

The lady's best companion; or, a complete treasure for the fair sex : containing the whole arts of cookery, pastry, confectionary, potting, pickling, preserving, candying, collaring, brewing, &c.; With plain instructions for making English wines, from fruits, flowers, &c.; To which is added, the approved family physician; consisting of physical receipts for most disorders that grown people and young children are subject to / by Mrs. Charlotte Cartwright.

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Physical R E C E I P T S

For most Disorders that grown People and young
Children are subject to.

*If in the modern Taste you'd learn to cook,
Study the perfect Method in our Book;
Then the best Table you may serve with Ease,
And the nice Appetite exactly please.*

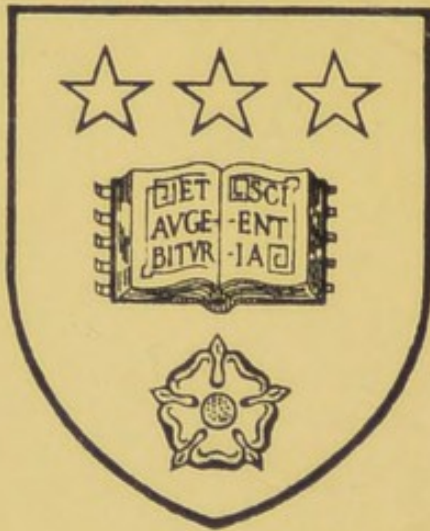
By Mrs. CHARLOTTE CARTWRIGHT.

L O N D O N :

PRINTED FOR, AND SOLD BY W. CLEMENTS, AND
JAMES SADLER, IN THE YEAR 1789.

(Price Six-pence.)

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C O O K E R Y,

In it's VARIOUS BRANCHES.

C H A P. I.

*Containing general Directions for boiling all Kinds of Butcher's
Meat, Poultry, Fish, Greens, &c.*

IN boiling of meat you must, first of all be careful that your pot be very clean, and that it be large enough to contain as much water as will cover the joint. You must watch the scum which will always rise, and take it off neatly with a spoon, or the meat will look dirty and black. All salt meat must be put in when the water is cold, but fresh meat not till it boils, allowing a quarter of an hour to every pound except the joint be a very considerable weight.

To boil a Ham.

Let it lie four hours in cold water, wash it clean, then put it into your pot or copper, and throw in a whisp of hay, or a handful of clean bran. Boil it very slow the first hour, and very brisk an hour and a half more. When you take it up first rub the rind with a clean flannel, then raise it and strew the ham over with sifted raspings of bread.

To boil a Tongue.

If your tongue be a dried one, in must lay six hours in warm water, and three in cold. When it is thus soaked, three hours will make it fit for use. But if it be a green one, let it lay three hours in cold water, and boil it only two, or till the skin will peel off.

To boil a Buttock of Beef.

Your beef must lay in salt ten days before it is dressed, and if it be very thick it must not be boiled according to the general calculation by weight, but at your own discretion. When the outer part seems to be enough, take it up and serve it to the table; for if it is not under done at the heart, the rest will be entirely spoiled. The proper sauce for this dish is cabbage of favoys, or coleworts, carrots, &c. and good Durham mustard.

N. B. A rump, brisket, and thin flank are dressed in the same manner, and served up with the same kind of sauce.

To boil a Leg of Mutton.

The joint must have sufficient room and water in the pot, so as to make it perfectly swim, or it will be apt to turn black; and there is such a disproportion in the thickness of the different parts, care must be taken not to boil it too much, which is the reason few people make broth of the liquor. When it is enough it must be served with buttered turnips and caper sauce.

To boil a Neck of Mutton.

This joint is generally used for the making of broth, and therefore, when it is designed for this use, after the pot is well skimmed, put into it a faggos of thyme, a few marygolds, two or three small turnips, and a reasonable quantity of salt. When the meat is taken up, throw into the broth a spoonful of oatmeal, beat up with a little cold water; put in a large onion, or the white part of a leek, and give the liquor a boil up. It may be served up either

in a dish alone, with turnips buttered, or Spanish onions mashed with butter, and caper sauce; or in a soup dish full of broth.

To boil a Leg of Pork.

Let it lay six or seven days in salt, after which put it into the pot without using any means to freshen it. Let it be well covered with water, and take care that the fire does not slacken while it is dressing. When it is done serve it up with pease pudding, buttered turnips, carrots, and good mustard.

To boil a Calf's Head.

Wash the head very clean, and let it soak in a large pan of water a considerable time before it be dressed. Tie up the brains in a piece of clean linen, and put them into the pot at the same time with the head; skim the pot well, and then put in a piece of bacon in proportion to the number of people that are to eat thereof. When it is done you may grill it before the fire, or serve it up with melted butter, the bacon and greens, and with the brains mashed and beat up with a little butter, salt, pepper, vinegar or lemon, and parsley, in a separate plate and the tongue slit and laid in the same plate; or serve the brains whole, and tongue slit down the middle.

To boil Fowls and House Lamb

These should be boiled in a pot by themselves, in a good deal of water, and the scum taken off; they will be both sweeter and whiter than if boiled in a cloth. A small chicken will be done in fifteen minutes; a large one in twenty; a good fowl in half an hour, a small turkey or goose an hour; and a large turkey in an hour and an half.

Sauce for a boiled Turkey.

Take a little water or mutton gravy, a blade of mace, an onion, a little thyme, lemon peel, and an anchovy; boil all these together, strain them through a sieve, melt

some butter, and fry a few saufages, and lay round the dish. Garnish your dish with lemon.

To boil Pigeons.

Let your pigeons be stuffed with sweet herbs, chopped bacon, grated bread, butter and spice, and the yolk of an egg; then boil them in strong broth, butter and vinegar, mace, salt and nutmeg; set parsley, minced barberries, and drawn butter; lay your pigeons in the dish, pour the lear all over them, and garnish it with sliced lemon.

To boil Pullets and Oysters.

Boil them as usual in water and salt, with a good piece of bacon: for sauce draw up a pound of butter, with a little white wine, strong broth, and a quart of oysters; put your pullets in the dish, cut the bacon and lay it about them with a pound and half of fried saufages, and garnish with sliced lemon.

To boil Asparagus.

Scrape the stalks very carefully till they look white, then cut them all even, and tie them up in a little salt; and take care not to boil them too much, for by so doing they will lose both their colour and fine taste. Keep them boiling briskly, and when you find them tender take them up.—Cut the round of a small loaf, about half an inch thick; toast it well on both sides, dip it in the asparagus liquor, and lay it in the dish; then pour some melted butter over the toast, and lay the asparagus upon it all round the dish, white ends towards the edge of the dish. You must not pour the butter over the asparagus, but serve it up melted in a basin.

To boil Cabbages, &c.

These and all sorts of young sprouts, must be boiled in a great deal of water. When the stalks are tender, or fall to the bottom, they are enough; then take them off before they lose their colour.—Always throw salt in your wa-

ter before you put them into the pot. Your sprouts may be sent to the table just as they are, and so may cabbage, but it is best chopped and put into a sauce-pan with a piece of butter, stirring it till it is all melted, and then serve it up.

To dress Spinnage.

Pick it very clean, and wash it in several waters; after which put it into a sauce-pan which will just hold it; strew some salt over it, and cover the pan close. Shake it often, but do not put any water to it. When you find it shrunk to the bottom, and the liquor proceeding from it boils, take it up, throw it into a clean sieve, and drain it well; then put it on a plate, and serve it up with melted butter.

To dress Beans and Bacon.

The beans should always be boiled by themselves, or the bacon will change their colour.—Throw into the water some salt, and parsley well picked. When the beans are enough, which may be known by their being tender, put them in a cullender to drain. Take up the bacon and skin it: throw some raspings of bread over the top, and brown it either with an iron made hot, or by setting it before the fire. When you have put the beans on a dish, place the bacon in the centre, and send them to table with melted butter and parsley.

To boil Artichokes.

When you have taken off the stalks, and put the artichokes into cold water, with the tops downwards, and after the water boils an hour and an half will do them. Serve them up with melted butter, in as many cups as there are people to eat them.

To boil French Beans.

First string them, then cut them in two, and after that across; lay them in water and salt, and when your pan boils throw in a little salt, then put your beans into the water.

When they are done lay them on a dish, and serve them with melted butter.

To boil various Sorts of salt Fish.

