**The housekeeper's guide; or, a plain and practical system of domestic cookery / By the author of "Cottage comforts."**


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Eliza Dodson
1838

# THIS BOOK

BELONGS TO

If thou art borrowed by a Friend,
Right welcome shall he be,
To read, to copy, *not to lend*,
But to return to *me*.

Not that imparted knowledge doth
Diminish learning's store,
But Books, I find, if often lent,
Return to me no more.

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Read slowly, pause frequently,
Think seriously,
Keep cleanly, return duly,
*with the corners of the leaves not turned down.*



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# THE

# HOUSEKEEPER'S GUIDE,

OR

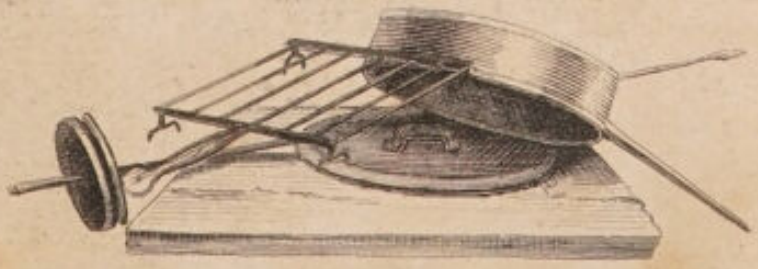
A PLAIN & PRACTICAL SYSTEM

OF

# Domestic Cookery,

BY ESTHER COPLEY.

*Author of "Cottage Comforts" &c.*



London,

*PRINTED FOR*

JACKSON & WALFORD, 18 St PAULS CHURCH YARD.

1834.

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THE

# HOUSEKEEPER'S GUIDE;

OR

A PLAIN AND PRACTICAL SYSTEM

OF

## Domestic Cookery.

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BY THE AUTHOR OF "COTTAGE COMFORTS."

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LONDON:

JACKSON AND WALFORD,

ST. PAUL'S CHURCH YARD.

1834.

J. S. Hodson, Printer, 15, Cross Street, Hatton Garden, London.

# INTRODUCTION.

When a new book makes its appearance on a subject that has already been frequently brought before the public in a variety of forms, some apology or explanation is generally considered necessary. Either the new aspirant to public favour professes to be more copious in its details, or more simple and condensed in its instructions than those that have preceded it; or the partiality of friends has urged its publication; or the price is so low as to place it within the reach of a more numerous class of readers. But without any further speculations, we will briefly relate the origin and history of the volume now introduced, and leave its acceptance with the public to rest upon its acceptability.

It has been repeatedly suggested to the author, that a book of simple and intelligible hints to young housekeepers in the middle ranks of life, would be acceptable and useful; and she has been urged to undertake the task. It is probable, however, that the suggestion would never have been acted upon, but that the present publishers having determined on offering such a volume to the public, applied to her to produce it.

In complying with their proposal, it has been her endeavour to render this generally useful.

It is easy to imagine a young person just entering on the responsible engagements of domestic life, and sincerely desirous of discharging its duties,

yet often finding herself, for want of experience, exposed to painful perplexity, or mortifying dependance. Young servants, also, as well as young mistresses, must have a beginning; and it is hoped that to both these classes, the present publication may prove an acceptable auxiliary.

A desire to be thoroughly acquainted with the principles and details of the humble operations of the kitchen, in those whose business it is to conduct them, by no means involves an undue regard to the luxuries of the table: some of the most temperate, and even abstemious persons, are found among those whose tables are distinguished for taste, elegance, and comfort. Whatever is worth doing at all, is worth doing well; and that which must be done every day, however trifling in itself, becomes a matter of considerable importance. The celebrated couplet of Pope is often quoted—

"Reason's whole pleasure, all the joys of sense,
Lie in three words—health, peace, and competence."

Now in every family, "health, peace, and competence," are every day suspended on the arrangements of the table. How continually is *health* sacrificed to the heterogeneous mass of provisions daily thrown into the system! How often are domestic *peace* and good temper interrupted by the appearance of unsightly, ill-prepared dishes; or by the want of punctuality and neatness: and as to *competence*, it is painful even to conjecture how many of the failures which disgrace the journals of the present day, might be traced to the ignorance of mistresses of families on the subject of domestic management; and especially of the art of combining comfort and taste with economy. Many a contrast might be pointed out between families

moving in the same rank of life, in one of which the daily arrangements present a model of comfort and respectability, sustained by a very moderate income; while the other, by disgusting vulgar profusion, is on the very verge of ruin.

To the young mistress who trembles lest, by her inexperience, she should render her husband's table uncomfortable, or extravagantly exceed his resources and plunge him into difficulties, the following introductory hints are respectfully submitted.

Ignorance and inexperience need not discourage those who are determined to avail themselves of every opportunity of gaining instruction. There is no small advantage in attention being rightly directed. Many persons go wrong from mere thoughtlessness.

It is highly advantageous to act by a plan, from time to time observing how it answers, and introducing to it such improvements as circumstances may dictate. This is of essential importance both as it regards expense, time, and social arrangements.

Some attempts have been made to furnish a scale of expenditure adapted to the number of individuals composing a family and the income possessed. Particular cases will vary with circumstances. The homely adage, "Cut your coat according to your cloth," will, however, admit an improvement. In no case must the coat be cut of a larger proportion than the cloth will allow; neither is it necessary to cut the coat larger than to fit the wearer, merely for the sake of using up all the cloth. Let a fair proportion

of income be allotted to household expenses; and if, through good management, a surplus of this allotment should remain, it will be easy to find some pleasant and satisfactory way in which to appropriate it.

This kind of allotment is sometimes objected to, under the specious remark, that "married persons should have but one purse;" but this is an idle and often a selfish prejudice, generally maintained by those who are not the most really affectionate and united. Which, it may be asked, is the most indicative and the most productive of domestic harmony, the application, at uncertain intervals, "My dear, I want some money," with the reply, "You are always wanting money, it was but the other day I gave you some,"—or the intimation, "My dear, I have the pleasure, in making up my domestic expenses, to find a small balance in hand; shall you find it useful in business? or shall we devote it to the purchase of an article of furniture which we have long resolved to possess when prudence would justify the expense? or to some little excursion for health or pleasure? or to some work of beneficence which we have often wished it were in our power to promote?" Such a domestic consultation, resulting from a well-regulated plan, would do far more to cement domestic union and confidence than the lavish permission to "Spend while it lasts," and the unmeaning boast "We have but one purse." There would be as much reason for jealousy in an individual devoting a certain sum to his board, and reserving a certain sum for his clothing and incidental expenses, as in a family for allowing an

income, according to the dictates of prudence, into certain proportions for housekeeping, clothing, education, &c.

Much perplexity is saved to the manager by knowing that the expenses of the week, month, or year must not exceed a certain sum, and a prudent economy is most pleasingly rewarded by finding, at the close of any given period, a balance in hand, however small; nor need this be a selfish or a miserly pleasure; it might be multiplied and enhanced by conferring on a beloved friend some little gratification, which would be doubly valuable both to the giver and receiver, as the fruit of well directed economy. Judicious economy and real liberality are not only compatible with, but even dependant on, each other. For the conduct of every one who has to preside in domestic affairs, the following sentence is worthy of being written in letters of gold: "Integrity is the first moral virtue, benevolence the second, and prudence the third. Without the first, the two latter cannot exist; and without the third, the two former would be often rendered useless." Economy is, indeed, the parent of liberality, and let no young houskeeper be negligent in acquiring, or ashamed of practising so useful a virtue.

A knowledge of arithmetic is a most essential acquirement to a housekeeper. It is to be hoped that the music, Italian, velvet-painting, &c. &c. of the present day do not thrust it out of the routine of education. Young ladies should accustom themselves to keep a regular account of their pocket resources and expenses however small; dividing their yearly income into weekly portions, and deducting from each week its quota towards meeting

monthly, quarterly, and yearly demands, not forgetting a little purse for unforeseen expenses. The very same principle will apply, on a larger scale, to domestic economy. For the first year or two it is highly probable that the young housekeeper will find some little difficulty in making both ends meet; but observation and experience will suggest many things in which a little saving may be made without any real infringement on comfort or respectability; and even though a family increases, prudence and good management will be found to give to income a kind of correspondent elasticity.

A faithful, conscientious, and experienced servant is an invaluable acquisition to a young housekeeper, especially if she have also good sense and delicacy to direct her manner in offering an observation. Such an individual has been justly admired for the thoughtfulness and promptitude with which she adopted or treasured up any hint or suggestion which might be advantageous to her employers; and in their approbation and friendship she has received a reward far beyond that of mere high wages.

It is recommended to both mistresses and cooks to keep a small common-place book, in which occasionally to insert their own practical observations, or any original recipes which may come into their possession. In the course of a few years a valuable fund may thus be accumulated.

It is in general desirable for a mistress daily to look round her larder, especially if she have not a servant thoroughly initiated into her ways. There is no necessity for spending a large portion of time on the superintendance of the kitchen. Some

ladies who pride themselves on being good housewives, make a sort of merit of keeping themselves the whole morning in dirty dishabille, while others can arrange for greater elegance and comfort at the dinner table in an hour. A great deal depends on method and forecast. It is astonishing how much may be saved both to mistress and servant, if the former, before leaving the kitchen, can intimate to the latter what is likely to be wanted on the ensuing day. Orders may then be given to the butcher and gardener; provisions sent in in the cool of the morning, and ready for the superintending directions of the mistress immediately after breakfast. A ham, if required, may be put in soak over-night, and the copper lit early in the morning; plums and currants may be cleaned and picked for a pudding,—and indeed if the pudding be made the day previous to its being wanted, the ingredients will be the more thoroughly incorporated. There are many little intervals in the operations of cooking that will afford time for these little prospective contrivances and labours, and thus one day under another will be secured from bustle and confusion. On the other hand, it is unspeakably tiresome to be calling and waiting for things at the moment they are wanted to be used. During the whole morning the kitchen is a scene of confusion, weariness, and ill-temper, and the result almost invariably is an unpunctual and ill-dressed dinner.

It is surprising how much the personal superintendance of a mistress puts it in her power to do good at a small expense. The mistress who wishes to guard against *all waste* and to turn *everything* to the best account either for her own

family, or her poor neighbours will have the whole contents of the larder spread before her. Raw meat will be examined, and, as the case may require, be directed for the service of the day, or put in salt, or again hung up for use on a future day. In summer time especially, care will be taken to remove kernels which might be likely to taint the meat, and to wipe away fly blows. Suet will be skinned and chopped for use, or, if not likely to be wanted while fresh, will be nicely melted down. The liquor of the preceding day will be turned to account:—if of fresh meat, a cake of fat from the top will be employed for basting roast meat, or for rubbing into the crust of a meat pie. The liquor will be used for boiling another joint, by which means it will attain the richness of good broth, and be useful for that purpose, or for making gravy. This, by the way, is the grand secret of French cookery, by means of which they have always good soups and gravy without expense. It is to the disgrace of English cooks that almost every considerable order to the butcher contains an item, "one pound of gravy beef."

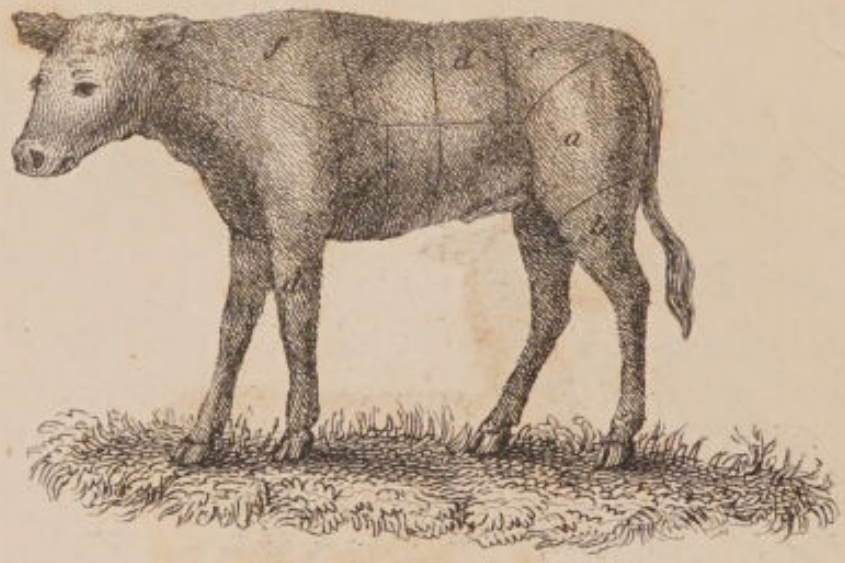
The liquor of salt meat may be mixed with an equal quantity of fresh liquor or water, and any sort of bones boiled down in it. Its own fat will make a few dumplings, and, with the addition of pease or rice, the trimmings of celery, and almost any kind of vegetables, will make an excellent meal for a poor family, and cost next to nothing.

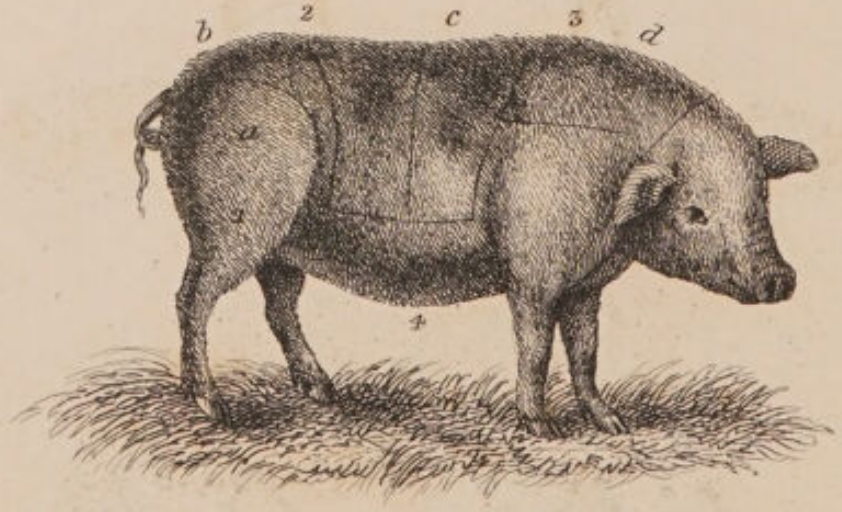
Among the morning inspections, the remaining provisions of yesterday will come under review; to be minced, fricaseed, or served cold: this will be taken into account in the quantity of fresh meat

provided. At least twice a week there will be a thorough clearing of the pantry, and in summer this must not be allowed to pass the second day. Habit and experience will teach the housekeeper to provide a sufficiency and no more, according to the style of table required, and humanity will impel her to give to the poor any remaining surplus while it is palatable and wholesome.

The salt-pan must be daily attended to,—that meat is properly salted, turned daily, and dressed in due time; and if the servant be young and thoughtless, it may be necessary for the mistress daily to look into the bread-pan and cheese-pan also, at least until she has got the habit thoroughly inwrought into her, of daily wiping those pans with a dry cloth, and scalding them once a week, as well as that of cutting the loaf neatly and having no pieces.

It is hoped that both mistresses and servants will find in the following pages, settled principles for their general operations, and answers to their particular occasional inquiries, expressed in a clear intelligible manner, and that the work may prove conducive to domestic comfort.



