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The Dinner Bell

by

Fin Bec

W. B. Jerrold. "Fin-Bec" Press

THE DINNER BELL

A Gastronomic Manual

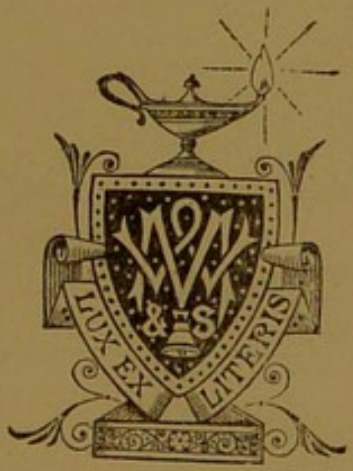
TEACHING THE MISTRESS HOW TO RULE A DAINTY AND THRIFTY CUISINE, AND THE COOK HOW TO PREPARE A GREAT VARIETY OF DISHES WITH ECONOMY.

EDITED BY FIN BEC

Author of "The Epicure's Year Book;" "The Book of Menus;" "The Cupboard Papers," etc.

"I detest him [Croker] more than cold boiled veal."

Letter from Macaulay to his sister



WILLIAM MULLAN & SON

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THE DINNER BELL.

INTRODUCTION.

MADAME DE GENLIS boasted that she had taught a German lady, in return for her hospitality, how to prepare seven delectable dishes. Madame de Genlis had reason to be proud of her present to her friend, more especially as that friend belonged to a country the *cuisine* of which is, even now, contemptible. The object of this book is to confer upon hundreds of ladies the power of preparing, not seven, but scores of delectable dishes, and this, chiefly with the *restes* or remains of YESTERDAY'S DINNER. Fin Bec has therefore good reason to be proud in submitting these pages to English gentlewomen.

The book offers counsel and directions especially to those who, with cultivated tastes, have moderate incomes. The English is pre-eminently the wasteful kitchen. Prodigious machinery is em-

ployed to produce very moderate results. The English cook takes no pride in serving an excellent repast with modest materials; nor in adapting the *restes* of yesterday to the table of to-day. Now a good French *cordon bleu*, or woman cook, who insists peremptorily on all her perquisites and percentages, is imbued with a thorough love of her art; and she delights in *tours de force* in the way of *rechauffés*, or adaptations of the remains from one dish to the perfection of another. When she has *restes* before her, capable of effective transformation for her master's table, she will bring all her sauces and resources to bear upon them, and find a real triumph in making the *débris* of yesterday's banquet provide a succulent and toothsome dinner for to-day.

The English cook can contrive only a few grills and stews and roasts. You can count the resources of her skill on the fingers of one hand. She is not ashamed to serve up cold meat; nor does she scruple, when permitted, to save herself trouble by throwing away material that in honest and trained hands might be made into a dish for a king.

The main object of this book is to put under the eyes of English housewives directions for the utilization, in agreeable and nutritious forms, of that which has been returned to the larder of

YESTERDAY'S DINNER. These directions will enable mistresses to direct their cooks, and to insist with authority upon a cessation from waste. But the reader will find in these pages, not only ways of dealing with viands which have already appeared at table, but dishes that may be added to complete a *menu*, the chief items of which are *rechauffés*. The art of broiling, frying, stewing, devilling, etc., is described from the highest authorities; the way of making every important sauce is set forth; in short, the reader is armed, to begin with, with the elementary knowledge necessary to the understanding of the receipts. When he has gone through these, he will find a series of suggestions for constructing dainty little *menus* out of yesterday's dinner. The housewife is instructed so that she can command her cook.

The mistress will not be able to reform her *cuisine* by the light of this book, without having a little trouble. Many of the ingredients mentioned are not to be found in an ordinary English kitchen. But they are to be had; and a store of them may be laid in at a very small expense. When Fanny Elssler, the dancer, desired to confer a great favour on her manager and friend, Dr. Véron, she said to him, "You are a *gourmand*, you want a steady and devoted servant—let me

give you my cook." The cook was that treasure among *cordons bleus*, the renowned Sophie, who cooked the doctor's celebrated dinners for some thirty-five years, and at the same time made his bed, and watched over his *ménage*. Sophie was a perfect servant, perfected by the fine taste of her master. Her *cuisine* was exquisite in every respect —not conspicuous for grand ambitious *plats* and sensation pieces, but beyond compare as an illustration of French gastronomic science. She showed her countrywomen what might be done with the French *cuisine* by a conscientious artist, backed by a master fully able to appreciate justly everything put upon his table. Through her art, and, it must be added, by the original force of her character, and her penetrating mind, this humble cook contrived not only to please, but to secure the respect and consideration of her master's notable friends. The finance minister, Fould, who was Dr. Véron's intimate friend and frequent guest, would have long talks with Sophie, would listen to her shrewd observations on men and things, and would even ask her opinion on public matters. More than once he received the model *cordon bleu* at his ministry. M. Sainte Beuve, it is recorded, went the length of asking Sophie to a quiet little dinner.

Be it observed that these attentions never distracted Sophie from her duties, nor led her to forget the bearing proper to her position. She was one of those faithful old servants who hold themselves to be a part of the family which they serve, who are heart and soul devoted to its interests, and whose affectionate familiarity is highly valued by every refined man or woman. The *nouveau riche* never has such a servant. Indeed, the Sophies are very rare now-a-days; because masters and mistresses no longer come in contact with their servants as in the simpler times when Sophie was in her glory amid her stewpans. There never was an epoch when there was less sympathy than exists now between mistresses and their servants. The consequence is that there are no thoroughly efficient serving men or women.

But if housewives—wives of cultivated men, and themselves cultivated—would take interest earnestly in the education of their servants; if, for example, with this book in the morning-room, they would hold conferences with their cook, and indoctrinate her with the elementary economies and the leading principles of the French *cuisine*, as they may be applied to the *restes* of the well-stocked English larder; they would not only confer a benefit on their household, give pleasure to

their family, and a new dignity to their hospitality, but they would do a signal service to their servants. The *rapprochement* between them and their domestics would tend to allay that irritable feeling of independence which prevails in domestic service, keeping up a chronic antagonism between the servers and the served.

Let not any reader run away with the idea that THE DINNER BELL is a book of mean or nasty shifts and expedients. When Monselet first saw the Baron Brisse's "Art d'Accommoder les Restes," * he said that he had disagreeable visions of dry cold mutton, stale veal, pretentious minces, and *boulettes* full of mystery! But when he opened the book, he saw that it was a work by a high gastronomic authority, and that it was to be treated with respect.

THE DINNER-BELL is a work based on the highest and most varied authorities—ranging from the great works of Dubois, Francatelli, De Perigord, and Jules Gouffé, to *La Cuisinière Modéle* of Madame E. H. Gabrielle, the *Oberrheinisches Kochbuch oder auweisung fur junge Hausmutter und Tochter*, of Alsatian households; *La Gastro-*

* Le Triple Almanach Gourmand, par Charles Mouselet. Bonn, 1867. Paris : Libraire du Petit Journal.

nomie en Russe, by A. Petit—a conspicuous *chef*—to the workman's food book written by citizen Maverini, and issued by the Paris industrial associations. Nor should I forget *Il Re dei Cuochi*, from the rich stores of which I have extracted some admirable items of the Italian, but particularly of the Milanese, kitchen. I have also drawn on my own experience.

In conclusion, I can only conjure English housewives to cultivate a spirit of adventure in their *cuisine*; and not to put away any dish because they never heard of it before. Cervantes tells us that in the province of La Mancha, in Spain, a dish of eggs and bacon fried in honey, which the stubborn average Briton would disdain to glance at, is called—so delectable is it—"the Grace of God."

ELEMENTS OF THE CUISINE.

Friture.

M. BIGNON, the renowned *chef*, was asked why the *plats* in his establishment were dearer than in those of his neighbours. He replied that the oil and butter made the difference. He cooked only in the finest fresh oil, and in the best butter to be had in the market.

By the excellence of your *friture* will the character of your cuisine be estimated. Oil is the best *friture*, beyond all question; but you may fry, with fairly good results, in the best lard—this is improved by the addition of a few drops of oil. Pure beef suet makes a good *friture*, if you melt it gently, skin off all impurities, keep it clear, and when you pour it away to cool, add a bayleaf. The fat from the *pot-au-feu* may also be used if well skimmed and treated like suet.

When you are going to use your *friture*, melt it over a clear fire. Let anything you fry be quite

dry. You can tell when your *friture* is hot enough by throwing in a thin slice of bread. If it becomes at once crisp, you may begin your frying.

You should keep a separate *friture* for fish.

When your frying is over, pour your *friture* carefully back, taking care that none of the deposit it has made passes. You should be continually adding new *friture* to the old.

Fried dishes must be served as hot as possible, and with hot plates.

Re-Roasting.

The best plan, with a cold joint, is—if it will bear it—to re-roast it until it is well warmed through. Before putting it upon the jack, you should envelope it in a sheet of well-buttered paper. Or, if you can, cut a series of good slices; fold these slices in sheets of buttered paper, and broil them over a clear fire.

The legs of a fowl, or the drumsticks of a turkey broiled in this way—*en papillotte*—the paper being well sprinkled with chopped tarragon, are excellent. The joints of goose or duck, with eschalot, instead of tarragon, are toothsome.—*F. B.*

Bouillon, or Stock.

The making of a good bouillon is not a very

difficult or complicated art, but it is an important one in cookery; the soup being put to so many uses, it is of the first necessity to have it excellent. Put a piece of beef weighing eight pounds into a saucepan holding ten quarts. Fill it to within three inches of the top with cold water, and put it on a slow fire. When necessary, skim it, and just before it boils put in a few carrots and turnips, a parsnip, some celery—above all, a few leeks, and two or three cloves stuck in a clove of garlic. After it has boiled, it is only necessary to keep it over a slow and equal fire, and to let it simmer for six hours, taking care, however, that the simmering does not cease for a minute. When done, strain it. The best parts of beef are the round or the aitch-bone.

Gravy.

Very good gravy may be made by boiling down bouillon almost to the consistence of a jelly. A little fresh bouillon may then be added to it; but in a large kitchen there are always plenty of ends and trimmings of raw meat, which make excellent gravy for almost any dish. Put any pieces which there may be into a saucepan, with a little butter, some onions, and carrots cut into slices. Brown these until the meat begins to stick to the sauce-

pan, moisten with a little bouillon, adding a *bouquet garni*, some pepper, and boil for two hours. Then strain the gravy through a sieve, and boil it up again together with a glass of water into which you have put the white of an egg well beaten. Strain it a second time.

Consommé.

This is a strong meat bouillon. It becomes a jelly when cool. It is usually made with the remnants of poultry or other meats prepared for a large meal.

Put these remainders in a saucepan, and pour upon them a sufficient quantity of bouillon, or simply water. Skim this carefully, and then put into the saucepan carrots, turnips, onions, and two cloves; boil gently and strain. Put no salt to the *consommé* when it is made with bouillon; but you do so when it is made with water.

For the matter of that, all meat, accompanied by a calf's foot, and knuckle of same, and cooked in the above manner, with the necessary vegetables, and a pint of water for every pound of meat, will make an excellent *consommé*.

Instantaneous Bouillon.

Here is a receipt for obtaining bouillon in half an hour. Mince a pound of beef not very fine;

add to it a middling-sized carrot, an onion, some celery, a turnip,—all cut up small; to this add two cloves. Put the mince in a saucepan, and pour upon it a quart of water; salt it, boil for half an hour, strain, and skim.

If you want a rice soup, put the rice in a clean piece of linen, in the cold water, with the meat. When the *bouillon* is ready, you pour the rice into a tureen, and the soup over it. As regards the mince, although it will be somewhat dry, you can serve it with a brown or white sauce, highly flavoured.

Velouté.

Take half a pound of veal, some broken poultry, and a dozen mushrooms. Warm in butter, without browning; add a *bouquet*, some sliced carrots, three middle-sized carrots, and three spoonfuls of flour. Season with pepper, salt, nutmeg, and cloves; cook with gravy for an hour and a half; then strain.

Liaisons.

In many sauces, and specially in white sauces, and in a few soups, a liaison, or thickening, of yolk of egg is necessary. It is of prime necessity that these be very fresh. You crack the egg in

two, and separate the yolk from the white, by pouring the former from one half-shell to the other, until it is quite free from the white, and detached from the germ. Beat up the yolks with some cold water; when they are well mixed, add two spoonfuls of the sauce or soup which you wish to thicken—which may be very hot, but not boiling. Stir well, and pour into the sauce or soup, still stirring, and serve it up without putting it again on the fire.

Stuffing.

Cooked Stuffing.—Cut into small pieces some raw fowl, and put it in a saucepan, with some butter, salt, peppercorns, and nutmeg; warm the whole over a slack fire for ten minutes. Strain the fowl, and let it cool. In the same saucepan put a piece of breadcrumb, with some bouillon, and a little chopped parsley. Crush the bread, and reduce the bouillon. Pound, apart, the fowl, mix with it the breadcrumb, and a good piece of butter, then pound these three thoroughly together. Then put five or six yolks of eggs, and pound again, so that all the ingredients be thoroughly mixed. This stuffing is used for *gratins*, and for all kinds of meat.

Fish Stuffing.

Take the flesh of any fish, no matter which (but two different fishes should not be mixed), chop it with some boiled mushrooms and hard-boiled yolks of eggs. Add some breadcrumb boiled in milk, a good piece of butter, some salt, a little grated nutmeg, some chopped parsley, and the yolks of three raw eggs. Pound the stuffing well, and mix with it the whites of three eggs, whipped. This stuffing is for general use.

Godiveau.

Take a pound of veal, remove skin and gristle, and chop it very fine; chop also two pounds of fine beef suet. Mix the meat and the suet in a mortar, add pepper, salt, herbs, six eggs (two by two), pounding the while. When the meat and suet are quite mixed, add a little water, if necessary, to thin the paste, and make it into balls, which you cook with a pie, or any preparation of meat.

It is prudent to cook one beforehand, so as to be certain that it is correct in flavour.

Quenelles.

These are prepared like the *godiveaux*, only

use more delicate meats than veal, such as partridge, pheasant, lark, hare, etc.

They can be made more economically with a common fowl and an equal quantity of veal, cooked and allowed to cool.

Quenelles maigres are also made with salt-water fish or fresh-water ones, butter, breadcrumb soaked in milk, etc.

