The compleat cook, market-woman, and dairy maid / [Jassintour Rozea].

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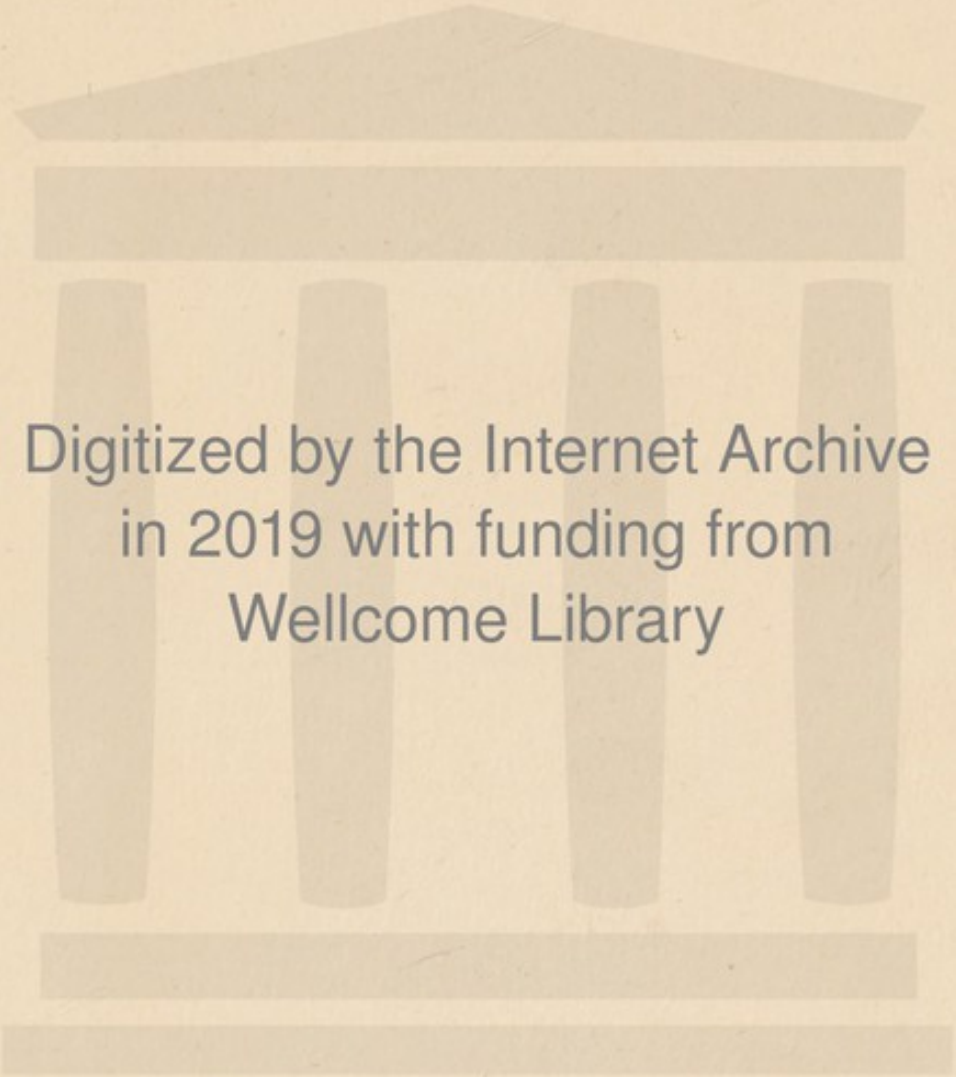

THE COMPLEAT COOK, MARKET WOMAN, AND DAIRY MAID.

By *JASSINTOUR ROZEA*,

Principal Cook to the late

CHARLES SEYMOUR Duke of SOMERSET.

Dear Nelly, *learn with Care the Cook'ry Art,*
And mind the eaſy Precepts I impart.

LONDON:

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(Price 1s.)

A

TREATISE

ON

COOKERY.

INTRODUCTION.

AS there are ſo many books on this ſubject extant, it may ſeem at firſt glance trifling to publiſh the following ſheets. But as there are daily improvements made of every art, and particularly when founded on practice, there can remain little doubt, but that mine may ſhare of this advantage.

Authors of this kind have had little eſteem; but, I think, without reaſon; for nothing is more evident, than that good wholeſome well-dreſs'd victuals, not only tend to the comfort and ſupport of our being, but of our ever-being; for, after we are dead in ourſelves, we recover in our poſterity another life.

The neweſt faſhion and taſte will be found to run through the whole work; except a few old receipts, which, conſidering their intrinſick excellence and general eſteem, ought to have a place in every ſyſtem of cookery, and be propagated

from age to age. And I preſume there are a great many things the better for being old; for, as *Pope* ſays to Mr. *Wycherly*, there are three things he likes the better of being old, wine, a friend, and an author; I think he might have added a fourth, plumb-porridge, our annual *Engliſh Chriſtmas* fare; a diſh he liked ſo well to feed on, that he preferred it to moſt others.

It is a matter of diſpute, whether the antients were not as expert cooks as we now are: for we read of *Nicomedus* King of *Bithynia*, having a deſire for herring, and not being near the ſea, his cook deceived him, by forming and dreſſing other fiſh to reſemble them; and of another who dreſſed a porker (or young hog) half-boiled and half-roaſted, and ſtuffed with force-meat, without any viſible ſign where it was put in, or the intrails taken out. The inciſion was made under the ſhoulder, where he took the intrails out, and waſhed the inſide with white-wine; he ſtuffed the force-meat down his throat, and hung it before the fire on a ſtring to roaſt, the one half of it in a pot of boiling water, and kept it turning till it was enough. The thing is practicable. Likewiſe a wild boar, the *Trojan* way, from the alluſion of the *Trojan* horſe; the inſide was ſtuffed with large turkies, geeſe, capons, pullets, chickens, pigeons, *&c.* till they came to ſo ſmall a bird as a nightingale.

It is hard to ſay who were the firſt cooks: The *Babylonians* taught the *Egyptians*, the *Egyptians* the *Perſians*, the *Perſians* the *Greeks*, the *Greeks* the *Romans*, the *Romans* the *Italians*, the *Italians* the *French*, and the *French* the *Engliſh*.

I have made the work to ſuit all degrees of people. I have ſtudied a ſimple, natural, and frugal method of dreſſing meat for the tradeſman; a more expenſive and delicate for the richer ſort; a third ſtill more delicate ſuiting the moſt ſumptuous table.

The work, at firſt ſight, may perhaps bear the appearance of ſome others which are already publiſhed: But if any one will pleaſe to examine narrowly, they will find that it is quite different; and I can ſafely ſay, I have no part of it from any author, but the whole is the reſult of my own practice. I have ſerved under the beſt maſters, *French*, *Italian*, and *Engliſh*; and my firſt inſtructor is now one of the *French* King's principal cooks. I ſtill maintain a correſpondence, both foreign and domeſtick, with the moſt eminent of my profeſſion. It is from this ſource, and twenty years practice, I have drawn the ſubſtance of this work.

The rules that are here eſtabliſhed have been approved of by people of the firſt rank in the kingdom, in whoſe families I have had the honour to be employed; as the Dukes of *Somerſet*, *Montroſe*, and *Roxburgh*, the Lords *Hervey*, *Edgecombe*, and the Earl of *Hopetoun*, with whom I am at preſent.

Beſides all the branches in cookery, I have added thoſe in confectionary: to which is prefixed the duty of a *Maitre d'Hotel*, or Clerk of the Kitchen, the *compleat Market-man*, with divers other curioſities; and inſtructions for good houſe-wives, as the beſt *Engliſh* method to manage a dairy, poultry, meat kept ſweet a long time

time in Summer, proviſions and bills of fare for all the months in the year, with ſeveral proper for parliament-dinners, and the beſt method of keeping meat back when your gueſt does not come at the appointed time.

I preſume this work may be of uſe to many of my profeſſion; but to thoſe who are eminent proficients, I pretend not their information. As my deſign is not to offend any, but to pleaſe the publick, I flatter myſelf theſe endeavours will be received with candour: And as to the would-be-criticks, they ſhould be no leſs capable of doing harm, than they are of doing good.

DIRECTIONS for a *MAITRE d'HOTEL*, or CLERK OF THE KITCHEN.

Which comprehends in moſt Families Houſe-Steward.

A Perſon who is deſirous to ſerve in this capacity, ſhould have the following qualifications: Sobriety, honeſty to his Lord, and humanity to the ſervants; he ſhould neither be ſo young as to be giddy, nor ſo old as to be ſuperannuated; he ſhould write a legible hand, and underſtand accompts; be well acquainted with what belongs to a kitchen, both as to the well-dreſſing of victuals and marketing, (for the help of which I have wrote the compleat *Market-man*); he ought to be grave in his manners and apparel, courteous to all according to their degree, humble and ſubmiſſive to his Lord and Lady, remembering that example has a better effect

effect on the inferior ſervants than any one thing beſide; he ſhould be careful in looking after them, that every one performs their duty in their ſeveral places; that they riſe at a proper time, the ſame in going to bed; he ought to be very judicious in his orders; for on this depends his being regarded or diſobeyed; he ſhould take care that no goods in the kitchen or out of it ſhould be ſpoiled or embezzled; and ſhould, in coming into his office, take an exact account of whatever is delivered into his care, ſeeing that the kitchen furniture anſwers exactly to the inventary. In the inventary, there ſhould be a diſtinction made of the things in *good*, *indifferent*, and *bad* repair. His employment will greatly differ in the country from the town; ſo that knowledge of the produce of a kitchen-garden, will be of infinite ſervice for the numberleſs little diſhes it produces, which both helps to fill up a table with credit and honour, and, at the ſame time, ſaves expences: he ſhould know ſomething of the management of poultry, that he might judge the better whether they who have the care of them do their duty, and to help their ignorance. I have for this purpoſe wrote a ſhort treatiſe on the breeding and managing of poultry.

The houſe-book ſhould be kept in ſuch a manner, that his Lord or Lady may be informed, at one view, what proviſions have been ſpent, and what remain: which is done by making three columns, *Charge*, *Spent*, *Remains*. When he is in town (as well as in the country), he ſhould always ſee the meat weighed, and take notes of the ſame; be early at market, and not take o-

thers

thers leavings. He ſhould underſtand making of bills of fare, the ſeaſons for fleſh, fiſh, fruits, herbs and roots, the well-diſpoſing of the diſhes for his own credit and maſter's honour; which ſhould be ſo contrived, as not to have two of a ſort near one another, but ſo as every one may be helped to what they like. On the back of the bills of fare, ſhould be wrote all the proviſions in the wet and dry larder; which will be of great ſervice to him, or his Lady, by helping their memory in caſe of alterations. The old bills of fare ſhould be kept, in order that when his Lord has the ſame company, he ſhould vary their dinner, unleſs it be ſome particular diſh which he heard them much commend. Laſtly, at an entertainment, he ſhould be careful to inſtruct thoſe well who wait at table, to prevent confuſion; to give out every thing for the kitchen in good time; to acquaint the cook publickly of what is commended at table, and privately, in a friendly manner, of any fault.

Theſe things carefully obſerved, will inculcate into the belief of the perſon he ſerves, that he is able to govern a family well.

The Compleat Market Man.

WHerein is ſhewn the beſt and eaſieſt method, for chuſing all kinds of proviſions, by which you may avoid being impoſed on.

Of

Of beef, and the method of chuſing it.

If it be right *ox-beef*, it will have an open grain; if young, a tender and oily ſmoothneſs; if it feels rough and ſpungy, it is old, or inclining ſo to be, except the neck, briſket, and ſuch as are very fibrous, which, in young meat, will feel, and appear more rough, than in any other part: the good ſpending meat, is of a carnation pleaſant colour, as to the lean; the ſuet and fat of a curious white; the yellowiſh is not ſo good. An ox is in his prime at ſeven years old, or when he is a little paſt his growth, and ſhould be killed while he is growing forward in fleſh and fatneſs. Graſs-beef is moſt in ſeaſon from the middle of *June* to *Michaelmas*; and fed beef all the year. An ox eats beſt after he has been ſometime exerciſed in the plough or harrow, which diſpels his foggy moiſture.

Cow beef, if a maiden, well-paſtured, and kept to her full growth, will eat very well; it is leſs boned, and cloſer grained than the ox; the fat whiter, but the lean ſomewhat paler; if young, the dint you make with your finger, will riſe again in a little time; if old, it will remain ſo.

The French manner of killing beef.

When the cow is ſtruck down with the ax, preſently they lay her on her back, and make a hole about the navel, as large as to receive a ſwan's quill; through which the butcher blows wind, ſo long till the whole ſkin ſwell round about like a bladder to ſuch a degree, that the beaſt ſeems of a double bigneſs: then, while

one holdeth the quill, and bloweth continually, two or three others, with wooden cudgels (or ſticks) beat the cow round about, as hard as they can; which beating never bruiſeth the fleſh (for wind is ever betwixt it and the ſkin), but maketh both the hide to prove better leather, and the fleſh to eat much tenderer, than otherwiſe it would.

Bull beef is of a cloſer grain than the other two, a deep, duſky red, tough in pinching; the fat, ſkinny and hard, having, upon ſcenting, a ramiſh, rank ſmell; if young, by indenting your finger, it will preſently riſe again: if it be ſtale, it will be clammy and of a very bad ſcent; if it be bruiſed, thoſe places will look more duſky or blackiſh, than the reſt; for the ſettled blood would not evacuate the killing. A bull eats beſt after being baited of dogs; becauſe violent heat and motion attenuates the blood, diſſolves the hardneſs, and makes the fleſh ſofter to digeſtion.

A liſt of all the joints, &c. of a bullock.

Firſt, the head, which, being ſlit or boned, is called the ox-cheek. Next, the tongue, and palate. The inwards are, the kidneys, ſweetbreds, ſkirts, and tripe; of which there is the double, the roll, the reed, honey-comb, and the diſh-clout-piece, ſo named from its retaining a worſe colour than any of the reſt.

The

The beſt method for making, managing, and ordering of tripe.

You firſt waſh the paunch in ſeveral cold waters; put it into a large copper of boiling ſoft water, where let it remain boiling for three quarters of an hour; then take it out, and put it into a large quantity of cold ſpring, or hard water; let it ſtay only three minutes; take it out; and, with a knife, take off all the ſkins, and ſcrape till it be quite clean; waſh it in cold water again, and have ready freſh, ſoft water boiling; put in the paunch, and let it boil three quarters of an hour; take it out, and put it into cold ſpring water again, and there let it remain till you can ſhift the water it was boiled in, and make more boiling; repeat this twice more in the above manner, which is called blaunching of the tripe; and, at the laſt time, let it boil (covered) very gently, till it is quite tender. It is apt to riſe on the ſurface of the water; to prevent which, you muſt put ſome weighty thing to keep it down, as a heavy beef fork, or the like: let it cool in the liquor it was laſt boiled in. The blaunching of it, and putting it into cold ſpring water ſo often, whitens, ſweetens, and cauſes it to ſhrink up and be thicker; it keeps beſt in cold, hard, clear water, with a little ſalt; but always boiled in ſoft water.

The head, cheek, and palate, are ſtewing pieces. The tongue, when freſh, is roaſted; if ſalted or pickled, is boiled; and ſometimes boiled and roaſted. Indeed the freſh tongue is generally half-boiled before it is roaſted.

From

From the fore-quarter, you have but two roaſting pieces, the chine and ribs. It is but in few places that beef-chines are cut. You may make two or three roaſting pieces of the ribs, which depend on the ſize of the beef, or largeneſs of your family. Thoſe which are neareſt the neck are called the chuck-ribs. Joining to the ribs, you have the upper and lower briſket; which laſt has ſeveral names beſides briſket, as, nine-holes, plate-piece, *&c.* The ſhoulder, after having the ſhin cut off, is generally cut in two, and makes boiling pieces, for the family's uſe; the ſhin is uſed for ſoupe. The chine is reckoned by many to be the beſt roaſting joint about the whole bullock, by reaſon of its quantity of bones, which keep it moiſt; it is cut from the thickeſt part of the ribs, the whole length. In cleaving the ox, this ſide is left larger than the other. You can have but one chine out of an ox.

Out of the hind-quarter, you have three roaſting and three boiling pieces, with the leg for ſoupe: after which comes off a piece called a mouſe-buttock; next follows the round, each bone, rump, chump, ſirloin, and flank.

This is the method of cutting up a bullock. When he is very large, you may cut more pieces, as the clod, ſticking, and veiny piece; which laſt is the beſt of the three. Different butchers and countries have their own ways to cut up beef, and give their joints ſuch odd ſhapes, that I have been often at a loſs to know where the joints have been cut from.

A cow's udder muſt not be forgot; for it makes a moſt excellent diſh with the tongue. Laſtly, the pith, which lies in the back-bones, makes a pretty ſecond-courſe diſh. The cow-heel is but ſeldom ſeen at the table of the polite; the whiter they look, the better; as to their being freſh or ſtale, your ſcent muſt be your guide; they have a clammy feel, and are ill-coloured when they are ſtale.

Veal. The ſigns of its being freſh or ſtale, are, if the bloody vein in the ſhoulder looks blue, or of a bright red, it is new killed; but, if blackiſh, green, or yellowiſh, it is flabby and ſtale; if it has been wrapped up in wet cloaths, (to prevent theſe bad ſigns) you muſt inform yourſelf, by the ſcent, whether it be muſty, or not; the loin firſt taints under the kidney, and the fleſh of veal, if ſtale killed, will be very ſoft and ſlimy. The breaſt and neck taints firſt at the upper end, and you will perceive ſome duſky yellowneſs or greeniſh appearance. And the ſweetbred on the breaſt will be clammy. If none of theſe ſymptoms appear, it is freſh killed. The leg is known by the ſtiffneſs of the knuckle-joint, if new; but, when it is ſtale, it will be limber, and the fleſh feel clammy, with little green or yellowiſh ſpecks. For the head, mind the eyes; if they be ſunk or wrinkled, it is ſtale; if plump and lively, it is new and ſweet. The fleſh of a bull-calf is redder and more firm of grain than that of a cow-calf; and the fat more hard and curdled; is larger boned, and, on the leg, you diſtinguiſh whether it be a bull or a cow-calf, by the udder: but you muſt look very narrowly

into

into this, otherwiſe you may be deceived; for ſome butchers have the art to make the leg of a bull-calf reſemble that of a cow-calf. All the joints about a calf, are, or may, with propriety, be roaſted, and moſt of them boiled. Note, a cow-calf is the beſt. The fore-quarter makes three diſtinct joints; and from theſe come the knuckle and craig, which is the bloody end of the neck. The ſhoulder is ſeldom boiled or ſeen at a Nobleman's table; the neck is delicate, either roaſted or boiled: the breaſt is commonly roaſted, and greatly admired for its juicy griſſels. Theſe are the three joints. The fore-quarter contains, ſhoulder, neck, and breaſt; the hind-quarter has a better knuckle than the fore-quarter. We make but two joints in the hind-quarter, the leg and loin; the loin is always roaſted: when the knuckle is cut from the leg, it is called a fillet, and is often boiled, but moſtly roaſted. I take the loin to be the beſt roaſting-piece in the whole calf; for the fat of the kidney keeps the fleſhy part moiſt and delicious. The inwards are, the pluck, which contains the milt, heart, liver, and lights, the throat, and heart-ſweet-bred, which laſt is the fineſt; and the froiſe or chaldron, which is ſome times roaſted, but is beſt ſtoved: the ſweet-breds are a delicious morſel, and are generally roaſted; the liver is ſometimes roaſted; and the heart, lights, and liver, roaſted together, is called a calf's haſlet; and the head muſt not be forgot; but more of this in its proper place. The feet are uſed for jelly, and often ſtewed.

The

The *Italians* are ſo in love with *veal*, that they call it *vitellam*; that is to ſay, their little life; as tho' it gave not only nouriſhment, but alſo life to their dry bodies.

Six weeks is a good age for a calf; for then the fleſh begins to be firm, and void of its ſuperfluous moiſture. It is ſaid, the *Romans* let their calves ſuck from ſix to twelve months; and took great care they had no other nouriſhment but from ſucking the cow. A *calf* ſhould be bled three times, in the laſt ten days it has to live. A calf is much the better of having chalk to lick; for this cauſes drouth, and makes him take a larger draught; by which he becomes whiter, and fatter than otherwiſe he would. A calf ſhould be ſuckled three times a day, and have plenty of clean ſtraw.

Mutton; the ſigns whether it be freſh or ſtale, young or old.

If young, the fleſh will pinch tender; if old, it will wrinkle and remain ſo; if young, the fat will eaſily part from the lean; if old, it will ſtick by ſkins and ſtrings. The fat of *ram mutton* feels ſpungy, ſkinny, and hard; the fleſh cloſe-grained and tough, not riſing again, when dented with your finger. The fleſh of *ew mutton* is paler than that of a *wedder*, has a cloſer grain, and parts eaſier. When there is a rot among the ſheep, their fleſh looks of a paliſh colour, and the fat of a faint whitiſh, inclining to yellow; and the fleſh will be looſe at the bone; if you ſqueeze it hard, ſome drops of water will ſtand up like ſweat: as for newneſs or ſtaleneſs, the

the colour and ſcent will inform you beſt. The head of a ſheep is not much regarded in *England*, except that part of it, the tongue; the fore-quarter contains the neck, breaſt, and ſhoulder; the two firſt are often boiled and roaſted, the laſt ſeldom but roaſted; the hind-quarter is the leg and the loin, and are both called roaſting joints; the leg is indeed as often boiled as roaſted; the trotter or feet, are in much eſteem; in *Scotland* they are ſinged, with the head, to make barley-broth with, and is a diſh, when well and cleanly dreſſed, fit for any Nobleman's table; this, and a ſheep's haggeſs, which is made of the pluck, *&c.* will not be forgot, in its proper place. The beſt mutton is about four years old; that which is fattened from a ſhort, hilly, and dry feeding, is more ſweet, ſhort, and wholſome, than that which is either fed in rank ground, peaſe ſtraw, or turnips, as we perceive by the taſte: great, fat, and rank-fed mutton, ſuch as *Somerſet* and *Lincolnſhire* ſends up to *London*, are nothing ſo ſhort and pleaſant, in eating, as the *Norfolk*, *Wiltſhire*, *Scots* and *Welſh* mutton. The younger mutton does beſt roaſted, and the older boiled.

Houſe-lamb; the ſigns thereof.

In the fore-quarter, mind the neck-vein; if it be an azure blue, it is new and good; but greeniſh or yellowiſh is a ſign of its being near tainting, if not tainted already; the hinder-quarter you may ſcent under the kidney, and try the knuckle if it be limber or ſtiff; which being limber, and under the kidney a bad ſcent, is a ſign of its being ſtale. The ſign of the *head* being freſh or

ſtale,

ſtale, is known by the eyes; if they be ſunk or wrinkled, it is ſtale; if plump and lively, it is new, and ſweet. The head of a houſe-lamb, with the pluck, feet, and ears, is reckoned a genteel diſh; the fore-quarter is generally roaſted whole, and often in joints; the neck and breaſt, when not ſeparated, are called the ribs, which are frequently roaſted, and ſometimes boiled; the ſhoulder is very rarely boiled; the hind-quarter contains the leg and loin, which is good either roaſted or boiled; the leg is oftener boiled than the loin. The butchers ſometimes cut *chines* of lamb, which are cut like thoſe of mutton, and is no more than the two loins together, uncloven, which make a genteel appearance, when roaſted. Note, When a calf is ſmall, you may cut a chine in the above manner.

The *French* roaſt the hinder half of a lamb, and call it *rôt bœuf d'agneau*, which ſignifies a large roaſting joint of lamb.

Delicate diſhes are made with lambs, ſheeps, and calves rumps; not forgetting the lamb's frye, which is compoſed of ſeveral nice parts of the inwards, as the ſweet-bred, kernels, ſkirts, liver, *&c.*

Lamb was much eſteemed among the antients. *Philachorus* is recorded to have made a law, that the *Athenians* ſhould eat no more lamb's fleſh; not becauſe they thought it too tender a meat for mens ſtomachs, but for this reaſon; the people found it ſo wholſome, pleaſant, and nouriſhing, that every man deſired it above all meats, in ſuch ſort, that, had not the eating

of them been reſtrained, by a ſevere law, the whole race of ſheep would have decayed amongſt them. The polite give the preference to houſe-lamb, but certain it is, that graſs-lamb is by much the wholſomeſt meat; for the fleſh of it is not of ſo flaſhy and moiſt a nature as that of houſe-lamb. After a lamb is once weaned and fed on ſhort, tender graſs, for half a year, it is then of all other fleſh ſimply the beſt; and we read of the bleſſed ſacrament in the Old Teſtament, that a lamb of this ſort was thought the pureſt, moſt temperate and nouriſhing of all meats.

A method for managing and ordering of houſe-lamb; which, if well obſerved, you will have fine white fat lambs.

As ſoon as they are come from their dames, bring them into the houſe, and make little pens for them, a little manger for ſome of the beſt white oats, and give them clean ſtraw every day; ſuckle them three times a-day: they ſhould not lie againſt any brick or lime-wall, for that will ſpoil their colour; if you have the opportunity of two ews to a lamb, it will make it very good in ſix weeks time.

PORK. *The method to know whether it be young or old, freſh or ſtale.*

If it be young, the lean will break in pinching betwixt your fingers; alſo, if you nip the ſkin with your nails, if it will receive, and enter into the ſkin; it is a ſure ſign of its being young, if the fat be ſoft and pulpy; but, if the lean be tough,

tough, and the fat flabby and ſpungy, feeling rough, it is old; eſpecially if the rind be ſtubborn, and you cannot nip it with your nails; if a boar, tho' young, or a hog gelded at full growth, the fleſh will be hard, tough, reddiſh, or rammiſh of ſmell, the fat ſkinny and hard, the ſkin very thick and tough, and pinched up, will immediately fall again. To know whether it be ſtale or freſh, try the legs and ſprings, (which laſt is part of the ſhoulder) by putting your finger under the bone, and, if it be tainted, you will there find it by ſmelling to your finger; beſides, the ſkin will be ſweaty and clammy when ſtale; but cool and ſmooth when new: if you perceive little kernels in the fat of pork, like hail-ſhot; if many, it is meaſly and dangerous to be eaten.

Of the different joints and inwards of a hog.

The haſlet is compoſed of the liver, lights and crow-kidney, heart, ſkirts, and ſticking piece, next the chiterlins and guts which are cleaned for ſauſages. The fore-quarter contains the fore-loin and ſpring; a large hog will admit a ſpare rib to be cut from theſe, which is ſeldom dreſſed any other way than roaſted; the hind-quarter contains the leg and loin, which laſt is always roaſted. A hog, for bacon, is cut different, on account of the hams, as alſo for pickled pork; and, when this happens, you cut fine large ſpare ribs, chines, and greſkins, and fat for hogs lard; the head, feet and ears do finely boiled and ſouſed; pork comes in at *Bartholomew*-tide, and holds good till *Lady-day*. The beſt feeding

for

for hogs at firſt is graſs; and, when you take them in to fatten, let it be with acorns, peaſe, whey and corn; which laſt I prefer; and the laſt fortnight, they ſhould be fed on nothing elſe; for this will abundantly contribute to make their fat and fleſh firmer than any thing elſe you can give them.