All kinds of salt fish must be steeped in fresh water at least eighteen hours before it is dressed. Let it be twelve hours in the first water, then scrape and clean it well, but be careful not to break the skin. Barrel cod are generally boiled whole. The larger sort of salt fish are split down the back, and then cut into pieces about four or five inches square. Put them into as much cold water as will cover the pieces to be boiled, and be careful that the water does not boil too fast; it must only simmer, and that not above fifteen minutes for barrel cod; five or six minutes for whittings and small haddocks, and not above twenty-five minutes for ling or large cod. If the water boils furiously, or the fish be kept longer in the water than is proper, it will eat woolly. When it is done, take it up piece by piece with a slice, and dish it with the skin uppermost, and garnish the dish with hard eggs quartered; serve it up with egg sauce, parsnips and potatoes, or with melted butter and mustard.

To boil Salmon.

Take your salmon and wash it with salt water, but do not scale it; then lay in your stew-pan, and cover it with water, and a little vinegar, a little salt and horse radish. Boil it gently till enough, or about half an hour, if it be thick; or twenty minutes if it be a small piece. Pour off the water, dry it well, and dish the salmon neatly upon a fish plate in the center of the dish, and garnish it with horse radish scraped, or with fried smelts or gudgeons, and with sliced lemon round the rim.

Make your sauce of oysters stewed in their own liquor, some whole pepper, a little mace, an anchovy or two, some pickle mushrooms, and a little white wine, and thicken it with butter rolled in flour. You may likewise add the body of a crab, which, if well stirred in will make it exceeding rich.

To boil Tench.

Your tench must be scaled while it is alive; gut it and wash the inside with vinegar; then put it into a stew-pan when the water boils, with some salt and a bunch of sweet herbs, and some lemon peel, and whole pepper, cover it up close, and boil it quick till it is enough; then strain off some of the liquor, and put to it a little white wine, some mushroom gravy or walnut liquor, anchovy and some oysters or shrimps. Boil these together, and toss them up with thick butter rolled in flour, adding a little lemon juice; garnish with lemon and horse radish, and serve it up hot with sippets.

To boil Mullet, or any Kind of Fish.

Let your fish be scaled and well washed; save their livers, and roes or spawn; boil them in water seasoned with salt, vinegar, white wine, a bunch of sweet herbs, a lemon sliced, an onion or two, and a small parcel of scraped horse-radish; and when the liquor boils put in your fish. For sauce, take a pint of oysters with the liquor, a lobster, or parcel of shrimps, a little white wine, an anchovy, some large mace, and a whole onion. Boil these all up together; and thicken it with butter and the yolks of eggs. Pour it upon sippets and garnish with lemon.

CHAP. II.

OF ROASTING.

THE first consideration in roasting must be to adapt your fire in proportion to the joint you have to dress. If it be large make a good fire, and keep the bottom of it clear from ashes. When you think your meat is half done, move the spit and dripping pan, and stir it up as brisk as you can;

for the quicker your fire burns, the nicer will your meat be roasted.

To roast Beef.

When your beef has been down to the fire about half an hour, take a large piece of paper and fasten it on the top next the fat, baste it all the time it is roasting, and throw a handful of salt on it. When the smoke draws to the fire, it is near enough done, then take off the paper, baste it well, and drudge it with a little flour. Take it up and garnish it with horse radish.

If you would keep beef a few days before you dress it, be sure not to salt it, but dry it with a clean cloth, then flour it all over, and hang it in some place that it will admit the air.

To roast Veal.

If a shoulder baste it with milk till it is half done ; then flour it and baste it with butter.

If a fillet stuff it with thyme, marjoram, parsley, a small onion, some lemon peel cut very small, nutmeg, pepper, mace, salt, crumbs of bread, four eggs, a quarter of a pound of butter or marrow, mixed with a little flour to make it stiff ; half of which put into the udder, and the other into the holes made in the fleshy part.

If a loin or fillet, not stuffed, be sure to paper the fat, that as little may be lost as possible.

All joints must be laid a distance from the fire till soaked, then near it. When you lay it down baste it with good butter, and when it is nearly enough baste it again, and dredge it with a little flour.

The breast must be roasted with the caul on, and the sweet bread skewered on the back side of it. When it is near enough, take off the caul, baste it, and dredge it with a very little flour.

These are all to be sent to the table with melted butter, and garnished with sliced lemon.

To roast Mutton and Lamb.

Let your fire be quick and clear before you lay down your meat; while it is roasting baste it often, and when near enough, dredge it with a small quantity of flour. If it be a breast, remember to take off the skin before you roast it.

To roast Pork.

When you first lay down your pork, let it be at some distance from the fire, and flour it well, when the flour begins to dry, wipe it clean with a coarse cloth; then take a sharp knife, if be a loin, and cut the skin across. After you have so done raise your fire, and put the meat nearer to it than before; baste it well, and roast it as quick as possible.

If you roast a leg stuffed, you must make the incisions very deep, and fill them with grated bread, sage, parsley, lemon peel cut fine, a little butter, two or three eggs, pepper, salt and nutmeg mixed together. Serve it up with apple sauce and gravy.

If you roast a spare-rib, you must baste it with butter, flour, and sage shred very small, and must be served up with such sauce as the leg.

To roast a Pig.

Wipe the pig very dry, take a quarter of a pound of butter, some crumbs of bread, a little sage, thyme, parsley, sweet marjoram, pepper, salt, nutmeg, and the yolks of two eggs: mix these together and sew them up in the belly; lay it down to the fire, flour it very thick, and continue so to do till the eyes drop out, or you find the cracking is hard; then wipe it clean with a cloth, wet in salt and water, and baste it with butter. Put basons in the dripping pan to receive the gravy,

when it is near enough take a quarter of a pound of butter, put into a coarse linen cloth, and rub it all over the pig, till the crackling is quite crisp, and then take it from the fire. Cut off the head, and then divide the pig down the back ; then (having cut the ears off, and placed one at each end, and also the under jaw in two, and placed one at each side) take some good butter, and melt it, mix it with the gravy and the brains bruised, and a little dry sage shred small ; pour these into the dish, and send it to table.

To roast Venison.

First wash it in vinegar and water, then dry it with a cloth, and cover it with a paper well buttered. Baste it well with butter all the time it is roasting : When it is near done take a pint of claret, boil it in a sauce-pan with some whole pepper, nutmeg, cloves, and mace. Pour the liquor quite over your venison ; then take it up, strain the liquor you poured over it, and serve it in the same dish as the venison, with gravy in one basin, and sweet sauce in another.

To roast a Hare.

When you have cased your hare, take a quarter of a pound of sewet, some crumbs of bread, a little parsley shred fine, and as much thyme as will lay on a six-pence when shred, an anchovy cut small, a little pepper and salt, some nutmeg, two eggs and a little lemon peel, mix these all together, and put into the hare, then sew up the belly and lay it down to the fire. Put into the dripping pan two quarts of milk and half a pound of butter ; keep it basting all the time it is roasting, and when you have used it all the hare will be enough. You may mix the liver in the pudding if you chuse it ; but in that case it must be first parboiled and chopped very fine. For sauce take a pint of cream and half a pound of fresh butter, put them into a sauce-pan, and keep stirring it till the butter is melted, then take up the hare, and pour sauce into the dish. Garnish with sliced lemon.

To

To roast Rabbits.

Baste them with fresh butter and dredge them with flour. If your fire be very quick half an hour will do them, unless they be very small, then twenty minutes will be sufficient. Boil the liver with a small bunch of parsley, and chop them very fine together. Melt some good butter, and put half the liver and parsley into it; pour it into the dish and garnish with the remainder.

To roast a Goose.

Take a littlg sage, and an onion chopped small, some pepper and salt, and a bit of butter: mix these together, and put it into the belly of the goose. When it is on the spit singe it with a piece of paper, dredge it with a little flour, and baste it with butter. When it is done, which may be known by the leg being tender, take it up, and pour through it two glassses of red wine, and serve up in the same dish, with apple sauce in a bason.

To roast a Turkey.

Take a quarter of a pound of lean veal, a little thyme, parsley, sweet marjoram, a sprig of winter favory, a bit of lemon peel, an onion, a nutmeg grated, a dram of mace, a little salt, and half a pound of butter, cut your herbs very small, pound your meat, and mix all together with three eggs, and as much flour or bread as will make it of a proper consistence; then fill the crop of your turkey with it, paper the breast, and lay it down at a good distance from the fire, when the smoke begins to draw to the fire, and it looks plump, baste it and dredge it with a little flour, then take it up and send it to table, with good gravy in the dish, and either bread or onion sauce in a bason.

