stewed first before putting them into a pie, in a little water or broth, with an onion, some sweet herbs, and a little pepper and salt. But this seems rather a work of supererogation, and, as in various other methods of the kind, only labouring to spoil what would be better with less labour bestowed upon it.

*A Pigeon Pie.*

Season the pigeons well with pepper and salt, lay them into a dish with a beef-steak at the bottom of it, with the breasts downwards, scatter in the giblets, and put in the yolks of some hard eggs, pour in a little water,



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lay on the crust, and bake it. A stuffing of chopped parsley, the livers minced, and some salt and pepper, may be put into the pigeons, if approved.

*Partridge Pie.*

Season the partridges as above, and lay them into the dish in the same manner, either upon beef or veal steaks. If veal is used, grate a little lean ham upon it. Put in some yolks of hard eggs, a little weak gravy, and the giblets. Cover it with a crust, and about an hour will bake it. Have some gravy ready to pour in when it is served up.

*A Carlton Pie.*

Put about five pounds of the chump end of a loin of veal, well rubbed with pepper and salt, into a deep dish without cutting it, lay sausages round it, add some yolks of hard eggs, and some water, lay on the crust, and bake it slowly. A little gravy may be added before it is served up.

*Observation.*

A crust should be laid round the edge of the dish in all these pies, though not always particularly specified.

*Oyster Patties.*

Line some small patty-pans with a fine puff crust, open and beard some oysters, put one or two into each patty, as required, with the oyster liquor, and a seasoning of pepper and salt. Cover them with a crust, and bake them lightly.

*Veal Patties.*

Mince some veal with a little lemon peel, grate in some nutmeg, and a little lean ham, moisten these well



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with some veal gravy, or good cream, fill patty-pans lined with puff crust as above, cover them with a crust, and bake them lightly.

When cream is used the ham is better omitted, and a little salt added.

*Observation.*

In this kind of way patties may be made of almost any thing, as for instance, chicken, turkey, partridge, force-meat, prawns, shrimps, &c. &c.

*Tourtes of Meat, from the French.*

Prepare a crust as directed for tourtes in the article Pastry, roll it out, and line a dish with it not deeper than a common plate; then prepare the meat as follows:—Veal, chicken, pigeons, sweetbread, or game of any kind may be used for this purpose. Cut whichever is preferred to pieces, just beat it in water, then drain it, season it with pepper and salt, lay it upon the crust without piling it up high, and leave a border round the rim of the dish. Put some pieces of butter upon the meat to keep it moist, and add truffles, morels, mushrooms, artichoke bottoms, or forcemeat balls, at pleasure. Cover the whole with slices of fat bacon, and then lay a crust over it exactly corresponding with that underneath. Glaze over the upper crust with yolk of egg, and set the tourte into an oven. When it has been in a quarter of an hour draw it to the mouth of the oven, and make a hole in the middle of the crust to let out the fumes. Let it stand two hours and three quarters longer in the oven, then take it out, cut the crust round within the rim, take it off, take out the bacon, and clear off any grease there may be on the top. Have ready a rich ragout sauce to pour over it, then replace the crust, and serve it up.



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Observations on dressing Fish.

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*Observation.*

The time ordered for so small a preparation to stand in the oven seems out of all proportion, but so says the original.

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OBSERVATIONS ON DRESSING FISH.

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THERE is no branch of cookery that requires greater nicety than the dressing of fish, and at the same time none for which so little instruction can be given. A minute or two only makes a material difference, in the boiling of fish in particular. Done to a moment, it will come to table in its best state; if this point be at all exceeded it will be breaking to pieces, the pure flavour almost gone, and the fish, consequently, rendered indifferent food, if not absolutely spoiled as such. While, on the other hand, if it be underdone, it is absolutely uneatable.

A quick observation and constant practice are the only means of instruction to be relied on, to dress fish thoroughly well. Whatever is said here, therefore, upon this subject, must be considered as mere outline, not at all as meant for defined rules. Such, to be of real use, must be too tediously minute, either for a writer to undertake, or a reader to look over. The variations of size and kinds of fish are so numerous, and make so essential a difference, where the time must be computed



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to a moment, that positive directions must be endless, or they could not be applicable.

The best way of dressing fish, as the wholesomest manner of eating it, is to broil it; the next best, to boil it; and frying it, the worst.

When fish is to be broiled or fried there can be no dispute about putting it upon a gridiron, or into a frying pan; but when it is to be boiled, though all opinions agree about putting it into a fish-kettle, there are great dissensions as to the state the water should be in when the fish is put into it. Cold, warm, and boiling have all their several advocates. The nature of fish, which is phlegmatic and watery, makes it require condensing rather than dilating, and thus the lying so much longer in water, as it must do when put into cold water, is unfavourable to it. Neither for large fish does it seem advisable to put it into boiling water, as this will have too sudden an effect upon the outside before the inside can be at all affected. For these reasons therefore, the warm water seems favourable, but for small fish, which will be heated through immediately, the boiling water will be preferable. All this is suggested, partly from practice, and partly theoretically amongst the contending opinions upon the subject, and must abide the decision of those who are not so bigoted to their own notions as to refuse the trying any fair experiment. The writer will readily enter into recognizance to adopt the cold water system when it shall be sufficiently proved to have the advantage of the others.

A good deal of salt, and occasionally a little vinegar put into the water, assists to give firmness to fish.

Fish should be taken out of the water the moment it is done enough. It may be kept hot by setting it upon the plate of the fish-kettle, over the water, covered with a cloth. This will be a disadvantage to it, as it will be every moment getting vapid, but not so great a one as



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lying in the water. Keeping it back in the doing, as is sometimes practised, when the dinner is not likely to be punctually served up, is a process that will always injure fish.

A cook must make herself well acquainted with the time her fish-kettle will require to boil at a proper distance over a steady fire, and she may then soon be an adept at dressing her fish against a given time, nor must she be blamed if this time is not attended to, and the fish suffers for it first, and then the stomachs of the eaters of it.

In adding a few receipts for boiling fish, it is rather that the book may not be without them, than in the hope of their being of much use.

Some fish are boiled enough when the water boils, supposing them put in when it is warm; others require a few minutes longer.

Kettles, gridirons, and frying-pans, for dressing fish, must be extremely nice, and kept very clean.

*To boil Salmon.*

Put it in when the water is warm, first adding a proper quantity of salt to it, let it boil gently. A small piece will be done enough in twenty minutes. Fried smelts are very nice to serve round salmon. Lobster, shrimp, or anchovy sauce, should be served with it.

*To boil Slices of Cod.*

Use spring water, and put in salt enough to make it almost brackish. Boil it up quick, and when it boils put in the cod. Keep it boiling, and skim it very clean. It will be done sufficiently in about eight minutes. Some small slices may be fried and served round it. Oysters, shrimp, or anchovy sauce, should be served with it.



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*To boil crimped Skate.*

Boil it as above. Small pieces will be done enough in about four minutes. Serve it up with any sauce most approved.

*To boil Herrings.*

Put them in when the water boils, and boil them about eight or ten minutes. Serve them up with Dutch sour sauce.

*To boil Mackarel.*

Put them into warm water, and they will be done enough in two or three minutes after it boils. Serve them up with fennel and butter, and green gooseberries.

*To boil Cod's Sounds.*

Soak them in warm water for at least half an hour, then scrape and clean them well. Boil them in milk and water till tender, then serve them up with egg sauce.

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## TO BROIL FISH.

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AFTER they are washed, dry them well in a clean cloth, and then flour them. Set the gridiron over the fire, and when it is hot, rub the bars with a piece of fresh suet. Lay on the fish, and broil them gently over a very clear fire, at such a distance as not to burn them. Serve them up the moment they are done.



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Fish must not be turned upon the gridiron like meat, as it would break them to pieces. When they are done on one side, turn them carefully on the other.

*To broil Trout.*

Open them along the belly, clean and dry them, season them with pepper and salt, and broil them gently.

*Observation.*

This is one of the best methods of dressing this delicate fish.

*To broil Trout another Way.*

Broil them whole without cleaning.

*Observation.*

Some persons prefer this method of broiling trout, as preserving the juices of the fish more than when opened.

*To broil Herrings.*

Open them along the belly, clean them, take out the back-bone, leave the roe in; lay two herrings together, the open sides next to each other, season them with pepper and salt, and broil them nicely. The heads are better taken off.

*To broil Sprats.*

Wipe them clean without washing them; string them through the heads upon skewers for the sake of turning them readily, and lay them upon the gridiron.

*To broil Slices of Salmon.*

When washed, wipe the salmon quite dry, rub the slices over with a soft brush dipped in sweet oil, pepper



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and salt them, fold them neatly in clean white paper, and broil them over a clear fire.

*To broil red Mulletts.*

Prepare them as above, but do not take out their insides. Broil them carefully.

*To broil Whitings.*

Broil them as mulletts, without taking out their insides.

*To broil Cod's Sounds.*

Lay them in hot water for a few minutes, then rub them with salt, to get off the skin and clean them. Boil them a minute in water, then wipe them dry. Sprinkle them with flour, and season them with pepper and salt, and broil them gently.

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TO FRY FISH.

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WASH and wipe the fish very dry. Rub them over with a soft brush dipped in beaten yolk of egg, and do them well over with fine bread crumbs. Put them into an iron frying-pan with plenty of boiling lard in it, and fry them of a fine bright brown. Do not turn them till they are done enough on one side. Serve them up with fried parsley.

The bread crumbs should be sifted through a coarse sieve.

This process is not meant for all fried fish, but particularly for whitings, smelts, soles, perch, flounders,



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pieces of haddock or skate, and slices of halibut and cod ; and small eels done up round.

*To fry Whitings.*

Prepare them as above. Skewer them up round, with the tail in the mouth ; put them into the frying-pan with the back downwards, let the lard boil over them, and do not turn them, as they are so tender as to be more liable to break than almost any other fish.

*To fry small flat Fish.*

These are very nice fried in a light smooth batter. Or they may be prepared as above, and then fried, if preferred.

*To fry Trout.*

Dry them well after they are cleaned and washed, before the fire. Dredge them over with flour, and fry them in fresh lard of a fine colour. Serve them up with fried parsley.

*To fry Graylings.*

Prepare and fry them as above, and serve them up in the same manner.

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TO STEW FISH, &c.

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*To stew Soles.*

CLEAN good sized soles, roll them up, and put them into a stew-pan, with a little gravy, a piece of fresh butter, a little vinegar or lemon-juice, some pepper



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and salt. Stew them very gently till properly done. Serve them up with a gravy sauce, with small mushrooms and egg balls in it.

*To roast Pike or Sturgeon.*

Clean the fish well. Make a stuffing of bread crumbs, chopped sweet herbs and parsley, capers and anchovies, pepper, salt, some fresh butter and an egg. Stuff the fish and sew it up. Turn it round with the tail in the mouth, and roast it gently till properly done, and of a fine brown. Serve it up with a good gravy sauce.

This may be baked, if preferred.

*Fish dressed with Vegetables.*

Pick, wash, and chop some sorrel, spinage, small onions or chives, and parsley. Put them into a stewpan with fresh butter, a good deal of lemon or Seville orange juice, or some vinegar with a little water, some essence of anchovy, and Cayenne pepper. Do these gently over the fire till the vegetables are tender, then put in the fish, and stew them till well done.

*To dress a Cod's Head, as in the royal Kitchen of Queen Anne.*

Cut the head large, that there may be a good piece of the body with it. Boil it in salt and water. Have ready a quart of cockles, with the shelled meat of two or three crabs. Put these into a pipkin with near half a pint of white wine, a bunch of sweet herbs, two onions, a little mace, a little grated nutmeg, and some oyster liquor. Boil these till the liquor is wasted, then add three or four very large spoonfuls of melted butter. Drain the cod's head well over a chaffing-dish of coals, and serve it up with the above sauce, taking out the



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bunch of herbs, and adding more butter, if required. Serve up the liver and roe on the sides of the dish.

*To roast an Eel, as in the same.*

Take a good large silver eel, draw it, skin it, and cut it in pieces of four inches long; spit them on a small spit, crossways, with bay leaves, or large sage leaves between each piece. When roasted, serve it up with butter beaten with orange or lemon-juice, or elder vinegar, and some grated nutmeg; or serve it with venison sauce, and dredge it with beaten carraway-seeds, cinnamon pounded, or grated bread.

*Butter and Oil to fry Fish in, as in the same.*

The best liquor to fry fish in is to take butter and salad oil, first well clarified together. This has not the unsavoury taste of oil only, nor the blackness of butter only. It fries fish crisp, yellow, and well tasted.

*To stew Carp or Tench.*

Scale, and sprinkle the fish with flour, and fry them in dripping. When sufficiently fried, put them into a stew-pan with some good gravy, add some essence of anchovy, a bunch of thyme, a little mace, some spoonfuls of mushroom catsup, with a small piece of onion. Add some Madeira, or red wine, and a sufficient quantity of flour and butter to thicken it.

*To dress dried Cod.*

Let the fish soak in some soft water for the space of six or seven hours, after which place it on a brick or stone floor for eight hours. Soak it again for the same time, but let it lie on the floor for only two hours. Brush it well with a hard brush, and boil it gently in soft water. When the fish is properly boiled, it will swell to a considerable size, and the flakes will come



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off. Egg sauce, mustard, mashed potatoes, or parsnips, are served up, and eaten with it.

*To dress Halibut like Scotch Collops.*

Having cut the halibut in thin slices, fry them with butter; afterwards boil the bones of the fish with four onions, some celery and thyme, for half an hour, in a little water. Then strain it, and stew the fish for half an hour, with the addition of some butter browned. Season with white pepper, a spoonful of catsup, salt, and mace, a spoonful of lemon-juice, and a little shred lemon-peel. Add flour and butter to thicken it.

*Haddocks stewed.*

Take five haddocks; let them be fresh, and of a middling size. Take off the skin and cut off the heads, tails, fins, and belly-flaps. Stew the fish slowly for a quarter of an hour in a pan containing a quart of water, a few pepper-corns, and a whole onion. Strain off the liquor; sprinkle the fish with flour, and fry them in dripping, or butter. After which stew the fish in a pan, with the above liquor, Cayenne pepper, catsup, and essence of anchovy, till the sauce acquire a proper strength and consistency. Serve up the fish with the sauce round it, in a deep dish.

*To stew Lobsters in a mild Manner.*

Pick the meat from the shells of the lobsters, having previously boiled them. Boil in half a pint of water the shells of the lobsters, with a little mace, a little whole white pepper and salt, till the goodness be extracted from the insides of the shells. This done, strain it, and stew the flesh of the lobsters with the liquor, a piece of butter rolled in flour, two spoonfuls of white



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wine, a little juice of lemon, and bread crumbs. Serve it up hot.

*Eel Pie.*

Cut the eel, skinned and cleaned, into pieces two inches long; shake them over the fire with chopped parsley and shalots, grated nutmeg, pepper, salt, and lemon-juice, mixed all together for the space of five minutes; then put the eels over some light forcemeat, at the bottom of a deep dish; cover it with puff paste, and, after baking, add a white sauce, or a good gravy.

*Oyster Pie.*

Take a quart of large oysters, beard them, parboil them in their own liquor; cut them small, and pound them in a mortar, adding pistachio nuts, marrow, sweet herbs, an onion, savoury seeds, some grated bread. Lay on butter, close it, and serve it up hot.

*Carp Pie.*

Scale and gut the carp; lay it in vinegar, water, and salt; clear it from the vinegar, &c. and, having wiped it dry, put the following composition into the fish's belly: cut the flesh of an eel into small pieces, and add grated bread, two eggs buttered, an anchovy minced, a little nutmeg grated, pepper and salt. Having mixed these together, lay them into the carp's belly; make some forcemeat balls of the same ingredients; cut off the tail and fins of the carp, and lay it into the crust, with slices of fat bacon, mace, and pieces of butter; close up the pie, and pour in half a pint of claret before it is baked. Serve it up hot.

*Trout Pie.*

Scale and wash the fish; lard them with pieces of a silver eel, rolled up in spice and sweet herbs, with



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bay-leaves powdered ; slice the bottoms of artichokes, and lay them on or between the above with mushrooms, oysters, capers, and lemon, or Seville orange, sliced ; lay on butter ; close the pie.

*Lamprey Pie.*

Season the lampreys with sweet herbs, having first cleansed them. Lay them in a raised crust, with citron and lemon sliced ; lay on butter, and close the pie with the top crust.

*Tourtes of Fish, after the French Manner.*

Prepare the crust and put it into the dish, as directed for meat tourtes. Then take the fish, which may be of almost any kind ; but eels, pike, salmon, tench, whiting, and soles are reckoned the best for the purpose ; cut them from the back-bone and lay them in slices upon the crust with a little bunch of sweet herbs in the middle, some salt and spices pounded, according to the taste. Lay butter all over the top, and then put on the top crust, as directed for the meat tourtes. An hour and a half is sufficient for baking them. When they are baked, cut the crust round, take out the bunch of herbs, and scum off nicely any grease that may appear ; pour on the sauce, and serve it up. Mushrooms are very nice in the sauce, and so are capers ; but, in making the sauce, you must be directed very much by the taste of those who are to eat it. Truffles and morels may also be put in, as in the meat tourtes. Nothing makes a nicer tourte in this way than large soles, taking off the flesh from the back-bone, without the side fins. Lobsters also make an excellent tourte. Some oysters are very nice mixed with the other fish.



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## SAUCES.

*Observations.*

AFTER what has been said on the subject of gravies, under that article, and on other occasions, respecting incongruous mixtures, nothing remains to be said on sauces in particular, but that the more simple they are the better, for the health's sake of those who are to consume them.

Melting butter, it may not be amiss to observe, is not the best manner of using it; for, as it is in a full state of preparation after the operation of churning, the use of it without any further preparation is the preferable way of using it.

*To melt Butter.*

Take a quarter of a pound of butter, with two teaspoonfuls of cream, and put it into a plated or very nice tin saucepan. Shake it over a clear fire till the butter be quite dissolved. It must be shaken only in one direction, and be careful not to place the saucepan upon the fire.

*A colouring for Sauces.*

Put six ounces of good lump sugar into a pan, with the addition of half a gill of water, and near an ounce of butter. Place it over a gentle fire, stirring it with a wooden spoon till it appear burnt to a lively brown colour; then add more water; skim it when boiling, and afterwards strain it. Keep it in a vessel closely covered for use.

*English Soy.*

Pound some walnuts, when fit for pickling, in a



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marble mortar, very small. Squeeze them through a strainer; let the liquor stand to settle; then pour the fine off, and to every quart of liquor put a pound of anchovies and two cloves of shalot; then boil it enough to make the scum rise, and skim it well. Add two ounces of Jamaica pepper, a quarter of an ounce of mace, and half a pint of vinegar; then boil it again until the anchovies be dissolved and the shalot tender; let it stand till the next day; then pour off the fine, and bottle it for use; strain the thick through a sieve, and bottle it separately. When used for fish, add some to the usual anchovies and butter.

*Lemon Pickle.*

Pare twelve lemons so thin that none of the white may appear; slit them across at each end about an inch deep, and work in as much salt as possible, rubbing the lemons on the outsides also. Lay them in an earthen pot for three days, with a good deal of salt thrown over them; put to them twelve cloves of garlic, and a large handful of sliced horseradish; dry these with the salt about them in a slow oven till the lemons have no moisture left in them. The garlic and horseradish should be slightly dried. When these are baked, take a gallon of vinegar, half an ounce of cloves, a little Cayenne pepper; boil these up in the vinegar; when cold, stir in a quarter of a pound of flour of mustard, and pour it upon the lemons, garlic, and horseradish. Half this quantity will last a good time; and if with keeping it grows too thick, stir in a pint of cold vinegar. After it has stood half a year, it should be filtered through paper till it is quite clear.