Pork, veal, and houſe-lamb; of theſe chuſe the whiteſt. Hog-fleſh is ſaid to give much nouriſhment, and is very pleaſant to the taſte; and yet we ſee the *Jews*, *Moors*, *Tartars*, and *Turks* refrain eating of it.

Pigs; the method of chuſing them.

The preference is given to a ſow-pig of the ſmall black kind: the tets on the belly diſcover the difference from that of a boar-pig; look into the inſide of the belly to inform yourſelf of the whiteneſs of it, and to the neck for the fatneſs; which, if fat, will have a ſhort, thick neck, full as thick as it is long. *Pigs* are eat of all ages; but, among the polite, we ſee them dreſſed, from nine days to a fortnight old.

To try a ham whether it be good or not, thruſt a knife under the bone that ſticks out; and, if it comes out, in a manner, clean, and has a curious flavour, it is ſweet and good; if, on the contrary, much ſmeared, and dulled, and has an ill-flavoured, mooriſh ſmell, the ham is tainted or ruſty.

As for *bacon*, at the gammon part, try them the ſame way; and, for other parts, try the fat, if it be white and firm, and do not break or crumble, and the fleſh ſticks well to the bone,

and

and is of a fine colour, it is very good; but the fat yellowiſh, or breaking into crumbles, the lean whitiſh, having ſome ſtreaks of yellow in it, it is ruſty, or will be ſo in a little time. If bacon gives much in moiſt weather, and becomes flabby and ſoft, it has been well cured and dried; and, if not quickly made uſe of, it will ruſt.

The method of chuſing butter.

Your taſte muſt guide you; but, if you do not buy conſtantly of one perſon, perhaps your taſte may beguile you; but, if you ſuſpect any thing, take not the taſte they give you; for that is often a piece of good butter patched in at the end; but taſte in the middle, ſo they cannot well deceive you, if your palate be good. This trick is only practiſed among the higlers.

To chuſe cheeſe.

If the large old cheeſe be rough coated, rugged, or dry on the top, it is a good ſign; beware of weazels, little worms or mites; if it is full of holes, moiſt or ſpungy, it is ſubject to maggots; if any ſoft or periſhing place appear, on the out ſide, try how deep it goes, for ſometimes, where there is little appearance without, the greater part may be bad within.

The method of chuſing eggs.

Hold an egg to the light; if the white looks clear, and the yolk floats round in the middle of it, it is good; but, if the white looks cloudy, the yolk ſunk to the bottom, or be broken, it is not good; hold the big end to your tongue; if

it

it be warm, be ſure it is new laid; if cold, it is bad; and ſo, in proportion to the heat or cold, ſo is the goodneſs of the egg: another way to know a good egg, is to put it into an *Engliſh* pint of cold water; the freſher the egg, the ſooner it will fall to the bottom; if rotten, it will ſwim at the top.

The beſt method of packing up eggs for the ſea, is to pack them ſo that they do not touch each other, the ſmall end downwards, in ſifted wood-aſhes; and, in this manner, they will keep good ſome months.

Veniſon; the method of chuſing it.

To know whether it be freſh or ſtale, try the haunches or ſhoulders under the bones, that ſtick out, with your finger or knife; (ſmell) as the ſcent is ſweet or rank, ſo is it new or ſtale; and the like of the ſides, in the moſt fleſhy parts; if tainted, they will look greeniſh, in ſome places, or more than ordinary black.

To recover tainted veniſon.

Wrap it up in a coarſe cloth, and bury it in dry mould, two feet deep, for forty hours, and the taint will be near all taken away.

To know whether it be old or young, look on the claws of the foot; if the cleft be very wide and rough, it is old; if cloſe and ſmooth it is young.

The ſeaſon for veniſon.

The buck-veniſon begins in *May*, and is in high ſeaſon till *September*. The *Doe* is in ſea-

ſon

ſon at *Michaelmas*, and holds good, if fed, to the end of *January*.

Of the joints; The fore-quarter contains the ſhoulder, neck, and breaſt; there is no hind-quarter; the haunch takes up moſt of the loin with it: beſides theſe, there are ſome trimings, which are generally the park-keeper's perquiſite, as the tongue, greſkin and umbles. Deers fleſh, which *Iſaac* ſo much longed for, is thought, by ſome, the beſt, and, by ſome, the worſt of meats; it is very bad and unwholſome in rutting time.

The method of chuſing tame fowl.

Chickens; Chuſe the whiteſt and fatteſt; if chickens be new-killed, they will be ſtiff and white, and firm in the vent; but, if ſtale killed, it will be limber and green in the vent; chuſe them dry pulled; for they will roaſt beſt. Chickens are beſt in Summer; and pullets and hens beſt in Winter. Cock-chickens are beſt before they crow; and hen-chickens before the cock treads them; the game ſort have the fineſt flavour, but their fleſh is ſomewhat darker than the other.

A *cock* hath a red comb and red gills; if he hath a ſhort ſpur, not cut, nor pared, and fat, he will eat well; if ſtale, he will have an open vent; but, if new, a cloſe, hard vent: ſome think the beſt part of a cock is his comb; and is ſo, if he lives to the age of two years; for, then, his fleſh turns brackiſh and tough. Theſe of the game are beſt, eſpecially for conſumptive people. The *Romans* called them, *medici galli*,

cocks

cocks of phyſick ; becauſe the phyſicians moſt commended them. A cock is a creature extremely laſcivious; the frequent diſſipations he makes, by the great heat, in which he continually is, cauſeth his fleſh to be dry, and hard of digeſtion ; he has but little flavour, by reaſon that all his ſpirituous and balſamick particles are evacuated.

Hens, before they have laid eggs, are called pullets : *January* is the high ſeaſon for pullets with eggs, which you may know by her ſoft open vent, and by her red comb : if ſhe be old, her comb and legs will be rough ; if young, ſmooth. Chuſe the fatteſt and whiteſt. Hens are beſt, juſt before they are ready to lay, and yet are full of eggs; they hold good all the cold months; becauſe long reſt and ſleep, in the long nights, make them then fatteſt.

On the excellencies, &c. *of the fleſh of pullets.*

It is generally believed, that fat pullets, when young, are a very temperate food, of good juice, and much nouriſhment, ſtrengthening natural heat, engendring good blood, ſharpening dull appetites, quickening the eye-ſight, and nouriſhing the brain : they agree with all ages and complexions ; for they are neither ſo hot as to turn into choler, nor ſo cold as to turn into phlegm, nor ſo dry as to be converted into melancholick, but turn wholly, or for the moſt part, into blood, making a lively colour in the face, and quickeneth both the eye-ſight and every ſenſe. Pullets fleſh is ſweeteſt when they are not too much fed, as the barn-door ſort, which

dig

dig out their meat with their heels, in ſome clean place, where they have plenty of room and freſh air; thoſe that are kept in coops are nothing ſo ſweet; for as jaylors ſmell of the priſon, ſo do they of their own dung.

Some antient authors have been ſo miſtaken, as to aver, that fowls fleſh has a ſecret property of cauſing the gout; and we ſee, that this diſtemper rages moſt among thoſe who feed on fowls fleſh; for the poor, who cannot get fowls to eat, are ſeldom troubled with this diſtemper; not that I believe this diſtemper proceeds from eating of fowls, but rather from want of exerciſe.

Of a capon.

A good capon will have a fat, thick rump and belly, a fat vein under the wing, and on the ſide of the breaſt. If young, he will have a ſhort, blunt ſpur, and ſmooth legs; but, if old, he hath a ſharp ſpur and rough legs; but look narrowly for fear his ſpurs be not cut, pared, or ſcraped leſſer; and, if you miſtruſt his being old, pinch it on the breaſt with your thumb; and, if it is ſoft, receiving the pinch eaſy, it is young; but if hard, then it is old; if it is pale about the head, and has a ſhort comb, then it is young; if red about the head, he is no clean capon; if new, he will have a cloſe, hard vent; if ſtale, a looſe, open one. Capons are of a right age, at eight or nine months.

On the excellencies of capons.

A capon, fed in the open air, on pure meat, is preferred by all phyſicians, old or modern, *Greeks* or *Latins*, before all meats; a roaſted or boiled capon helpeth appetite, openeth the breaſt, cleareth the voice, fatteneth lean men, and nouriſheth all men, reſtoreth ſick men, hurteth none but the idle, taſteth pleaſantly, digeſteth eaſily; he is more ſolid than the fleſh of pullets, more tender than cocks; not ſo dry as a cock, to be ſlowly digeſted; not ſo moiſt as a chicken, to be ſoon corrupted, but equally affected and temperate in all qualities, engendring much blood, and yet inoffenſive; helpeth natural heat, without unnatural ſharpneſs. The fleſh of capons is ſo mild, temperate and nouriſhing, that it was thought, he muſt be deſperately conſumed, that capon-jelly would not recover.

Turkeys.

If a turkey-cock be young, he hath a ſmooth, blackiſh leg, and a ſhort ſpur; but if he be old, he hath a ſharp ſpur and red legs; when ſtale, he is dry footed, and his eyes are ſunk in his head; but, if he be new-killed, his eyes will ſtand firm in his head, as if he were alive.

A hen-turkey; If ſhe be old, her legs will be red, and will have a rugged grain; if full of eggs, ſhe is ſoft and open-vented; if hard-vented, not full of eggs: ſhe is preferred before the cock; her legs are not ſo coarſe; as for newneſs and ſtaleneſs, the ſame as the cock. And

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the ſame for *turkey-poults*; their age cannot deceive you.

On the excellencies of turkeys.

A turkey is a dainty diſh, and worthy a Prince's table; they were firſt brought from *Numidia* into *Turky*, and thence to *Europe*; for which we call them turkeys. A turkey eats beſt in Winter, and ſhould be hung at leaſt three days; their fleſh recovereth ſtrength, nouriſheth plentifully, and agreeth with every perſon and complexion, except ſuch as are of too hot a conſtitution, or inclined to rheums or gout.

Peacocks.

They are ſeldom uſed, except for great feaſts, and more to make a ſhew, than for the goodneſs of the meat; and, then, a pye will beſt ſuit the fleſh of it. A pea-chicken is exceeding good meat, but muſt be dreſſed the day, or the day after, it is killed: they lay, ſet, feed, and bring forth their young of themſelves, without any trouble to their owners.

Peacocks are, as poets ſay, the beloved birds of *Juno*, which none durſt kill, in old times, for fear of that jealous and revengeful goddeſs's diſpleaſure. Among the *Romans*, *Quintus Hortenſius* is recorded to be the firſt that brought them to the table, whoſe commendations made them ſo deſired, that, in a little time, a peahen's egg was ſold for ten pieces of ſilver, and the carcaſe for twenty times as much. *Leo* X. that famous *Epicurean* Pope, cauſed their fleſh to be made into ſauſages, for which he paid, every year, many hun-

hundred ducats. St. *Auſtin* writes of peacocks-fleſh, that, in a twelvemonth, it corrupteth not, after it is dreſſed.

Geeſe.

If a tame gooſe has a red foot and bill, then ſhe is old; if yellow, young; if new, limber-footed; if ſtale, dry-footed. A gooſe is in high ſeaſon at *Michaelmas*, and a ſtubble-gooſe eats beſt, when it is between four and five months old: green geeſe are eat from one month to three; they are in high ſeaſon in *May* and *June*; a green gooſe is ſcalded, whereas a ſtubbled gooſe is dry picked: and wild geeſe are in their high ſeaſon in or about *December*; for new and ſtale, young or old, the ſame as the tame gooſe.

Swans.

When they are young, they are called ſynets; and, if kept in a little pond, and well fed with corn, their fleſh will not only alter its blackneſs, but alſo be freed of its unwholſomeneſs; they are generally ſkinned, and the fleſh potted or made into pyes; they are much admired in *Muſcovy*, and *Eaſt Friezland*; ſwans fleſh was forbidden the *Jews*, becauſe, by them, the hieroglyphical ſages did deſcribe hypocriſy; for a ſwan has the whiteſt feathers and blackeſt fleſh of any bird: ſo the heart of hypocrites are contrary to their outward appearance: ſo that, not for the badneſs of their fleſh, but for reſembling wicked mens minds, they were forbidden.

Tame

Tame ducks.

When they are ſtale, their feet will feel dry; but, if new-killed, they will be limber-footed: it has a thicker foot than the wild duck, ſomewhat blackiſh, inclining to yellow. Ducklings are related to ducks, as chickens are to hens; they are always ſcalded; and, if you meet with them ſo, ready prepared in a poulterer's ſhop, rub your finger on the breaſt of it; if it feels rough, it is new killed; but, if it feels ſlippery or ſlimy, then it is ſtale killed: their age cannot deceive you.

Pigeons.

Dove-houſe pigeons, when new killed, feel ſtiff and firm in the vent; but, when ſtale killed, they are limber and green in the vent; if old, red legged.

Turtle-doves, for the moſt part, are white, and they have a blueiſh ring about their neck; after they are matched, and bred together, if one of them dies, the other will never match again with any other, but pine away, and die. The beſt way to kill pigeons is, to blood them to death under the wings, which makes their fleſh more cold and white, inſomuch that the *Italians* do as uſually give them to ſick perſons of agues, as we do chickens. There are many different kinds of pigeons, too tedious to mention.

Wild fowl.

A pheaſant-cock; If he be young, he hath a ſhort, blunt ſpur; but, if he be old, he hath a ſmall, ſharp one; but obſerve narrowly, if it

be

be not cut or pared; if it be fat, it will have a fat vein upon the ſide of his breaſt, under the wing; if it be new, it will have a faſt, firm vent; but, if it be ſtale killed, it will have a green vent; and, if you touch it any thing hard with your finger, it will peel.

The hen-pheaſant, when young, has ſmooth legs, and her fleſh of a curious grain; if, with egg, ſhe will have a faſt, open vent; for newneſs and ſtaleneſs, as the cock.

On the excellencies of pheaſants.

All phyſicians allow them to be one of the beſt of meats, and often preſcribe pheaſant-poults in hectick fevers; and, upon recovery from a long or violent ſickneſs, no meat more fit than pheaſant-poults; but ſtrong ſtomachs, ſuch as theſe of labourers and plough-men, by feeding on pheaſants, fall immediately into ſickneſs and ſhortneſs of breath.

Heath-cock and hen.

If young, they have ſmooth legs and bills; if old, rough; as for the reſt, they are known as the foregoing.

Partridges.

Partridges are beſt and moſt in ſeaſon at the end of harveſt, before they have either trode or laid.

A partridge, if it be old, hath a white bill and blueiſh legs; but, if it be young, it hath a blackiſh bill, and yellowiſh legs; if new, it will have a faſt, firm vent; but, if ſtale, it will have

have a green vent, and will peel, if you touch the vent hard with your finger: if they have fed on green corn, and their crops are full, they will taint there; and, for to know this, open the bill, and ſmell at the mouth. A partridge of this ſort is what the *French* admire.

On the excellencies of partridges.

Partridges have a temperate heat, but incline a little to dryneſs; they feed upon ſnails, chick-weed, tops of leeks, and all manner of good and wholſome corn; they are never ſubject to pips, or rheumatick diſeaſes, which maketh them live till they be almoſt twenty years old.

Woodcocks.

If it be fat, it will feel thick and hard in the vent, and have a fat vein upon the ſide of the breaſt; but, if lean, it will feel thin in the vent; if new killed, limber footed; but, if ſtale, dry footed; obſerve if it has a ſnotty noſe or muddy throat, which is very bad; and you may know this by ſqueezing the throat. Woodcocks are beſt when they firſt come in, or rather a month after, when they have reſted themſelves after their long flight from beyond the ſeas.

Chuſe a ſnite by the ſame rule as the woodcock.

Quails.

It is leſs than a pigeon, yet much larger than a lark; they are fine birds, when fat; the beſt come from *France* and *Germany*; they are fattened in large cages, and ſold by *Germans* to the

the poulterers in *London*, who bring them from abroad.

Some authors imagine, that quails have a ſecret property of engendring the falling ſickneſs, which certainly muſt be a miſtake; for we read, that, when the *Iſraelites* loathed manna, quails were ſent them as the beſt and daintieſt meat of all other: and, if ſome curious paraphraſt would therefore ſay, it was the worſt; becauſe, while the fleſh was in their mouths, many thouſands of them fell in the wilderneſs: but this is a miſtake; for it was not through the badneſs of the food, but their wickedneſs, luſting, and tempting of God.

Plover.

There are four kinds of plovers, the green, grey, ſtone, and a baſtard plover, called a lapent; the two firſt are the beſt; when new, they are limber footed; when fat, they feel thick and hard in the vent; but, when lean, they feel thin in the vent; when ſtale, they are dry footed: theſe birds keep ſweet and good the longeſt of any in *England*. A grey plover has ever been in great eſteem, and the antients have raiſed this proverb made on a curious and male-contented ſtomach; A grey plover cannot pleaſe him.

A feldfare.

If ſhe be thick, and hard in the vent, it is a ſure ſign of her being fat; if limber footed, new killed; but, if thin in the vent, and dry footed, then is ſhe both ſtale and poor: they are beſt,

beſt, when juniper berries are ripe; for then all their fleſh is perfumed therewith.

Blackbirds.

They are very ſeldom made uſe of in a kitchen, yet, by ſome, they are preferred before thruſhes or feldfares; in general, they are ſuſpected to be a melancholic meat; becauſe they are never found but alone and ſolitary; whereupon the *Latins* call them *Merulas*, that is to ſay, ſolitarians.

Larks.

They are of three ſorts; the kit-lark, wood and field lark: when any of theſe are freſh, they are ſtiff and firm; but limber and flabby, when ſtale; the feathers come off with the leaſt touch, when ſtale; the contrary, when freſh.

Wild duck.

When fat, ſhe feels thick and hard on the belly; but, if lean, ſhe feels thin and ſoft on the belly; if new killed, ſhe will be limber footed; but, if ſtale, ſhe will be dry footed; and, if it be a right wild duck, it will have a ſmall, reddiſh foot.

Teal.

For newneſs and ſtaleneſs, as the wild duck; they feel thick and hard on the belly, when fat; but, if they feel thin on the belly, then they are lean.

Hare.

A hare will be white and ſtiff, if new and clean killed; if ſtale, the fleſh will be blackiſh in moſt parts, and the body limber; if the cleft in her lips ſpread very much, and her claws are wide and ragged, ſhe is old; the contrary, if young.

Leveret.

A leveret, if ſhe be new killed, will be ſtiff; but, if ſtale killed, will be limber; a right leveret has a ſmall nobbed bone on the outſide of her fore-leg, near the foot; if, by ſtroaking your finger down her leg, you do not feel any, ſhe is not a leveret, but a hare.

On the virtues of hares fleſh.

It is ſaid, that hares fleſh prevents fatneſs, cleanſeth the blood, and is very diuretical. The *Italians* generally believe, that eating of much hares fleſh maketh a man fair, and merry ſeven days after; for which purpoſe, perhaps they were ſo much in requeſt among the *Romans*, that they bred them tame, as we do rabbits.

A rabbit.

If ſhe is new killed, ſhe will be ſtiff; if ſtale killed, limber and ſlimy; if old, her claws are very long and rough, and the wool motted with grey hairs; if young, the claws and wool ſmooth.

FISH. The beſt method to chuſe fiſh.

All thoſe which have gills are known to be freſh by the colour of them; their eaſineſs or hardneſs to open; their hanging or keeping up their fins; the ſtanding out or ſinking of their eyes, and by ſmelling their gills.

Of lobſters.

The cock is generally ſmaller than the hen, and the ſhell more red; he has no little ſpawn or ſeed under the tail; if new, the tail will fall ſmart like a ſpring. To try whether it be full, open a bit of the ſhell, from the middle of the tail, and, if that be full of hard reddiſh ſkinned meat, all parts will anſwer it: obſerve if there be any plugs in their claws, and pull them out, to ſee if they be not filled with water inſtead of meat, and ſo the weight deceive you. The hen lobſter is beſt, when the ſpawn lies in the body and not in the tail.

Pliny, lib. 9. cap. 3. writes, that, in the north-weſt *Indian* ſeas, there are lobſters taken of two yards length; which cannot be ſo good or wholſome as ours, for the leaſt is tendereſt, and the middle-ſized is beſt fleſhed.

Of prawns, ſhrimps and crabs.

If ſtale, the two firſt will be limber, and have a kind of ſlimy ſmell, their colour fading, and they ſlimy; a crab, when ſtale, will be limber in their claws and joints, their reddiſh colour turning blackiſh, and they have an ill ſmell under their throats; if new, they will be good coloured, having a pleaſant ſmell, and will be ſtiff

and

and ſweet; the fuller of eggs crabs are, the better; the female is preferred; the high ſeaſon for crabs is from *Auguſt* to *December*; the ſmall ſort are reckoned the beſt and wholſomeſt; but they laſt but a little while in ſeaſon.

Sturgeon.

Good pickled ſturgeon cuts without crumbling, even as wax; and, if the veins and griſſels give a true blue where they appear, and the fleſh a perfect white, it has remained good, and not made up from ruſtineſs. The great and full grown ſturgeons are better than the leſs; one thing is admirable in this fiſh, that, contrary to all other fiſh, the ſcales turn towards the head; yet, againſt tide and ſtream, it is ſaid to ſwim faſteſt. *Severus* and his followers did ſo eſteem ſturgeon, that, whenever any great feaſt was kept, the chief Gentleman of his court carried up the ſturgeon all over gilded with gold, attended with muſick and carolling, as though a ſolemn pageant or ſaint's ſhrine were to be carried about the city.

Salmon.

When ſalmon is in full ſeaſon, and is freſh, it will have theſe good ſigns, the ſcales of a beautiful brightneſs, interſperſed with reddiſh ſmall ſpots, the eyes full and not ſunk in the head, the fins and gills ſtiff; when cut, it appears of a fine red; the female is diſtinguiſhed from the male, by a longer and more hooked noſe; its ſcales are not ſo bright, and the body is ſpeckled over with dark brown ſpots, its belly is flatter,

ter, the fleſh more dry, and not ſo red, nor yet the taſte ſo delicious: ſalmon is moſt in ſeaſon in Summer. It is very well known, that ſalmon uſes the ſea as well as the rivers; the firſt greatly helps their growth, and the laſt fattens them; and what is worth obſervation, is, that they are of a quicker growth than any other fiſh; for ſalmon is not only deſirous of returning back to the rivers, but to that very river where it was ſpawned; which is evident by an experiment made by fiſher-men and others, who have caught them when ſmall, and have run a ſmall ribbon, tape or thread through the tail-fin: by this mark they have been certain, they have retaken the ſame fiſh at the ſame place, as they returned from the ſea; and, by this means, their quick growth has been diſcovered. The greateſt quantity of ſalmon in *England* is found in the river *Lone* which runs through *Lancaſhire*, where they have ſuch quantities, that the ſervants make it in their bargain not to eat it but twice a-week.

Pickled ſalmon.

The fleſh feeling oily, the ſcales ſhining; and, if it parts without crumbling, and appears in flakes, then it is new and good; but, if contrary, you may ſuſpect its having loſt the pickle, and new made up.

Pickled herrings.

To try whether they be good, open the back to the bone; and, if the fleſh be white, flaky, oily, and the bone white, or a bright reddiſh, they are good; but, if crumbling and brittle, harſh,

harſh, and the bone black, or of a duſky reddiſh or yellow, they are not good.

Red herrings.

Carrying a good gloſs, parting well from the bone, and ſmelling well, are good; but, if they be of a yellowiſh muddy colour, rough and brittle, they are ruſty.

To keep freſh fiſh ſweet a long time.

They muſt be gutted and waſhed in hard water, then laid, one by one, on ſtones in a cool cellar; the next day wipe them dry, and ſprinkle a very little ſalt; repeat this every day in a cool cellar: they will, in this manner, keep good a week.

To chuſe fruits, &c.

As to the chuſing of fruits, herbs, and roots, I think there needs little ſkill; your own obſervation will ſoon inform you.

Limons and oranges are choſe without ſpot or blemiſh, heavy; and thin rind roots by their clearneſs, free from being cankered or worm eaten; and, when freſh, they are ſtiff.

Herbs and plants, when they are freſh, have a green, criſp look.

A TREATISE *on the Management and Breeding of Poultry.*

FIRST obſerve, that, if you do not keep your hen-rooſts, caviſes, and poultry-court clean, and free from vermin, all other pains you take will avail nothing. Always remember to feed your poultry in one place, and at particular hours; for this will make your poultry familiar, which is of great ſervice: take care ſo to contrive the perches they rooſt on, ſo as not to hang one over the other, nor over their neſts, which always take care to have clean ſtraw or hay in: a poultry-court is the better of having clear running water in it, graſs, rue, gravel, dry ſand, or aſhes; and, if you have a pond in the middle of it for your ducks, ſow the borders of it with parſley, it will give a fine flavour to your ducks: all theſe things are quite neceſſary to keep your poultry in health; the freſh air, clear water, and gravel keep them free of the pip and rup; the rue heals them, when ſick; and the dry ſand or aſhes cleanſe them from lice. When you perceive a fowl drooping, directly take it away from the reſt, for fear of infection; examine it, and, according to its diſeaſe, ſo apply the remedy: for which purpoſe, here follows a deſcription of moſt diſeaſes incident to poultry, with the beſt method to cure them.

Of the pip in poultry.

The pip is a white, thin ſcale growing on the tip

tip of the tongue, which in time will hinder them from feeding; it is eaſy to be diſcerned and proceedeth generally from drinking puddle water, or want of water, or eating filthy meat.

To cure the pip in poultry.

With your nail, take off the ſuperfluous ſkin that grows on the tip of the tongue, and rub the tongue with ſalt.

Of the rup in poultry.

The rup is a filthy boil or ſwelling on the rump, it will corrupt the whole body, if you let it run too far; it is generally known by the turning of the feathers backwards.

To cure the rup in poultry.

To cure this diſtemper, you muſt pull away the feathers, and, with a pen-knife, open the ſore, ſqueeze out the core, and then waſh the place with ſalt and water, or rather with beef-brine.

Of the flux in poultry.

The flux in poultry is known by their dung, and proceeds from eating too much moiſt meat. The cure is to give them ſcalded peaſe-bran, and that will ſtay them.

Of ſtopping in the belly.

Stopping in the belly of poultry is contrary to the flux, ſo that they cannot move; and, if not ſoon taken care of, will die. The cure is, to anoint their vents with butter or ſweet oil, and then

then cram down their throats ſmall bits of bread ſteeped in human urine.

Of lice in poultry.

If your poultry be much troubled with lice, which is very common, proceeding from corrupt food, or want of bathing in ſand, or aſhes; the *cure* for it is pepper beaten very ſmall, which you muſt mix with warm water; waſh your poultry therein, and it will kill all ſorts of vermin, and do no harm to the fowls.

Of poultry being ſtung.

If they be ſtung with any venomous worms, or any venomous thing whatſoever, which you will perceive by their lowring and ſwelling; the cure is, to anoint them with ſtamped rue, and freſh butter mixed together, every morning and evening; but, if you can get green camomel to mix with your butter, and a very little vinegar, it will cure them much ſooner than rue.

Of ſore eyes in poultry.

The *cure* for ſore eyes in poultry is, to take a leaf or two of ground ivy, and chew it well in your mouth; ſuck out the juice, and ſpit it into the ſore eye; it will heal in three or four times doing.