To roast Pigeons.

Take a little pepper and salt, a small piece of butter, some parsley cut small; mix these together, and put it into the

bellies of your pigeons, tying up the neck ends tight. Keep them constantly turning round, and baste them with butter, when they are done take them up, lay them in a dish, and they will produce sufficient gravy of themselves.

To dress Larks.

Put them on a little bird spit, and roast them; and for sauce have crumbs of bread done thus: take a sauce-pan or stew-pan and some butter, when melted have a good piece of crumb of bread, and rub it in a clean cloth very small, then throw it into your pan, keep stirring them about till they are brown, then put them in a sieve to drain, and lay them round your larks.

To roast Partridges.

While they are roasting, dredge them with a little flour, and baste them moderately; let there be good gravy in the dish, and bread sauce in basons made thus; take a pint of water, put in a good thick piece of bread, some whole pepper, and a blade or two of mace; boil it till the bread is soft, then take out all the spice, and pour out all the water, except a small quantity just to keep it moist, beat it soft with a spoon, throw in a little salt, and a good piece of fresh butter; stir it well together; set it over the fire a minute or two, and then put it in your basin.

To roast a Tongue.

First parboil it, then stick into it ten or twelve cloves, and while it is roasting baste it with butter. When it is done take it up, and send it to table with some gravy and sweet sauce.

To roast Woodcocks.

When you have spitted them take a round of a small loaf and toast it brown, then lay it in a dish under the birds, baste them with a little butter, and let the gravy drop on the toast.

When they are done put the toast in a dish, lay the woodcocks on it, and pour about a pint of gravy over them, set it over a lamp or chaffing dish for a few minutes, and send them to table.

To roast a Pike.

Cut the fish, and lard it with eel and bacon; then take some thyme, savory, salt, mace, nutmeg, crumbs of bread, beef sewet, and parsley shred very fine, and mixed up with raw eggs; make it in a long pudding, and put it in the belly of the pike; then sew it up, and dissolve some anchovies in butter, baste the pike with it.

You may serve it with melted butter, or oyster sauce, with the pudding bruised in it, and garnish with lemon.

To roast Lobsters.

Boil them, and lay them before the fire; then baste them with butter till they have a fine froth.

Dish them up with melted butter, and serve them to table.

C H A P. III.

Of FRYING, BOILING, BAKING, &c.

To Fry Beef Steaks.

TAKE some rump steaks, beat them with a roller, fry them in half a pint of ale, not bitter, and while they are frying cut a large onion small, a little thyme and parsley shred very fine, some grated nutmeg, and a little pepper and salt; roll all together in some butter, and then in a little flour, put

this into the stew-pan, and shake all together. When they are tender, and the sauce of a fine thickness, dish it up.

To fry a Loin of Lamb.

Cut the loin into thin steaks, put a very little pepper and salt, and a little nutmeg on them, and fry them in fresh butter; when enough take out the steaks, lay them in a dish before the fire, then pour out the butter, and shake a little flour over the bottom of the pan, and pour in a quarter of a pint of boiling water, and put in a piece of butter; shake all together, give it a boil or two up, pour it over the steaks, and serve them up.

To fry Sausages.

Take half a pound of sausages and six apples; slice about four as thick as a crown, cut the other two in quarters, fry them with the sausages of a fine light brown, lay them round the dish, and place the sausages in the middle. Garnish the dish with the quartered apples.

To fry Herrings.

First let them be well cleaned, then fry them in butter with a few onions cut thin. Lay the herrings in the dish, and the onions round, and serve them up with melted butter and mustard.

To fry Eels.

Cut them into pieces, season them with pepper and salt, flour them and fry them in butter. Let your sauce be plain butter melted, with the juice of lemon. Be careful they are well drained from the fat before you lay them in the dish.

To fry Oysters.

Make a batter of milk, eggs, and flour, wash the oysters, wipe them dry, and dip them in the batter; roll them in some

crumbs of bread and a little mace beat fine, and fry them in very hot butter or lard.

To dress Veal Cutlets.

Cut your veal in slices, season them with pepper, salt, nutmeg, sweet marjoram, and a little lemon peel grated; wash them over with egg, and strew over them this mixture; lard them with bacon, dip them in melted butter, and wrap them in white papers buttered; broil them on a grid iron a good distance from the fire. When they are enough take off the paper, and serve them with gravy and sliced lemon.

To broil Chickens.

Slit them down the back, and season them with pepper and salt, lay them on a very clear fire, and at a great distance. Let the inside lie next the fire till it is above half done; then turn them and take care the fleshy side does not burn; throw some raspings of bread over them, and let them be done of a fine brown. Your sauce must be good gravy with mushrooms, and garnish with lemon and the livers boiled, the gizzards cut and flashed, and broiled with pepper and salt. Or use this sauce; take a handful of sorrel dipped in boiling water, drain it, and have ready half a pint of good gravy, a shallot shred small, and some parsley boiled green; thicken it with butter rolled in flour, and add a glass of red wine; then lay your sorrel in heaps round the fowls, and pour the sauce over them. Garnish with lemon.

To broil Whittings.

Let them be first washed with salt and water, then dry them well and flour them. Rub the grid-iron with chalk to prevent their sticking, and let it be quite hot before you lay them on. You may serve them with oyster or shrimp sauce, and garnish with sliced lemon.

To pitchcock Eels.

Split a large eel down the back, and joint the bones, cut it into two or three pieces, melt a little butter, put in a little

vinegar and salt, and let the eel lie in it a few minutes; then take the pieces out, turn them round with a skewer, roll them in a crumb of bread, and broil them of a fine brown. Let your sauce be plain butter, with the juice of lemon.

To bake a Pig.

Take a handful of sage cut fine, mix it with some pepper and salt, and put it in the belly; then flour the pig well, and rub it over with butter. Lay it in your dish on two large skewers, to keep the belly and feet from the bottom of the dish in which you bake it. When it is done enough draw it out, and rub it well over with a buttered cloth. Then put it in again, and let it continue there till the skin is quite dry, when you may take it out. After you have laid it in the dish cut off the head, then split it quite down the back, and lay two halves with the chine to each other, and the skin uppermost in the dish. Split the head, take off the ears, and lay them and the jaws on the edge to garnish the dish. Take the brains, and pour off the gravy from the dish in which the pig was baked; put these to a little veal or beef gravy, and some butter rolled in flour; boil this mixture, and put it into the dish, which, with the sage baked in the belly of the pig, will make good well-seasoned sauce. In case it should be wanted, preserve a little gravy sauce in a basin.

To bake a Leg of Beef.

Take a leg of beef, cut and hack it, and put it into a large pan; strew over it some sweet herbs, two onions stuck with cloves, a blade or two of mace, a piece of carrot, some whole black pepper, and a quart of of stale beer. Cover it with water, tie the pot down close with brown paper, rubbed with butter, send it to the oven, and let it be well baked. When it is done take out the meat, and strain the liquor through a coarse sieve. Put out all the sinews and fat, and put them into a sauce-pan with a few spoonfuls of the gravy, a little red wine, and a small piece of butter rolled in flour. Shake the sauce-pan often, and when the sauce is hot and thick, dish up the beef and send it to table.

CHAP. IV.

Of HASHING and STEWING.

To hash a Calf's Head.

LET the head be boiled till it is near enough, then take the best half and cut off the flesh nicely from the bone, with the the two eyes. Lay it in a deep dish before a good fire, and then hack it with a knife; grate some nutmeg over it, a very little pepper and salt, a few sweet herbs, some crumbs of bread, and a little lemon peel chopped very fine; baste it with a little butter, and pour over it the yolks of two eggs; keep the dish turning that it may be all brown alike. Cut the other half and tongue into little thin pieces, and set on a pint of brown gravy in a sauce-pan, some sweet herbs, an onion, a little pepper and salt, a glass of red wine, two shallots; boil all these together, a few minutes, then strain it through a sieve, and put it into a stew-pan with the hash. Flour the meat before you put it in, and throw in a few mushrooms, a spoonful of the pickle, two spoonful of catchup, and a few truffles and morels; stir all these together for a few minutes, then beat up half the brains, and stir into the stew-pan, and a small piece of butter rolled in flour. Take the other half of the brains and beat them up with a little lemon-peel cut fine, some nutmeg grated, a little mace beaten, some thyme shred small, a little parsley, the yolk of an egg, and have some good dripping boiling in a stew-pan; then fry the brains in little cakes about the size of a crown piece. Fry about twenty oysters dipped in the yolk of an egg, toast some slices of bacon, and fry a few forced meat balls, and have ready a hot dish; pour in your hash, lay in your toasted head and throw the forced meat balls over the hash, garnish with fried oysters, the fried brains and lemon; lay the bacon round the dish, and serve it up.