*Quin's Fish Sauce.*

Half a pint of walnut pickle, the same of mushroom pickle; six anchovies, pounded; six others, whole;



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half a tea-spoonful of Cayenne pepper. Shake it well when used.

*Walnut Catsup.*

Wipe a hundred walnuts when fit to pickle; slice and pound them in a mortar with three quarters of a pound of bay-salt. Boil two quarts of white wine vinegar, and pour it on them; let it stand two days, and then strain it off and bottle it, and into every bottle put a clove of garlic. A quart more of vinegar may be poured over the walnuts after the first is drawn off. It will serve for present use if well stirred.

*Oyster Catsup.*

Take five hundred oysters, wash them in their own liquor, which must be boiled and well scummed; then chop them small, and stew them in the liquor for half an hour. Strain it, and add a pint of white wine, a quarter of a pound of anchovies, half an ounce of black pepper, a quarter of an ounce of mace, nutmeg, and ginger, ten cloves, and four bay leaves. Boil it ten minutes, and bottle it. The spice should be put into the bottles. This number of oysters makes four quarts.

*Mushroom Catsup.*

Choose some of the large broad mushrooms, break them into an earthen pan, strew some salt over them, and stir them now and then for three days. Let them stand for twelve days longer, till there is a thick scum over them. Strain off the liquor, and boil it with all-spice and black pepper, mace, ginger, a clove or two, and some mustard seed. When cold, bottle it, and tie a bladder over the cork. If for keeping, boil it again with some fresh spice at the end of two or three months, and it will then keep a twelvemonth, or longer.



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*Elder Vinegar.*

Strip elder flowers from the stalk, and dry them on a sheet of paper. When quite dry put them into glass bottles, and fill up the bottles with vinegar. Cork them close. The vinegar will be fit for use in five or six weeks.

*Cucumber Vinegar.*

Put fifteen large cucumbers, pared and sliced thin, into an earthen pot, a quart of vinegar, four onions sliced, a few shalots, a little garlic, a very little Cayenne pepper, and a little common pepper, and salt. Let it stand four days ; then strain it off and bottle it with some whole pepper.

*Lobster Sauce.*

Take the spawn from a lobster before it is boiled, pound it well in a marble mortar with a little cold water, strain it through a sieve, and keep it for use afterwards. Boil the lobster, and when three parts done pick out and cut the meat into small pieces, and put it into a stew-pan. Add a pound of fresh butter and a pint of water, to the meat of a large lobster, with as much of the spawn liquor as will make it a good colour. Place it over a fire, thicken it with flour mixed in water, stir it till it boils, and then season it to the taste with essence of anchovy, lemon juice, or a little vinegar and Cayenne pepper. Let it simmer five minutes, and skim it quite clean.

*Oyster Sauce.*

Blanch and strain the oysters, preserving the liquor proceeding from them. Wash them well, beard and drain them, and put them into a stew-pan, with a proper quantity of fresh butter, the oyster liquor strained from



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the sediment, a little flour and water to thicken it, seasoning it to the taste with the juice of lemon, or Seville orange, anchovy liquor, a little Cayenne pepper, a spoonful of catsup, and a piece of lemon peel. The two last mentioned articles to be added only, if approved of, not being necessary. When it boils skim it, and let it simmer five minutes.

*Observation.*

Muscles and cockles may be made into sauce in the same manner.

*Shrimp Sauce.*

Boil some shrimps in salt and water for four minutes, then pick, wash, and strain them quite dry. Add to them some fresh butter, a little of the water they were boiled in strained very clear, lemon juice, or verjuice, anchovy liquor, flour and water to thicken it, and Cayenne pepper. Pour the ingredients into a saucepan, set it over a fire, and skim it when boiling. Let it simmer for about five minutes.

*Anchovy Sauce.*

Put eight ounces of fresh butter into a saucepan with the addition of a spoonful of both walnut and mushroom pickle, three spoonfuls of anchovy liquor, as much flour and water as will make it of a sufficient thickness, a little Cayenne pepper, and a tea-spoonful of Indian soy or Chili vinegar, if approved. Boil the composition, and skim it well.

*Russian Sauce.*

To four spoonfuls of grated horseradish, put two tea-spoonfuls of patent mustard, a little salt, one tea-spoonful of sugar, and vinegar in a sufficient quantity to cover the ingredients.



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This sauce is used for cold meat, but makes a good fish sauce, with the addition of melted butter.

*Sauce à la Hâte.*

Shred parsley and young onions very small, and add a mixture of vinegar, and a small quantity of Cayenne pepper, with a little soy, or any kind of catsup most agreeable to the taste.

*A Fish Sauce, for keeping.*

Cut and pound some walnuts, fit for pickling, in a marble mortar, to extract the liquor. To every pint of liquor allow a pound of anchovies. Boil it till the anchovies are dissolved, and strain it through a very fine sieve. Boil the strained liquor again, mixing half a quarter of an ounce of cloves, a quarter of an ounce of mace, with some whole white pepper, and half a dozen shalots; some cloves of garlic, and a pint of white wine vinegar. Keep boiling till the shalots are tender; strain the liquor off, and bottle it when cold. A tureen of melted butter of the usual size requires a large spoonful of this sauce.

*Sauce à la Salade.*

Mix two yolks of eggs boiled hard, as much grated Parmesan cheese as will fill a dessert spoon, a little patent mustard, a dessert spoonful of Tarragon vinegar, and a large spoonful of catsup. Add to these, when stirred together well, four spoonfuls of salad oil and one spoonful of elder vinegar, and beat them up very smooth.

*Fennel Sauce.*

Take a little fennel, mint, and parsley, wash and boil them till they become tender, drain them and chop them fine. Put all together into melted butter. Be careful



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to serve up the sauce immediately after the mixing in the herbs, for they become discoloured by standing.

*Parsley and Butter.*

Wash parsley clean, chop it fine, and put it into melted butter. It is by many persons reckoned better to boil the parsley, and afterwards chop it.

*Savoy Sauce.*

Blanch some savoys, having cut them in quarters, tie them up and stew them with any kind of large meat that may be stewing till half done. Put them into a stewpan with some gravy, and stew them till tender.

*Apple Sauce.*

Peel and core some boiling apples, cut them in pieces and simmer them till they become soft, in a saucepan, with a few cloves and a very little water. Beat them very smooth, and mix them with a little butter and sugar.

*Mint Sauce.*

Wash mint very clean, chop it fine, sprinkle it with sugar, and pour vinegar upon it, to the taste.

*Fish Sauce.*

Take two anchovies, bone and mince them, two small onions, a little horseradish, a blade of mace, a little pepper, flour, and vinegar, the yolks of two eggs, and a little gravy; mix them well together with the quantity of butter required, boil it gently over the fire till it be thick, taking care it does not oil.

*Store Fish Sauce.*

A pound of anchovies, half an ounce of mace, half an ounce of cloves, two races of ginger sliced, some le-



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mon peel, an onion, a sprig of thyme, and winter savoury, a quart of port wine, and half a pint of vinegar. Boil them an hour over a slow fire, and close covered. Strain it and bottle it, put the spice into the bottles. To three table spoonfuls of sauce put half a pound of butter, put them in a saucepan, keep stirring it over the fire till it be as thick as cream, but put no flour to it. Shake the bottle when to be used.

*Fish Sauce.*

Half a pound of butter, three anchovies chopped, the yolk of an egg, a spoonful and a half of gravy, the same of vinegar, a very little flour, half an onion, a bay leaf, and a little grated nutmeg. Melt them over a clear fire in a saucepan well tinned, stirring it all the time to prevent its curdling. When it is quite thick take out the onion and bay leaf, and serve it up. Lobsters, shrimps, or oysters may be added at pleasure.

*A Sauce for a Loin of Veal, as used in the royal Kitchen of Queen Anne.*

All kinds of sweet herbs, with the yolks of two or three hard eggs minced very fine, boil them together with some currants, a little grated bread, beaten cinnamon, sugar, and two whole cloves; pour this sauce into the dish intended for the veal, with two or three slices of an orange.

*Turnip Sauce.*

Shake over a fire six turnips pared, with a little water, till they are done, and the liquor exhausted; and then rub them through a tamis. Take a little white gravy and cut more turnips, as if intended for harico. Shake them as before, and add a little more white gravy.



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*A Dutch sour Sauce, for Fish.*

Boil two blades of mace in a wine-glass of water, and half as much sharp vinegar, for a quarter of an hour. Then take out the mace, and put in a quarter of a pound of butter, and the yolk of an egg well beaten. Shake these over the fire one way till the sauce is properly thickened, without letting it boil.

*Sauce à l'Espagnole.*

Put some gravy into a saucepan with a glass of white wine, and the same of good broth ; a bunch of parsley and chives, two cloves of garlic, half a bay leaf, a pinch of coriander seed, two cloves, an onion sliced, a carrot, half a parsnep, and two spoonfuls of oil. Stew these for two hours over a very slow fire. Then skim off the grease, pass the sauce through a tamis, season it with pepper and salt, and use it with any thing as approved.

*Poivrade Sauce.*

Pick the skins off twelve shalots, chop them small, mix with them a table spoonful of veal gravy, a gill and a half of vinegar, half an anchovy pressed through a fine sieve, and a little Cayenne pepper, and salt. If it is to be eaten with hot game, serve it up boiling; if with cold, the sauce is to be cold likewise.

*Poivrade Sauce another Way.*

Put a piece of butter the size of half an egg into a saucepan, with two or three sliced onions, some of the red outward part of carrot, and of the part answering to it of parsnep, a clove of garlic, two shalots, two cloves, a bay leaf, some thyme and basil. Shake the whole over the fire till it begins to colour, then add a good pinch of flour, a glass of red wine, a glass of wa-



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Sauces.

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ter, and a spoonful of vinegar, and boil it half an hour. Take off the grease, pass the sauce through a tamis, put in some salt and pepper, and use it with any thing that requires a relishing sauce.

*Onion Sauce.*

Rub boiled onions through a hair sieve. Add a little fresh butter, flour, cream, and salt, and stew it five minutes.

*Bread Sauce.*

Boil an onion in a little water with some whole pepper, till it be quite tender ; pour it upon some slices of white bread, and let it stand a little. Then pour upon it half a pint of scalding hot milk. When cool bruise it fine, put it into a saucepan, and heat it over the fire, for use.

*Celery Sauce (white).*

Trim celery heads three inches long, wash and blanch them, drain them dry, add a little broth, boil them till the liquor is almost exhausted, and the heads nearly done ; add some white gravy, and two yolks of eggs, and some cream, five minutes before the sauce is wanted for serving.

*Celery Sauce (brown).*

Dress celery heads as above, adding brown gravy instead of a white one, and omitting the eggs and cream.

*Mushroom Sauce (white).*

Take a pint of mushrooms, wash and pick them clean, put them into a saucepan, add a little salt and nutmeg, a blade of mace, a pint of cream, and a piece of butter rolled in flour. Boil these all together, stirring



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continually. Pour the sauce into the dish it is intended for, when it is to be served up.

*Mushroom Sauce (brown)*

Is made as the above, but instead of the cream add gravy.

*Tomata Sauce.*

Bake ripe tomatas till they become quite soft, scoop them out with a teaspoon, and rub the pulp through a sieve. Put to the pulp a sufficient quantity of Chili vinegar to reduce it to a moderate thickness, and some salt, to the palate. To every quart of pulp add one ounce of shalot, and half an ounce of garlic, having first sliced them thin. Boil the mixture for a quarter of an hour, skimming it carefully. Then strain it, taking out the garlic and shalot. Let it stand till cold, put it into stone bottles, not corking them till a few days after. If the sauce should ferment, add more salt and boil it again. The sauce ought to be of the thickness of rich cream, if well made.

*Sauce for roasted Quails, or other small Birds.*

Shred two or three shalots, and boil them a few minutes in a gill of water and half a gill of vinegar. Add to this a quarter of a pint of good gravy, and a piece of butter rolled in flour. Shake this over the fire till it thickens, and then serve it in the dish with the birds.



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 Miscellaneous Articles.
 

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## MISCELLANEOUS ARTICLES

USED IN COOKERY, BUT NOT TO BE RECOMMENDED.

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*Forcemeat Balls for Ragouts, &c.*

POUND some lean veal and beef suet, with sweet herbs, parsley, some shalots, bread crumbs, pepper, salt, and a little grated nutmeg, in a marble mortar. Make this up into balls with raw yolk of egg, and boil or fry them lightly before they are added to any preparation.

*Forcemeat for Turkeys, Fowls, Pies, &c.*

Take lean veal, ham, parsley, thyme, some shalots, a little pounded allspice and pepper, a few nice mushrooms, or a little mushroom powder, some salt, and lemon juice, and do them over a very slow fire, shaking the saucepan frequently, till about two-thirds done. Pound them very fine in a marble mortar, and add bread crumbs and raw yolk of egg to make them up into balls, or fit for stuffing.

*Egg Balls.*

Pound the yolks of as many hard eggs as will be wanting, in a marble mortar, with a little flour and salt. add as much raw yolk of egg as will make this up into balls, and boil them before they are put into soups, or any other preparation.

*Stuffing for Veal, Turkeys, Hares, &c.*

Put an equal quantity of grated bread, and beef suet



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Miscellaneous Articles.

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shred very fine, parsley and sweet herbs chopped small, a minced anchovy, some nutmeg, pepper and salt, and a little grated lemon peel. Mix these well together with raw egg, or milk.

*To fry Parsley.*

Choose very nice fresh parsley, pick and wash it, then dry it in a cloth. Have some boiling lard ready in a frying-pan, put the parsley into it, stir it about with a skimmer, and when pretty crisp, take it out, lay it upon a drainer, and strew a little salt over it.

*To fry Bread Crumbs.*

Grate and sift through a coarse sieve a proper quantity of crumbs. Set a very clean frying-pan over the fire at a pretty good distance, put the bread crumbs into it, with a piece of fresh butter, stir them about with a wooden spoon till they are of a fine light brown, and then use them as the occasion requires.

*To dry Morels and Mushrooms.*

Large morels and mushrooms are the best for drying: take them when fresh gathered, break off the stalks, wash them very clean, and dry them in a cloth. String them upon a thin twine, hang them up in a warm dry place, and when they are thoroughly dry keep them in paper bags, or in boxes covered up close.

When they are wanted for use, soak them in warm water about half an hour, and use them as if they were fresh.

*To clarify Butter for potting.*

Fresh butter must be used for potting. Put some into a stew-pan, with a little water just to spread over the bottom of it. Set it over a slow fire till it is oiled, skim it,



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 Miscellaneous Articles.
 

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let it stand till the sediment subsides; then pour off the liquid, and when it begins to congeal use it as wanted.

*Mushroom Powder.*

Take half a peck of large fresh mushrooms, and clean them well with dry flannels; scrape out the gills, and use only those which are quite sound. Put them into a stew-pan, without water, with three or four small onions, some cloves, a quarter of an ounce of mace, and an ounce of white pepper, all pounded. Set them over the fire, simmer and shake them till all the liquor be dried up, but be careful that they do not burn. Lay them on wire plates or sieves in a slow oven till they are dry enough to beat to powder. Keep the powder in small bottles, corked, and tied close with a piece of leather, and set them in a dry place.

A tea-spoonful will give a sufficient flavour to soup, gravy, or sauces. Add it just before serving the preparation, and boil it a moment after it is put in.

*To make Mustard, Lady Holmeby's Way, in the Time of Queen Anne.*

Choose tree-mustard seed, dry it in an oven after the bread is taken out, beat and sift it to a very fine powder, mix it up with sherry-sack, stirring it for a long time very well, in such a quantity as to make it of a proper consistency for mustard. Then put a good quantity of fine sugar to it, as five or six spoonfuls, or more, to a pint of mustard. Stir and incorporate all well together. This will keep good a long time. Some persons like to put to it a little, and but a little, very sharp white wine vinegar.

*Observation.*

Lady Holmeby was at least as well employed in di-



Preparations of Eggs.

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recting the making her mustard, as if she had been driving about the town all the morning, or receiving morning visitors at home.

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PREPARATIONS OF EGGS.

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*Observation.*

THE yolk of an egg, either lightly boiled, or taken raw, is a salutary, and, on some occasions, even a medicinal food. But when it has undergone the process of the general modes of dressing it, the nature of it is entirely changed, and it is no longer entitled to the recommendations it deserves in the states above mentioned. Enough has been said respecting the white of an egg, in the observations on puddings.

*To poach Eggs.*

Have ready a broad stew-pan of boiling water, break the eggs into teacups, put them gently into the water, and they will be done enough in two minutes and a half, or three minutes. Serve them up on toasted bread or spinage, or with any thing else as approved.

*To boil Eggs.*

Put them in when the water boils. Two minutes and a half, or three minutes, will boil them soft; five or six minutes, hard.



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 Preparations of Eggs.
 

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*To make Omelets.*

Break any number of eggs, according to the size the omelet is to be, and beat them well with some salt. Melt some butter or lard in a frying-pan, put in the eggs, and fry the omelet of a fine colour underneath. It must not be turned in the pan. Turn the brown side uppermost when it is dished, or fold it over with the brown side outwards.

Six or eight eggs make a good sized omelet. Chopped parsley and chives, with some pepper, may be added to it at pleasure, or various other things, such as grated ham, bacon, veal kidney, truffles, morels, mushrooms, shalots minced, young onions, the green of asparagus, &c. &c.

A sweet omelet may be made by mixing a gill of cream, some sugar, and nutmeg with the eggs. Serve this up with fine sugar sifted over it.

The savoury omelets may be served with gravy in the dish, if approved.

A potatoe omelet may be made by adding a quarter of a pound of mashed potatoes to the above, and is very nice.

*Eggs with Cheese.*

Put a quarter of a pound of grated Swiss cheese into a saucepan with a piece of butter half the size of an egg, some parsley and chives chopped, a little nutmeg, and half a glass of white wine. Set it over a gentle fire, moving it about till the cheese is melted. Then mix with it six eggs, and set it again over the fire till they are nicely done. Serve it up with small pieces of toasted bread round the dish.

*Buttered Eggs.*

Beat twelve eggs, with two spoonfuls of gravy, and a



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 Preparations of Eggs.
 

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quarter of a pound of butter, slightly warmed. Add some parsley, a little essence of anchovy, and a little Cayenne pepper. Set these over the fire in a stew-pan, and stir them with a wooden spoon, to prevent their burning, till they are of a proper thickness. Serve this upon a nice toast.

*Fried Eggs with Bacon.*

Lay some thin slices of fine well coloured bacon from the ribs, in a clean dish, and toast them before the fire fine and crisp. Break some eggs into teacups, have ready some boiling lard in a frying-pan, put the eggs gently into it, and as soon as they are set, turn them, and fry them about two minutes. Take them up with a tin slice, drain them, and serve them hot upon the bacon, with some gravy mixed with a little vinegar and mustard in the dish.

*A Ragout of Eggs.*

Boil eight eggs hard, then shell and cut them in quarters. Have ready a pint of good gravy, well seasoned, and thickened over the fire with two ounces of butter rolled in flour. When quite smooth and hot, pour it over the eggs, and serve them up.

By using cream instead of gravy, putting two ounces more of butter, and omitting the flour, this will make a fricasee.



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Observations on Pastry, &c.

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OBSERVATIONS ON PASTRY, &c.



PASTRY in general having a great deal of butter in it, and no ferment; that is, neither leaven nor yeast, to make it light, is of a close heavy substance; from which, and the being baked in the close heat of an oven, it is very unwholesome.