Paste for Frying.

Mix with a quart of flour the yolks of six eggs, two teaspoonfuls of oil, a liqueur-glass of brandy, pepper, salt, and a glass of beer. Mix the paste well, so that there be no lumps in it. If it be too thick, add a little water. If anything dipped into it comes out well covered, it is of right consistency. Before you use it, add the whipped whites of two eggs.

Good frying-paste is made by mixing some flour with water, brandy, and olive oil; or with yolks of eggs, milk, and brandy; or with yolks of eggs, oil, and white wine. In all these cases the paste must be well beaten. Very little salt should be put to pastes meant for frying sweets.

Tarragon Vinegar.

Soak for a full month a good handful of heads

of tarragon in four quarts of good white vinegar; then filter it, and add to the whole a glass of brandy, and cork it tightly in bottles.

Mayonnaise.

Arrange around a dish some pieces of cold roast fowl, make an inner circle of hard-boiled eggs cut into four, anchovies (boned and arranged), capers, gherkins, chopped herbs, and in the centre put the whites of some lettuces. The dish should be arranged with symmetry and taste.

Put into a bowl two yolks of eggs, a little lemon-juice, and pepper and salt. Mix well, and add, little by little, two spoonfuls of good olive oil, stirring the while. When the sauce is well mixed, add a little more lemon-juice, and pour it on the cold fowl.

Mayonnaise of Salmon.

Cold salmon or lobster can be served with a mayonnaise sauce and salad.

Minced Meat.

Take the remains of some butchers' meat, or game, poultry, etc., roasted or otherwise; remove skin and gristle, add sausage-meat to taste, and chop the whole very fine; season with parsley

and spring onions, breadcrumb, and two or three beaten-up eggs, according to the quantity of meat. Put in a saucepan, with a piece of butter and a pinch of flour, moisten with bouillon, and let the whole simmer half an hour on a slack fire.

A turkey or a goose may be stuffed with this mince. It can equally well be used as an *entrée;* in the latter case, squeeze half a lemon on the mince, or serve a sauce with it.

Again, you can make it into balls the size of an egg, which are fried, and serve as *entrées.*

Matelotte.

A matelotte is usually made with eels, carp, or tench, but different kinds of fish may be used together. Prepare some eels, or whatever fish you have, and cut them up into pieces. Brown some bacon, cut also into pieces, with butter, in a stewpan; take it out, and put into the pan; brown some small onions and mushrooms; take them out; brown a little flour in the butter, and add some pepper, salt, spice, and a *bouquet garni.* Stew with a little claret; and when the sauce begins to boil, put in the fish, the onions, bacon, and mushrooms, and cook on a quick fire. Serve with a table-spoonful of brandy in the sauce, and some sippets of fried bread.

Grated Cheese for Soups.

Cheese (gruyère or parmesan) may always be utilized to the last morsel. Grate, and serve in a plate, with soup. There are few soups to which grated cheese does not give a welcome flavour.

Boiled Milk.

When you are about to heat milk, rinse the saucepan with fresh water, and pour away, but do *not* wipe it. The remaining film of water will prevent the milk from adhering or burning.

The Bouquet.

The bouquet, which is put into sauces or dishes to flavour them, consists (according to Baron Brisse) of parsley, thyme, a bay-leaf, and a small onion.

Watercresses.

In ordinary kitchens this most useful, wholesome, and palatable vegetable is neglected or misused. It is an admirable addition to a rump steak,* the leaves having been gently sprinkled with lemon-juice. It gives zest to cold fowl or to any poultry; but don't forget the lemon.

* Just as anchovy sauce mixed with a little melted butter or as olives are.

Omelettes.

There is an endless variety of omelettes. It must be borne in mind that in all the following cases, that which is put in the omelette must be cooked beforehand, seeing that the omelette itself is so little time upon the fire. The almost invariable fault in an omelette cooked by an English hand is, that it is too slowly and too much cooked.

The following are the principal ingredients which can be used :—

Ham, veal kidneys, sweetbread, onions, mushrooms, truffles, asparagus heads, artichokes, etc.

Blanquette.

A blanquette, in which veal or fowl may be re-served with advantage, is easily made. Melt some butter with two or three spoonfuls of flour, taking care not to let it brown, and add by degrees boiling water. Flavour with salt, pepper, parsley, and a bouquet. Small onions or mushrooms may be added for piquancy. Warm your cold meat in this, and serve very hot. You may add the yolk of the egg to the above.

Salpicon.

This is a stew composed of different meats, such

as sweetbreads, *foies gras*, ham, veal, poultry and game, mushrooms, truffles, etc., each ingredient being cooked apart. All the ingredients must be cut into squares, of the same size. This is an essential of a *salpicon*. Mix the divers preparations in a saucepan, with some gravy or good bouillon, a glass of white wine, and warm without boiling.

Of course a *salpicon* can be composed of less things than are above enumerated; also more can be used, such as *godiveaux*, *quenelles*, the bottoms of artichokes cut up, roast chestnuts, etc.

Patties.

Make a flaky paste of about half an inch in thickness, and cut it out into rounds about the size of a wine-glass. Moisten each round, and spread on it a small lump of sauce *godiveaux* or minced chicken. Cover each round with a similar one, press the edges together, brush with yolk of egg, and cook them in a brisk oven. They must be eaten when quite hot.

Croquettes Bon-Gout.

Croquettes al buon gusto.

Croquettes are excellent and economical; they are made in various ways, and may consist of various meats, mixed with vegetables and mush-

rooms. Reduce a quart of white sauce (sauce blanquette) by half, add some condensed gravy, and four whites of eggs. When it begins to boil, draw the saucepan from the fire. If there be any remains of fowl, or game, or mushroom, mince them all up together, and mix with the sauce. Let it get cold. Sprinkle a thick powder of breadcrumbs on the pasteboard, and spread the mixture upon it, roll it, and then cut it into little puddings, like sausages; dip each pudding into egg which has been well beaten, sprinkle it again with bread-crumbs, and fry six or seven of these puddings, thus prepared, in boiling fat, until the crusts are brown and crisp, and then serve.

SAUCES.

Sauce Mayonnaise.

This is one of the principal auxiliaries the cook has at command for the treatment of *restes* of yesterday's dinner. Salmon, turbot, chicken, soles, are excellent in mayonnaise. Break up the hard-boiled yolk of an egg with a few drops of vinegar, pepper, and salt; then, without ceasing to turn the mixture, gradually moisten it with drops of oil, and bring it finally to the consistence of sauce with drops of vinegar. Keep steadily turning throughout the process. When you have put your fish or flesh in the mayonnaise, you may add stoned olives and slips of anchovies or red herring. Yesterday's mayonnaise may be refreshed with the beaten yolk of egg and a little tarragon vinegar.

Salmi Sauce.

Knead a piece of butter with some flour, melt it, and add some chopped eschalots. Add a glass

of white or red wine, and the same quantity of bouillon; pepper, salt, nutmeg, and a *bouquet;* let it boil for half an hour, and pour it over the remains of the beef, veal, or poultry to be dished up.

Black Butter Sauce.

A simple matter! Melt some butter in the oven; when it is boiling, throw some fried parsley into it. Pour this on the dish you are serving, which should be quite hot. Heat a few spoonfuls of vinegar (also in the oven) and sprinkle it over the dish, and serve quickly.

Sauce Robert

Is a very useful sauce. Make a *roux;* add a piece of butter and some chopped onions. While warming, moisten with water or gravy. When about to serve, add, mixing well, a spoonful of vinegar and one of mustard.

Tartare Sauce.

Chop up any herbs at hand—those of the season, or tarragon, chervil, etc.; add a little vinegar and more mustard than for sauce Robert; and dilute gradually (turning the mixture incessantly) with oil. This, like other cold sauces, should not be thin. Capers or chopped gherkins heighten the flavour of the tartare.

Poor Man's Sauce.

Put into some water parsley, some chopped eschalots, an onion, pepper and salt, and a spoonful of vinegar; and boil till the eschalots are cooked. Shell-fish thus cooked in tins are very good—mussels especially. When these are to be boiled in it, it is unnecessary to add water.

Or, boil the above sauce ingredients in gravy; take out the onion, and add a *liaison*. In this you can warm any cold meat with advantage.

Macédoine Sauce.

Well brown some butter; put in another saucepan a little butter, three spoonfuls of vinegar, pepper, salt, shalotts; boil it down somewhat, and then mix it with the browned butter. Cut up a cooked carrot, three or four gherkins, and two hard eggs. Now add a spoonful of capers and three anchovies, well boned and pounded. Warm it without allowing it to boil. This sauce is excellent with poultry or warmed-up meat.

Salmi Sauce.

Melt (without letting it brown) a piece of butter with a little flour; add an equal quantity of gravy and white wine, a *bouquet*, one or two chopped

eschalots, pepper, salt; boil. Put in your meat or poultry, with the juice of a lemon, and stop the boiling. Then arrange your meat in a dish, upon a bed of fried bread, and pour the sauce over it. The addition of a little brandy or minced truffle will give a crowning flavour.

Sauce Genevoise.

Excellent for re-serving yesterday's fish. Brown some flour in butter—in other words, make a *roux*—and dilute with some of the liquor or water in which the fish has been boiled; add a little wine, parsley, eschalot finely chopped, and mushrooms. A drop of brandy and a very small lump of sugar may be added; or your sauce may be made with gravy, instead of the fish liquor—in this case a few anchovies give a welcome zest to the dish.

~~Tomato~~ Sauce.

Cook in a saucepan ten or twelve tomatoes, cut into quarters, with salt, peppercorns, four or five sliced onions, a bunch of parsley, a little thyme, and one clove; strain this, and add a quarter of a pound of butter, and put the saucepan on the fire again, so that it boil until the sauce be thick enough.

This sauce is well suited alike for meat, vegetables, and fish. Or, you may buy good Italian

tomato sauce, ready for use, at Rocco-Perelli's, in Soho, or any other foreign comestible shop.

Truffle Sauce.

Chop some truffles, melt some butter, and mix the two; moisten with strong *bouillon*, and add to the whole twice the quantity of butter, which you must brown apart. Let the sauce stew until it is of proper thickness.

A Sauce of All Work.*

Put upon a slow fire some bouillon or gravy (it can be made excellently well with Liebig's extract), some white wine (sherry or chablis à marsala), a little bayleaf, salt, pepper, and a squeeze of lemon. Simmer three or four hours. When about to use, add the juice of a lemon. This sauce, which gives piquancy to any *rechauffé* of meat, is recommended by the Baron Brisse.

Cream Sauce.

Put a good piece of butter in a saucepan, with a spoonful of flour, a good pinch of parsley, one chopped spring onion, salt, pepper, or nutmeg. When the butter has melted, pour into the saucepan a glass of cream, or in default, of milk. Let

* Sauce pour Tous mets.—*Brisse.*

it boil for a quarter of an hour, stirring it the while.

This sauce goes well with turbot, trout, cod, potatoes, etc.

Eshalot Sauce.

Chop some eshalots very fine; wrap them in a white cloth, and cook them in vinegar, with pepper and salt, until the vinegar be two-thirds absorbed; take out the eshalots, and then moisten them with good gravy, or better, with some bouillon.

Piquante Sauce.

Put in a saucepan a tumbler of vinegar, thyme, bayleaves, garlic, shalot, pepper, and one or two chilis; boil it down to half, and moisten it with *bouillon*. If you have any gravy, put some in, and strain.

Oyster Sauce.

Whiten some oysters in boiling water, to which add the water from the oysters themselves. Strain them well, after they have boiled once or twice, and put them into some melted butter, and add the juice of a lemon.

Mussels can be used instead of oysters. Mussel sauce instead of oyster sauce is excellent with cod-fish: so are capers with cod or salmon.

Sauce without Butter.

Take the yolks of three eggs, six spoonfuls of oil, pepper and salt; warm in a *bain-marie*, stirring the while.

Hollandaise Sauce.

This is the most simple sauce. Melt some butter over a very slow fire, or better still in a *bain-marie;* let it settle, add a few drops of lemon-juice as you beat it, and a little salt; pass through a fine sieve, put a little more salt, and serve up in a sauce-bowl.

SOUPS.

Spring Soup.

Prepare an equal quantity of young carrots, turnips, onions and leeks ; cook them in bouillon with white beans (young), French beans, green peas, young broadbeans, cucumbers, asparagus points, lettuce, sorrel, and chervil, or any of these within reach ; add a very small quantity of sugar ; cook the whole, and add some mashed peas, cleared with *consommé*.

Game Soup.

Pound in a mortar the flesh of a cold roast partridge. Moisten with some *consommé*, and strain through a sieve. Add sufficient *consommé* or good bouillon to make it into a soup not too thick. Heat it in the *bain-marie* so that it does not boil, and pour it in the soup tureen over some bread cut into dice fried in butter. A little essence of game may be added if wished. Chicken soup may be made in the same manner.

Modenese Soup.

(*Zuppa alla Modenese.*)

Put a pound of spinach, already cut and boiled, into a saucepan, and warm it with a little butter; add pepper and salt, and stir it well; then let it cool, in order to add to it two eggs, a little grated cheese and nutmeg. Fill up the saucepan with boiling stock, and let the whole stew gently until the eggs have coagulated and formed a soft green crust on the surface of the soup. Then pour it over slices of fried bread, and serve.

Consommé.

Put eight pounds of beef—a piece of fillet is best—into a saucepan large enough to contain ten quarts of water. Add a fowl, or better still, a capon and a knuckle of veal; fill the saucepan with cold bouillon made according to our receipt, and put it over a slow fire. Skim it carefully, and boil *very gently* for six hours. Take out the meat and strain.

Fish Soup.

You have some fish left from yesterday's dinner? Stew some onions and carrots in butter, letting them take a light colour (you may add some shrimps with advantage); dilute with water; add thyme, a bayleaf or two, a clove (not half a dozen,

as the English practice is), half a glass of white wine, and a pinch of sugar. Boil. Then throw in your pieces of fish (boned); add some bouillon; put slices of bread in the tureen, and pour the soup upon it. Serve quite hot.

A Flemish Soup.

You have some stock left from your *pot-au-feu.* Brown some leeks and onions in it, with potatoes cut in slices; add a sufficient quantity of water, and boil. When the potatoes are cooked, withdraw them, mash and strain them, and then return the consequent *purée* to the saucepan, and boil again. Just before serving, add some chervil, finely chopped.