Of hens that eat their eggs.

To prevent your hens from eating their eggs, lay a piece of chalk cut like an egg; at which ſhe will be often a-pecking, and, loſing her labour, ſhe will refrain the thing.

To make hens lay oft, and all the winter.

If you feed your hens now and then with any of the following, they will continually be laying, or ſitting all the year; rice, nettle-ſeed, toaſt taken out of ale, barley boiled, or ſcalded fitches.

It is beſt not to keep above ſeven hens to a cock. When you deſign to ſet a hen, (the time you will know by her clucking) do not put above eleven eggs under her. *March* is reckoned the beſt month to ſet a hen in; but, if they are well fed, they will lay many eggs, and ſet at any time. A hen ſits twenty one days. As ſoon as your chickens are hatched, dip them all over in cold water, one by one, and out again as quick as poſſible; put them directly under the hen, and they will ſoon revive, be much hardier, leſs liable to cramps and colds, and much eaſier to bring up. The hen and chickens ſhould be confined in ſomething that lets in the freſh air; the chickens ſhould have little holes to run in and out: there is hen-coops made purpoſely for this uſe, which has a neck of a yard long covered with net-work, to hinder the chickens getting over; mornings and evenings keep them cloſe in this machine; and, if the middle of the day is not windy, but dry and fair, you may let them out, for the hen will find meat for them, better than any you can give; but, while they are up, you may give them bread crumbled, and half-ground barley to eat, with a very little water; which take away when they have done, or give them only what you think they can eat.

A method of breeding chickens after the Egyptian manner.

Take as many freſh eggs as you would have chickens, and I will ſuppoſe them thirteen; put in an earthen pan, or wooden bowl, a layer of bran, four inches deep; in this put your eggs, lightly covered with bran; over all put a flannel; ſet them on the top of an oven, which you muſt light now and then to keep up a continual heat; the eggs muſt be turned three times a-day; after they are hatched, you muſt get a hen to nurſe them. This is very practicable, and has been often done in *England*. The greateſt difficulty is to keep up one continued heat ſo long together; for it will not perform unleſs the heat be equal.

Chickens.

To make them white and fat in a ſhort time, their coops ſhould be cleaned every morning, wherein you put freſh hay; in the morning feed them with curd crumbled in their troughs; after they have eat as much as they care for, take it away, and give them water to drink, which alſo take away; about the middle of the day, give them ſome ſcalded barley-meal, which is made in this manner: put the meal in a tub or pan, pour on boiling water with a little kitchen-ſtuff, or ſkimmings of fat broth; mix this ſo ſtiff that it will hold a ſpoon upright; and, when it is quite cold, it is fit for uſe; after they have fed on this, give them milk and water to drink, and take all away in the evening; feed them again on barley-meal, and give them wa-

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ter juſt turned whitiſh with chalk: you need not allow them but ten minutes to a meal, both eating and drinking; and always remember to take away their meat and water troughs. If the chickens were in health, when you cooped them, and were taken from corn-food, they will be ready for the ſpit in ten days; if you let them ſtay ten days longer, they will be like ſkeletons; to avert which, you ſhould coop no more than what you think you ſhall uſe; ſo have them, one under another. Where you keep their coops, there ſhould not be much light; the leſs the better. The *French* put out their eyes, with red-hot netting-needles, to keep them totally dark, which greatly contributes to their growing ſoon fat. If you cram them, make ſmall crams of barley meal, prepared as above mentioned, about the bigneſs of one's little finger, ſmaller at the ends than in the middle; dip them in milk and water; keep the chicken's mouth open with your left hand, and, with your right hand, put the cram down his throat; you cram them three times a-day; the firſt meal give them but one cram, the ſecond two, and the third three; which number keep to till they be fat; their drink muſt be given them like the other fed chickens. When you coop any poultry, do not give them any meat till they have been cooped for at leaſt four hours; for their ſtomachs ſhould be ſharp to cauſe them like their new food better than their old. A chicken pulls or ſcalds beſt, the minute after killing.

There are two ways of killing a chicken; the one is, by drawing the neck bone, ſo that it

parts

parts a little from the head, without breaking the ſkin; after this, you hold or hang them up by the legs, which cauſes the blood to come from all parts of the body in the neck. The other way is, to tie the legs of the chicken with pack-thread, being hung on a high hook, by the legs. With a penknife, cut the farthermoſt part of the roof of the chicken's mouth; put the wings one in another quite behind the chicken, ſo that they cannot move; for ſometimes in fluttering, they break their wings: keep ſtreaking the neck downwards to cauſe all the blood to come out of the mouth. When chickens are killed in this manner, they are generally deſigned to reſemble turkey-poults, and are always ſcalded for that purpoſe.

Chickens boil beſt, when ſcalded; but roaſt beſt, when dry-pulled.

The method of ſcalding a chicken or any other fowl.

Firſt you kill the chicken, and put it into cold water; then you have ready water ſcalding-hot, which muſt not boil; but, juſt before you perceive it going to boil, take it off, and it is fit for uſe; put your chicken out of the cold water into this; let it be covered all over with water for a minute; take it out, dip it into cold water, and out again directly; begin to pull off the feathers from the wings, and, if they come off eaſy, you are ſure the reſt will do the ſame; if the feathers do not come eaſy off, put it in the hot water again, and let it ſtay for two minutes: by this method, you may ſcald geeſe-gibblets or any poultry whatſoever. Chickens are beſt in Summer,

mer, and it is thought they are wholſomeſt roaſted, they being a very moiſt meat, and for weak ſtomachs are very temperate; and I think no one would commend them for ploughmen and carters.

A cock.

Cocks fleſh is much admired by ſeveral of our Nobility and Gentry, being managed and fed in this manner; firſt, you get a parcel of cock-chickens, as near as you can of an age; keep them by themſelves, and diet them (in a place where they can have the freſh air) with milk and bread, and ſometimes wheat ſteeped in milk; being kept in this manner from the hens, till they be about a year old, they will be moſt delicious food, eſpecially for a conſumptive perſon; and then their ſtones, liver, and loins are beſt.

Hens

Before they have laid eggs, are called pullets. Hens fleſh is ſweeteſt when they are not too much fed, as the barn-door ſort, which dig out their meat with their feet in a clean place, where they have plenty of room. There are many different kinds of meat which fatten them; but the beſt way is, to let them fatten themſelves, with *pure corn*, mixed with *chaff*, that, by exerciſe of their legs, by ſhuffling and ſcraping, they make their fleſh to eat ſweeter and better, and prove more wholſome; for thoſe that are extremely fat, are not the wholſomeſt; but thoſe of a middling fatneſs. The ſame method

is

is uſed for fattening or cramming pullets, as was mentioned for chickens; only the crams muſt be larger in proportion.

Capons

Of eight or nine months old, fattened in an open air, in a clean place, with pure meat, is certainly the beſt and wholſomeſt meat. The right time for making a capon is, when the cock is three months old; which is performed in this manner: he muſt be held on his back; pluck a few feathers from under the thigh, and make an inciſion through the ſkin, with a penknife, and inſtantly put in a ſteel hook, with which pull out his teſticles; ſow up the inciſion, bathe it with ſweet oil, and houſe him for all that day; give him to eat, after this operation, barley ſoaked in warm water.

The French manner of fattening and cramming of capons.

Each capon muſt have a ſmall caviſe for himſelf; the room ſhould be dark; when that is inconvenient, they are blinded by putting red-hot netting needles into their eyes: their meat is barley meal ſcalded with hot water, that fat meat has been boiled in, pretty ſtiff; roll up a great many pieces as big as horſe beans, dip them in milk to make him ſwallow them; in putting them down his throat, begin with the ſmalleſt quantity firſt: and every day he muſt be fed three times, augmenting one of theſe ſmall crams every meal till his crop can contain no more; you muſt let him drink moderately; once a week

give

give him gravel to pick at; put freſh hay or ſtraw in the caviſe every day.

The Engliſh way of cramming capons.

Mix barley meal with new milk, like a paſte or ſtiff dough; then make it into long crams or rolls, biggeſt in the middle, ſmall at both ends; dip them in luke-warm milk, and give the capon a full gorge three times a-day, morning, noon, and evening; let his drink be water, which you take away when he has done drinking; in three weeks time he will be as fat as any man need to eat; obſerve that the crams muſt be made freſh every day, for fear of the milk ſowring. A capon ſhould be eight or nine months old, before you begin to confine him for fattening: the beſt food, before you put him up, is any kind of grain.

To make a capon nurſe chickens.

There is a method of making a capon be of great ſervice among young poultry; for you may cauſe him to take care, lead out, and feed chickens, ducklings, young turkeys, pea-chickens, pheaſant and partridges, which he will do naturally and kindly; and, by reaſon of the largeneſs of his body, will brood or cover thirty or forty; he will lead them out ſafely, and defend them from kites or buzzards better than the hens.

The way to make him take the charge is, with a twig of fine ſmall brier, or nettles, at night ſting all his breaſt and lower parts, and then, in the dark, ſet the chickens under him; the warmth proceeding from the chickens taketh

away

away the ſmart, for which he will fall much in love with them; but if ever he ſhould prove unkind, you muſt ſting him again, which will make him never to forſake them.

Turkeys.

A hen-turkey will lay till ſhe be five years old: remember always to feed them near the place you intend they ſhould lay; in other reſpects, they ſhould be managed as other poultry; but are the better of being fed four or five times a-day, they being great devourers. When they are ſetting, they muſt have plenty of victuals before them, as water, barley, or oats. Obſerve the ſame method for the young turkeys (dipping in water) as the chickens: only in their meat you may chop ſome boiled green leeks, which is exceeding good for them; they love it, and it keeps out the cold. They being very tender birds when young, makes it neceſſary to dip them in cold water, which will harden them very much, and keep them from cramps, to which they are very ſubject: it is the green part of the leek they like beſt.

To fatten turkeys.

The beſt way to fatten turkeys, is to feed them the firſt fortnight with boiled barley and oats, and then cram them for ten days, as you do capons.

To know when a turkey wants to ſet.

You muſt obſerve when ſhe has done laying, and you will find her ſetting herſelf; you muſt

embrace the opportunity, and put clean ſtraw in her neſt, and do not put above thirteen eggs under her. If ſhe does not ſet kindly, ſhut her in, and take her out to feed three times a-day: the board or door you ſhut her in withal, muſt have holes to let in the air.

Young turkeys are very tender, and require cloſe attendance; yet they are very well worth our pains, for they are fit for a Prince's table.

Pea-hens and chickens.

They ſhould be fed in an open air upon pure meat, as bread, corn and curds, which will make them very good meat, yielding not only a taſte extraordinary ſtrange and pleaſant, but alſo good nouriſhment.

Of geeſe.

You will know when ſhe wants to ſet, by her lying down in her neſt, and not coming forth as uſual. A gooſe ſets 28 days; you may put 12 of her own eggs under her; when the goſlings are hatched, dip them, one by one, in cold water; immediately put them under the gooſe; keep them within doors a week. Their meat is oat-groats, boiled with chopped green ſprouts or lettuce-leaves; and green peaſe boiled in milk, is very good food for them; always feed them at one place, and at a ſtated time. Geeſe are but very little trouble, and not nice in their feeding, tho' they ſpoil the graſs greatly inſomuch that no creature cares to eat after them.

To fatten geeſe.

Bring them into the houſe, and confine them to very little room; feed them for three weeks on oats with a little malt mixed with water three times a-day; allow them ten minutes for every meal; after which take away the troughs the meat was in; acorns juſt boiled up in ſmall beer will fatten them ſurpriſingly faſt.

Ducks.

They are to be managed in the ſame manner as the geeſe; they begin to lay in *February*; you ſhould contrive to have their neſts as near the water as poſſible, near which always feed them; it is good to ſow parſly round about the pond, for this will make them eat pleaſantly; they ſhould be kept in a poultry-court, and not let out to roam about, for then they feed ſo filthily upon frogs, toads, mud, water, ſpiders, and all manner of venemous and foul things which muſt certainly make their fleſh too hot, too moiſt, hard, groſs, ſlow of digeſtion, and very excremental; and the beſt part of ſuch a duck as this, will be his feathers. So I adviſe to have them kept and bred in a clean poultry-court wherein is a little pond; and when you want to fatten any, confine them to little room in a place where they can get the freſh air; let them have clean ſtraw every day; you may feed them with half-ground malt and cheeſe-curds, and give them chalk and water to drink; feed them three times a-day, and take away their meat and water when they have done; give them one meal of nothing but gravel mixed with

a little water; this will make them both white and fat in twelve days; ſoft in fleſh, giving much good nouriſhment; by which we may ſee, that art and diet can make that wholſome, which nature itſelf has made hurtful.

To mew or feed partridges.

For this purpoſe, you muſt provide your partridges a room, in the corners of which ſhould be little boxes for them to run in and out; in the middle of the room muſt ſtand three wheat ſheaves, two with their ears upwards, and one with the ears downward, and near unto them ſhallow tubs of water, that they may eaſily drink out of the tubs, and peck the ears of corn with pleaſure; by this manner of feeding, they will be as fat as poſſible.

To mew or feed pheaſants.

Obſerve the ſame rules as for the partridges.

To mew or feed quails.

Put two or three dozen into a long flat, ſhallow box; the foremoſt ſides muſt be ſet with round pins, ſo thick that the quails can do no more than put out their heads; before this muſt ſtand one trough full of wheat, another with hemp ſeed, and a third with water: thus fed, they will be fat in two or three weeks time.

To feed blackbirds, thruſhes, feldfares or any other ſmall birds whatſoever.

Being taken wild, and old, it is good to have ſome of their kind to mix among them; put them

them in great cages three or four yards ſquare, placing therein divers troughs, ſome filled with haws, ſome with hemp-ſeed, and ſome with water, that the tame teaching the wild to eat, and the wild finding ſuch change and alteration of food, do eat greedily, and make themſelves fat in twelve or fourteen days, ſo as to be fit for the ſpit.

Proviſions in ſeaſon for the Month of JANUARY.

Fiſh-monger.

Cod, thornback, maids, brawn, ſturgeon, cockles, muſſels, gudgeons, ſmelts, perch, holeberts, chubs, pike, mullets, tanch, carp, ſalmon, whitings, lyng, weavers, herrings, ſprats, dabs, and eels, ſhrimps, lobſters, cray fiſh, and oiſters. Some of theſe are rarities in this month, and not to be had unleſs the weather prove mild.

Poulterer.

Turkeys, capons, pullets with eggs, fowls, chickens, geeſe, hares, rabbits, and all kind of wild fowl, as woodcocks, ſnipes, partridges, feldfares, larks, plover, ducks, teal, eaſterlings, and pheaſants.

Butcher.

Butcher.

Beef, veal, lamb, mutton and pork.

Green grocer.

Roots, *Jeruſalem* artichokes, carrots, beet-roots, *French* and common turneps, parſly-roots, parſnips, ſcorſonary and ſalſify, horſe-raddiſh, potatoes, onions, leeks, garlick, ſhalot and rocambole.

Herbs.

Parſly, thyme, winter-ſavory, ſweet and pot-marjoram, mary-golds, ſweet baſil and dried tarragon; *Spaniſh* chardoons, ſellery, endive, water-creſſes, ſage, beet-leaves, ſpinage, ſavoys, red cabbage, and brown kail. If the weather is mild, you will have chevile, burnet and lettuce.

Fruit.

Apples, pears, medlars, quinces, *China* and ſweet oranges, limons, cheſnuts, and perhaps a few grapes. All theſe may be had at the green grocer's in *London*, or at *Covent Garden*, where you may have almoſt any thing of the garden-tribe, if you will come up to the price.

Having given an account of the proviſions in ſeaſon for this month, I ſhall proceed, in ſhewing you the beſt, and eaſieſt method how each of them may be dreſſed, in a very plain, eaſy, and familiar manner; in which, I hope no one will blame me for repetitions and ſimplicity of ſtyle; for, through the whole work, I ſhall ſuppoſe

poſe my reader to be quite ignorant of every method and manner of dreſſing of meat. But if any of my profeſſion are offended at the repetitions, *&c.* proceeding from their not having the ſame doubts as a young practitioner; let them remember, I write for the inſtruction of the unexperienced, where nothing can be too plain; and if this does not ſatisfy them, let it be their buſineſs to write ſo as few or none can underſtand them; mine to be underſtood by the meaneſt capacity.

In the next number will be inſerted, *The beſt manner of managing a dairy after the Engliſh manner.*

Jus Sorbitio, Broth.

Broth is the ſoul or ſource from whence moſt kitchen work proceeds. I don't doubt, but there will be ſome of my readers who would reject the moſt curious and moſt delicious broths, which will preſently follow, and are now in vogue in all the courts of *Europe:* theſe, I ſay, perhaps had rather ſup a few of *Goody Stiles*'s making, than all the fine juices that ever was made or could be invented; I being a favourite with this old touch, ſhe readily let me ſee how ſhe performed this meſs, which is very ſimple and natural, and for which it is not at all the worſe. I therefore ſhall begin with this broth firſt: only permit me to ſay ſomething which will be very neceſſary to be remembered, *viz. The method or rules to be obſerved in making of broth.*

The

The greateſt perfection one can attain to in making of broth, is to have it very clear, and that nothing predominates, but ſhould have a fine agreeable reliſh according to what it is deſigned for: tho', I ſay, nothing ſhould predominate in broth, which indeed is a general rule that ought to be obſerved, but not without its exceptions; for ſometimes it is made to mix with particular ſauces and ragous, which often require one ingredient to predominate. If you blanch the meat, your broth will certainly be the clearer; the word blanching means to par-boil.

The manner of blanching meat.

Waſh the meat, and put it in boiling water, where let it boil for three minutes; take it out, and put it into cold water; waſh it, and take it out in a callender to drain; being drained, with a clean coarſe cloath wipe off any ſcum or filth that may remain on the outſide of the meat, and remember, this is called, blanching.

Before you begin to make broth, care ſhould be taken, that the pot or ſauce-pan, and cover is well cleaned and tinned, the water ſhould be clear, of no ill taſte, and cold; that is to ſay, when you make broth, the meat is put in the pot, and on it you pour cold water; for by this means more ſcum will riſe, than if you took hot water to make your broth. The ſlower your fire, or the longer the pot or ſauce-pan is of boiling, the more ſcum it throws up; and the more ſcum you can cauſe the broth to throw up, the clearer your broth will be; for the impurity

of

of the meat, by ſlow boiling, indenſes, and then riſes on the ſurface of the broth, by reaſon of the gradual movement cauſed by the heat at the bottom. The ſlower the broth is boiled, the better, and the meat the tenderer: never put in ſeaſoning till the broth is thoroughly ſcummed.

A rule for ſcumming of broth.

Let the fire be clear, and of an equal heat, as near as you can. The pot or ſauce-pan ſhould be half on the fire, and the other half off. Which will have this good effect, that when the ſcum riſes, it will all come to that ſide which is off the fire. Keep it cloſe covered till it is near boiling; take the cover off, and do not begin to ſcum till the minute you ſee it going to boil; then take off the ſcum as faſt as you can: after which put in a little cold water; take off the ſcum again; and then put in ſalt, which will cauſe more ſcum to riſe: being taken off, put in your roots and ſeaſoning, the coldneſs of which will keep the pot from boiling a little; and cauſe ſtill more ſcum to riſe, which alſo muſt be taken off. It ſhould be obſerved as a general rule, that cold water and ſalt makes ſcum riſe; but in ſome broths, eſpecially thoſe for ſick people, ſalt muſt be omitted, and the ſcum cauſed to riſe by cold water only. Obſerve that none of the roots ſhould be ſcraped, for this reaſon, that when they are ſcraped, and ever ſo well waſhed, in boiling, little excreſcences or particles are looſened, which ſtick on the out-ſide of them, and comes off into the broth, which, conſequently, muſt make it thick. I adviſe, that the roots be

firſt waſhed, and then the out-ſide peeled or pared and waſhed again. The beſt thing to ſcum broth with is not a ſcummer, as one would imagine, but a thin-edged tin'd copper-ſpoon: theſe kind of ſpoons are now become very common in kitchens, and may be bought at any of the braſiers in *London:* they are made like a common ſpoon, only four times as large. The reaſon I am ſo particular on theſe ſort of ſpoons is, becauſe they take off the fat with the ſcum, which a ſcummer does not; tho' this need be no difficulty, for a ſilver or pewter ſpoon will do near as well; the difference is only, that the laſt is rather too ſmall, and the handle too ſhort, if your pot happens to be any thing large. Broth is reckoned to be boiled enough when it is reduced to half the quantity. Whenever broth is finiſhed boiling, and is of the richneſs and quantity you'd have it, ſtrain it off in this manner: have a well-glaz'd deep earthen pan, which ſhould be well ſcalded and cold, (for if ever you ſtrain broth into any thing that is hot, it will much ſooner grow ſowre, than if the pan was cold); have a fine lawn-ſieve ready; take the pot gently from the fire; with a ſcummer take out the meat as gently as poſſible; afterwards let the broth ſettle for a few minutes, and ſtrain it from the dregs through a ſieve; if there is more than you make uſe of for the preſent, keep the remainder in a cool place, and when you want to uſe it take the fat off very clean; for there is nothing ſo diſguſting, as to ſee eyes of fat ſwimming on the ſurface of broth. Sometimes, eſpecially if the meat be over-done, and you take it

out

out with a ſcummer, it will in taking out be apt to fall in pieces, and make your broth thick; but, when you apprehend this, do not take out the meat firſt, but ſlop the pot, and gently pour out the clear broth through a ſieve; put a ſcummer in the pot before the meat to hinder the meat from falling into the ſieve; the ſieve ſhould be held ſlopping by a ſecond perſon: this laſt is the method I uſe in ſtraining of broth, in which I have omitted no particular, except that, before you ſtrain the broth, you ſhould let it ſtand off the fire to ſettle, for about three or four minutes.

Thus much for the rules which ſhould be obſerved in making of broth, which I have been the more copious in, that my reader may retain theſe particulars, to the end that it may hinder repetitions elſewhere, which would but help to ſwell the work, and be not a jot more uſeful.

Before I begin the receipts in cookery, I beg leave, and in as few words as poſſible, to inform you of the order and method I propoſe to purſue.

Firſt broths of all kinds; next, follow regularly greveys, cullis, ſauces, ſalpicons, eſſences, forced meats, daubs, braiſes, ſoupes, biſques, hodge-podge, and terrines; then I proceed with the appurtenances of an ox, from the head to the rump, ſhewing how theſe and every joint will admit of being dreſſed, which will be divided into two parts; in the one, made diſhes, and in the other, plain; beginning with large firſt-courſe diſhes; horſedoevers, which ſignifies firſt-courſe ſide-diſhes.

Large

Large roaſt, ſmall roaſt, and entermeats.

Large roaſt means any roaſt diſh for the firſt-courſe; ſmall roaſt means any roaſted diſh ſuiting the ſecond-courſe; entermeats is the name of ſecond-courſe ſide-diſhes; all theſe will go on regularly, beginning firſt with beef, and then with veal, mutton, lamb, veniſon, pork, pigs, poultry, fiſh and vegetables; a diſtinction of all theſe will be inſerted, of the made large diſhes of beef; *Ditto* plain, and ſo on to the entermeats or laſt-courſe diſhes; of all the different kinds of proviſions, which will make the work a perpetual bill of fare; for, when any one knows what is in ſeaſon, they may likewiſe know which is fit for large or firſt-courſe end-diſhes; horſedoevers or firſt-courſe ſide-diſhes, *&c. &c.* of any kind of proviſion: further, I imagine, this method of placing the receipts may be of uſe to the Nobleman or Lady who takes upon them the management of their families; for, when any gueſt is expected, at one view, may be found the proviſions in ſeaſon, and all the plain and made diſhes of all the different kinds of proviſions, placed in regular order, and ready to be put together for a bill of fare; and, by this means, all palates may be pleaſed; for ſome like made diſhes, ſome plain, ſome roaſted, others boiled, and ſo forth. Middle diſhes in courſes are greatly out of faſhion; their place is generally filled up with a ſilver machine called a ſurtout, which is ſet in the middle of the table, and is ſomething higher than the diſhes. The word *ſurtout* ſignifies above all; on it is generally put oranges and limons, garniſhed with

with laurel leaves; it holds on the ſides ſeveral caſters for muſtard, oil, vinegar, pepper and ſugar; between theſe are ſalvers for pickles. This machine is called by ſome an *epargne*, that is to ſay, a ſave diſh. It is generally left on table, the whole courſes out.

I ſhall point out thoſe diſhes which are fit for the middle of a table, both in firſt, ſecond, and third courſes; after theſe will follow bills of fare, great and ſmall, for each month in the year, with figures parallel to the pages where each diſh is explained; this will ſhew a young practitioner how a bill of fare ſhould be wrote; beſides this, for the better inſtruction of young beginners, I have endeavoured to ſhew of each bill of fare what time is proper the proviſions ſhould be in the kitchen, according to the appointed hour they dine at; which diſh to begin firſt, and ſo from one to another, till the whole will be compleat; ſo that every courſe may be ready at its proper time to follow each other. This, I hope, will have this good effect, of not making the company wait, nor over or under dreſſing the victuals; beſides theſe, I propoſe ſeveral other of the like nature, too tedious to mention; and, to complete the whole work, I ſhall add a great variety of all the beſt and moſt practicable receipts in confectionary: I now conclude this narration with begging pardon for my impertinent vanity, in imagining a perſon of my humble abilities could write any thing worthy the obſervation of a Nobleman or his Lady.

Goody

Goody Stiles's *mutton broth.*

You muſt know that this *Goody* was a great œconomiſt; and when ſhe made this meſs, it was always two diſhes at her table; firſt the broth, and then the mutton and roots was made one.

Take a neck of mutton of about ſix pounds weight; it being jointed, cut it in halfs; waſh it in cold water, and with a knife, pare off the bloody part at the end of the craig; put this half into a clean pot or ſauce-pan with an *Engliſh* gallon of cold, ſoft, clear water; when it is ſcummed, put an onion ſtuck with three cloves, a cruſt of bread about the weight of an egg; after which, put in eight black-pepper corns, one blade of mace, and half a middle-ſized carrot; let theſe boil ſlowly for three quarters of an hour; the other half of your mutton having the fat and ſkin paired off, put it with the reſt in the pot or ſauce-pan, with five middle ſized turnips, and let all boil ſlowly an hour longer (obſerve to keep it ſcumming); the hour being expired, take out the turneps, and ſqueeze them well between two plates; put them in a little earthen pan with about the bigneſs of an egg of freſh butter, with a tea-ſpoonful of ſalt, and a very little cream, or milk; beat theſe together with a ſpoon till they become very ſmooth and the butter is all melted in them; take out the mutton you laſt put into the pot, and lay it on a diſh with the maſhed turneps round it; make the turnips look ſmooth and neat by drawing a knife backwards and forwards on the top of them; ſet the diſh to keep hot over a pot or ſauce-pan of boiling hot water; over it put a hollow diſh or cover;

ver; and over all put a thick coarſe cloth to keep out the cold air; (ſome palates like a little pounded pepper to be mixed with the maſhed turnips, and others will not admit of milk or cream; for milk and cream only ſerves to give them a whiter colour, but adds little or nothing to the taſte); this done, begin to finiſh the broth in the manner following; ſcum well off the fat, peel and cut a little onion ſmall, five ſingle ſprigs of thyme, ſtripped from the ſtalk, and cut ſmall; put theſe in the broth with a very few mary-gold leaves; let theſe boil in the broth for about four or five minutes; then put in (being firſt nicely picked, waſhed and groſsly chopped) about half a handful of parſley, which muſt boil in the broth with the reſt near two minutes. Add ſalt to your taſte, and the broth is done. Pour the broth in a ſoup-diſh, wherein put toaſted bread. Cut it after it is toaſted into little ſquares; ſerve it up very hot; obſerve that the part of the neck of mutton which has the craig is not to be ſent up, neither is the carrot, the onion ſtuck with cloves, nor the cruſt of bread.