To hash a Calf's Head white.

Take a calf's head, and boil it as much as you would do for eating; when it is cold, cut it in thin slices, and put it into a stew-pan, with white gravy; then put to it a little shred mace, salt, a pint of oysters, a few shred mushrooms, three spoonfuls of white wine, some lemon peel, and juice of lemon; shake all together, boil it over the stove, and thicken it with flour and butter. When you put it in your dish, you must place a boil'd fowl in the middle, and a few slices of crisp bacon. Garnish with pickles and lemon.

To hash Beef.

Take some slices of tender beef, and put them in a stew-pan, well floured, with a slice of butter, over a quick fire for three minutes, then put to them a little water, a bunch of sweet herbs, or a little marjoram alone, an onion, some lemon peel, with some pepper, salt, and grated nutmeg; cover these close, and let them stew till they are tender; then put in a glass of claret, or strong beer that is not bitter, and strain your sauce; serve it hot, and garnish with red beet-root, and sliced lemon.

To hash Mutton.

Cut your mutton into thin slices, then boil the bones, with an onion, some sweet herbs, a blade of mace, a very little whole pepper, a little salt and a crust toasted. Let it boil till there is just enough for sauce; then strain it, and put it into a sauce-pan, with a piece of butter rolled in flour; put in the meat, and when it is very hot it is enough. Have ready some thin pieces of bread toasted brown, lay them round the dish, and pour in the hash. Garnish with pickles.

A cold Hash, otherwise called Salmagundi.

Take the lean of some cold veal that has been either boiled or roasted, mince it very small; then take a pickled herring,

skin it, and mince the flesh of it, or the flesh of four anchovies; cut a large onion, with two apples, as small as the rest; mix these together, laying them in little heaps, three on a plate; set some whole anchovies, curled or upright, in the middle, and garnish with bacon and pickles.

N. B. This is to be served cold, with oil, vinegar, and mustard.

To mince Veal.

Let your veal be cut as fine as possible, but not chopped; grate a little nutmeg over it, shred a little lemon-peel very fine, throw a little salt on it, dredge it with flour. To a large plate full of veal, take four or five spoonfuls of water, let it boil, then put in the veal, with a piece of butter as big as an egg; stir it well together, and when it is quite hot it is enough. Lay some sippets round the plate, and before you pour in the veal squeeze half a lemon, or put half a spoonful of vinegar into it. Garnish with sliced lemon.

To stew Beef.

Take four pounds of stewing beef, with about a pound of the hard fat of brisket cut in slices; put these into a stew-pan, with three pints of water, a little salt, pepper, dried marjoram powdered, and three cloves. Cover the pan very close, and let it stew four hours over a slow fire. Throw in as much turnip and carrot, cut into square pieces as you think convenient; and the white part of a large leek, two heads of cellery shred, a piece of crust of bread burnt, and half a pint of red wine. Let these stew all together one hour more; then pour it all into a soup-dish, and serve it up hot, garnish it with sliced carrot.

To stew Mutton in general.

First take out the bones, then break them and put them into a sauce-pan, with a little whole pepper, mace, and salt;

a nutmeg, an anchovy, a turnip, a bunch of sweet herbs, two onions, a pint of ale, a little claret, one or two quarts of water, and a hard crust of bread; stop it up, and let it stew five hours, and serve it with toast and the gravy. Put half this to the mutton, and then let it stew two hours more, and serve it up.

To stew Chickens.

Take two chickens and cut them into quarters; wash them, and put them into a clean sauce-pan, with a pint of water, half a pint of red wine, some mace, pepper, a bunch of sweet herbs, an onion, and a piece of stale crust of bread. Cover them close, let them stew half an hour, then put in a piece of butter as big as an egg, rolled in flour, and cover it again close for five or six minutes. Shake the sauce-pan about, and take out the onion and sweet herbs. Garnish with sliced lemon.

To jug a Hare.

When you have cased the hare, turn out the blood into a jug, then cut the hare into pieces, but do not wash it. Take three quarters of a pound of fat bacon, cut in slices pour into the blood a pint of strong old beer, put in an onion stuck with twelve cloves, and a bunch of sweet herbs; then season your hare with pepper and salt, a little nutmeg and lemon-peel; then put the hare into your jug, a layer of hare and a layer of bacon; then stop the jug close that no steam can come out, and put the jug into a kettle of water over the fire, and let it stew three hours; then strain off the liquor, and thicken it with burnt butter. Serve it hot, and garnish with sliced lemon.

To stew Carp.

Get as much blood from them as you can, let it drop into some white wine or claret; take care of the melts and livers, then brown some butter and flour, and put your carp into it; put to it some gravy, a little claret, an onion stuck with a clove or two, a bunch of sweet herbs,

some anchovy washed and minced, a blade of mace, and some whole white pepper; let them stew gently, close covered, so that no steam can get out of the pan, then turn them in the liquor, and when they are stewed enough put in the blood and wine, but take care that the former does not curdle. If you find it too thin, you may add butter rolled in flour. Serve them up with fried bread, fried oysters, horse-radish, and sliced lemon.

To stew Oysters, Cockles, or Muscles.

Let your fish be well cleansed from the shell, preserve the liquor, and when it is well settled, strain it through a fine sieve, then thicken it well with crumbs of bread, put in a good piece of butter, and boil them all together before you put in the fish; after the fish is in, season it with pepper and salt agreeable to your palate, give it a gentle boil, and then serve it up.

CHAP. V.

Of SOUPS, BROTHS, &c.

AS soups are much esteemed in this country, so the person who prepares them ought to be as careful as possible, because nothing can be more easily spoiled. Some cooks have recommended the keeping the pot open or uncovered; but where that is practised the soup must very weak, as the strength evaporates in the steam, which could not happen if the vessel had been kept close.

Portable Soup.

Take the lean end of a large ham, a leg of beef, and three knuckles of veal, all cut in pieces, with half a pound

of butter, and put them into a large copper well tinned. Fill the copper with soft water, put in about three ounces of mace, with six large heads of cellery, and as many carrots. Let the copper be close covered 'till it has stewed four hours, when the bones must be taken out and the fat skimmed off, then fresh water must be put in, and kept boiling till it is stiff like glue. Let a handful of pepper be mixed with it, and after it is taken off the fire, let it be poured into flat earthen dishes to cool, when it will become so hard that it may be taken up with one's hand, and put into a box.

It is extremely useful for gentlemen who are obliged to travel, especially in those parts where there are few inns; for it may be broken into pieces, and a little boiling water put into a small bason will turn it into fine broth.

To make Soup of green Peas.

Take a knuckle of veal and a pound of lean ham, a few carrots and a turnip, with a peck of green peas. Put the whole into a copper filled with spring water, and let it boil over a slow fire about an hour and three quarters, when a little spinage, cellery and fugar must be put to it. When taken off, let it stand about a quarter of an hour, and then serve it up in dishes on small slices of toasted bread.

To make Peas Soup in Winter.

A quart of slit peas must be put into a copper sauce-pan with four quarts of water, and a few slices of lean bacon with beef-marrow bones, a large turnip, and a few heads of cellery cut into small pieces. The fire must not be violent, but rather slow, and when it is boiled to two quarts, strain it through a cullender, and put in a handful of fine flour, with a little pepper, and another quart of water, let it boil half an hour longer, then serve it up in basons, with small slices of toasted bread.

To make Soups for Gravy.

Take eight quarts of water, and put into it a round of beef a pound of mutton, and a pound of veal, all cut into small pieces, with an onion, some herbs, and a proper quantity of pepper and salt; when it has stewed three hours over a slow fire, take an old fowl cut into small pieces, after which let the whole be boiled together, 'till they are so mixed as not to be known from each other, and the gravy will be fine.

Mutton Broth.

Take a neck of mutton, and boil it an hour in five quarts of water, then put in a handful of dried sweet herbs, and a few flowers of marigolds. It must be thickened with oat-meal, and having boiled a quarter of an hour longer, it is fit to be served up.

To make good Beef Broth.