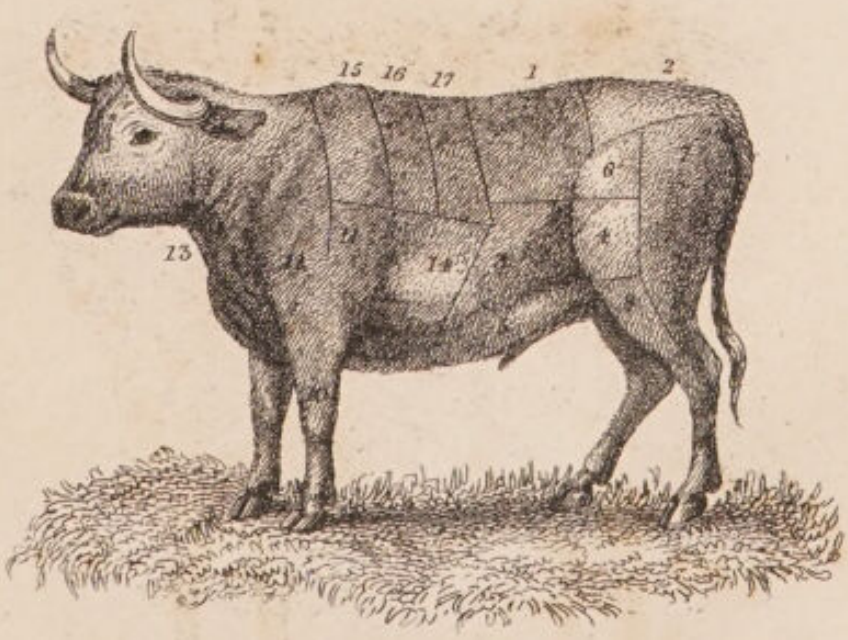





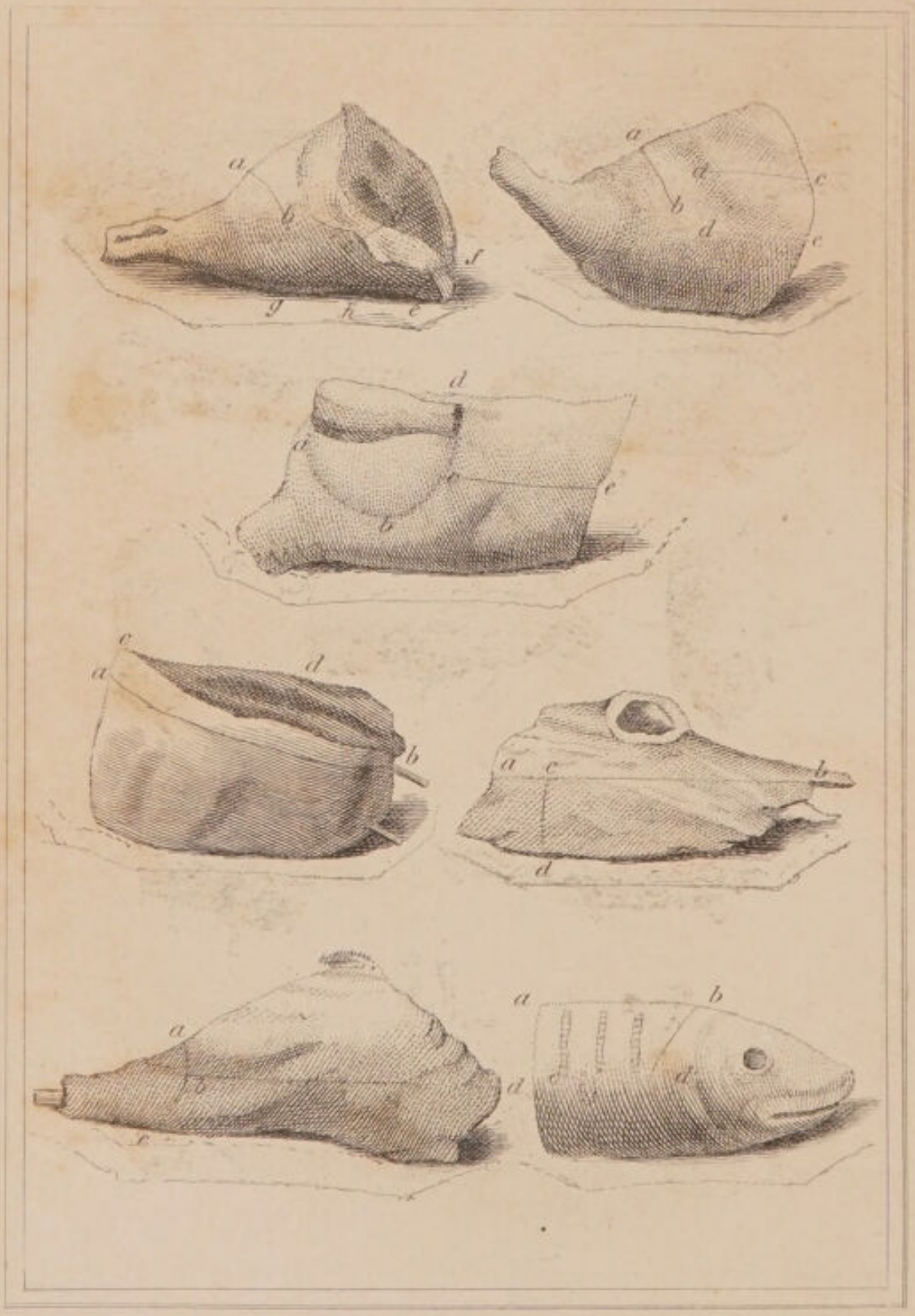


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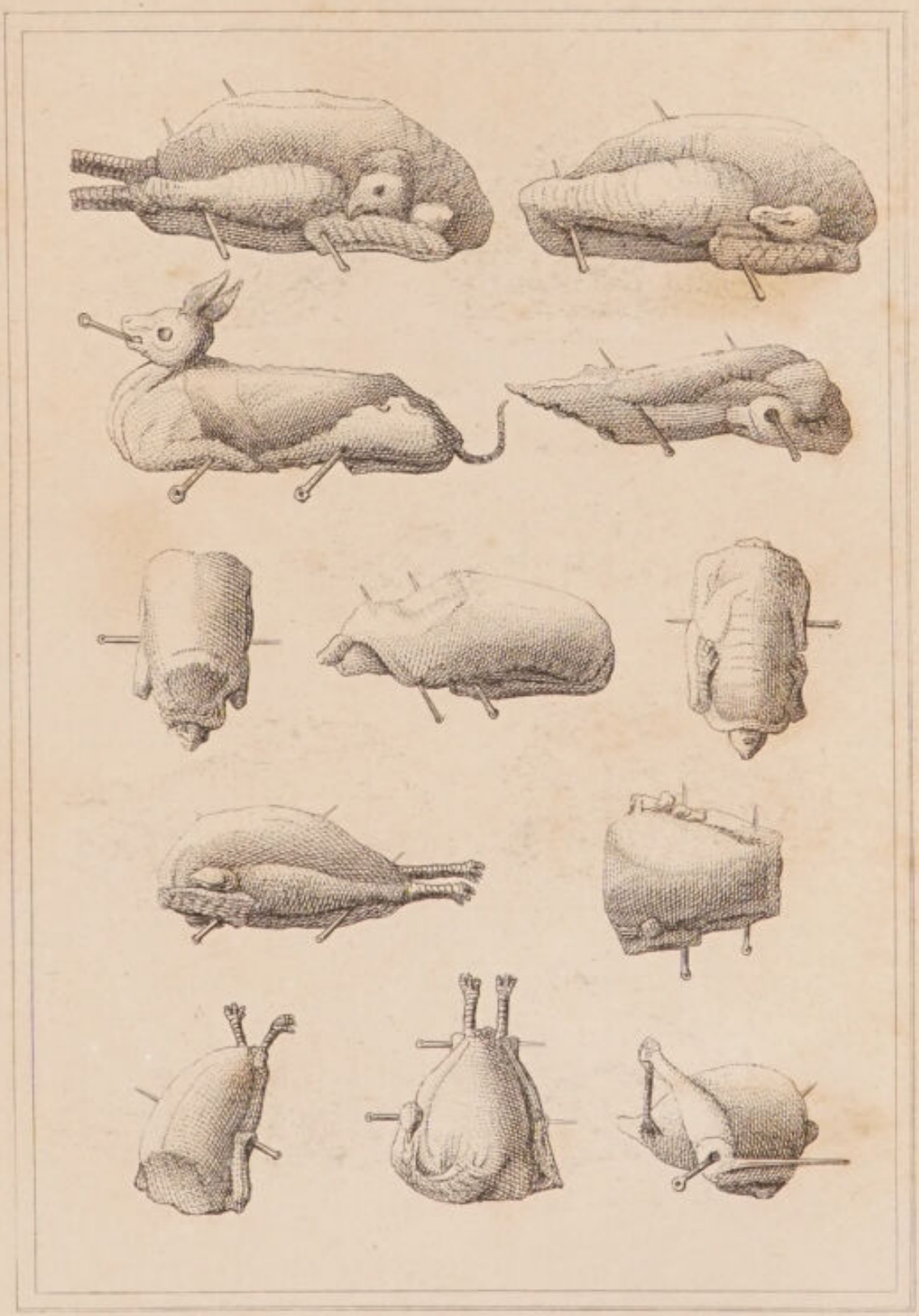



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## CHAPTER I.

*Hints on Cleanliness and Punctuality—Kitchen Utensils—Choice and Seasons of Provisions—Stores.*

CLEANLINESS is the first and most indispensable requisite in a cook;—honesty and sobriety we take for granted; they form the universal basis of moral character in every condition of life. I speak now of the specific qualifications for filling certain situations. Now whatever is dispensed with in a cook, cleanliness cannot. She must be cleanly in her person and dress. Dirty hands, blowzy hair, a dirty cap or apron, would be enough to prejudice employers against her culinary productions, however skilfully compounded and judiciously timed. A cleanly cook will find it necessary to wash her hands many times in the day; she will also have three aprons in daily use —one in which she makes up the fire, washes dishes, cleans fish and draws poultry, &c., a second when she bastes the meat, peels apples, &c., and a third for making pastry, taking up dinners, &c. She must be cleanly in her habits, carefully keeping apart things that would injure each other; onions and butter must not be cut up with the same knife, nor milk put into a vessel that is ever used for any greasy purposes; she must also keep every cloth, saucepan, and other utensil to its proper use, and when done with, in its proper place. Her cleanliness will appear in all her kitchen utensils; they will not be poked out of sight, but if possible kept fit to be seen. Every copper stewpan and saucepan will be kept bright without, and well tinned and clean within. Every dish cover, as soon as removed, will be carefully wiped or washed in scalding water, well dried and polished out-

side, and hung up in its place. Food of any kind must not be suffered to become cold in any metal utensil; even tin or iron, however clean, gives an unpleasant flavour, and the rust of copper or brass, which soon forms if any thing either acid or greasy becomes cold in the vessel, is absolutely poisonous, and has occasioned the death of many persons. Even the spit, gridiron, frying pan or dripping pan, should be perfectly cleaned of grease and dried before putting away. The cleanliness of a cook will be discovered still more in attention to these inferior utensils, than in the outside brightness of her tins and coppers. A very judicious mistress said, that, if permitted to inspect the pudding cloth and the dish tub, she desired no other testimony to the cleanliness of a cook. Every drop of water employed in cooking should be fresh drawn in a clean vessel. Every sieve, pudding cloth, jelly bag, &c. washed in clean hot water as soon as done with, or at least put to soak in cold water till a moment of leisure properly to wash them, then thoroughly dried and put away free from dust. The rolling pin and paste board nicely scoured (without either soap or stone dust), and put away perfectly dry. Pickle jars and preserve jars scalded as soon as empty, and put in a dry place. Bread pan wiped out daily with a dry cloth, and scalded once or twice a week. Cheese pan the same. Salt pan scalded and thoroughly dried; the wooden lid scoured inside and out;—when no meat is salting, keep the lid off. Beer and wine casks to be securely stopped as soon as empty, leaving in the lees, which will preserve them sweeter than if washed, until they are about to be used again.

Punctuality in a cook is no mean virtue. Employers who expect a cook to be punctual should be so themselves. To secure punctuality, the cook should exercise forecast and early rising. In case of company to dinner, the cook should be as early as possible apprized of it, that she may prepare soups, jellies, and other made dishes the day before, or at least early in the morning, before the bustle of roasting and boiling comes on, and

before it is necessary to prepare the fire for those purposes. There should be no after-thoughts in the arragements for dinner, but let the cook have at once specific orders of all that will be required, that she may allow the exact time necessary for each article, and have each ready at hand to set forward in due succession. Pepper, salt, flour, mustard, &c. should be kept in regular supply for the daily business of cooking.

Even in a small family, a quarter of an hour should be allowed for serving up dinners, and at least as long a time for unforeseen delays and hindrances. The person whose business it is to lay the cloth must have it quite ready, with plenty of warm plates, a few minutes before time, and be at leisure to carry in the dinner the moment it is taken up.

Masters and mistresses who expect to have their cooking properly done, should see that the cook is furnished with every convenience. The kitchen fire-place in a convenient situation, free from drafts; a good grate and well set. The chimney must be frequently swept; if suffered to go longer than three months without sweeping, fire insurances are not liable to make good losses occasioned thereby. Where a large fire is constantly kept it should be swept still more frequently, and the soot at the mouth of the chimney cleared away once a week with a broom as high as the arm can reach. A sufficient variety of cooking utensils of every kind, and of the best materials, soon pay themselves in the saving of firing, labour, and provisions. There is nothing more awkward than to be obliged to cram a joint or a pudding into too small a vessel for want of a larger,—or to put a small quantity of hash or gravy into a large saucepan for want of a smaller. It is a poor economy that grudges a liberal supply of kitchen utensils; at the same time, she is an unworthy cook who will uot take due care of her utensils, and make them last as long as possible. It is very essential to have plenty of water at hand, both for the purposes of cooking and of cleanliness; also a sink or drain to carry off dirty water, and a tank for that which is greasy or has

boiled vegetables; different tables or dressers at which to do dirty or clean work; plenty of kitchen cloths of every description, and so different in colour or marking. as to prevent the possibility of mistaking a duster for a pudding cloth, or a knife cloth for a hand towel. A copper or boiler at the side of the fire-place is a great assistance, as securing plenty of hot water at all times;—it is very stupid when servants forget to fill them. Saucepans or pots of copper or cast iron are the best for boiling meat, puddings, soups, and other things that require a long time; block tin for gruel or white soups, and common tin for green vegetables, as they boil more rapidly. For roasting a large solid joint of meat, a spit is generally preferred; but for lighter joints and poultry, a vertical jack. Care must be taken to keep this article free from dust, and not to over-wind it, or to wind it with the weight on, but always before putting away. A tin meat screen, comprehending in itself a dripping pan and place for suspending a jack, is the most convenient, except perhaps for a very large joint, when the old-fashioned wooden screen lined with tin may be preferable. For some of the more delicate preparations, such as custards, blancmange, or milk in any form, the best security against burning is, by having an outside vessel containing water, in the manner of a carpenter's glue pot. Plates, dishes, knives, and spoons, which go into the parlour, should never be employed in cooking, or for setting away provisions. A set of china may be spoiled by the breaking of one article, in which a twopenny white dish, plate, or basin would have answered just as well. Silver spoons soon get scratched and worn thin, if used to stir in a saucepan; and a knife that has been employed to peel an onion, must be cleaned two or three times before it will cease to communicate a flavour to whatever is cut with it. For these reasons, dishes, spoons, and knives should be furnished expressly for kitchen use—and no others allowed.

As to the choice of provisions. In all kinds of meat, the internal parts form the best criterion of a healthy ani-

mal. A clear red liver, free from knots or bladders; the kidneys firm, close, and surrounded with fat; and the skirts which line the ribs full and fat: these are certain tests of fine meat. For this reason some persons have directed the butcher to send a piece of the beef skirts before they would order joints for roasting or boiling; and butchers when they have mutton which they think will do them credit, never fail to cut a small portion of the liver with the neck and the loin. If the kidney or kernels of any animal have spots resembling measles, the meat is unwholesome. This is frequently the case with pork. In fresh killed meat, especially mutton or lamb, the veins of the neck and shoulder are bright, blue, and full of blood. The eyes being sunk in the head indicate stale meat; so does a greenish or yellowish cast in the kidney fat, or a faint smell. This should be particularly noticed in veal, lamb, and pork, which become unwholesome if not used fresh; but beef, mutton, venison, and game in general, are improved by hanging a moderate time before dressing. Mutton should be three years old, if five, it is all the better, but this can seldom be procured. A short thick animal is preferable; a pink tinge in the fat of mutton indicates good meat.

Beef should have a smooth open grain, feel tender and shew gravy where it is cut. A horny or gristly streak shews an old animal. The fat of a pinky white rather than yellow, as the yellow fat is generally produced by oil-cake feeding, which renders the meat coarse and strong, and the fat roasts or boils out. Fine young ox beef is preferred to the flesh of a cow.

Dairy-fed pork is by far the best. Pork fed on butcher's offal is neither delicate nor wholesome. Of brewer's pigs the fat is spongy; and pork fed on beans or acorns is apt to be hard. Choose pork by a thin rind, and firm feeling, yet delicate flesh. Choose bacon by a thin rind, clear red lean adhering close to the bone, and fat, firm and white, tinged with red. To try a ham, stick a knife under the bone; when drawn out, if the ham be good, it will be clean and have a pleasant smell;

if sticky and clammy, or of a strong smell, the ham is not good. Yellow spots, streaks, or tinge on ham or bacon (called *rust*) render it unpleasant and wasteful.

A sucking pig should be dressed as soon as killed; rind pork within two or three days; veal and lamb the next day, or, in the height of summer, should be killed early in the morning of the day in which they are to be used; mutton and beef should hang from four days to a fortnight, or even longer when the weather is cold. All meat should be hung with the driest and most skinny part downward in order to secure the gravy; as, the knuckle of a shoulder or leg of veal or mutton; ribs or sirloin of beef crossways with the skin downwards. The internal parts of all animals should be used as fresh as possible.

Poultry,—if young, the beak, or bill, and claws, will be tender, and the skin of the legs comparatively smooth. In fowls the spur short and the comb red. A livid comb, a stiff hard bill and claws, and coarse scales on the legs, are certain indications of an old animal. In geese and ducks, coarse red streaks, or a tinge of red in the bills and feet, shew an old bird—*not* the darkest yellow—for there are many varieties of shade in the yellowness of birds of the same age; this is but a matter of complexion; but a fierce red hue among the yellow, whether it be light or dark. In all kinds of poultry, a short thick make is to be preferred; broad and plump in the breast, and thick in the rump.

In the choice of fish, one that is broad and thick of its kind is to be preferred to those that are thin and narrow. See also that the eyes are bright, the gills red, the scales closely laid and shining, and that the fish feels stiff. Stale fish has always a limber feel, especially about the vent; the eyes become filmy, the scales brown and flabby, and the whole presents a dingy appearance. Lobsters, crabs, and cray-fish to be judged of by their weight. If stale, the substance wastes and becomes watery, and the fish of course is light.