After the broth is done, then the mutton and turneps are ſerved up to table: this is an excellent diſh in winter, coming off a journey, or on the road, and has the advantage, that the things this broth is made of, may be had almoſt any where. Note, If the broth runs ſhort of the quantity you want, eik it up with boiling water; and, whenever any broth wants eiking up, let it be with hot water, which water ſhould always boil ſome time in the broth before it is

finiſhed; if you eik broth up with cold water, it will have this bad effect, to make the meat red and hard, and the broth no better.

Broths en gras.

En gras is the oppoſite to *maigre gras*. *En gras* ſignifies any diſh that is compoſed of fleſh, and *maigre* thoſe that no kind of fleſh goes in, as fiſh, roots, herbs, fruits, milk, *&c.*

Stock broth.

This is a general broth, and is ſo called from the affinity or uſefulneſs of it in the many things made in the kitchen. Firſt I ſhall ſhew how it is to be made in the moſt delicious manner it will admit of, and then conclude with the moſt frugal way of making it.

It is with this broth moſt kind of ſoupes, *&c.* are made. Obſerve, that, after all your meat and other ingredients is in the kitchen, it will take, from firſt to laſt, five hours preparing and making. Suppoſe you would make only an *Engliſh* gallon, provide yourſelf with 4 pounds of beef, 2 pounds of mutton, 2 pounds of veal, half a pound of lean well-flavour'd ham, one old fowl, and one old partridge of a high fumet, that is, high flavoured. Moſt of the following roots muſt be of a middle ſize: 2 carrots, half a parſnip, 2 leeks, 3 onions, 4 large French turnips, one large parſley root, 8 ſingle ſprigs of thyme, 3 heads of ſellery, 2 blades of mace, 9 white pepper-corns, 3 cloves, 40 coriander ſeeds, and one large clove of garlic. It matters not what joint the beef, mutton or veal is cut from,

from, ſuppoſing it be freſh, and not fat, remembering the lean of fat meat is beſt. Begin in this manner: blanch all the meat, except the ham and partridge. The method of blanching you will find in the rules for making of broth. Put 8 *Engliſh* quarts of cold, clear, ſoft water into a clean well-tinned pot, kettle or ſauce-pan that has a cover; the pot ſhould admit of room to hold the water and all the ingredients, and ſhould want about an inch of being full; put in the beef, mutton, fowl, partridge, and ham; the beef is beſt to be cut in 4 equal pieces, and the fowl and partridge muſt be drawn, finged, the legs cut off, and truſſed to boil; (the method of truſſing or making ready partridges and fowls, *&c.* for the kitchen uſe, will be deſcribed in the receipts of the different ways of dreſſing them); the rine and outſide of the ham muſt be cut off; the above mentioned meats being in the pot, cover it, and ſet it on a clear, moderate fire; obſerve to ſcum it well, for which I refer you to the rules for making of broth; the pot being ſcummed clean, put in the carrots, *French* turnips, parſnips, and the white part of the leeks; let this boil ſoftly, cloſe covered, for two hours: the broth being done ſo far, take out the parſnip, peel the onions, garlic, parſly-root; pare the outſide of the parſly-root; pick clean, and waſh the ſellery; double the ſellery, and make a bunch of it, tied with packthread. Obſerve, in every thing you tie with packthread which is to go in broth, to uſe as little of it as poſſible, leſt the packthread ſhould give the broth an ill taſte; let theſe be blanched, to take away their

crudity or rawneſs; put them and the veal into the pot; theſe will keep the broth from boiling a little while, and will cauſe a ſcum to riſe, and muſt be ſcummed off directly; after this, put in the ſpice, garlic and thyme; cover the pot, and let it boil an hour and an half longer; ſtrain it off for uſe. The broth made this way, will have a fine, clear, pale, amber colour, and is extraordinary good of itſelf, and may be ſerved hot in a baſon, with bits of cruſt of a *French* roll, being firſt dried at the fire. Some Gentry are lovers of the meat boiled down this way, (boiled down is a term we give meat that is boiled extremely tender), and will have it ſent up handſomely in a diſh with the roots between each of them: when this happens, that you would ſerve the meat to table as well as the broth, you need not boil the broth quite ſo long, which will make the meat more eatable; likewiſe, in this caſe, that you would ſerve the meat to table as well as the broth, it will be neceſſary to tie the ſpice, thyme, garlic, and a very ſmall bit of ſaffron, in a ſmall piece of linnen cloth; which cloth, before it is uſed, ſhould be ſeaſoned; which is done by dipping the cloth into the broth, and ſqueezing the broth out again into cold water; wherein you may give it another waſh: this will hinder its giving the broth a bad taſte, which it is very apt to do, unleſs you take this precaution before hand; the cloth ſhould be no larger than juſt to hold the ingredients mentioned, and room to tie with packthread: the cloth ſo managed, is called a *mignonet*, which muſt be taken out of the broth, juſt before you

you ſtrain it off; and, in the taking of the mignonet out, give it a little ſqueeze, to cauſe the broth to flavour of what it contains; this broth, made with the addition of the ſaffron, and the meat ſent up as above mentioned, is worthy the name of *un demi oil*, that is to ſay, a half olio.

This broth made for a ſtock only (that is to ſay, only for moiſtening of grevey, cullis, ſoups, or mixing with ſauces), is very expenſive, eſpecially in *London*, where every thing is ſo dear: but Gentlemen in the country may have it at a very reaſonable expence.

Stock broth, a more frugal way.

Obſerve every thing as in the above receipt, excepting you muſt omit the fowl, partridge and ham; inſtead of the fowl, add two more pounds of beef; inſtead of the partridge, one pound of mutton, and one pound of veal; and, inſtead of the ham, add half a pound of lean gammon of bacon; all the reſt as in the other receipt above. The broth made this way, will be extremely good, but not ſo fine-flavoured as the other. By obſerving the foregoing proportions, you may leave out or add according to the quantity, richneſs, or expence you chuſe to be at. It is a general rule in cookery, which we all approve of, to keep broth in making, or meat aboiling, cloſe-covered; but ſome modern philoſophers are againſt it, and will not admit of broth, or any boiled meat, to be covered: the reaſon they give is, that the air ſhould have its free egreſs and regreſs, to the intent that the pure flavour in the broth ſhould not become as

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it were ſuffocated, dull and heavy; and farther they ſay, the air is the eſſential life of the ſpirit, and broths, or any kind of boil'd meats that hath not plenty of water, and the free influences of the air in its preparation, does certainly loſe its natural colour, with the pure ſmell and taſte.

This I have obſerved, that broth not being cover'd in making, keeps good conſiderably longer than broth that is kept cover'd in the time of making; which is an evident proof of its purity. There can only be this ſaid againſt not covering broth in the time of making, that it will not have ſo fine a reliſh, by reaſon all the volatile and balſamic qualities of the meat evaporates with the ſteam.

Stock-broth of a leg of beef.

To make this broth in a very frugal, plain, and eaſy manner, break the bone of the leg of beef in three places, take out the marrow, and waſh the leg of beef in cold water; put it in a well tinned pot, with ſomething more than as much again water, as you chuſe to have broth; ſet this to boil very ſlowly early in the morning, that you may have it good at dinner time; it ſhould boil at leaſt five hours; ſet it on a clear fire, and ſcum it clean; when it has boiled about two hours and a half, put in any roots you have readieſt; a little thyme, four cloves, 15 black pepper corns, and two common ſpoonfuls of ſalt; when it has boiled in all five hours, ſtrain it off for uſe. Leſt any of my readers ſhould not know the common broth roots, here follows a liſt of them all.

Roots

Roots proper for broth.

Turnips, carrots, parſnips, parſley-roots, onions, leeks, ſellery and thyme. The uſual ſpices for broths are cloves, mace and pepper. I would not have you perplex or hinder yourſelf from making of this, or any other broth; for you may perhaps be in a place where the half of theſe cannot be had; ſo juſt uſe what comes readieſt to you; and if you take care to ſcum the broth well, and let it boil ſlowly, the whole five hours, you will have a fine clear amber coloured broth, and might be made uſe even if there were no ſpice, herbs or roots in it. Stock-broth, among us cooks, is ſometimes called mitonage, which means ſoaking broth, by reaſon that it is uſed for ſoaking of bread for ſoupes. The preſent *French* king has been forbid of his phyſicians from eating any bread mitoned (which means ſoaked or ſimmered) in his ſoupe or broth, as being very pernicious to health, clogging and loading the ſtomach; but for all its bad qualities with regard to health, bread mitoned in broths or ſoupes, is eat by moſt foreigners, and numbers of people in *England*; for bread done this way in ſoupes is moſt ſmooth and delicious to the taſte.

Suppoſe you would ſerve the pure clear broth alone to table, and would have the bread ſoaked or mitoned in it, do it in the following manner.

To mitone bread for broth, or ſoupes.

Take of upper cruſt of a *French* roll raſp'd, or a brick not raſp'd; of this take more or leſs, according

cording to the quantity of broth you have to ſerve to table; cut the crumb all out, and ſet it to dry gradually before a fire for an hour; after this put it in a ſmall ſtew-pan, the crummy ſide upwards; put on it as much broth as will make it ſwim; cover, and ſet it on a gentle clear fire; after a little time, take of the cover, and if it is ſoaked up in the bread, and likely to ſtick to the bottom of the ſtew-pan, in ſuch caſe repleniſh it with as much broth as you put in at firſt; cover it, and let it ſimmer gently till the bread ſticks to the bottom, without the leaſt ſign of burning; put the broth in what you intend it ſhould go up in; and then, with a ſmall ſcummer, take out the bread without breaking, and put it into the broth, and ſerve away as hot as you can. There is another way to mitone bread for broth better than the above; but has this inconveniency, that the baſon or diſh you intend the broth ſhould be ſerved in, muſt not be china, delf nor any kind of earthen ware, by reaſon the bread muſt be mitoned in the diſh the broth is ſerv'd in; for which reaſon it is dangerous to uſe china or the like; for the fire would certainly make it ſnap: the reaſon why doing it in the diſh is beſt, becauſe when it is done in a ſtew-pan, the beſt of it is left ſticking to the bottom; whereas when the broth is poured on the bread in the diſh, it looſens that which ſticks to the bottom; by which means it gives a fine flavour to the ſoupe and comes eaſy up with a ſpoon; for which the diſh ſhould be ſilver, and kept covered the time the bread is doing.

A broth of beef, &c.

This broth is in much repute in *France*, and is uſed among numbers of the Nobility there for breakfaſt inſtead of tea, and is thought to be a much wholſomer breakfaſt. The following proportions will make a pint and half Engliſh, which will ſerve two people. I would chuſe my reader ſhould remember, that, through the whole work, the weights and meaſures are *Engliſh*. Firſt, you ſhall be inform'd what utenſils and ingredients is proper to make this nice broth with; and then proceed to the making of it. In the firſt place, you muſt have a ſauce-pan, and cover, which in *Scotland* is called a goblet-pan; and what the *Engliſh* calls a ſtew-pan, they name it ſauce-pan. The above is meant, that my readers in *Scotland* may remember this diſtinction. Beſides the ſauce-pan and cover, which ſhould hold two quarts of water, after the meat is put therein: you muſt have a common pewter or ſilver ſpoon to ſcum it withal, and a wooden ſpoon with a longiſh handle; they are very common in kitchens, and much in the ſhape of a ladle, only not ſo large, and the bowl of it is very ſhallow; a ſmall lawn ſieve; a ſmall marble mortar, and wooden peſtil; a pewter ſoupe-diſh or clean earthen pan to ſtrain it in; one pound of good well fed beef, cut from the lean part of a buttock, all in one piece; a craig of mutton and veal, of a pound each; one middle-ſiz'd chicken, one ſmall blade of mace, and a *French* roll; with a knife pare off the fat from the craig of mutton (after which it ſhould

weigh

weigh a pound); waſh them all in cold water; put them all in the ſauce-pan, and then meaſure two quarts of clear, cold, ſoft water, and put it in the ſauce-pan; cover, and ſet it on a clear fire of a moderate heat; take care to ſcum it well; then put in the mace. Obſerve the pot or ſauce-pan ſhould be ſuited to the quantity of meat you have; for was one to make a little broth in a great pot, it would not be ſo good, as if it was made in one ſizable to the meat; that is to ſay, when the meat and water is in the ſauce-pan, it ſhould want but about three quarters of an inch of being quite full; after it is well ſcummed and has boiled ſlowly for the ſpace of twenty minutes, take out the chicken, and pick all the white fleſh from the breaſt bones, and pound it as fine as paſte in the mortar; put in a very little broth in pounding; put a clean cloth, or a ſheet of paper, over the mortar to keep it white and free from any duſt or dirt; let it remain in the mortar till you are ready to uſe it; the broth muſt boil in all two hours; examine it, whether there be a pint and half of it left; if you think there is not ſo much, put in as much boiling water as will do; and let it boil five or ſix minutes, (there is no exact certainty for broth's boiling any particular time, and according to that time there ſhall remain ſo much broth, becauſe you cannot keep it boiling in one exact motion for a long time together). If when you are a going to ſtrain it off, you find too much broth left, let it boil till there remains only the quantity you would have; the broth being ready, and as clear as rock water, free from fat ſwimming on the

the top of it, in being ſtrained off, put in the crumb of a common ſiz'd *French* roll, and let it boil a few minutes; mix it with the pounded chicken, ſo that it may be well incorporated into each other; this done, ſtrain the broth thro' a lawn ſieve into the mortar, and with a ſpoon mix it well with the pounded chicken; put in three tea ſpoonfuls of ſalt, clean the lawn ſieve, and ſtrain the broth once more through it into any clean thing that will hold it; what remains in the ſieve, you muſt rub directly through with the back of the wooden ſpoon; if you find the pounded chicken turn dry, and does not paſs eaſy through the ſieve, in ſuch caſe, put in a ſpoonful more broth, which will ſoften it, and make it work through the eaſier: having got all that will paſs through the ſieve, ſcrape off what of the pounded chicken ſticks to the bottom of the ſieve; put the ſieve away, and mix the broth well by ſtirring of it: taſte it, and ſet it on a clear fire to heat, but not boil; (if ever it boils after it is finiſhed it is ſpoiled); ſerve it up in two baſons, wherein put a very few little pieces of the upper cruſt of a *French* roll; the cruſt of the *French* roll ſhould be about the ſize of a ſixpence; you may cut them out with an apple-corer, which will make the broth have a neat look. This kind of broth does not keep well, and ſhould be uſed the ſame day it is made. You may make any quantity of this broth, by obſerving the above proportions; but if you make a very ſmall quantity for a ſick perſon whoſe taſte is very nice, and as the broth does not keep well, you may make it with half a

large chicken; obſerving the reſt in proportion. If you make ſuch a ſmall quantity as this, great care ſhould be taken that all the utenſils are in conſtant uſe every day, otherwiſe it will give ſo ſmall a quantity of broth a bad taſte, perceptible to any palate, but more ſo to any one that is recovering from ſickneſs: to avert this inconveniency, after the ſieve, mortar and peſtil are well cleaned and dry, you muſt do what we call ſeaſoning; which is done thus: Take a ſpoonful of hot broth, and put it into the mortar; with the broth in the mortar, wet the corner of a clean cloth, and rub the ſieve all over with it; and dry up what remains in the mortar with a clean cloth, by rubbing it all over the inſide of the mortar; when the ſieve and mortar is thus done, fling a cloth over them both, till you want to make uſe of them; the cloth will hinder any duſt or blacks falling into them, which often happens in kitchens, from the ſmoak or duſt proceeding from ſtirring of fires, *&c.*

A rule for ſeaſoning all kinds of kitchen utenſils.

When they come firſt out of the ſhops, whether they be copper, braſs, pewter, china, earthen ware, or wood, put any of theſe into a pot of cold water, with two or three handfuls of bran; let them boil ſlowly for half an hour; then take them out, and let them be rinſed in cold water; ſet them to dry, and when dry, they are fit for uſe.

A Scots diſh called green broth.

This broth may be made at any time of the year, the ingredients whereof it is, or may be compoſed,

compoſed, being always to be had. The following is a very frugal, wholſome, good diſh, and, I dare ſay, will pleaſe many *Engliſh* palates. The beſt joint of meat I know to make this broth, is a powdered round of beef. When I ſpeak of powdered beef, I would be underſtood, that it ſhould be but a little ſalted. A round of beef for this purpoſe ſhould be ſalted in winter ſix days, and in ſummer four days. I ſhall ſuppoſe the round of beef to weigh 20 pounds, which is reckoned but a ſmall round in *England*; waſh the beef in cold water; tie the beef with packthread round the outſide of it, to make it appear tight and ſnug, and to keep it the better together; take a pot large enough at bottom to hold the beef flat-ways, ſnug and round; put in as much clear, ſoft, cold water, as will cover the beef about ſix inches deep; ſet this on a clear fire, and ſcum it well. There are two things that hinder me from giving you the exact time it ſhould boil: the greateſt is the age of the ox which it was cut from: the next is the manner it is cut, thick or thin; for a round of beef of 20 pounds cut from a ſmall ox, will be very thick, and take a long while boiling; but if a round of beef of 20 pounds weight is cut from a very large ox, it will be very thin, and require but little boiling; but, to keep to the middle way, I think the beef muſt be old, if it is not boiled enough for common palates in three hours and a quarter. This, if the beef is very young, would be too much for ſome palates. But I ſhall ſuppoſe it to take the above time; having obſerved

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what time the pot began firſt to boil, begin and prepare the herbs, *&c.* for the green broth. Firſt take 12 good turnips, (turnips that have a red ring on the top of them are generally the beſt); pare them, and put them, with one large carrot, to boil with the beef: when the turnips are boiled enough, which you will know by their being tender, (there can be no rule given how long turnips ſhould boil, for ſome will be better done in one hour, than others in three hours), take the turnips out, and ſqueeze out their water between two plates or trenchers; the liquor that comes from them by ſqueezing, put in the pot; maſh the turnips, and keep them hot before the fire, to be ready to put round the beef. The method for maſhing of turnips you will find in *page* 62. The greens for the broth are theſe, turnip, ſellery, and leek tops, ſpinnage, beet-leaves, green kail, and green ſavoys. Have a tub of clean water; take 6 green turnip tops, pick off all the tender and beſt leaves, with the middle of the turnip tops; put them into the tub of water, with the green leaves of 4 heads of ſellery, and the inſide tender green part of one middle-ſized leek; likewiſe put into the tub a ſieve three parts full of beet leaves; one ſieve full of the tender leaves of green kail, two ſmall green ſavoys; cut out the core or hard in the middle of the two ſavoys; put them in the tub with the reſt; let all theſe be well waſhed in two or three different waters; put them in ſieves, or a large cullinder, to drain; after they are well drained, chop them with a mincing-knife as

ſmall

ſmall as poſſible; mix with the greens ſo chopped three quarters of a pound of flour; and, when the beef has boiled two hours, put the herbs, being well mixed with the flour, into the pot with the beef; you muſt allow for the time it keeps the pot from boiling. Juſt before the herbs are put in the pot, all the fat ſhould be ſcummed off the top of your broth; when the minute herbs are in, ſtir them well about, to mix the better with the broth, and to hinder the flour from being in lumps; put on the cover, and let it boil ſlowly.

This done, make a little water boil in a ſaucepan, and put in a ſieve full of ſpinnage with a little ſalt; when the ſpinnage is boiled tender, (which it will do in a quarter of an hour), take it out into a cullinder or ſieve to drain; let a cock of cold water run on the ſpinnage for half a minute, which will clear it from any gravel or ſand that may happen to be in it; take it out of the ſieve or cullinder, and ſqueeze the water out; chop half of the ſpinnage as fine as poſſible to be ready to mix, and give a green colour to the broth; the other half of the boiled ſpinnage may ſerve to go round the beef, for which you muſt have, towards the finiſhing of the broth, a little hot water to heat them withal. When the broth has boiled its appointed time, with a beef fork take out the beef, and directly put it in a large pot of hot water, which will cleanſe it from all the herbs that may ſtick on the outſide of the beef, and will cauſe it to look as tho' it had only common boiling in plain water; while the round of beef is thus ſteeping in hot

hot water, ſlop the broth pot and ſcum well off the fat; after this is done, put in the chopped ſpinnage, and let it boil a minute or ſo; take a ladle in one hand, and a plate in the other, fill the ſoup-diſh with the broth, holding the plate always under the ladle for fear of any ſpilling on the edge or rim of the diſh; (for nothing looks more diſguſtful than to ſee the rims of diſhes all ſmeared and ſpoiled), put in the ſoup-diſh a few bits of bread, cut in little ſquares, and ſerve the broth away as faſt as poſſible; then take out the beef, and put it in its diſh, with the carrot ſliced round the diſh, the turnips, ſpinnage, and any other kind of roots or greens you pleaſe, ſome melted butter in a ſauce-boat, and ſerve away.

Note, It is genteeler to ſend the roots and greens in a ſmall diſh by themſelves. If the broth is rightly managed, it will have a greeniſh caſt, and be as thick as cream. This broth ſhould be uſed the ſame day it is made; it will not keep good above a day in winter. You need not hinder yourſelf from making this broth becauſe you have not every particular ingredient here mentioned; for it may be made very good with the one half of them: and, as to the meat you make uſe of, any joint or piece about the ox you like beſt; and, according to the weight of it, you muſt proportion every thing elſe.

Dads and blads.

The above words are old *Scots*, and not eaſy to be explained. This broth is made beſt with a powdered round of beef. Obſerve, in this,

as

as in the above receipt, as to weight, and quantity of water, and time of boiling. When it is well-ſcummed, put in near an *Engliſh* pint of pearl-barley, and half a pint of the beſt yellow ſlit-peaſe; both the peaſe and the barley ſhould be put to ſoak in plenty of luke-warm water the over night; drain the water from them before they are put in the pot; with theſe put in 12 pared turnips and one large carrot; cover the pot, and let it boil ſoftly; when the turnips are boiled tender, take them out and maſh them as in the above receipt. An hour and an half before dinner, or the appointed time the beef is to be enough, put in near three common ſized kitchen-ſieves full of picked, waſhed and drained green kail, and green ſavoys of equal quantity; theſe, before they go in the pot, ſhould be very groſsly chopped; but, before you put in theſe greens, ſcum well off the fat; cover the pot, and let all boil its appointed time, and the broth is finiſhed. As to the round of beef, you muſt order it as in the above receipt; ſerve this broth up hot, and put no bread in it. This broth will not keep.

Scots kail.

This broth is made much like the above two. After it is ſcummed, put in ſoaked pearl-barley and roots according to the quantity of meat or broth you intend to make; about an hour and an half before dinner time, put in green kail, ſavoys, cabbage, all or either of theſe with an onion or a leek, all chopped ſmall; put theſe in the broth, and let them boil an hour and an half;

ſerve

ſerve it up without bread; you may add, according to the ſeaſon of the year, turnip, and nettle tops, beet leaves, and green peaſe.

Broth of beef, &c. (au bain Mariè).

The literal meaning of *bain Mariè*, is *Mary*'s bath, but the beſt deſcription is the receipt. This broth is often made for ſickly people, by reaſon of its many good qualities; for it fortifies the ſtomach, reſtores health, and nouriſhes much. I ſhall firſt ſhew the richeſt and beſt method of making of this broth, and conclude with a few obſervations on a more frugal way. Take 3 pounds of the lean part of a round of beef all in one piece; the ſame from a fillet of veal, and from a leg of mutton; all theſe ſhould weigh 9 pounds when they are trimmed from the fat; the beef, mutton and veal muſt be blanched; take a well fed capon, cut off his legs; draw, ſkin, and pick all the fat from him; draw and ſinge an old partridge, and cut off the legs; when I ſay cut off the legs, I mean the legs cut off from the knee; being thus forward, take a jugging pot, or a deep well-glazed earthen pan and cover large enough to hold the meat and three pints of water. Jugging pots are ſold at the pewterer's and braſiers; ſome families have them of pewter, and others of copper; they are made weighty at the bottom, that they may keep ſteady in the water, and have 2 covers belonging to them; the inſide one is cork covered with block-tin or pewter.

[*To be continued.*]

NUMB. II.

A ſhort Treatiſe on the Management of a Dairy.

THE moſt material part in the managing of a dairy, is cleanlineſs.

The cows ſhould be milked at one ſtated time; for they, by cuſtom, will expect it, tho' you neglect, which will tend much to their detriment; the hours and times moſt approved, and commonly uſed for milking, are the Spring and Summer time, between five and ſix in the morning, and between ſix and ſeven in the evening; and, in the Winter, between ſeven and eight in the morning, and between four and five in the evening. Some Summer ſeaſons, when there is fluſh of graſs, they will require to be milked three times a-day, beginning in *May*, and ending in *September*. Before a cow is milked, waſh her teats with cold water; and next your hands: it is a cuſtomary thing in milking to wet the cow's teats every now and then with milk, to cauſe (as they pretend) the cow to milk the eaſier; which is very falſe; for it is nothing but cuſtom makes them think ſo; and the beſt way is to uſe yourſelf from the beginning never to wet the paps, or teats, after you have firſt waſhed them with cold wa-

ter, which will cauſe the milk to be much ſweeter; in the other way of milking, there will fall drops of milk into the pale, which, if taſted by itſelf, you would never milk that way any more; care ſhould be taken, that thoſe who milk the cows ſhould ſtroak them well, and, in the Summer time, ſave thoſe ſtroakings by themſelves, to put in your morning's-milk cheeſe: the ſtroakings of a cow is the richeſt part of her milk, and is a little quantity of the laſt of the milking; after the milk is brought home, it is ſtrained through a fine lawn-ſieve, into ſhallow, broad, glazed, earthen pans, which are by much the beſt and ſweeteſt for keeping of milk; they ſhould be ſcalded as ſoon as emptied, and ſet out in the air to dry; in Summer there ſhould never be ſeen any milk in a dairy above a day old; keep the cream you ſcum off in a large, deep, earthen pan; and more of theſe ſort of pans you ſhould have; for, in Summer, the cream muſt be ſhifted twice a-day; and, two or three times a-day, the cream ſhould be ſtirred; it is beſt to make two ſcummings of the milk in this manner; the evening's milk ſcum early in the morning and again at noon, and ſo on with the reſt; for, if you leave the evening's milk to the next evening, and ſo make but one ſcumming of it, the cream will not be ſo ſweet. The newer the cream is before you churn, the richer and better the butter will be: as ſoon as the butter is come in the churn, pour off the butter-milk, waſh the butter with clear, cold water; beat the water out of the butter till it comes

out

out quite clear, and not white; then put in ſalt to your taſte, and beat and work it up directly into what form you pleaſe; never touch it with your hands, (as ſome bad houſe-wives do), the heat of which cauſes the butter to be gauled, a term which ſignifies over-heated, or ſtrong, of a bad flavour.