Take a leg of beef and boil it three hours in a gallon of water, then put in a handful of parsley, a few blades of mace. When it has boiled till the sinews are soft, and having mixed with it a sufficient quantity of pepper and salt, serve it up in basons, with thin slices of bread. The above is extremely useful for working people, as the strength of the meat is retained in the liquor, and the taste is very agreeable.

To make fine Barley Broth.

Take a leg of beef and break the bone, after which let it be put into a copper filled with about four gallons of soft water. When it has boiled about two hours, put a fowl into the pot, with a carrot, some heads of cellery, and a few onions, then let it boil together till the broth is good, when it will have an exceeding fine taste. The above is greatly esteemed in Scotland, and all over the north of England.

To make White Sauce.

Get a pound of veal and cut it into small pieces, then boil it in a quart of water, with an onion, a blade of mace, a few

cloves, and some pepper and salt, then let it boil two hours, and it will make fine sauce.

To make common Gravy.

Take a pound of beef, a pound of mutton, and a pound of veal, and having cut them into small pieces, let them stew over a slow fire in a deep sauce-pan, then put in two ounces of bacon, an onion, and a handful of herbs, with a little pepper and salt; then let the pan be closed up until the whole is stewed, and it will make a fine gravy for most things.

To make a very fine Gravy.

Fry two ounces of butter till it is brown, then put it into a sauce-pan with two quarts of water, a pound of coarse lean beef, six mushrooms, as many anchovies, half a pint of red port, a little pepper and salt, then stew them an hour over a slow fire.

CHAP. VI.

Directions concerning made Dishes.

AS made dishes are esteemed by the politest companies, the cook must attend every minute direction with the greatest care, particularly in keeping the pan clean and well tinned, otherwise every thing will have a bad taste.

To make a Mock Turtle.

Get a large calf's head, scald it in boiling water with the skin on, and when all the hair is off wash it clean as you can; put it into a pan, and let it boil almost an hour, then take it out, and when cold cut it into small pieces, lay it on a dish, and stuff the ears with force-meat, tie a cloth round them, pick all the remainder of the meat from the bones, and put it into a tossing-pan with the fat of another calf's head, put to it three

quarts of good gravy, and let the whole stew over a slow fire exactly an hour; then get three sweat-breads and fry them till they are brown, put to them the roots of four artichokes, well boiled, an anchovy with the bones taken out, three pints of Madeira wine, two spoonfuls of catchup, some lemon peel, a little pepper and salt, then thicken it with flour and fresh butter. It must be kept stewing half an hour more, then the whole must be served up hot, with gravy poured upon it.

To dress Scotch Collops.

Get some veal, and cut it into thin slices, put them into a pan and fry them with a large piece of butter, take out the meat and put a handful of flour into the pan, pour in some gravy, with the juice of a lemon, and some pepper and salt, with a few pickled mushrooms and force-meat balls; then put your collops in a flat dish, and pour this over them, after which serve them up with thin slices of bacon.

To dress a Fillet of Veal with Collops.

The collops must be cut off the fillet, and the udder stuffed with force-meat, then spit it, and let it be roasted with the udder tied to it; when it is enough let it be served up in a dish garnished with lemon.

To dress a Leg of Mutton to eat like Venison.

Take one of the finest legs of mutton you can procure, cut in the shape of a haunch of venison, and take out that part which looks bloody, while it is warm, for it must be done the same day it is killed. Take a sharp pointed knife and make several holes in the fleshy part, then pour into those parts a quart of red wine, and keep turning it often that the liquor may run into every part. Let it be hung five or six days in the air, but do not let the sun shine upon it, then dry it well with a clean cloth, and hang it up five days more, and be careful that no damp comes near it, otherwise it will take off the deliciousness of the flavour. Let it roast at least four hours, at a slow fire, covered round with brown paper, and the same sauces must be used as in venison, which it will so nearly resemble, that the difference will not easily be known.

To make a Fricasfy of Pigeons.

Get a dozen of young pigeons, fry them till they are brown, then put them into a sauce-pan and pour over them mutton gavy, let them stew half an hour, then put in an ounce and a half of morels with a slice of lemon, and pour the gravy over them in the dish when they are served up.

To dress Ducks with green Peas.

Let the ducks be half roasted, and then put into a stew-pan with a quart of good gravy, and some sage and mint mixed. Let them be kept close until they have stewed about half an hour, then take a pint of green peas, put them into the gravy with the ducks, and let the whole boil for ten minutes, then serve them up.

To stuff a Chine of Pork.

Let the chine hang up in an airy place three weeks or a month, then get some oat-meal, and rub it over, after which it must be boiled half an hour, when it is cold make some holes in the leanest part, about an inch from each other, put in some green parsley, and rub it over with the yolks of eggs, then put it in a Dutch-oven, and strew it with grated bread: when it has roasted two hours before a slow fire, serve it up in a dish garnished with boiled brocoli.

To dress A-la-mode Beef.

Get a rump of beef, take out the bone, and rub it over with fat bacon, put marrow in the place from whence the bone was taken out, with forced-meat made of sweet herbs, garlick, pepper, nutmeg, yolks of eggs, and the crumbs of a penny loaf, when it is properly stuffed let it be skewered up, and a small clean fillet tied round, pour in a pint of red port, and when it has been three hours in the oven skim off the fat, and put to it a spoonful of pickled mushrooms, half an ounce of morels, and some flour and butter; serve it up in a dish, garnish with force-meat.

C H A P. VII.

Directions for making all Sorts of Pies.

PIES are different both with respect to the meat you put in them, and the nature of the paste, therefore the cook must take care to have them suited to the heat of the oven in which you bake them. When the oven is very brisk, and stopped close, the paste will be sure to stand; if it is too slow, and too much kept open, the crust will be apt to fall, and the liquor run out. The oven must also be suited to the thickness of your paste, for when it is thick, it must require more heat than that which is thin, and the same rule must be observed concerning its contents. As in boiling and roasting, some things take more heat, and longer than others, so in pies as well as meat, they must be done suitable to their crust and materials. The oven in which tarts are baked does not require to be made so hot.

To make a Beef-steak Pye.

Take four pounds of rump-steaks, and beat them as thin as possible, mix them with pepper and salt, and having put them in a dish, let them be covered with a good paste; but remember to put to them a pint of water, with half a pound of butter, and let it be baked in a sharp oven an hour and a half, when it will eat very tender.

To make a Chicken Pye.

Take a dozen of young chickens, let them be seasoned with pepper and salt, put them into an earthen dish, and lay on them butter with two slices of bacon cut thin; mix with these a pint of good gravy, make thin crust, and when you have rubbed it over with the yolk of an egg, let it be put on, and the pye set in a brisk oven, where it must remain two hours; it may then be sent to table.

To make a savoury Veal Pye.

Get a large neck of veal, and a pound of beef sewet; cut the veal into as many steaks as there are ribs, and season them

with mace, salt, and pepper. Put to it two sweetbreads of a bullock cut in slices, six yolks of eggs boiled hard, and a pint of strong gravy. Make a thick light paste, and let it stand in a brisk oven an hour and a quarter, when it must be taken out, and the lid cut into twelve equal parts, and garnished with slices of lemon.

To make a Rook Pye.

Take a dozen of young rooks, and take off the skins, let them be well seasoned with pepper and salt: put them into a deep earthen dish, with a pound of butter, and a pint of water. Let a thick paste be put over, and put it in a slow oven, where it must remain at least three hours, and then it will be extremely tender.

To make a Giblet Pye.

Take the giblet of a large goose as soon as it is killed and while the blood is warm mix them together, with the crumb of a penny loaf grated small; then take half a pound of beef suet, with two leeks, and a few leaves of sage; mix these with the yolks of four eggs, and a proper quantity of pepper and salt; then put the whole into an earthen dish, and make a thick paste, but before you lay it on pour in a pint of strong gravy. It must be kept in the oven two hours, and serve it up hot.

To make an Eel pye.

Take a dozen large eels, wash them clean, and cut them into small pieces, mix them with a handful of sage, and let it be properly seasoned; then put them into an earthen dish, and lay a good paste over it, let it stand in a brisk oven an hour and an half, when it may be served up.

To make a Venison Pasty.

Get a haunch of venison, take out the bone, and cut the meat into small square pieces, and mix it with a proper quantity of pepper and salt. Make a paste of a peck of fine flour, and put in the bottom of the dish a pound of beef suet. Let it stand an hour and an half in a brisk oven, and it will be ready to be served up.