Eggs.—A clean rough shell is to be preferred to one

that is smooth and sticky. Perhaps the most certain test is to put them one at a time into a basin of cold water. A new laid egg will sink like a stone; an egg that has been laid a few days will rise a little at the largest end; and in proportion as they become actually stale, will assume nearly an erect posture in the water; an egg that swims is infallibly very bad.

As to the seasons and joints of meat.—*Mutton* is in season all the year round, but is lean and poor during a few weeks in May and June, at which time lamb is most abundant. The country-people say mutton is not good while beans are in blossom. The joints of mutton are two legs, two shoulders, two loins, two necks, two breasts. It is sometimes cut differently, to make it appear like venison: the legs cut far into the loin, and taking in the chump-bone, are called haunches; two necks together are called a collar; and two loins a chine. The head and pluck are generally sold together. The pluck comprehends the heart, liver, lights, melt, and sweetbread. In some places the leg, loin, and best end of the neck are sold one penny or three half pence per lb. dearer than the shoulders, breast, and scrag; but butchers generally supply their regular customers at one price, whatever joint they may prefer. The price of a sheep's head is sixpence, or under; and, with the pluck, eighteenpence, or under.

The joints of *lamb* are, of course, the same as those of mutton; but, while small, it is frequently dressed in whole quarters; or the neck and breast together, which is called a target. The hairy foot is weighed with the leg and shoulder. Lamb is in season from March to August: at first it is more than double the price of mutton, but gradually reduces in price; and in May or June is sold at the same price as mutton, except having to pay for the almost useless foot, which enhances the price from a penny to three half pence per lb. The head and pluck vary, according to the season, from two shillings and sixpence to one shilling and sixpence. In the early part of the season the head is cut with a

pound or more of the scrag of neck adhering to it. House lamb is in high season at Christmas for those who can afford to buy it.

*Veal* may be had throughout the year; but is most suitable during the spring and autumn. In very severe weather it is scarce and dear; and in very hot weather apt to turn off soon, whether raw or dressed. The legs of veal are divided into fillet and knuckle; the shoulders into oyster and knuckle; the loins into kidney-end and chump end; and the necks into best end and scrag. The head is much esteemed: the price varies from two shillings and sixpence to four shillings; still higher if scalded in order to preserve the outside rich glutinous skin for making mock-turtle. The knuckle and scrag of veal, if sold separately, fetch about half the price of fillet and loin; the shoulder and neck a penny cheaper than the leg, loin, and breast. The sweetbread goes with the breast. The heart sells from nine pence to one shilling and three pence. The liver and lights, three pence half-penny or four pence per lb.; or the whole gulley, consisting of heart, liver, lights, nut, melt, and sweetbreads, is often sold together at a cheap rate. The feet are esteemed for making a nourishing jelly.

*Beef* is in season throughout the year, but much more used in winter than in summer, that season being more advantageous both for salting and hanging. In summer weather beef must be dressed before it has had time to get tender; besides the large joints are not convenient at that season. On account of the size of the animal, the divisions of this meat are more numerous than any other: the hind-quarter contains the sirloin and rump, the thin and thick flank, the veiny piece (sometimes called the underbed, with the udder), the aitch-bone, buttock, mouse-buttock, and leg: in the fore-quarter, the shoulder, or haunch, is divided into the shin, the clod, the marrow-bone, and the leg-of-mutton piece, or blade-bone; the neck, or sticking-piece, comes in front between the shoulders; that which in smaller animals would be called the breast and neck, in the ox is divided

into the chuck, the brisket, the chuck-rib, which has a gristle running through it, the fore-rib, and the long-ribs, which join to the fore-end of the sirloin: the two loins together are called the baron, which is sometimes dressed whole on occasion of extraordinary festivities.

Of this animal the loins and prime ribs bear a much higher price than the rest, unless, as is practised in some places, a portion of the coarser meat is weighed in with them. The loins, ribs, and rumps, are the parts for roasting; the flanks, brisket, buttocks, aitch-bone, and under-bed, for boiling, and the other parts for stewing.

The internal skirts make good steaks, but should be dressed fresh. The heart sells from one shilling and sixpence to two shillings and sixpence: the cheeks from one shilling and sixpence to two shillings and sixpence each: the palate and tongue are sold separately, and fetch a high price: the kidneys are sometimes used, but are apt to be strong and heavy: the tripe or stomach is much esteemed, but this, as well as the cow-heels, calf's-feet, and sheep's trotters, is generally purchased by persons who make it their business to clean and prepare them.

Pork or pig meat is confined to the winter months, or rather is excluded from those of summer. It is common to begin pig-killing in September, and to leave off in April, but if the weather is at all close, it had better be deferred later in Autumn, and concluded later in spring. In a porker the joints are two legs, two hind-loins, two fore-loins or necks, and two springs or breast-and-hands. The legs are either roast or boiled; the loins roast or cut in chops; the springs generally boiled; the feet and head are generally salted and boiled, but in very small pork the head makes a good dish stuffed and baked. The hind-quarter of pork sells a halfpenny or penny higher than the fore-quarter; the head and feet at half-price; the gully is sometimes sold altogether with the head; sometimes the liver and crow (or internal fat) separately.

A very large porker is sometimes cut up differently, the legs being taken for hams, and all the flanky part of the

loins and spring for pickled pork; in this case, the bones and principal part of the lean are removed. The bones of the neck are called the spare rib; the spine bone, with the meat belonging to it, is called the chine, and is divided into three parts,—the fore chine, the middle, and the tail chine. The griskens or short bones are the solid lean next the chine, with the flat bones which project from the spine.

Bacon pork is distinguished from rind pork by the hair being removed by scorching instead of scalding, which gives the rind a pleasant burnt flavour. Besides the parts removed from pickle pork before salting, from a bacon hog are taken a small fillet or haunch from the top of the hind leg called a rearing or whirly bone, the blade bones of the shoulders, and the hock or joint next above the foot. The head of a bacon hog is generally divided into cheeks and chops.

[The attention of the reader is particularly directed to the plate No. I., with which it is desirable to become perfectly familiar, as enabling a housekeeper intelligibly to express to the butcher the part of meat required, though it may be called by different names in different parts of the country. It will also give a correct idea of the manner of dividing joints (as the fillet and knuckle of a leg of veal) which often falls to the cook, especially in country places.]

Poultry.—The price of fowls and ducks in the country varies from two shillings and sixpence to five shillings and sixpence a couple; in London they are dearer. A goose from three shillings and sixpence to six shillings, without the giblets, which are charged one shilling additional. A turkey from seven to twelve shillings. Pigeons from five pence each to ten pence. Rabbits from nine pence to fifteen pence each. Wild ducks and wigeons from seven to ten shillings a couple; but these, like game, vary so much in different parts, that it is scarcely possible to give a correct idea of price. Fowls are plentiful

from August to January; chickens come in about April; ducks in May, continue through the summer months, and go out in October. Young geese in May, and through the summer, but are reckoned in high season about Michaelmas. Turkey poults from May onwards; but turkies are in high season about Christmas. Tame rabbits may be had nearly the year round; but are most plentiful from March to August. Wild rabbits are most plentiful in the winter season. Tame pigeons may be obtained in February, but are most abundant in March and April, and again in July, August, and September. Wood pigeons in December and January,—hares and partridges come in with September; pheasants with October. The game season closes with February. All kinds of waterfowl are most plentiful in keen dry weather, especially cold after snow; also larks, woodcocks, snipes, &c.

The season of fish varies greatly according to the weather; but there are some kinds of fish which are absolutely poisonous at certain times of the year, especially salmon, skate, and barbel. The roe or spawn of a barbel will occasion frightful vomitings and purgings; so will each of the above fish, and some others, if eaten out of season. During the continental war, when the ex-king of France and several noble families sought an asylum in England, a whole family was nearly sacrificed to the selfishness of a fisherman, who having hooked a large barbel out of season, instead of returning it to the river, imposed it on the ignorance of a foreign servant as a fine fish in full perfection. It was dressed in high style, and the whole family partook freely of it; but all became exceedingly ill in consequence, and it was with the greatest difficulty their lives were preserved. This fact came from the medical gentleman who attended them, and may stand as a warning both to mercenary dealers and to inexperienced purchasers. The following scale may give some general idea. Cod comes in about October, and goes out in February. It is somtimees obtained good for a short season in August. Salmon comes in in February; is in high season during May, June, and July; declines in August,

and is quite out in September. Pickled salmon from May to September. Soles from December to June or July. Mackerel from March to July; prime in April and May. Oysters are absolutely out of season during May, June, July, and August; and are best from November to February. Turbot may sometimes be obtained in winter; but its prime season is during the summer months. Herrings from November to January. Sprats are only good in frosty weather. Lobsters, crabs, shrimps, and prawns become plentiful in April or May, and continue so through the summer. Haddock, flounders, plaice, skate, thornback, mullet, come in in September or October, and should be discontinued in April or May. Jacks (or pikes), eels, perch, tench, carp, and other fresh water fish become plentiful about May, or even in April if the weather be mild. Barbel comes in in August, and should be especially avoided in April, May, and June. Eels are never out of season, but more plump and fine from August; they hide in holes in cold weather, and are hardly to be procured.

All vegetables should be gathered in the morning before the sun comes upon them, and used as fresh as may be. While fresh gathered, they feel firm and crisp, and have the dew glittering upon them. When stale they feel flabby, and the outside leaves look withered and yellow. Any attempt to preserve or renew their freshness by keeping the stems in water, renders them ten times more unwholesome. As to the seasons of vegetables, those who do not chose to pay for forcing, must be content through the winter months, with store vegetables, as potatoes, carrots, parsnips, Jerusalem-artichokes, onions, beet, shalots, endive, celery, &c.; and with the hardy sorts of winter greens, savoys, borecole, and Scotch kale. In a mild season, turnip greens come in in January, and form an acceptable variety. In March we have Brussels sprouts, Scotch kale sprouts, spinach, and sometimes brocoli. These are succeeded in April by sea kale, coleworts, and asparagus; which last till peas come in. These are in abundance through June and July. In June cauli-

flowers. In May spring spinach becomes plentiful, and may be had throughout the summer and autumn. Young carrots and turnips come in in the end of May or beginning of June, and new potatoes somewhat later. French beans, at the end of June or beginning of July, which continue in supply until cut off by frost. In August the vegetable marrow. In September, cape brocoli and autumn cauliflower. In August, September, and October, mushrooms. In November, the tops of kale and of Brussells sprouts, savoy, and cabbage plants. In a mild season, March affords radishes, small sallading, and escalions, of which a succession is kept up till June or July. In April, lettuces and onions that have stood the winter. In May, spring onions and lettuce, and cucumbers, which remain in perfection through July, after that they become coarse. Celery comes in in October, and lasts most of the winter, unless the weather be very severe. In May, all kinds of pot herbs, as parsley, thyme, marjoram, &c. become plentiful. Turnip radishes from August to October. The main crop of potatoes in October.

In May, young apricots, and green gooseberries and currants for tarts. The stalks of rhubarb come in rather earlier, and form a good substitute. The earliest ripe fruits are strawberries and cherries in June. In July, currants, gooseberries, raspberries, codlings, and june-eating apples. In August, apricots, plums, greengages, summer apples in general, Windsor, jargonel, and sugar pears. In September, the later sorts of plums and apricots, mulberries, figs, Morello cherries, grapes, peaches, nectarines, melons, damsons, nuts, filberts, walnuts, chesnuts, bullace, medlars, and quinces. The latter sorts of apples and pears are coming in through September, October, and November; in which month the latest should be gathered and housed for winter use, together with the various kinds of nuts of our own growth, and foreign fruits, which come in about this time,—oranges, almonds and raisins, figs, prunes, Spanish nuts, &c.

*Family stores.* Bacon, hams, and tongues should be tied in dry brown paper, and laid on a rack or hung near

the kitchen fire-place. Spring-made candles are the best; they should be kept in a cool dry place. Dips may be hung up; moulds kept in a box. Soap should be purchased in dry weather, and cut into pieces the size for use, exposed in a draft of air for a few days till it becomes quite hard. It is the better for being kept many months. Starch and blue to be kept in a dry place, closely shut up in a box or glass bottle, to prevent their becoming dusty. Loaves of sugar hung in a dry kitchen or store room; tea and coffee in tin canisters, or in chests lined with lead. Cheeses should be kept with paper pasted on, so as entirely to exclude the air; this will preserve them from the wasteful insects called mites. All kinds of spices are best kept in bottles closely corked. Salt in a wooden box in a warm dry place. Powdered gum arabic in a warm dry place, or it will coagulate.

Potatoes may be preserved in a warm dry store room covered with straw; or dig a trench in the earth three or four feet deep, into which lay the potatoes as they are dug up; then cover them with the earth taken out of the trench, raised up in the middle like the roof of a house, and covered with straw or tiles to carry off the rain. In this way they will never injure by frost, and may be taken up from time to time as wanted, when they will eat as fresh as new potatoes. Carrots, parsnips, and beet roots to be packed in sand in boxes or hampers. Onions roped and hung up in a dry place not too warm, or they will be apt to sprout. Celery and endive taken up with the dirt about the roots, and laid in a cellar. Shalots roped or hung up in a net. Seeds of fennel, parsley, and celery serve to flavour soup or sauce when the green herb cannot be obtained, or in very scanty quantities. Sweet herbs, including thyme of various sorts, marjoram and savory, sage, mint, and balm, hyssop, and penny royal should be gathered when the plants have come to full growth, and before they begin to flower. They must be gathered on a fine dry day, when the dew is off, perfectly cleared from dust, dirt, and insects, the roots cut off, and the herbs tied in small bundles. The quicker

they can be dried without scorching the better; they may be hung in a loft or garret where there is a thorough draft of air, or laid singly in a cool stove or Dutch oven; when quite dry, pick off the leaves, rub them as fine as dust, and keep the powder in bottles closely stopped.

Apples and pears should be laid on a floor or on shelves in a dry room with straw between each layer. It will be necessary to look at them from time to time, and remove any that may be injured. Very choice fruit, whether apples, pears, or grapes, may be kept a long time by the following method:—Gather them on a very dry day, when just ripe, but not beginning to be mellow. Be particular in gathering them with the stalks, and as soon as gathered drop a drop of hot sealing wax on the end of the stalk, and hang them in separate bags of muslin, crape, or net.

Game will keep much longer not paunched until it is about to be dressed. Poultry should not be drawn till near the time of using; but the crop should be removed.

Meat or game may be preserved several days longer, by strewing bits of charcoal among it; and, if boiled, boiling some with it; or, yet more effectually, by washing with a pint of water in which a table spoonful of the chloride of lime or soda has been mixed. These preparations should always be kept at hand, both for the purpose of preserving provisions, and of disinfecting bed-rooms, linen, &c., in cases of illness.

## CHAPTER II.

*The Ordinary Operations of Cooking.*

I. *Boiling.* In this most simple and common mode of preparing food, attention is required to three particulars; —the vessel, the water, and the fire. The vessel should be large enough to allow room for the water to flow all round the meat, and to allow a sufficient quantity of water to insure its not boiling away in the time allotted for the meat. If the lid shuts very close, so as to confine all the steam, it may be kept a long time at boiling heat with much less fire than is requisite if the steam is suffered to escape. For white meats, especially for fowls, tin is preferable to copper or iron. The vessel must be perfectly clean, and dusted immediately before using. Water must be perfectly clear and fresh. Rain or river water is softer than pump water, and boils meat more tender, especially salt meat. A fire, if made up on purpose for boiling, need not be so fierce as for roasting. If made up for roasting, the pot should be set partly aside, or hung pretty high, that the boiling be not hurried, which would harden the meat. Meat should be put in the water with the chill off, or rather what is called blood warm. This should be done in time to allow it forty or fifty minutes before it comes to boil, and the time allowed to be reckoned from its boiling. When the pot is coming to boil a scum will rise, which must be carefully removed. A small quantity of cold water thrown in as it boils will cause the remaining scum to rise, which must be removed as often as it appears. After the pot once boils, see that it does not stop boiling, but do not let it gallop; indeed, the slower it actually boils the better. The time to be allowed is from fifteen to twenty minutes for every pound of meat. Meat that is very fresh requires longer than that

which has hung a few days. In cold weather meat requires rather more dressing than in hot weather. If meat has been frozen, it must be plunged in cold water two or three hours before it is brought near the fire, or it will never be well done. Salt meat takes rather longer boiling than fresh. Bacon is greatly improved by throwing away half or nearly all the water as soon as it boils, and filling up the vessel with cold water: the time to be allowed from the second boiling. Salt beef, bacon, or ham, if done half an hour before time, are not injured by being set aside in the liquor. This may be a convenience where there is not room to have the vegetables over the fire at the same time with the meat. Fowls and other white meats are apt to lose their colour and become sodden if set aside in this manner.

Turnips, carrots, parsnips, or pease-pudding, may be boiled with salt meat; or turnips and young carrots with mutton or lamb; but the liquor in which they have been boiled will not keep so long as if it had boiled meat alone. Potatoes must never be boiled with meat of any kind, as they make both the liquor and the meat unwholesome and of a bad colour. If greens are harsh they are greatly improved by the liquor of meat, but they spoil the liquor for any other use. They should not be boiled with the meat, but when the pot is set aside, take a quart or more of the liquor and put it in the tin saucepan for boiling greens (p. 4) with a sufficient quantity of water; when it boils up, skim it carefully before the greens are put in, and put them in with little or no salt, as the saltness of the liquor will be nearly sufficient.