A dairy that is ſo lucky as to have a cow or two calves in the Winter, will much preſerve the Summer-flavour in the butter: the beſt month to begin to ſalt butter for keeping, is in *May*.

The beſt method for ſalting butter to keep exceeding good all the Winter.

May, as I ſaid before, is the beſt month to begin; the butter you intend for keeping ſhould be put up the ſame day it is churned; it ſhould be very little more ſalted than what common freſh butter is; ſprinkle a little ſalt on the bottom of the tub or pan; lay a layer of butter full five inches thick, on which ſprinkle a little ſalt, and then another layer, and ſo on till it is full; take great care to ſqueeze it down cloſe, that no hollow places may be in it, which would let in the air, and ſpoil the butter; you may roll a round lump of quite freſh butter, and put it in the middle of the caſk, with the layers (as above) cloſe, round, under, and over it; and, in the Winter time, when you come to the middle of the barrel, tub, or pan, you ſhall have a piece of quite freſh butter, with the true *May*-flavour preſerved in it.

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As to cheeſe, the greateſt property in them is, to have a rich taſte, and be tender; which laſt is owing to the care in preſſing of it; for cheeſe require very little preſſing, and the curd ſhould be put in the cheeſe form in large fleaks, and not in crumbles; the beſt cheeſe that is made, is not preſſed at all, which is that ſort we call cabbage-net-cheeſe.

To make a cabbage-net-cheeſe.

A cabbage-net-cheeſe is made of new milk and ſtroakings together; according to the ſize you would have the cheeſe, ſo take milk, and put in as much runnet as will turn the milk into a ſoft curd; hang a coarſe cloth by the four corners, not a great diſtance from each other; ſlip in the curd, and, now and then, ſprinkle a little ſalt between each layer of curd; let it hang till it is dry, and done driping, then take it out of the cloth, and keep it in a dry, cool place for a twelve-month, and it will be a fine cheeſe: when cheeſe is over-preſſed, it eats hard, dry, and tough; for, by obſervation, I have found, that, after the whey has run from the curd, of its proper colour, there runs from the curd a white, creamy ſubſtance which ſhould be preſerved in the curd, and is the very means of making a cheeſe eat mellow, and rich to the taſte.

To make a runnet-bag.

Let the calf ſuck his fill, a little before he is killed; then take the bag out of the calf; it lies above the paunch, near the heart; take out the curd,

curd, and ſcour the bag very clean with ſalt, and waſh it well in two or three cold waters, and let it lie twelve hours covered with ſalt. This done, pick all the hairs and dirt out of the curd; waſh it with new milk; rub the inſide of the bag with a little ſalt, and break the curd into little bits; put the curd in the bag with a little ſalt; ſkewer it up, and rub the outſide of the bag with ſalt; prick it in ſeveral places, and hang it in the ſide of a chimney to dry gradually; when it is very dry, it is fit for uſe.

To make runnet.

Boil three *Engliſh* quarts of water, with near a handful of ſalt; put it into a pan, and, when it is cold, put in the bag; cover it, and let it ſoak for ten days; at the eighth day you may try it, and perhaps it may be ſtrong enough; bottle the runnet off, and put more pickle to the bag, to make more runnet; if there is but a little runnet wanted, cut a piece from the bag, and uſe it with a little pickle, as above mentioned. This is the common and uſual way of making runnet.

Directions for the making of a dairy.

A dairy ſhould be ſo contrived, as to be warm in Winter, and cold in Summer, having two or three hair-cloth, or ſmall wiry windows, to let in the air, and hinder the flies from coming into the dairy; and theſe, in the Winter time, ſhould have wooden ſhutters, to keep out the cold, and, in froſty weather, there ſhould be a clear fire kept in a dairy; otherways the milk would freeze,

freeze, and no butter could be made. Moſt of our Noblemen's dairies in *England*, is the pleaſanteſt and cleaneſt place in the whole houſe; the walls are all covered with beautiful *Dutch* tiles; the ſhelves are as white as ſnow, and the floor as red as a cherry: *Dutch* tiles are uſed, by reaſon nothing will hang on them; but on a wall, there is continually ſomething or other gathering, and falling into the milk; a nice dairy, if kept clean has one of the moſt pleaſing fragrant ſmells of any one thing beſides, and the beſt Nobleman in *England* does not think it beneath him to eat curds and cream in ſuch a dairy as above pictured.

Broth

[*Continued from Page* 80.]

Broth of beef, &c. (au bain Mariè).

The cork by ſwelling, hinders the wate from getting into the pot, which, if it did, it would entirely ſpoil the broth; you muſt take care to ſcald it well in ſeveral waters; if you uſe an earthen pan, put it into cold water and bran, and let it boil ſlowly a quarter of an hour; take it out, and put it into cold water, and when it is thoroughly cold, put in all the butcher's meat and poultry, with three pints of cold water, and one onion ſtuck with three cloves, and three common tea ſpoonfuls of ſalt; obſerve, the pan, when all the meat and water is in, ſhould be near full; put the cover on, and, round the edge, put a rim of courſe paſte (made with hot water and flour) ſtuck on with a beaten egg; daub the outſide of the paſte with beaten egg, and tie coarſe paper round with packthread, to keep it tight; have ready a large kettle of boiling water; put it in the kettle ſo as to be covered with water, and ſtand upright; put a weight on the top to keep it ſteady; it muſt by no means turn over, nor alter its poſition; let the kettle boil ſlowly for five hours, filling the kettle up as it waſtes, with boiling water; the time being expired, take out the pan; off with the cover, and ſtrain the broth through a fine ſieve; let the broth ſtand a little to ſettle; then carefully take off all the fat which will ſwim on the top; if any little eyes of fat remain ſwimming on the broth,

broth, take two or three pieces of white paper, put them one by one on the top of the broth, drawing the paper to one ſide, till the broth is quite clear. There can be nothing more diſguſtful to a ſick perſon, than to ſee eyes of fat ſwimming on broth; therefore I recommend that this method of taking off the ſmall floating fat eyes on broth be remembered; it will be of great uſe, eſpecially in all kinds of broths for ſickly people, whoſe ſtomachs are ſo weak, that the very ſight of one ſmall ſpeck of fat ſwimming on the top, would cauſe them lothe the whole. I have made this receipt of Broth *au bain Marie*, to ſuit a perſon who is on the recovery of his health, and whoſe ſtomach is not quite come to its natural ſtrength; but, if I intended it for a perſon in health, or for a ſtock for ſoupes, which by the way is one of the richeſt ſtocks you can make, I ſhould have added another partridge, half a pound of lean ham and a mignonet, with a little quantity of all the broth roots, with two or three ſprigs of thyme, (a mignonet was deſcribed in the firſt receipt of ſtock-broth). Now that you have been informed how to make a rich broth *au bain Marie*, you muſt have very little ingenuity if you cannot make it to your own or maſter's palate, by making it ſtronger or weaker, adding or diminiſhing; you may for variety in this broth half-fill the belly of the capon with rice or barley; but when this happens, the capon is not ſkin'd, but blanched; the meat, roots, capon and partridge may be put in the jugging pot or pan in ſuch good order, by ranging every one by themſelves, ſo as

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to be able to put them every one ſeparate and whole in a diſh, to ſerve to table, with a little of the broth with it. In ſuch caſe as this, that you propoſe to ſend the broth in one diſh, and the meat and roots in another, you muſt alter the butcher's meat, as to the joint it is cut from; which ſhould be a piece of the ſame weight, cut ſquare, out of the middle of a briſket, which ſhould be boiled an hour before it is put in with the reſt of the meat; the mutton ſhould be cut from the upper part of the neck when the craig is taken off; and the veal may be a ſmall knuckle, the bone of which ſhould be cracked, and the mutton jointed; let it boil but four hours: you may call this *une demi oil, au bain Mariè*, which ſhould not be wrote in a bill of fare in *Engliſh*, by reaſon it will not run ſo ſmooth; the literal *Engliſh* is, a half olio in the manner of *Mary*'s bath.

A broth of beef, &c. *without water*, au bain Mariè.

I never found any palate but what reliſhed this broth: it is excellent for people in health, reſtores the ſick, and warms the blood of elderly people; a gill of this broth is enough for one perſon. I ſhall firſt ſhew how it may be made to have the moſt exquiſite taſte: after you know the method how it is performed, it may be made, by obſerving the following rules, as frugal as you will, by omitting the expenſive things. The following broth keeps well two or three days, or longer according as the weather is; when you warm any, let it be *(au bain Mariè)*: which

is done thus; put the quantity you would warm in a ſmall white ſtone mug, or ſilver cup, that you ſerve it up in; which put into a ſmall ſauce-pan of cold water, and put it on a moderate fire: when the water is juſt upon the boil, take it out, and ſerve directly. This broth is generally made in a jugging pot, which has already been deſcribed; but, if you have not this conveniency, it may be made as well without a jugging pot; only it will cauſe you a little more trouble. Take a deep earthen pan and cover, or a common ſoupe-pot; if this broth is deſigned for dinner, get in the following ingredients the over night, and begin early in the morning; for the broth will take ſix hours boiling; there muſt be got four pounds of the lean (in one piece) of a fat round of beef, the ſame from a leg of veal, and mutton, one full-grown capon, four dove-houſe pidgeons, and two partridges; draw, ſinge, and truſs theſe for boiling; two large onions, one ſmall carrot, half a ſmall parſnip, one large parſly-root, three large *French* turnips, two large heads of ſellery, and five ſingle ſprigs of thyme, half a pound of lean well-flavoured ham, ſeven white peppercorns, one clove, and one large blade of mace; the fat of the butcher's meat and capon being pared off; beat the butcher's meat, eſpecially the beef, ſoundly with a rolling-pin, and the poultry beat ſlightly; the roots having been well waſhed and cleaned, cut them in two, the ſellery in four, and the onions in ſlices; take any ſoupe-pot you have readieſt, which will eaſily contain the meat, and the reſt of the ingredients; range

range all in good order in the pot, the roots and ſpice laſt; put on the cover of the pot, with ſome paper round the edge, to make it ſhut tight: take a little yeſt, or batter made of flower, beaten egg and water, not too thin; with this daub the outſide rim of the lid and pot which cover with long ſlips of damped brown paper, and over this put a roll of ſtiff paſte; and, laſtly, over the paſte put a cloth, which tie round with packthread, to hinder the paſte from giving way, which would let in the water, and ſpoil the broth; ſet it upright into a kettle of boiling water, which muſt be deep enough to cover the broth-pot: put a ſmall weight on the top, and prop it round with hay; for it is apt to turn over, occaſioned by the movement the water makes in boiling; let it boil without ceaſing, covered with water, for full ſix hours; have a large tea-kettle, or another pot, to repleniſh with boiling water, as the other waſtes: the time being expired, take it out, and take off the cover; ſtrain it through a fine ſieve; let it ſtand a moment to ſettle, and take off the fat; ſerve it in covered china gill-cups, with a little bit of the cruſt of a *French* roll in each of them, or a longiſh ſmall bit of toaſted bread on the ſide of the plate: another way is, to ſerve it up in a ſoupe-diſh, with a large cruſty *French* roll, in the middle; which roll muſt be cut on the top, a round piece taken out, the ſize of a crown; take out all the crumb, without breaking the cruſt; fill it with a little of the whiteſt part of the fleſh of your poultry minced ſmall, and mixed with ſome of the hot broth; ſet it over a clear fire

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to be thoroughly hot, but not boil; put it into the roll, and cover it with the piece which was cut off; put it in a ſoupe-diſh with the remainder of the broth about it; ſerve it very hot. Out of this quantity of meat you will have but an *Engliſh* quart of broth, which makes it very expenſive in town; but when gentlemen are at their country ſeats, it is not ſo: one cannot be always certain what quantity of broth meat will produce; for ſome meat, which is of a proper age, and rightly fed, will give half as much juice again, as ſome other which perhaps may look better to the eye.

Une boulion conſomè, reſtaurant ſans eau.

O R,

A reſtorative jelly-broth without water, made of veal and chicken.

This is alſo done *au bain Mariè*. This broth is done on the ſame principle as the other, with only the following difference, for which it is preferable. Firſt, as it is eaſier and ſooner done, and, laſtly, for its pure, ſimple, quality. It is of great uſe in the kitchen, and is the ſoul of all the little ſhort ſauces: it does not agree with all conſtitutions to drink it by itſelf, it being laxative. Get a large-mouthed bottle, either ſtone or glaſs, free from any ill ſcent; have a full grown chicken drawn and ſkinn'd; cut it into little bits (about the ſize of the top of one's thumb) through bone, fleſh, and all; have as many pieces of the ſame ſize of the lean of white

white veal cut from the fillet of a cow-calf; put piece for piece into the bottle, till it is near full; then ſtop it cloſe with a ſeaſoned cork, covered with a piece of clean linnen rag, and paſte and paper tied over that; ſet it upright in a ſmall pot of cold water; put the pot on the fire, and let it boil ſlowly for three hours; all which time it muſt be covered with water, and kept ſteady, by propping it round with hay. The cork may be ſeaſoned, by being boiled half an hour in bran, water and ſalt. Obſerve there muſt be no fat about the chicken or veal; ſtrain it through a fine ſieve for uſe.

A rich veal broth made in the common way.

This is very good of itſelf, and of great uſe and ſervice for moiſtening of all kinds of white ſoupes, biſques, ferrines, cullis and ſauces. Suppoſe you would make two *Engliſh* quarts of this broth, take ſix pounds of the lean part of a white fat fillet of veal of a cow-calf, one pound of lean well flavoured ham, free from fat or ſkin, two large *French* turnips, half a ſmall carrot and parſnip, the white part of a middle-ſized leek, one large head of ſellery, one large parſly-root, and one large onion, one clove of garlick, ſix ſingle ſprigs of thyme, three cloves, and one large blade of mace, nine white pepper corns, and about forty coriander ſeeds; cut the veal into four equal pieces; let it be blanched with the carrot, turnip, parſly-root, leek, onion, and ſellery. The method of blanching has been already deſcribed. Put the veal and ham into a ſoupe-pot or ſauce-pan, with four

Engliſh

Engliſh quarts of cold water; ſet it on a clear fire, and when it is well ſcummed, and boiled an hour, put in all the reſt of the ingredients; put in three tea ſpoonfuls of ſalt, and let it boil an hour and a half longer, or till it be half conſumed, that there may remain, as near as you can gueſs, about two quarts; if you cannot get ham, *French* turnip, and parſly-root, you may make ſhift with good lean bacon, common turnips, and no parſly-root: if the broth is wanted exceeding white, omit the ham or bacon, and put in more ſalt; but then the broth will be inſipid.

Veal water.

To make a quart of this water, Take four pounds of the lean of a fat fillet from a white cow-calf, free from ſkin, bone or fat; let it be cut in one thick piece; blanch it full ſeven minutes, that is, boil it ſeven minutes in plenty of clear water; take it out, and put it into cold water; take a handful of ſalt, and rub it all over to take away any ſcum that may ſtick on the outſide of the meat: after this, waſh it well in cold water, and wipe it dry with a cloth; put the veal into a well ſeaſoned, glazed, earthen pipkin, or ſilver ſauce-pan; put in near two *Engliſh* quarts of exceeding clear, cold, ſpring water; the meat and the water ſhould near fill the ſauce-pan or pipkin; cover it, and ſet it on a clear, moderate fire, and watch it; when the ſcum begins to riſe, ſcum it off, and provoke more ſcum, by putting into the broth three common ſized pewter ſpoonfuls of cold water, which will cauſe more ſcum to riſe; and being well ſcummed,

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let it boil an hour and a quarter very gently, in ſuch a manner, that you can but juſt perceive it to boil; open the lid or cover, and, if there remains about a quart, it is enough; but if there remains more, let it boil till it is reduced to the proper quantity (obſerve when once any broth is ſet on the fire, it muſt not be moved till it is finiſhed); take it from the fire, and let it ſtand for the ſpace of two minutes; after which ſtrain it gently through a fine ſieve; it ſhould not be ſtrained to the very laſt drop, for fear of making it thick. If it is rightly managed, it will look clear and tranſparent.

This water is generally made for ſickly people; where open remedies are preſcribed. It is moſt excellent for ſome conſtitutions in health, by reaſon it helps to preſerve it.

Barley broth a l'Ecoſoiſe, *or ſheep-head broth the* Scots *way.*

To make this broth in the beſt manner, you muſt firſt make a good broth of a leg of beef, made in the common way the over night; about three *Engliſh* quarts will be enough; next muſt be got a ram's head and feet; theſe muſt not be ſkinned, but ſhould have the wool and ſkin on them; the head ſhould be cut with about four inches of the craig to it; the wool muſt be ſinged off with red hot irons; if you live in *London*, and are acquainted with any *Scots* ſmith, beſt ſend to him to ſinge; for it makes a moſt monſtrous ſmoak and ſtink in a kitchen. Being ſinged, put it in warm water, where let it ſoak for a quarter of an hour; then, with

with a knife, ſcrape all the black from the ſkin, both from the head and feet, and continue waſhing and ſcraping till it is quite clean; then cleave the head in two, without cutting the tongue; pick out the blue ſkins and jelly of the eyes, with the griſly bones from the ſnuffles of the noſe; take out the brains, and rub them all over the outward ſkin of the head and feet; let it remain ſo a minute or two, and then ſcrape it off, which will cleanſe and whiten the ſkin ſurpriſingly; waſh the feet and head in cold water; put them into a ſoupe-pot, with three quarters of a pound of pearl barley, which ſhould be put to ſoak the over night; then put in the beef-broth; the head ſhould be covered ſix inches, or thereabouts; if the broth runs ſhort, make up the deficiency with water; both the broth and water ſhould be cold; cover the pot and ſet it on a moderate, briſk, clear fire; ſcum it well, and put in two whole ſmall carrots, with three or four large *French* turnips, ſeven or eight white pepper-corns juſt crack'd, and three cloves, each broke in two; let theſe boil, cover'd for two hours and half; then take off the cover, and put in the nice, tender, white part of five heads of ſellery cut exceeding ſmall; twenty four little, white, round headed onions, peeled, and put in whole, or four middle ſiz'd onions cut ſmall; but if the little one can be got, they are beſt; a ſmall, light, yellow heart of a ſavoy cabbage cut exceeding ſmall. Before theſe are put in the pot, ſcum well off the fat; after which, put them all in; let it boil gently for one hour and an half longer: ſo that in all it will need

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four hours, boiling gently all the time with the cover on: with the reſt of the ingredients, put in three common ſpoonfuls of ſalt; the above time being expired, ſerve up in this manner. Take out the carrots and turnips, and take off the great bones from the ram's feet, and dexterouſly take out with a knife the tuft of wool which grows in between the inſide of the toes of the feet; once more ſcum off the fat from the broth; take the ſkin off the tongue; put it, the feet and head, handſomely in a ſoupe-diſh, and then fill up the ſoupe-diſh with the broth, and ſerve it hot: the carrot and turnip which were boil'd in the broth are not ſent to table, when the head is ſent in the ſoupe-diſh; but when two diſhes are made of it, then carrots and turnips, *&c.* are ſent up round the head: if you cannot get *French* turnips, uſe common turnips: it is generally made in *Scotland* without beef-broth, and is very good: ſome palates will have nothing in it, but the head, feet, water, barley and ſalt; other palates like all the other ſeaſoning in it, except the onions; a third has an averſion to any thing of the cabbage tribe: ſo you muſt regulate yourſelf according to the palate you have to pleaſe. The above will pleaſe moſt palates. This diſh is much in vogue in *Scotland*, and often ſeen at moſt Noblemens tables there: it is thought King *James* was the firſt that ever eat a ſheep-head, dreſſed this way, in *England*.

Mutton-broth, au naturel.

Which ſignifies, light, pure, natural; wherein nothing is put to adulterate its natural flavour.

It will be of uſe to the reader to remember the bove explanation.

Suppoſe an *Engliſh* pint of this broth, take two pound in one lump or piece of well fed wedder-mutton, without ſkin or fat; blanch it, and put the mutton into cold water; take it out, and wipe it dry with a clean coarſe cloth; take a ſilver ſauce-pan that has a cover, or a well glazed and ſeaſoned earthen pipkin; or if you have none of theſe, take a copper ſauce-pan, which muſt be very clean and well tinned; put in the meat with one quart of clear cold water, (either ſoft or hard); cover it, and ſet it on a clear moderate fire. Obſerve the rule for ſcumming of broth for ſick people; let it boil gently (covered) till the half be conſumed; the fire muſt, as near as poſſible, be kept up to an equal heat; the ſlower it boils, the better; the ſauce-pan ſhould be no larger than what will hold the meat and water; neither ſhould it be moved from one place to another, for that would by no means add to the clearneſs of it: the broth being reduced by boiling to the one half, take it off the fire; let it ſtand about five minutes, and then gently ſtrain it through a fine ſieve, except a drop of the dregs, which leave at the bottom. This broth is of ſo pure a nature, containing nothing but the true flavour of the mutton, that thoſe who uſe it conſtantly, are ſenſible whether it be made of an ew, wedder, or ram. Obſerve, that it may be made of any part of the ſheep that is not bloody or fat. Serve it hot in a china baſon, without bread,

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and without the leaſt ſpeck of fat ſwimming on it. Some palates like a ſmall blade of mace to be boiled in it; others a cruſt of bread; and ſome like both a cruſt of bread and the mace boiled in it. This broth will keep good in a cool place a long time, which is owing to its natural purity.

Chicken water, or ſmall broth.

Take a live chicken of a middle ſize; it is not worſe of being a cock; draw his neck, ſkin, draw out the guts, *&c.* cut the chicken in two; waſh it well in cold water, and take out the red lights which ſtick to the upper part of the back-bone; waſh it again, and dry it well with a cloth; put it in a very clean ſauce-pan free from any bad ſcent; pour on it three *Engliſh* pints of clear cold ſpring-water; ſcum it; (as for a ſick perſon, ſee the rules for ſcumming broth), and let it boil covered very gently till the half is waſted, or rather till it be reduced to one pint; which laſt may be properly called chicken broth; the other chicken water.

Boulion de poſt, *or poſt-broth.*

This broth is ſo called from its uſe to thoſe who ride poſt; for if boiling water can be procured, it is made in three minutes: ſome name them broth-cakes, and others portable-ſoupe.

Take twelve pounds of beef free from fat, ſkin, bone and ſinews, two old cocks, and two old partridges; this quantity will make about five ounces, perhaps little more or leſs accord-

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ing to the richneſs of the meat; every half ounce will make near a wine pint of good broth; cut the beef into four equal pieces; make the two cocks and partridge ready for boiling; being ſinged, break the bones of the cocks with a rolling pin, and the thigh bones of the partridges; waſh the beef in cold water, and put it into a well tinned clean pot with the two cocks and partridge; preſs them a little down with your hands, to make them lie cloſe; have ready one large peeled clove of garlick, nineteen white pepper corns, three cloves, and three blades of mace; put in as much clear cold ſoft water as will riſe above the meat ſeven inches; the pot ſhould be of ſuch a ſize, as when the meat and water is in it, to want about an inch and a half of being full to the brim; put the cover on, and ſet it on a clear moderate fire; ſcum it clean; provoke more ſcum to riſe, by putting in a common pewter ſpoonful of ſalt, with a little cold water, which will cauſe more ſcum to riſe; being ſcummed off, put in the ſeaſoning abovementioned, cover the pot, and with ſome coarſe paſte lute it round the out-ſide rim of the pot and cover, ſo as no ſteam may come out; let it boil very gently for eleven hours on a ſlow clear fire, kept up as near as poſſible to one heat; when the eleven hours are expired, take it off the fire, uncover it, and then take the meat out with a ſcummer as gently as you can, for fear of making the broth thick; put the meat on a ſieve to drain, that you may have as much of the broth as poſſible; but the meat muſt not be preſſed; let the broth ſtand to ſettle

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for about five minutes; then ſtrain it through a fine ſieve, into a clean, ſeaſoned, well-glazed earthen pan; ſet it in a cool place without covering it; when it is cold, take off the fat; the broth ſhould be clear of an amber colour, and in a fine tranſparent jelly; put the broth into a ſilver ſtew-pan, ſauce-pan, or an earthen well glazed pipkin, or a copper well-tinned ſtew-pan, which ſhould be of a ſize little more than to hold the broth; ſet it on a moderate fire, ſcum it, and let it boil gently (covered) till the half be conſumed; then put it into a ſmall ſtew-pan which will little more than hold it; ſet it on a ſlow fire uncovered, and let it boil gently till it comes to the thickneſs of a thin ſyrup; keep it on the fire, and ſtir it about with the handle of a kitchen wooden ſpoon, till it comes like a thick ſyrup, which ſhews it is enough; take it off the fire, and pour it into ſeveral little round tin moulds like canniſter tops, which laſt does very well; they may be weighed to the exact quantity you like; put them to dry in a ſlack oven, or moderate warm ſtove, for about eight days; after two or three days drying, they will take eaſily out of the moulds: they muſt be kept turning while they are drying, till they be as hard as glue; obſerve that when you weigh them when liquid, allowance ſhould be made for waſting in drying. In drying of the cakes, there muſt be a ſieve or ſome hollow thing over them, for fear of any duſt or dirt falling on them, from the top of the oven: obſerve, in drying of them, to keep the heat as equal as poſſible; as for example, when the

heat

heat of the oven or ſtove is decayed, let them be taken out and kept warm at a diſtance before a fire, till the oven or ſtove is made a little hotter: when they are rightly finiſhed, you will juſt perceive the light through them; and be as hard as glue. In a dry place they will keep good a twelve-month.

The method of uſing broth cakes.

I ſuppoſe the cake to weigh half an ounce, which is enough for one perſon; put in a ſauce-pan near a wine-pint of water; ſet it on a clear fire; and, when it boils, put in the cake; let it boil, with the cake in it, for three minutes, keeping it ſtirring, and it will diſſolve, giving an exceeding fine reliſh and colour to the water; add ſalt to your taſte; cut in ſome little ſquare bits of the top-cruſt of a *French* roll, and ſerve it up: the beſt thing to keep them in is a tin-box that has a deep cover; a row of cakes, and white paper between; and ſo on till the box is full. The above receipt is to pleaſe palates in general; for there will nothing predominate in theſe cakes that can give offence to any palate, but a fine agreeable reliſh through the whole. They are to be made by obſerving the above rules, as frugal as you like, by omitting the expenſive things; for it may be made of nothing but legs of beef, or nothing but mutton, or veal, or fowls, or chickens, which laſt would be very expenſive; but there is a method of giving the cakes a flavour of chickens without being extravagant. As for example;

To make broth cakes of chickens.

Firſt make the ſtock of nothing but veal, in the manner of the above receipt; finiſh it till it comes to the thickneſs of a thin ſyrup; then put in the eſſence of two chickens, which will anſwer to fourteen pounds of veal: the eſſence of the chickens being put to the veal broth, as before mentioned, finiſh it exactly, as in the above receipt.

To draw the eſſence from two chickens.