To make a Mutton Pye.

Take a loin of mutton, and cut it into steaks, then season it properly with pepper and salt, pour into it a pint of mutton gravy, with a little butter. When it has been an hour and an half in the oven, open the lid and skim off the fat, then toss up a few capers with cucumbers and oysters, in sauce made of anchovies, and pour it in, then let it be served up.

To make a Pigeon Pye.

Take a dozen of young pigeons and lard them all over with bacon, then stuff them with forcemeat balls and a proper quantity of pepper and salt, put into it some slices of sweet bread and a little nutmeg, then take a pint of red wine and mix it with gravy of anchovies and oysters, put to it a handful of herbs and a lump of butter, then make a paste, and let it stand an hour and an half in the oven, when it will be ready for use; and may be served up.

To make a Pork Pye to be eaten hot.

Get a loin of fresh pork and cut it into steaks, then take off the skin and mix with them the same quantity of veal and six pippins, cut into small pieces, put to it as much pepper and salt as suits your taste, with half a pint of red port and a little sugar, then put in a lump of butter, and when you have made a thick paste let it stand in the oven an hour and an half, and then serve it up.

To make a Cherry Pye.

Get four pounds of cherries, and lay them on a dish mixed with as much sugar as suits your taste; then put to it half a pound of currants, and make a light thin crust; put it into a slow oven, and let it stand an hour and a half, when it will be ready to be served up.

To make Paste for all Sorts of Pies baked in Dishes.

Mix a pound of flour and half a pound of butter with the yolks of three eggs, and as much water as will make it into paste; when properly mixed, let it be rolled up and thin slices of butter put to it, then let it be covered over the dish.

CHAP. VIII.

DIRECTIONS *for making all Sorts of* PUDDINGS.

PUDDINGS are so universally used through every part of the nation, that proper directions for making them are absolutely necessary, especially as they are of great service in every family. In such as are boiled, be sure to let the bag be kept clean and the flour as fine as possible; and in such as are baked, let there be an equal proportion of milk and eggs, but take care that they do not stand any longer in the oven than is mentioned in the following directions.

To make a Bread Pudding.

Pour out a pint of milk boiling hot, on the crumb of a penny loaf, and beat them together with two ounces of butter, and as much sugar as you chuse, put to it a little nutmeg, with the yolks of four eggs; tie the whole up in a cloth, mix the whole with a pound of currants, and when it has boiled an hour, take it out and pour upon it a pint of white wine, and let it be served up.

To make a Hunting Pudding.

Mix a pint of cream with a pound of flour and eight eggs; then chop a pound of sweet as small as possible, and add thereto a pound of currants, a quarter of a pound of raisins, and half a pound of loaf sugar grated small; then pour upon it a pint of wine and a grated nutmeg which will give it a fine flavour; when you have tied it up let it be boiled over a slow fire four hours and then served up.

To make a Sago Pudding.

Take a pint of green gooseberries and boil them in water till they are soft, then drain them thro' a hair sieve, and let them stand till they are cool. Grate down some biscuits with half a pound of sugar and the yolks of four eggs, put them into an earthen dish, and cover it a light paste; it will take half an hour to bake.

To make a Yorkshire Pudding to be baked under a Joint of Meat.

Take four spoonfuls of flour, and beat with it the yolks of four eggs mix with it a quart of new milk, half a pound of butter and a little salt. Let it be put into an earthen dish under a joint of beef, mutton or veal, and when the upper part becomes brown, let it be cut into square pieces and served up with the meat.

To make Apple Dumplings.

Take out the heart of the apples and pare off the skin with an apple scraper, then fill the middle with orange peel, and as much sugar as suits your taste, put it into a fine light paste, when you have closed it up properly, tie it in a cloth and let it boil three quarters of an hour, when it must be served up with melted butter.

To make a good black Pudding.

Mix a quart of hog's blood with a pint of cream, eight eggs and a handful of oatmeal, with the crumb of a penny loaf and a pound of beef sewet; then put to it a little salt, with a handful of sweet herbs, and let them boil until they are enough.

CHAP. IX.

Directions for making all sorts of custards, tarts, &c.

To make a tart of apples.

TAKE twenty pippins, and when you have pared them cut them into quarters, and take out the hearts; then take two oranges and pare them thin, when they must be boiled in a little water; then put to them a pound of sugar, with a little orange peel, and when they have boiled till they are thick let them stand till they are cool; then make them into tarts with a light paste, and when they have been three quarters of an hour in a slow oven they will be fit for use.

To make a raspberry tart.

Lay your raspberries on a thin paste in a patty pan, then lay over it some sugar, and when you have covered it up, let it be baked in a slow oven. Then take off the lid, and put in a pint of cream, mixed with the yolks of four eggs well beaten together, and when it has stood ten minutes longer in the oven, let it be served up with sugar grated upon it.

To make a common Cheese Cake.

Take a gallon of milk, and when the whey is poured from it, mix with curd a pound of fresh butter, a few almonds, and four biscuits grated small; put to it seven eggs, half a pound of currants, and a little sugar; then beat all together, and when it begins to grow light, then make it up into cheese cakes.

How to preserve Mulberries, Gooseberries, Strawberries, Currants, and Raspberries.

Have stone bottles ready aired in the sun, then set them near the fire, and draw out all the moist air. Let the stalks be pulled clean from the rinds, and as soon as you have put them into the bottles, let them be corked up as close as possible, and tied down with wires. When you have set them in the corner of a cold room, let them be covered over with sand, and if they are laid sideways it will be better, as they will be kept much closer.

To preserve Plumbs, Apricots, and Grapes.

Dip the stalks of the fruit in melted bees wax, and get a large box made as close as possible; then spread some fine dry sand in the bottom, and lay over it as much of the fruit as will lie at each others side without bruising, throw over it more of the sand, and so on till the box is filled, then let the lid be shut up as close as possible, and they will keep till the return of the next season, so that you will always have fruit ready when wanted. If any of them should shrink or appear bruised, put them into a little warm water, and they will look as fresh as if newly pulled.

To make a common Plumb, Cake.

Mix a pint of yeast, a pint of rose water, and a pound and a half of butter, with half a peck of flour; add to it the yolks of six eggs, a pound of sugar, and four pound of currants, a nutmeg grated down and a little salt. When you have worked the whole together, set it before the fire, and when it has stood about half an hour, beat it smaller, then make it up into a cake, and let it stand an hour and an half in a slow oven.

To make Rice Cheese Cakes.

Boil two quarts of milk or cream mixed with a little mace and cinnamon. When you take it off the fire put to it half a pound of rice flour, and when it has boiled a quarter of an hour longer let it be taken off, and put to it the yolks of twelve eggs, keep stirring it till it is a thick curd, then put to it half a pound of fine almonds beaten small, and as much sugar as you please, then make it into cheese cakes.

C H A P. X.

*Directions for making all Sorts of Sauces. To make
Sauce for Venison.*

TAKE a large onion and stick it full of cloves, then put it into a pan with a glass of water, another of vinegar, and another of claret, put to it some pepper, with a little salt and cloves. Boil all these together, then strain them through a cloth and it will be ready to be served up.

A Sauce that will serve for most Dishes.

Grate a little nutmeg, and mix with it some lemon-peel, a glass of white wine, and a little gravy with melted butter; when it has stewed about an hour over the fire it will be ready to be served up.

To make Anchovy Sauce.

Cut the bones out of three anchovies and wash them clean, then put them into a stew-pan with thin slices of veal and ham mixed with pepper and salt; when mixed with a little vinegar it will be ready to be served up.

To make Sauce for Ducks.

Mix a little veal gravy with pepper and salt, then squeeze into it a couple of oranges, and pour on it a pint of red wine; let the whole stew a quarter of an hour, and then serve it up.

To make Sauce for most Sorts of wild Fowl.

Take a pint of gravy, half a pint of claret, and as much oyster liquor; when it has stewed a quarter of an hour, grate into it a piece of stale bread, and mix with it a couple of anchovies cut into small pieces and washed clean, put to it a lump of butter, and when it is enough thicken it together, and it will be ready to be served up.

C H A P. XI.

Directions concerning collaring, potting, pickling, &c.
To pickle Pork so as to eat fine.