A thick joint will take rather longer in proportion than a thin one—as a leg of mutton than a neck:—the scrag end part of the neck will take longer than the other part,—and any gristly part longer than that which is fleshy:—for example, a knuckle of veal; if large, it is better to divide it, and put in the bony gristly end half an hour earlier than the meat end. It is a good way to have a fish drainer to fit the pot, or a bar to go across it inside, on which to raise the meat an inch or two from the bottom, otherwise

there is a possibility of the meat sticking, or, at any rate, being overdone on the side next the pot. Be careful never to stick a fork in the meat, either to try whether it is done, or to take it up, as it lets out the gravy. If you have not a fish drainer by which to take it up, before putting the meat in the pot, tie round it strong string with a loop at top, and catch that with your fork.

Meat should neither be tied in a cloth nor floured for boiling. This is sometimes done to preserve its colour, but that end is much better answered by careful attention to skimming the pot.

Having taken up the meat, pour over it a small tea-cup-ful of the liquor in which it was boiled, and set away the rest in a clean pan. When cold, a cake of fat may be removed from the top, which will answer exceedingly well for making common pie crust or dumplings, or for basting roast meat; but it must not be kept long, as it is apt to turn sour. The liquor of fresh meat should be used next day to boil other meat if wanted, and to make broth, gravy, or soup as may be required. The liquor of salt meat is only fit for soup, or stew. Directions will hereafter be given for turning these things to the best account.

N. B. Be sure to take care of the gravy that remains in the dish when the joint is set in a clean dish to cool; also take care of the bones of fowls which, with the heads and necks boiled in the liquor, will make excellent broth.

II. *Roasting.* Again, the cardinal virtue of cleanliness must be called into requisition. Let the fire be suitably made up, the ashes raked out at bottom, and the whole fire place swept perfectly clean. Let the roaster or meat-screen, basting ladle, and dripping pan be carefully dusted, and the spit or jack-hook, however clean when put away, have an additional rub. If the smallest particle of rust remains it will make a black mark in passing through the meat. If a spit is used it should be slid in along the bones;—if a hook, it should be so inserted as

to take in a bone which will be a security against tearing the meat or suffering the juice to escape.

As to making up a fire nothing but practice and experience can make perfect. One of the first considerations of the cook every morning should be—What joint of meat is to be roasted to-day? What length of time will it require? Should it be put down to a quick fire at first, or a slow fire that will become gradually stronger? Then at what time, and in what manner must I make up my fire so as to secure the desired result? Having settled these points, if the time admits, she will first allow any stew or other preparation required to boil up, that there may be no occasion to disturb the top of the fire after it is made up for roasting. (The strength of a roasting fire will always keep a saucepan boiling on each side of the fire if they have once boiled up at top.) The fire should be so made up as to last the whole time of roasting.

In general it is a good rule to make up a roasting fire an hour before putting down the meat. The large pieces of coal must be laid on in such a way as will at once secure them from falling out, and suffer a draft of air to pass round and between them. By this means they will become thoroughly heated before the fire need be stirred at all. They may then be gently raised with the poker from the lower bar, this will cause them to fall closer together, and the cook will judge whether the grate is sufficiently full, or whether it will be necessary to add a few more large coals: at top, or rather at the back, she will then throw a shovel or two of small coal, or small coal and cinders mixed, and thoroughly wetted. The design of this is at once to prevent waste in the unnecessary flaming of the fire up the chimney, and to strike out a good heat in front. Some servants are perversely opposed to the use of small coal and cinders from an idea of its being a paltry saving, and they would rather see a cart-load wasted than put a shovel-full on the kitchen fire; but if small coal and cinders were hard to be procured, and cost double the money of large coals, these

very servants would be the first to tell their employers that it is impossible for a kitchen fire to retain its spirit, and throw out a strong heat in front, without something to bank it behind. In this and every other particular a well-principled servant will accustom herself to act as if all her master's bills were to be paid out of her pocket, and as if every shilling saved to him were her own advantage. There is much truth in the saying, "a servant never saves her employer sixpence, but, sooner or later, it finds its way to her own pocket,"—if not in any other way, in the aptitude it gives her for good management when she comes to have a cottage of her own: and certainly in peace and satisfaction of mind. But to return from this digression. The fire being properly made up, the meat-screen had better be placed in front, both to draw up the fire, and to become itself thoroughly heated before the meat is put down. Reflected heat never dries or scorches meat, but greatly promotes its being *thoroughly* and *hot* done. Before any joint is put down it should be carefully examined, especially in hot weather, and cleared of any fly-blows; all pipes and veins should be removed, and any part that may have become clammy or musty carefully wiped, or, if necessary, cut off. A leathery pipe runs along the loin of every animal, which is apt to taint; and under the shoulder of every animal is a vein, which, if not removed, gives the joint a bloody, underdone appearance.—No more fat should be left on than is likely to be eaten, great part of the inside suet of a loin should be removed and chopped up for puddings, and some of the outside fat of a neck or loin of mutton, which is scarcely ever eaten, may be taken off, cut up, and melted either in the dripping pan or oven, or simmered in a little water over a clear fire. Be careful to place the dripping-pan properly, not so near the fire as to allow the ashes to fall in, nor so far off as to allow the dripping of meat to go out.

The well of the dripping pan should be occasionally emptied, as the fat becomes rancid and discoloured by being too long exposed to the fire. Meat should not be

salted until it has been a considerable time before the fire : a thick large joint an hour or more. Before any salt is used, is a good time to remove the dripping, as it is preferable for pastry without salt.

Such joints as have a skin over them which is liable to shrivel, should have a paper spread with dripping tied and skewered over them the first hour, particularly any part of sirloin or ribs of beef or loin of veal. This paper should be removed time enough to brown the rind.

The time usually allowed for roasting is a quarter of an hour to the pound; most joints require rather longer. If the joint to be roasted be thin and tender (as a neck of lamb, or poultry), the fire should be comparatively small, but brisk and clear from the first putting down. If a large thick joint of beef or mutton, the fire must be gradually advancing to briskness, and the meat kept for some time at a distance from it that it may be gradually heated through before it begins to look brown.

If one end of the joint is thicker than the other, the spit may be placed slanting, the thick end one rack or two nearer the fire than the thin. If a verticle jack is employed, let the thick end be placed downwards. The lowest part of the meat should be rather below the fire, as the heat always strikes downwards. If a joint is heavier at one end than the other, it must be made to balance by means of leaden skewers or cook holds. All meat should be basted when first it is put down. Lean joints and poultry the whole time of roasting; but fat joints will not require it after their own fat begins to draw.

When the meat is half done, draw back the dripping pan; clear away the ashes from the bottom bar, and stir up the fire, at the same time setting on any saucepans that may be required. About half an hour before it is done, sprinkle a little salt and dredge a small quantity of flour, and put it nearer the fire to brown. When the meat steams to the fire, it is an indication of its being done through. See then that every part is of a fine pale brown, and no part scorched. Take the meat on to a

dish, pour off the dripping, but leave such as is pure gravy. Have ready a quarter of a pint of gravy, or of boiling water, and a tea-spoonful of salt, rinse round the dripping pan and strain it through a fine sieve. Where any made gravy is required it will be mentioned with particular joints.

In many families either Yorkshire pudding or potatoes browned under the meat, accompany almost every roast dinner. The following remarks may properly accompany the section of hints on roasting. Yorkshire pudding under *veal* is very palateable but apt to disagree with the stomach. The leaner joints of meat answer best over a Yorkshire pudding. Sirloin of beef or loin of mutton is too fat, and not only is the dripping wasted but the pudding is rendered both unpleasant and unwholesome by being too rich.

If potatoes are to be browned under meat, there is a considerable saving both of time and dripping, by first partially boiling them in the skins, drain them well from the water, peel them and put them into the dripping pan quite hot. This should be done early enough to admit of their being done half an hour before the meat, then set them on the side of the dripping-pan farthest from the fire, pour off the dripping, and proceed with browning the meat and preparing the gravy as above.

III. *Stewing.* The great art of stewing consists in three particulars, that the process goes on as slowly as possible without ceasing to boil; that the vessel be closely shut in order to retain the juice and flavour of the meat; and that all the ingredients be thoroughly well mixed together. In order to have a good stew, some richness must be brought to it, not all expected to be extracted from the meat to be stewed. It is in this particular that the French so much excel us: for example—if a calf's head, knuckle of veal, or leg of mutton, be boiled one day, and the next day a leg of pork or aitch bone of beef, let it be boiled in the same liquor, which when cold carefully skim, and use it for the beginning of a stew, if too salt, use

half the liquor and half water. All bones that come from table may be rinsed and stewed down in a digester, by which means much goodness will be obtained from them. Having strained the liquor, let it stand to settle. Skim it from fat and pour it off clear from sediment for the beginning of a stew.

Observe whether the meat to be stewed will all require an equal time to do, if not, it must be separated, otherwise the lean meat will be in rags, and the gristly not tender. The gristly parts of beef require a longer time than the same parts in veal or pork. A mixture of meats greatly improves the flavour of a stew. The heavy bones of a shin or leg of beef, or of a knuckle of veal, should be sawed across in pieces four or five inches long, and the marrow removed, it is much esteemed for puddings, and would render the stew unpleasantly fat. The bones and gristles must then be stewed some hours, either in liquor obtained as above, or in water. When the bones become white and dry they will yield no more goodness and had better be removed, but the gristles must remain in the stew. Then place across the stewpan some skewers which will not quite reach the bottom, on these lay the meat either cut in pieces about the size of three fingers, or divided in the sinews. The meat is thus raised above the bottom of the saucepan in order to prevent its sticking and to secure the gravy flowing round it: when it has simmered some time, skim off the fat, and add the seasoning and herbs (the particulars of which will be given with the respective articles, as also of the time required); then let it stew gently till the whole is done.

As to the addition of vegetables observe, 1. That potatoes should never be boiled with any stew, but if desired may be previously boiled in another vessel and added to the stew a few minutes before taking up, or the mucillage of potatoes may be still better. 2. All vegetables should be added when the stew is in a perfectly boiling state, otherwise they neither become tender nor incorporate with the other ingredients. 3. The time required should be properly apportioned. Turnips, carrots,

celery, and other solid substances, should have plenty of time allowed that they may become thoroughly tender; but parsley, lettuce, spinach, and other green herbs should be added but just long enough before serving, and they will scarcely take as long in a stew as if boiled in water. If overboiled they soon become discoloured and present a disgusting appearance.

Of the several kinds of thickening employed in soups, it may be observed in general, that *whole* grain or seeds (as peas, barley, &c.) should be put into the soup when *actually boiling;* the same will apply to bread, whether added for thickening or for brewis. Let the liquor perfectly boil when it is thrown in, and continue to do so until it is sufficiently done; and by no means stir the liquor lest the bread should be broken with the spoon. The great object is to let the bread boil *whole* until it is so far saturated with the gravy as to dissolve into a pulp and equally thicken the whole. If once it be broken, it will float about in crumbs without incorporating itself with the whole concern.

Thickenings of meal (whether flour, ground rice, arrow root, &c.) should be stirred perfectly smooth with a small quantity of *cold* water, milk, cream, or gravy, as may be directed, and then stirred into the general mass.

Glutinous thickenings (such as isinglass) are best simmered in a small vessel, say two ounces of isinglass in a quart of gravy till the whole is dissolved, then strain this into the general mass. N.B. This would thicken an immense quantity of stew or soup. A quarter of that quantity would be sufficient in most families. Spices should not be added till within a quarter of an hour or twenty minutes of serving. Whole spice is better than pounded, which often appears gritty at the bottom of the stew. A larger quantity of whole spice is required, but if rinsed in a little warm water, and drained dry, the spice will keep and serve to flavour two or three stews in succession. Whole spice is often thrown away with half its goodness remaining in it. If stews are required to be kept several days, it is better not to add the vegetables

until the time of using, as they are apt to make it turn off.

In a stew that is to be kept, be very careful not to break the fat that covers the top, this is the most effectual mode of excluding the air, and preserving the mass from decay.

It is scarcely necessary to repeat the remark made p. 2. that no stew or soup should be suffered to remain in a metal vessel a moment longer than is necessary for the purposes of cooking, but should be immediately emptied into one of earth or stone.

A stone pot with a lid that fits close is often employed for the whole preparation of a stew, and answers exceedingly well; it also admits of being done in an oven, which is often a great accommodation to the cook. In that case the best plan is to do it at twice; first, the meat and liquor without any seasoning; having become cold, remove the fat from the top, add the seasoning and thickening ingredients, and return it to the oven till done enough for the table. The more effectually to confine the steam, it may be as well to tie a paper over the lid.

The following rules for soups and stews are translated from a celebrated French chemist, and are very consistent with sound reason and experience:

1. Have fine healthy meat sufficiently bled (i. e. free from bloody veins).

2. Earthen or stone vessels are preferable to those of metal, because they are not so powerful conductors of heat, and being once thoroughly heated, a few hot cinders will keep up quite as strong a boiling as is desirable.

3. The quantity of water should be double the weight of the meat (on this rule, a quart of water to a pound of meat, which in stewing will be reduced one half).

4. A sufficient quantity of common salt to separate the bloody particles and cause them to rise in the form of scum.

5. Such a temperature of heat as will keep up a quick boil as long as the scum rises, which must be carefully cleared off.

6. After this operation is completed, a lower temperature which must be continued uniformly and keep up a gentle simmer till all the nourishing, colouring, and flavouring properties of the meat are thoroughly combined with the liquor.

N. B. The cook who wishes to excel, should take a leisure opportunity of studying these general rules on the various operations of cookery, and making herself thoroughly familiar with the principles which are here endeavoured to be set down with the utmost plainness. Let her not be satisfied with merely looking in the book at the moment she wants to prepare some particular dish. This, to a person who already understands her business may be quite sufficient, but a single recipe can never be expected to impart general principles. The young cook who gets it thoroughly fixed in her mind—"*This* must *always* be done, *that* must *never* be done," has acquired real practical knowledge of more essential service than if she had got by heart twenty of the most elaborate recipes that ever were written. A certain servant, being desired to draw a bottle of porter, broke the cork and poked it in with her finger, observing, "It will have *sunk* to the *bottom* before I get into the parlour." The same illustrious genius having broken a large dish, was directed to throw the fragments into the *ditch* not into the *river* lest persons bathing, or horses should be injured by them. Her reply was, "It does not signify, for if I throw it in the ditch, it will *float up* to the river." Now, had it been possible to communicate three ideas to this poor girl they might have come in daily use as general principles and saved her mistress a hundred tedious explanations :

1. A cork *never sinks, because* it is *lighter* than liquor.

2. Broken crockery *never floats because* it is *heavier* than water.

3. Things float *downwards* not *upwards,* because they are borne along by the strength of the stream. Just in this way, if our young cook will endeavour to get a few fixed principles into her mind on the *rudiments* of her

business, she will find it easy to add to them particular details as occasion may require.

IV. *Broiling.* If properly done this is one of the most agreeable and wholesome preparations of cooking. The great requisites are, a perfectly clear fire, a perfectly clean gridiron, thoroughly hot dishes and plates, and not more than the space of a minute from the gridiron to the palate.

The bars of a gridiron should be grooved out, and terminate in a trough to catch the gravy and fat, which otherwise drops into the fire and makes an unpleasant and injurious smoke.

A fire for broiling is best made up in the following way :—An hour before time, have a strong fire, but not over large; throw at top two or three shovels of good cinders perfectly well sifted, and a little wet. By the time the fire is wanted, these will have burnt up and be as clear and red as charcoal, which, by the way, many people always employ for a broiling fire.

It is a good way to set the gridiron a few minutes over the fire before putting down the meat. When the bars are hot through, wipe them thoroughly clean with rag or paper; and rub over them a morsel of suet or dripping, to prevent their sticking to the meat and leaving marks.

The thickness of meat for broiling should be from half an inch to three quarters;—if thinner, it will be dried up,—if thicker, the outside will be brown before the inside is done through.

The meat should be turned with a small pair of tongs, not with a fork, which would let out the gravy. Meat, in general, should be turned frequently on the gridiron,—the only exception is in a skirt steak of beef, which, from the peculiar texture of the meat, retains the juice best by being turned only once. Pepper and salt a little on each side, when nearly done. Have a hot dish ready, with catsup, shalots, or whatever sauce is required; and when the meat is taken up rub over it a little bit of fresh butter to draw the gravy and give it a flavour.

Some people like a mutton or pork chop to be served perfectly dry; others like more gravy than the butter draws from the steaks. In this case there is nothing so good as the cold gravy of roast meat heated by being put in the oven or on the hob, in the dish on which the steaks are to be served.

When it is required to broil meat much thicker than above described, (as, for example, grisken of pork, or blade bones,) it is a good way to get the meat thoroughly heated in the oven before putting it on the gridiron. Some people boil a grisken about five minutes before broiling it; but it is difficult afterwards to make it nice and brown.