After they are ſkinned and drawn, cut them in pieces thro' bone and all, the largeneſs of the top of one's thumb; put theſe into a well-ſeaſoned ſtone or glaſs wide-mouthed bottle; ſtop it cloſe with a ſeaſoned cork, and a well-ſeaſoned bladder between the cork and bottle: the cork is ſeaſoned by boiling in bran and water; the bladder muſt be boiled in a little broth: let it be ſo well corked as to let no water come in; put the bottle ſo ordered into a kettle of cold water; ſet it on a ſlow fire, and let it boil four hours and an half, and the eſſence is finiſhed; take it out, and uncork it; ſtrain it through a well-ſeaſoned ſmall lawn-ſieve into a little china baſon; blow off the fat, and uſe it as above directed: if you would chuſe to have it taſte of any herb or root, put any of them in the bottle when you firſt put in the chickens.

Quinteſſence

Quinteſſence of Broth.

To make which, you muſt have five pounds of very white veal (lean) cut from the fillet, a live pullet, four ounces of lean well-flavoured ham with the fat, outſide and rine cut off; two ounces of beef-marrow, the fourth part of a ſmall carrot, half as much parſnip, one *French* turnip, one ſmall parſly root, the lower half of a ſmall head of ſellery, one ſmall clove of garlick, two ſingle ſprigs of thyme, and two middle-ſized onions, three white pepper-corns, one ſmall clove, and a very ſmall blade of mace.

Begin in this manner: take a well-tinned ſtew pan, large enough for the quantity of meat; put in the bottom of the ſtew-pan, the marrow cut in ſlices, and diſperſed over the bottom of the ſtew-pan, of an equal diſtance from each other; over which put the onions, being firſt peeled and ſliced; cut half the veal in thin ſlices, and put over the onions; cut in ſmall thin zeſts half the ham (*zeſts* ſignifies any thing cut in little thin bits), which put over the veal, clean the roots, and cut them in ſlices; put them, with the ſpice, garlick, and thyme, promiſcuouſly, or ſcattered, over all; then, as quick as poſſible, kill the pullet, ſkin it, and draw it very clean; pick off the fat, break all its bones with a rolling pin, and cut it into eight pieces, and put it (being warm) over the reſt; then put over this the other part or the remainder of the veal cut in thin ſlices, with the other part of the ham cut in zeſts; put in the ſtew-pan two

common

common table ſilver ſpoonfuls of your ordinary ſtock broth; lute the ſtew-pan round with paſte, to hinder any ſteam from coming out; ſet it on a briſk clear fire, there let it remain till the liquor is boiled away, and the meat likely to ſtick to the bottom, which you will know by a different noiſe it will have like to that of frying; immediately, on the changing of its note, noiſe, or ſound, take it from the fire, and ſet it on a very ſlow clear fire, there let it ſweat without the meat ſticking to the bottom, which will not happen if the fire is not too fierce; let it remain on the ſlow ſtove for near an hour; after which, take off the cover, and put in three *Engliſh* pints of your common ſtock broth (hot); put it on a briſker fire to boil; ſcum it well, and put in four or five white freſh muſhrooms picked and waſhed; let it boil ſoftly covered, till it comes to two pints; ſtrain it through a lawn-ſieve for uſe; it is excellent in ſauces both white and brown: obſerve the ſtew-pan that it is made in ſhould not be too ſhallow.

Note, water may be uſed to make it of inſtead of broth, obſerving every thing as above, except there ſhould remain at finiſhing no more than a pint, ſo will it be as good very near as the other.

Broths en maigrè.

A ſtock-broth of roots for maigrè *ſoupes*, &c.

Take two quarts of yellow whole peaſe, being waſhed and picked; put them, with a cruſt of bread (about the ſize of a half-penny roll),

into a ſoupe-pot with three gallons of cold water; ſet it on a clear fire; let it boil ſlowly till the peaſe are near tender, but not quite; for, if the peaſe were boiled till they were quite tender, it would make the broth thick and not ſo fit for uſe; take it from the fire, and let it ſtand a little to ſettle before you ſtrain it off; ſtrain it through a lawn-ſieve into another leſſer ſoupe-pot; ſeaſon this liquor with the following roots, they being firſt picked, waſhed and cleaned; two carrots, one parſnip, five large *French* turnips, four parſly-roots, ſix onions, ten ſingle ſprigs of thyme, one clove of garlick, ſix heads of ſellery, a piece of freſh butter about the ſize of an egg; one common-ſized pewter-ſpoonful of ſalt, three cloves, three blades of mace, fifteen white pepper-corns, and a very little ſweet baſil; let all boil ſoftly without ſcumming till the carrots are tender; ſtrain it through a lawn-ſieve, and let it ſtand to ſettle half an hour before you uſe it.

Stock broth of fiſh for ſoupes, &c.

This broth may be made with different ſorts of fiſh, or only one ſort: carp we give the preference to. Obſerve never to uſe any fiſh for this uſe that has any muddy flavour; for that would entirely ſpoil the broth.

Suppoſe you would make two *Engliſh* quarts of this broth, take two middle-ſized carp, two ſmall carrots, one ſmall parſnip, four parſly-roots, four *French* turnips, ſix onions, all theſe of a middle ſize; four heads of ſellery, three cloves of garlick, ſeven ſingle ſprigs of thyme, a very

very little ſweet baſil, twelve white peppercorns, three cloves, three blades of mace, and forty coriander ſeeds; let the onions and garlick be peeled, and the thyme waſhed; the roots being cleaned, cut them with the onions in groſs ſlices; that means large ſlices put in a ſoupe-pot, a quarter of a pound of good freſh butter, and all the roots; ſet it on a briſk ſtove; ſtir it now and then with a wooden ſpoon, and when the roots begin to change colour, put in the two carp, being firſt ſcaled, gutted, the gills taken out, waſhed and dried; each carp muſt be cut into four pieces; let them fry with the reſt, ſtirring them every now and then for ſix or ſeven minutes; after which, put in three quarts of the firſt *maigrè* ſtock broth of roots, ſcum it, and put in the ſpice, thyme, and ſweet baſil, with a ſmall handful of freſh muſhrooms, being firſt well picked and waſhed; let all boil an hour; ſeaſon it with ſalt to your taſte; inſtead of uſing the ſtock-broth made of roots, the ſame quantity of boiling hot water may do, but then it will not be quite ſo good. This broth is uſed in numberleſs *maigrè* diſhes.

Succous gravey.

Is a liquid ſubſtance, drawn either from butcher's meat, poultry or fiſh, either by preſſure, coction, or infuſion: ſo that gravey has its different properties according to the nature of the meat, and the different way it is drawn.

Beef gravey.

To make three *Engliſh* pints of this gravey, take eight pounds of beef, cut from the lean

part

part of a fat round of beef, half a pound of fat and lean bacon or ham, four large onions, one middle-ſized carrot, a very ſmall parſnip, two large *French* turnips, four heads of ſellery, one bay leaf, ſeven ſingle ſprigs of thyme, a very little ſweet baſil, ſix black pepper-corns, two cloves, and two blades of mace. Begin in this manner; pare off the rine and outſide of the bacon, after which it ſhould weigh half a pound; cut the bacon in thin ſlices, which diſperſe on the bottom of a well-tinned ſtew-pan large enough to hold the meat, and as much to ſpare; over the bacon put two of the onions cut in ſlices; and over the onions put the beef cut in ſlices about the thickneſs of one's hand; over the beef put the carrot, parſnip, *French* turnip, and the other two onions; all of theſe being firſt cleaned, waſhed and cut into groſs ſlices; cover the ſtew-pan, and ſet it on a ſlow ſtove for near two hours; after which, if you take off the cover, there will be ſeen plenty of liquor; cover the ſtew-pan, and ſet it on a briſker ſtove till that liquor is reduced, ſo as to cauſe the meat to ſtick to the bottom of the ſtew-pan without burning; turn over a ſlice of beef with a knife; and if it ſhews a deepiſh brown colour, it is enough: have ready, at that inſtant, ſome good meat broth, or water boiling hot; put in five pints of either of theſe; let it remain on the ſtove, and ſcum it well; after which put in the ſellery, (being firſt cleaned and waſhed) with the above mentioned ſpice, bay leaf, thyme, and ſweet baſil; let all boil gently, (covered) till it is reduced to about three pints;

pints ; take out the meat with a ſcummer, and ſtrain it through a lawn-ſieve into an earthen pan for uſe ; this ſort of gravey is good to colour ſoupes, ragous, and to put under roaſt meats. Gravey may be made after the above method of any kind of meat whatſoever ; and any or all the ingredients, ſave the meat, may be omitted. Note, a few freſh muſhrooms is very good in gravey. By obſerving the above proportions, you may make a greater or leſſer quantity.

A more eaſy way of making gravey.

Take as much good meat broth as you would have gravey ; ſuppoſe it be a pint, take a common ſilver ſpoon, and put in it two common tea lumps of loaf ſugar, either fine or coarſe ; the ſugar ſhould be juſt dipped in cold water, and out again directly ; ſet the ſpoon with the two lumps of ſugar on a moderate, ſlow, clear fire. When the ſugar in the ſpoon is turned to a high brown colour, (which it will do in a few minutes), wipe the bottom of the ſpoon, and put the ſpoon into the hot broth, which will give it a ſurpriſing fine colour, exactly imitating gravey, without any bad taſte.

Veal or mutton gravey is made the ſame way as that of beef ; or indeed any ſort of gravey *en gras*, whether it be from butcher's meat or poultry, is made in the ſame manner, and may be given any particular flavour you pleaſe, according to what it is deſigned for : as for example, if the gravey is wanted for ragous, then let the flavour of muſhrooms predominate ; for ſoupes, ſellery may predominate ; but, if wanted for

both

both ſoupes and ragous, in ſuch caſe let nothing predominate, which is the beſt and moſt uſual way of making it.

A gravey of any kind of meat made in another manner, by preſſure.

The following is an old faſhion'd way of extracting gravey which is not altogether to be deſpiſed: take three parts roaſt of any kind of meat, and put it hot between two pewter diſhes, with a great weight on the uppermoſt diſh to preſs out the gravey, or it may be done in a linnen preſs: gravey made this way will have the pure natural flavour of what it is made from, without any adulteration.

This kind of gravey ſhould have one boil up before it is uſed, to take off its crudity or rawneſs.

White gravey.

As to white gravey of either veal or fowls, or both of them, is no more in fact than rich broth made with ham in it, being well ſeaſoned with ſpice, herbs and roots; for which ſee broths.

Gravey of muſhrooms, en gras.

Pick, waſh and dry three or four handfuls of muſhrooms; take a piece of fat bacon about nine inches ſquare; cut off all the outſide lean, with a knife; ſcrape the bacon to cauſe it come off almoſt as ſmooth as butter; take about ſix ounces of bacon ſo ſcraped; put it into a ſtew-pan with the muſhrooms; if ſmall leave them whole, if large cut them in four: put the ſtew-pan on a clear, moderate, briſk fire; keep ſtirring them

now

now and then with a ſpoon, till they appear brown; then fling in a duſt of flour; ſtir it about, and let the ſtew-pan ſtay on the fire without ſtirring till the muſhrooms ſtick to the bottom of the ſtew-pan without burning; to this quantity of muſhrooms put in near an *Engliſh* quart of any kind of rich broth, with a thin ſlice of limon which muſt have no rine on; let this have five or ſix boils up; and it is done; ſcum off the fat and ſtrain it through a lawn ſieve; the muſhrooms that remain in the ſieve, may be made uſe of in ragous: obſerve, the ſtew-pan need not be covered all the while it is making, neither will it want ſcumming, only the fat taken off as clean as you can; this gravey is excellent for heightning the flavour of ſauces and ragous.

Graveys en maigrè.

If gravey is made of one ſort of fiſh, carp is the beſt; but different ſorts of fiſh, provided they have no muddy taſte, makes the beſt gravey and broth; if two *Engliſh* quarts of this gravey be required, take a ſmall carp, finch, pike, and a middle-ſiz'd eel; ſcale the pike, carp and finch; gut and waſh them; take out the gills and eyes; the milt or row of the carp you may ſave for other uſe: the eel muſt be ſkinned, gutted and waſhed; cut all the fiſh in groſs pieces; the carp in three, and ſo on with the reſt; this is the quantity of fiſh required for two quarts of gravey; for the ſeaſoning there muſt be one ſmall carrot, half a ſmall parſnip, two middling *French* turnips, two middling parſly roots,

roots, and one large head of ſellery, four large onions, one large clove of garlick, ſix ſingle ſprigs of thyme, a very little ſweet marjoram, and a bay leaf, (take care the laurel leaf is not miſtaken for the bay; the laurel leaf is near three times larger than the bay, and the laurel leaf is of a much brighter green) ſeven white pepper corns, two cloves, and one ſomewhat large blade of mace: take a ſtew-pan of a ſize, as near as you can gueſs, that will contain all the ingredients and room to ſpare; rub two ounces of freſh butter all over the bottom of the ſtew-pan, peel two of the onions, ſlice and put them here and there in the bottom of the ſtew-pan, with two ſmall thin ſlices of carrot, one ſmall thin ſlice of parſnip, parſly root, *French* turnip, and the root or cloſe hard part of the ſellery cut in three ſlices; obſerve, the roots muſt be clean'd and waſhed before they are uſed; over this put the fiſh promiſcuouſly, here and there a piece, which ſhould cover the bottom of the ſtew-pan, (which is a good method to know the right ſize the ſtew-pan ſhould be); over the fiſh ſlice the reſt of the roots, and put them all in the ſtew-pan except the ſellery, ſweet herbs, bay leaf and ſpice, put a common table ſilver ſpoonful of cold or hot fiſh broth, or broth made of roots, or water only; the fiſh broth is beſt, *&c.* cover the ſtew-pan, and ſet it over a ſlow, clear, fire for three quarters of an hour, after which ſet it on a briſker fire, and watch it; when the fiſh ſticks to the bottom of the ſtew-pan without burning, it is enough drawn; to be the more certain, take a piece of the fiſh and turn it, to obſerve if it be of a fine

brown

brown colour; if too pale, put on the cover and let it be on the fire a little longer; put in five *Engliſh* pints of boiling-hot fiſh broth, or broth of roots, or only plain water; the fiſh broth is beſt; ſcum it, and put in about three ſilver tea ſpoonfuls of ſalt; put in the ſellery, bay leaf, thyme, ſweet marjoram and ſpice, with a few freſh muſhrooms; let all boil till it is reduced to two quarts; ſtrain it through a lawn ſieve; but firſt take out the fiſh with a ſcummer; the fiſh may be made uſe of for force-meat, or for filling a loaf to go in the ſoupe. This gravey is of great uſe for *maigrè* ſoupes, *ragous* and ſauces. I would not have any of my readers hinder themſelves from attempting this receipt, or any other, becauſe they have not every particular ingredient here mentioned; for it may be made very good with the one half of them; and, as I write to pleaſe palates in general, I hope no one will be offended, if they find any thing in the receipts which does not pleaſe them. I have reaſon to ſay this much; for there are numberleſs palates who fancy they could not taſte any thing where garlick or onions was uſed; but this is a miſtake: they could not indeed eat any thing where garlick or onion is predominant; but in all the receipts in this work, however they may appear at firſt ſight, yet, on trial, there will be nothing predominant of the onion tribe, but each of them will have a fine agreeable reliſh, and not one ingredient to predominate above the other.

Fiſh gravey en gras.

Obſerve every thing as in the laſt receipt, except the bottom of the ſtew-pan muſt be rubbed with the ſame quantity of ſcraped bacon as was mentioned before of butter; and, inſtead of uſing fiſh broth, uſe good rich broth, made of veal and ham. Fiſh gravey made in this manner will be much richer than the other.

Onion gravey en maigrè.

Peel eighteen middle-ſized onions, ſlice them not too thin, put four *Engliſh* ounces of butter in a ſtew-pan, wherein put the onions, half a ſmall carrot and a bit of parſnip ſliced, put them on a briſkiſh fire; ſtir them now and then till they are of a fine brown colour; then put in a quart of hot fiſh broth, or broth of roots, or only water, but broth is beſt; ſcum it, and let it boil for half an hour; after a quarter of an hour is expired, put in a ſlice of limon having the rine pared off; let this boil in it a quarter of an hour; add ſalt to your taſte, and ſtrain it through a lawn ſieve: this is of great uſe in *maigrè* diſhes, for it corrects the flavour of inſipid food when uſed with moderation.

Note, this onion gravey may be made *en gras*, by the ſame rule; only inſtead of butter, uſe ſcraped bacon, and inſtead of fiſh broth, uſe meat broth.

Gravey of muſhrooms en maigrè.

Pick, peel, waſh and dry three or four handfuls of muſhrooms; put in a ſtew-pan a quarter of

of freſh butter with the muſhrooms; if they be very ſmall, leave them whole; if large, cut them in two or three pieces; put the ſtew-pan on a moderate briſk fire; ſtir them now and then with a wooden ſpoon, till they become brown; then leave ſtirring of them, and let them remain on the fire till the muſhrooms ſtick to the bottom without burning; to this quantity of muſhrooms put in a quart of fiſh broth, or broth of roots, with two tea ſpoonfuls of ſalt, a ſmall ſlice of limon, with the peel cut off; let this boil ſix minutes, and it is done; ſtir it with a wooden ſpoon to cauſe that which ſtuck at the bottom of the ſtew-pan to mix with the reſt; ſtrain it through a lawn ſieve, and keep it for uſe: this gravey is very good to heighten the flavour of *ragous* or ſauces, *&c.* Obſerve, that the butter muſt be ſcummed off, and that muſhroom gravey *en gras* may be made in the ſame manner as the above; only uſe rich meat broth inſtead of fiſh broth.

A gravey that may be made in five minutes.

Put a pint of hot water in any thing; heat a ſmall pair of tongs red hot; pinch a lump of ſugar between them, and let it drop into the water, which will turn the water of a fine brown colour; put a little ſalt in it, and uſe it for any thing you want; if this gravey is put under roaſt or boiled meat, it will anſwer the purpoſe exceeding well, it having no taſte of itſelf; ſo that the gravey iſſuing from the meat, and mixing with it, gives it taſte enough, and a nice palate may be deceived this way: if time will permit, the li-

quor

quor above mentioned may be boiled a minute or two with a little ſpice, ſuch as a blade of mace, one clove, three black pepper corns, and two ſmall onions ſliced: this will make it much better.

Jus carnium collatum.

Cullis en gras.

Cullis is a kind of thick gravey ſtrained thro' a tammy or *French* ſtrainer; it ſerves for a lear, (which ſignifies a liquid thickneſs), and to give an agreeable flavour to *ragous*, *&c.* There are ſeveral kinds of cullis. Here follows thoſe which are in moſt eſteem at preſent.

A brown cullis of veal.

I ſuppoſe a quart of cullis; for this there muſt be firſt made a good veal-gravey, in this manner: take three pounds of the lean part of a white fillet of veal, half a pound of well-flavoured ham, which muſt weigh half a pound after the rine and outſide is pared off, (the ham will be the better of having one third of it fat), half a ſmall carrot, a bit of parſnip, two large onions, one ſmall bay leaf, four ſingle ſprigs of thyme, a very little ſweet baſil, one clove of garlick, one blade of mace, five pepper-corns, two cloves, a handful of freſh muſhrooms, one ounce of truffles and morels together, a little parſly, the ſlice of a limon, and near a gill of Champain or other white wine. Begin in this manner; take a well-tinned ſtew-pan large enough to hold the veal, *&c.*; cut the veal and ham in thin ſlices; peel the onions and cut them in ſlices; pare the

carrot

carrot and parſnip; cut them in ſlices alſo; diſperſe the fatteſt half of the ham on the bottom of the ſtew-pan; over which put half the onions with two or three ſlices of carrots; then half the veal and half the carrot and parſnip diſperſed ſo as to cover the bottom of the ſtew-pan; over this put in the other part of the ham and veal, onions, carrot, and parſnip; cover the ſtew-pan, and ſet it over a clear fire for near three quarters of an hour; after which ſet it on a briſker fire; obſerve when the meat ſticks to the bottom without burning; and, by turning a piece of veal, you find it has a fine brown colour; it is ſo far enough juſt at the time it iſſues forth a fine flavour, by which, if carefully obſerved, you may know when it is drawn enough; immediately put in three pints of good hot meat-broth, (ſee broth); ſcum it well, and put in one clove, the blade of mace, peppercorns, bay leaf, thyme, ſweet baſil, and half the parſly, being firſt groſsly picked and waſhed; let this boil gently three quarters of an hour, and ſtrain it through a ſieve; take a piece of fat bacon about four inches ſquare; cut off the lean part with the edge of a knife; ſcrape near a quarter of a pound off as fine and as ſmooth as you can; put this into a ſmalliſh ſtew-pan, with about a tea ſpoonful of ſweet oil; put in the ſtew-pan one of our common-ſized wooden ſpoonfuls of fine flour; ſet the ſtew-pan on a moderate briſk ſtove, and keep continually ſtirring the wooden ſpoon round and about the bottom of the ſtew-pan, till it becomes of a fine brown colour: one may eaſily perceive whether

there

there is too much flour for the quantity of bacon; for, if too much, it will be in a paſte, and it will not be eaſily ſtirred about; if this ſhould happen, take off the ſtew-pan from the fire, and put in more ſcraped bacon, or a piece of freſh butter; it ſhould be no thicker than what will ſtir eaſily: a brown made this way either with melted or ſcraped bacon or freſh butter only, is called (a *rous*) which ſignifies (a *brown*). Obſerve that, if the veal gravey is not high enough coloured, in ſuch caſe make the *rous* higher coloured, which is eaſily done by letting it be longer on the fire: obſerve the contrary, if the gravey is too high coloured. The *rous* being of the colour you would have it, directly pour in the gravey with half a pint of good meat broth; give it a ſtir or two with a wooden ſpoon, (the reaſon I mention wooden ſpoons ſo often which ſhould be uſed for ſtirring, *&c.* is, that any hard metal would ſcratch all the tin from of the ſtew-pans, *&c.*) ſcum it lightly, after which put in one clove, half a clove of garlick, half the cruſt of a common ſized *French* roll, a few freſh muſhrooms being picked, waſhed, and groſſly chopped; put in alſo the morels and truffles, with a ſmall ſlice of limon, after the rine is cut off; let all boil ſoftly for three quarters of an hour; after which taſte it, and, if it wants any thing your palate requires, put it in, and let it boil ſoftly near half an hour longer: obſerve it muſt not reduce to leſs than a quart: being reduced by boiling, with the cover on, unto the above quantity, and to the thickneſs of cream, put in a gill of Champain or any other white wine that

has

has the neareſt flavour of Champain; ſtrain it for uſe, either through a lawn-ſieve, a tammy or *French* ſtrainer, which is the ſame thing; which laſt is much the beſt, and are now become very common; they are to be bought at a few oil-ſhops in *London*. Mr *Julien* in *Germain-ſtreet*, near St. *James*'s market, ſells the beſt ſort for three ſhillings and ſixpence the piece.

The method of uſing a French *ſtrainer.*

A *French* ſtrainer or tammy is half an ell broad, and a yard long; it is a kind of mixed ſtuff, three parts woollen and one linnen; they are uſed for all ſorts of cullis, and *blanc mangè* (white food); when they are new, you muſt ſeaſon them in this manner; break an egg in the middle of the cloth, yolk, white, ſhell and all; rub this well in the cloth; then rub it all out again in a pail of clean cold water; rinſe it out in another pail of cold water; ſpread it, and hang it up to dry in a cool windy place; for, was you to dry it near a fire, it would draw it up in a heap, and be uſeleſs: this is the way, whenever it is uſed, that it ſhould be cleaned; but, when the tammy is uſed in any thing that is greazy, in ſuch caſe, the water it is waſhed in, muſt be a little warm; the tammy being ſeaſoned in the above manner, put it exactly even on a pewter ſoupe-diſh, or any thing that is broad, and not very deep; this being on a table, put one third of the hot cullis into the tammy; gather the two corners of the tammy in your left hand; another perſon, at the ſame time, takes hold of the oppoſite two corners; one corner in the left hand,

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the other in the right, as far a diſtance as the breadth of the cloth will admit; the tammy muſt be held in this poſture, about four inches higher than the ſoupe-diſh; each perſon muſt keep the tammy tight by pulling each to themſelves; the perſon who has one hand at liberty muſt take a wooden ſpoon in his right hand, and rub the ſpoon backwards and forwards till the cullis is all through in the diſh; it is the back of the bowl part of the ſpoon which does this office; for which reaſon hold the ſpoon ſlanting a little: when the cullis that was firſt put into the tammy, is rubbed through, put in more; always each time you put in freſh cullis into the tammy, clear away any ſtuff that remains in the tammy, by taking of it up in the ſpoon and putting it into a plate, which you ſhould have ready on the ſide of the ſoupe-diſh; for was you not to clear away before you put in freſh cullis, it would clog the tammy up, and, in ſome kinds of cullis, you could not get it through at all; the cullis, before it is ſtrained, ſhould be on the right hand ſide of the ſoupe-diſh, with a ladle in it: the above method you may obſerve till all the cullis is rubbed through: when the cullis is rubbed all through, and what remains in the tammy is taken out, ſcrape off what ſticks on the outſide of the tammy with the back of a knife, and mix it with the reſt: as ſoon as there is a hole in the tammy, which ſometimes happens before the tammy is half wore out, proceeding perhaps from an unlucky ſmall bone among the compoſition; when this happens you need not pretend to

mend

mend it; if you was, it would deceive you, and ſpoil the cullis, *&c.* for the nature of the ſtuff will not admit of mending: whenever this happens, get the good part of the tammy made into ſieves, which will make three very good ones, two of the common ſize, and one ſmall one for *blanc mange's* and creams, *&c.* which ſhould be kept for no other uſe: any cullis, *&c.* may be rubbed thro' theſe ſieves, which will anſwer the end of a tammy, and not be ſo troubleſome; for one perſon may work it thro' a ſieve, but it takes two perſons to work it thro' a tammy. There is another property theſe ſieves have; for, after they are ſometime uſed, and waſhed in hot water, they grow thick; and if you ſtrain broth or ſoupe through them, if there be any fat, it will remain in the ſieve, and not go thro', unleſs you ſhake it thro' on purpoſe.

Another veal Cullis which does not require ſo much art in making, and is very good.

Take four pounds of a fillet of veal, ſpit it, and three parts roaſt it very brown; cut off all the brown half an inch thick; put it in a marble mortar while it is hot, with the cruſt of two *French* rolls; pound them extremely well in the mortar, till it is as fine as a paſte; take it out, and put it in a ſtew-pan with three cracked pepper corns, one blade of mace, one clove, three ſingle ſprigs of thyme, one ſmall bay-leaf, a very little ſweet marjoram or ſweet baſil, a zeſt of limon-pill, and half a clove of garlick; put in the ſtew-pan half a pint of common gra-

vey, and a pint of good meat broth; it matters not whether the gravey or broth be hot or cold; ſet it on a briſkiſh fire; put in ſalt to your taſte; let it boil for about two minutes, without ſcumming; ſtrain it through a tammy, or rub it thro' a lawn ſieve; add a glaſs of Champaign or other white wine. If you have any carcaſſes of wild fowl that have been ſerved at table, pound them with the veal; it will give the cullis a fine flavour.

Cullis of Ham.