Bacon, Mutton, and Cabbage Soup.

This soup is made with breast of bacon, a piece of shoulder of mutton, which must be boiled, like broth, for an hour. Then you add cabbage, pepper, and salt. Serve up when the cabbages are cooked.

Cheese Soup.

To make this soup properly you must use *bouillon maigre.* Take half a pound of gruyère cheese (new), grate half of it, and cut the other half into very thin slices. Put at the bottom of a vessel which will stand fire a little butter, then a

slight coating of powdered cheese, and cover with thin slices of bread; upon this bread spread some slices of cheese, then a layer of bread, then one of grated cheese; go on thus alternating the grated cheese, the bread, and the sliced cheese, until the *gruyères* be exhausted. On the last layer, which should consist of sliced cheese, put a few pieces of butter; moisten with some of your bouillon, and let it simmer, until a slight *gratin* is formed at the bottom, and the bouillon be absorbed. Then put some more bouillon, and serve very hot. This soup should be very thick. If no bouillon be at hand, water coloured by onions fried without flour can be used.

Venetian Quenelles Soup.

(*Zuppa di quenelles alla Veneziana.*)

Let two ounces of butter and an equal quantity of flour brown in a saucepan, add a little more than an ounce of grated parmesan or gruyère cheese and half a glass of strong stock; mix all together into a paste, take the saucepan from the fire, and add to the paste six yolks of eggs; mix well again, and arrange the *quenelles* in it, with a little stock, and serve.

Crécy Soup.

Choose some fine young carrots, as red as pos-

sible; hash them with a few turnips, a leek, and an onion; moisten with bouillon, pass through a sieve, and stir over the fire, without allowing it to boil; skim, and pour over sippets.

Chestnut Soup.

Take two dozen chestnuts, remove their shells, and put them into a saucepan with some water, which must warm, but not boil, until the inner skin will easily come off. When they are skinned, pound them in a mortar with a piece of bread-crumb soaked in gravy. Mix the paste with some hot bouillon, and when this is done, strain sharply through a tin cullender. If it be necessary, add a little more bouillon, and cook for half an hour. Pour it boiling over some sippets.

Potato Soup.—Make a good *purée* of potatoes. Thin it with bouillon, and when boiling pour it in the soup tureen over some fried sippets of bread.

Venetian Soup.

(*Brodetto Veneziano.*)

Break into a saucepan six whites of eggs, add a few drops of lemon-juice, salt, and pepper. Pour into the saucepan gradually, while stirring, some cold stock; then put the whole on the fire, and let it warm to the necessary thickness, stirring it all

the time, and taking care that it shall not burn. Then pour it over fried bread, and serve.

Cauliflower Soup.

Put a pinch of parsley in the water in which some cauliflowers have been boiled, and some very fresh butter; season according to taste, boil for some moments, and pour on to bread. Onions burnt with flour can be added to the water, if preferred. In both cases a few branches of cauliflower should be left in the water.

Fowl Soup for Invalids.

Take half of an old fowl, boil it for an hour in two quarts of water; add parsley, a few lettuce leaves, and very little salt.

Veal Broth for Invalids.

This is prepared as the above. Use half a pound of veal; very little salt.

Herb Broth for Invalids.

Take a good handful of chervil, a little sorrel, and some lettuce. Chop these, and boil in a quart of water; put a little butter, and very little salt.

BEEF DISHES.

Beef Bouilli.

It is understood that bouilli, or boiled beef, is the meat of which bouillon, or what English cooks call gravy soup (which is indeed the foundation of most meat soups), is made. There are many ways of making appetizing dishes with this boiled meat, which in itself is almost tasteless. It is too nutritious a food, however, to be wasted in any household. Ordinary English cooks disdain it, because they have not the knowledge necessary to commend it to the palate. Bouilli is not scraps of beef which have been boiled to dry threads for beef-tea in the old English fashion, but a substantial piece of fillet, having a fair proportion of fat.

After having been served with the bouillon a first day, accompanied by a separate dish of the vegetables which have been boiled with it, bouilli may be served up on the following day in these ways :—

Minced Bouilli.

The cold beef is finely minced and seasoned with some well chopped onion, which has been browned in butter. Add salt, pepper, and moisten with a little gravy and white wine.* Let it simmer a quarter of an hour before serving. Or the mince, before the gravy and wine are added, may be made into balls or cakes rolled in flour, and fried; and served with a tomato, a soubise sauce, or a horse-radish sauce.

Beef en persillade.—Cut some cold beef into slices, put it into a dish with some chopped parsley and eschalot and a little butter; well sprinkle with chapelure (?), and moisten with a little gravy. Let it simmer over a gentle fire for half an hour.

Beef en vinaigrette.—Cut some cold beef into thin slices, season with chervil, tarragon, pimpernel, a few capers, and a chopped gherkin, salt, pepper, oil, and vinegar. Cold boiled beef may be served in the same manner, with a sauce blanquette, sauce Robert, sauce piquante, or sauce remoulade.

Baked Beef.

Take a piece of beef, chop it with half the

* This may be an ordinary chablis or Sauterne, or if sherry, the quantity should be a third less.

quantity of suet, and put it into a saucepan with lean bacon cut into little pieces, parsley, spring onions, mushrooms, two shalots,—all these being very finely chopped; add pepper, salt, a gill of brandy, four yolks of eggs, and mix well. Line a saucepan thoroughly with strips of bacon, put the meat into it, packing it well, cover up, and stop up the edges with dough. Put into the oven for three or four hours. Remove the bacon, and skim the fat from the sauce. This can be served cold.

MUTTON DISHES.

A Roast Mutton Hash.

With slices of cold roast mutton you may make a hash as with beef. Crown it with croutons and fried eggs. Serve either with a white or a tomato sauce.

Minced Mutton.

This dish is made with cold roast mutton, very finely minced. Put the mincemeat into a sauce-pan with some butter, mushrooms, chopped parsley, and eschalot, some pepper and salt. When the whole is well browned with the butter, flour it, and gently stew with a little consommé or bouillon, and serve it just before it begins to boil.

Hashed Mutton.

This is usually made with the remains of a cold roast leg or other joint of mutton. Brown some flour in butter, in a stewpan, add pepper, salt, some chopped gherkins, and some consommé or

bouillon. Put to this sauce some thin small slices of mutton, and warm them in it, and before serving add to the sauce a few drops of vinegar.

Maccheroni alla Palermitana.

Put into a saucepan, with some butter, a pound of beef, a small piece of veal, a fowl, seasonable vegetables, and a glassful of good stock. When all is well-coloured and reduced, add more stock, and let the whole boil gently until the meats are cooked; then take out the meat and vegetables, skim and strain the liquor. Steep a pound of macaroni in boiling water, with a little salt; then strain it, cut it into pieces, and let it boil gently in the liquor of the meat and vegetables. Just before serving, mix in a saucepan four whites of eggs, half a glassful of fried breadcrumbs, half a pint of grated cheese, a little butter, and some pepper; add to the macaroni, stir well together, and serve with grated cheese.

Mutton with Beans.

Take a piece of shoulder or breast of mutton, cut it up, and brown it in a saucepan, moistening it by degrees with hot water; add beans, pepper, salt, thyme, bayleaf, a thumb of garlic, and let it stew gently for three or four hours.

Haricot of Mutton aux Salsifis.

Prepare the mutton as for a haricot, only replace the turnips by some well-scraped salsifis, cut into pieces. Carrots or potatoes can be used.

Fillets of Mutton en Chevreuil.

Prepare twelve small fillets of mutton, lard them, and pickle for two or three days. Remove them from the pickle as you are about to cook them. Put them into a saucepan, with some butter, and let them well brown; when they are cooked, serve up with some strongly seasoned sauce.

VEAL DISHES.

Blanquette of Veal.

Cut some cold roast veal into thin slices, put them into a stewpan with some sauce *blanquette*, let them simmer for a quarter of an hour, and serve.

Calf's Liver Sauté.

Cut into slices some liver, and put it on a gridiron, with eshalots, parsley, and spring onions, well chopped; add a piece of butter, and put on a quick fire. When the butter is melted, mix a pinch of flour with it. As the liver becomes a little firmer, turn it, and moisten with claret; add salt and pepper, and take it off the fire when it has boiled ten minutes. If the sauce be not sufficient, mix a little bouillon with it.

Slices of Veal à la Provençale.

With a piece of butter mixed with flour, and a few spoonfuls of oil, put parsley, eschalots, and

spring onions, chopped, with pepper and salt; stir over a gentle fire, and when it is mixed, add your slices of veal. It must not boil.

Calf's Liver à la Poêle.

Mix chopped parsley and green onions with butter, a spoonful of flour, half a glass of wine and of stock gravy, salt, pepper, and a little spice. Warm in the oven, and when quite hot, put in your slices of liver, and let them remain till thoroughly hot; but they must not boil. Serve the liver with the sauce.

Calf's Head, Rechauffé.

Re-warm the remainder of a calf's head in the liquor in which it was originally boiled, adding a sharp sauce of vinegar, chopped eschalots, a plentiful handful of herbs, and black pepper.

Fried.—Rewarm the pieces of a calf's head in the liquor in which it was boiled; dip in a well-seasoned batter, fry sharply, and serve with fried parsley.

Or, these *restes* may be served up with black butter.

Calf's Liver à l'Italienne.

Cut some liver into very thin slices; chop fine

some parsley, spring onions, mushrooms, two eshalots, and half a thumb of garlic, and powder half a bayleaf and thyme. Butter the bottom of a saucepan, and put a layer of liver; over this sprinkle some pepper, salt, herbs, and butter. Go on alternating, in the above fashion, the layers of liver and the seasoning, until all the former be used up. Let it cook over a slow fire for an hour, then take it out of the saucepan, and put into it a little butter well mixed with flour, or some good olive oil, with the juice of half a lemon or a dash of vinegar; thicken the sauce, stirring it with a spoon. If there is not enough, add some gravy or bouillon. Put the liver back into the saucepan to warm it, and then serve it up.

Calf's Brain en Salad.

(*Cervilla di vitello in insalata.*)

Cold calf's brain should be pickled as fish is pickled, and served as follows. Place in the centre of the dish some salad, garnished at the edge with hard-boiled eggs cut into quarters; alternate these with tufts of lettuce. Cut the cold calf's brain into small pieces, dip them into mayonnaise sauce, dispose them on the top of the mound of salad, and serve them, accompanied with mayonnaise sauce.

Cold Sweetbread.

Sweetbread that has been already cooked can be re-served as follows. Pound it in the mortar with a little ham, if there be any, and some of the fat and sinewy parts of the veal. Add salt and pepper, a little spice, two whites of eggs, a spoonful of melted butter; a little white wine or Madeira, if possible, and a truffle or two, chopped finely, will greatly improve it. Put the paste into a mould, cover it with pieces of ham or bacon, a laurel leaf or two, add a little wine, and cook it *au bain-marie* (that is, with fire underneath and above), and an hour previous to serving put it in the oven. When ready, take it out of the mould, cut it into strips or lozenges, and serve with truffle sauce.

Calf's Head en Tortue.

The remains of a boiled calf's head may be treated in the following manner. Put into a large saucepan a quarter of a pound of butter, a pound of bacon, three spoonfuls of flour, pepper, salt, a little water, and a bottle of good white wine. Add two onions, a bouquet, and some cloves. Prepare the things which are necessary for a *tortue*, viz., quenelles of veal, cockscombs and kidneys, pieces of calf's tongue and brains, sweetbread cut up,

mushrooms, etc. Put these into the sauce, and when they are cooked, take out the onions and the bouquet and the cloves, and put the calf's head in, and let it just boil. Then put it into a dish, and the sauce over it, also some gherkins, crayfish, and nasturtium seeds preserved in vinegar.

Bodin alla Milanese.

If any calf's liver stuffing should be left from yesterday's dinner, spread it out on the paste-board, which has been already sprinkled with breadcrumbs, roll it out in the shape of a roly-poly pudding, then cut it into round slices of about two inches in thickness; dip these in egg and in breadcrumbs, fry them slowly to a bright colour; then, when they are fried, cut off the top of each slice, scoop out a little of the inside, and put in its place a mixture composed of white sauce, pieces of tongue and brains, scraps of chicken and gherkin; replace the thin slice taken from the top, and serve immediately.

Calf's Head à la Poulette.

Put a few herbs in some butter, with some flour, some bouillon, very little salt, and some pepper-corns. Let this sauce boil for a quarter of an hour; put the calf's head in it, and let the sauce

just simmer enough to warm it. As you are about to serve up the head, thicken the sauce with two or three eggs, in proportion to the size of your dish; don't let it boil, and add the juice of a lemon or a dash of vinegar.

Calf's Liver à la Maitre d'Hôte.

Cook in butter some slices of calf's liver, of the thickness of a finger, put them in a hot dish, in which you have put beforehand a good piece of butter, parsley, chopped spring onions, pepper and salt. Add the juice of one lemon.

Calf's Head, en papillotes.

Put some slices of liver in pickle, and throw in a well-oiled piece of paper between two thin slices of bacon, with herbs. Put the liver on the gridiron, and serve up when it is of a good colour.

POULTRY.

Fricassee of Chicken.

Cut up a cold fowl; melt a little butter in a saucepan, and put in the fowl. Add a very little water, pepper, salt, *bouquet garni*, and some mushrooms. Stew it slightly, and stir in the sauce, before serving, two yolks of eggs, well beaten.

Chicken Marengo.—Cut up a cold fowl, and put it in a stewpan (the legs before the rest), with a little oil, and clove of garlic chopped up, pepper and salt, and warm it over a quick fire. Add some mushrooms, sliced truffles, if handy. Have ready some sauce à l'Italienne, mix with it the oil and the other ingredients which have been cooked with the chicken, pour into a dish, and serve the chicken on it.

Capon, Savoyard Fashion.

(*Chaufoiroid di cappone alla Savojarda.*)

(*Chaufroid de chapon à la Savoyarde.*)

Prepare the sauce (*chaufroid*), and pour it over

the capon, already cooked and cut up ; garnish with foie gras and truffles, tongue, slices of truffles cooked in wine and meat jelly.

A Ragout of Chicken.

Put some small mushrooms in a stewpan, with chopped herbs, butter, and a little flour. Add some white wine. When the mushrooms are cooked, warm your pieces of cold chicken in the sauce, but it must never boil. The legs or less tender or cooked parts of poultry are best fried. Dip them in rather solid batter,* and fry sharply.