V. *Frying.* When this mode of cooking is frequently employed, three frying pans of different sizes will be required. The meat to be done should just fill the pan without crowding. If the pan is too large, a greater quantity of fat is consumed, and the meat is liable to be scorched: if too small, the meat is apt to hang over and become smoky, or fails to reach the bottom of the pan, and so cannot be uniformly browned. The bottom of the pan should be thick, otherwise the meat, or at least the fat, will be burned.

The fire for frying should be clear and brisk, but rather stronger than for broiling. A clear fire of coals is better than one of cinders, but there should be no fierce blaze.

If the meat is fat (as chops from the loin of mutton or pork), scarcely any more fat than their own will be required for frying them; merely enough to grease the pan and prevent their sticking before their own fat begins to melt. Dry lean meat (such as veal cutlets) will require rather more fat, which should be sweet, fresh, and clear, either dripping or lard. Salt fat should be avoided as it is apt to fly. Fat that has been used for frying should not be applied to any other use; but it will serve for frying several times in succession, provided it has not been burnt in the pan, and that, when poured off, and having stood a few minutes to settle,

it be poured into another vessel, quite free from sediment.

Butter is sometimes used for frying, but there is scarcely any purpose for which good lard or dripping will not answer equally well.

Oil, also, is sometimes used for frying fish, which is very well as a matter of luxury.

The fat that has fried fish should never be mixed with other fat, or used for any other purpose; but if cleared from sediment (as above) and the vessel, when cold, turned down to keep out dust, will answer, with a little addition, for the same purpose, many times in succession.

A larger quantity of fat is required for frying fish than for any other purpose. It must perfectly boil before the fish is put in, otherwise the fish is apt to stick and break, and never becomes crisp and brown. Fish must be perfectly dry, and lightly floured all over, and not turned in the pan until the underside is perfectly brown and crisp,—but of this more hereafter.

When steaks have been fried, the usual mode of making gravy is to roll a bit of butter the size of a walnut, in as much flour as it can be made to carry, with half a tea-cup full of cold gravy, or broth, of beef or mutton. A spoonful of catsup may be added but not for veal. Having poured off the fat, warm the above in the frying pan, keeping it well shaken. When the gravy is thick and smooth pour it over the steaks and serve immediately.

When seasonings are to be fried, especially onions for beef steaks, they may be put in the pan (having been previously scalded) immediately the meat is taken out, with the addition of a little pepper and salt, and a bit of butter. Turn them about with the slice till finely browned, then lay them over the steaks and proceed to make the gravy as above. In this case the gravy must not be poured over, but the steak and onions raised in the dish, and the gravy poured under. Some people like the onions served on a separate dish, over a fish or vegetable drainer. When veal cutlets or lamb chops are to be fried with seasoning, either the meat may be first dipped in egg,

and strewed over with the seasoning and fried, after which the remainder of the seasoning may be warmed in the gravy, or the meat may be fried without seasoning, and the whole of the seasoning done in the gravy. To preserve the colour of the herbs the seasoning should not be added till the gravy boils, and done just long enough to make the herbs tender.

For frying potatoes, onions, parsley, or, indeed, any kind of vegetable, it is as particular that the fat boil as it is for fish :—observe this, or they will never be crisp and of a good colour. The same remark applies to pancakes. At the same time it is essential to guard against having the pan too hot, by which both the fat and that which is fried would be discoloured.

Liver should be fried ove· a moderate fire, as it is very apt to fly. It should be previously soaked in water, made thoroughly dry, and floured on both sides. Some people like the addition of a little shalot, onion, or parsley shred very fine. Gravy as directed for lamb chops.

Bacon should be scalded in the frying pan a minute or two on each side until you can see through it, but before its fat begins to run, pour off the water, and brown it in its own fat.—serve on a fish drainer. If eggs are to be served with bacon, the same fat will do. Let each egg be carefully broken into a separate tea-cup. When the bacon is removed, slide them gently into the pan, that each yolk may remain unbroken in the centre of its white. When the whole of the white is set and the under part of a fine pale brown, take them up with a slice ; hold a moment over the pan to drain the first fat, then lay each egg on a ration of bacon, or a ration and an egg alternately all round the dish.

VI. *Hashes.* Hashes are generally made of meat which is already nearly done enough, it is therefore obvious that they ought not to be done much longer, otherwise the meat will be hard and impoverished. It is not to be expected that the meat to be hashed can furnish its own gravy. If it is kept on or near the fire long

enough to do this, the gravy may be tolerable, but the meat is only fit for the dogs: therefore, break the bones, perfectly clear them from marrow, and boil them down (if you have it) in liquor that has previously boiled meat, with any other little trimming bits of meat, or melt, that may be at hand; a piece of toasted bread, a few corns of black pepper, and two onions. Let it boil half an hour or an hour, then strain it, clear it of fat and scum, and return it to the saucepan with the onions if approved. Some people like the onions to be served in the hash, others like merely the flavour, and some few object to the taste altogether. The meat must be cut thin and slantwise; each slice about the breadth of a finger, and half the length, and the thickness of two shillings. Let it be well floured, and lightly seasoned with pepper and salt; a little cold roast-meat gravy will be a great addition, and a table spoonful of catsup, or more if the hash be large: stir all this into the saucepan, shake it well to prevent sticking, and let it simmer just long enough to thicken the gravy. Lay sippets of toasted bread round the dish. These directions will apply to any hash of mutton or beef, or to that of ox heart, only that some of the stuffing of heart should be added.

In a hash of hare, the gravy should be made entirely independent of the hash, as all the bones are to be served up in the hash, being much esteemed for picking: no catsup or anchovy should be added. To retain as much as possible of its own flavour, for making the gravy, use the lights, heart, and kidneys, and any bones that may have been cleared of meat. A hash of calf's head requires a longer time to do. It may stand on the hob half an hour or more either before it boils or after, that it may be thoroughly heated in the gristly parts, but it must not be long over the fire.

For mince veal neither onions nor catsup are to be used, merely good gravy, and the meat is to be chopped as small as possible, a little grated lemon peel and a squeeze of lemon juice may be added when it is taken up. Sippets as for a hash. In order to keep a hash thoroughly

hot, it is a good way to have a double dish, and fill the lower dish with boiling water.

VII. *Baking.* It is sometimes very convenient to resort to this mode of cookery, either when more roasting is wanted than can be provided for at home, or in plain families when the mistress or the servant are too busy to attend to it. Some things are nearly as good, and others even better baked than roasted. We shall specify a few. As to the time required, an attentive baker is the best judge; take care to let him have it early enough and he will put it in in proper time. In general a baking dish or tin should be five or six inches deep, but for a sucking pig a shallow tin is preferable that the rind may be crisp.

A fillet or shoulder of veal bakes very well; allow two hours and a half, and lay a greased paper over it. Sprinkle with flour and salt.

A leg or shoulder of mutton;—to these no additional dripping will be required. A fork should be stuck through the skin of the fattest parts, but take care that it does not penetrate the flesh. Under these joints a batter pudding may be baked, or some large potatoes previously scalded. In this case rather more time must be allowed as the steam somewhat hinders the progress of the cookery.

Sirloin of beef does not bake so well, but the ribs answer very well for baking. Also a rump of beef slightly salted for a few days, then washed from the brine and well peppered and buttered;—some will strew over it an onion or shalot shred fine;—cover it over in a deep vessel. Two or three thicknesses of paper should be tied over it, and observe for this purpose never to use brown paper, as the pitch and tar used in making brown paper would give the meat a smoky taste. There is a kind of whitish paper called cap, or kitchen paper; or waste sheets of printed paper may be obtained of the printers, which answers very well.

A buttock of beef is excellent done in the following way. Salt for about a week. Wash from brine, put

into a dry pan, with a pint of water, tie tight over with paper, and let it bake for four or five hours in a moderate oven.

A leg of pork, a pig's head, a spare-rib, and whirly-bone, all bake exceedingly well; but a loin of pork is too fat, and a griskin too lean, for baking.

Every kind of heart is better baked than roasted.

Geese and ducks bake very well, but must be placed on a stand in the dish, and turned when half done—the breast laid downwards at first: a little butter spread over the breast and back, salt and flour sprinkled.

Hare and rabbit bake very well, but a good piece of butter should be put inside, a good piece more rubbed over, and the baker requested to turn and baste them several times.

All kinds of stews may be baked. Ox cheeks, shins of beef, &c., should be partly done the preceding day, then left to cool, that the fat may be removed, and sent again to be finished, with onions, turnips, or whatever other seasoning is to be employed. A shin or leg of beef may remain all night in a cool oven.

A sucking pig bakes exceedingly well: it requires rather more attention than ordinary, and the baker generally makes an extra charge. The ears and tail should be covered with buttered paper, properly fastened on, and about two ounces of butter tied up in a muslin rag should be sent to anoint the crackling.

A large eel or pike is exceedingly good stuffed and baked; also cod, mackarel, and haddock; sprinkle salt and flour, and put some bits of butter over them.

A ham baked in a moderate oven, cuts shorter, and eats more juicy and finely flavoured than if boiled. It should be previously soaked, and covered with a paste of coarse flour. The paste will be more than paid for by the dripping of the ham, which is as good as lard for many purposes. The gravy also is valuable for enriching and flavouring sauces.

## CHAPTER III.

### *Of Cleaning, Trussing, and Preparing for Table.*

MEAT should never be washed before cooking, except those parts in which the blood is apt to settle and discolour it when dressed, such as the scrag of neck, and the head and heart of animals. In these the blood will be drawn out most effectually by sprinkling with salt a few minutes, and then adding a little warm water, not hot. After lying some time in this, it may be rinsed in cold water. If meat is for roasting or frying, this washing should take place a considerable time beforehand, so as to ensure its being perfectly dry: it may also be rubbed with a coarse cloth.

A hare should be washed in warm water and salt, or warm milk and water; or basted with milk and water for the first twenty minutes after it is put down.

The only joints of butcher's meat that require trussing are a fillet of veal; and loins, whether of beef, mutton, or pork, that are boned and stuffed. The fillet of veal has a long flap, which is to be filled with stuffing, and then tightly drawn round, fastened with a skewer, and tied up.*

Loins, when boned and stuffed, have the stuffing or seasoning spread over them, and then are rolled up as tightly as possible and tied with broad tape.

Tripe requires to be scoured many times in salt and water. It should be put in soak immediately the animal is killed, and the water changed frequently for twenty-four hours. If there is a brook or running stream at hand, the business is best managed by having a large pan or tub close to it, in which to salt and scrub the

* See Plate, No. 1.

tripe, and then rinse it in the brook. This must be repeated till it is quite white and free from smell; after which, it must be gently boiled till quite tender; the length of time required will vary according to the age of the animal, but it is always several hours. A large quantity of water should be allowed for boiling it.

Cow heels, calves' feet, and sheep's trotters, must be first well washed in cold water, to remove the filth in which they have trodden; then have ready a copper or large pot of water boiling, into which throw one at a time; this will loosen the hoofs and hairs; the hoofs will then come off like a glove, and the hairs may be scraped off. They must not be suffered to remain in the water more than a minute or two; but when all have been done round, if any should not be perfectly free from hairs they may be again plunged into clean boiling water till that object is effected; then let all be rinsed in cold water. They will take from six to nine hours to boil. The liquor in which they are boiled is exceedingly valuable, either as jelly for invalids, or as stock for making soup or gravy. A thick cake of fat also will settle upon it, which makes a fine light pie crust.

Poultry.—The crops of fowls and pigeons may be immediately removed; but they should not be drawn and trussed till just before they are dressed, as it is apt to make them dry—(indeed, pigeons should not be killed till just as they are wanted, according to the saying, 'a pig and a pigeon should never be cold').

The crop and windpipe of all birds are to be removed by opening the skin a little just in front of the throat, and gently pulling each separately, first from the beak, or bill, and then from the stomach. For drawing poultry (that is, removing the entrails), a very small slit may be made with a pen knife, at which slip in the forefinger. If there is any internal fat round the vent, first draw it out; it would be very strong if roasted in, and is only in the way of drawing out the entrails. Next slip the finger in, and get fast hold of the gizzard (which may be known by its being the hardest substance in the fowl), draw it

carefully forward; it will generally bring the whole of the intestines with it; but in case the liver remains, again slip up the finger and fix it on the heart, which will draw the liver with it. Avoid, if possible, touching the liver, lest you should break the gall bladder. The heart is often left in—generally so in poultry trussed by poulterers—but it is apt to give the whole inside a very bloody appearance, and is scarcely ever eaten; but if taken out it is of some use with the neck and feet in making gravy or broth.

Having cleared the inside of the fowl, you will proceed to clean such of the internal parts as are used. To the liver adheres the gall bladder which is of a greenish appearance; this must be removed most carefully, for it is easily broken, and if one drop of the gall is spilt it will diffuse a bitter disgusting taste that no washing can remove, therefore cut away a little of the liver with it rather than run any hazard. The gizzard is divided into two parts, joined together on each side, and having a bag or hard muscular stomach in the middle, generally filled with gravel and food in a half-digested state; one part of the skin by which the gizzard unites at the side is rather narrower than the other; slit that side with a sharp knife, and turning the gizzard inside out, remove the bag, and trim round the gizzard, but avoid cutting the skin by which it is joined in the middle.

For trussing poultry the throat should be cut off about two joints from its commencement, leaving the skin at least half an inch longer.

For a roasting fowl, take off the legs an inch, or rather less, below the joint; or for very young chickens, the feet may be left on; they must be scalded in boiling water, and the claws and outside scaly skin taken off. Make a small slit in the skinny part of each pinion, through one thrust the liver, and through the other the gizzard, and turn the top of the pinion over the back, lay the legs close to the sides, and with a wire skewer fix the middle joint of the pinion outside of the knee joint of the leg, and so through the body to the other

knee and pinion; then with a short skewer fix the lower joint to the lower part of the belly; then the feet or whatever part of them is left, may turn back over the belly.* The skewer for this purpose must go through the sidesmen, fixing the stumps or feet between them. For a boiled fowl a slit is made on each side of the belly, and the leg stump tucked in. If a fowl or capon is to be stuffed, put the stuffing in where the crop was removed, and tie the skin tightly round the throat; secure the other end by making a small slit in the apron or skin of the belly, which, when the entrails are removed, hangs loose, and tuck the rump through it. Before dressing, singe off the hairs of the fowl with a piece of clean paper lighted; dredge over the fowl a small dust of flour, but not until just as it is going to be dressed, as it soon turns sour. The poulterers often break the breast bone of a fowl to make it appear plump, but it is a very bad way, it dries the meat, makes the bone troublesome, and often breaks the gall bladder. The head of a capon is sometimes twisted under the wing, as directed for a pheasant.*

Ducks have the pinions cut off at the middle joint, but the feet left on; scald and take away the claws, and skin and turn the feet over the back. In cutting off the pinion, be careful to leave more skin than belongs to the bone. In placing the skewers keep the thigh joints outside of the pinions, and run the skewer through the leg, then the bit of skin that hangs below the pinion, then through the body, the other pinion skin, and the other leg. The short skewer must be inserted just above the joint, which is twisted to turn back the feet. Tie the skin round the throat, put in the seasoning at the vent, and turn the rump through a small slit in the apron.* The gizzards, liver, hearts, and pinions are not dressed with the ducks, but make excellent gravy or giblet stew.

Geese are to be managed exactly in the same manner as ducks, except that the feet are cut off and dressed with the giblets.* The liver is sometimes dressed separately, and esteemed a great nicety. Lay a piece of greased

* See Plate, No. 1.

paper over the breast at first, and remove it when it begins to swell with the heat.

Turkeys.—For boiling, a hen turkey is preferred as being more white and tender, but the cock is a more noble looking bird for roasting. They are to be trussed in the same manner as fowls. A pudding of force meat or sausage meat is always put into the maw of a turkey. The sinews of the legs must be drawn out before trussing; for a roast turkey the gizzard should be scored, and both gizzard and liver covered with the caul of veal or lamb, or with buttered paper, to prevent their becoming dry; a strip of buttered paper also over the breast bone; the head nicely cleaned and twisted under the wing.*

Pigeons.—For roasting, truss with the feet on, of course nicely cleaned; tie the joint close down to the rump, and turn the feet over the front.* They are generally seasoned. For boiling or stewing, cut off the feet, and truss them just as fowls for boiling. For broiling split them down the backs and lay them open flat. A pigeon has no gall.

Pheasants, partridges, and guinea fowls are trussed with the head tucked under the wing, and the feet on, twisted and tied to the rump and turned back over the breast.* The liver is generally used in the stuffing.

Wild ducks, wigeons, and teel, with all other web-footed wild fowl, are to have the feet left on, cleaned and trussed in the same manner as tame ducks.

Woodcocks, snipes, plovers, ortolans, and all other birds that live by suction (which is known by the long bill) are not to be drawn, but roasted over slices of buttered toast, on which the trail is to drip, which is esteemed a delicacy; the feet are left on; the knees twisted round each other, and raised over the breast, by which means each foot turns back and falls on the side of the rump.*

Rabbits.—For boiling, open them all the way down the belly; joint the legs at the rump so as to admit of their

* See Plate, No. 1.

turning back along the sides; turn the shoulders back to meet them, so that the lower joints of each lie straight along, side by side; the head skewered down to the right shoulder.* For roasting, the legs are turned back without disjointing, so that the haunches are thrown up, much in the form that a cat is often seen sitting; the end bones of the hind and fore leg meet each other, and lie side by side. Two skewers should be inserted, one where the end of the leg meets the fleshy part of the shoulder, and the other where the end of the shoulder meets the fleshy part of the leg; the head also is fixed back with a skewer driven into the mouth, through the head, and into the back between the shoulders.* The belly should be slit no more than is necessary for taking out the paunch, and sewed up after the stuffing is put in. For frying, a rabbit is cut into joints.