This cullis is made in the ſame manner as the firſt cullis of veal; with this difference only, that there muſt be as much ham as veal; the broth uſed in moiſtening ſhould not be ſalt.

Cullis a l'Italien, *or Cullis after the Italian manner.*

Take half a pint of ham cullis, and put it into a ſtew-pan, with half a pint of any good clear broth; put in an onion cut in ſlices, two cloves of garlick peeled and cut in two; forty coriander ſeeds juſt cracked, one ſlice of limon with the peel pared off, a very little ſweet baſil, a handful of freſh muſhrooms, being firſt peeled, waſhed and groſsly chopped, two tea ſpoonfuls of ſweet oil, the cruſt of a raſped *French* roll, one large anchovy waſhed and chopped, and ſeven capers groſsly chopped; let theſe boil ten minutes, and, in the laſt minute, put in a glaſs of Champaign or other white wine; ſtrain it off thro' a *French* ſtrainer or ſieve. This cullis is moſtly uſed for *Italian* ragous.

A Cullis of Cray fiſh en gras.

To make which, you muſt provide yourſelf with a little more good veal gravey than you intend to have cullis; which gravey ſhould be of a pale brown colour; which is very eaſily done, by not letting the veal ſtick ſo much to the bottom of the ſtew-pan, which will cauſe it to be of a paler colour. (See veal gravey.) Suppoſe you would make three pints of this cullis, you muſt have ſomething above three pints of good pale coloured veal gravey, in which you ſhould not ſpare ham. Take thirty cray fiſh, the inſide coral, or red part of a lobſter, three eggs boil'd about twenty minutes; and put them in when the water boils, with eighteen ſweet almonds, a young fowl truſſed to roaſt, (the word *truſſed* means made ready either for the ſpit, or pot,) two middle ſized onions, four ſingle ſprigs of thyme, a very little ſweet baſil, the cruſt and crumb of a *French* roll, a quarter of a ſmall carrot, a bit of parſnip, one middle ſiz'd *French* turnip, parſley root, one head of ſellery, and one clove of garlick. Begin the cullis in this manner: the gravey being made, waſh the cray fiſh in cold water, (the cray fiſh ſhould be alive); then ſet a ſauce-pan of water on the fire which ſhould be large enough to contain the cray fiſh; when the water boils, put in a ſmall handful of ſalt; immediately after, put in the cray fiſh; they are known to be boiled enough when they change their colour to a fine red; ſtrain them off into a cullinder; pick off all the ſhells and claws from the cray fiſh; put theſe on a plate;

plate; break off the tails, and ſet them by themſelves on a plate, to be ready for *ragous*, or to be put in the cullis,(which laſt is very common); pick all the reddeſt of the ſhells, and put them into a clean marble mortar; the body of the cray fiſh is not uſed; put in a common ſiz'd pewter ſpoonful of broth or gravey, and pound them in the marble mortar with a wooden peſtil, till they become as fine as paſte; take the pounded ſhells out of the mortar, and put it on a pewter plate by itſelf; put the almonds in a ſauce-pan of cold water; ſet them on a fire, and, when it boils, take the ſauce-pan off, and ſtrain them into a ſieve; peel the almonds, and put them into cold water; pick twelve of the cleareſt, whiteſt and firmeſt of the almonds; put them into the mortar without cleaning the mortar for them; put in with the almonds near a common pewter ſpoonful of clear cold water; pound the almonds as fine as poſſible; obſerve in pounding of almonds, to put into the mortar but one or two almonds at a time; for was one to put them all in at once, and begin to pound, there would three parts of them fly out of the mortar on the ground; or if the almonds are all put in at the firſt, you may put a cloth over the mortar while they are pounded a little; and, after they are once bruiſed a little, there is no fear of their jumping out; when the almonds are near half pounded, put in a few drops of cold water, which will keep them from oiling; when the almonds are pounded like paſte, put them on the plate where the pounded cray fiſh are; while theſe were pounding, the fowl ſhould be roaſting, which ſhould be rather

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under done than over done; take it from the ſpit, and take off the brown ſkin and white fleſh from the breaſt; chop the white fleſh ſmall, and pound it in a mortar; put in a ſpoonful of broth or gravey, to cauſe it to pound the eaſier; pound it as fine as a paſte; take it out, and put it on the ſame plate with the almonds, *&c.*; the lobſter having been boiled in ſalt and water, pull open the body, and take out the red coral, and put it into the mortar, with three yolks of hard eggs; pound theſe very fine, and put it on the ſame plate with the reſt; put into the mortar a little broth, and with the crumb of a *French* roll clean out the mortar; put this crumb on the plate with the reſt. Obſerve, the mortar is not to be cleaned the whole time theſe are preparing. The ingredients being thus forward, proceed in this manner: take a large ſtew-pan; put therein near a quarter of a pound of good freſh butter, with about a tea ſpoonful of good ſweet-oil; put in the onions, carrot, turnip, parſnip, parſley root, and about an inch and a half of the root-part of the ſellery; all theſe cut in ſlices (being firſt cleaned); ſet the ſtew-pan on a moderate briſk fire, ſtir them now and then with a wooden ſpoon; and when they begin to change colour, put in the hot gravey, ſweet herbs, and a ſmall bit of the garlick with one blade of mace, and the crumb and cruſt of a raſped *French* roll; let this boil without ſcumming five minutes; after which, put in the compoſition that was pounded in the mortar, with a ſlice of limon after the peel is pared off: mix this in the ſtew-pan with a

wooden

wooden ſpoon on the fire, but take care it does not boil; being well mixed, take it from the fire; put in a tea ſpoonful of ſalt, and rub it thro' a tammy; according to the thickneſs you would have it, put in more or leſs *French* roll; but cullis of any kind is not *à la mode*, or faſhionable, to be thicker than common cream; after the cray fiſh cullis is ſtrained, put it in a little pot to keep hot, with the cray fiſh tails. Obſerve this cullis muſt not boil; it may be rubbed thro' a common ſieve; but then it will not be near ſo ſmooth, and conſequently not ſo good; a few freſh muſhrooms boiled in the gravey the cullis is made withal, is very good, and helps greatly to heighten a fine flavour in the cullis. If you have a cold roaſted partridge by you, that has been ſerved to table, I adviſe to pound the breaſt, and uſe it with the reſt: if the cullis is likely to be too thick, in this caſe add broth to thin it to the medium you chuſe it.

Lobſter or Cray fiſh Cullis.

This cullis does not require ſo much art nor time in making; for, when all the materials and ingredients are ready, it may be made in an hour's time in the following manner.

Suppoſe an *Engliſh* pint of cullis. Take three pounds of the lean part of a nice fillet of veal, three quarters of a pound of the lean of ham after the fat and rine is taken off, one middle-ſized onion, five cracked pepper corns, one ſmall blade of mace, one clove, a quarter of a ſmall clove of garlick, one ſingle ſprig of thyme, a very little ſweet baſil, half a ſmall ſlice of li-

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mon without ſeeds or rine, two raſped *French* rolls, and two lobſters. Begin in this manner; chop the veal and ham together as ſmall as poſſible; put it in a ſauce-pan with a pint and a half of water; put in all the ingredients except the lobſter; cover it and ſet it on a briſkiſh fire, to boil gently for three quarters of an hour without ſcumming; and, in the mean time, break open the body of the lobſters, and take out the red coral, and pound it well in a marble mortar, with a drop of cold water to cauſe it pound the eaſier; take off the ſauce-pan, and put in the coral that was pounded; mix it well, and rub it thro' a fine ſieve; put in a very little white wine. This way it is lobſter cullis; but put a few picked tails of cray fiſh in it, and then you may call it cray fiſh cullis.

Cullis à la Reine, *or a Cullis after the Queen's faſhion.*

If three pints of this Cullis is wanted, you muſt be provided with two quarts of exceeding good veal broth, (See broth) highly ſeaſoned with roots, herbs, ſpice, muſhrooms, but not much ham, by reaſon the broth ſhould be white, and too much ham is apt to turn the broth of an amber colour.

Take about forty large ſweet almonds, one large fowl and a partridge, four yolks of eggs boiled hard, (which ſhould not be over-boiled, for then the yolk turns black, and is of great detriment to the cullis) about three ounces of freſh butter, two tea ſpoonfuls of oil, two large onions, one ſmall thin ſlice of carrot, two dit-

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to of parſnips, three of parſley-root, and three thin ſlices of *French* turnip, three ſingle ſprigs of thyme, a very little ſweet baſil, a very little ſweet marjoram, one middle-ſized blade of mace, half a clove of garlick, the crumb of two *French* rolls, and half a ſlice of limon, void of ſeeds and rine. . Begin in this manner: the broth being made as above, the almonds would be the better of being ſteeped in cold water the over night, and, in the morning, the ſkins may be eaſily taken off. The almonds blanched after this manner, will be much whiter and firmer than if you was to blanch them in boiling water; as you take the ſkins off the almonds, throw them into cold water, obſerve if there be any yellow or rotten almonds among them, to fling them away; put into a clean marble mortar about a common pewter ſpoonful of new milk, put in the almonds two at a time, and bruiſe them with the wooden peſtil of the mortar; put in a little more milk, and pound briſkly till they become as fine as paſte; while the almonds are pounding, put the fowl and partridge to roaſt, which being a little above three parts roaſted, take them from the ſpit, pick all the brown ſkin from off the breaſt, and with a knife cut out all the white fleſhy part from the breaſt of both the partridge and fowl, which put on a clean mincing board, and chop them very ſmall; the almonds being pounded enough, take them out and put them on a plate, without waſhing the mortar; put in the minced breaſt of the fowl and partridge; put to the breaſt of the fowl and partridge in the mortar a common

pewter

pewter ſpoonful of broth; pound it till it becomes as ſmooth as paſte; being ſo pounded, put in the mortar to the reſt four hard yolks of eggs; pound the eggs and it together for about ten minutes longer; after which, take it out of the mortar, and put it on the plate with the almonds: have the veal broth hot in readineſs. Take a ſizeable ſtew-pan, and put in about three ounces of freſh butter, with about two tea ſpoonfuls of ſweet-oil; put in the ſtew-pan two largiſh onions cut in ſlices, with one thin ſlice of carrot, two ditto of parſnip, three of parſley-root, and three ſlices of *French* turnip; ſet the ſtew-pan on a moderate clear briſk ſtove; ſtir them about, and, before they change colour, put in the above mentioned broth, with three ſingle ſprigs of thyme, a very little ſweet baſil, and a very very little ſweet marjoram, one middle-ſized blade of mace, twenty crack'd coriander-ſeeds, half a clove of garlick; put in with the reſt the crumb of two *French* rolls; let all boil ſlowly a quarter of an hour; ſcum off the butter and oil; put in the ſtew-pan the pounded meat and almonds, with a ſmall thin ſlice of limon (the ſlice of limon ſhould have the rine pared off, and the ſeeds taken out); mix the pounded ingredients with the reſt, by ſtirring it on the ſtove with a wooden ſpoon; but take care it does not boil; put in ſalt to your taſte, and ſtrain it through a tammy or tammy-ſieve; in ſtraining, you may add half a gill of cream, or a glaſs of boiled milk, and ſtrain it all thro' together. This will greatly mend the colour of

the cullis. The whiter a cullis *à la Reine* is, the better.

A Cullis à la Reine,

Which does not require ſo much ſkill in the performance, neither is it ſo expenſive nor tedious as the other.

Obſerve every thing as in the above receipt, except the partridge and fowl; inſtead of which, roaſt ſix pounds of a very white fillet of veal; the veal ſhould be roaſted an hour, or as much as though it was to be ſerved to table, without being diſguiſed: take it from the ſpit; pare all the brown from off the out-ſide of the veal, and put the white fleſhy part on a clean chopping-board; mince it very fine; afterwards pound it exceeding well in a marble mortar, with a ſpoonful of broth to cauſe it to pound the eaſier with the yolks of eggs. Obſerve all the reſt as in the other above. You may add the breaſt of a fowl, and roaſt no more than four pounds of veal; if the cullis is not white enough, put in a little boiled cream or milk. Cullis *à la Reine* are made for ſoupes or *ragous*; the latter will require the thickeſt cullis; it ſhould never boil after it is made.

A Cullis à la Reine, *which may be made in an hour's time.*

Suppoſe a pint of this cullis be wanting, in ſuch caſe, take three pounds veal from a very white cow-calf cut from the fillet; put in a ſtew-pan a pint and a quarter of boiling hot water; cut the veal into pieces about the bulk of half a ſmall egg; put the bits of veal, ſo cut,

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into the ſtew-pan, with any kind of ſeaſoning you have readieſt, or what will ſuit beſt with the palate you would pleaſe. As for the ſeaſoning of cullis *à la Reine*, in general obſerve the firſt receipt. The veal being in, and what ſeaſoning your palate requires, put on the cover of the ſtew-pan, and ſet the ſtew-pan, ſo covered and filled with water, veal and ſeaſoning, on a clear briſk fire, where let it boil fifteen minutes; after which take it off the fire, and take out all the veal; which chop ſmall, and pound it for ten minutes in a clean marble mortar, with a ſpoonful of broth to cauſe it pound the eaſier: while this is a pounding, put in the ſtew-pan all the crumb of a new *French* roll of the common ſize: ſet the ſtew-pan on the fire; put on the cover, and let it boil all the time the veal is pounding in the mortar; after that, take off the ſtew-pan, and put in the pounded veal; mix it well with a wooden ſpoon; add ſalt to your taſte, and rub it with the back of a wooden ſpoon through a lawn or tammy ſieve. This cullis may ſerve for ſoupes or white *ragous*. Obſerve the taſte now in vogue is, to make all kinds of cullis as light and as thin as what they are deſigned for will permit, remembering that thoſe for ſoupes muſt be thinner than for any other uſe.

The above method of making cullis *à la Reine* I apprehend will be of great uſe when time is wanting, or you have company to dinner on a ſhort notice.

A green Cullis with green peaſe.

If a pint of this cullis be wanting, make a pint and half of rich veal broth. (See veal broth in Num. 1.) Boil a pint of young green peaſe in a little water, with a few leaves of green mint; let the water boil before the peaſe go in; put in near half a common table ſpoonful of ſalt; when they are boil'd tender, ſtrain them into a ſieve, take out of the ſieve two common ſpoonfuls of the peaſe, and put them on a plate; put the reſt of the peaſe into a clean marble mortar, with the crumb of half a *French* roll, and about two common ſpoonfuls of the liquor the peaſe were boiled in; pound it in the mortar without ceaſing for ten minutes; put into the mortar the hot broth, and mix it well together; ſtrain it through a tammy or a tammy-ſieve; if it is too thick put a little of the liquor the peaſe were boil'd in; put into the cullis the whole peaſe which were ſet by on the plate, and keep it hot for uſe.

Purè vert, or green cullis.

Suppoſe a quart of this cullis, for which there muſt be provided near three pints of good veal broth, wherein ham is not ſpared; a quart of green peaſe out of the garden, or if they are not in ſeaſon, take a quart of green dried ſlit peaſe, or if they are not to be had, yellow dried ſlit peaſe will do; take a quart of either of theſe two kinds of peaſe; tie them up in a cloth, not too tight, for they ſhould have room to ſwell in the cloth; put the peaſe, ſo ordered, in a

pot

pot of boiling water, where let them boil till they be tender, which will be in two hours if the peaſe are good; while the peaſe-pudding is boiling, take ſome thing more than a common ſiz'd ſieve brim-full of good young green picked ſpinnage; put the ſpinnage into a tub of water, with two or three green tails of young onions; the green part of the tails of four heads of ſellery; waſh theſe in two or three waters; take them out of the water into a cullinder to drain; have a ſauce-pan or pot on the fire, large enough to contain the ſpinnage; there being about two quarts of water in the ſauce-pan, when it boils, put in the ſpinnage, ſellery and young onion tails, with two table ſpoonfuls of ſalt; let it boil without being covered for the ſpace of ſix minutes, after which put it to drain in a cullinder; ſqueeze out moſt of the water that remained in the ſpinnage; put it into a marble mortar, and pound it for the ſpace of twenty minutes; take a ſizeable ſtew-pan large enough to make the cullis in; put into the ſtew-pan about a quarter of a pound of ſcraped fat bacon; (the method of ſcraping bacon you will ſee in page 110.) with half a common ſpoonful of ſweet oil; put in the ſtew-pan, beſides the ſcraped bacon and oil, two thin ſlices of a carrot, the ſame of parſnip, three thin ſlices of parſly root, four very thin ſlices of *French* turnip, and two large onions cut in ſlices; ſet the ſtew-pan on a clear briſk fire; keep ſtirring the roots now and then, or with little intermiſſions. Before the roots begin to change colour, put in the hot broth, or near a pint more broth than you want cullis; as ſoon

as

as the broth is in the ſtew-pan, put in three ſingle ſprigs of thyme, a very little ſweet baſil, a blade of mace, one clove, thirty cracked coriander ſeeds, and half a clove of garlick, let the ſtew-pan be covered; and it ſhould boil ſeven or eight minutes ſlowly without ſcumming; after which put in the green ſpinnage which was pounded in the mortar, with as much of the peaſe-pudding as you can gueſs will make the cullis the thickneſs you would have it; mix it well in the ſtew-pan, with a wooden ſpoon, on the fire; and, juſt before it is going to boil, take it off, and rub it through a tammy ſieve, or lawn ſieve; keep it hot for uſe, but be careful it does not boil. This cullis is uſed for ſoupes, terrines and *ragous*.

A green cullis, which does not require above an hour making.

Suppoſe an *Engliſh* pint; take three pounds of veal (lean); ten ounces of lean ham free from ſkin or outſide, having but very little fat to it; firſt cut the ham and veal into little bits with a common knife; after which chop it without ceaſing, for ten minutes, as ſmall as you can in that time; put the veal and ham ſo chopped in a ſauce-pan with a pint and half of boiling hot water; put into the ſauce-pan with the veal and ham, any ſeaſoning you have readieſt: the above receipt will inform you what is proper; cover the ſauce-pan, and ſet it on a briſk clear fire, where let it boil for twenty minutes; while the broth is boiling, pick, waſh and boil about three handfuls of ſpinnage; the ſpinnage

muſt

muſt not be quite ſo much boiled as is uſual; drain the ſpinnage in a cullinder; and ſqueeze out the water; pound it in a mortar till it is quite ſmooth; put in the ſauce-pan the crumb of two *French* rolls broke in bits; let this have one boil up in the broth, and put in the ſpinnage directly; take the ſauce-pan from the fire, and mix well the ſpinnage with the broth; add ſalt to your taſte, and rub it through a lawn or tammy ſieve; keep it hot for uſe, but do not let it boil; I would be underſtood, that, where I mention ham, lean bacon may ſupply the want of it.

On lentils.

For fear ſome of my readers ſhould not underſtand what lentils are, here follows a deſcription of them.

Lentils is a kind of ſmall ſeed, round and flat, convex in the middle; thin towards the edge; hard and ſmooth coated; greatly like tars or fitches; there are ſeveral ſorts of lentils; ſome white, others yellow; ſome reddiſh, others blackiſh; they are of two ſorts; the one above as large again as the other; the white, the reddiſh and largeſt, are the beſt and wholeſomeſt; but, if we believe ſome antient authors, there is no good quality belonging to them; they have this proverb, That the ſagacious overcomes all difficulties, even to dreſs lentils, ſo as to become a wholeſome food; on the other hand again we read, that lentils was ſo prized in *Athenæus*'s time, that a famous phyſician wrote a treatiſe on the commendation of lentils; and

Diogenes

Diogenes commended them to all his ſcholars, for having a peculiar virtue to quicken the wit; I ſhall therefore ſtudy to find out ſome preparation whereby they may be reſtored to their former, or greater goodneſs. They grow in cold climates, as well as hot.

To make a cullis of lentils.

Suppoſe a pint of this cullis, for which you muſt have a pint and half of good pale coloured veal gravey, (See veal gravey); a pint of lentils which will be the better of being ſoaked in cold water the over night; in the morning drain the water from them; take a ſauce-pan that has a cover; put the lentils therein; put in as much of any kind of meat-broth or water as will cover the lentils, (broth is beſt); likewiſe put in with the lentils a ſlice of lean ham cut, with a little fat to it; pare off the outſide and rine; the ſlice of ham ſhould weigh about five ounces; put on the cover, and ſet it on a ſlow clear fire; if the lentils are good, they will boil tender in an hour and half; but I adviſe to take time, eſpecially if the lentils have not been tried before; for I have boil'd them three hours before they would be tender; the lentils being boil'd tender, put them into a coarſe ſieve to drain; take near three common table ſpoonfuls of lentils out of the ſieve, which put on a plate to mark the cullis, as we term it; put the lentils which remain in the ſieve into a clean marble mortar, with the top cruſt of a raſped common ſized *French* roll; pound theſe till they become like a paſte; take a ſtew-pan and put in three ounces of freſh butter,

ter; a tea-ſpoonful of good oil; two middle-ſized onions peeled and ſliced; two ſmall thin ſlices of carrot, parſnip, turnip, parſly root, and the root part of a head of ſellery cut in ſlices; ſet the ſtew-pan on a briſk clear fire; ſtir the roots with a wooden ſpoon every now and then; when the roots in the ſtew-pan are coloured of a pale brown, put in the gravey boiling hot with a ſmall blade of mace, three ſingle ſprigs of thyme, a quarter of a ſmall clove of garlick, and two bruiſed black pepper corns; let this boil without ſcumming, with the cover on, for the ſpace of ſeven or eight minutes; take the lentils out of the mortar, and put them in the ſtew-pan; mix the gravey and lentils well together with a wooden ſpoon; taſte it, and add a little ſalt if your palate require it; rub it thro' a tammy, lawn ſieve or tammy ſieve; put it in a little pot or ſauce-pan, and keep it hot; put into the cullis the whole lentils which were put by, with half a ſmall wine glaſs of Champaign or other white wine, and a ſmall ſlice of limon, having the rine firſt pared off and the ſeeds taken out; keep it hot, but not boiling; take out the limon juſt before you ſerve the cullis.

This cullis is of uſe for ſoupes, terrines and *ragous*.

A cullis of lentils.

This cullis does not require half the time, half the trouble, nor half the expences as the other.

If a pint of this cullis be wanting, take a pint

of known good lentils; put them to boil in a cloſe covered ſauce-pan in water, with a very little ſalt; if the lentils are very good, they will be boiled ſoft in an hour's time; while this is boiling, take three pounds of any raw meat you have that is not fat; chop it very ſmall with four ounces of lean ham or bacon; put the meat ſo chopped into a ſauce-pan with one pint and half of boiling water; ſet the ſauce-pan on a moderate fire, and put in any ſeaſoning you have readieſt; the above cullis will inform you what is propereſt; put on the cover, and let it boil ſlowly for half an hour; when the lentils are enough, ſtrain them off; ſave a few whole lentils on a plate to mark the cullis withal; pound the reſt in a marble mortar with a wooden peſtil till they become as fine as paſte; ſtrain the broth into the mortar, and mix it well with a wooden ſpoon; rub it thro' a tammy or a lawn ſieve; put into the cullis a very little white wine, and the whole lentils, with a ſmall zeſt of limon peel; the limon peel ſhould not be larger than one fourth of a ſilver penny; keep the cullis hot for uſe.

Cullis of partridges.

Suppoſe a pint and half of this cullis be wanting. Take two partridges of a high flavour or *fumet*, as the *French* term it; truſs them for the ſpit; over the breaſt of them tie a bard of bacon with packthread, (a bard of bacon is a broad thin piece of fat bacon); the bacon ſhould be large enough to cover the breaſt of the partridge; put the partridges to roaſt before a briſk

briſk fire; ſprinkle a little flower all over the outſide of them; let them be a little above three parts roaſted, which they will be in twenty five minutes; take them off the ſpit; pull out the ſkewrs; put the partridges directly as they come from the ſpit into a clean marble mortar; take off the packthread; pound the partridges with the bacon about them till they are as fine as a mummy; while ſome body is pounding of this, take a ſtew-pan, and put therein four ounces of freſh butter, a tea ſpoonful of oil; put into the ſtew-pan four ounces of lean ham cut into little bits the ſize of pin heads. The method of cutting the ham is this, firſt cut very thin ſlices, and then cut them into long narrow ſlips; cut theſe ſlips croſs ways, and they are done: the ham being in the ſtew-pan, put in a ſmall handful of green muſhrooms groſsly chopped, and the quarter of a clove of garlick cut ſmall; put the ſtew-pan on a briſk clear fire, and ſtir it now and then till it begins to change its colour directly; as it is coming brown, pour in a quart of good veal-gravey; put in half the cruſt of a raſped *French* roll; let it boil five or ſix minutes; take it from the fire; put in a ſmall zeſt of limon peel, a glaſs of Champaign or other white wine, and, directly after, put in the pounded partridge; ſet the ſtew-pan on the fire again, and let it ſimmer (but not boil) for two minutes; rub it thro' a *French* tammy or tammy ſieve; obſerve, in ſtraining it, not to rub it ſo dry as other cullis for fear the partridge bones ſhould make it feel rough to the tongue.

Cullis

Cullis of partridge another way.

Make it directly in the manner of a veal cullis, (See veal cullis) with only this difference, that the bottom of the ſtew-pan being thinly covered with ſlices of veal, *&c.* put in partridges according to the quantity of cullis you would make. Slit the partridges, and, with a rolling-pin, break all the bones, put them over the veal, and finiſh the cullis like that of veal. This, as well as the other partridge cullis, is of great uſe in ſeveral ſorts of terrines, pyes and *ragous.*

A brown Cullis of a capon.

Make a large capon ready for the ſpit; take out ſome of the inſide fat, let it be a little above three parts roaſted; if the fire is good, the capon will take but twenty five minutes; ſprinkle ſome ſalt on it in roaſting; obſerve, it ſhould not be pale roaſted; take the capon from the ſpit, and put it into a large clean marble mortar, and let it be pounded bones and all as much as poſſible; cut the cruſt of a French roll in little bits, fry them in a ſtew-pan with ſcraped fat bacon, till they are of a good brown colour; take off the ſtew-pan, and add the white part of three or four young onions cut ſmall, a few freſh muſhrooms groſsly chopped, a little picked parſly and a very little ſweet baſil; ſet the ſtew-pan on a briſk clear fire for a minute, after which put in a little more pale-coloured veal gravey as you intend to have cullis; let it boil three minutes, after which put in a ſlice of limon without

out rine or ſeeds; take the ſtew-pan from the fire, and put in the pounded capon, mix it well and ſet the ſtew-pan on a moderate fire, where let it ſimmer (but not boil) for the ſpace of three minutes, take it from the fire, and ſtrain it thro' a tammy or tammy-ſieve; obſerve, in ſtraining, not to rub it ſo dry as other cullis, for fear the bones ſhould make it feel rough to the tongue; put in a glaſs of Champaign, or half a glaſs of any other white wine; add ſalt to your taſte, and ſcum off the fat. This cullis is good in pyes, *&c.*

N. B. It may be made without muſhrooms.

Cullis of Ducks.

Is made with wild-ducks: the ducks ſhould be free from any fiſhy or mooriſh ſcent; the method to know which, is to open the bill of the ducks, and then blow down their throats; directly after this, ſcent as low as you can in the mouth, and if there proceeds no ill flavour, they are right good.