A Chicken Gateau de Riz.

Thickly line a pan with soft-boiled and well-seasoned rice. Spread your *restes* of chicken upon the dainty bed, and cover them with another blanket of rice. Cook in a gentle oven. A good, nutritious, and easily digested dish.

Fowl with Onions.

Stew some small onions, sprinkled with white sugar, in butter ; also some bacon cut in squares. Add some stock gravy. Stew your pieces of fowl in it. When you serve, arrange the onions about

* I think chopped tarragon may be mixed with the batter with advantage.—*F.B.*

the meat, with slices of lemon. Pour the sauce over the whole.

Croquettes of Chicken.

Melt in a saucepan a good lump of butter, add parsley and mushrooms (chopped), two spoonfuls of flour, salt, pepper, and nutmeg; brown and moisten with some bouillon and cream. The consistency of the sauce must be thick. Cut up the meat of a cold fowl into little cubes, and put them in the sauce. Let cool, and make into balls, and dip in breadcrumbs. Dip them into beaten egg, and into breadcrumbs again. Fry to a good colour, and serve up with fried parsley. Croquettes of veal, leveret, and all varieties of poultry can be made as above.

Pickled Chicken.

All poultry may be pickled, even pigeons. Cut up a chicken, prepare some pickling made of equal parts of vinegar and bouillon, salt, pepper, parsley, spring onions, onions, and bayleaf. Put the chicken in the above, and let it remain for two or three hours, keeping the saucepan on hot ashes. Let the pickling run off, dip the pieces in beaten egg, roll in flour, fry, and serve up with fried parsley.

Fowl au Riz.

This is the best way to cook a fowl which has proved tough. Put it in a saucepan, and cover it with water; add salt, a little thyme and bayleaf, cloves, three onions, two carrots, and some fat bacon in slices. When the fowl is two-thirds done, remove the onions and carrots, and add a pound of well-washed rice. When the moisture has been absorbed by the rice, remove the fowl, and serve it upon the former.

A cock can be cooked in the same manner, and both cock and fowl make good broth for invalids, and good stock for sauces, etc.

A fowl can be cooked *au riz* in the *pot-au-feu.* Boil some bacon cut into small slices, in a saucepan, in which put the fowl, a quarter of a pound of rice, a bouquet, pepper and salt, and moisten with bouillon. As fast as the rice swells, add more bouillon. Serve up.

Cold Turkey.

The limbs of a cold turkey should be cast upon the gridiron, and eaten with mustard, oil, and chopped gherkins.

Cold goose is best broiled (after being dipped in oil), served on a bed of *purée* of onions, and eaten

with a tartare, remoulade, or other pungent sauce. Or they may be served *en salmis*.

Turkey's Wings.

Take the wings of a cold turkey, dip them first in some butter melted, then in breadcrumbs and yolk of egg, and lastly in breadcrumbs. Broil them, and serve them with some maître-d'hôte, or tomato sauce, or with sauce piquante.

Turkey Giblets.

Scald them and trim them, and put into a sauce-pan with a bunch of parsley, spring onions, a thumb of garlic, two cloves, thyme, bayleaf, mushrooms, and brown them. Then dredge with flour (a spoonful), moisten with water, or better with bouillon, and season with pepper and salt; cook, and reduce the sauce. When they are cooked, take out the bouquet, thicken the sauce with three yolks of eggs, but don't let it boil.

Cold Duck à la Genoese.

A cold duck should be cut up, and placed in a dish as if it were intact. Prepare a *remoulade* sauce, and having well worked it pour it over the duck, which may be garnished with olives and mushrooms, herbs, and slices of lemon.

Goose Legs à la Lyonnaise.

Take three or four quarters of geese, and scald and fry them in their own fat; cut up half a dozen big onions, and fry them in the fat in which the goose has been cooked; when they are nicely browned, dispose them in a dish with the goose, and serve the whole with pepper sauce.

The wings of the bird may be treated in the same manner.

Cold Pigeons à l'Italienne.

(*Picconi freddi all' Italiana.*)

Cut the bones away from the cooked pigeons, leaving only the wing-bones, arrange the pieces as if they were cutlets, and pickle them in oil, lemon juice, salt, etc. Having prepared some vegetables apart, put in the middle of the dish a slice of fried bread, on which should be disposed the vegetables. Decorate the dish with cabbage and Brussels sprouts, and pour on the whole a good mayonnaise sauce. Then arrange the pigeon cutlets round the fried bread and vegetables in the centre, and garnish with meat jelly.

FISH.

Turbot Salad.

(*Insalata di rombo.*)

Cut the cold turbot into uniform pieces, and pickle it. Then prepare a salad of cauliflower, French beans, Brussels sprouts, and potatoes. Pile them into a pyramid on a dish, surrounding the salad with the slices of turbot, and poor over the whole a mayonnaise sauce, which may be varied with young onions and truffles. This dish may be garnished with eggs cut in quarters and meat jelly.

Mayonnaise of Herrings.

Fillet some fresh herrings, broil them, and when cold serve them with a mayonnaise sauce.

Fish Puddings à la Visconti.

(*Bodini di pesce alla Visconti.*)

Fish-stuffing (made of fresh fish mixed with potatoes, salt, butter, pepper, eggs, and herbs)

may be converted into excellent puddings. Divide into separate parts, and roll each part in flour into thin strips like macaroni sticks; twist them into the shape of an S, put a skewer through them, and cook them in boiling water. When they have become somewhat solid, take them out of the water, and from the fire; let them get cold, take out the skewers, dip them into egg and breadcrumbs, fry them crisply in butter, and serve.

Bloaters Breaded.

Split the bloaters up the back, take off the heads and tails, and remove the back bone; dip them in a little butter melted, then in bread-crumbs mixed with herbs (*fines herbes*), in yolk of egg, and lastly, in the breadcrumbs; boil them, and moisten them with a little oil.

Anchovy Salad.

Chop separately the yolks and the whites of two hard-boiled eggs, also the herbs for salad. Set these out tastefully on a dish, and place upon them the anchovies. Add a little vinegar and some oil.

Lobster Salad.

Cut up the flesh of a lobster, make it into a

salad with lettuce and slices of hard-boiled eggs, capers, sliced gherkins, and anchovies. Season with oil, vinegar, peper, and salt.

Bloater Omelette.

Broil lightly some bloaters, remove the bones, and chop them up, and put into the omelette. Put no salt in the eggs. In the same manner, and also without salt, you can make a ham omelette.

GAME.

Salmi of Pheasant à la Milanaise.

(*Salmi di fagiano alla Milanese.*)

Cut a couple of pheasants, already cooked, into four pieces, take away the internal parts, and pound them in the mortar, adding a little of the gravy in which the pheasants have been cooked. Place the pheasant in a dish garnished with fried bread, add to the sauce some slices of truffle, let it boil a few moments before adding a drop or two of lemon-juice, then pour it over the pieces of pheasant in the dish, and serve.

Partridges à la Chipolata.

Cut up a cold partridge and some bacon into small pieces, put them into a stewpan with a little butter; when brown, remove them, and brown a little flour in the saucepan with the butter. Put back the bacon and partridges, and add, in equal parts, enough bouillon and white wine to stew

them—a very short time is sufficient; skim off the fat, and serve with fried sippets.

Salmi of Partridges.

Put into a saucepan a piece of butter mixed with flour; allow to melt without browning; add a few strips of bacon, two whole shalots, a bouquet, pepper, and a little salt. Moisten with half a glass of white wine, and as much bouillon. Take off the limbs and the breast of your partridges (remaining from yesterday), and warm in this sauce, without letting them boil; take them out, and set out on sippet; moisten them with this sauce, having taken out the two eshalots and the bouquet.

Partridge Salad.

Cut up your cold partridges, trim and serve upon the hearts of lettuces, eggs, gherkins, anchovies, and capers. Season as a salad, and serve.

Partridges au Gratin.

Cut up some of yesterday's roasted partridges, and warm them in a little bouillon, with parsley, pepper, salt, and a dash of vinegar. Put in a dish which can stand the fire a piece of butter, pepper, salt, parsley, and chopped shalots; also a handful of raspings. Upon this put the partridges, sprinkle

with raspings, brown them in the oven, and serve hot. They can be served with a truffle sauce.

Game Purée.

All game *purées* are made in the same way. Stew a hare or partridges in bouillon, bone them, and pound the flesh in a mortar. Thin this with a little of the bouillon in which it has been stewed, and pass through a sieve. It may serve either as an *entrée* or for soup. If for soup, more bouillon must be added, and the soup poured on bread cut into dice and fried in butter. Vegetables for *purée* may be either boiled in water with some salt in it, or in bouillon.

Hare Pie.

Hare and rabbit pies are prepared in the same manner.

Prepare a hare, put the limbs and slices from the breast in a saucepan, with half a pound of butter. Let it gently brown for half an hour. Then take the rest of the flesh from the hare, and chop with fat bacon, an onion, two shalots, a thumb of garlic, parsley, bayleaf, and thyme. Add spice, pepper, salt, and mix the whole with brandy and white wine. Butter a mould, and line it with paste. Put in the meat, cover up, and bake.

Civet of Hare.

Cut some lean bacon into small pieces, and fry them in the stewpan with some butter. When brown, take them out, and put in a hare, also cut into pieces; brown in the same way, put back the bacon, flour that and the hare, and stew in equal quantities of bouillon and claret. Add salt, pepper, small onions, and a *bouquet garni*, and serve with the sauce poured over.

Minced Hare en Terrines.

Bone your hare, and mince it with a good piece of pork, a little veal, parsley, and spring onion; put the mince in it, with some fat bacon; add pepper, salt, thyme, and bayleaf. Take a pie-dish, line it with strips of bacon, moisten with a little brandy, cover with slices of bacon, cover up with a lid, and seal up the edges with dough. Bake for four hours.

Leveret Sauté.

Cut up a leveret, and let it stew (or *sauter*) with some butter in a saucepan until it becomes a good colour, and on a brisk fire. Add mushrooms, pepper, salt, parsley, and chopped spring onions, with a little flour. Moisten with half a glass of bouillon, a little white wine, and serve.

Rabbit

May be treated as the above.

Hare with Mushrooms.

This dish is usually made with the remains of a roast hare. Cut the flesh into pieces, and have ready some bacon, also cut into small pieces; fry the bacon, and put it into a dish, sprinkling some baked breadcrumbs over it, and adding some small onions, mushrooms, and chopped parsley. On this arrange the pieces of hare, and cover them with another layer of mushrooms, onions, parsley, pepper, and salt. Spread over this a layer of baked breadcrumbs, and then here and there some small pieces of butter; moisten with a little gravy or bouillon, and cook it in the oven, or over a slow fire, putting in front of the fire to brown. When a good brown, serve.

Rabbit Gibelotte.

Cut up a rabbit, and put it into a stewpan, with some butter and some lean bacon cut into small pieces. When it is beginning to colour, flour it well; and when brown, moisten with equal parts of bouillon and white wine or claret; add some mushrooms, small onions, salt, pepper, and a

bouquet garni; and when the rabbit is cooked, skim the sauce, and pour it over the rabbit, adding some fried sippets.

Rabbit à la Tartare.

Bone a young rabbit, cut it in pieces, soak it in oil, with some salt, pepper, eschalots, onions, and chopped parsley. Dip it in breadcrumbs into which a little salt has been put. Broil the pieces, and serve with a *tartare* sauce.

Rabbits may also be cooked in the same way as veal *en fricandeau,* or with sauce blanquette, or with green peas, in the same way as pigeons.

Rabbit à la Poulette.

Cut up a young rabbit, brown it in a stewpan with some butter, flour it well, and moisten it with a little consommé and white wine in equal parts. Add a few mushrooms, some parsley, pepper, salt, and a small onion or two. When cooked, thicken with a couple of yolks of eggs beaten.

Croquettes of Rabbit.

Cut into small pieces the flesh of a cold roast rabbit (a young one is best), and some cold breast of veal, or fat of veal, about one-third veal to two-

thirds rabbit. Melt some butter in a stewpan, and add a little flour to it, turning it the while. Put in some chopped parsley, pepper, salt, and a few mushrooms cut up, and a little cream or milk, and some bouillon, equal quantities of each, but the butter and herbs, etc., must be moistened with the liquid before the flour has browned. Let the mixture boil till it becomes very thick. Set it to get cold, and then mix with it the rabbit and veal. Make the whole up into balls or cakes; egg and breadcrumb them *twice*, and fry a golden brown.

Rabbit à la Saint Lambert.

Cut up a young rabbit, and stew it in some consommé, adding a few carrots, onions, turnips, some celery, salt, a *bouquet garni*, and a little spice. When the rabbit is cooked, take it out, strain the vegetables which have been stewed with it, and mash them into a pulp; then add to this a little of the liquor, and pour over the rabbit, which has been previously arranged in a dish.

Rabbit Salad.

(*Insalata di conigliolo.*)

Cut a cold rabbit into slices, and put it in an earthen pan, steeped in olive oil, salt, pepper, a few drops of lemon-juice, some spice, and a bou-

quet of chervil, thyme, laurel-leaf, and tarragon. After an hour or two, add a few spoonfuls of jelly from meat or from the rabbit; stir it all up until the jelly and the liquor form a thick sauce; dispose it in a dish garnished with eggs cut in quarters, and a salad of lettuce, and serve with mayonnaise sauce.

VEGETABLES.

Macedoine of Vegetables.

Cut some carrots and turnips into small pieces of an even and equal form, put them into a stew-pan with some butter, and brown them; add to them some white haricot beans, French beans, small broadbeans (if at hand), some asparagus points, some green peas, Brussels sprouts, and mushrooms, all previously boiled in water; add a little bouillon, and stew for an hour. Before serving, stir in a piece of butter melted with a little flour. If necessary, the bouillon can be replaced by consommé or by milk, in which latter case a little sugar may be added.

Stewed Olives.

Brown in butter a few spring onions and some finely chopped parsley; moisten with gravy or good bouillon, a glass of white wine, some capers, and an anchovy pounded in a spoonful of olive oil. Put into the sauce some olives cut into spirals.

Let it just boil, and thicken the sauce with some butter and flour, mixed and browned apart.

The centre of the olives may be filled with a cooked stuffing.

Potatoes.