TAKE the bones out as clean as possible, then rub the pork with salt and salt petre, after which it must be cut into small pieces and laid in a dish, salt must be laid both in the bottom of the dish and between every piece of pork, otherwise it will spoil; let the hollow places be filled up with salt, and strew on more as soon as it begins to melt, the top of the vessel must be covered with a coarse cloth, and a board or any thing flat laid over it; if it is kept close up in this manner, it will be good during the whole year, but if air gets into it, it will be apt to spoil, at least it will not keep so long.

To pickle Walnuts.

Let them be first scalded and then put into water, where they must remain ten days, only that the water must be changed

once every day, when you take them out let them be dried with a clean cloth, and then put to them white wine vinegar, sliced ginger, pepper and horse-radish, throw into the vessel as much salt as is necessary, according to the number of walnuts with a little garlick and mace, then let the whole liquor be poured off and boiled up together and poured upon the walnuts; let the vessel be stopped up and kept close, and they will not only have a fine colour, but also eat exceeding well.

To pickle Onions.

Take a large sauce-pan, and fill it with clear water mixed with two handfuls of salt; and when it has boiled half an hour take it off, and take out the onions to stand in a dish till they are cool, then take a quart of white wine vinegar, with a little mace, ginger, and pepper, and when you have put the onions into an earthen pot half full of cold water, put the spices to them, and let the vessel be corked and tied up close.

To pickle Mushrooms.

Let your mushrooms be small and hard, cut off the stalks, and when you have washed them clean, rub them with a very smooth flannel; boil them in water mixed with salt, until they are white; then let them be strained through a cloth and put into cold water and salt two or three days, changing it twice every day, after which you must pour upon them some white wine vinegar, mixed with cloves and mace, boiling hot; then put to it some pepper, ginger and garlick, always remembering to keep the vessel close covered with a plate, stone, or other weight to prevent the air from getting in, otherwise they will be good for nothing.

To pickle Cabbages.

Take two quarts of vinegar, some mace, and two ounces of pepper, put it on the fire, and when it has boiled about ten minutes, cut the cabbages into thin slices, and then pour upon them in earthen pots, which must be tied and corked to prevent the air from getting in.

To pickle French Beans.

Wash them and lay them in salt brine three or four days, when they have been taken out of the brine and dried, put

them into an earthen dish, and mix white wine vinegar, with a little salt, pepper, and garlick, boil all together, and pour it hot on the beans.

To pickle Salmon.

Let the salmon be cut into thin pieces, and then cleansed from the blood, wipe it and press it between two cloths till it is dry; then lay it a few minutes in boiling water, but take it up before the skin breaks; then mix three quarts of vinegar with two quarts of water, put to it some salt and fennel, and let it boil till it begins to taste strong, then skim it, and pour it on the salmon in a close barrel which is hot.

To make Vinegar of Gooseberries.

When your gooseberries are full ripe, let them be bruised in a mortar, and put to them three quarts of water that has been boiled, and let it stand till it is cool; when you have strained it through a canvas bag, put to it a pound of brown sugar, and when you have stirred it, let be closed up three quarters of a year, when it will be fit for use.

CHAP. XII.

Directions for making all Sorts of Jellies, &c.
Currant Jelly.

TAKE a stone jar, and when you have stripped the stalks from the currants, put them in it, and fill it half full of boiling water; when it has stood half an hour strain off the liquor through a cloth or hair sieve that is very fine, then put it into an earthen pan with half a pound of sugar, and set it over a slow fire, keep stirring it till the sugar is dissolved; when you take it out let it stand to cool.

Hartshorn Jelly.

Mix an ounce of isinglass with half a pound of hartshorn shavings, and put them into five pints of clear spring water:

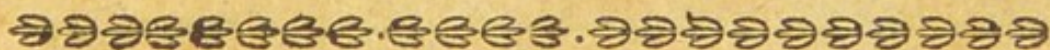
when it boils let it be kept on the fire a quarter of an hour longer, strain it and let it stand a whole night in an earthen dish. When it has settled put to it the whites of six eggs and the juice of two lemons; pour in half a pint of mountain wine, and as much double refined sugar as will suit your taste; when you have mixed all these together, set them on a slow fire, stir it till it boils, then strain it thro' a linen cloth, and set it in glasses to cool.

Raspberry Jelly.

Take two pounds of sugar, and mix it with a pint of raspberries; add to them some cloves and mace, with a little cinnamon, and boil the whole over a slow fire in six pints of water until it is reduced to three, then take it off, and strain the liquor through a thick linen cloth; when it cools set it up in glasses till you use it.

An excellent Jelly to keep in a Family.

Get a large shoulder of veal and cut the fat clean away, then take four calves feet, and when they are scalded and cleaned, take the fat from them, then lay the veal and the feet in clear cold water, which must be changed five times in five hours, in order to carry off the slimy matter, put into a large pot two gallons of water, and put the veal and feet in, till it begins to boil, then skim it and let it boil over a slow fire, till it is reduced to one half, then add a pint of water and let the whole boil down to half a gallon; it will take about six hours in boiling, and then it must be strained thro' a cloth or sieve, by which the fat will come away, and then put it into an earthen dish to cool.



CHAP. XIII.

Directions concerning all Sorts of Made Wines.

IT is remarkable of England, that it produces such quantities of various sorts of fruits, that were the inhabitants not infatuated with the love of what is foreign, they

might, of their own produce, supply themselves with all sorts of fine, pleasant, and useful liquors.

To make Wine of Currants.

To every two gallons of water, put a gallon of ripe currants and a pound of fine loaf sugar; when the whole has boiled so long as to be dissolved, put to it an ounce of isinglass, which will cause a thick scum to arise on the liquor, and when you have taken that off, let it be drawn into another vessel, and put to it a little yeast, when it must stand three days to work, and when the fermentation is over, let it be drawn into a clean vessel and stand close covered three weeks, then bottle it up, only take care that you put into each bottle a little sugar. It is a fine cooling liquor in summer, and will retain the taste of the currants.

To make Mead.

Put the white of three eggs into six gallons of water; when they are properly mixed, put to them eight pounds of the best honey; when they have boiled an hour, put to them a little cinnamon, mace, and cloves; let them stand till it cools, and then put to it half a pint of good yeast; when it has worked three days, let it be drawn into another vessel, and stopped close up for a month, when it will be fit for use and may be bottled off.

To make Raisin Wine.

Get three or four hundred pounds weight of fresh Malaga raisins, and let them be put into a hogshead filled up with clear spring water, keep stirring it twice a day for a fortnight, when it must be pressed, and let it run into another vessel, then take a large slice of toasted bread, hot from the fire, rub it over with the best yeast, and let it continue to work twenty-four hours, then draw it into another vessel, where it must stand another fortnight, when you must stop it up, and in a week's time you may bottle it up for use.

C H A P. XIV.

*Directions concerning Candying and Confectionary.**To Candy all Sorts of Flowers.*

WHEN you have picked the flowers clean, boil some double refined sugar, until it appears of a reddish colour, then put in the flowers, and keep stirring it till you see that they begin to candy with the sugar, when you must take them off, and keep stirring them till the whole is cold, otherwise they will settle to the bottom; when the liquor is cold, grate upon it some loaf sugar, and put it up in the form of cakes, on plates of glass; when it is dry let the cakes be put into boxes, and kept till you want them for use.

To make Naples Biscuits.

Take three quarters of a pound of the finest flour and double refined loaf sugar grated down, put to it three grains of musk, and six eggs beaten up to a froth; pour upon these a spoonful of rose-water; when the oven is pretty hot, put in your biscuits, and let them bake till they are hard.

To make fine Gingerbread.

Put an ounce of grated ginger to half a pound of brown sugar, and beat the whole together with two eggs and a pound and a half of treacle; put to it an equal quantity of cloves, mace, and nutmeg, namely, half an ounce of each, then put to it two pounds of melted butter and as much flour as is necessary to make it into a paste; when you have kneaded it together, roll it out thin, and cut it into cakes of what size you please, lay the cakes upon tin plates, and bake them in a slow oven.

CHAP. XV.

Directions concerning Brewing, &c.

BREWING is necessary in most families, not only for their own use, but for their visitors; therefore I shall here give directions for brewing such liquors as are useful for families.

How to chuse good Malt.

Take a little in your hand, and taste if it be sweet, with a good deal of flour round the grain, then it will be very proper for use. Let it be well dried, and not ground too small.

How to chuse Hops for Ale.

Those of a bright colour are esteemed much preferable to any others, but take care they have a sweet smell.

Of Water proper for Brewing.

Running water is much preferable to any other, when that is not to be had, use pump water, but let it stand exposed two or three days.