Obſerve in this cullis, as that of partridge cullis, you may make a difference, by thickening it with ſome lentils boiled and pounded in a marble mortar. The lentils ſhould be ſtewed tender in good broth, with a ſmall ſlice of lean and fat ham or bacon.

Cullis of Pigeons.

This cullis is made directly the ſame as that of partridges.

N. B. The wild pigeons are beſt.

Cullis

Cullis en maigre

Cullis of cray fiſh.

The ingredients wanting for this cullis are, thirty cray fiſh, eighteen ſweet almonds, two perches, three eggs, one lobſter, three anchoviſes, three ounces of freſh butter, a little ſweet oil, three onions, one parſly-root, one carrot, one parſnip, one French or common turnip, three ſingle ſprigs of thyme, a very little ſweet marjoram and baſil, a blade of mace, one clove, five pepper-corns, twenty coriander ſeeds, two common ſized French rolls, one clove of garlick, a limon, and two quarts of good fiſh-broth, which will make ſomething more than three pints of cullis.

The utenſils wanting to make this cullis.

A ſauce-pan to hold two Engliſh quarts, three clean cloaths called rubbers, a middle-ſized marble mortar with wooden peſtil, one common ſized pewter ſpoon, three pewter plates, a ſauce-pan to hold a pint and half, a pint poringer or baſon, a common ſieve, a common-ſized tea-ſpoon, one common grid-iron, one cook's knife pointed at the end, one dridging or flower box, one three quart ſtew-pan, one common kitchen wooden ſpoon, one copper-tinned ladle that will contain a pint of water in the bore of it, one tammy or tammy-ſieve, and a little ſoupe-pot and cover that will hold ſomething more than two quarts, to put the cullis in when it is finiſhed.

Begin

Begin in this manner.

Take thirty cray fiſh, waſh them in cold water, ſet a two quart ſauce-pan with a quart of water to boil; put in the cray fiſh with three table ſpoonfuls of ſalt; let them boil till you perceive the ſhell to become of a fine red, which is the true ſign of their being boiled enough; take off the ſauce-pan, and ſtrain them into a cullinder or ſieve; pick off the claws and all the ſhelly part of them, and the ſhells which are of the brighteſt red, put by themſelves, which muſt be waſhed in cold water, to take off any whitiſh ſtuff which uſually ſtick on the inſide of the ſhells; put them between two cloaths, and dry them well; after this they muſt be put into a marble mortar, and therein pounded till they become a fine paſte; take a pewter ſpoon, and with it take out the pounded cray fiſh ſhells; the tails ſhould be ſeparated from the body, and put between two plates, which ſhould be ſet in a cool place to be ready when wanted; put the pounded cray fiſh ſhells on a pewter plate; obſerve, the mortar muſt not be waſhed the whole time the cullis is making; blanch eighteen ſweet almonds in this manner; put the almonds into a pint and half ſauce-pan, with a pint of cold water; ſet it on a moderate fire, where let it boil ſlowly for three minutes; take one of the almonds out, and try; if the ſkin will come off eaſily they are blanched enough; ſtrain them out of the ſauce-pan on a ſieve; ſlip off the ſkins, and put the almonds in a baſon of cold water; this is the common and only way of blanching almonds when you are in a hurry;

but

but when time permits, the beſt way is to put the almonds to ſoak in plenty of cold water the over night, and the ſkins will be eaſily taken off in the morning; the almonds blanched after this laſt manner will be as white again and more firm than thoſe of the other way of blanching; pick twelve of the whiteſt and firmeſt of the almonds from among the reſt; theſe twelve picked almonds being in cold water, put into the mortar half a table ſpoonful of cold water; drop the almonds into the mortar two or three at a time, and keep continually pounding them, which bruiſes the almonds as they drop, and hinders them from jumping out of the mortar, which they would do if they were put in all at once; the almonds ſhould be pounded till they become a ſmooth paſte; and while they are pounding, now and then ſhould be put in a drop of cold water, which will keep them from turning to oil; with a pewter ſpoon take the pounded almonds out of the mortar, and put them on a pewter plate with the cray-fiſh; while the almonds were pounding, the perch ſhould be broiling, either one large or two middle-ſized perches; cut the belly open of the perch, and take out the guts; you need not take of the ſcales nor gills; waſh the perch well in cold water, and dry it well with a cloth; put a grid-iron on a moderate fire, which muſt be very clear; when the grid-iron is thoroughly hot take it off the fire and rub it well with freſh butter; directly put the perch on the grid-iron, which ſet on the fire again; turn it every ſix or ſeven minutes; if the fire is moderate

and

and the grid-iron not ſet too near the fire; the pearch weighs about one pound and a half; it will take three quarters of an hour's broiling; the pearch for this uſe ſhould not be over broiled; take the pearch off the grid-iron, and with a knife take off all the ſcales and ſkin; take out the bones, and put only the white part of the pearch into the mortar; likewiſe put into the mortar the yolks of three eggs taken from the white, after they have been boiled hard; the eggs ſhould not boil longer than twenty minutes, if you put them in when the water boils; on the contrary, if they are put in the water cold, they will boil as hard in twelve minutes; I am particular in this, becauſe an egg over-boiled has a blackiſh yolk, and is not ſo good nor fit for uſe; before you begin to pound in the mortar, put in the red coral that lies in the body of a lobſter, with three anchovies that have no ruſty flavour; the anchovies ſhould be waſhed and boned; pound theſe extremely well; it will not want any moiſtning in pounding; all the above being in readineſs, take a three quart ſtew-pan; put in about three ounces of freſh butter with two teaſpoonfuls of ſweet oil; three onions cut in ſlices, a ſmall clove of garlick cut in three; ſcrape a middle-ſized parſly root, one ſmall carrot, half a ſmall parſnip, one large *French* turnip; theſe being all cleaned, and cut into ſmall thin ſlices, put them into the ſtew-pan, which ſet on a clear briſk fire without a cover; keep turning of the roots in the ſtew-pan with a wooden ſpoon, till they begin to look brown; directly put in the ſtew-pan two quarts of good fiſh-broth boiling

hot; put in one clove, one large blade of mace, five cracked white pepper corns, thirty cracked coriander ſeeds, three or four ſingle ſprigs of thyme, a very little ſweet marjoram and baſil, three tea-ſpoonfuls of ſalt, and the crumb of two *French* rolls pulled into bits; let theſe boil for the ſpace of ſeven or eight minutes; after which, take all the pounded compoſitions, and put them into the ſtew-pan; rinſe out the mortar with a little hot fiſh-broth, and add it to the reſt in the ſtew-pan; mix it well on the ſtove with a long handled wooden ſpoon; before it boils, take the ſtew-pan from off the fire; put in a thin ſlice of lemon free from ſeeds or rind; rub it through a tammy or a tammy-ſieve. (a tammy, and the method of working it has already been explained) If this cullis is intended for a maigrè ſoup it muſt be the thickneſs of thin cream; but, if it is wanted for any maigre-made diſh or ſauce, it muſt be the thickneſs of good cream; put the tails in the cullis, which gives it the diſtinction of a cray-fiſh cullis; take care in keeping the cullis hot, that it does not boil.

Lobſter Cullis.

This cullis may paſs for a cray-fiſh cullis, and is made with half the expence, time, and trouble as the above.

Utenſils wanting to make this cullis.

A ſauce-pan and cover of a ſize ſuitable to boil the lobſter, one three pint ſtew-pan, one wooden ſpoon, one marble mortar with wooden peſtle, one broad hollow pewter or earthen diſh,

one

one tammy or tammy-ſieve, one pewter plate, one cook's knife, and one pewter ſpoon.

The materials wherewith the cullis is compoſed.

One largiſh lobſter which has its body full of ſpawn, (theſe kind of ſpawn'd lobſters are known by the fiſh-mongers, even when they are alive) three ounces of freſh butter, a little ſweet oil, two large onions, one clove of garlick, one ſmall carrot, parſnip, *French* turnip, parſly root, and a white part of a ſmall leek, one bay leaf, three ſprigs of thyme, a very little ſweet baſil and marjoram, one lemon, five pepper corns, one clove, one blade of mace, and one *French* roll.

Begin in this manner. The lobſter being alive, waſh it well in cold water; after which, put it into a ſauce-pan with three ounces of ſalt; pour on boiling water till the lobſter is covered; put the ſauce-pan on a briſk fire; cover it, and let the lobſter boil twenty minutes; after which take off the cover; and, if the lobſter looks of a bright red, it is boiled enough; when the lobſter is cold, break the ſhell of the claws and tail; take out all the inſide, and open the body of the lobſter; take out all the coral, and lay it by itſelf on a pewter plate; cut one third of the lobſter in thin ſlices, the breadth of the top of one's thumb; put this on the plate by the ſide of the coral; the remainder of the fleſh of the lobſter muſt be cut ſmall; put the coral into a clean marble mortar, with a tea ſpoonful of the liquor the lobſter was boiled in; pound this for five minutes; after which put in the lobſter that

was

was minced ſmall, with three tea-ſpoonfuls of the liquor the lobſter was boiled in; pound this till it become as ſmooth paſte; while this is pounding, take a ſtew-pan; put therein three ounces of freſh butter, and about the quantity of two tea-ſpoonfuls of the beſt ſallad oil; cut the roots into thin ſlices; put the ſtew-pan on a clear briſk fire, and directly put in the ſliced roots, which keep ſtirring till they begin to change colour; at which time fling in a common table-ſpoonful of flour, and ſtir it well together; put in a pint of the liquor the lobſter was boiled in, and a pint of clear boiling water; put in the ſweet herbs, ſpice, and a raſped *French* roll; let theſe boil gently half an hour covered, without being ſcummed; after that put in the pounded lobſter, which will turn it of a fine red colour; take it from off the fire, and mix it well with a wooden ſpoon, breaking the *French* roll in pieces; put in three or four very ſmall zeſts of lemon-peel, and ſtrain it through a tammy, tammy-ſieve, or a lawn ſieve, rubbing it through with the back of a wooden ſpoon, to cauſe it to be the thickneſs of cream; put into the ſtrained cullis half a glaſs of white wine, a very little juice of lemon, and the ſliced lobſter. Obſerve it muſt not boil, but keep it hot for uſe.

Sauces embammata.

This is a liquor in which all kinds of meats are dreſſed; there are numberleſs ſorts according to what ragous, *&c.* they are deſigned for.

In examining the ancients, I do not find any ſufficient apology for the uſe of ſauces; for Plutarch

Plutarch affirms, that the antients never knew any ſauces, but two, hunger and ſalt; the cooks of Athens vaunted, by their divers pickles, ſauces, powders and mixtures, to procure any man an appetite; yet, in the end, they found that the beſt ſauce is loathſome, without hunger. Dionyſius, ſupping once (after hunting) with the Lacedæmonians, moſt highly extolled their black broth; afterwards eating of the ſame, another time, without exerciſe premiſed, he did as deeply diſpraiſe it. The like we read of Ptolomy in Platina, and of Socrates in Tully's Tuſculanes, who walked ever before meat a mile or two, to buy him the ſauce of hunger. Anacharſis uſed to ſay, that dry ground is the beſt bed, a ſkin hardened with exerciſe the beſt garment, and natural hunger the beſt ſauce: for over much hunger taſteth nothing better than over much ſatiety; the one loathing good things becauſe of fullneſs, and the other commending bad things becauſe of emptineſs. Socrates compared the over curious ſeaſoning of meat, and the Epicurean ſauce-makers to common courteſans, curiouſly painted, and ſumptuouſly adorned, before they entertained their lovers; whereby they ſtir up new luſt in withered ſtocks, and make even the grey headed conſume themſelves. And again he ſays, what are theſe new found ſauces but whores to edge our appetite, making us to feaſt when we ſhould faſt, or at leaſt to eat more than nature requireth? alſo he reſembleth them to tickling under the ſides and arm-pits, which cauſeth not a true and hearty, but rather a convulſive

vulſive, and hurtful laughter; doing no more good to penſive perſons, than hard ſcratching is profitable to a ſcall'd head, wherein it delighteth to its own hurt.

There is a notable hiſtory written of Alexander and Queen Ada, who, purpoſing to preſent the conqueror with her beſt jewels, ſent him two of her beſt ſauce-makers to ſeaſon and dreſs his meat, commending their ſkill exceedingly in her letters; but Alexander, having bountifully rewarded them for their journey, returned them with this meſſage, that he had a long time entertained two for that purpoſe, which made him better ſauce to his meat, than any other could make in his judgement: Nyctoporia, night marching, which ever got him a ſtomach to his dinner; and Oligariſtia, little dining, which never failed to procure him a ſtomach to his ſupper; ſhewing thereby, that exerciſe, before dinner and ſupper, are the beſt ſauce-makers; becauſe it excites hunger, which reliſhes, and even cauſeth us to digeſt all things. Salt, the ſecond ſauce of the antients, is not ſufficient, nay is not convenient to all ſtomachs; for even old times afforded two ſauces, ſalt and vinegar, the one for hot ſtomachs, the other for cold; knowing well enough that appetites are not procured in all men alike, by reaſon want of appetite ariſes from different cauſes.

He, who thinks it a crime to allure a ſick man to meat by delightful and pleaſant ſauces, ſeems to me as froward and fantaſtical, as he who would never whet his knife; and for what end has nature brought forth ſuch variety of herbs, roots, fruits,

fruits, juices and ſpices, fit for nothing but ſauces; but that by them the ſound ſhould be refreſhed, and the ſick men allured to feed upon meats, for whom an over ſtrait abſtinence is as dangerous, as fulneſs and ſatiety is inconvenient; for 'tis certain, for ſtrong and able perſons, the beſt ſauce is exerciſe and hunger: but as there are many men, whoſe trade of life, and ſtate of health is ſuch, that, either they cannot exerciſe themſelves abroad, or elſe are not able, through weakneſs, to do it at home, (whereupon want of appetite, and want of digeſtion, the only founders of ſauces muſt enſue); for the ſtomach often wants appetite, proceeding from cold and raw humors furring the ſame, and dulling the the ſenſe of feeling in the mouth thereof; ſo we may conclude, that, as much as the right uſe of ſauces is beneficial, (to health) even ſo much the abuſe of them is detrimental.

Sauces en grâs.

(The word grâs has been explained in the firſt number of this work.)

Cerfeuliad or chervile ſauce for chickens.

To make half a pint of this ſauce in the beſt manner, you muſt have half a pint of good well ſeaſoned veal-broth.

Take one pound of good white veal, free from bone, four ounces of well flavoured ham, one carrot, one parſnip, two ſmall cloves of garlick, thirty coriander ſeeds, about two handfuls of chervile, one ounce of freſh butter, and a very little ſweet oil.

Begin

Begin in this manner. Cut the fatteſt of the ham, and lay it at the bottom of a ſmall ſtew-pan; upon which put one ſlice of onion, one ſlice of carrot, and then the veal cut in three ſlices; over the veal put the remainder of the onion, one ſlice of parſnip and carrot; cover the ſtew-pan, and ſet it on a ſlow clear fire for twenty minutes; after which make the fire briſker; and, when the veal ſticks to the bottom without burning, put in half a pint of veal broth, and half a pint of boiling hot water; ſcum it and put in a common table-ſpoonful of ſweet oil, two ſmall cloves, garlick, and thirty coriander ſeeds; cover the ſtew-pan, and let theſe boil ſlowly, till the half be reduced; after which, ſtrain it through a fine lawn ſieve; blow off the fat, and put this liquor in a ſmall clean ſtew-pan; pick the chervile from dead leaves and great ſtalks; waſh it well, and blanch it for three minutes in boiling water; after which put it into cold water; ſqueeze it lightly and chop it groſly; put it into the ſtew-pan with the half pint of pale-coloured gravey; ſet it over a moderate briſk fire, where let it boil for ſeven minutes; put in about an ounce of freſh butter rolled in flour; and let it boil a minute longer, and the ſauce is done. This ſauce ſuits all kinds of white meats, boiled or roſted.

Sauce à là neuvaine.

Neuvaine ſignifies the nine muſes; as this is ridiculous for the name of a ſauce, and as there are many of the ſame ſtamp, I ſhall paſs by the explanation of them.

Put

Put about nine tea-ſpoonfuls of ſweet oil in a ſmall ſtew-pan, with nine middle-ſized white onions, peeled and cut in thick ſlices; put in a quarter of a pound of ham, cut into nine thin pieces; ſet the ſtew-pan on a clear fire; keep the onions moving for two or three minutes; after which, put in near a pint of good veal-broth; let it be covered, and ſtew it very ſlowly, till the onions be quite tender; after which, blow off the oil, and put a daſh of vinegar (a little); ſerve this ſauce under pork, ducks, or ſtewed-beef.

Sauce a la creſme.

Put in a ſmall ſtew-pan about a handful of freſh muſhrooms, with two ounces of freſh butter, a ſmall ſlice of ham, and a faggot of ſweet herbs (which is made in this manner); peel two or three young onions with green tails; put to them a little parſly, two cloves, half a bay leaf, and four ſingle ſprigs of thyme; double the tails of the onions over theſe, and tie it with pack-thread; (and this is called a faggot) put the ſtew-pan over a briſk fire, and give it three or four toſſes, ſo as to cauſe the ingredients to fry on all ſides; put in a common table-ſpoonful of flour; mix it with the reſt for a minute, on the fire; put in near a quarter of a pint of good veal-broth; let all boil four minutes; after which, put in half a pint of good thick cream; let it ſimmer on a ſlow ſtove, for about ſeven minutes; ſtrain it through a fine ſieve for uſe. This ſauce does well for veal, and poultry.

Proviſions for the Month of FEBRUARY.

The proviſions for the month of *February* differ very little from that of *January*.

Fiſh-monger.

Lobſters, cray-fiſh, ſhrimps, cockles, muſſels, oiſters, brown ſturgeon, carp, tench, freſh cod, ſalt cod, haddocks, whitings, thornback, maids, eels, pike, plaice, dabs, flounders, ſoles, herrings, ſprats, gudgeons, ſmelts, perch, holeberts, chubs, mullets, ſalmon, ling, and weavers. Some of theſe are not to be had unleſs the weather prove mild.

Poulterer.

Turkeys, capons, pullets, and hen-turkeys; with eggs, fowls, chickens, geeſe, hares, rabbits, and all kind of wild fowl, as woodcocks, ſnipes, partridges, feldefares, larks, plover, teal, eaſterlings, and pheaſants.

Butcher.

Beef, veal, houſe lamb, mutton, and pork.

Green grocer.

Roots, *Jeruſalem* archichokes, carrots, ſkerits, beet roots, *French* and common turnips, parſnips, parſly roots, ſcorſonary, and ſalſify, horſe rhadiſh, potatoes, onions, leeks, garlick, ſhallot, and rocombole.

Herbs.

Spinnage, parſly, thyme, winter ſavory, ſweet and

and pot marjoram, marygolds, ſweet baſil, and dried taragan, *Spaniſh* chardoons, ſellery, endive, water creſſes, ſage, beet leaves, ſavoys, white and red cabbage, green and brown kail; if the weather proves mild, there will be chervile, burnet, and cabbage lettice.

Fruits.

Apples, pears, limons, china and ſeville oranges, medlars, quinces, cheſnuts, and forced aſparagus.

The Method of making Sauces.

[continued from page 153.]

Sauce haſhe.

Take two ounces of truffles and morells; put them in a ſauce-pan with a pint of water; ſet them on the fire to boil ſlowly for half an hour; ſtrain them into a ſieve, and waſh them in cold water, to take out all the ſand which is apt to ſtick in the morells; put theſe on a clean table, to be chopped with the following ingredients, one handful of freſh muſhrooms, being firſt waſhed and picked, the tender leaves of two heads of ſellery, one handful of chervile, half a handful of burnet, with a little ſorrel, a little parſly, a little of the heart of a green ſavoy, (cabbage) and three green young onions, with about thirty capers; all theſe being chopped exceeding ſmall, take a ſmall ſtew-pan, and put therein two table-ſpoonfuls of oil, the chopped herbs, and four ounces of lean ham, cut in one thin

thin ſlice; cover the ſtew-pan, and ſet it on a ſlow clear fire, where let it ſimmer for an hour; after which, put in a pint of any good broth; let it boil ſlowly (covered) till it is reduced to half a pint; add ſalt to your taſte, with a very little beaten pepper; ſome palates like a little vinegar in it, or the juice of limon; but I think it beſt without either. This ſauce is greatly uſed for beef *tremblant*, tripe, tame fowl, and moſt kinds of freſh meats.

Sauce for a roaſted, or ſpitch-cock'd eel.

Take a gill of good gravey; put it in a ſmall ſauce-pan, with a very little limon-peel, two anchovies waſhed, boned, and chopped ſmall, and half a bay-leaf; let theſe boil ſlowly (covered) for ten minutes, and then put in a glaſs of red wine; thicken the ſauce with a piece of freſh butter (the biggneſs of a ſmall egg) rolled in flour.

Sauce à là St. Clou.

Blanch a handful of parſly with the hearts of two cabbage lettices; put them into cold water, and ſqueeze them well from the cold water; make ready a clean marble mortar, and there pound them, for ten minutes ſucceſſively; after which, put them in a very ſmall ſtew-pan, with near a pint of very rich veal broth, wherein ham has not been ſpared; put in one clove of garlick; cover the ſtew-pan, and let it boil gently for half an hour; after which ſtrain it through a tammy or tammy-ſieve; put into a ſmall clean ſtew-pan four yolks of eggs boil'd hard, being

firſt chopped exceedingly fine ; put the ſtrained ſauce to the eggs ; make it hot without boiling ; and ſerve with the juice of half a limon.

Sauce à là Romain.

Put in a ſmall ſtew-pan one pound of veal cut in three ſlices, a quarter of a pound of ham cut in two ſlices ; cover the ſtew-pan, and ſet it on a ſlow fire, that the meat may throw out its gravey ; after which, put the ſtew-pan on a briſker fire ; and, when the veal begins to ſtick to the bottom of the ſtew-pan, put in a full glaſs of white wine, with a quart of rich veal broth ; cover the ſtew-pan, and let it boil (moderately briſk) till it is reduced to a little more than a pint ; ſtrain it through a lawn ſieve ; put this gravey into a ſmall clean well-tinned ſtew-pan ; cover it, and ſet it on a clear ſlowiſh fire ; let it reduce to the quantity of half a pint. The ſauce being done ſo far, pick, waſh, and drain the following herbs, one handful of chervile, one handful of burnet, half a handful of balm, and about half a dozen tender ſprigs of taragan ; blanch all theſe for three minutes in boiling water ; take them out, and put them into cold water ; drain and ſqueeze out all the cold water from them ; put the herbs, ſo ordered, into a clean marble mortar, and pound them with a wooden peſtle, till they become as a paſte ; take it out of the mortar, and put it into the ſtew-pan with the gravey ; ſet the ſtew-pan on a briſk fire, and, juſt as it is going to boil, take it from off the fire, and ſtrain it through a lawn or tammy-ſieve ; put in the juice of near half a limon, and three white pepper corns groſly

groſly pounded, and the ſauce is finiſhed. Obſerve not to make the above gravey high-coloured. This ſauce is good and fit for boiled and broiled tame fowl, veal, and tripe; and moſt palates like it to beef *tremblant* (which kind of beef will be explained in its proper place.)

Sauce au reveil matin.

Take three quarters of a pound of veal, free of fat and bone, one quarter of a pound of ham, free of ſkin and fat; cut them into very ſmall ſquare pieces; put them into a ſmall ſtew-pan with two common table-ſpoons near full of ſweet oil; ſet the ſtew-pan on a briſk clear fire; keep it moving till you perceive the ham and veal begin to change colour; then take it from off the fire, and put in half a clove of garlick, one whole ſhallot, two cloves of rocombole, a very ſmall faggot of ſweet herbs, (ſee page 153.) one middle-ſized onion ſtuck with three cloves, a ſmall blade of mace, a very little ginger and cinnamon, thirty leaves of balm, one ſlice of limon without peel, one glaſs of champaign, or other white-wine, three quarters of a pint of good veal broth, and one glaſsful of white-wine vinegar; cover the ſtew-pan, and ſet it on a clear ſlow fire; when, by boiling ſlowly, the liquor is reduced to half the quantity, take off the fat with a thin-edged ſpoon, as clean as you can; put into the ſtew-pan about the quantity of three table-ſpoonfuls of good veal cullis; (ſee veal cullis page 116.) cover the ſtew-pan, and let it boil ſlowly till it is reduced

to

to a little more than a gill, as near as you can gueſs; ſtrain it through a lawn or tammy-ſieve. This ſauce may be uſed for veniſon, or any thing your palate likes.

A white ſauce a la Reine.

Take one pound of veal free from bone or fat, four ounces of ham free of ſkin and fat, cut theſe into very ſmall ſquare pieces; likewiſe cut into very ſmall ſquare pieces, two middle-ſized onions, one ſingle handful of muſhrooms, and one clove of garlick: take a ſmall ſtew-pan, and put in two table-ſpoonfuls of ſweet oil; ſet the ſtew-pan on a briſk fire, and, juſt before the veal and ham is going to turn brown, put in a pint and half of good hot veal broth, and one glaſs of white-wine. Cover the ſtew-pan, and let it boil very ſlowly for an hour; ſcum off the fat, and, with a ſcummer take out the ham and veal; put into the liquor that remains, the crumb of a *French* roll, being firſt ſoaked for an hour in cream; mix it well together, and ſtrain it thro' a tammy or tammy-ſieve; in rubbing it thro' the tammy, put a gill of cream, (a little at a time) ſo that nothing may remain in the tammy; after it is rubbed thro' the tammy or tammy-ſieve, mix it well with a ſpoon, and warm it *au bain Marie* (which has been often explained before) this ſauce is moſtly uſed for veal and tame-fowl.

Sauce a la pimbeche.

Take half a pound of veal free from bone and fat, three ounces of ham free from ſkin and fat;

cut

cut theſe into very little ſquare bits, not much larger than pin-heads; put the veal and ham ſo cut into a ſmall ſtew-pan, with a little parſly tied up in a bunch, two young onions cut ſmall, half a clove of garlick cut ſmall, three cloves, half a bay leaf, and about three or four freſh muſhrooms cut ſmall; put in a table ſpoonful of oil; ſet the ſtew-pan over a briſk fire for three minutes, keeping it moving; put in half a pint of very rich veal broth; cover it, and ſet the ſtew-pan on a ſlow fire; where let it boil gently for the ſpace of half an hour; ſcum well off the fat, and ſtrain it into another ſmall ſtew-pan; a little before you ſerve this ſauce, put in two or three dozen peeled piſtachiea nuts, three cloves of rocombole, each cut in two, a very little grated nutmeg, and the green tails of ſix ſmall young onions which muſt be firſt blanched and chopped ſmall; ſerve this ſauce very hot under mutton, *&c.*

Sauce à là Princeſſe.

Put in a ſmall ſtew-pan about two ounces of freſh-butter, two ounces of ham free from ſkin and fat, in one ſlice; likewiſe put in the ſtew-pan half a bay leaf, a little chopped parſly, truffles, muſhrooms, and one young onion; put the ſtew-pan on a briſk fire, and keep it moving for two minutes; after which put in half a pint of rich veal broth, half a glaſs of champaign or other white-wine, a very little ſalt, and three white pepper-corns groſly pounded, *&c.*

F I N I S.