Potato Balls.—Take some cold potatoes, peel them, and pound them in a mortar with a little salt, nutmeg, chopped parsley, and a small spring onion chopped. Add some eggs beaten up, and some milk. Make into a stiff paste, and divide it into balls. Fry a nice light brown.

Potatoes à la Crême.—Cut some cold potatoes into slices. Put into a saucepan a little flour, and melt some butter in it, stirring the while. Add a little cream, salt, pepper, and nutmeg. Put the potatoes in this sauce, let them boil two or three minutes, and serve.

Potatoes Duchess.—Make some potatoes into a paste, the same way as directed for potato balls. Shape the paste into little flat cakes. Put them into a stewpan, with a little butter, brown them slightly. Serve in a dish into which you will have poured a hot cream sauce very slightly sugared.

Potatoes à l'Etuvée.—Boil some potatoes, peel them, cut them into slices, and put them into a stewpan, with some butter. When the butter is

melted, add a little flour, pepper, salt, a small spring onion, and some chopped parsley. Add a little bouillon and a small quantity of white wine. Reduce the sauce, and serve. This dish may be made with cold potatoes.

Potato Cake.—Boil or steam some potatoes, peel them, and mash them well with some cream and some yolks of eggs, beaten. Put them into a stewpan, with a little butter, sugar, and orange-flower water. Stir the mixture over the fire continually until it becomes smooth and thick. Butter a mould, and sprinkle over it some bread-crumbs; put in the potatoes, and bake in a slow oven. Turn it out carefully when done, and serve.

Potato Salad.—Peel and cut into slices some cold potatoes. Put them into a salad bowl, with some anchovy fillets, some capers, beetroot, sliced gherkins, and some fine herbs. Make into a salad with oil, vinegar, pepper, and salt.

Potato Fritters.

Peel and put into a mortar some potatoes, either baked or steamed. Mix with them a little butter, milk, or cream, one or two raw eggs, according to quantity, a little salt, and brandy, and beat the whole into a smooth paste. Make the paste into

balls, dip them in flour, and fry them a pale brown. Drain, and sprinkle powdered sugar over them.

Potatoes en Matelotte.

Boil some potatoes, and when they are cooked peal them, cut them in half, and put into a sauce-pan with a piece of butter, bouquet, spring onions, pepper, salt. Moisten with bouillon or water, and a glass of wine. Boil, thicken the sauce by stirring, and serve up.

Potato Soufflé.

Take a pint of cream, a third of a pound of sugar, six teaspoonfuls of potato-flour, and four yolks of eggs. Mix the flour with the eggs and the cream, add a piece of butter the size of an egg, and a little lemon-peel. Put the mixture on the fire, stir it, and let it just boil. Take it off, and when it is cold, add six yolks of eggs, beaten up. Beat four whites of eggs, mix them swiftly and lightly with the rest, put the whole in a dish, put the dish in the oven, and let it rise.

Stuffed Potatoes.

Peel some fine potatoes, and half boil them. Take them out, and in each one carefully hollow out a good-sized hole, which fill up with a stuffing

made of sausage-meat or the mince of any cold meats in hand, breadcrumb soaked in milk, butter, yolks of eggs, chopped parsley, pepper, and salt. If you have any gravy, moisten the stuffing with it; if not, with some bouillon; also pour some over the potatoes. Bake gently in a slow oven.

White Haricot Beans.

(*A strangely neglected vegetable in the English kitchen.*)

Both fresh and dried haricots are cooked in water, with a little salt put in when they are half done; the only difference is that fresh beans are put into boiling water, and the dried into cold. The following are among the various ways of eating them:—

A la Maitre d'Hôte.—Take them out of the water when done, drain them, put them into a stewpan, with a little butter, salt, and some fine herbs, and lightly stew for a few moments.

With Gravy.—Brown some butter in a stewpan, put in the haricots, which have already been boiled, moisten with some gravy or bouillon, and add a little salt and pepper.

With Onions.—Brown some sliced onions and butter in a stewpan. Put in the beans, with a little of the water in which they have been boiled, and stew them for a few moments.

As a Salad.—Cold haricots may be served as a salad, by well draining them, and mixing them with a few fine herbs.

It should be understood that haricot beans are cooked to perfection when the skin, like that of a potato, is at the point of cracking.

Cauliflower Pie.

Mash cold cauliflower with fresh butter and grated gruyère cheese; add six beaten eggs for each cauliflower, season, pour into a mould, and let it cook in the oven for a quarter of an hour. This is an Italian dish.

Cold Cauliflower.

An excellent summer dish. The cauliflower is served cold, each diner dressing with oil and vinegar to his taste.

Or, Cold cauliflower may be gently warmed with a little butter, powdered with parmesan cheese, and browned in the oven.

Purées of Peas, Lentils, Beans, Broadbeans, etc.

Boil some peas in bouillon, with a few onions and carrots, mash them in a mortar, and pass them through a tammy just before serving them up. Trim the dish with bread cut into dice, and crisply fried in butter.

To keep the peas to their original colour, squeeze over them the juice from a handful of boiled chopped spinach.

Lentils and beans may be treated as above. The *purées* which are to be served underneath meat should be warmed with a little butter, or graved.

Cucumber Salad.

Empty some cucumbers when you have peeled them; cut into thin slices, which you must salt strongly some hours before you use. Strain several times, and when they have well dripped, season as a salad.

Stuffed Cucumbers.

Having peeled some cucumbers, empty them; fill them with cooked stuffing, and stop the hole up. Put them in a saucepan, with butter, a bouquet, and bouillon; let them simmer for three-quarters of an hour, and use the water they have been boiled in for a sauce, but reduce it.

Cabbage à l'Allemande.

Clean and trim a cabbage, and throw it for a moment into boiling water to whiten it. Put it into a saucepan, with a little bouillon, some small

pieces of bacon, and some sausages, and when cooked, serve in the gravy.

Stuffed Cabbage.—Trim and clean a cabbage, take off all the hard and dark leaves, and plunge it into boiling water; cut it into four, down the middle, without quite separating it. Fill the middle and the spaces between the leaves with sausage meat and strips of bacon; put it into a saucepan, bottomed with bacon, and add a few sausages, some onions, carrots, and a bouquet of herbs. Moisten with some bouillon, and cook it over a slow fire for four hours. When done, turn the cabbage into a dish, and put the sausages round it. Skim and reduce the bouillon, and pour it over the cabbage.

Lentils.

Lentils are cooked in the same way as white haricot beans. They also make an excellent *purée.* The smaller variety is the best.

A dish of lentils, with boiled bacon, or with slices of hot modenes sausage (as the Milanese eat them) are excellent, and most wholesome and nutritious.

Corn-flour à la Pemontaise.

(*Polenta alla Piemontese.*)

Prepare with flour and butter seven or eight

tartlets, and fill them with polenta (maize-flour); then cover the polenta with butter and grated cheese. Heat them over the fire for a few moments, then lay them out in a dish, pour some good meat gravy over them, and serve with gravy as sauce.

Stewed Lettuces.

Pick some lettuces, whiten them in boiling water for a few minutes, put them in cold water, and let it run off. Brown some bacon cut into dice, a few slices of onion, and butter; when these are of good colour, sprinkle them with flour, and let them brown more, turning them the while. Moisten with gravy or good bouillon; add pepper, salt, a clove, and a bouquet. Just when the sauce has boiled, strain it; put it back in the saucepan, with the lettuces cut up roughly. Leave the sauce uncovered, so that the water proceeding from the lettuces may evaporate.

When they are cooked, if there be too much sauce, let them drip, and thicken it with some butter mixed with flour.

Green Peas with Bacon.

Cut some bacon into small pieces, and brown it in the stewpan with some butter. Add a little

bouillon, or water and bouillon together, and put in the peas, with a little salt, a few small onions, the heart of a lettuce, and a *bouquet garni*, and stew till the peas are cooked; skin, and serve. About half a pound of bacon is sufficient for half a peck of peas.

Fried Celery à l'Italienne.

(*Sedano fritto all' Italiano.*)

You have some celery left in the larder. Divide a few sticks into equal pieces, and cook them gently in a saucepan with gravy, lard, a little piece of ham or bacon, salt, and pepper. When they are cooked, take them off the fire and let them get cold, then dip each piece into egg and breadcrumbs, and fry the whole; when arranged in a dish preparatory to serving, pour tomato sauce on the celery.

Stewed Chestnuts.

Well roast some chestnuts, peel them, and put them into a stewpan, with half their weight of loaf sugar, and some water—half a pint to a pound of sugar. Let them boil for a quarter of an hour, add some lemon-juice, and serve.

Mashed Onions.

Peel and slice as many onions as are required;

put them in a saucepan with some butter, until they are a nice brown. Sprinkle a little flour over them, letting them brown as you stir. Add some bouillon and half a glass of white wine. Let simmer and reduce over a small fire. They can be used thus, or be passed through the sieve with a wooden spoon.

You can make a white *purée* by not browning the onions, and moistening with a little cream.

Stewed Turnips.

Take some good turnips, peel them well, and cut the larger ones in two. Put into a saucepan some butter and half a spoonful of powdered sugar, put in the turnips so that they may be coloured; moisten with bouillon; add salt, pepper, and a bouquet; let them stew slowly, remove the bouquet, and serve up.

SWEETS.

To the housewife who has no command of *plats sucrés* without help from cookery books, I should recommend Francatelli's "Royal Confectioner" for ambitious occasions, and a most excellent American book for daily suggestions, viz., "Breakfast, Dinner, and Tea," an English edition of which is to be had.

This American work teems with excellent suggestions, as, for instance, for "Gipsy's Pudding":—

"Cut stale cake in slices, and lay them in a pudding-dish. Wet them a little in wine [or with rhum or maraschino, baba-fashion—F. B.] Make a custard, and pour over the cake. Serve cold."

Here is an easy

Southern Trifle.

"Take the weight of four eggs in powdered sugar, and the weight of two eggs in flour, to which add one teaspoonful of rose-water, and two table-spoonfuls of Madeira (or sherry). Beat the whites of four eggs until they froth, and the yolks

of the same with your flour and sugar until quite light. Then mix all well together, put it into an earthen dish, and in seven or eight minutes it will be baked. Have your baking-dish well buttered." An excellent addition to a dinner on an emergency.

Boiled Puddings.

The same author lays down four golden rules to be observed for all boiled puddings, which a housewife should remember to insist upon.

"1. The bag or cloth must be soaked thoroughly in hot water, wrung and cooled, and the inside well dredged with flour, in order that the pudding shall not stick to the cloth when it is taken out.

"2. The water in the pot must always be boiling when the pudding is put in, and continue boiling the whole time; otherwise the water would soak into the cloth, and make the pudding heavy.

"3. As the water boils away, always replenish the pot from another kettle of boiling water. The teakettle is generally the most convenient and ready for use.

"4. Never replenish with cold water, as that will make the pudding heavy."

With these samples of the American authority on "Breakfast, Dinner, and Tea," I commend the

book to the forlorn housewife who has not a store of recipes in her desk; for in it she will find an extraordinary collection of original *plats doux.*

Does she want a novelty for Christmas, let her try that old Christmas dish, Apple Florentine: the receipt for it is in Hone's "Every-Day Book," as well as in "Breakfast, Dinner, and Tea."

In Francatelli will be found the simplest as well as the most ornate confectionery, from muffins to jewelled ornaments in caramel sugar, and imitation soufflé, iced à la Londonderry, and Macedoine ice. His fruit beverages are various, and many of them easy enough to make.

Two hints, to conclude :—

Poires-Kosiki.

The latest culinary conception, by Paul Brébant, is not a difficult *plat* to manage.

Bake some fine pears, sprinkle with blanched almonds, garnish with apricot jam (or mirabelles, if procurable), powdered with carefully washed currants.

Another easy *plat* of pears.

Charlotte de Poires.

Peel and quarter some pears (removing the pips), *sautez* in butter, and when cooked, flavour with a

suspicion of rum and maraschino and a squeeze of lemon.

Line a mould with slices of bread lightly fried in butter, turn the pears into the mould, bake for a few moments in the oven, then turn out, and serve just powdered with sugar.

Extempore Apple Pudding.

If you have any stewed apples, boil one pound of rice, and when it is hot, stir in three or four tablespoonfuls of the apples, two ounces of butter, half a pound of sugar, and a teaspoonful of powdered cinnamon. Serve it hot, with sauce of butter and sugar beaten to a cream, with nutmeg grated over it. The above pudding can be varied by stirring in berries, jelly, or any other stewed fruit, instead of the apples.*

Spanish Charlotte.

Place crumbs of stale cake on the bottom of your pudding-dish, pare tart, apple, or any other acid fruits, and put a layer over your cake-crumbs. Continue them alternately until the dish is nearly full, making the cake-crumbs form the top. Pour a custard over it and bake it. Serve with a sauce

* "Breakfast, Dinner, and Tea." D. Appleton and Co., New York.

of sweetened cream or butter and sugar, flavoured with wine or brandy.*

Apples, or Pears, or Peaches, with Rice.

Gently boil a quarter of a pound of rice in a sufficient quantity of milk, with as much sugar, and some grated lemon peel. Peel eight apples, and remove the cores. Boil in water with some sugar and the juice of a lemon. When they are boiled, take them out, and make a mash with other apples and the water they have been boiled in. Mix this with the rice, adding the yolks of four eggs. Spread out in the bottom of a pie-dish, fix the apples half in it, and fill up the holes left by the cores with some jam. Brown slightly in the oven.

Russian Soufflés.

The Russians serve apple and other jams en soufflé. Petit says: "Sharply mix the whites of twelve eggs, add a pound and a half of apple or other jam, mix gently; put the whole in a silver or enamelled saucepan; give it a pyramidal form by raising it with a knife; sprinkle with white powdered sugar, heat in a gentle oven, and serve with clotted or rich cream." †

* "Breakfast, Dinner, and Tea." D. Appleton and Co., New York.

† "La Gastronomie en Russie." Par A. Petit. 1860.

THE TABLE.

THE foundations of the art of good dinner-giving lie all over the house. He cannot give a good dinner, who has to upset or revolutionise his household in order to receive guests.

A well-appointed table is appointed well every day.

It should be so thoroughly ordered as never to require an excuse when a guest suddenly presents himself. This is not a matter of expense, but of order and taste. Spotless linen, brilliant glass, and shining plate and cutlery are within the means of modest fortunes. A vase and a fresh flower give grace at an infinitesimal expense. A bit of fish, a cutlet, and a tart make a banquet, when served, as with a little taste and no trouble they may and should be.