Butter even of the best quality becomes rancid to a certain degree from being baked, which makes it bad for the stomach; and when lard or dripping is used in pastry it becomes still more so, both being in their nature less digestible than butter.

Pies and tarts are also often rendered injurious, from putting an excessive quantity of sugar into them, which palls the stomach and obstructs the passages. Hence the frequent use of such kinds of food makes people weakly, and afflicted with various diseases. This is particularly seen in children and women, who are the principal eaters of these sorts of things.

An excess of sweetness is as prejudicial to health, as an excess of the bitter, sour, or astringent qualities in food. The best quality in nature becomes as injurious as the worst, when it predominates beyond its proper bounds. We have daily experience that we pervert the choicest productions of nature to poisons, if we would but attend to the baneful effects of our accustomed habits of cookery and eating: but these considerations are never attended to by cooks, and seldom by good housewives. They go on in the usual routine, persuading



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Observations on Pastry, &c.

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themselves, that the more expense they bestow by jumbling a number of rich things together, the better and more nourishing their cookery will be. Nourishing it is, but only of diseases; whereas plain simple foods are friendly to nature, and consequently conduce to preserve health, or to restore it, if lost.

Preserves, if not too rich, moderately eaten with bread, as has been already observed elsewhere, may be occasionally indulged in. But to bake them in tarts, carries the preparation of them beyond the proper extent.

Cakes, Cheesecakes, jellies, creams, &c. are generally composed of such a combination of ingredients as renders them injurious food. The simplest are, of course, the safest. One circumstance that contributes to make these things hurtful, is, their being generally eaten when the stomach is full of other and perhaps discordant foods.

All the materials used in these preparations should be good of their kind, and great attention paid to the neatness of every utensil used, as well as to the making them in the best manner, that bad may not be made worse by any defects of this nature.

The wholesomest manner of making fruit-pies is thus: make some good wheaten flour into a paste, with a little leaven or yest, in the manner of bread, and milk or milk and water made as warm as new milk. Let the apples, or other fruit, be full ripe, and mix no other ingredient with them, unless it is a few caraway seeds, which are very good, and agreeable to most stomachs. The yolk of an egg may be added in making the paste.

The best manner of making up fruits in paste, is that of pasties, or, as they are sometimes called, turnovers. Whichever way they are made they should not be baked in a close oven, but with the door open, or at least not so close but that some air may pass, to preserve



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 Pastry.
 

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them from the bad effects that always ensue when the air is quite excluded in cookery.

A good sized hole should be made in the top of all pies, that the fumes may have a vent, both while they are baking and afterwards.

They ought not to be eaten hot, as they then create wind, nor buttered, as is sometimes done, which makes them less wholesome. Eaten cold, they are a good wholesome food, and assist to open obstructions in the passages and bowels.

A little sugar may be eaten with them.

*Light Puff Crust, from the French.*

Take a pound and a half of flour, put it upon a pie board, with a little salt, and mix in gradually just water sufficient to make it into a paste, taking care that it be neither too stiff nor too lithe; mould it lightly together, and then let it lie for two hours before it be finished. Roll out the paste, put a pound of butter into the middle of it, fold the two ends of the paste over it, and roll it out; then fold it together, and roll it out again; repeat this six times in the winter, and five in the summer. It should be rolled rather less than half an inch in thickness, dusting a little flour lightly over and under it, to prevent it sticking to the board or the rolling-pin. When finished roll it out for use as occasion requires. This is a very light and delicate crust.

*A Crust for making the French Pies called Tourtes.*

To a pound and a half of flour allow a pound of butter, and three quarters of an ounce of salt. Put the flour upon a clean pie board, make a hole in the middle, and put in the salt, with the butter cut into small pieces. Pour in the water with care, as it is of great importance that the crust should not be made lithe; there should only be water enough just to make it hold well together



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Pastry.

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and roll out smooth. Work the butter and water up well together with the hands, and then by degrees mix in the flour. When the flour is all mixed in, mould the paste till it is smooth and quite free from lumps, and then let it lie two hours before it be used. This is a very nice crust for putting round the dish for baked puddings.

*Raised Crust.*

To four pounds of flour allow a pound of butter and an ounce of salt. Heap the flour on the pie board, and make a hole in the middle and put in the butter and salt. Pour in water nearly boiling, but with caution, that the crust be not too lithe; work the butter with the hands till it is melted in the water, and then mix in the flour, mould it for a few minutes as quick as possible, that it may be free from lumps, and the stiffer it is the better. Let it lie three hours before it be used.

*Short Crust.*

To a pound of flour allow ten ounces of butter and a little salt. Rub the butter well into the flour with the hands, till the whole is well united, and then put in a small quantity of cold water, just enough to mix it to a paste; mould it with the hands till it is quite smooth, and then roll it out for use.

*Sugar Paste.*

To a pound of flour put two ounces of loaf sugar rolled and sifted, and rub in half a pound of butter. Mix it up with one egg well beaten, and cold water sufficient to make it into a paste; mould it with the hands till it be quite smooth, and roll it out for use.



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*Apple, Gooseberry, and other Fruit Pies.*

Butter the edge and sides of the dish, and lay a border of crust over them, then put in the fruit with a sufficient quantity of sugar, and water if necessary. Roll out the crust, and lay it over the top of the dish. Either the light puff crust, the crust for tourtes, or the short crust, may be used at pleasure for these pies. An apple pie may be flavoured by putting in a little quince, either raw or preserved, grated lemon peel, or a few cloves; any of them give it an agreeable flavour. Black currants, though not in general use for fruit pies, make a pie of which many people are extremely fond; they require a good deal of water in the dish. A little fine sugar sifted over the pie when to be served up, makes it look nicer.

*Sweetmeat Pies, Tarts, and Tartlets.*

Sweetmeats made with syrups are made into pies the same as raw fruit, and the same crusts may be used for them. Tarts made of any kind of jam are commonly made with a crust laid round the bottom of the dish, the sweetmeat then put in, and only little ornaments of crust cut with the jaggging iron, or otherwise, over the top. For these the sugar paste may be used, if preferred. Little tartlets are made in the same way, only baked in tins and turned out.

*Tourtes made after the French Manner.*

Having made a crust as directed for this purpose, roll it out, and cut it round by a plate, according to the size required for the tourte. Lay the paste on a sheet of tin, then spread the sweetmeat upon it, which must be a jam or marmalade, not a sweetmeat made with syrup, but do not spread it too thick, leaving a border round the



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edge an inch or an inch and a half wide according to the size of the tourte. Wet the border with a feather dipped in water, and then lay over it another border of the crust rolled tolerably thick, so as to rise just above the sweetmeat. Ornament this border according to the fancy, and lay over the sweetmeat little ornaments of paste cut with the jaggging iron, or otherwise, according to the taste; a bare hour bakes it. Sift a little fine sugar over it before it is sent to table. If preferred, the border may be made of the light puff crust; it renders the tourte rather more delicate.

*Puffs.*

They should be made with the light puff crust, rolled out and cut into shapes according to the fancy; bake them, and then lay sweetmeat in the middle.

*Puffs, another Way.*

Roll out the crust, cut it either into square, round, or oblong pieces, at pleasure; lay sweetmeat over one half, and then turn the other half of the crust over, press them together round the edge, and bake them.

*Flirts.*

They must be made of the light puff crust. Roll it out and cut it into round pieces about the size of half a crown. Bake them upon sheets of tin, then spread sweetmeat upon the flat side, and stick them together two and two.

*A Dish of Rice in Puff Crust, Sir Kenelm Digby's Way.*

Boil some rice in fair water very tender, skim it, and when done enough, put it into a dish. Add to it some butter, sugar, nutmeg, salt, rosewater, and the yolks of six or eight eggs. Put it into a dish lined with puff crust, lay a crust over it, and bake it. When baked.



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 Biscuits, Cakes, &c.
 

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ice it. For a change, boiled currants and beaten cinnamon may be added, and the nutmeg omitted.

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 BISCUITS, CAKES, &c.
 

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*A Savoy Cake.*

Put four eggs into a scale, and then take their weight in fine sugar, powdered and sifted, with the weight of seven eggs in flour, well dried. Break the eggs, putting the yolks into one basin and the whites into another. Mix with the yolks the sugar that has been weighed, a little grated lemon peel, and a little orange flower water; beat them well together for half an hour, then add to them the whites whipped to a froth, and mix in the flour by degrees, continuing to beat them all the time. Then put it into a tin well buttered, and bake it an hour and a half. This is a very delicate light cake for serving at table, or in a dessert, and is pretty baked in a melon-mould, or any other kind of shape. It may be iced at pleasure.

*A light Sponge Cake.*

Ten eggs, only five whites, beat them together in an earthen pan for half an hour, then add a pound of lump sugar, beaten and sifted; beat the sugar and eggs half an hour longer, then add three quarters of a pound of flour, well dried, and a spoonful of orange flower water. Mix them well, then butter the tin, put in the cake, and



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Biscuits, Cakes, &c.

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bake it an hour and a half in a moderate oven. Care must be taken that it is put into the oven immediately, or it will not be light.

*Royal Cakes.*

Put into a saucepan a quarter of a pint of water, a piece of butter half as big as a hen's egg, two ounces of fine sugar, a little lemon peel grated, and a little salt; make them boil, and when it has boiled about half a minute, stir in by degrees four spoonfuls of flour, keeping it constantly stirring all the time till it becomes a smooth paste, pretty stiff, and begins to adhere to the saucepan, then take it off the fire, and add three eggs well beaten, putting them in by degrees and stirring the paste all the time that it may not become lumpy; then add a little orange flower water and a few almonds pounded fine. Make them into little cakes, and bake them upon a sheet of tin well buttered. Half an hour will bake them in a moderate oven.

*Brioche.*

Take a pound and a quarter of flour, heap it in a dish and put into the middle a spoonful of yest and warm water enough to make it into a paste. Wrap the paste in a clean cloth and lay it before the fire for a quarter of an hour in summer, and an hour in winter. Then take two pounds and a half of flour heaped in a dish, put the paste which has been rising into the middle, with ten eggs well beaten, a pound and a half of butter, a quarter of a pint of water, and a little salt. Work them all well together with the hand, then strew a little flour over the paste, put a cloth over it and leave it for nine or ten hours. Then cut the paste into small rolls, make them up and lay them on a tin to bake, rubbing the outside over with yolk of egg. Small ones take half an hour



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baking ; if larger, more time must be allowed in proportion to their size.

*A Rice Cake.*

Put a quarter of a pound of rice, well washed, into a saucepan, with half a pint of water ; when it begins to swell add about the same quantity of milk, and let it remain on the fire till the rice is well mixed with the milk and water, and is become perfectly soft. Take it off the fire, let it stand till it be cold, and then add to it a pound and a quarter of flour, half a pound of butter, four eggs, and a little salt. Mould the whole well together, make it up into a cake, or loaf, glaze it over with yolk of egg, and bake it for an hour on a tin well buttered.

*An Almond Cake.*

Take a pound and a quarter of flour, make a hole in the middle, put in a piece of butter half the size of a hen's egg, four eggs well beaten, a quarter of a pound of sugar powdered fine, six ounces of almonds blanched and beat with orange flower water, and a little salt. Mix the whole well together, glaze it over with yolk of egg, and bake it on a tin well buttered.

*Savoy Biscuits.*

Take six eggs, separate the yolks and whites, mix the yolks with six ounces of sugar powdered fine, and the rind of a lemon grated ; beat them together for a quarter of an hour ; then whisk the whites up in a broad dish till they become entirely froth ; mix them with the yolks, and add five ounces of flour well dried. Stir the whole well together ; then, with a piece of flat ivory, take the batter out and draw it along clean white paper to the proper size of the biscuit. Sift some sugar over them, and bake them in a very hot oven, but they



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Biscuits, Cakes, &c.

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must be carefully watched, for they are soon done ; and a few seconds over the proper time will scorch and spoil them.

*Naples Biscuits.*

Put a quarter of a pint of water, two spoonfuls of orange flower-water, and half a pound of fine sugar, into a saucepan ; let it boil till the sugar be melted, then pour it upon four eggs well beaten, stirring the whole as fast as possible while the syrup is poured in. Continue beating it well till it is cold, and then stir in half a pound of flour. Make clean white paper up into moulds the proper size for the biscuits, pour the batter into them, and put them on tins to bake ; sift some fine sugar over them before they are put into the oven. Great care must be taken to watch them while they are in the oven, that they may not be scorched and become of a bad colour.

*Sponge Biscuits.*

Fourteen ounces of flour well dried, a pound of fine sugar powdered and sifted, and sixteen eggs. Separate the yolks of the eggs from the whites, and beat them up with the sugar till they are frothed all over ; then whisk the whites up in a broad pan till they become entirely froth ; then mix the yolks and sugar with them, but do not stir them more than is just necessary to mix them well together. When they are mixed, stir the flour in by degrees ; butter the tins well, pour in the batter, sift a little sugar over them, and bake them in a moderate oven. It is best to take them out of the tins before they are cold.

*Short Biscuits.*

Beat half a pound of butter to cream, then add half a pound of loaf-sugar finely powdered, the yolks of



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 Biscuits, Cakes, &c.
 

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two eggs, and a few caraway-seeds. Mix in a pound of flour well dried, and add as much cream as will make it a proper stiffness for rolling it. Roll it out on a clean board, and cut the paste into cakes with the top of a glass or cup. Bake them on tins for about half an hour.

*Short Biscuits another Way.*

A quarter of a pound of butter beat to cream, six ounces of fine sugar powdered and sifted, four yolks of eggs, three-quarters of a pound of flour, a little mace, and a little grated lemon-peel; make them into a paste, roll them out and cut them into cakes with the top of a cup or glass. Currants or caraway-seeds may be added, if agreeable.

*Coriander Biscuits.*

Four eggs, only two whites, beat them well; then add four spoonfuls of orange flower water, two of rose-water, and two of spring water, with a pound of loaf-sugar powdered and sifted. Beat them together for an hour, and then mix in a pound of flour well dried, and an ounce of coriander seeds. Butter a number of small tins, pour the ingredients in, and bake them in a moderate oven. White paper made up into moulds, instead of tins, may be used if more convenient.

*Queen Anne's Biscuits.*

A pound of flour well dried, half a pound of fine sugar powdered and sifted, a pound of currants well washed and picked, and half a pound of butter. Rub the butter into the flour, then mix in the sugar and currants, add ten spoonfuls of cream, the yolks of three eggs, three spoonfuls of sack, and a little mace pounded fine. When the paste is well worked up set it in a dish before the fire till it be thoroughly warm,



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Biscuits, Cakes, &c.

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then make it up into cakes, put them on a tin well buttered, prick them full of holes on the top, and bake them in a quick oven.

*Bath Cakes.*

Take a pound of flour well dried, rub into it three-quarters of a pound of butter, and half a pound of sugar; beat three eggs, but one white, with four spoonfuls of good ale yest; then warm six spoonfuls of cream, strain the eggs and yest into it, and pour it to the flour, butter, and sugar. Mix the whole into a light paste, let it stand an hour to rise, then make them into small cakes, and bake them on a sheet of tin well buttered. Before they are put into the oven strew sugared caraways over them; the oven should be pretty quick.

*Diet Bread.*

The weight of twenty eggs in flour and ten in sugar. Break fifteen eggs, separate the yolks from the whites. Mix the sugar well with the yolks, then froth up the whites well, mix the yolks and sugar with them, and then stir in the flour, first drying it well. Butter the tin, and bake it in a moderate oven.

*Shrewsbury Cakes.*

Beat a pound of fresh butter to cream with the hand, then mix in a pound of sugar powdered and sifted, a little cinnamon and mace finely pounded, and four eggs well beaten. When these are well mixed together, put in two pounds of flour well dried, make the whole up into a paste, roll them out and cut them round to any size at pleasure. Lay them on a sheet of tin buttered; bake them in rather a slow oven, and take them out the moment they turn brown.



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Biscuits, Cakes, &c.

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*French Macaroons.*

Take a pound of sweet almonds, beat them very fine in a mortar, moistening them with white of egg, but take particular care that they do not oil. Then take three pounds of sugar finely powdered, and mix it well with the almonds. Add whites of eggs beat to a froth till the whole is of a consistency that it will drop readily from the spoon. Lay sheets of white paper upon tins, and with a spoon drop the paste upon the paper at convenient distances, so that the cakes may not run together. Put them into a brisk oven, but be very careful that they they do not burn, as they will not come off the paper. Let them stand till they are cold before they are taken off the paper.

*English Macaroons.*

A pound of sweet almonds, beat them fine in a mortar with a glass of water, but they need not be pounded so small as for the French macaroons. Mix a pound of fine sugar with the almonds and whites of eggs frothed, enough to make the whole of a proper consistency. Then take sheets of wafer-paper, lay them on sheets of clean white paper, and those again on tins. Drop the paste upon the wafer-paper at proper distances, sift fine sugar over them, bake them carefully that they may not be scorched. Let them stand till they are cold, and then cut the wafer-paper round, leaving it at the bottom of each.

*Ratafia Biscuits.*

They are made the same as the French macaroons, only that instead of being all sweet almonds, they must be half sweet and half bitter; and the cakes must not be made above half the size of the macaroons.



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*Queen Cakes.*

Six ounces of butter beat to cream, six ounces of sugar powdered fine, six ounces of flour, four eggs, but two whites, a little orange flower water, and a few currants, beat them together for half an hour, then butter small tins, fill them half full and bake them. They are soon baked enough.

*Water Cakes.*

A pound of flour, a quarter of a pound of sugar, rubbed fine, into it; five ounces of fine sugar powdered, and a few caraway seeds. Mix them to a paste with milk; roll them out very thin, and cut them into cakes with the top of a glass or cup. Lay them on sheets of tin buttered, and bake them.

*Little Patty's Cakes.*

A pound of flour, half a pound of butter rubbed into it, half a pound of fine sugar, sifted, half a pound of currants well washed and pick'd, and a little beaten mace. Mix them together with four eggs well beaten, make them up into small cakes, and lay them upon sheets of tin well buttered. Bake them half an hour in a quick oven.

*A Rice Cake.*

Sixteen eggs, but half the whites; beat them well, then add a pound of fine sugar sifted, and beat them together a quarter of an hour. Sift a pound of rice flour through a lawn sieve; mix it with the eggs and sugar, grate in the rind of a lemon, and put in a spoonful of orange flower water; beat all together for an hour, butter the tin, and bake it for an hour. Be careful to set it into the oven as soon as ever it is put into the tin.



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*A very rich Plum Cake.*

Take four pounds of flour well dried, mix with it a pound and a half of fine sugar powdered, a nutmeg grated, and an ounce of mace pounded fine. When they are well mixed make a hole in the middle and pour in fifteen eggs, but seven whites, well beaten, with a pint of good yest, half a quarter of a pint of orange flower water, and the same quantity of sack, or any other rich sweet wine. Then melt two pounds and a half of butter in a pint and a half of cream, and when it is about the warmth of new milk, pour it into the middle of the cake to the eggs, &c. Throw a little of the flour, &c. over the liquids, but do not mix the whole together till it is ready to go into the oven. Let it stand before the fire an hour to rise, laying a cloth over it, then have ready six pounds of currants well washed, picked, and dried; a pound of citron and a pound of orange-peel sliced, with a pound of almonds blanched, half cut in slices lengthways, and half fine pounded. Mix all well together, butter the tin well, and bake it two hours and a half. This will make a pretty large cake.

*Another Cake, not quite so rich.*

Three pounds of flour well dried, half a pound of sugar, and half an ounce of spice, nutmeg, mace, and cinnamon, well pounded. Add ten eggs, but half the whites, beaten with a pint of good yest; then melt a pound of butter in a pint of cream, and add it to the eggs and yest; let it stand to rise an hour before the fire, then add three pounds of currants well washed, picked, and dried; butter the tin, and bake it an hour. Add sweetmeat sliced, if approved. There must be but half an ounce of the spices altogether.