A hare is trussed exactly in the same way as a rabbit for roasting.* To secure its keeping in shape, it is usual to brace it with a string laid across the back, twisted round the end of both skewers, brought back across the back and tied. In skinning hares and rabbits, be particular to preserve the ears and tail entire, as they improve the appearance on table and are much esteemed.

A young fawn or kid may be trussed and dressed in the same way as a hare; being of itself dry, it should be covered with a caul: and, observe, it will not keep above a day.

A sucking pig the moment it is killed should be put in cold water a few minutes; then rub it over with a little resin beaten to a fine powder, and put it for half a minute into a pail or pan of boiling water. This will loosen the hairs. Take it out of the water, and pull out the hair as quickly as possible. If any part does not come clean off, put it again into the hot water. When quite free from hairs, wash it well with warm water, and then rinse it several times in cold water that no flavour of resin may remain. Take the feet off at the first joint; make a slit down the belly, and remove the entrails.

* See Plate, No. 1.

(The feet, heart, liver, lights, and melt, are to be dressed separately; the dish is called pig's pettitoes.) Once more wash the pig in cold water, and wrap it in a wet cloth till you are quite ready to dress it, which should be as soon as possible. Fill the belly with seasoning, and sew it up; skewer back the legs that the under part may become crisp, it will require no other trussing.

*Fish* is professedly cleaned by the fishmongers, but unless the cook sees to it again it is seldom thoroughly done, and all kinds of freshwater fish are cleaned at home. In cleaning fish be very particular to remove every particle of the entrails, and any blood that may have settled down the back-bone, and take care not to break the gall bag

Some fish must be slit in order to clean them, but of others the entrails may be drawn out at the gills; this is always best when it can be done. Mackarel and pearch are cleaned in this way.

Flat fish also may be so cleaned, but it is usual also to make a slanting slit on one side just below the gill, in order to poke in the finger and remove the clotted blood from the back bone.

Scaly fish must be scraped from the tail to the head, and from the front to the back of the fish; salmon requires this, and of fresh water fish, pearch, roach, jack, dace, &c.

Others are skinned, as soals and eels. Eels are remarkably tenacious of life; even when all capability of feeling has ceased, a muscular motion is exercised, so that an eel cut into five or six pieces, the pieces will jump about in the frying pan. To a humane person the idea is very distressing, that the poor creature may even then be tormented. This, however, is not the case. Before skinning the eel, the spinal marrow, just at the back of the skull, should be pierced through with a sharp skewer, when all power of feeling will instantly cease. This may be relied on. Then raise the skin at the part which was cut by the skewer, and having drawn it back over the mouth and head, secure the head with a strong fork to a table or dresser, and draw back the whole skin

As an eel is proverbially slippery, take a little salt in your hand, which will prevent its slipping, and draw off the skin easily. To clean an eel it is generally necessary to slit it the whole way from the vent to the gills, and rub the inside of the back bone with salt. Preserve the liver and roe or melt, which are much esteemed.

Cod, mackarel, whiting, and some other fish, have no scales, and do not need anything but washing or wiping.

Sprats are never drawn, nor the silver-stringed herring, which is by far the best of its kind; both must be well wiped with a dry cloth. Sprats for broiling should have a long bird skewer run through the eyes, or a common knitting needle; by this means, a row of eight or ten sprats can be turned together. Dust them with flour, and lay them on a hot gridiron, the bars of which have been greased with good suet.

Avoid, if possible, washing any fish that is to be fried; if it must be washed, let it be done an hour or more before cooking, and wrap it up in a very dry coarse cloth that it may be thoroughly dry.

Turbot, plaice, dabs, and flounders, having been gutted and wiped, should be sprinkled with salt, and hung up for several hours.

Cod, having been washed, may be sprinkled with salt, and put in the fish kettle without water an hour or two before boiling, or it may be hung up the same as plaice.

Oysters, as soon as received, should be laid in a pan or tub with the flat shell upwards, each layer lightly sprinkled with salt, and the whole covered with fresh rain or river water; the water must be renewed every twelve hours. It is common to sprinkle a little oatmeal or flour among them, which makes the oysters look white and plump, but they do not keep afterwards, therefore that addition should not be made unless the oysters are for immediate eating. To prepare them for the table, nothing more is necessary than to open them, which should be done the moment before serving. Great care must be taken not to mangle the oyster in opening; also

that it is entirely loosened and turned round on the shell. They are generally served on the flat shell, but by this means the liquor is lost; if served on the hollow shell, the liquor may be preserved and eaten with the oyster; if not, the liquor of each oyster as opened should be saved in a basin, and used for flavouring gravy or sauce.

Vegetables require great attention in point of cleanliness. The first thing is to free them from insects and dirt. Prevention, in every case, is better than cure; and attention in gathering vegetables will save much trouble in cleaning them, and secure their being more nice and clean. In cutting cabbage, brocoli, or lettuce, avoid pulling them up by the roots, and suffering the dirt to fall among either those you have gathered or those that remain on the bed. Avoid also putting roots and heads together in a dirty basket. Have by you a clean basket or colander; cut each head with no more leaves than you intend to boil; examine it to see that it is free from blight and dirt; if this is the case, it needs no further cleaning, and is much better without it. Having cut what you want, and removed the colander or basket, pull up the stumps, and lay them on the bed to decay, but be careful not to shake them over the remaining plants. If mould be shaken over them, the next rain that comes converts it into mud, and great difficulty is occasioned in getting the plants clean. If vegetables for boiling can be gathered perfectly clean immediately before dressing, they preserve their colour much better without wetting. But if they are not perfectly free from dirt of every kind, let them lie for an hour or more in a pan of spring water and salt; the salt draws out the slugs and other insects. Summer cauliflowers, in particular, require this, as they abound with caterpillars. The moment before putting them into the saucepan, take them out of the water and shake them well in a colander, that every drop of cold water may run off.

To cut mustard and cress free from dirt—grasp a little at a time in your left hand, pull it up gently, that the

dirt may not be shaken on what remains, and have in your right hand a knife ready to cut off the roots, taking care not to loosen your left hand till you drop the salad in a colander; then get another handful, and so on, till you have enough. In general, observe, of all greens, salad, and radishes, to get all the dirty roots away before you wet them; then throw them into a pan of water, but avoid pumping upon them, which is apt to make them flabby, and do not let them remain long in water. Just before serving, shake them very dry in a coarse sieve or thin strainer. Lay them in the salad bowl in a tasty manner. Lettuce and endive should be cut down the middle, and laid open with the tops turning outward; the small salad in tufts; raddishes and young onions round the edge of the dish; and a hard boiled egg or two on the tufts of small salad. Slices of red beet, when in season, form a pretty addition to a salad.

Green peas, broad beans, and French beans, require no washing.

Turnip greens, if cleanly gathered and carefully trimmed, need no washing. Use only the hearts and stalks, which must be skinned; but if grown on sandy land, they want washing in several waters.

Asparagus.—Scrape the stalks clean; tie them up, with bass or tape, in bundles of twenty-five or thirty each; cut off the ends of the stalks to an equal length. If quite fresh they need not be washed.

Spinach.—Pick it leaf by leaf; wash it in three or four waters, and thoroughly drain.

The stalks of white beet for boiling, and those of rhubarb for pies must be skinned.

Artichokes require thorough washing, and should be soaked in cold water an hour or two.

Onions, leeks, and escalions.—Take off as many coats of skin as are at all slimy or tough. Young onions serve with the green tops.

Onions for roasting are not to be skinned or washed, but merely wiped from dust. Celery requires half an hour or more to soak, because it is of underground growth.

Potatoes and Jerusalem artichokes should be well scrubbed with a birch-broom or scrubbing-brush, and washed very clean just before boiling; but never let them be washed, or in any way wetted, until they are to be used. They are much best boiled in the skins, and peeled the moment before serving. New potatoes should be scrubbed as above, and then rubbed with a rough cloth, but not skinned after boiling.

In spring, when potatoes become old and specky, it may be better to peel them raw, carefully removing every speck, and either steam or boil them for mashing; carrots and parsnips should be well washed and scrubbed, but not scraped. After boiling rub off the skins with a coarse cloth.

Red beet roots.—Wash and scrub very clean, but avoid scraping or in any way touching with a knife, lest the colour should be discharged. When done they may be carefully rubbed with a rough cloth, but avoid breaking them. If for salad, they may be cut in slices hot, and have cold vinegar poured over them.

Turnips should be washed very clean and then peeled. The whole of the outer coat must be taken off.

## CHAPTER IV.

*Flavourings, Thickenings, Colourings, Gravies, Sauces, Seasonings, Garnishes, Vegetables.*

HAVING given these general directions, which the young cook will find her interest in thoroughly studying till she has them all at her fingers ends, without looking again at the book, we proceed to give directions for the preparation of particular articles under their several heads. To save room in the book, and to avoid burthening the cook's memory, every article will be numbered; and then when we come to the main articles of meat, poultry, game, or fish, reference will be made to the numbers that give directions for the suitable seasoning, sauce, vegetables, and accompaniments.

*Flavourings.*—More or less of these preparations should always be kept at hand according to the taste and style of living of the family.

1. Powder of herbs (see p. 14, 15). To be kept in separate bottles closely corked and labelled.

The following are some of the principal sorts :—Spearmint, green sage, thyme (both common and lemon), marjoram, and knotted marjoram; winter savoury, verbinia (which gives the flavour of lemon peel), and horseradish; marigold flowers dried, but not powdered.

2. Dried seeds (to be kept in the same manner) of celery, parsley, fennel.

3. Compound powder for soup.—Take parsley, winter savoury, sweet marjoram, and lemon thyme, of each two ounces; sweet basil one ounce; verbinia leaves and knotted marjoram of each, half an ounce; celery seed and bay leaves, of each two drachms. Dry them in a Dutch oven not too hot. When quite dried, rub the leaves to a

fine powder, and grind the seeds in a mill (reserved for such purposes only) or pound them in a mortar: sift through a hair sieve and bottle for winter use.

4. Savoury powder for ragouts.—Salt one ounce; flour of mustard, lemon-peel ground, and black pepper ground, of each half an ounce; allspice ground, ginger ground, nutmeg grated, and cayenne pepper, of each a quarter of an ounce. Dry them in a Dutch oven before a gentle fire, pound carefully in a mortar and sift through a hair sieve.

5. Curry powder.—Coriander seed three ounces; turmeric two ounces; black pepper, flour of mustard, and ground ginger, of each one ounce; ground allspice and lesser cardamoms, of each half an ounce; cumin seed quarter of an ounce. Put these ingredients in a cool oven all night, then pound them in a marble mortar, rub through a hair-sieve, and bottle.

6. Powder for flavouring *brown* made dishes.—Black pepper and Jamaica pepper ground, of each half an ounce; nutmeg grated half an ounce; cinnamon in powder quarter of an ounce; cloves one drachm; to be dried, finely powdered, and mixed.

7. Powder for flavouring *white* made dishes. White pepper half an ounce; nutmeg quarter of an ounce, mace one drachm, dried lemon-peel grated, one drachm.

8. Spices of various kinds in separate bottles, as black pepper, white pepper, ginger, Jamaica pepper (or allspice), cayenne pepper, nutmeg, cloves, cinnamon, mace.

N.B. These articles should also be kept whole, as some things are better with the spice boiled in and strained, than with the substance however finely powdered. A small quantity of cloves and mace will serve in most families, they are very expensive, and allspice, or one of the mixtures above directed, will be found to answer every purpose.

9. Orange or lemon peel.—In the height of the season, and when the lemons or Seville oranges are purchased for wine, or other purposes, shave the thin yellow

rind without a single particle of white; put it in a mortar with a small lump of sugar (previously dried) to each peel, beat it well together until the rind and sugar are thoroughly blended in a kind of marmalade; then press it close in a bottle, put a tea-spoonful of brandy at top; cork and seal down, or tie over with a bladder. If kept from the air, this will keep through all the months that fresh lemon or orange-peel cannot be procured, and be much handier for flavouring than grating dried rinds.

10. Essences or tinctures of various kinds of herbs, roots, spice, or other matters required for flavouring, may be prepared in either of the following methods:—

(1.) By combining their essential oils with brandy, or rectified spirits of wine, in the proportion of one drachm to two ounces of spirit; or,

(2.) By filling a wide-mouthed bottle with the leaves or seeds, perfectly dry, and pouring over them brandy, spirits of wine, wine, or vinegar; letting them steep fourteen days, then straining the liquor, and keeping it closely corked. Where much cookery of various kinds is carried on, these essences are very handy, and, perhaps, not much more expensive than obtaining the flavours in the usual mode. They are at hand all the year round when the fresh article may not be procured, and a few drops will instantly give the flavour required.

The former method is recommended for lemon peel, allspice, cloves, mace, cinnamon, marjoram, thyme.

The steeping the substance in spirit is preferred for celery seeds (half an ounce bruised to quarter of a pint of spirit). Ginger (three ounces of fresh grated, and two ounces of rind of lemon peel shaved thin, to a quart of spirit), allspice, cinnamon, nutmeg, or cloves (three ounces bruised to a quart), cayenne pepper (one ounce to one pint of brandy or wine), steep a fortnight.

11. Spirit of mixed herbs for flavouring soup.—Take lemon thyme, winter savoury, sweet marjoram, sweet basil, perfectly free from damp and stripped from

the stalks, half an ounce each; lemon rind shaved close, and eschalots sliced, of each quarter of an ounce; celery seed one drachm. Steep them in a pint of brandy ten days, then strain and bottle the liquor. The herbs when strained off will keep two or three weeks, and may be used for flavouring any preparation which is strained after boiling.

12. Spirit of mixed spice.—Black pepper one ounce; allspice half an ounce—both finely pounded; nutmeg quarter of an ounce grated; infuse in a pint of spirit ten days: strain and bottle. The spice also may be used for flavouring as long as it lasts.

13. Tincture of lemon-peel, or Seville orange peel.—Half fill a wide-mouthed bottle with brandy or proof spirit, and whenever a lemon is used, shave the thin rind, and put into the bottle until it is full. It may be either strained off into small bottles, or suffered to remain on the rind; the former, perhaps, is preferable.

Vinegar is often employed in extracting flavours from such herbs as are used with salads, or for relishing cold meat; and in some instances for flavouring sauces and soups; but for the latter purpose sherry wine is preferable.

14. Basil vinegar or wine.—This sweet herb, which is very expensive in winter, is in full perfection in the month of August. Before it begins to flower, gather the fresh green leaves free from stalk; fill a wide-mouthed bottle with them; cover them with vinegar or wine, and steep them ten days; then strain the liquor again; fill the bottle with fresh leaves; pour over it the liquor strained off, and enough wine or vinegar to fill up the bottle. Let it steep ten or fourteen days more, then strain and put it in small bottles, keeping them carefully corked and sealed. Burnet vinegar is made exactly in the same manner: it is used as a relish for cold meat, and imparts to salads a flavour exactly resembling that of cucumber. It may be made at any time between Midsummer and Michaelmas.

15. Cress or celery vinegar.—Dry and pound half an ounce of the seeds; pour over them a quart of the

best vinegar; let it steep ten days, shaking it every day; then strain and bottle. N. B. In all these preparations *small* bottles are to be preferred, as the virtue is apt to evaporate after having been once opened.

16. Vinegar of Tarragon, green mint, capsicums, nasturtiums, capers, chervil, elder flowers, and many other herbs, may be prepared in the same way as Basil vinegar, and strained through a swan-skin jelly bag till perfectly clear.

17. Garlic, onion, or eschalot vinegar. To be made between Midsummer and Michaelmas. Peel and chop two ounces of the root; pour over them a quart of best vinegar, stopping close the jar or bottle, and well shaking every day. Let it steep ten days; then pour off the clear liquor into small bottles. The flavour of garlic is very powerful; a few drops will flavour a pint of gravy.

18. Eschalot wine, which is greatly preferable to vinegar, indeed, is the very best preparation of the root.—Peel, mince, and pound in a mortar, six ounces of eschalots, and one ounce of scraped horse-raddish, and steep them in a quart of sherry for ten days; then pour off the clear liquor on six ounces more eschalots prepared in the same manner; let it stand ten days longer, then strain and bottle. This gives an excellent flavour to chops, steaks, soups, and sauces.

Horse-raddish vinegar is made in the same manner: three ounces of scraped horse-raddish, one ounce of eschalot, minced, and one drachm of cayenne pepper to a quart of vinegar.

19. Camp vinegar.—Cayenne pepper, a quarter of an ounce; soy, four table spoonfuls; walnut pickle a quarter of a pint; six anchovies, bruised or chopped; a clove of garlic, shred fine; steep the whole, for a month, in a quart of the best vinegar, shaking it frequently; strain it through a tamis, and keep it in small bottles, closely corked and sealed, or dipped in bottle cement.