How to mash Liquors in general.

To every six bushels of malt put two pounds of hops, then let your liquor be heated properly, and put to it a handful of bran, by which you will see when it begins to boil by its frothing; then let it be drawn off into the mash tub, where it must remain till the steam is spent before you put in the malt; keep stirring it while you put in the malt, reserve half a bushel to be strewed over the rest when you have done stirring it. When you have laid on the dry malt let the mash tub be covered close up with the sacks, to prevent any of the spirit from evaporating, and let it remain two hours, while you are heating another copper of water; then let the liquor run off and you will find that the malt has drank up one half of it, which loss must be made up by the water in the second copper; pour in the second water so gently that it may have time to soak in.

To prevent it from growing sour, put to it half a pound of hops, and when all the wort is drawn off, let the top of the mash tub be fastened up as close as possible, then pour the rest of the boiling water to the malt, and stir it as before.

When it has continued closed up two hours, let the first wort be poured into the copper, and boiled up with two pounds of hops, at least an hour and an half, then let it be drawn off into the coolers: when you have drawn off your first wort, let the hops be preserved in a sieve or woollen cloth, then put cold water into the copper, and a new fire under it. Let the second wort be drawn into another vessel, and put to it a handful of hops; when you have mashed it properly, let the second wort be poured into the copper, let it be boiled two hours with the former hops mixed to it, and then draw off into coolers. Pour the first wort into a large working tun, in order to make room for the others coming into the same coolers, for they ought to follow each other; then put to them a proper quantity of yeast, and let it work over at least a day and a night.

For working Malt Liquors in general.

As the weather has a considerable effect on liquors, so it is necessary that those who brew, pay a particular attention to it. In cold weather it should be warmed a little, but if the weather be hot, then let it be as cold as possible. Mix a little warm wort with a quantity of yeast, according to what liquor you intend to brew; let the whole be put into a wooden bowl, and set on the wort; when it has been there a little time it will begin to work over, and soon after mix itself, which is much better than to pour it all in together, for then it will be apt to settle to the bottom. When it begins to ferment, put some of the liquor into another cask until it grows cold, when it must be again put to the other. Let it be worked as clean as possible, for that has a very great effect on the liquor, and makes it drink more pleasant and mellow.

To make common Ale for a Family.

Take eight bushels of malt, let it be ground, and after it has stood a day or two in the sacks it will be fit for use; boil as

much water as will be necessary to soak the malt, so as to make a hoghead of fine wort, besides allowance for waste. When you put the water into the copper, mix it with a table spoonful of salt, for that raises a scum upon the top before it begins to boil, which must be taken off, and three quarts of bran must be thrown into the water. Keep the fire brisk and clear, and when the water begins to boil, skim off the bran which rises to the top; then draw off half the liquor into the mashing tub, letting it stand there till it is perfectly clear; then pour in all the malt, except half a bushel, but let it be done slowly, while another person keeps stirring it, lest it should settle into lumps. When that is done, let the remaining half bushel be strewed over it, and cover it up two hours, that the steam may not come out; when it begins to cool, keep putting to it more boiling water.

Take three pounds of hops, and when you have rubbed them to pieces, put them into a clean canvas bag, and lay it in the vessel designed to receive the liquor from the mashing tub. When the liquor begins to run upon it, beat the bag, for that causes the hops to moisten; then let what water remains in the copper be drawn off upon the grains in the mashing-tub as soon as it is cleared off the first. Let it stand two hours in the same manner as the first, during which the other must be left to settle upon the hops: when the two hours are expired, draw off the second wort into the same vessel with the first, for then the grains will be drained off their strength, and the wort strong and good. When the worts have stood an hour longer in the vessel, a sediment will settle to the bottom, when the clear liquor will be poured off with the hops into the copper, and boiled eighteen minutes, and then let off into a cooler, where it must remain till it is cool; then let it be drawn into the working tun, taking care to leave the sediment behind. The liquor being then in the vessel, take a quart of good yeast, and put to it some of the wort in a wooden bowl, and when it begins to

work, remove the cover a little, and when it has done working, let it barreled up; taking care to reserve a few gallons to fill up where it works out of the casks.

Directions for making small Beer.

It is now customary to brew small beer after the ale, but then the liquor is not so good for a person's health. Mix two bushels of malt with half a bushel of brown malt; grind them together, but not very small. When ground, put it into a cool place for a few days; then put into the copper half a hog-head of water, with two pails more to make up for the waste, then put to it a tea-spoonful of salt, a handful of hops, and a little ginger; sift a little malt over it to keep in the spirits; when it bilos, draw it into the mashing-tub, where it must stand till it is about milk warm, taking care to cover it up. When it is about milk-warm, pour in all the malt except a peck, stir it about till it is mixed with the water, sift over it the remaining peck. When it has stood about two hours, take a pound and a half hops, rub them with your hands, and tie them in a coarse bag; then put it into the receiver, and let the wort run upon it from the mashing-tub. In the mean time let an equal quantity of water be boiled, and put to the grains in the mashing-tub. Let it stand two hours, and then run it off into the receiver, to mix with the first; when the whole is drained off, put it in the copper with the hops, and when it has boiled half an hour, it must be worked in the same manner as the ale, and when barreled up, will keep longer and taste better than that made of the dregs of other liquors.

CHAP. XVI.

To prevent a Consumption.

TAKE two eggs new laid; and let them stand in the embers, until they are quite hot, but not hard, then take them out, and when you have made a hole in one end, pour out the whites; put into the empty part of the eggs cinnamon, sugar, and rose-water, then set them again in the embers, and when they are done enough take them up and eat them.

To cure a Burn.

Beat two drachms of salt, with two raw onions in a mortar, and when they are properly mixed, apply some of it to the part affected.

A Remedy for a fresh Bruise.

Mix a handful of parsley, with half a pound of fresh butter, chop the whole together, and let it be applied warm to the wound.

For a Tertian, or third Day's Ague.

When the third fit is over, infuse two scruples of Jesuit's bark in a glass of wine, and drink it up. Do so after the fit is over; and when you have taken it about fifteen minutes time it will leave you.

An Ointment for the Itch.

Mix an ounce of brimstone, the same quantity of oil of almonds, with two ounces of hog's lard, put to it an ounce of white hellebore, race ginger,

and salt petre, each a dram and an half; one scruple of the essence of lemons; let them be all mixed properly into a linement, with which the persons skin must be anointed every night until the disorder is removed.

An excellent Elixer for the Chin-cough.

Take of liquorice root and honey, each four ounces, flowers of Benjamin, one drachm, half a drachm of anniseed, two scruples of camphire, an ounce of salt of tartar; infuse the whole into a quart of rectified spirits of wine; let it digest in the liquor about four days, shaking the bottle very often; then strain it off, and keep it for use. Give from five to 20 drops, according the age and strength of the child.

To cure Pains in the Ears.

Roast a head of garlick, take out the softest part, and mix it with a little mithridate, or Venice treacle; when the patient is in bed, tie it to the ear as hot as you can bear it.

C H A P. XVII.

To take Iron-moulds or Stains of Claret, Ink, &c. out of Mullins, Table Linen, &c.

IF your mullins be iron-moulded, take a chaffing-dish of clear coals, set a plate over it, with some sorrel in it; then put some salt upon the plate; af-

terwards take some more sorrel in a bit of muslin, and squeeze the juice upon it; let it lie till it is very hot, then take the stained place and squeeze it very hard; then take fresh sorrel and salt, and use it as before, till the stain is gone out: the minute you see the stain is out, wash it in three or four lathers, till it has done looking green.

To get Spots of Ink out of Linen.

Take the linen, and let that part of it that the Ink has fallen upon lay all night in vinegar and salt; the next day rub the spots well with it, as if you were washing in water, then put fresh vinegar and salt, and let it lie another night, and the next day rub it again, and all the spots will disappear.

How to get the Stains of Fruit out of Linen.

Rub all the stains very well with butter, then put the linen into scalding hot milk; let it lie and steep there till it is cold, and rub the stained places in the milk, till you see they are quite out.

Soap.

Be careful in choosing the oldest soap you can, for that which is new made not only spoils the colour of the linen, but also does not go far.

RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

Pressmark:

Binding Ref No: 1222

Microfilm No:

Date	Particulars
11.9.96.	Chemical Treatment Fumigation Deacidification ✓ Lamination Solvents Leather Treatment Adhesives Remarks