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*Sir Kenelm Digby's Plum Cake.*

Take eight pounds of flour, rub into it two pounds and a half of butter, two pounds of sugar powdered, four nutmegs grated, an ounce of mace finely beaten, and a pound of almonds pounded fine. Mix together twelve yolks and four whites of eggs well beaten with a pint of good ale yeast, half a pint of sack, and a pint of cream just warmed; pour them into the other ingredients, and then mix the whole well, and let it stand an hour before the fire to rise. Then add four pounds of currants well washed, picked, and dried, and bake it in a tin well buttered.

*A common Plum Cake.*

Three pounds and a half of flour, half a pound of sugar, a nutmeg grated, eight eggs, a glass of brandy, half a pint of yeast, a pound of butter melted in a pint and a half of milk, and put, just warm, to the other ingredients. Let it rise an hour before the fire, then mix it well together, add two pounds of currants, butter the tin, and bake it.

*The Vicarage Cake.*

A pound and a half of flour, half a pound of moist sugar, a little grated nutmeg and ginger, two eggs well beaten, a table spoonful of yeast, and the same of brandy. Mix it to a light paste with a quarter of a pound of butter melted in half a pint of milk. Let it stand before the fire half an hour to rise, then add three quarters of a pound of currants, and bake the cake in a brisk oven. Butter the tin before the cake is put into it.

*A wedding or twelfth Cake.*

Take two pounds of butter, beat it to cream with the



## Biscuits, Cakes, &amp;c.

hand, then put in two pounds of fine sugar sifted. Take two pounds of flour well dried, half a pound of almonds blanched and pounded with orange flower water, and an ounce of beaten mace. Mix these well together, then beat sixteen eggs, leaving out three whites, put to them half a glass of sack and half a glass of brandy. Put a handful of the flour and almonds to the sugar and butter, then a spoonful of the eggs, and so on till they are all mixed together, beat it an hour with the hand, then put two pounds of currants, half a pound of citron, half a pound of orange peel, and two spoonfuls of orange flower water. Butter the tin, and bake it three hours and a half. An iceing should be put over this cake after it is baked.

*A pound Cake.*

Take a pound of fresh butter, beat it with the hand in a pan, till it is like a fine thick cream, then mix in by degrees ten eggs well beaten, but only five whites. When they are well mixed, put in a pound of fine sugar sifted, a pound of flour, a little mace, and a little brandy. Beat it all together for an hour, then put in a pound of currants or an ounce of caraway seeds, butter the tin well, and bake it an hour in a quick oven.

*Lady Holmeby's rich Caraway Cake.*

Take three pounds and a half of the finest flour, dry it well in an oven, and then rub in a pound and a half of fresh butter till the whole is quite fine. Put to it a pound of sugar, four eggs, three quarters of a pint of good ale yest, half a pint of sack, half a pint of new milk, and six spoonfuls of rose water. Mix them well together, and let it stand before the fire half an hour to rise, then put in a quarter of a pound of caraway comfits, and bake it an hour and a half.



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*A Cake.*

Half a pound of butter, half a pound of sugar, three quarters of a pound of flour, and four eggs. Beat the butter to cream with the hand, and then mix in by degrees the other ingredients. Currants or caraway seeds may be added, but it is very good without either.

*Iceing for a Cake.*

Beat the whites of four eggs to a very strong froth, and mix with them by degrees a pound of fine sugar powdered and sifted, and a tea-spoonful of powdered gum Arabic. Beat these well together, and lay it on thick. Whatever it is put upon must be set into a coolish oven, that the iceing may be hardened.

*To make Wigs.*

Two pounds of flour, mix with it half a pound of sugar sifted, and an ounce of caraway seeds. Melt half a pound of butter in a pint of milk; when as warm as new milk, put to it three eggs, leaving out one white, and a spoonful of yest, mix them well together, and let the paste stand four hours to rise; make them into wigs, and bake them on tins buttered.

*Patty's excellent Buns.*

Two pound of flour, rub into it a quarter of a pound of butter and a quarter of a pound of loaf sugar powdered; add two eggs well beaten, a table spoonful of yest, and a table spoonful of carraway seeds. Mix the whole into a paste about the stiffness of bread dough, with warm milk; let it stand all night to rise, and the next day make it into buns and bake them.



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*Wigs another Way.*

A pound and a half of flour, half a pound of butter rubbed into it, a quarter of a pound of sugar, a very little salt, and three spoonfuls of new yest. Make it into a light paste with warm milk, let it stand an hour to rise, and then make it up into wigs. Bake them upon sheets of tin in a quick oven. Caraway seeds may be added if it be wished.

*Ginger Cakes.*

With four pounds of flour mix four ounces of ginger powdered very fine, heap them in a dish and make a hole in the middle; then beat six eggs and put them into a saucepan with a pint of cream, two pounds of butter, and a pound of powdered sugar. Stir them together over a slow fire till the butter is entirely melted, and then pour it to the flour and ginger. Make it up into a paste, and roll it out till it is about a quarter of an inch thick, then cut it into cakes with the top of a cup or glass. They must be baked in a very hot oven.

*Excellent Gingerbread.*

Put half a pound of treacle into a saucepan with a quarter of a pound of sugar, and a quarter of a pound of butter. Set them over the fire till the butter is melted, stirring them several times to mix them well together. Then pour them out into an earthen dish, and put to them a quarter of an ounce of ginger finely powdered, a quarter of a pound of candied orange peel cut small, and two ounces of caraway seeds, if approved, if not, they may be omitted. Mix in flour enough to make it into a stiffish paste, then roll it out, and cut it into cakes with the top of a cup or glass, or make it up into nuts. Bake them on tin plates well buttered.



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Preserves.

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## PRESERVES.

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### *To preserve Oranges whole.*

TAKE very large thick rinded Seville oranges, grate off the outside rind, put them into a broad preserving pan with a good quantity of cold water, set them over a charcoal fire, and let them stew gently for ten or twelve hours to take out the bitterness, then take them out and throw them into cold water, but be careful always to put them into a broad pan, that they may not lie one upon the other. The next day weigh the oranges, and to every pound of fruit allow a pound of fine loaf sugar, and a pint of water. Boil the sugar and water to a syrup, clarify it with a good deal of white of egg beat up to a froth, and scum it very clean; then put in the oranges, and let them stew very gently in the syrup till they become quite clear, and if in the doing they should fall in on the sides, cut a small hole at one end, and keep filling them up with syrup, which will plump them out again. Put them into pots so that they shall not lie one upon the other, and fill them up with syrup; if there is not syrup enough to cover them, add a little fresh to it, made with a pound of sugar to a pint of water, and clarified as above.

### *Orange Marmalade.*

Take Seville oranges, pare them thin, cut them in halves, squeeze out the juice and clear them from the seeds, then boil the peels and parings in water till they are quite soft, changing the water several times to take



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out the bitterness. Beat the parings and about half the peels in a mortar, to reduce them to a pulp, and slice the remainder of the peels. Allow to every pound of the orange thus prepared, and to every pint of the orange juice, three quarters of a pound of lump sugar, put all together into a preserving pan, and let it boil till it looks quite clear and will stiffen, then put it into pots for use.

*To preserve Quinces.*

Pare the quinces thin and narrow, scoop out the cores with a sharp pointed knife, and throw them into cold water as they are done. Make a syrup of a pound of fine sugar to a pint of water, according to the quantity of fruit to be preserved, and clarify it well with white of egg. Boil the quinces pretty fast till they look clear and begin to turn red, then put them into pots for use, but they are better put into broad flat pots where they do not lie one upon the other, and attention must be paid to their being covered with the syrup. Quinces are sometimes stewed for a time in water before any sugar is put to them, but they are of a much more pale and delicate red done this way.

*Quince Marmalade.*

Pare, core, and quarter the quinces, boil them in water till they begin to soften, but do not cover them in boiling, as that will make them too high coloured. Beat them in a mortar to a pulp, and allow to every pound of the pulp three quarters of a pound of fine sugar, boil them together pretty fast till the marmalade will stiffen, and then put it into pots.

*Quince Jelly.*

Take the liquor in which the quinces for the marmalade have been boiled, run it through a jelly bag, and



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to every pint allow a pound of fine loaf sugar. Boil it till it is quite clear and will jelly.

*Apricots, &c. preserved in Syrup.*

Take the apricots before they are fully ripened, pare them very thin, and then with a fine skewer push the stone out at the end which grew to the tree. Set a preserving pan with a quantity of clear spring water on the fire, and when the water boils put in the apricots, and as they begin to grow soft take them out and put them into a pan of cold water; if any of them burst, put them separate, as they will do very well afterwards for jam or cheese, but would spoil the others if left with them. Make a syrup with a pound of very fine sugar to a pint of water, clarified with white of egg, put the apricots in and boil them ten minutes, then put them into a flat earthen pan, pour the syrup over them, and cover them with a paper. The next day boil up the syrup again, and when it boils put in the apricots and boil them five minutes; repeat this four or five days successively, till the apricots look clear and done enough. It is a great improvement to them if the stones are cracked and the kernels blanched and put in again at the place where the stone had been pushed out. Green gages and bonum magnum plums may be done the same way, but they must not be pared and stoned, they must only be wiped clean.

*Apricots, &c. preserved in Brandy.*

Wipe the apricots clean, but do not pare them, push out the stone as directed above, and put in the kernel when it has been blanched. To fifty apricots allow two pounds of double refined sugar and two pints of water, make it into a syrup, clarified with white of egg, and add to it half a pint of brandy. Prick the apricots, and let them boil pretty fast in the syrup for half an hour,



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then take them out, lay them in a broad pan, pour the syrup over them, and let them stand till the next day. Then boil up the syrup, and when it boils put in the apricots and let them boil five minutes; do so again the third day; the fourth put them into pots and fill the pots up with an equal quantity of brandy and syrup. Green gages and bonum magnum plums are very nice done in the same way.

*Apricot Cheese.*

Put ripe apricots into an earthen pot, and set it into a kettle of water, let them boil till they are soft, then pulp them through a colander, and allow to every pint of pulp three quarters of a pound of sugar, boil it fast till it will stiffen. Some of the kernels blanched and put in are a great improvement to it.

*To preserve Strawberries.*

Make a syrup with eighteen ounces of fine sugar to a pint of water, clarify it with white of egg, and scum it well; put in a pound of very fine scarlet strawberries before they are very ripe, just give them a scald, then take them out and set them by till the next day, covering them over with a clean paper. The next day boil up the syrup and scald them again, and do so twice more, leaving a day between each; then keep them close covered till red currants are ripe. Make a jelly with a pint and a quarter of currant juice to a pound of sugar, give the strawberries a scald in the jelly, then take them out and put them into glasses. Then boil the jelly, and the syrup the strawberries were in, together, till it looks fine and clear, and when cool pour it upon the strawberries.

*To preserve Barberries.*

To every pound of barberries allow a pound of



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loaf sugar and a pint of water. Tie the barberries in bunches, ten or twelve together; make the sugar and water into a syrup, and boil them in it till they are quite clear. If they are not liked in bunches, they may be stripped off the stalks and boiled in the same manner.

*To preserve Morella Cherries.*

Allow to every pound of cherries three quarters of a pound of sugar, and three quarters of a pint of water; make the sugar and water into a syrup, and boil the cherries in it till they look fine and rich, taking care that they do not boil too fast, for that will make them into a jam.

*To dry Cherries.*

To four pounds of the large Kentish cherries allow a pound of sugar. Stalk and stone the cherries, then make the sugar into a syrup with only as much water as will cover it well; boil the cherries in it gently for about half an hour. Let them stand three or four days, then boil up the syrup and pour it boiling over the cherries, let them stand four days longer, then take them out and lay them on sieves to dry. Set them in a slow oven after the bread has been taken out, and when they are sufficiently dried put them up in boxes, laying a white paper between each layer of cherries.

*Cherry Jam.*

To four pounds of cherries allow a pound of fine white Lisbon sugar, and a pint of red currant juice. Stone the cherries, then boil the whole together pretty fast till it will stiffen, and put it into pots for use.

*Gooseberry Jam.*

To four pounds of ripe red gooseberries allow a pound of fine white Lisbon sugar. Cut off the heads and tails



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of the gooseberries and cut them in halves, then boil them with the sugar till the jam will stiffen; it will take a great deal of boiling, and must be stirred carefully or it will burn.

*Raspberry Jam.*

To every pound of raspberries allow three quarters of a pound of sugar, and half a pint of water. Make the sugar and water into a syrup, then put in the raspberries, and boil the whole fast till it will stiffen. A pint of currant juice may be added to every four pounds of raspberries if approved, but then three quarters of a pound of sugar in addition must be allowed to every pint of currant juice.

*Red and black Currant Jam.*

To three pounds of the fruit put two pounds of sugar, mix these together in a preserving pan, and boil them till they will stiffen properly, stirring them well to prevent their burning.

*Damson, Bullace, or Plum Jam.*

Cut the fruit from the stones, and allow to every pound after it is stoned half a pound of sugar. Boil it till it becomes a jam and will stiffen.

*Damson, Bullace, or Plum Cheese of any Kind.*

Weigh the fruit, and allow a pound of sugar to every four pounds of fruit. Put the fruit into an earthen pot, and set the pot into a kettle of water till the fruit is softened, so that it will pulp through a colander. Then boil the pulp with the sugar till the cheese will stiffen. Some of the kernels of the fruit blanched and put in, improve it very much.



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*Clear Damson or Bullace Cheese.*

Scald the fruit in a kettle of water as for the other cheese, pour off the liquor that drains from it through a hair sieve, taking care not to mash the fruit, so that any of the pulp shall go through. To every pint of the liquor allow three quarters of a pound of fine sugar, and boil it till it will stiffen.

*Currant or Barberry Jelly.*

String the fruit and put it into an earthen pot, with water enough to cover it. Set the pot into a kettle of water till the fruit is all burst, and the water is well impregnated with the juice. Then run the liquor through a jelly bag, and to every pint allow three quarters of a pound of fine sugar. Boil it till it will jelly.

*Red and black Currants or Barberries, for Tarts.*

String them and boil them with half their weight in sugar, for about an hour; when cold put them into bottles, and put about half a table spoonful of very fine sweet oil at the top of each bottle. The oil will come clear off when you want to use the fruit, and it prevents the air getting to them, which is apt to make them ferment. Cork the bottles, and keep them in a dry place.

*Black Currant Jelly.*

It may be made the same as the red, only that the pot must not be more than half full of currants and filled up with water, as they want a much larger proportion of water to the juice of the fruit.

*Fruit of different Kinds for Tarts.*

Damsons, bullace, or almost any kind of plums, Morella cherries, or black and red currants, may be put.



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into wide mouthed bottles with six ounces of fine Lisbon sugar to each bottle. Tie a piece of bladder over the mouth of each bottle, and set them in a kettle of water, pricking holes in the bladder, or it will perhaps burst. Let them boil till the syrup rises above the fruit, set them by to cool, and then tie a fresh piece of bladder over the other, that the air may be entirely excluded.

Damsons and bullace put into a stone jar, and set into an oven after the bread is drawn, to stand all night, repeating this till they are well done, are a very good store for winter tarts and puddings. Half their weight of sugar should be added to them, but this is better not put in till they have been in the oven two or three times. They should be weighed before they are put into the jar.

*Orange Syrup.*

To every pint of Seville orange juice strained through a fine sieve, put twenty-two ounces of loaf sugar. Let them stand in a bowl till the sugar is entirely dissolved, taking off the scum as it rises; then bottle it, but do not cork it very close. This is very good for making punch, or as sauce for plain puddings.

*Mulberry Syrup.*

Put the mulberries into an earthen pot, and set it in a kettle of water over the fire till the juice is pretty well extracted. Then squeeze them through a cloth, and allow to every pint of the liquor three quarters of a pound of sugar. Boil it till the syrup is pretty rich, and when cool bottle it.

*To stew Pippins.*

Make a syrup of half a pound of sugar to a pint of



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water, clarified with whites of eggs. Pare the pippins, scoop out the cores, and stew them very gently in the syrup till they look quite clear. Some lemon peel cut very narrow, and scalded for a few minutes in water, may be stewed with the pippins, to lay about them in the dish.

*Stewed Pears.*

Cut six pears in halves and take out the cores, lay them in a tin saucepan, with the flat side upwards. Pour over them a quarter of a pint of red wine, half a pound of sugar, and water enough to cover them well, with a few cloves. Let them stew till the pears are tender, keeping the saucepan covered to give them a good red colour.

*Stewed Pears another Way.*

Pare the fruit and scoop out the cores with a sharp knife. To every pound of fruit allow half a pound of sugar and half a pint of water. Boil the sugar and water to a syrup, then put in the fruit with some lemon peel and a few cloves, let them boil pretty fast till the pears look quite red and rich. The common baking pears are the fruit usually employed, but swan's egg pears done this way are extremely delicate. They will keep for six weeks or two months.



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Jellies, Creams, Cheesecakes, &c.

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JELLIES, CREAMS, CHEESECAKES, &c.

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*Hartshorn Jelly.*

BOIL a pound of hartshorn shavings with three quarts of spring water till it is reduced to one quart; strain it off and set it by till the next day; then put it into a saucepan and melt it over a slow fire with half a pound of double refined sugar; when melted add to it half a pint of Sherry or mountain wine, the juice of six lemons, the parings of two, and the whites of ten eggs whipped to a froth. Let all boil together for five minutes, break some egg shells into the jelly bag, run the jelly three or four times through till it is perfectly clear, and then put it into glasses. If to be put into moulds for turning out, add an ounce of isinglass to the hartshorn shavings.

*Calves' Feet Jelly.*

Boil two calves' feet in three quarts of water, till it is reduced one half, skimming the fat off carefully as it rises. Strain the liquor off through a fine sieve and set it by till the next day. Scrape the scum at the top, and the sediment at the bottom, clean off, then put the jelly into a saucepan with a pint of Sherry or mountain wine, half a pound of fine sugar, the juice of four or five lemons, and the whites of eight eggs whipped to a froth. Let the jelly boil five or six minutes, and then pour it through the bag till it is quite clear. Boil some of the parings of the lemons with the jelly, if approved.



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*China Orange Jelly.*

Boil two ounces of isinglass in a pint of water, till it is reduced to half a pint. Let it stand till it is cold, then add a pint of China orange juice, strained through a fine lawn sieve, with some of the rinds of the oranges, half a pound of fine sugar, and the whites of six eggs whipped to a froth. Boil all together for about ten minutes, and then run it through a jelly bag till it is quite clear.

*Blanc-mange.*

Put an ounce of isinglass into a basin with boiling water enough just to cover it, and let it stand till the next day. Then add to it a pint of cream, two spoonfuls of orange flower water, and fine sugar to the taste: boil it all together till the isinglass is dissolved, and strain it through a fine sieve into moulds. The moulds must be wetted well with cold water before the blanc-mange is put in, or it will not turn out.

*Jaune-mange.*

Pour half a pint of boiling water over an ounce of isinglass, and set it by till the next day. Then add to it the yolks of eight eggs well beaten, half a pint of good white wine, lemon juice, and loaf sugar to the taste. Set all together over a brisk fire, till the isinglass is dissolved, stirring it all the time, and then strain it through a fine sieve into moulds, wetting the moulds as for the blanc-mange. Boil some of the rind of the lemon pared thin, with the other ingredients.