20. Capsicum, cayenne, or Chili vinegar.—Pound fifty fresh red chilies, or capsicums, or a quarter of an

ounce of cayenne pepper; steep in a pint of the best vinegar for a fortnight.

21. Essence of anchovies.—Procure the very best fish, which have been in pickle about a year; pound ten or twelve, in a mortar, to a pulp; then put them into a very clean saucepan (either silver, or well tinned), with two table spoonfuls of best vinegar, sherry wine, or brandy, or mushroom catsup; set the saucepan by the side of a slow clear fire, very frequently stirring, till the fish are melted, which will be in about five minutes; then add fifteen grains (weight) of the best cayenne pepper; stir it well, and rub it through a hair sieve with the back of a wooden spoon. Bottle, and cork very securely; and when the bottle is opened, do not again use the old cork, but cork it tightly with a new one. If the air gets to it, it is spoiled. Essence of anchovy made thus is not so cheap as it may be bought; but the wholesomeness of the ingredients may be depended on. What will not pass through the sieve, makes a pleasant relish for breakfast or lunch, spread on bread and butter. If a large quantity is made, and has to be kept, press it down in small jars, cover it with clarified butter, and keep in a cool place.

22. Anchovy powder.—Pound the fish in a mortar, rub them through a sieve, make it into a paste with the finest flour dried; roll it into thin cakes (like parliament gingerbread); dry them before a slow fire, in a Dutch oven; when quite crisp, pound or grate to a fine powder, and put into a well-stopped bottle. It will keep good for years, and is a savory relish sprinkled on bread and butter as a sandwich.

23. Oyster powder.—Get fine plump native oysters; open them very carefully, and pound them in a mortar, with the proportion of a quarter of an ounce of salt to a dozen oysters. Rub the pulp through a coarse hair sieve, then return it to the mortar, and rub up with it as much *fine* flour, previously *dried*, as will make it into a paste. Roll it out several times; at last bring it to the thick-

ness of half a crown, and cut it in small squares, an inch each. Lay them in a Dutch oven, before a slow fire, that they may dry thoroughly without burning; turn them every half hour. When they have baked about four hours they will begin to crumble; then pound them fine; sift them, and put the powder into bottles, and seal over. By thus preserving them, oyster sauce may be had when oysters are out of season. The powder is also used as a sandwich.

24. Mushroom catsup.—Be careful to obtain the right sort of mushrooms, and fresh gathered—the large full grown flaps are the best. If of the right sort and in good order, the fringe underneath will be of a delicate pink; if black, they are stale. Do not wash them, but pick off every bit that looks at all dirty: put them in a deep stone or earthen pan, a layer of salt and a layer of mushrooms. When the salt begins to penetrate them, which will be in two or three hours, they will easily break; then mash them well with the hands, and stir up the whole mass. Do this repeatedly for two days; then add to every quart an ounce and a half of whole black pepper, and half an ounce of whole allspice; put all together into a stone jar; stop the jar very close; set it in a stew pan of boiling water, and keep it boiling for at least two hours; then take out the jar and pour the juice through a hair sieve, but avoid pressing the mushrooms. Let this straining be into a clean stewpan or skillet; let it boil very gently till it is nearly half reduced; then skim it well; put it into a clean jar or jug; cover it close, and let it stand in a cool place till next day; then pour it off gently so as not to disturb the settlings; strain it through a swan-skin jelly bag till perfectly clear. To each pint of catsup add a table spoonful of best brandy; again let it stand to settle, and then pour it off gently into bottles which have been rinsed with spirit; closely cork the bottles, and dip them in bottle cement. Keep them in a cool dry place. This is an expensive way of making catsup, but will be found

cheapest in the end. It will keep for years, and a small quantity will answer the purpose.

The remaining pulp and sediment may be simmered with a small quantity of water, vinegar, or walnut pickle, and then squeezed; they will yield a good catsup for present use, but which, of course, will not be so finely flavoured, or keep so long as the first preparation.

Or, the pulps and spice may be squeezed, and the liquor that drains from them be simmered alone. The mushrooms may then be dried in the Dutch oven, and rubbed to powder.

A very delicious catsup for present use may be made by merely sprinkling salt over either flap or button mushrooms; in three hours mash them; next day strain the liquor and boil till it is reduced one half. The flavour of the mushroom is thus preserved in perfection: but catsup will not keep long without spice. The mushrooms thus employed answer best of any for mushroom powder.

25. Walnut catsup.—Take green walnuts the size for pickling—(or the green outside shells of ripe walnuts may be used if quite fresh)—sprinkle them with salt, in the proportion of half a pound to a hundred walnuts; let them lay six days, frequently beating and mashing them. In six or seven days they will become soft and pulpy; they are then to be well pressed and piled up against one side of the tub or pan, that side being also raised that the liquor may drain off from the walnuts and run to the other side. This from time to time is to be taken out, and the walnuts again mashed and put up to one side until the liquor ceases to flow. Let it then be simmered in a very clean boiler as long as any scum rises; then to three quarts of liquor add two ounces of best ginger, two ounces of all spice, one ounce of long pepper one ounce of cloves (all bruised); let it boil slowly for half an hour; when quite cold, bottle, dividing the spice in proportion to each bottle. See that the bottles are quite filled up; cork them tight; dip in bottle cement;

keep them, lying on the side, in a cool dry place, for a year before using.

26. Another method, much approved. — Take one hundred walnuts, and half a pound of shalots, peeled; pound both together; put them in a stone jar with a pint and a half of best vingar. Let it stand nine days; then squeeze the juice, and add to it the juice of one pound of anchovies (obtained by pounding and squeezing), simmer together with a drachm of mace, a nutmeg sliced, and an ounce of ginger. Let the whole simmer together for half an hour; set it away for one day; then strain through a flannel bag; put in bottles with eight or ten cloves in each; cork tight, and dip in bottle cement. This catsup will keep good for years. A pint of best vinegar to rinse the pulp of the walnuts and anchovies, will make a little good catsup for present use. Let it stand covered up for eight or nine days, stirring it occasionally, then filter through a flannel bag, and bottle.

27. Anchovy wine.—Take half a pound of the best anchovies; wash them in half a pint of best white wine vinegar; chop or pound them (bones and all); simmer them a quarter of an hour in half a pint of sherry and a quarter of a pint of claret; then strain the vinegar to it; add half a pint more of white wine, five or six cloves of eschalot, two drachms of ginger, and one each of black pepper and Jamaica pepper, all bruised; a nutmeg, sliced; a piece of lemon-peel, and a few blades of mace. Let the whole boil half an hour; then pour it off; and, when cold, put it into bottles, first perfectly dried, and then rinsed with a drop of spirits; cork close, and seal.

28. Oyster catsup.—Take fine fresh Milton oysters; open them carefully with their own liquor; if any particle of shell or dirt has dropped in, the oysters must be rinsed in the liquor and taken out, and then the liquor strained; but if opened carefully there is no occasion for this, which would only waste the liquor. Pound the oysters in a mortar, add the liquor, and to every pint add a pint of sherry; boil it up, and skim; then add

an ounce of common salt; two anchovies, pounded; two drachms of pounded mace*; and one of cayenne. Let it boil up; skim it, and rub it through a sieve. When cold, bottle it, and seal as usual. What remains in the sieve will make a good boat of oyster sauce for immediate use.

Muscles and cockles may be done in the same way as oysters. It should be done in February or March, when oysters are in perfection, and will keep till November, when they are again plentiful.

29. To keep ready-made mustard.—Boil a quart of vinegar, dissolve in it three ounces of salt, pour it upon two ounces of scraped horse-raddish in an earthen jar; cover the jar closely; let it stand twenty-four hours; strain, and mix by degrees to one pound best Durham mustard till it is perfectly smooth; put it into a wide-mouthed bottle, and cork it closely. Whenever a little is taken out for use observe to cork the bottle immediately.

30. An excellent store sauce, a little of which may be used for enriching gravy, or making sauce with melted butter for fish, flesh, or fowl.—Anchovies, pounded, a quarter of a pound; fresh lemon-peel thinly shaved, scraped horse-raddish, sliced eschalots, an ounce of each; allspice and black pepper, powdered, of each half an ounce; cayenne pepper and celery seed, bruised, of each one drachm. Put these ingredients into a wide-mouthed bottle with one pint of port wine, one pint of mushroom catsup, and half a pint of walnut pickle; stop it close; shake it every day for a fortnight; then strain, bottle, and cork close. Another half pint of walnut pickle put upon the ingredients will answer exceedingly well for flavouring hashes of mutton, beef, or game.

31. Store sauce for chops, &c.—Finely pound to-

* Observe, whenever bruised mace or sliced nutmegs are ordered in any of these recipes, if you keep the essences or tinctures (No 10), a few drops will give the flavour equally well:—thirty drops will be about equal to a nutmeg, or to two drachms of mace.

gether, of black pepper and common salt, one ounce each; of allspice, scraped horse-raddish, sliced eschalots, half an ounce of each; steep them for a fortnight in a pint of mushroom catsup, or walnut pickle, or half a pint of each; shake it daily; then let it stand a day or two to settle, and strain it off. The ingredients will enrich another half pint of walnut pickle for common purposes, as above. To this and the foregoing sauce, some people like the addition of soy, in the proportion of a quarter of a pint to a quart of the sauce.

32. Store sauce for roast pork, goose, &c.—Leaves of green sage, chopped fine, two ounces; lemon peel, shaved thin, eschalot, chopped, and common salt, of each one ounce: cayenne pepper and citric acid, of each half a drachm. Steep for a fortnight in a pint of claret, or what answers equally well, half port and half sherry; shake it well every day; let it stand one day to settle; then pour off the clear liquor, bottle, and cork close. A able spoonful will flavour a quarter of a pint of gravy.

33. Store sauce for fish.—Eight anchovies and eight eschalots, finely pounded; cayenne pepper, two scruples; port wine and walnut pickle, of each a quarter of a pint; mushroom catsup, half a pint; soy, half a wine glassful; simmer gently for ten minutes; strain off, and when cold, put it in small bottles previously dried and rinsed with spirits; cork and seal, or dip in cement.

## Thickenings.

34. In houses where much cooking is performed, it is usual to keep at hand a preparation for thickening gravy or soup. It may be made in the following manner, and will keep about a fortnight:—Into a very clean brass skillet, put a quarter of a pound of butter over a very clear slow fire; when thoroughly melted, skim off any buttermilk, &c., which may swim at top; then shake in fine flour dried, enough to bring it to the thickness of paste; this will be about a quarter of a pound of flour, but the more flour and the less butter the better; beat it well with a wooden spatula for a quarter

of an hour or twenty minutes, by which time it will be of a fine bright amber colour. Pour it into jars, and keep it covered down. An eighth part of this will thicken a pint of sauce or soup. The fat which settles at top of a beef stew, see pp. 25, 33, before anys easonings are added, answers nearly or quite as well as butter.

35. Mucilage or starch of potatoes. This is prepared in many families as a substitute for flour starch, and is found to answer the purpose exceedingly well. It is equally useful for thickening soups and gravies, and, having no flavour of its own, does not disguise any flavour which it may be desired to preserve. It may be made at the close of the potatoe season when fresh vegetables are come in, and when the old potatoe stock is almost past use for the table; and thus the surplus, which would otherwise be used only for feeding pigs, is converted into a valuable keeping stock for human diet. It may also be used with advantage, alone or mixed with flour, in the composition of bread, biscuits, and pastry of various kinds. But of this hereafter, the present business is to direct the method of making it.

Wash and peel the potatoes, carefully removing every speck and eye. Have ready a number of deep dishes according to the quantity of potatoes. The quantity made must not near fill the dish, but leave plenty of room for stirring; and one object is to secure a large surface. For every pound of potatoes to be done in each dish, put a quart of clear water:—grate the potatoes with a bread grater. Stir it well, and then pour it through a hair-sieve. Leave it ten minutes to settle till the water is quite clear. Then pour off the water gently, and put a quart of fresh water to the pulp. Stir it up again, let it settle, and repeat this till the water is quite clear. At last a fine white powder will be found remaining at the bottom of the vessel, the water last poured off remaining quite clear. Lay a thin sheet of paper in a hair-sieve, and spread this powder upon it to dry either in the sun or before the fire. It will then very much resemble Indian arrow-root powder, which is prepared in the same

manner, and for which it is often substituted, and, except for the use of invalids, answers the same purpose. A table spoonful of it mixed smoothly with a little cold water, stirred into soup or sauce just before serving, will thicken a pint.

36. Ivory dust. — This is a cheap and nourishing article, whether for thickening stews or as a jelly for invalids. It is sold at the ivory turners at eight pence per pound. The chief objection to it is the length of time required in boiling. At first it should be set on with a very small quantity of water: when near boiling, pour the water clear off, and add either gravy, broth, or fresh water (according to the purpose for which it is required) in the proportion of a quart to two ounces of the dust. Let it simmer slowly for several hours without stirring, until it has reduced full half, and all the dust has settled at the bottom like sand, and the liquor at top appears a clear jelly. It must then be poured off very steadily, taking care to stop before any of the sediment rises. It may be immediately added to whatever it is required to thicken, or it will cool into a very stiff jelly, and may be cut up as wanted, and dissolved in the stew or gravy.

37. Carraghan moss.—This is a kind of sea-weed possessing very nourishing properties, and which, in the time of dreadful destitution in Ireland, in 1831, was the means of preserving many families from starving. It has since been added to the bill of fare both for the invalid and the epicure. It answers every purpose of isinglass at one quarter the expense: the preparation is simple; it merely requires to be washed, and then simmered in water or broth for fifteen or twenty minutes, in which time it will have completely dissolved and formed into a jelly. An ounce to a quart will produce a stiff jelly.

38. Eggs are sometimes employed in thickening white soups. Great care is required as they are very apt to curdle. The following is the best way of mixing them:—For two quarts of soup three or four eggs will be sufficient. Beat them fine just before the soup is ready to serve, then take a spoonful or two of the soup,

*boiling hot,* and stir it to them. When well mixed, take a spoonful or two more and mix in the same manner. Then stir back the whole into the stew-pan, and keep it on the hob a minute or two, stirring it the whole time, until it thickens against the spoon; then serve it instantly. It must not be put on the fire at all after the eggs are added, or it will be sure to curdle; but by stirring the eggs as above directed, the heat of the stew on the hob will do them quite enough, and they will smoothly thicken the soup.

39. Thickening for white soup. — Sweet almonds, quarter of a pound; blanch, that is, put them a moment in boiling water to loosen the skins, and take off the skins; beat them to a paste in a marble mortar with a table spoonful of cold water. Then take a quarter of a pound of dressed veal or chicken, chop it as fine as dust, crumble a quarter of a pound of stale white bread, beat the whole together in the mortar, with three or four drops each of essence of mace and of lemon-peel, or if you do not keep the essences, a blade of mace finely powdered, and a little lemon-peel grated. To the whole of this, add a pint of thick cream; simmer it a few minutes, stirring it all the time: then add a pint or more of the soup; strain it through a coarse sieve, and stir it into the whole quantity of soup half an hour before serving. What remains in the sieve warmed up with a little broth or common gravy will make a good meal for a poor child. Cooks should get a habit of considering before they throw any thing away, whether there is not some fellow creature to whom it might be useful.

Colourings.—Observe, that all sauces, soups, and gravies are more delicate and wholesome without the addition of any article for the express purpose of colouring. The following are among the best methods of browning.

(40.) Browning the meat of which soup or gravy is to be made by putting it in the stew-pan at first without any water, but with a small quantity of butter, salt, and pepper; cover it close and shake it over a *clear*

*slow* fire a few minutes, until the meat becomes of a fine light brown, and the gravy begins to draw: then add the water, or other liquor of which the soup or gravy is to be made. See that the meat does not stick to the vessel.

41. Toasted bread.—Let this be very slowly toasted until it is quite hard and of a deep brown, but not at all burnt. Throw it into the boiling gravy, and do not stir it afterwards. Great care must be taken in straining that the gravy is left quite clear of bread crumbs.

42. Frying in butter the onions with which the soup or gravy is to be flavoured.—They must be fried till quite crisp and brown; then a little of the gravy added to them in the frying pan: let it boil there two or three minutes, then return the whole to the gravy.

43. Sugar browning.—Best refined sugar finely powdered half a pound; fresh butter two ounces; set them over a very clear slow fire, in a clean frying pan; beat them with a wooden spatula till perfectly dissolved. When the mixture boils fast, raise it a little higher from the fire, then return it, and so go on till it assumes a rich brown colour, pour it into sauces or small pots, and use a little as required; or it may be put into a wide-mouthed bottle, corked and tied down or sealed.

44. Browned flour.—Spread a little flour on a tin, or flat plate, and dry it in an oven or before the fire, till it assumes the browness required.

45. Various flavouring articles serve also the purpose of colouring; as, port wine, soy, catsup, walnut pickle, &c. The thing to be observed, is, never to study *colour* at the expense of *flavour*.