The housewife should begin with a simple table; simple ornaments; a simple *menu*. When all these have been brought to perfection, the extra ornament and extra dishes of gala days will suggest

themselves easily. The constant aim must be to have everything, down to the simplest adjunct or condiment, in perfection. A perfect table-cloth is the canvas upon which the housewife has to begin her duties. The dining-room must be a cheerful, not over-ornamented, place; full of sweet warm air, just flavoured with flowers in the winter, and in the summer cool without draughts. The chairs should be comfortable, but cool seats; and each guest should have ample room at table. I have said elsewhere: "The plentifulness and purity of table linen in the poorest public and private establishments of France strike any traveller. In England, abundant snowy linen is not the invariable rule. It should be everywhere; for any table is in excellent taste that has a speckless damask, spotless silver, and glass without blurr or flaw. Our tendency in England is towards over-ornament. We have too lavish a display of silver, or, which is worse, of electro-plate; too many flowers; over-bearing epergnes, over-lofty candelabra; a redundancy of glasses and knives and forks—an over-bountiful dessert, blocking the perspective of the table. The French host gives you little fruit; but all he does give is of the most exquisite kind." A high gastronomic authority has remarked that a well-dressed dinner will

be always a well-served one; but this does not apply to English hospitality or domesticity. How often, in the course of a single season, does the London diner-out see a good dinner spoiled by bad service, and a well-appointed table furnish forth an interminable series of pretentious and execrable *entrées!* The perfect dinner, perfectly served, is a rare feast indeed in our country. We incline to ostentatious, which is always unsatisfactory, hospitality. We invite too many guests; we give too many dishes; we waste good wine by mixing many crus at our feast; we spoil our palates with too much champagne; and all our dinners are alike—with a few striking exceptions that will occur to the practised English gourmet.

The author of the Original,* whose papers on dining I would commend to the serious attention of any housekeeper and man and woman of taste, divided dinners into three classes:—

"There are three kinds of dinners—solitary dinners, every-day social dinners, and set dinners; all three involving the consideration of cheer, and the last two of society also. Solitary dinners, I think, ought to be avoided as much as possible,

* "The Original." By Thomas Walker, M.A. Edited, with a Memoir, by Blanchard Jerrold. Grant and Co., 1874.

because solitude tends to produce thought, and thought tends to the suspension of the digestive powers. When, however, dining alone is necessary, the mind should be disposed to cheerfulness by a previous interval of relaxation from whatever has seriously occupied the attention, and by directing it to some agreeable object. As contentment ought to be an accompaniment to every meal, punctuality is essential, and the diner and the dinner should be ready at the same time. A chief maxim in dining with comfort is to have what you want when you want it. It is ruinous to have to wait first for one thing and then another, and to have the little additions brought when what they belong to is half or entirely finished. . . . Indeed, I recommend an habitual consideration of what adjuncts will be required to the main matters; and I think an attention to this, on the part of females, might often be preventive of sour looks and cross words, and their anti-conjugal consequences. There are not only the usual adjuncts, but to those who have anything of a genius for dinners, little additions will sometimes suggest themselves, which give a sort of poetry to a repast, and please the palate to the promotion of health. As our senses were made for our enjoyment, and as the vast variety

of good things in the world were designed for the same end, it seems a sort of impiety not to put them to their best uses, providing it does not cause us to neglect higher considerations. The different products of the different seasons, and of the different parts of the earth, afford endless proofs of bounty, which it is as unreasonable to reject as it is to abuse. It has happened that those who have made the gratification of the appetite a study have generally done so to excess, and to the exclusion of nobler pursuits; whilst, on the other hand, such study has been held to be incompatible with moral refinement and elevation. But there is a happy mean, and as upon the due regulation of the appetite assuredly depends our physical well-being, and upon that in a great measure our mental energies, it seems to me that the subject is worthy of attention, for reasons of more importance than is ordinarily supposed."

Eight is the utmost limit of a comfortable dinner, when the conversation can reach round the table. Mr. Walker describes his idea of one:—

"See a small party with a dish of fish at each end of the table, and four silver covers unmeaningly starving at the sides, whilst everything pertaining to the fish comes, even with the best

attendance, provokingly lagging one thing after another, so that contentment was out of the question; and all this is done under the pretence that it is the most convenient plan. This is an utter fallacy. The only convenient plan is to have everything actually upon the table that is wanted at the same time, and nothing else; as for example, for a party of eight, turbot and salmon, with doubles of each of the adjuncts, lobster sauce, cucumber, young potatoes, cayenne, and Chili vinegar; and let the guests assist one another, which, with such an arrangement, they could do with perfect ease. This is undisturbed and visible comfort. I am speaking now only with reference to small parties. As to large ones, they have long been to me scenes of despair in the way of convivial enjoyment. . . . . I remember once receiving a severe frown from a lady at the head of her table, next to whom I was sitting, because I offered to take some fish from her, to which she had helped me, instead of waiting till it could be handed to me by her one servant: and she was not deficient either in sense or good breeding; but when people give in to such follies, they know no mean. . . . . State, without machinery of state, is of all states the worst.' And it is here that the

English dinner-giver of modest means generally makes shipwreck.

"I think the affluent," says the same excellent authority, "would render themselves and the country an essential service if they were to fall into the simple, refined style of living, discarding everything incompatible with real enjoyment; and I believe that if the history of overgrown luxury were traced, it has always had its origin with the vulgar-rich—the very last class worthy of imitation." Mr. Walker passes to an example of a good dinner, of which he had the ordering, at Blackwall. It may serve as a model to the bachelor who takes his friends to Greenwich in the season.

"I will give you, my dear reader, an account of a dinner I have ordered this very day,* at Lovegrove's, at Blackwall, where, if you never dined, so much the worse for you. This account will serve as an illustration of my doctrines on dinner-giving better than a long abstract discourse. The party will consist of seven besides myself, and every guest is asked for some reason—upon which good fellowship mainly depends; for people brought together unconnectedly had, in my opinion, better be kept separate. Eight I hold to be the

* August 19, 1835.

golden number, never to be exceeded without weakening the efficacy of concentration. The dinner is to consist of turtle, followed by no other fish but whitebait, which is to be followed by no other meat but grouse, which are to be succeeded simply by apple fritters and jelly; pastry on such occasions being quite out of place. With the turtle of course there will be punch; with the whitebait, champagne; and with the grouse, claret. The two former I have ordered to be particularly well iced, and they will all be placed in succession upon the table, so that we can help ourselves as we please. I shall permit no other wines, unless, perchance, a bottle or two of port, if particularly wanted, as I hold variety of wines a great mistake. With respect to the adjuncts, I shall take care that there is cayenne, with lemons cut in halves (not in quarters), within reach of every one, for the turtle, and that brown bread and butter in abundance is set upon the table for the whitebait. It is no trouble to think of these little matters beforehand, but they make a vast difference in convivial contentment. The dinner will be followed by ices and a good dessert, after which coffee and one glass of liqueur each, and no more; so that the present may be enjoyed rationally without inducing retrospective regrets. If the

master of a feast wishes his party to succeed, he must know how to command, and not let his guests run riot, each according to his own wild fancy."

Let the reader contrast the refined simplicity of this dinner with the ordinary Greenwich, Richmond, or Blackwall *menu*—crowded with a long series of ill-made *entrées*, and served just warm by rough-handed waiters.

And now as to the number and composition of a dinner-company. I have already said the number should not exceed eight.

"For complete enjoyment a company (especially at the table) ought to be ONE; sympathising and drawing together, listening and talking in due proportions—no monopolists nor any ciphers. With the best arrangements, much will depend upon the chief of the feast giving the tone and keeping it up. Paulus Æmilius, who was the most successful general and best entertainer of his time, seems to have understood this well; for he said that it required the same sort of spirit to manage a banquet as a battle, with this difference—that the one should be made as pleasant to friends, and the other as formidable to enemies, as possible. I often think of this saying at large dinner-parties, where the master and mistress preside as if they were the

humblest of the guests, or as if they were overwhelmed with anxiety respecting their cumbrous and pleasure-destroying arrangements."

The following remarks still apply to our London dinners. I cite them as indicating what the young housekeeper of taste should avoid :—

"It appears to me that nothing can be better contrived to defeat its legitimate end than a large dinner-party in the London season—sixteen for instance. The names of the guests are generally so announced that it is difficult to hear them, and in the earlier part of the year the assembling takes place in such obscurity that it is impossible to see.* Then there is often a tedious and stupefying interval of waiting, caused perhaps by some affected fashionable, some important politician, or some gorgeously decked matron, or it may be by some culinary accident. At last comes the formal business of descending into the dining-room, where the blaze of light produces by degrees sundry recognitions; but many a slight acquaintance is prevented from being renewed by the chilling mode of assembling. In the long days the light is more favourable, but the waiting is generally

* We have destroyed this perplexity by making our dinner-hour a trifle later than the supper-hour of our ancestors.

more tedious, and half the guests are perhaps leaving the park when they ought to be sitting down to dinner. At table, intercourse is prevented as much as possible by a huge centre-piece of plate and flowers, which cuts off about one half of the company from the other; and some very awkward mistakes have taken place in consequence, from guests having made personal observations upon those who were actually opposite to them. It seems strange that people should be invited to be hidden from one another. Besides the centre-piece, there are usually massive branches to assist in interrupting communication; and perhaps you are placed between two persons with whom you are not acquainted, and have no community of interest to induce you to become so; for in the present overgrown state of society a new acquaintance, except for some particular reason, is an incumbrance to be avoided. When the company is arranged, then comes the perpetual motion of the attendants, the perpetual declining of what you do not want, and the perpetual waiting for what you do, or a silent resignation to your fate. To desire a potato, and to see the dish handed to your next neighbour, and taking its course in a direction from you round an immense table, with occasional retrograde movements

and digressions, is one of the most unsatisfactory occurrences which frequently take place; but perhaps the most distressing incident in a grand dinner is to be asked to take champagne, and, after much delay, to see the butler extract the bottle from a cooler, and hold it nearly parallel to the horizon, in order to calculate how much he is to put into the first glass to leave any for the second. To relieve him and yourself from the chilling difficulty, the only alternative is to change your mind, and prefer sherry, which, under the circumstances, has rather an awkward effect. These, and an infinity of minor evils, are constantly experienced amidst the greatest displays; and they have, from sad experience, made me come to the conclusion that a combination of state and calculation is the horror of horrors. Some good bread and cheese, and a jug of ale, comfortably set before me, and heartily given, are heaven on earth in comparison."

An English "set" dinner is, as a rule, the least enjoyable of dinners. Let me quote what I said of the art of good dinner-giving in my "Book of Menus":—*

* Destroyed in the fire at the Messrs. Grant & Co.'s establishment.

"A round table, spacious enough, but not too spacious, for comfortable conversation,* with low-lying fruits and flowers in the centre, and eight guests, and not more than eight dishes in all (on this point all epicures of authority are, I think, agreed, from old-fashioned Thomas Walker to the present illustrious *chef* of the Paris Jockey Club)—this, if the *chef* be cool and practised, and the guests be chosen well, is the perfect way of dining. Touching on the choice of dishes, which should have, if possible, some relation with the tastes of the guests, Mr. Walker makes some excellent general observations—not the less valuable because they have an old-fashioned complexion.

"In whatever style people live, *provided it is good in its kind*, they will always have attractions to offer by means of a little extra exertion well directed within their own bounds; but when they pass those bounds, they forego the advantages of variety and ease. It is almost always practicable to provide something out of the common way, or something common better than common; and people in different situations are the most likely

* "Utque fluat germo feliciter '*ore rotundo*,'
De more Arthuri, mensa '*rotunda placet*.'"
Ars Cœnandi. Auctore Carolo Delapryme, M.A.
[*Unpublished.*]

to be able to produce an agreeable variety. The rule generally followed is to think what the guests are accustomed to, whereas it should be reversed, and what they are not accustomed to should rather be set before them, especially where the situation of the entertainer or his place of residence affords anything peculiar. By adopting such course, persons of moderate incomes may entertain their superiors in wealth without inconvenience to themselves, and very much to the satisfaction of their guests—much better than laboured imitations of their own style. Contrast should be arrived at, and men used to state and luxury are most likely to be pleased with comfort and simplicity. We all laugh at the idea of a Frenchman in his own country thinking it necessary to treat an Englishman with roast beef; but it is the same principle to think it necessary to entertain as we have been entertained, under different circumstances. There are people in remote parts of the country, who, having the best trout at hand, and for nothing, send for turbot at a great expense to entertain their London guests; and instances of the like want of judgment are innumerable. In general it is best to give strangers the best of the place; they are then the most sure to be pleased."

I remember two illustrious men of letters who were called upon to entertain two noblemen. The first turned his house inside out; threw out conservatories, raised awnings, hired exotics, laboured over a bill of fare fit for a coronation banquet, and in the end succeeded in giving his grace an entertainment a few degrees inferior to that which the guest could command on any day of the week, by a few minutes' conversation with steward and his *chef*. The second man of letters, who kept a simple house in perfect order, received his nobleman as he received his ordinary friends. Some spring soup, *friture* from the Thames hard by, some perfect ham and peas, a sweetbread, a bird, and an apricot tart. Good wine and a noble dish of strawberries from the garden preceded a cigar in the tent under the mulberry tree, and—which was the best commentary on the cottage fare—many a happy dinner afterwards.

This latter was the true and more refined course; and the apricot tart was in better taste than any strange and pretentious dish the host could have found had he toiled through the Rev. Richard Warner's *Antiquitates Culinariæ*, and every modern cookery book, French, English, and Italian—and let me add American, for our cousins include some notable "geniuses for victuals;" and

had he weighed the merits of every dish, from the cheese, garlic, and eggs of the Greeks (the progenitor of our *omelette aux fines herbes*) to the latest culinary *mot* of Gouffé, Dubois, or Francatelli. Had the peer, who consumed with delight the English author's *friture* and tart, been privileged to enter the house of Rossini on intimate terms, he would have had little more than macaroni, but this cooked by the unerring hand of the illustrious Maestro. Had he been permitted to the intimacy of Alexandre Dumas, he would have been invited to a *pot-au-feu*, but to a perfect *pot!* And these great men would have shown themselves to be worthy the company of peers, princes, sovereigns, and the most *redoubtable* of *fourchettes.*

The housekeeper should keep in mind the following:—

ORDER OF SERVICE.