*Lemon Cream.*

The whites of nine eggs, the yolk of one, beat them well together, till they are thin like water, but they should not be frothed. Add nine spoonfuls of cold water, le-



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mon juice and sugar to the taste. Strain the whole through a fine sieve, set it over a clear fire with the rind of a lemon pared thin, stirring it all the time till it is as thick as cream. Be careful not to let it stay too long over the fire when it begins to thicken, as it soon becomes too thick.

*Seville Orange, or Lemon Posset.*

Squeeze Seville orange or lemon juice into a glass dish, or mix them together, if preferred, and sweeten it well with fine sugar. Then take cream, and warm it well over the fire, but not to boil, put it into a teapot and pour it into the juice, holding the teapot up very high, that it may froth and curdle the better. Instead of cream, milk thickened with one or two yolks of eggs may be used if more convenient.

*Whipt Syllabubs.*

Put fine rich cream into a deep earthen pot, add to it white wine, lemon juice, and sugar to the taste. Mill them well together with a chocolate mill, and as the froth keeps rising take it off with a spoon and put it into the syllabub glasses. They should be made the day before they are to be used. They are very pretty in the summer time made with red currant juice, instead of lemon juice.

*Trifle.*

Lay macaroons, ratafias, and Savoy biscuits in the bottom of a glass dish, and pour as much sherry or mountain wine over them as they will imbibe. Then make a rich custard, with four yolks of eggs to a pint of cream, and sweetened to the taste. Be careful to thicken the custard very smooth; it should not boil. When cold pour it over the soaked biscuits; then whip some cream,



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wine, lemon juice, and sugar, into a froth, and lay it over the custard as high as it can be raised. A few noupareil comfits strewed over the whipt cream after it has stood some time and is become solid, have a pretty effect.

*Trifle another Way.*

To a quart of thick cream put a quarter of a pint of rich mountain or other sweet wine, the juice of a lemon, and the rind grated very fine, with fine powdered sugar to the taste. Whisk it well to as high a froth as it can be raised, let it stand some time for the liquid to settle under the froth ; then take the liquid and soak in it Naples biscuits cut in slices lengthways, macaroons and ratafias, as many as will soak it all up. Lay these in a glass dish, a layer of the soaked biscuits, and then a layer of currant jelly not spread too thick, till the dish is full, and then lay the frothed cream over the whole.

*Blanched Cream.*

Beat the whites of seven eggs very much with about a quarter of a pint of fine rich cream. While this is doing set another pint of rich cream on the fire with two spoonfuls of orange flower water, and two of fine sugar. When it boils strain the eggs and the cream which have been beaten together into it, and set it on the fire till the whole turns to a fine curd, stirring it all the time to prevent its burning. Strain it through a sieve, and put the curd into cups or glasses.

*Devonshire Cream.*

Set a gallon of new milk in a stew-pan over a clear charcoal fire ; let it remain on the fire till the froth begins to rise round the edges, but on no account leave it on the fire till it boils. Let it stand in the stew-pan for twenty-four hours, and then skim off the cream.



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Jellies, Creams, Cheesecakes, &c.

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*Fresh Cheese.*

Sweeten some new milk to the taste, grate in a little nutmeg, and put in a little runnet, enough to turn it to a very soft curd. It must be made in the dish in which it is to be sent to table.

*Turkish Yourt.*

Let a small quantity of milk stand till it be sour, then put a sufficient quantity of it into new milk, to turn it to a soft curd. This may be eaten with sugar only, or both this and the fresh cheese are good eaten with strawberries and raspberries, as cream, or with sweetmeat of any kind.

*Boiled Custards.*

If made with cream, four yolks of eggs should be allowed to a pint; but where good cream cannot be had, they may be made with milk, allowing six yolks of eggs to a pint, and putting in a tea-spoonful of Indian arrow-root, or fine rice flour. Sweeten them with fine sugar, and add a few bitter almonds pounded fine, or boil a laurel leaf in them, which will have the same effect; or a little orange flower or rose water may be put in, according to the flavour preferred. Be very careful to stir them all the time they are on the fire, to prevent their curdling. Preserved oranges cut in halves, and the inside taken out and filled with boiled custard makes a very nice dish. The French often flavour their custards with a very small quantity of coffee or chocolate, or with vanilla, any of which are very pleasant, but the latter particularly.

*Baked Custards.*

Boil the milk or cream with a piece of cinnamon, or



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*Jellies, Creams, Cheesecakes, &c.*

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nutmeg, or a laurel leaf if the flavour be liked, and let it stand till nearly cold. If cream, then add four yolks of eggs; if milk, six, with sugar to the taste; pour them into cups and bake them.

*Almond Custards.*

A pint of cream, a quarter of a pound of almonds blanched and beat fine with orange flower water, the yolks of four eggs, and sugar to the taste. Stir it over the fire till it thickens, and then pour it out into cups.

*Gooseberry Custards.*

Scald green gooseberries in water, drain them from the water, and pulp them through a colander. To a pint of pulp put four eggs, two spoonfuls of orange flower water, and sugar to the taste. Set it over the fire till it thickens, and then put it out into glasses or cups.

*Gooseberry Fool.*

Put green gooseberries into an earthen pot, and set it into a kettle of water; let them coddle till they are quite soft, then pulp them through a colander, and mix the pulp with about an equal quantity of cream or milk, or if too thick, add a little more. Sweeten it to the taste.

*Preserves with Cream.*

To a pound of raspberry, gooseberry, or any other jam, mix in a pint of good cream, or a little more according to the taste. If cream cannot be procured, new milk thickened over the fire, without letting it boil, with a spoonful of rice flour, or with half a spoonful and the yolks of two eggs, will be a very good substitute for it.

This is, either way, a very simple pleasant dish.



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Jellies, Creams, Cheesecakes, &c.

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*Cheesecakes.*

Set a pint of cream on the fire, and when it boils put in eight eggs, half the whites well beat. When it becomes a fine curd strain it through a lawn sieve, and while the curd is hot slice in a quarter of a pound of butter. Let it stand till cool, then add two ounces of almonds blanched and beaten with orange flower water, a little sack, a little beaten mace and nutmeg, and sugar to the taste. Bake them in puff paste. Add currants or sweetmeat if approved.

*Cheesecakes another Way.*

Beat a pound and a half of cheese curd well drained from the whey, in a mortar, with ten ounces of butter till all looks alike; then add a quarter of a pound of almonds blanched and beaten fine with orange flower water, eight eggs, half the whites, a little beaten mace, and sugar to the taste. A quarter of an hour bakes them in a quick oven. Line the tins with puff crust.

*Plain Cheesecakes.*

Three quarters of a pound of cheese curd, and a quarter of a pound of butter, beat together in a mortar. Add a quarter of a pound of bread soaked in milk, three eggs, six ounces of currants, sugar to the taste, a little candied orange peel, and a little sack. Bake them in a puff crust in a quick oven.

*Lemon Cheesecakes.*

A quarter of a pound of melted butter, four eggs, two ounces of Naples biscuits grated, the juice of a lemon and the rind grated, with sugar to the taste. Bake them in puff crust, and be careful not to overfill them. Add more lemon juice if wanted.



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*Lemon Cheesecakes another Way.*

Boil the rinds of two lemons till they are quite soft, then pound them well in a mortar; add eight eggs, but half the whites, half a pound of sugar, a pint of cream, the juice of two lemons, and two Naples biscuits grated. Mix them well together, and set them over a slow fire to thicken, stirring them all the time. When they begin to thicken, take them off the fire, and continue stirring them till they are cold. Bake them in puff paste, and sift a little fine sugar over them before they are sent to the oven.

*Almond Cheesecakes.*

Half a pound of almonds blanched, and beat well with orange flower water, two Naples biscuits grated, half a pound of melted butter, eight eggs, but four whites, the juice of a Seville orange or lemon, and the rind grated with sugar to the taste. Bake them in puff paste.

*Meringues.*

Whip whites of eggs to froth in a broad pan, and when they are pretty well frothed, add a little grated lemon-peel and sugar finely powdered; whip them again till the whole is a complete froth, then drop the froth on sheets of paper, in drops each about the size of half an egg. Put them into a gentle oven till they become of a fine light brown, then take them off the paper, spread a little sweetmeat on the flat part, unite them two and two by the flat sides, and the sweetmeat will keep them together.

*Mince-Meat.*

Pick two pounds of lean beef, weighed after it is boiled, quite clean from skin and gristle; chop it very



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small, and a pound of raisins stoned, along with it. Shred four pounds of beef suet very fine, and wash, pick, and dry three pounds of currants; powder a pound and a quarter of loaf-sugar, pound a quarter of an ounce of each of the following spices, cloves, nutmegs, mace, and cinnamon; of candied orange, citron, and lemon-peel, take a quarter of a pound of each, and slice it thin, but not very long. Grate the peel of two lemons, pare, core, and chop twelve large apples, and then mix all these ingredients well together with a pint of port wine, half a pint of sweet wine, half a pint of lemon-juice, and a spoonful of salt. Press the whole down very close into a stone jar, cover it well, and use it as wanted. It will keep five or six weeks.

A Cheshire pudding is very nice made with mince-meat laid pretty thick upon the paste, instead of preserved fruit.

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 PICKLES.
 

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*Observations.*

PICKLES well chewed, and eaten in moderation, are not bad, as vehicles for taking a certain portion of vinegar, which is useful on many occasions, as resisting putrefaction, assisting digestion, and removing obstructions, and thus counteracting gross foods. But an immoderate use of vinegar is very injurious to all constitutions, and there are some that cannot bear it at all.

The simplest kinds of pickles are the safest. When spices are too profusely used in them, or too many kinds



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mixed together, they tend to counteract the benefits of the vinegar.

Vegetables are better pickled separately, than confused medleys of them put together.

To green pickles by the means of copper or brass, under any form, makes them a positive poison; and though its operation may not be immediately perceived, it will never fail to produce some injurious effect.

Stone jars should be used for keeping pickles in, and a wooden spoon or a steel fork, to put them into or take them out of the jars.

The best vinegar is that which is made of the best wine.

*To pickle Walnuts black.*

Take walnuts just before the shells begin to harden, put them into salt and water; let them lie two days, then shift them into fresh water; let them lie for two days; then change the water, and let them lie three days longer; then take them out of the water, and put them into a stone jar. To a hundred of walnuts put in half a pint of mustard seed, three quarters of an ounce of black pepper, the same of allspice, and six bay-leaves. When the jar is half full, put in a large onion stuck with cloves, and a stick of horseradish, and put in the rest of the walnuts, and fill up the jar with boiling vinegar.

*To pickle red Cabbage.*

Hang the cabbages up in the kitchen, bottom upwards, for four days to dry; then cut them into thin slices, put them into a stone jar, first a layer of cabbage, then a little salt, some black pepper, allspice, and ginger, and so on till the jar is full. Then fill it up with vinegar, and tie it down close.



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*To pickle large Cucumbers, Gherkins, and French Beans.*

Wipe them clean with a cloth, then put them into a stone jar, and pour boiling vinegar with a handful of salt over them. Boil the vinegar up every three days and pour it upon them till they become green; then put some ginger and pepper to them, and tie them up close for use.

*To make Mangoes of Cucumbers.*

Cut a slice out of the cucumbers on one side and take out the seeds; wipe them clean with a cloth; fill them with mustard seed, whole pepper, garlic, shalots, and a very little sliced horseradish; then put the slice in again, tie them up tight with small packthread, put them into a stone jar, and pour boiling vinegar upon them, with a handful of salt and some ginger. The vinegar must be boiled every three days, and poured upon them till they become green. When they are green enough, boil some fresh gooseberry vinegar, pour it over them, and tie them close with a bladder and leather when the vinegar is cold.

*Mangoes of Melons.*

Take six melons, cut a slice out of them, and scrape out the seeds and pulp quite clean. Put them into a tin stewpan with a small handful of salt to as much water as will cover them, and boil them over a quick fire. When they boil take them off the fire, put them into an earthen pan with the water, and let them stand till the next day. The melons must then be taken out and wiped dry, both within and without. Put into each two small cloves of garlic, a little bit of ginger, and bruised mustard seed, enough to fill them; replace the slice that was cut out, and tie it on with a thread. Boil some cloves, mace, ginger, pepper, and



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mustard seed, all bruised, and some garlic, in as much vinegar as will cover them, for a short time, and then pour the whole, boiling hot, upon the melons. They must be quite covered with the pickle, and tied down close, when cold, with a bladder and leather. They will not be fit for use in less than three or four months, and will keep two or three years.

*To pickle Asparagus.*

Cut some asparagus and lay it in an earthen pot: make a brine of water and salt strong enough to bear up an egg; pour it hot on the asparagus, and let it be closely covered. When it is to be used, lay it for two hours in cold water, then boil it and serve it up on a toast, with melted butter over it. If to be used as a pickle, boil it as it comes out of the brine, and lay it in vinegar.

*To pickle Nasturtium Buds.*

Take the buds fresh off the plant when they are pretty large, but before they grow hard, and put them into some of the best white wine vinegar boiled up with such spices as are the most agreeable. Let them be kept in a bottle, closely stopped. They are fit for use in a week or ten days.

*To pickle Mushrooms.*

Cut the stems of small button mushrooms at the bottom; wash them two or three times in fresh water, with a piece of clean flannel. Have a stewpan ready upon the fire, with some spring water in it, and a handful of common salt; and, when it boils, put in the mushrooms. Boil them about three or four minutes, then take them off the fire, drain them in a colander, and then spread them directly upon a linen cloth, covering them with another. Have ready several wide-mouthed



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bottles, and as the mushrooms are put into them, every now and then put in a blade or two of mace, and some nutmeg sliced; and then fill the bottles with distilled vinegar. Some melted mutton fat, strained, and poured over them, will keep them as well or better than oil.

*To pickle Walnuts green.*

Take walnuts before the shells begin to harden, put them into a deep pot, cover them with vinegar, and put something over them to keep them under the vinegar. Change the vinegar once in fourteen days, for six weeks; then take two gallons of the best vinegar; put into it one ounce of dill-seed bruised, a handful of salt, three ounces of sliced ginger, one ounce of mace, two ounces of nutmeg, and two ounces of pepper. Bruise the spices, and give them a boil in the vinegar, then put the nuts into an earthen pot that has been seasoned with vinegar or pickle, pour the pickle boiling hot over them, and cover them close, to keep in the steam. When they are cold, put them into little gallipots, and in the middle of each pot put a large clove of garlic stuck with cloves, and strew in a spoonful of bruised mustard-seed. Then put in the spice, the dill-seed and vinegar, and lay vine-leaves over the liquor. Be careful not to touch the walnuts with the fingers, lest they turn black; take them out with a wooden spoon, and cover the pot with leather. The walnuts must be quite covered with the vinegar.

*Pickled Onions.*

Peel some small onions, and put them into salt and water for one day, changing it once in that time. Dry them in a cloth, then take some white wine, mace, a little pepper, cloves, and some vinegar; pour this



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pickle over the onions, after having boiled it; and when it is cold cover the onions closely with a bladder.

*India Pickle.*

To every gallon of cold vinegar put two ounces of ground turmeric and half an ounce of Cayenne pepper. Into this pickle put whatever you please—cauliflower, cabbage, lemons, gherkins, large cucumbers, cut down the middle and the seeds taken out; small green melons, French beans, radish-pods, nasturtium buds, capsicum, &c. &c. Cauliflower, cabbage, and lemons, must be thus prepared before they are put into the jar: pare the lemons very thin, cut them into quarters, squeeze out the juice gently, and clear them from the seeds; there is no occasion to squeeze them very dry, and the pulp should not be taken out. Cut the cauliflower and cabbage in pieces, then lay them into a coarse earthen dish, not heaped too much together, and strew a good handful of salt over them; this must be renewed for three or four days, pouring away the liquor that drains from them, before the fresh salt is strewn over them. At the end of three or four days they must be spread out in a dish and set in the sun, or before the fire, till they are quite dried and withered, and look as if they were good for nothing. The other ingredients require no preparation but wiping them clean with a dry cloth. When they are all prepared, arrange them in the jar, strew amongst them some mustard-seed, a few cloves of garlic, some sliced horseradish, some ginger broken into small pieces, and a few cloves. These things must be proportioned according as you wish the pickles to be much or little flavoured with them. When the jar is filled, then pour in the vinegar, &c. The pickle may be replenished at any time; it never spoils, but is better after



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having been kept some time. When more vinegar is added, turmeric, Cayenne pepper, &c. must be put in the same proportion as at first.

*To pickle white Cabbage.*

Take hard white cabbages, cut them into thin slices, and put them into an earthen pan, strew fine salt over them, and let them lie two days; then drain them from the liquor and put them into a stone jar, with some mace and white pepper; fill the jar up with vinegar and a little white wine.

*To pickle Mushrooms.*

Wipe some small mushrooms very clean with a damp cloth, but do not wash them. Put them into a saucepan with some salt, and let them stew two or three minutes in their own liquor, shaking the saucepan frequently, to prevent their burning. Add to the mushrooms and liquor some vinegar, whole pepper, cloves, mace, allspice, shalots, and sliced ginger. Let them boil seven or eight minutes longer, then put them into pots or bottles; and, when cold, tie them down close with a bladder and leather. If, after a time, they begin to mould, give them a fresh boil: they will keep very good for two years. These are exceedingly good for putting into a brown hash or ragout, where it does not signify their not being very white.

*To pickle Samphire, Broom-buds, Peas, Purslain, and other Things of the same Kind.*

Take samphire and pick the branches from the dead leaves, and lay it into a large jar, or small cask; then make a strong brine of white or bay salt. Scum it clean while boiling, and when it is done let it cool. Put it to the samphire, cover it, and keep it for the year.



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As it is wanted for use, make some water boil, and then put in some samphire. Let it boil till it is green, take it off, and let it cool. Take the samphire out of the water, and put it into a phial with a broad mouth. Put to it some strong white-wine vinegar, and keep it close.

*To pickle Beet-root.*

Boil the roots till three parts done, or set them into a cool oven till they are softened; then cut them into slices of an inch thick. Take vinegar enough to cover them, and add to it some allspice, a few cloves, a little mace, black pepper, horseradish sliced, some onions, shalots, a little pounded ginger, and some salt. Boil these ingredients together twenty minutes, and when cold add to them a little bruised cochineal. Put the slices of beet into jars, pour the pickle upon them, and tie the jars down close.

*Sour Krout.*

Let the cabbages be full grown, and quite hard, before they are used, and take those of the closest and firmest texture. Cut them into slices about an inch thick, opening them a little that they may receive the salt more effectually. Rub a good deal of salt amongst them, then lay them into a large pan, and sprinkle more salt over them. Let them remain twenty-four hours, turning them over four or five times, that every part may equally receive the salt. The next day put the cabbage into a tub or large jar, pressing it down well, and then pour over it a pickle made of a pint of salt to a quart of water. This pickle must be poured on boiling, and care must be taken that the cabbage shall be entirely covered with it. Let it stand thus twenty-four hours longer, when it will have shrunk



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nearly a third ; then take the cabbage out, and put it into a fresh tub, or jar, pressing it down well as before, and pour over it a pickle made as follows. To one quart of the salt and water pickle which had been used the day before, put three quarts of vinegar, four ounces of allspice, and two ounces of caraway-seeds. This must be poured on cold, so as to cover the cabbage completely. Let it stand one day loosely covered, and then let it be stopped down quite close.

*To keep Asparagus all the Year.*

Parboil them, put them into a pot, and cover them with clarified butter. When the butter is cold, cover the pot. At the end of the month put fresh butter to them, cover the pot with leather, and bury it under ground.

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*Observation.*

THE few receipts for wines, &c. here given, are inserted, as many other things have been, because people will use them, not as recommending them.

*To make Cherry Wine.*

Take twenty-four pounds of the best ripe cherries, bruise them well, that all the juice may be expressed. If the stones also are broken, they will give the wine a pleasant bitterness. Let them ferment for twelve hours, as it will give the wine a deep colour to ferment upon



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the skins; then run them through a jelly-bag, putting the whole mash into the bag. Put one pound of the best loaf sugar, finely powdered, into the vessel the liquor runs into, which will be melted by the liquor. Then put the liquor into bottles, filling them up to within an inch of the corks. This wine will keep a year, or more, and be exceedingly pleasant. It will have no dregs in it, but be of a pure deep claret colour. The above quantity will make more than six quarts of wine; the extreme clearness of it is owing to the running it through the bag.

*Ginger Wine.*

To four gallons of water put sixteen pounds of lump sugar, and three quarters of a pound of bruised ginger. Boil them half an hour, and scum the liquor well; when cold, add to it the juice of three lemons, and the rinds pared thin. Put all together into a cask, with half an ounce of isinglass dissolved in water, and three spoonfuls of good yest. Let it stand six months, then bottle it, adding two table spoonfuls of brandy to every bottle of wine. This will keep for many years.

*Cowslip Wine.*

To ten gallons of water put thirty pounds of loaf sugar, and the whites of ten eggs well beaten. Boil them together an hour, skimming the liquor well as the scum rises. Then have ready ten lemons pared thin and cut into slices, and pour the boiling liquor upon the lemons and parings. When cold, add three pecks and a half of cowslip flowers picked from the stalks and seeds, and three table spoonfuls of thick yest spread upon a toast. Let it work for three or four days, and then put all together into a cask. It should stand nine or ten weeks before it is bottled.



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*Hinxton Currant Wine.*

To every quart of currant juice add three quarts of spring water, and three pounds and a half of Lisbon sugar; or if the wine is to be kept long, four pounds. Let them stand in an open vessel for twenty-four hours, stirring the liquor frequently, then put in a toast spread with yeast, and let the whole stand till it has done working. Put it into a cask, and cover the bung-hole over with paper till all appearance of working is at an end, then bung it down close. It should stand seven or eight months before it is bottled. A few raspberries mixed with the currants will give the wine a pleasant flavour. Red, white, or black currant wine may be made in this way, only the black currants must be scalded to extract the juice; with the others it may be extracted by compression only. Dried elder flowers added to the other ingredients will give a pleasant Frontignan like flavour to the wine.

*Gooseberry Wine.*

Gather the gooseberries just as they are beginning to ripen, bruise them well, without breaking the seeds. To every pound of the pulp put a gallon of spring water, and let them stand in a covered vessel, in a cool place, twenty-four hours. Then put them into a hair bag, press out all the juice, and to every pint of juice put six ounces of loaf sugar, stirring it about till the sugar is dissolved. Then put it into a well-seasoned cask, and let it stand in a cool place. When it has done working, which will probably be in three weeks or a month, bung the vessel down close. Let it stand for two or three months, then draw it off into bottles, and keep them in a cool cellar.

*Raspberry Wine.*

Take red raspberries when they are almost ripe, and



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pick them clean from the stalks ; boil some sugar and water together, in the proportion of six ounces of loaf sugar to a quart of water, let this be cold, and put the raspberries into it. When they have soaked ten or twelve hours, put the raspberries into a fine linen bag, press the juice from them into the water, then boil them up together, skimming them well, three times over a gentle fire. Take it off the fire, let the liquor cool, and, as the scum rises, take it off and pour the liquor into a well-seasoned cask. When it has fermented properly, and is clear, bottle it, and keep it in a cool place.

*Elder Wine.*

As soon as the elder-berries are ripe, pick a sufficient quantity, and put them into a stone jar. Set this into a kettle of water, and let them coddle till the berries burst. Press the fruit through a coarse cloth, squeezing it well, and then pour the liquor into a kettle, set it on the fire, let it boil : and to every quart of liquor add a pound of lump sugar, and skim it often. Let it cool, then pour it into a cask, and put into it some yest on a toast. When it has done working stop it up, and bottle it in three or four months.

*Orange Wine.*

Make a syrup of two pounds and a half of sugar to a gallon of water, clarified with whites of eggs well beaten in whatever quantity will be wanted, boil it and skim it while any scum will rise ; when it is cool enough for working, put to it an ounce of syrup of citron, and a spoonful of yest to every gallon of water. Beat the syrup and yest well together, and put in the peel and juice of eight large oranges to a gallon of water ; work it two days and a night, then put it into



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a cask, and when it has done working bung it down. It will be fit to bottle in three or four months.

*Raisin Wine.*

The proportions should be a gallon of water, seven pounds of raisins, picked from the stalks, let them stand together in a tub for a fortnight, stirring it well every day, then pour off the water and put the raisins into hair cloth bags, press them very hard to get all the goodness out. Put the liquor that was pressed from the raisins first, into the cask, and fill it up with liquor poured away from them before they were pressed; as it works keep filling it up again; and when it has done working stop it close. Let it stand six months before it is bottled. It must not be drank till it has been made a year; and the longer it is kept the better. It should be made with Malaga and blue Smyrna raisins, an equal quantity of each.

*Liqueur of Lemons.*

Pare eight large lemons, cut them and squeeze out the juice; steep the rinds in the juice, and put it to a quart of brandy; let it stand in a close stone jar for three days. Then squeeze eight more lemons, and mix with them five pints of spring water, and five pounds of sugar. Boil the water, lemons, and sugar together, then let them stand till cool. Add the other lemons and brandy, with a quart of white wine. Mix the whole together and strain it through a jelly bag into a cask. Let it stand three months, then bottle it off. It must be kept cool, and the bottles must be well corked. It will be fit for use in six weeks or two months,

*English Noyau.*

Blanch and bruise a quarter of a pound of bitter al-



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monds, or peach and apricot kernels, put them into a pint of cold water, and let them stand two hours ; then add three pints of the juice of white currants, three pounds of fine loaf sugar, the peels of three lemons grated, and a gallon of brandy. Stir them well together, let them stand three days, then strain off the liquor through a jelly bag, and bottle it for use. A quart of fresh brandy put upon the dregs and strained off, after standing three days longer, will make a very pleasant liquor for giving a flavour to puddings.

*Duke of Norfolk's Punch.*

Six quarts of water, and three pounds of loaf sugar, clarified with the whites of six eggs. Boil it a quarter of an hour, skim it clean, and let it stand till it is cool ; then put in a gallon of brandy, in which the rinds of six oranges and six lemons have been steeped twenty-four hours ; add the juice of twenty oranges and six lemons ; then put it into a vessel that it will fill, stop it close for six weeks, and then bottle it.

*Punch Royal.*

Take thirty Seville oranges and thirty lemons, quite sound, pare them very thin, and put the parings into an earthen pan, with as much rum or brandy, whichever you choose, as will cover them. Cover the pan and let them stand four days. Take ten gallons of water, and twelve pounds of lump sugar, and boil them ; when nearly cold, put in the whites of thirty eggs well beaten, stir it, and boil it a quarter of an hour, then strain it through a hair sieve into an earthen pan and let it stand till next day ; then put it into a cask, strain the spirit from the parings of the oranges and lemons, and add as much more to it as will make it up five gallons. Put it in-



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to the cask with five quarts of Seville orange juice, and three quarts of lemon juice. Stir it all together with a cleft stick, and repeat the same once a day for three successive days; then stop it down close, and in six weeks it will be fit to drink.

*Milk Punch.*

Take two gallons and a half of French brandy, and infuse in it, for one night, the outer rind of fifteen lemons, and as many oranges pared very thin, add to it the juice of the former quantity of fruit, and fifteen quarts of cold water, that has been boiled, seven pounds and a half of fine loaf sugar, and half a pint of milk; let them be well mixed, and stand till cold, then add a bottle of Jamaica rum. Put it into a cask the proper size, and stop it up close for a month or six weeks. The lemon peel and orange peel must be taken out before the juice of the fruit and the water are added.

*Shrub.*

To nine pints of brandy or rum, put a quart of orange and lemon juice; half the peels pared thin, and two pounds of fine sugar, let it stand two days, then put to it a quarter of a pint of boiling milk, and run it through a flannel bag till it is perfectly clear.



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Imperial Water, &c.

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IMPERIAL WATER, &c.

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To quench fire we use water.

To half an ounce of cream of tartar, add the juice of a lemon, and a bit of the peel pared thin. Pour on these four pints of boiling water, give it a stir and cover it close. When cold, sweeten it with loaf sugar, strain it and it will be fit for use.

*Observation.*

It is better to use it fresh than to keep it any time. It should only be drank in moderation, and that not by every body. To mix spirits of any kind with it makes it always prejudicial.

*Raspberry Vinegar.*

Pour a quart of the best white wine vinegar upon two pounds of raspberries, not thoroughly ripe, let it stand twenty-four hours, then strain off the liquor through a hair sieve, taking care not to bruise the fruit. Pour this liquor on two pounds of fresh raspberries, not thoroughly ripe, and when it has stood twenty-four hours, strain it through a lawn sieve, taking care not to bruise the fruit. To every pint of liquor, put a pound and a half of double refined sugar. Put it into a jug and set it into a kettle of water on the fire, till the sugar is dissolved, and when cool skim off the dross of sugar. Next day, bottle it, and keep it in a dry place.



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Observations on Symptoms of Disease, &c.

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*Orgeat.*

To a pound of sweet almonds, allow an ounce of bitter almonds, blanch and beat them very fine in a marble mortar. Mix with them gradually a pint of spring water, and then strain them through a lawn sieve, as dry as possible. Add more water to the liquor till it is properly diluted, and then sweeten it with capillaire, or very fine sugar powdered. It should be put into a decanter and shaken before it is poured out for use.

*Lemonade.*

Squeeze the juice of as many lemons as will flavour two quarts of spring water pleasantly, put in a piece of the peel, fine sugar enough to sweeten it to the taste, and the whites of three eggs well beaten to a froth. One yolk may be added if agreeable. Set it over a clear fire, give it a boil for a few minutes, strain it through a jelly bag, and when cold it will be fit for use.

Orangeade is made in the same manner.

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OBSERVATIONS ON SYMPTOMS OF DISEASE.  
HINTS FOR NURSING THE SICK. REGIMEN  
AND COOKERY FOR THE SICK.

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AN unskilful dabbling in cases of illness, which require the attention of the best medical practitioners, is both dangerous and presumptuous. But there are uneasy



symptoms, experienced more or less at times by all persons, not amounting to a decided disease, yet, if neglected, sure to end in such, that may generally be relieved by a proper diet, and attention to the state of the bowels; not only without risk, but even with greater advantage to the individual than by an application to a positive course of medicine. These, therefore, come properly within the sphere of domestic management, along with some few other common occurrences of the medical kind, which will be here noticed.

The sensations of lassitude or weariness, stiffness or numbness, less activity than usual, less appetite, a load or heaviness at the stomach, some uneasiness in the head; a more profound degree of sleep, yet less composed and refreshing than usual; less gayety and liveliness, a slight oppression of the breast, a less regular pulse, a propensity to be cold, a disposition to perspire, or sometimes a suppression of a former disposition to perspire, are any of them symptomatic of a diseased state of body, though not amounting to a decisive disease.

Under such circumstances persons are generally restless both in body and mind, do not know what to do with themselves; and often for the sake of change, or on the supposition that their sensations proceed from lowness, they unhappily adopt the certain means of making them terminate in dangerous and often fatal diseases. They increase their quantity of animal food, leave off vegetables and fruit, drink freely of wine or other strong liquors, under an idea of strengthening the stomach, and expelling wind, all which strengthen nothing but the disposition to disease, and expel only the degree of health yet remaining.

The consequence of this mistaken management is, that all the evacuations are restrained, the humours causing and nourishing the diseases are not at all attem-



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Observations on Symptoms of Disease, &c.

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pered nor diluted, and rendered proper for evacuation. On the contrary, they become more sharp and difficult to be discharged.

By judicious management it is practicable, if not entirely to prevent the disorders indicated by the above symptoms, to mitigate them so as to avert their danger. An early attention to the following points would seldom fail of this desirable effect.

To give up for the time all violent exercise or labour, and take only a gentle easy degree of exercise.

To use very little or no solid food, and particularly to abstain from all flesh, or flesh broth, eggs, and wine, or other strong liquors.

To drink plentifully, that is, at least three or even four pints in a day, by small glasses at a time, at intervals of half an hour, one of the following diluents which the French call ptisans. If these ptisans do not answer the purpose of keeping the bowels properly evacuated, stronger cathartics must be taken, or injections for the bowels called lavemens.

By pursuing these precautions the above symptoms of disease will be often removed without coming to any serious disorder; and even where this is not the case, the disorder will be so lessened as to obviate any kind of danger from it.

*Ptisan, No. 1.*

Take a large pinch, between the thumb and fingers, of elder flowers, put them into an earthenware jug, with two ounces of honey and an ounce and a half of good vinegar. Pour upon these three pints and a quarter of boiling water. Stir it about a little with a spoon to mix and dissolve the honey; then cover up the jug, and when the liquor is cold strain it through a piece of linen.



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*Observations on Symptoms of Disease, &c.*

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*Ptisan, No. 2.*

Wash two ounces of whole barley very clean and well in hot water ; then put it into five pints of cold water, and boil it till the barley opens. Towards the end of the boiling put in a dram and a half of nitre ; strain it through a linen cloth, and then add to it an ounce and a half of honey, and an ounce of vinegar.

*Lavement.*

Take two pinches between the fingers and thumb of mallow leaves and flowers, and pour upon them a pint of boiling water. After standing some time, strain it, adding to it an ounce of honey. For want of mallows, which are preferable, leaves of mercury, pellitory of the wall, marsh-mallows, the greater mallows, lettuce or spinage may be used. Some few particular constitutions find none but lavemens of warm water efficacious. Such persons should use no other, and the water should not be very hot.

*Observation.*

The quantities given are, for grown persons, from eighteen to sixty. From the age of twelve to eighteen, two thirds of the dose will generally be enough. From seven to twelve, half ; and under seven, it must be diminished in proportion to the age. An infant under a year should not take more than an eighth part. Some consideration must be paid to the constitution. Persons should observe whether they require a strong or weak dose.

When confirmed diseases occur, the only safe course is to resort to the most skilful medical advice that can be obtained. The poor will come at this the most readily in hospitals ; those in better circumstances, by application to the most eminent of the medical profession.



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Observations on Symptoms of Disease, &c.

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It is like employing an attorney in the highest branches of the law, to call in advice that cannot challenge a full claim to the confidence that is to be reposed in it. Good advice and few medicines will much sooner effect a cure than all the medicines of the apothecary's shop, unskilfully administered. But the success of the best advice may be defeated if the patient and the friends of the patient will not concur to render it effectual. If the patient is to indulge longings for improper diet, and the friends to gratify them, the advantage of the best advice may be defeated by one such imprudent measure. As what is here said applies equally to the cases of patients labouring under accidents which require surgical assistance, they must be considered as included in it.

General directions are all that a physician or surgeon can give respecting diet, and many other circumstances requiring attention in the attendance on a sick person. To expect more of them, is to expect them to undertake the office of a nurse. As much therefore must depend on good nursing to sick persons, and many mistakes that often prove fatal are committed by those about them, from ignorance and prejudice, a few rules to which they may always refer at the intervals when they cannot refer to their medical director, may be useful on these occasions ; more especially when the patient is so far recovered as to be released from medicines, and put under a proper regimen with the use of gentle exercise, and such other regulations as a convalescent state require.

When labouring under acute disorders, or accidents, patients frequently suffer from the injudiciousness of those about them, in covering them up in bed with a load of clothes that heat and debilitate them exceedingly. In keeping them in bed when the occasion does not require it, without even suffering them to get up and



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Observations on Symptoms of Disease, &c.

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have it new made, and by never allowing a breath of fresh air to be admitted into the room.

The keeping patients quiet is of essential importance; they should not be talked to, nor should more persons than are absolutely necessary even be in the room. Every thing should be moved out of the room directly that can be offensive in it. Sprinkling the room with vinegar sometimes will contribute to keep it in a better state. The windows should be opened occasionally for a longer or a shorter time, according to the weather and season of the year, without letting the air come immediately upon the patient. Waving the chamber-door backward and forward for a few minutes, two or three times in a day, ventilates the room without exposing the sick person to chillness.

The linen, both of the bed and patient, should be changed every day, or in two or three days, as circumstances admit and require it.

A strict forbearance from giving sick persons any nourishment but what is permitted by their medical attendant should be invariably observed.

Above all things both sick persons and those about them must await the slow progress of recovery from disease or accidents with patience. A contrary conduct will only retard this desired event. What has been long undermining the stamina of health, which is commonly the case with diseases; or what has violently shocked it, as accidents, can only be slowly recovered. Medicines will not operate like a charm, and even when they are the most efficacious, time must be required to recover from the languid state to which persons are inevitably always reduced, both by diseases and accidents.

When the period is arrived at which sick persons may be said to be out of danger, a great deal of patience and



care will yet be required to prevent their relapsing. The great hazard of this will be averted by the persons who are recovering on their own part, and their friends for them, being contented for some time with a very moderate share of food. We are not nourished in proportion to what we swallow, but to what we digest. Persons on the recovery, who eat moderately, digest their food and grow strong from it. Those who eat much do not digest it, and instead of being nourished and strengthened, wither away insensibly.

The few following rules comprise all that is most essential to be observed, to perfect the cure of acute diseases, or of accidents, and prevent their leaving behind them any impediments to health.

Let those who are recovering, as well as those who are actually sick, take very little nourishment at a time, and take it often.

Let them take but one sort of food at each meal, and not change their food too often.

Let them chew whatever solid food they eat very carefully.

Let them diminish their quantity of drink. The best drink for them in general is water, with a third or fourth part of white wine. Too great a quantity of liquids at this time prevents the stomach recovering its tone and strength, impairs digestion, keeps up weakness, increases the tendency to a swelling of the legs; sometimes even occasions a slow fever, and throws back the person recovering into a languid state.

Let them be in the air as much as they are able, whether on foot, in a carriage, or on horseback. This last exercise is the healthiest of all. It should be taken before the principal meal, which should be about noon; after it, riding is not good. Exercise taken before a meal strengthens the organs of digestion, which is pro-



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Colds.

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moted by it. If the exercise is taken soon after the meal it impairs it.

As people in this state are seldom quite so well towards night, they should take very little food in the evening. Their sleep will be the less disturbed for this, and repair them the more and the sooner.

They should not remain in bed above seven or eight hours.

The swelling of the legs and ancles, which happens to most persons at this time, is not dangerous, and generally disappears of itself, if they live soberly and regularly, and take moderate exercise.

They should pay attention to the state of the bowels. It will not be necessary to apply to any artificial means of keeping them open every day, if they should not be regular, but they should not pass over the third day without doing this if required, and should apply to them sooner, if they feel heated, puffed up, restless, or have any pains in the head. The ptisans given above, or the lavement may be resorted to.

They must not return to hard exercise, or to any laborious occupation too soon. Some persons have never recovered their usual strength, for want of this precaution.

## COLDS.

It is scarcely necessary to describe the symptoms of a cold; it will be sufficient therefore to remark that it is almost always an inflammatory disease, though in no greater degree than a light inflammation of the lungs, or throat; or of the membrane or very thin skin which lines the nostrils, and the inside of certain cavities in the bones of the cheeks and forehead. These cavities communicate with the nose in such a manner, that when one part of this membrane is affected with an inflammation, it is easily communicated to the other parts.



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Colds.