The Soup.
Hors d'Œuvre (*melon should immediately follow the soup*).
The Relevés of Fish.
The Relevés of Meat.
The Entrées of Meat, Fowl, and Game.
The Cold Entrées.
Punch à la Romaine (if served at all) *between the last Entrées and the Rôts.*
The Rôts of Fowl and Game.
Salad.

Entremets of Vegetables.

Sweet Entremets.

After these the table should be cleared for the Dessert, Cheese being offered before the Fruits, and then the Cakes, Confectionery, and Ices.

Coffee and Liqueurs.

THE ORDER OF WINES.

Champagnes may be served from the beginning to the end of Dinner.

After the Soup :—

Madeira, Sherry, and Vermouth.

With the Relevés and the Entrées :—

BURGUNDY : Beauvre, Volnay, Pomard, etc.

BORDEAUX : Mouton, Léoville, Laroze, etc.

Between the Services, after the Relevés, and before the Rôts :—

Château Yquem, and Hocks.

With the Rôts and after :—

BURGUNDY : La Romanée Conti, Clos Vougeot, Chambertin, etc.

BORDEAUX : Château Lafitte, Margaux, Latour, and Haut-Brion.

With the Sweet Entremets :—

Sherry.

These are the ground-plans, the skeletons, of "set" or ceremonial dinners. But the order is the same, and should be observed, when husband and wife dine alone. I cannot too often impress upon the housewife's mind the importance of insisting upon perfect appointments and strict order

in the dining-room every day in every week. It is only on this condition that guests can be entertained with ease and dignity and comfort. When in the morning the husband says, in the words of Thackeray,—

"A plain leg of mutton, my Lucy,
I prythee get ready at three ;"—

no item of the simple *menu* should be regarded as unimportant.

"It is a pity," said Thomas Walker, "one never sees luxuries and simplicity go together, and that people cannot understand that woodcocks and champagne are just as simple as fried bacon and small beer, or a haunch of venison as a leg of mutton; but with delicacies there is always so much alloy as to take away the true relish."

Berchoux has sung the praises of the *gigot*:—

"J'aime mieux un tendre gigot,
Qui, sans pompe et sans étalage,
Se montre avec un entourage
De laitue on de haricot.
Gigot, recevez mon hommage :
Souvent j'ai dédaigné pour vous,
Chez la baronne ou la marquise,
La poularde la plus exquise,
Et même la perdrix aux choux."

So that as much honour may be paid to the leg of mutton as to the truffled *poularde*. The rule

for the young housekeeper should be refinement with simplicity. Simple elements will make an exquisite dinner. A little study and thought will produce a dainty entertainment in half an hour. Group some hors d'œuvres upon the table to begin with—a little caviar, or mortadelle and sardines, or an Italian salad of olives, anchovies, eggs, and capers, with some butter and radishes and biscuits, and let the unexpected guest linger over tid-bits —say with a glass of good Vermouth or sherry, or Sauterne; while the sole is fried, the steak is broiled, to be served up in a green bed of olives or *beurre d'anchois*. An omelette, and the cheese of the season, and some fruit; some sound claret—possibly a bottle of a second Burgundy cru—and you have set before the unexpected guest whom your husband brought home, such a pleasant homely feast as will give him a high opinion of your refinement, and an agreeable recollection of the ease and comfort of your every-day life.

With the help of this little book (and Gouffé's, Dubois', or Francatelli's Cookery Book) such little dinners should be procurable in any decently appointed house, at any moment.

THE WINE CELLAR.

THE wine is the business of paterfamilias, but mater also may know something about it with advantage to the household. The modest man should be content with sound ordinary wines, and avoid the great crus, unless he is able to afford the price of the real thing in the market. I was going through the cellars at Chambertin, by the Côte d'Or, a few weeks ago, tasting the vintages of the last six years, when my guide (who has all the Chambertin and the produce of the superb vineyards which surround *the* vineyard under his care), filling his little silver vessel from a cask of Charmes, said, "This is a wine unknown to fame; taste it; it will make a superb meursault—or chablis."

There is hardly a bottle of 1870 Chambertin; and that of 1875 (the next best) is worth 800 francs a piece in the Chambertin cellars, and there are only a few casks of it—yet Chambertin is to be had all over Europe! The smaller crus of the

Côte d'Or are made to do duty for the best; and are sold at extravagant prices.

Therefore, I say, he who cannot afford to buy Chambertin, and be sure that it is from the Chambertin vineyard, should content himself with good, sound, modest vintages, about which he can say this, that the wine is the best of its kind. Nothing is more destructive of a good dinner than wines of pretentious names and the humblest merits. An unimpeachable Beaujolais is preferable to a questionable, doctored, clos Vougeot.

A sound light Bordeaux or Burgundy puts the palate at its best to appreciate the merits of a well-selected and a well-cooked dinner.

And now let us see what my dear old friend Cyrus Redding observes of the improved public taste in regard to wines in the 1851 edition of his well-known work :—

"There is considerable alteration in the taste of those who take the better classes of wine since this work went first to the press. Wines artificially strengthened and skilfully adapted to the tastes of all orders of consumers, with the same name and quality ascribed to all, are now rejected for natural growths, which are cooler and more exhilarating. The tendency of all refined persons of the present day is to the purer and better growths, and of such

wines new varieties have been introduced by the best merchants. The long interval of peace enjoyed in Europe has made individuals of competent means better acquainted with the choice wines of Europe; and among such, less of some of the old and customary kinds has been taken. The same circumstance has probably tended to a less consumption of every kind at the table. People do not now sit as long as their fathers, and in both the foregoing respects lean towards an imitation of their continental neighbours. . . . . The author is gratified to find that some of his prognostications on the subject of changes in the public feeling in regard to wine have been fulfilled in the advance of a purer taste."

This advance has gone on steadily since 1851, to the great benefit of men's purses as well as their health.

Cyrus Redding gives the following advice (and it may be followed with confidence) on the cellar:—

"It should, if possible, face the north, and in England consist of two divisions, one of which should be some degrees warmer than the other, for there are many wines which do best in a cellar of high temperature. Madeira, sherry, canary, malaga, syracuse, alicant, cyprus, and some others keep better in warm than in cold cellars. The

wine of Portugal is so hardy that even the cellars under the streets of the metropolis will little injure its quality,* but this is not the case with other kinds. The wines of Bordeaux, champagne, and the Rhone should be kept in cellars where no motion can affect them, far from the vibration—or rather trembling—of the earth from the traffic over granite pavements. They should be as far removed from sewers and the air of courts, where trades of a bad odour are carried on, as possible. These in wet weather do not fail to affect the wine, and give a tendency to acetous fermentation.

"NO VINEGAR MUST BE KEPT IN A WINE CELLAR, and the temperature ought to be unchanged throughout the year.

"THE FERMENTATION OF WINE in close cellars is very apt to affect the atmosphere around to a considerable degree, and this is an additional reason why they should be well aired. The vapours which are formed in similar cases produce sometimes distressing effects upon those who encounter them. Intoxication, vertigo, vomiting, deadness of the limbs, and sleepiness, are frequently experienced,

* If this were not so, London wine merchants would be in a grave difficulty.—*F. B.*

but these disappear upon returning into the fresh air, and taking repose after swallowing an infusion of coffee or acidulated water. There have been instances, however, in which dangerous paralysis has occurred from too long exposure to the carbonic acid gas, and even death has ensued. It is proper, therefore, always before entering a closed cellar some time shut up, and when the wine is thought to be in a state of fermentation, to halt a moment, when the peculiar odour of the gas will be perceived. A lighted candle is a good test, by the diminution or extinction of its flame. Upon first perceiving the flame to diminish in intensity and burn fainter, it is a sufficient warning to retreat until the cellar is purified.

"THE QUANTITY OF WINE IN A CELLAR must be regulated by the rate of consumption in each class, so that too large a stock may not be kept of such as is least durable. This, in a large establishment, where a curiosity in wines is indulged, is a matter of much importance."

These directions must be modified of course, not only according to the relative quantities, but also the vintages of the various wines.

"ARTIFICIAL HEAT may be introduced into cellars

which hold the wines of the South, in very cold weather, with considerable advantage. This may be done by means of a chafing dish. The cellar should be kept clean, and swept as often as convenient. In this climate a cellar should have an ante-room, and be entered through two doors, closing one before the other is opened, and keeping by artificial means—if natural ones will not do—the same temperature throughout the winter and summer, judging by a thermometer."

The advice of Mr. J. L. Denman,* on the preparation of wines for the table, and on cellar management, may be advantageously added to Mr. Redding's remarks:—

"In decanting wines, great care should be taken not to disturb the deposit or crust, for all improving wines must of necessity continue to precipitate their tartar, tannin, etc. When any wine ceases to deposit, it ceases to improve, and begins to deteriorate. All natural wines ripen more quickly than those that are fortified (or made up), as the action of the spirit retards improvement,

* "What should we Drink? an inquiry suggested by Mr. E. L. Beckwith's Practical Notes on Wine." By James L. Denman, author of "The Vine and its Fruit." 1868. Longmans, Green, and Co. Let paterfamilias also consult Mr. Beckwith for himself.

and ultimately tends to destroy its vinous character.

"FOR DRAWING CORKS, Lund's lever corkscrew is recommended, as it is both easy and safe, and does not disturb the wine if care is used.

"To fully develop the flavour and bouquet of any wine, a little gentle warmth is necessary; and it is therefore advisable that the wines intended for immediate use should be placed in a warmer temperature than that of the cellar* (which should be dry and of an uniform temperature, rarely exceeding 56° or falling below 46° of Fahrenheit).

"ALL SPARKLING WINES should be kept in the very coolest part of the cellar, cork downwards; all other kinds should be laid down horizontally, that the cork may be kept moist, and the air thereby excluded."

Francatelli very properly directs that the different kinds of sherries, ports, Madeira, and all

* The dining-room is the proper place. As a rule, the wine should be of the temperature of the room. Strong wines, as Madeira, must be uncorked a couple of hours before use, and left in open decanters.

Spanish and Portuguese wines are improved by being decanted several hours before dinner.

"During winter (he remarks in his *Cook's Guide*) their aroma is improved by the temperature of the dining-room acting upon their volatile properties for an hour or so before dinner-time. By paying due attention to this part of the process, all the mellowness which good wines acquire by age predominates to the delight of the epicure's grateful palate. The lighter wines—such as Bordeaux, Burgundy, and most of the wines of Italy—should be most carefully handled, and decanted an hour before dinner-time. In winter the decanters should be either dipped in warm water or else placed near the fire, to warm them for about ten minutes previously to their being used. In summer use the decanters without warming them, as the genial warmth of the atmosphere will be all-sufficient, not only to prevent chilling the wines, but to develop their fragrant bouquet. Moreover, let these and all delicate wines be brought into the dining-room as late as may be consistent with convenience."

The length of time that should elapse between decantering—that is, exposing a wine to warmth and air—depends on the wine; the fuller the body the longer should be the exposure: thus, Madeira

requires the longest time in its passage from the cellar to the epicure's lip, of any wine. It is impossible to lay down a hard and fast rule; but the above may be taken as general principles on which a man may proceed to acquire a sound knowledge of the manner of presenting his wines in good condition to his guests.

Francatelli marshals the wine at a dinner in the following order. He says :—

"When it happens that oysters preface the dinner, a glass of Chablis or Sauterne is their most proper accompaniment; genuine old Madeira, or East India sherry, or Amontillado, proves a welcome stomachic after soup of any kind—not excepting turtle—after eating which, as you value your health, avoid all kinds of punch, especially Roman punch. During the service of fish, cause any of the following to be handed round to your guests :—Amontillado, Hock, Lisane Champagne, Pouilly, Meursault, Sauterne, Arbois, Vin de Grave, Montrachet, Château, Grillé, Barsac, and generally all kinds of dry white wines."

With the *entrées* the same authority associates a series of Bordeaux and Burgundies; with the second course, red wines, as Pomard, Volnay, Nuits, Clos Vougeot, Chambertin, Rhenish wines, Tavel (a greatly neglected wine in England), Château

Neuf du Pape, and Red Champagnes, etc.; and white wines, as Grave, Sauterne, Aï pétillant, and other Champagnes; with dessert, Muscats, Madeira, Malaga, Tokay, etc. M. Francatelli has some pertinent observations on suiting the wines to the guests: a company of sanguine temperaments will affect the genuine champagnes and flasks of Rhenish, while a phlegmatic company must be moved by the *capiteux* vintages of Burgundy, the Alto Douro, Spain, and Madeira.

A word as to dessert wines, or those to accompany the *entremets de douceur*. "Let iced-creaming, sparkling champagne, or Moselle, be handed round; but far superior to them, I would recommend a trial of Aï Pétillant, Arbois, Condrieux, Rivesaltes, Malaga, Frontignan, Grenache, Malmsey Madeira, and East India Sherry."

WINES CHEMICALLY CONSIDERED.—I deem it important to draw the attention of the reader to a lucid and comprehensive article on the chymistry of wines, which appeared in the *Times* of April 8th, 1872, being a critical commentary on "A Treatise on the Origin, Nature, and Varieties of Wine," by Drs. J. L. W. Thudichum and Auguste Dupré, published by Messrs. Macmillan in 1870. The tendency of these learned and

laborious chymists was to show, not only that wine is ceasing to be the natural produce of the grape, and becoming a chymical compound, but that the laboratory was as good a wine producer as the vineyard—a conclusion against which the critic, I rejoice to add, protested vehemently.

It would not amuse the housekeeper to trace back the history of the adulteration of wine to the time when Falstaff was angry at the lime in his sack; so we will take up the subject where it affects us.