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The disorder, when of this slight kind, will require very little, if any, medical treatment, and may be easily cured without physic, by abstaining from flesh, eggs, broth and wine; from all food that is sharp, fat, and heavy; and by dieting upon bread, vegetables, fruit, and water; particularly by eating little or nothing at supper; and drinking, if thirsty, a simple ptisan of barley, or an infusion of elder flowers, with the addition of a third or fourth part of milk. Bathing the feet in warm water before going to bed will dispose the patient to sleep.

In colds of the head, the steam of warm water alone, or of water in which elder flowers, or some other mild aromatic herbs have been boiled, generally affords a pretty speedy relief. These are also serviceable in colds fallen on the breast.

Hot and close rooms are very hurtful in colds, and sitting much over the fire increases the disorder.

Spermaceti is often taken for colds and coughs, which from its greasy nature, must impair the digestive faculty of the stomach, and cannot operate against the cause of a cold; though the cure of it, which is effected in due time by the economy of nature, is often ascribed to such medicines as may rather have retarded it.

Whenever a cold does not yield to the simple treatment here prescribed for it, good advice should be applied to, as a neglected cold is often the origin of very serious disorders.



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APPLICATIONS FOR STINGS OR BITES OF ANIMALS, BURNS, SCALDS, SLIGHT WOUNDS, &c.

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BEES, wasps, hornets, gnats, harvest bugs, bugs, vipers, and adders, are the principal animals of this country by whose sting or bite we are molested.

The sting of the animal must be taken out if left in the wound.

The best applications to the wound are the herb robert, a species of geranium; or crane's bill; or chervil; or parsley; or elder flowers. Spirits of hartshorn applied directly is often an effectual remedy for the stings or bites of these animals.

If there is much inflammation flannels wrung out of a strong decoction of elder flowers, and applied warm, affords the speediest relief. To this may be added a spoonful of spirits of hartshorn.

Or, the part affected may be covered with a poultice, made of crumb of bread, milk, and honey.

Bathing the legs of the person stung repeatedly in warm water will afford relief,

It will be prudent to retrench a little of the customary food, especially at night, and to drink an infusion of elder flowers, with the addition of a little nitre.

Oil, if applied immediately after the sting, sometimes prevents the appearance of any swelling, and thence the pains attending it.

Pounded parsley is one of the most availing applications in such accidents.



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Burns or Scalds.

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*Burns or Scalds.*

When a burn or scald is trifling, and occasions no blister, it is sufficient to put a compress of several folds of soft linen upon it dipped in cold water, and to renew it every quarter of an hour till the pain is entirely removed.

When a burn or scald blisters, a compress of fine linen spread over with the pomatum given below should be applied to it, and changed twice a day.

If the skin is burnt through, and the flesh under it injured, the same pomatum may be applied; but instead of a compress of linen it should be spread upon a piece of soft lint, to be applied exactly over it, and this covered with a slip of the simple plaster, No. 1, given below, which any body may easily prepare; or No. 2, if that should be preferred.

For an extensive burn or scald, skilful advice should be immediately applied to, as it always endangers the life of the sufferer.

*Pomatum.*

Take an ounce of the ointment called nutritum, the whole yolk of a small egg, or the half of a large one, and mix them well together. The nutritum may be easily made by rubbing two drams of ceruss (white lead), half an ounce of vinegar, and three ounces of common oil well together.

*Plaster, No. 1.*

Melt four ounces of white wax; add to it, if made in winter, two spoonfuls of oil; if in summer, at most one, or it may be quite omitted. Dip into this slips of moderately thin linen, and let them dry; or spread it thin and evenly over them.



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*Slight Wounds.*

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*Plaster, No. 2.*

To half a pound of oil of roses put a quarter of a pound of red lead, and two ounces of vinegar. Boil them together nearly to the consistence of a plaster; then dissolve in the liquid three quarters of an ounce of yellow wax, and one dram of camphire, stirring the whole about well. Take it off the fire and spread it upon sheets or slips of paper of any size that may be most convenient.

If the ingredients for making nutritum are not at hand, to make the pomatum, one part of wax should be melted with eight parts of oil, and the yolk of an egg added to two ounces of this mixture.

A still more simple application and sooner prepared, is, to beat up an egg, white and yolk, with two spoonfuls of sweet oil, free from any rankness. When the pain of the burn and all its other symptoms have nearly subsided, it is sufficient to apply the plaster No. 2.

*Slight Wounds.*

When simple wounds bleed much, lint dipped in vinegar or spirits of turpentine may be pressed upon the surface for a few minutes, and retained by a moderately tight bandage; but if the blood spirts out in jets, it shews that an artery is wounded, and it must be held very firmly until a surgeon arrives. But when the blood seems to flow equally from every part of a wound, and there is no reason therefore to suppose that any considerable vessel is wounded, it may be permitted to bleed while the dressings are preparing. The edges of the wound are then to be gently pressed together, and retained by straps of sticking plaster, made as follows:

Melt three ounces of diacylon with half an ounce of rosin, and when cooled to about the thickness of treacle spread it upon a piece of smooth soft linen. This may



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*Bruises.*

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remain on for three or four days, unless the sore becomes painful, or the matter smells offensive, in which case the straps of plaster must be taken off, the parts washed clean with warm water, and fresh slips of plaster applied, nicely adjusted to keep the wound together. The slips must be laid over the wound crossways, and reach several inches beyond each side of it, in order to hold the parts firmly together. By keeping the limb or part very still, abstaining from strong liquors, taking only light mild food, and keeping the bowels open, all simple wounds may be easily healed in this manner; but poultices, greasy salves, or filling the wound with lint, will have an opposite effect.

Even ragged and torn wounds may be drawn together and healed by sticking plaister, without any other salves or medicines.

A broken shin, or slight ruffling of the skin, may be covered with lint dipped in equal parts, vinegar and brandy, and left to stick on unless the place inflames, and then weak goulard is the best remedy.

Common cuts may be kept together by a strip of the above sticking plaster, or with only a piece of fine linen rag, or a thread bound round them.

The rag applied next to a cut, or wound of any kind, should be always of white linen; but calico, or coloured rags will do quite as well for outward bandages.

Important wounds should always be put under the care of a skilful surgeon.

*Bruises.*

Different external and internal remedies are applicable in contusions. When the accident has occurred in a slight degree, and there has been no general shock which might produce an internal soreness or contusion, external applications may be sufficient. They should



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Bruises.

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consist of such things as are adapted, first to attenuate and resolve the effused and stagnant blood, which shews itself in the blackness of the part affected soon after the contusion, changing successively brown, yellow, and grey, in proportion as the suffusion decreases, till at last the skin recovers its colour, the blood being gradually dissolved and taken in again by the vessels. Secondly, the medicines should be such as are qualified to restore the tone and to recover the strength of the affected vessels.

The best application is vinegar, diluted, if very sharp, with twice as much warm water. Folds of linen are to be dipped into this, and wrapped round the bruised part, or laid upon it as the nature of the place admits of. These folds must be re-moistened every two hours on the first day.

Parsley, chervil, and houseleek leaves, lightly pounded, have also been used with success; and they are preferable to vinegar, when a wound is joined to a bruise. The poultice given below may also be used with advantage.

It is a common practice to apply spirituous liquors, such as brandy and arquebusade water, on such occasions; but a long abuse ought not to be established by prescription. These liquids, which coagulate the blood instead of resolving it, are truly pernicious, notwithstanding they are sometimes used without any visible disadvantage, on very slight occasions.

It is a still more pernicious practice to apply greasy plasters to bruises, or those made of resins, gums, earths, &c. These are always hurtful, and many instances have occurred of slight bruises being aggravated into gangrenes by such plasters, which would have been well in three or four days by the economy of nature, if left to herself.



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*Benumbed or frozen Limbs.*

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Severe external contusions, or any internal ones, should be put under the care of medical skill.

*Poultice.*

Take four ounces of crumbs of bread, a pinch of elderflowers between the fingers and thumb, the same quantity of camomile and of St. John's wort. Boil them into a poultice in equal quantities of vinegar and water.

If fomentations should be thought preferable, take the same herbs, put them into a pint and a half of boiling water, and let them infuse some minutes. Add a pint of vinegar to this, let flannels or other woollen clothes be dipped into it, wrung out, and applied to the part affected.

A still better poultice may be prepared of linseed flour, and the dregs of ale or porter barrels, boiled slightly. It always keeps soft from the oiliness of the seeds, and the yesty deposit of the malt liquor is both cooling and sweetening.

*Benumbed or frozen Limbs.*

It happens sometimes in severe weather that persons much exposed to the cold have their hands and feet benumbed, or even quite frozen.

If a person thus pierced with the cold attempts to walk about, which seems a natural and obvious means to get warm, or still more if he attempts to warm the parts that have been frozen, his case proves irrecoverable. Intolerable pains are the consequence, which are soon followed by a dangerous mortification.

The only certain remedy in these cases, is to convey the patient into some place where it does not freeze, but is very moderately warm, and there to apply snow, if it be at hand, continually to the parts affected. If snow is not to be had, they should be washed incessant-



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 Kibes or Chilblains.
 

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ly, but very gently (as all friction at this juncture would be dangerous) in ice-water, as the ice thaws in the room. By this application the patient will be sensible of a gradual return of feeling to the limbs, and that they begin to recover their motion. In this state he may safely be moved into a rather warmer place, and drink some cups of the infusion given below.

The danger of attempting to relieve such accidents by heat, and the good effects of cold water, are obvious from the commonest experience. If apples, potatoes, meat, &c. when frozen, are put into cold water, they recover their former state, but if put into warm water, or a hot place, they become rotten, which is one kind of gangrene or mortification.

In very severe weather, when a person is exposed to the cold long together, it often proves fatal, in consequence of its congealing the blood, and forcing it too much up to the brain; so that the patient dies of a kind of apoplexy which is preceded by drowsiness. A person must therefore use his utmost endeavours upon such an occasion to keep himself awake, as sleep, if indulged, would prove his death.

The remedies for such a case are the same as for frozen limbs. Persons have been revived by them, who had remained in the snow, or been exposed to freezing air for five or six days, and discovered no signs of life.

*Infusion.*

Pour three pints of boiling water upon a pinch and a half of elder flowers, taken between the fingers and the thumb. After standing some time strain it, and dissolve in it three ounces of honey.

*Kibes or Chilblains.*

These complaints are principally felt on the extreme parts, arising from two causes; that the circulation



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Kibes' or Chilblains.

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being weaker at the extremities than elsewhere, the effect of such causes as impair it must be the most felt there, and that these parts are more exposed than any other to outward impressions.

The skin of the hands, as well as that of the whole body, may be strengthened by the habit of washing or bathing in cold water; and children who have been early inured to this habit are seldom so much troubled with chilblains as others.

It would give children no pain at the beginning of autumn, to dip their hands in cold water, morning and evening, and keep them in it for some moments; and when this habit is once contracted it will be easy to continue it through the winter. They may also be habituated to plunge their feet into cold water twice or thrice a week; and this method, which might be less adapted for grown persons who have not been accustomed it, cannot be objectionable for such children as have, to whom it will be generally useful and salutary. It will also be proper that children should not bring their hands close to the fire, to avoid the too speedy succession of heat and cold.

The most troublesome itching is assuaged by plunging the hands into cold water. The effect of snow is perhaps still more speedy. The hands should be gently and often rubbed with it for a considerable time; they grow hot and very red for some moments, but entire ease quickly succeeds.

Persons who have extremely delicate and sensible skins, do not find the benefit of this application; it seems too active for them, and affects the skin like a common blistering plaster. When this is the case, or a child wants courage to go through it, or any other complaint exists which may be aggravated by this very cold application, some other must be substituted. One of the best is to wear gloves made of any smooth skin, day



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Kibes, Chilblains, &c.

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and night without ever putting them off, which seldom fails to cure the disorder in some days. If it should fail, the hands may be gently fomented or moistened several times in a day, with some decoction rather more than warm, which should be both dissolving and emollient. Such is the decoction of the peel of radishes, the efficacy of which is still further increased by adding a sixth part of vinegar. Another decoction is given below, which is of great efficacy, but it dyes the hands yellow for a few days. As soon as the hands are taken out of these decoctions, they must be kept from the air by gloves.

When the disorder is removed by the use of these bathings, which make the skin supple and soft, it should be strengthened afterwards by washing it with a little camphorated brandy, diluted with an equal quantity of water.

Those who are troubled with obstinate chilblains should always be forbidden the use of strong liquors.

*Decoction.*

Put a pinch between the fingers and thumb, both of the leaves of sow-bread, and the tops of camomile, into an earthen vessel, with half an ounce of soap, and the same of sal ammoniac, and pour upon them three pints of boiling water.

*Whitlows.*

As soon as the disorder is apparent, the finger affected is to be plunged into water a little more than warm, or the steam of boiling water may be applied to it; and by doing one of these things almost constantly for the first day, the complaint has been often entirely dispersed. But unfortunately it is generally supposed that such slight attacks can have only slight consequences,



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 Kibes, Chilblains, &c.
 

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whence they are apt to be neglected till the disorder has increased considerably. In this state no time should be lost in resorting to skilful advice, as the danger of these small tumours is much greater than is usually supposed.

*Thorns, Splinters, &c.*

To run prickles or thorns, such as those of roses, thistles, chestnuts, &c. or little splinters of wood, bone, &c. into the hands, feet, or legs, is a very common accident, and provided any such substance is immediately extracted, is seldom attended with any bad consequences. But the more certainly to prevent any such, a compress of linen dipped in warm water may be applied to the part, or it may be bathed a little while in warm water.

If the thorn or splinter cannot be extracted directly, or if any part of it be left in, it causes an inflammation, and nothing but timely precaution will prevent its coming to an abscess. A plaster of shoemaker's wax spread upon leather, draws these wounds remarkably well. When it is known that any part of it remains, an expert surgeon would open the place and take it out ; but if it is unobserved, as will sometimes happen when the substance is very small, till the inflammation begins, and no advice can be at once procured, the steam of warm water should be applied to it first, and then a poultice of crumb of bread and milk, with a few drops of Peruvian balsam.

It is absolutely necessary that the injured part should be kept in the easiest posture, and as still as possible.

If this does not soon succeed, good advice must be applied to without delay, as an accident of this kind neglected, or improperly treated, may be the occasion of losing a limb.



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Kibes, Chilblains, &c.

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In this and all cases of inflammation, a forbearance from animal food and fermented liquors is always advisable.

*Warts and Corns.*

Warts may be safely destroyed by tying them closely round the bottom with a silk thread, or a strong flaxen thread waxed. Or they may be dried away by some moderately corroding application, such as the milky juice of fig leaves, of chelidonium (swallow wort), or of spurge. Warts may also be destroyed by rubbing them with the inside of bean shells. But these corrosives can only be procured in summer, and persons who have very delicate thin skins should not use them, as they may occasion a painful swelling. Instead of them a little vinegar impregnated with as much salt as it will dissolve, is very proper. A plaster may also be made of sal ammoniac and some galbanum, which well kneaded together and applied, seldom fails of destroying them.

The most general or only cause of corns is shoes either too hard and stiff, or too small.

The cure consists in softening the corns by repeated washing and soaking the feet in pretty hot water; then cutting the corn when softened, with a sharp penknife without wounding the flesh, and afterwards applying a leaf of houseleek, ground ivy, or purslain, dipped in vinegar upon the place. Or instead of these leaves they may be dressed every day with a plaster of simple diacylon, or of gum ammoniacum softened in vinegar.

The increase or return of corns can only be prevented by avoiding the cause that produces them.



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Observations on Diet for the Sick.

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### OBSERVATIONS ON DIET FOR THE SICK.

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THE weak digestion of sick persons, or of those recovering from sickness, is very similar to that of children. The diet suited to the latter will therefore be proper for the former, excepting in the two great classes of diseases, called putrid and intermitent fevers.

In the cases of putrid fevers no other food should be allowed during the first weeks of recovery, than the mildest vegetable substances.

In the state of recovery from agues and intermitent fevers, animal jellies, and plain animal foods, with as little vegetables as possible, is the proper diet.

Flesh and flesh broths, generally speaking, are not near so well adapted for the re-establishment of lost health and strength as more simple diets, for these reasons: flesh being the food most used both by young and old at all other times, is consequently that from which their distempers mostly proceed. It is also, as has been noticed in the observations on animal food, of a gross phlegmatic nature and oily quality, therefore harder of digestion than many other sorts of food, and hence generating gross humours and thick blood, which are very unfavourable for the recovery of sound health.

The yolk of an egg lightly boiled, or beaten up raw with a little wine, may be taken when animal food is not forbidden, and the party cannot chew or swallow more solid food.

The spoon-meats and drinks directed for children,



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Diet Drinks, &c. for the Sick.

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and simple puddings made as for them, may all be used for invalids ; but subject, as every thing else of the kind here given, to the restrictions their medical attendants may think it necessary to enforce during the different periods of their complaints.

Puddings and panadoes made of bread are better for weak stomachs than those made of flour.

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DIET DRINKS, &c. FOR THE SICK.

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*Water Gruel made in the quickest Manner.*

Mix a spoonful of ground oatmeal very smooth, with as much hot water as will just make it liquid, then pour upon it gradually a pint of boiling water, stirring it all the time to keep it smooth. Then pour it from one basin to another till it is cool enough to drink.

*Observation.*

Water gruel is very smooth and good made in this manner ; and from being prepared in a few minutes, may be particularly useful when gruel is wanted in a hurry, for assisting the operation of physic.

*A cooling Drink, No. 1.*

Wash and cleanse two ounces of whole barley in hot water, then boil it in five pints of water till the barley



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 Diet Drinks, &c. for the Sick.
 

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opens, with a quarter of an ounce of cream of tartar. Strain it, and add nothing more to it.

*A cooling Drink, No. 2.*

Bruise three ounces of the freshest sweet almonds, and an ounce of gourd or melon seeds in a marble mortar, adding to them, by a little at a time, a pint of water, and then strain it through a piece of linen. Bruise the remainder of the almonds and seeds again, with another pint of water added as before, then strain it; and repeat this process a third time. After this pour all the liquor upon the bruised mass, stir it well, and strain it off finally. Half an ounce of sugar may safely be bruised with the almonds and seeds at first, though some weakly persons think it too heating. Delicate persons may be allowed a little orange flower water in it.

*A Currant Drink.*

Put a pound of the best ripe red currants, clean picked, into a stone bottle, then mix three spoonfuls of the newest purest ale yest, with six pints of hot water; pour this upon the currants; stop the bottle close till the liquor ferments; then give it as much vent as is necessary, keep it warm and it will ferment for about three days. Taste it at the end of two days, to try whether it is become pleasant. As soon as it is, run it through a strainer, and bottle it off. It will be ready to drink in five or six days.

*Flummery or Sowins.*

To two spoonfuls of oatmeal put a quart of water, and let it stand till it begins to be sourish, then stir it up, put it into a saucepan and set it over a quick fire. When it is quite hot and beginning to rise, brew it to and fro with the ladle to keep it from boiling. Do this for five or



six minutes, and then take it off the fire, for it is prepared to the proper degree.

This is sometimes eaten with milk, cream, or other mixtures; but those who eat it to open, cleanse, assist digestion, and remove offensive matter from the stomach, should eat it with bread only, as it thus more powerfully removes obstructions of the breast, helps the natural heat, strengthens the stomach, cools the body, opens the passages, and creates a cheerful active disposition.

This gruel is particularly to be recommended in hot seasons and climates, as an excellent wholesome breakfast. It is also favourable in putrid disorders.

#### *Boniclapper.*

Boniclapper is milk which has stood till it is become of a pleasant sourish taste, and of a thick slippery substance. In very hot weather this will be in about twenty-four hours from the time of its being milked, but longer in proportion as the weather is colder. If put into vessels which have been used for milk to be soured in it will change the sooner. It must always be new milk that is used for this purpose.

Boniclapper is an excellent food both for healthy and unhealthy, particularly for all who are troubled with any kind of stoppages; for it powerfully opens the breast and passages; is itself easy of digestion, and helps to digest all hard or sweeter foods. It also cools and cleanseth the whole body, renders it brisk and lively, and is very efficacious in quenching thirst.

No sort of milk-meat or other spoon-meat is so proper and beneficial for consumptive and languishing people as this, eaten with bread only. For however debilitated, this sort of food will be light and easy on the stomach, when new sweet creamy milk will not,

It may possibly be objected that this soured milk will



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Diet Drinks, &c. for the Sick.

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not agree with the stomach, nor be pleasant to the palate. This may be true at first, for nature seems to dislike changes, although for the better. A little custom and use, however, will make it not only familiar, but pleasant to the stomach and palate; and those who have neither patience nor wisdom to submit to a little inconvenience, will never have an opportunity of knowing the true intrinsic virtue of any thing, nor its nature and operation. There is no reason in nature why people should dislike this soured food; and most people desire it in some way or other; more especially such as have disordered stomachs, and weak heats; for the assistance of which, vinegar, verjuice, the juice of lemons and oranges, and many other sharp keen juices have been ordered, and mixed with food, with evident advantage.

#### *Beef Tea.*

To half a pound of very nice lean juicy beef, sliced into small thin pieces, pour half a pint of boiling water. This tea may be used when cool enough to drink, without boiling; or it may have one boil for about two minutes. A little salt may be added.

#### *Animal Jelly.*

Take shin of beef, or knuckle of mutton, and to every pound of either, allow a pint and a half of water; or chicken, and allow a pound to a pint of water. Let this stew till the juices are fairly drawn from the meat, but no longer, as this would destroy their nutritious qualities, convert them to glue, and render them indigestible. A little salt should be added. When cold take off all the fat, and use the jelly clear of the settlement at the bottom. Warm no more at a time than the patient is to take, as repeated warmings spoil it. The best way to



warm it is to set the cup into boiling water. No two kinds of meat should be used together.

*Jelly of Feet, or Shanks.*

To three quarts of water allow two cow heels, or three calf's feet, or five sheep's feet, or fifteen shanks of mutton. Let these stew no longer than to draw a good jelly, which, with these proportions, may be done without excessive doing. When cold, take off the fat, and clear it from the settlement at the bottom; it may be cleared with whites of eggs, and run through a jelly bag, or used without it at pleasure. Orange or lemon juice, or wine, and some sugar may be added, as is suitable for the patient.

*Observation.*

Wines should never be given to invalids without the express permission of their medical attendant; as they are dangerous medicines, and do more harm than good unless used with great discretion. Any kind of spirits should still less be given, as they are of a much more dangerous nature than wines.

*Jelly of Hartshorn Shavings, or Isinglass.*

To a pint of water allow two ounces and a half of hartshorn shavings, or an ounce and a half of isinglass. Stew them to a good jelly, without overdoing it. Clear and flavour it as above, as most approved for the patient.

Directions for broth will be found under the article Broth.

Orange jelly, imperial water, lemonade, orangeade, and orgeat, will be found under their respective heads.



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Diet Drinks, &c. for the Sick.

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*Orange, Lemon, or Vinegar Whey.*

Set as much milk upon the fire as is wanted for the occasion, and when it is ready to boil, put in Seville orange or lemon-juice, or vinegar, enough to turn it to a clear whey. Let it stand some minutes, and then pour it off. If too acid, a little warm water may be added.

These all promote perspiration.

*Cream of Tartar Whey.*

To a pint of milk, when ready to boil, strew in gradually two tea-spoonfuls of cream of tartar, and keep stirring it till it is clear, then strain it.

This whey is very cooling, and is a powerful diuretic.

*Mustard Whey.*

To a pint of milk, when ready to boil, scatter in flour of mustard slowly, until it curdles. Let it stand two or three minutes, and then strain it off.

This whey warms the stomach, and promotes perspiration. It is good after much fatigue, and exposure to wet and cold, when the appetite is *not* craving for food.

*Treacle Posset.*

Add two table-spoonfuls of treacle to a pint of milk, when ready to boil, stirring it briskly over the fire until it curdles. Strain it off after standing two or three minutes.

This whey promotes perspiration, and children take it readily.

*Butter-milk.*

New butter-milk is cooling and moist, the best remedy for a hot thirsty stomach, good for a hoarseness, excellent in consumptions, hectic fevers, ulcers of the



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 Diet Drinks, &c. for the Sick.
 

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kidneys, and the dry scurvy, and for constipated bodies. When stale and sour it is not so beneficial, but is then serviceable to such as are troubled with great perspirations.

*Whey.*

Whey is good for hot constitutions, it quenches thirst, promotes sleep, is the most relaxing and diluting of all drinks, even dissolving and carrying off salts; and is a powerful remedy in the hot scurvy.

*Herb Porridge, No. 1.*

Take elder-buds, nettle-tops, clivers, and watercresses, or smallage; and, in proportion to the quantity of these, mix a proper quantity of oatmeal and water, and set it upon the fire. When it is just ready to boil, put in the herbs, cut or uncut, as most approved, and when again ready to boil ladle it to and fro, to keep it from boiling; and it must never be suffered to boil. Do this for seven or eight minutes, then take it off the fire, and let it stand a while. It may be eaten either with the herbs or strained, as preferred, and should not be eaten warmer than milk from the cow. A little butter, salt, and bread, may be added when eaten.

*Observation.*

This is an excellent cleansing kind of porridge, far beyond what is commonly made.

*Herb Porridge, No. 2.*

Set some water and oatmeal on a quick fire, and when it is scalding hot, put in a good quantity of spinage, corn-salad, tops of pennyroyal, and mint cut small. Let it stand on the fire till ready to boil, then ladle it up and down six or seven minutes. Take it off the fire and let it stand a little time, that the oatmeal



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 Diet Drinks, &c. for the Sick.
 

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may sink to the bottom. Strain it, and add butter, salt, and bread. When it is about milk-warm it will be fit to eat.

*Observation.*

This is a most excellent porridge, pleasant to the palate and stomach, cleansing the passages by opening obstructions. It also breeds good blood, thus enlivens the spirits, and makes the whole body active and easy.

*Garlic or Onion Porridge.*

Stir some oatmeal and water together, set it upon the fire, and when ready to boil, put in as much bruised garlic, or onion, as will make it strong or weak at pleasure. Brew it to and fro with a ladle for five or six minutes, that it may not boil. Take it off, let it stand a little, then add salt, butter, and bread, and eat it milk-warm.

*Observations.*

This is a good, warming, cleansing, and opening porridge.

It must always be remembered that these porridges are never to boil.

*To make Diet-drinks by infusing Herbs, Grains, Seeds, &c. into Liquors.*

The best way to make all sorts of herb drinks, is to gather the herbs in their proper seasons. Then dry them in the shade, and put them into close paper bags. When they are wanted for use, take out the proper quantity, put it into a linen bag, and hang the same in the beer or ale while it is working or fermenting, for two, three, four, five, six, seven, or eight hours, and then take it out. Wormwood ought not to lie so long; three or four hours will be sufficient for that.



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 Diet Drinks, &c. for the Sick.
 

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In this manner, if the herbs are rightly gathered and ordered as above, all their good, pure, balsamic virtues will readily infuse themselves into the beer, ale, wine, or other liquor, whatever it be, as the pure sweet quality in malt does into the warm liquor in brewing, which is done effectually in one hour. But if malt after it is put in is suffered to remain six, eight, or ten hours, before the liquor is drawn off, all the nauseous properties will be awakened, and overpower the good ones. The same is to be understood in infusing any sort of well-prepared herbs; and great care therefore is required in all preparations, that the pure qualities are neither evaporated nor overpowered; for then, whatever it is, will soon tend to putrefaction, and become nauseous, and loathsome to nature.

*Observations.*

The beer, ale, or other liquor, into which these herbs are infused, must be unadulterated, or the benefit of these infusions will be destroyed by its pernicious qualities.

There is nothing more prejudicial either to the health, or intellectual faculties of mankind, than the too common practice of adulterating liquors. These things, which in their purest state are of an equivocal character, and never to be trusted without caution, are thus converted into decided poisons.

*Wormwood Ale, or Beer, another Way.*

Take any quantity of wormwood, more or less, according as the liquor is to be strong or weak. Infuse it for half an hour in the boiling hot wort, then strain it out and put the wort to cool.

Wormwood drinks prepared either this or the former way, are good, noble liquors, gentle, warming, assisting



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 Qualities of certain Articles
 

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digestion, and refining the blood, sending no gross fumes to the head.

The same method should be observed in making all sorts of drinks in which any strong bitter herbs are infused. It makes them pleasant and grateful both to the palate and stomach, and preserves all the physical virtues. Most bitter herbs naturally and powerfully open obstructions, if they are judiciously managed. Whereas the usual way of making such drinks not only renders them unpleasant, but destroys all the medicinal virtues of the herbs.

All things have their good and bad qualities: thus fire, which is good to warm and comfort, will also burn, if not managed with discretion.

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 A LIST,

WITH A BRIEF ACCOUNT OF THE QUALITIES OF SOME THINGS IN COMMON USE THAT HAVE NOT COME INTO PARTICULAR NOTICE IN THE PRECEDING PART OF THE WORK.

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 Cheese.

CHEESE, and all the preparations of it, are difficult of digestion, and should be sparingly used by persons with weak stomachs. But strong stomachs, particularly labouring people, may eat it more freely. It is wholesomest eaten with good bread only, or salad herbs may be added. Mellow, soft, fat, mild cheeses are the most to be recommended; such as the York, Bath, and Stilton.



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in common Use.

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### *Butter.*

Well made pure butter is lenient and nourishing, eaten cold, in moderation, with bread. But upon hot new bread, or hot toast, or used as sauce to animal food, it is not wholesome. In the two first instances it is very apt to turn acid in the stomach; and in the latter, to float uppermost in the stomach, and disturb the digestion. If melted thick and carefully, and eaten with vegetable food and bread only, it is not so liable to this objection.

Butter is good for dry constipated habits, but not for such as are bilious, asthmatic, or corpulent.

### *Honey.*

Honey is nourishing and wholesome, particularly for persons with coughs, weak lungs, and short breath. It is balsamic, cleansing, and makes the body soluble.

Great care should be taken to get it fresh and pure; it is apt to turn sour by long keeping.

### *Sugar.*

Sugar used in moderation is nourishing and good, but much of it destroys the appetite, and injures the digestion. Moist sugar is the sweetest, and most opening; refined sugar, of a binding nature. The preparations made of sugar, such as barley-sugar, sugar-candy, &c. are all indigestible and bad, as the good properties of the sugar are destroyed by the process it undergoes in the making them. They are particularly injurious to children, from cloying their delicate stomachs. Young children are in general better without sugar, as it is very apt to turn acid and disagree with weak stomachs; and the kind of food they take has natural sweetness enough in it not at all to require it.



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Qualities of certain Articles

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*Salt.*

Salt, moderately used, especially with flesh, fish, butter, and cheese, is very beneficial, as it naturally stimulates weak or disordered stomachs, and checks fermentations. But if it be immoderately used it has a contrary effect. Very little salt should be used with vegetable food of the grain or seed kind; for the less salt that is put to it the milder, cooler, pleasanter, and easier of digestion it will be. Salt excites the appetite, assists the stomach in digesting crude phlegmatic substances, is cleansing, and prevents putrefaction; but if too much used, it heats and dries the blood and natural moisture. It is best for phlegmatic, cold, and moist stomachs; and most injurious to hot, lean bodies.

Salt-petre is particularly bad for bilious persons.

A reference to the preface on the subject of both sugar and salt has been made in the body of the work; but the notice of them has since been transferred to this place.

*Vinegar.*

Vinegar is cooling, opening, excites the appetite, assists digestion, is good for hot stomachs, resists putrefaction, and therefore very good against pestilential diseases. Too much use of it injures the nerves, emaciates some constitutions, is hurtful to the breast, and makes people look old and withered, with pale lips.

The best vinegar is that which is made of the best wines. Lemon-juice and verjuice have much the same qualities and effects as vinegar.

The commonest vinegar is least adulterated.

*Mustard.*

Mustard quickens the appetite, warms the stomach,



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in common Use.

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assists in digesting hard meats, and dries up superfluous moisture. It seldom agrees with weak stomachs.

*Spices.*

Cayenne pepper, black pepper, and ginger, may be esteemed the best of spices.

Nutmegs, cloves, mace, cinnamon, and allspice, are generally productive of indigestion and headach to weak persons.

*Garlic, &c.*

Garlic, onions, rocambole, shalots, leeks, and horse-radish, are occasionally good for strong stomachs, but generally disagree with weak stomachs.

*Tea.*

The frequent drinking of a quantity of tea, as is the general practice, relaxes and weakens the tone of the stomach, whence proceeds nausea and indigestion, with a weakness of the nerves, and flabbiness of the flesh, and very often a pale wan complexion. Milk, when mixed with it in some quantity, lessens its bad qualities, by rendering it softer, and nutritious; and, with a moderate quantity of sugar, it may then be a proper breakfast, as a diluent, to those who are strong, and live freely, in order to cleanse the alimentary passages, and wash off the salts from the kidneys and bladder. But persons of weak nerves ought to abstain from it as carefully as from drams and cordial drops; as it causes the same kind of irritation on the tender delicate fibres of the stomach, which ends in lowness, trembling, and vapours.

It should never be drank hot by any body. Green tea is less wholesome than black or bohea.



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 Fruit.
 

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*Coffee.*

Coffee affords very little nourishment, and is apt to occasion heat, dryness, stimulation and tremours of the nerves, and for these reasons is thought to occasion palsies, watchfulness, and leanness. Hence it is very plain that it must be pernicious to hot, dry, and bilious constitutions. If moderately used it may be beneficial to phlegmatic persons, but, if drank very strong, or in great quantities, it will prove injurious even to them.

*Chocolate*

Is rich, nutritious, and soothing, saponaceous, and cleansing; from which quality it often helps digestion, and excites the appetite. It is only proper for some of the leaner and stronger sort of phlegmatic constitutions, and some old people who are healthy, and accustomed to bodily exercise.

*Cocoa*

Is of the same nature as chocolate, but not so rich; and therefore lighter upon the stomach.

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 FRUIT.
 

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FRUITS are of different degrees of digestibility. Those of a hard texture, as some kinds of apples, melons, apricots, several sorts of fleshy plums, and all immature fruits, are difficult of digestion.

Strawberries, raspberries, currants, gooseberries, cherries, green-gages, peaches, nectarines, melting pears, mulberries, figs, grapes, medlars, when all quite ripe, are more easily dissolved in the stomach.



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Fruit.

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Fruit, moderately eaten, is wholesome, particularly as correcting the grossness of animal food. But an excess of it, and especially of unripe fruit, is productive of many diseases; amongst children in particular, it often occasions such as the nettle-rash and St. Anthony's fire.

Fruit invariably disagrees with bilious persons; but is a sovereign remedy for the sea-scurvy, and for diseases arising from an excess of animal food.

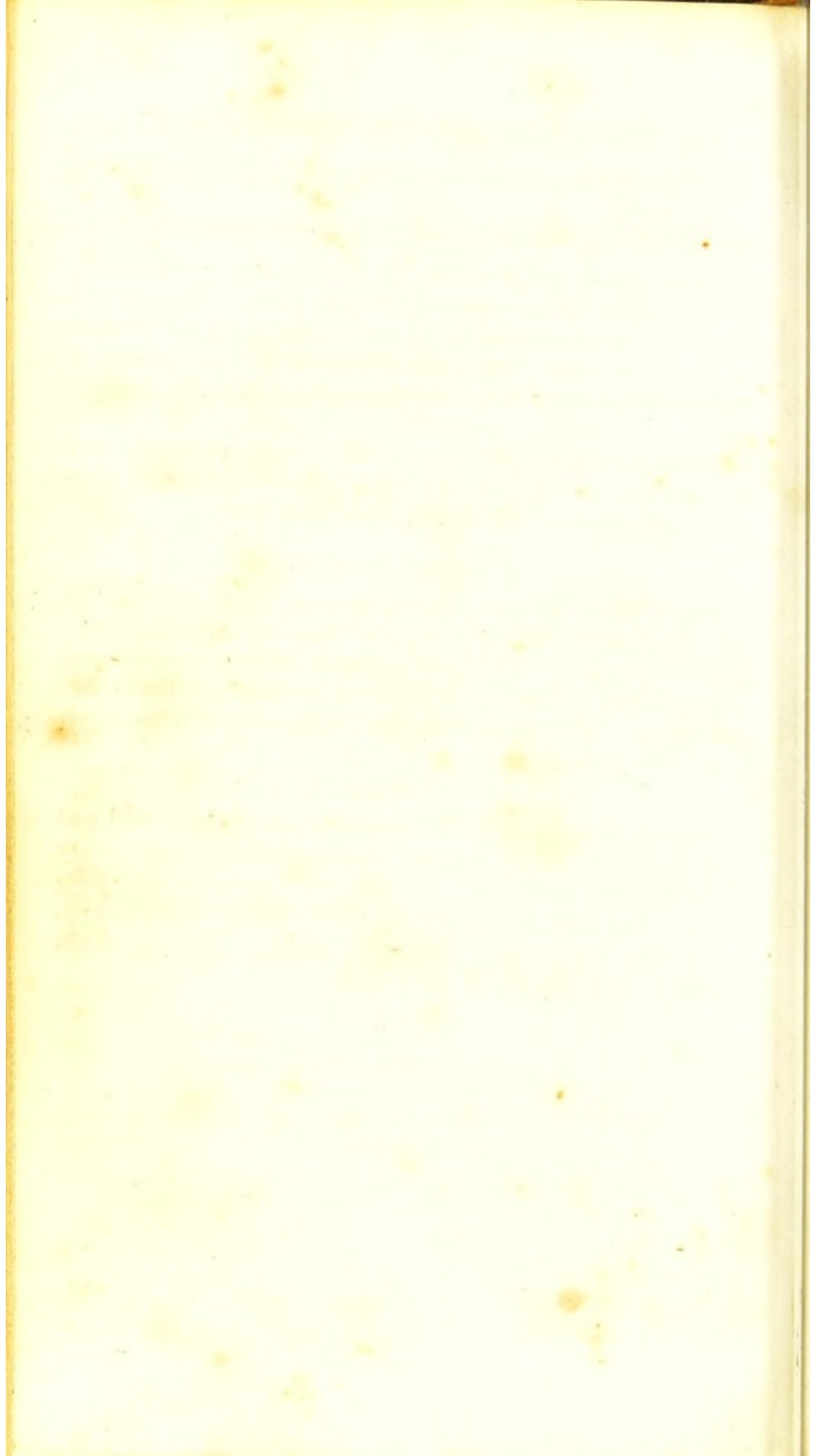
*Nuts and Almonds.*

Most kinds of nuts, and almonds, from their milky or oily nature, contain a good deal of nourishment; but they require to be well chewed, as they are difficult of digestion. Persons with weak stomachs should not eat them. The worst time at which they can be eaten is after a meal.

*Olives.*

Olives being gathered immature or unripe, and put into a pickle to keep them sound, are apt, especially if frequently eaten, to obstruct the stomach and passages. The best way of eating them is with good bread, when the stomach is properly empty. To eat them upon a full stomach is very bad.







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royal kitchen of Queen Anne.*

*Fr. signifies taken from the French.*

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ERRATA.—P. 183, l. 15, for "It is," read they are.  
 L. 17, for "and they are," read and are.

THE END.



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