"So long ago as in 1776 experiments were tried, which have resulted in carrying back adulteration to an earlier stage, and which were commenced as attempts to improve the quality, and afterwards to increase the quantity, of wine, by operating upon the must prior to fermentation. In October of that year the chymist Macquer gathered sufficient white grapes, of the varieties *pineau* and *mélier*, in his garden in Paris, to make from twenty-five to thirty pints of wine. He selected grapes which he described as mere refuse, *raisin de rebut*, and so imperfectly ripened that it was impossible to make drinkable wine from them by any ordinary method. Separating only those which were absolutely rotten, he crushed the rest

with the stems, and expressed the juice, which he describes as very turbid, of a dirty-green colour, and so sour it could not be tasted without a grimace. To this juice he added sufficient raw sugar to render it distinctly sweet, then placed the mixture in a vessel that he suffered to stand in a summer-house in the garden. Fermentation commenced in three days, and continued for eight days, producing a new wine of penetrating vinous odour and rather harsh taste, from which all vestige of sugar had disappeared. It was suffered to remain during the winter undisturbed, and in the following March was found bright and clear, with its flavour improved. It was then bottled, and in October, 1777, one year from the fermentation, is described by the maker as 'Clair, fin, très-brillant, agréable au gout, généreux et chaud, et, en un mot, tel qu'un bon vin blanc de pur raisin, qui n'a rien de liquoreux, et provenant d'un bon vignoble, dans une bonne année.'"

In the following year M. d'Arcet made wine by boiling down a portion of his must, sweetening it, adding some extract of absinthe, and pouring the hot liquid into the remaining bulk of the must, the whole being then set aside for fermentation. He expressed himself as being well pleased with the results and the examples thus set were fol-

lowed, more or less, by many other growers, until it became a general practice in some way to doctor the must, and in many cases to dilute it freely with water, adding sugar to increase the capacity for fermentation.

In 1852, Petiot introduced a more advanced method of treatment, by not only mixing the expressed juice of grapes with an equal measure of sugar and water, but by adding successive quantities of sugar and water to the squeezed husks, and squeezing again and again, to the fifth time, until he obtained, from grapes which should have yielded sixty hectolitres of genuine wine, 285 hectolitres of a product which he describes as "wine in the full sense of the word." His method was followed by the chymists Thénard, father and son, and was introduced into Germany, according to Drs. Thudichum and Dupré, by Thilmany, general secretary of the Agricultural Society of Rhenish Prussia, who lectured upon the subject in 1858, at Bonn. Dr. Gall, of Trèves, who had experimented in the same way, even before Petiot, published a pamphlet on the subject in 1862; and in 1868 Dr. Hussman, of Missouri, wrote a book warmly advocating the employment of the new process in America, and giving full and minute instructions for conducting it. We do not know

how far he has succeeded in making converts in the country of his adoption; but the practical outcome of the method has been that a very large proportion of the "wine" of France and Germany has ceased to be juice of the grape at all, and is a product of the fermentation of sweetened water in which husks have been steeped. A Cologne paper thus writes upon the subject, and is quoted with approval in the Heidelberg *Annalen für Œnologie*:—

"In the district of Neuwied, things have come to a sorry pass indeed. The evil has been imported by wine dealers from abroad, who come in numbers every autumn, and, whether the vintage promises well or ill, buy up the growing grapes, and make from them five or six times the quantity of wine which the press of an honest vintner would produce. The reader asks, How is that possible? Here is the explanation.

"During the vintage, at night, and when the moon has gone down, boats glide over the Rhine, freighted with a soapy substance manufactured from potatoes, and called by its owners sugar. This stuff is thrown into the vats containing the must. Water is introduced from pumps or wells, or, in case of need, from Father Rhine himself. When the brewage has fermented sufficiently, it is

strained and laid away. The lees are similarly treated three, four, or five times over. When the dregs are so exhausted that further natural fermentation has become impossible, chymical ferments and artificial heat are applied. This cooking, or stewing, is continued often until mid-winter, producing wines of every description for the consumption of every class. The noble fluid is sent away by land and water to its places of destination; and the dealers are seen no more until the next vintage season. Their business lies in the most distant parts to which the beverage can be carried, where, of course, there is no end to the praises of its purity, its sources, and of the rustic simplicity of its producers.

"The example thus set by strangers has been only too closely followed at home. The nuisance is largely on the increase, and the honest vintner is the greatest sufferer. He rarely succeeds in selling his entire vintage at once, partly because the quantity of grapes required by the manufacturers is constantly diminishing, and partly because the practices described have driven away desirable purchasers from the localities. The "Gallisation" of wine benefits none but the professional adulterators and the poorest class of small growers, who are indebted to it for a sure market for their

small and inferior crops. Some grapes are still required for the fabrication of wine, although an infinitely small quantity is sufficient."

This unwholesome state of things is rather encouraged than discouraged by Drs. Thudichum and Dupré. To the chymical palate (not an epicurean palate as a rule) potato brandy, diluted and flavoured, may be equal to the sweetest and rarest grape of the Côte d'Or. Thus the doctors discourse on the point :—

"What must surprise every one is that each one of these chymists and experimenters admits that the sugar-infusion wines retain the perfect bouquet of the natural ones. The amount of acidity or of tartrate of potash in them is less than in the natural wines. The circumstance that they contain so little tartrate makes them much more like old wines; for it is well known that wines by age deposit their tartar, and become milder to the taste. The infusion wines resemble natural wines in all essential qualities; they contain all the essential ingredients, and almost in the same proportions as the natural product. The non-essential ingredients, or those which are frequently hurtful to the natural wines, are diminished in the infused wines to such an extent that their absence is a favourable circumstance. The method promises

to increase the quantity of cheap beverages, and affords to the less opulent classes the means of making for themselves a cheap, wholesome beverage, even from grapes from which wines could not be obtained fit for commerce or transport."

To which the angry critic tartly replies: "It is fortunate that the absurdities and inconsistencies of the foregoing paragraphs are so glaring that it is hardly necessary to point them out. The opening assertion about perfect bouquet is one that the authors do not seem to adopt; and we confess that we should find it hard to believe them if they did. The lessened amount of natural acid or tartrate in the infusion wines would prevent them from ever assuming that character of age which depends upon the full development of ether; and the admission that the 'acidity or tartrate' in them is less than in the natural wines contradicts the assertion of the next sentence, that they contain all the essential ingredients of the natural product, 'almost' in the same proportions. We do not know what the 'non-essential and hurtful ingredients' are, unless grape-juice be one of them; but it is new to speak of an evil thing diminished 'to such an extent' that its absence is a favourable circumstance. If our remarks should dimi-

nish the next brew of the Neuwied beverage by only a single cask, we should regard the absence of that cask as a very favourable circumstance indeed.

"We must, however, do justice to our authors in one particular. They give directions, mainly taken from Dr. Gall, for making the infusion wines, and also for the dilution and sweetening of grape-juice before fermentation, so as to adjust the proportion of sugar, acid, and water to some supposed normal standard, and to render the grower independent of the vicissitudes of seasons, and of the degree of ripeness of his grapes. In these directions they say, 'The sugar must always be pure white cane sugar; for grape sugar, so called, or sugar made by the influence of sulphuric acid upon starch, is always objectionable.' On the ground of this statement they may demur to the charge of supporting the Neuwied doings, and may feel their consciences unsoiled by potato whisky. We refer rather to the principle than to the detail of their advice, and it unfortunately happens that the chief authority on the subject is directly opposed to them on this point. Dr. Hussman says: 'Dr. Gall recommends grape sugar as the best to be used for the purpose. This is made from potato starch, but it is hard to obtain

here, and I have found crushed loaf sugar answer every purpose.'

"From a practical point of view, of course, the whole question admits of an easy *reductio ad absurdum.* We have not hitherto made wines in England, because we have only a small growth of grapes, and cannot depend upon their ripening in our climate. If Drs. Thudichum and Dupré are right, these circumstances need no longer stand in our way. We may, in spite of the niggardliness of nature, make all the wine we want, and render ourselves independent of duties and treaties of commerce. The quantity of grapes employed has only an insignificant bearing upon the quantity of wine produced, which is chiefly determined by the supply of water and of artificial sugar. Unripe grapes are better than ripe ones, for they yield a must which will admit of more free dilution. In fact, there seems to be no reason, save want of knowledge or want of enterprise, why the proprietor of a single bunch should not use them as a sort of talisman with which to supply the cellars of the world. There are certain chymical substances which possess the property of inducing, by their mere presence, changes in which they do not participate; and this, according to the new light now shed upon us, in the true relation of the

fruit of the vine to the beverages of man. The function of the grape is to induce fermentative changes in solutions of potato sugar. It is impossible not to regret that scientific men should put forward such statements, which will admit of being used to justify any amount of sophistication that vintners or wine dealers may think profitable to practise. We do not care to drink chymical messes under the name of wine; and we fully believe that these messes, even if undistinguishable from wine in the laboratory, would be distinguished with extreme promptitude and certainty by the stomach and the brain. We have heard with pleasure that a recent attempt to chymicalise the making of wine in Spain, although undertaken with much confidence, and carried on under conditions favourable to success, has resulted in a failure which was indeed signal, but which, in the interests of the public, we cannot bring ourselves to call disastrous."

I have said elsewhere :—

"Fin Bec heartily agrees with the critic in his concluding remarks on the learned doctors, and on all who are engaged in an endeavour to manufacture wine. When an artificial rose shall have been made equal to that of the garden, and the lilies of the field shall have been shamed by those of the factory,

shall I begin—and only begin—to believe that chymical wine is not a bad and a base thing, unworthy to figure at good men's tables."

"Another question upon which the authors express an opinion that is, we hope, unsound, is with regard to the effect of added alcohol. It is well known that the addition of a very small amount of alcohol to an otherwise pure wine is at once detected by a practised taster, and it has been stated and believed that the natural alcohol exists in a somewhat different state, either of molecular distribution or of chymical combination, from that which is added artificially. Mr. Klagg quotes some experiments by Mr. De-la-Rue to show that added alcohol is disengaged at a much lower temperature than that which is natural; but the conditions of these experiments are not stated with sufficient precision to enable us to judge of their value. Drs. Thudichum and Dupré go to the other end of the scale, and show, on grounds probably not to be disputed, that there is no discoverable physical or chymical difference between the natural and the fortified wine. They hence infer that there is no difference, and in doing so they probably go too far. They are opposed to the general experience of mankind, which teaches us that wine is a different agent from brandy and water, and which leads us

to employ one or the other under different circumstances, and for the production of different effects.

"If we waive this point, as being, after all, a secondary one, the chief lesson to be learnt from the elaborate work before us is that the consumers of wine are in an evil case. It is bad enough to have wine fortified, and sweetened, and plastered into the legitimate port and sherry of the middle-class festivities of a dozen years ago. But these proceedings were guided by a rule of thumb, in hands comparatively unskilful, and could not be carried beyond very definite limits. What we now see in France and Germany is a prostitution of scientific knowledge to the accomplishment of wholesale adulteration on the largest scale—adulteration by which we shall buy as wine a purely artificial and factitious compound, a medicated dilution of alcohol, and nothing more. No amount of chymical knowledge that Drs. Thudichum and Dupré may possess can shut our eyes to the essential wrong-doing of the processes which they describe, and in some degree advocate; and our confidence in their work is still further shaken by the fact that a curious error in a pamphlet, published by well-known wine merchants, is repeated in the pages before us, and that another pam-

phlet, which was issued as an advertisement some time ago, is absolutely reprinted in them almost word for word.

"The whole history of the sugar-infusion 'wines' may perhaps be taken to show that France, Germany, and the Peninsula have too long enjoyed a practical monopoly as wine-producing countries, and that their area under grape cultivation is too small for the demands upon them. If this be so, it is manifestly time for English merchants to seek the markets of such countries as Hungary and Greece, where wine is too plentiful to render adulteration profitable, and where the fermented juice of the grape may still be obtained in its purity, with the wholesome and pleasant subacid freshness of its youth, and with a capacity to develop fragrant ethers in its progress towards a glorious old age. The small demand in these countries has hitherto prevented their produce from being brought even near to the full perfection of which it is capable; but the faults thence arising would be speedily corrected by the enlightened criticism of large purchasers. There is wine enough in southern and south-eastern Europe to supply the wants of the present generation, even though the chymical manufacturers of France and Germany were left in the undisturbed enjoyment of their own concoc-

tions. English chymists could render no better service to their countrymen than by devising processes by which the nature of these concoctions might be detected and exposed, and by which purchasers might learn to beware of those who introduce and sell them."

In the "Book of Menus," I remarked under this head :—

"There is a well-known, quaint, and pleasant work, *Ce qu'il y a dans une Bouteille de Vin*, over which I have spent some pleasant hours, and which I can cordially recommend to the reader. In this volume the simple author appears unaware of all the chymist's mischief which is being done in the wine districts of Europe. We should be under deep obligations to him if he would devote a second speculative volume to this subject. The title might be *Ce qu'il y aura dans une Bouteille de Vin.* At the pace we are travelling now, in the days of our children — *Qu'y aura-t-il, mon Dieu?* — the clos vougeot will be a turnip-field, and the vineyards of Burgundy will grow potatoes for the chymists."

Mr. James L. Denman pretends to give the equivalent of French and German wines for a dinner in Greek wines :—

"Brillat-Savarin's idea of a feast," he remarks, "is a little too elaborate for ordinary indulgence ;

but such as it is I give it, substituting the various vintages of Greece for the wines on his list. With soup, a glass of St. Elie or Thera; with fish, or the hors d'œuvre, white Kephisia or Patras; at, between, and with the first and second courses, red Kephisia or Patras. With the *entremets* offer any of the aforesaid vintages, but principally the red, finishing up before the dessert with sparkling Kephisia or Patras. At the beginning of dessert introduce old red Kephisia, Patras, Santorin, or Como; and as white wines, St. Elie, Calliste, and Thera. During dessert, with dried fruit or nuts, a glass of Cyprus, Lachrymæ Christi, or Visanto, will be found agreeable.

"Brillat-Savarin remarks, that to serve the wines with '*une certaine pompe*,' eight glasses are necessary: 1st, the large ordinary drinking glass; 2nd, the Bordeaux or Burgundy glass; 3rd, the glass for Madeira—a little smaller than the last; the green glass for Rhine wine (an abomination—for any grape should be seen through pure crystal, F. B.); 5th, the brilliant cut-glass, to show the beautiful 'COULEUR D'OR' of Johannisberg; 6th, the tall glass for sparkling wine; 7th, the cup (*la coupe*) for iced sparkling wine; and 8th, at the finish, the liqueur glass. Three glasses, according to him, should be placed on the table '*avec le couvert*,'—the large

glass for diluted wine, the Bordeaux or Burgundy glass, and the Madeira glass. At the second course these are to be removed, and replaced by the others that should remain during the dinner."

The light Spanish (tumbler) is the pleasantest glass for light wines or wine and water.

THE END.

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W.M. & S.