46. Gravy.—Gravy is much richer and better flavoured if prepared from several kinds of meat. It is worth the while of any cook to try this, by using at one time a pound or two of gravy beef, and at another time, a pound or two of trimmings from beef, veal, pork, mutton, and poultry. The very best gravy for poultry is made from heads, necks, and feet (which may be obtained at the poulterers for a mere trifle), with a little bit of beef. Most joints of meat for roasting afford plenty of trimming

bits to make gravy, and probably there may be some little odd bits left of the day before. To have gravy well flavoured, be sure that it never stops boiling after it once comes to boil. If it is left to coddle on the hob, or is now off and now on the fire, it is sure to have a taste of the saucepan, however clean. We should recommend the cook, every day when she clears away from dinner, and sets away the meat on clean dishes, to collect in one basin every drop of roast meat gravy; in another every drop of boiled meat gravy; and in another every little trimming bit of dressed meat, and pour over it a quart of boiling water, or liquor in which meat was boiled. Next morning, when she prepares raw meat for cooking, let her collect all the little trimming bits, and boil them with the liquor and bits set by the day before. This may be done early in the morning, boiled quickly, and poured off before the fire is wanted for other purposes. Thus she will always have gravy in store for every emergence. Then if she has white sauce to prepare, such as celery or oyster sauce, parsley and butter, or caper sauce, the cold boiled meat gravy (which she will most likely find a stiff jelly), will form an excellent basis for it, much more rich and relishing than water. If she wants good brown gravy for roast meat or fried, the cold roast meat gravy will enrich and colour what we have called store gravy, with the addition of any flavouring that may be required. Good managers who attend to this every day, do not know what it is to be distressed for gravy, or running to the butchers for gravy beef. In extensive establishments a large quantity is constantly kept, both of brown and white stock,—the former prepared from beef, and the latter from the knuckle of veal.

For a plain roast joint, no flavour of spice or herbs should be given to the gravy, a little good rich broth, perfectly free from fat, with a little salt, and browned, if at all, with toasted bread, is the best that can be used. Some people prefer a quarter of a pint of boiling water, with half a tea-spoonful of salt, dropped by degrees on the brown parts of the meat for the last half hour of its

roasting into a dish set under to catch it. Soon after this is done, the meat becomes brown again, and the dish being removed into a cool place, the fat floats on the surface, which remove, and warm up the gravy. Others prefer removing all the fat from the dripping pan, carefully wiping away every particle of dust, then returning the dripping pan under the meat, with a quarter of a pint or more of boiling broth or water, which gathers up richness and savour both from what adheres to the pan and what drips from the meat. The gravy of roast meat should be poured into the dish at the side, not poured over the meat. This gravy is sufficient for all parts of roast mutton and beef, and for a leg or shoulder of lamb.

47. Veal gravy, as above, only add to it a tea-cupfull of thick melted butter; or melt the butter in the gravy. The same for a target or loin of lamb.

48. Pork gravy.—Have a little good broth made of the trimmings of any kind of meat, flavoured with an onion, and thickened a little with either toasted bread or dried flour (41, 44). Be very careful that it does not touch the rind of the pork, as it would make it sodden and limber.

49. Gravy for boiled meat should be nothing more than a tea-cup full of the liquor in which it was boiled, carefully skimmed and free from fat. With such meats as have sauces, the whole is improved in flavour and blending, by a part or all of the sauce being poured over the meat, beside the tea-cupful of liquor in the dish. For example: parsley and butter over boiled veal or fowls, caper sauce over boiled mutton. But this must not be done unless the cook knows the taste of all the company, lest it should be disagreeable to any.

50. Rich brown gravy for poultry, game, or ragout.—According to the goodness of your store gravy (No. 46), more or less meat will be required. To produce a half-pint of rich gravy, one pound of meat and one pint of water must be allowed, the meat reckoned clear of bone. Separate as much of the meat from the bones as you can; chop it up as fine as mincemeat; chop also an ounce of

ham or gammon (unless you have by you jelly that has settled in the dish under a ham, this will answer the purpose still better). Lay at the bottom of the stew-pan, one ounce of butter, an onion sliced, and the chopped meat; cover it close, and set it on a clear slow fire for a few minutes, moving it about to prevent sticking. When the gravy draws and the meat is somewhat brown, add by degrees the water or liquor. When it boils, put the bones of the meat, chicken's heads, and feet, or whatever you have of that kind. When it boils again carefully skim it, then add a crust of bread toasted brown, a sprig of winter savoury*, or lemon thyme and parsley, a strip of lemon-peel, a dozen berries of allspice, and a dozen of black pepper. Cover it close, and keep it boiling gently till the liquor is reduced to half, and the bones look white and dry; then strain; when cool, skim off any fat that may have settled; thicken it with No. 34; flavour with No. 24 or 30.

For those who like a high relish, scald the livers of the poultry or game, pound them with a bit of butter in a mortar, a few grains of cayenne pepper and nutmeg; mix it smooth with a table-spoonful of port wine, the same of mushroom catsup, and half the juice of a lemon, and stir this into the sauce with the thickening.

51. Gravy for wild water fowl.--Half a pint of good gravy (in which *white* meat prevails over brown), half a a dozen leaves of fresh basil, a small onion, a clove of garlic or eschalot, a strip of thin rind of lemon or Seville orange peel; let it boil a few minutes, and strain off. Heat it again, with the addition of half a tea-spoonful of salt, the same of white pepper ground, a few grains of cayenne, a small lump of sugar, a tea-spoonful of made mustard, a glass of port wine, aud the juice of a Seville

* Once for all, observe, that where flavourings of herbs are directed, if you keep the essences (No. 10) by you, a few drops of them may be added instead, just before serving. It is hard to say exactly the proportion, because it depends on the taste of those for whom you cook; some like one flavour to prevail which others would dislike.

orange or lemon. All kinds of gravy and sauce should be served hot, but this pre-eminently so.

52. Gravy for roast goose or pork.—A quarter of a pint of good brown gravy, thickened with No. 34, and flavoured with a table-spoonful or more of No. 32.

## Sauces.

53. Melted butter.—This is almost a universal sauce for fish, flesh, fowl, and vegetable, and yet it is very frequently spoiled and rendered disgusting. It is no uncommon thing to see one boat of melted butter resembling bookbinder's paste; another that turns the stomach bilious at sight of its floating oil; and a third with a layer of floury lumps at bottom, then half a boatful of water, just headed by an apology for butter at top. All these errors may be avoided by duly proportioning, and mixing, and concocting the ingredients. A small quantity of liquid is required in melting melted butter; this may be either water, milk, or gravy. Milk is objectionable when any acid is to be mixed with the sauce, as capers, lemon-juice, catsup, &c. Clear gravy or broth enriches the sauce, and is to be preferred when intended for roast meat, or for vegetables to be eaten with roast meat. Water is to be preferred for fish and for puddings, to which any mixture of wine is intended. It must always be mixed *cold*. The thickening employed may be either flour, arrow root, or potatoe starch (No. 35.)

The proportions are two ounces of butter, rather less than a quarter of an ounce of thickening (this will be a large tea-spoonful) and two table-spoonfuls of liquid. If wine, catsup, or other liquid are to be added, less liquid in proportion must be allowed in mixing. As to the method of mixing there are two ways equally good; one is to break up the butter on a trencher and thoroughly work up the flour in it; then add to the cold liquid in the sauce-pan. The other is by dropping the flour at top of the liquid a quarter of an hour or twenty minutes before it is

to be set on the fire, without stirring at all. By that time it will have entirely sunk, and separated every particle; then shake it well round till the flour rises and thickens the liquid; add the butter, and in either case melt it over a clear brisk fire, shaking it all the time one way. Let it thoroughly boil, and pour out immediately; if it stands a moment on the hob it will be sure to oil.

If butter is properly melted, that is, if due attention be paid to the above directions, it will scarcely ever be found to oil; but if such an accident should occur, it may be remedied by adding a spoonful of cold water, and pouring it backwards and forwards several times.

A silver saucepan is best for melting butter, but this is rather too expensive for plain families; a very nice block tin saucepan, or one of copper, well tinned and kept delicately clean, will answer every purpose.

When it is required to have the melted butter very rich, fresh cream may be used instead of milk, water, or gravy. It will take three spoonfuls instead of two.

54. Parsley and butter.—Observe, the same rule will apply to fennel, chervil, basil, tarragon, mint, and cress.—Have fine, young, quick-grown, and fresh-gathered parsley; the coarse harsh stale leaves of either parsley or fennel will never boil a good colour; and what is given by the poulterers or fishmongers is generally either stale or kept *apparently* fresh by being kept in water, which is exceedingly pernicious; therefore, if possible, have your herbs fresh gathered from the garden. Pick it very nice and clean from dead leaves, blight, or dirt, but leave the stalk to each leaf; tie it up in a bundle, throw it into a tin saucepan of fast boiling water, with a tea-spoonful of salt; make it boil up instantly, and continue so till the leaves are tender, which will be from six to ten minutes, according to the age and freshness of the herb; drain it on the back of a sieve, chop it as fine as possible, and stir into melted butter (No. 53), the moment before serving. The beauty of these sauces is the delicate green which is always accompanied by the pure flavour of the herb, and its being chopped so fine as to be tasted without being

felt. If the herb is overboiled or slowly coddled, it acquires a dingy colour, a strong unpleasant taste, and an unwholesome effect.

Parsley-and-butter is sauce for boiled fowls, pigeons, rabbits, veal and lamb, eel, jack, sole, perch, and other boiled fish.

Fennel-and-butter is chiefly used as sauce to mackarel and salmon.

Fennel and parsley in equal parts, with a sprig or two of mint, makes a good sauce for mackarel, or for boiled veal, or lamb, or calf's feet.

Chervil is more pungent than parsley, and is by many persons preferred as a sauce for either boiled poultry or fish. It is at least a pleasant variety. The same may be said of cress.

Tarragon or Burnet make rich pleasant sauces, chiefly used for steaks by those who prefer having them sent to table without gravy in the dish.

55. Caper sauce. — A table-spoonful of capers, and two tea-spoonfuls of vinegar; chop the capers fine, or leave part of them whole, or cut only in half, as may be preferred; stir them into a quarter of a pint of thick melted butter, which has been made with good gravy; shake the sauce the same way as in melting the butter, or it will oil. Let the butter once boil up after the capers are added. This sauce accompanies boiled mutton and lamb.

56. A very good substitute for capers may be found in young buds of nasturtiums pickled in cold vinegar without any addition of spice. There are many other imitations, but we do not consider them worth adopting.

57. Celery sauce. Choose young fresh-dug celery; take off all the outside leaves, and leave none but what are quite crisp and tender, which may be known by their breaking short without stringing; cut up in pieces an inch long, two heads of celery, or more, according to the quantity of sauce required. Have a pint of weak, light-coloured broth (*i. e.* the liquor that has boiled chicken, veal, or lamb); when fast boiling, throw

into it the celery with a tea-spoonful of salt: let it boil fast till the celery is tender. If it has not sucked up nearly all the liquor, pour off what you can; add an ounce or rather more of butter rolled in flour, a dust of nutmeg, and a quarter of a pint of cream. This sauce belongs to boiled fowls, turkies, or rabbits.

When fresh celery cannot be obtained, the flavour may be imparted by a tea-spoonful or rather less of the essence of celery seeds (No. 10) to a boat of melted butter enriched with cream, and made very thick with arrow root or potatoe starch, flavour with nutmeg; or, a quarter of a drachm of celery seed bruised and simmered in a little white gravy; strain and add to the melted butter, will answer the purpose.

Brown celery sauce, used with steaks or roast fowls, and sometimes with boiled turkey or veal, may be made in the following manner: clean and cut the celery as above, with a couple of small onions sliced; put them in a stewpan, with an ounce or rather more of butter; cover close, and stew over a slow fire till quite tender; then add by degrees a quarter of a pint of good beef gravy, and a quarter of a pint of cream in which a little browned flower has been rubbed; let it simmer a quarter of an hour; then rub through a coarse hair-sieve with the back of a spoon.

Another way. Having stewed the celery as first directed, only in brown gravy instead of white, add an ounce or more of butter rolled in browned flour; season with nutmeg or mace; and instead of cream, add a glass of red wine and a table-spoonful of catsup.

58. Sorrel sauce, for lamb or veal fried or roasted, sweetbreads, &c. Sorrel, like spinach, shrinks very much in dressing; two quarts of sorrel leaves will not make more than a tureen of sauce; pick and wash it clean; put it in a stewpan with one ounce of butter; cover close and set over a slow fire for a quarter of an hour; then rub through a coarse hair-sieve; season with pepper, salt, nutmeg, and a small lump of sugar; squeeze in the juice of a lemon, and make the whole thoroughly hot.

59. Eschalot or garlic sauce. Two or three cloves of garlic will be sufficient to flavour a boat of sauce; of eschalots twice or three times that quantity. Pound to a pulp in a mortar with a piece of butter as large as the bowl of a tea-spoon; rub through a hair-sieve, and stir into a boat of melted butter or good brown gravy enriched with butter (see No. 50). Chiefly used with rump steaks and roast ducks.

60. Mushroom sauce.—[Observe, some people object to eating the mushrooms, and only choose the flavour; others like the substance. Having ascertained this matter, the cook may employ whichever of the following recipes suits best.]

Wash and pick half a pint of young mushrooms, rubbing them with salt and flannel, to take off the loose skin. Put them in a saucepan with a tea-spoonful of salt, a shake of white pepper, a grate of nutmeg, and two ounces of butter, rolled in as much flour, arrow root, or potatoe mucilage, as it can be made to carry; simmer them together, frequently shaking or stirring; when the mixture boils, add half a pint of cream, and stir again till it boils and thickens. It is then done.

Sprinkle with salt six or eight large mushrooms to draw out the gravy; let them stand a night or more. Prepare half a pint of young mushroom as above, simmer them with a little salt and pepper, in half a pint of veal gravy or milk, till quite tender, and the liquid reduced nearly to the quantity required. Then stir in two ounces of butter rolled in thickening (as above) and the juice of the large mushrooms; boil up once or twice, skim, and strain it.

N.B. Both these preparations are *white*, and most suitable for white meats, as boiled fowls, rabbits, or white fricassees. For sauce to rump steaks, fried meat of any kind, or brown fricassees, the mushroon sauce should be brown. For this purpose, instead of employing veal broth, milk, or cream, begin with good beef broth, or gravy of roast meat, and warm the sauce in a frying pan in which the meat has been fried.

Whether *brown* or *white* sauce be desired, the first method retains the mushroom in substance, the second has only the flavour.

When mushrooms are not in season, the flavour may be obtained by merely adding two table-spoonfuls of best catsup to a boat of thick melted butter. This mode is frequently adopted for fish sauce.

61. Onion sauce.—[When onion sauce is ordered, the cook should inquire whether her employers like the full flavour of the onions, or as mild as it can be made; and according to that adopt the first or second of the following recipes.]

(1.) Take ripe onions with the skins on, merely removing the rooty fibres and the tops. Let them lie an hour in salt and water; then throw them into a saucepan of boiling water, and boil them till they are tender. Be sure to allow them plenty of room and water in boiling; when quite tender, skin them; rub through a colander; season with pepper and salt, and mix with an equal quantity of thick melted butter. This sauce is commonly used with roast shoulder or leg of mutton.

(2.) Observe, the largest onions with silvery looking skins are the mildest. Take six or eight of these; peel and wash them in spring water. Have ready a large tin saucepan of boiling water, into which throw them, and let them boil a quarter of an hour: then pour off the water, and cover them with fresh water from a boiling tea-kettle. In this boil them till they are perfectly tender; then thoroughly drain them in a sieve or potato-steamer. They will now be greatly reduced in size. Put them into a clean saucepan of a suitable size, with half a pint of new milk, two table-spoonfuls of cream, an ounce and a half or two ounces of butter rubbed in flour, salt and pepper to taste; stir together till it boils. Some people like it strained through a sieve or tamis; others like the substance finely beaten up. This is the usual sauce for tripe, boiled

rabbits, boiled ducks or partridges, and sometimes for boiled scrag of veal or mutton.

For tripe or ducks some people prefer gravy to milk, and add two large tea-spoonfuls of made mustard. Others for tripe prefer boiling the onions with the tripe in milk and water, and serving the whole together in a deep dish or tureen; with cold butter for each person to add to the onions as approved.

Onion sauce may be made of small button onions; a pint of onions will make a moderate quantity of sauce. At the time of year when onions are scarce (viz. May and June, the old onions being past and the new ones not come in) a very excellent substitute may be found in the heads of leeks, the tree leek being just in perfection at that time.

62. Brown onion sauce.—Slice large Spanish onions; put a few at a time into a frying pan, with a bit of butter just enough to brown them over a slow clear fire; as they shrink and become brown, add a few more slices till the whole quantity is in; then add pepper and salt, a dust of cayenne, a quarter of a pint of rich brown gravy, and a piece of butter rolled in flour; the whole quantity of butter required will be between one ounce and two. Let it simmer till the onions are perfectly tender, and the whole well mixed and smooth. Skim if necessary, and then add half a wine glass of port wine, and the same quantity of best mushroom catsup. This sauce is a favourite accompaniment with beef steak, and with a rewarm of cold beef whether broiled or fried.

63. Tomata or love-apple sauce.—Take from ten to fifteen fine tomatas, ripe and red; take off the stalks, open the fruit, remove the seeds, and press them with the hand to take out the water. Then put them into a stew pan with a capsicum and two or three spoonfuls of good gravy; set them over a slow stove or clear slow fire, and let them simmer gently till the fruit is quite tender and pulpy; this will take an hour or more; then strain through a tamis, and return to the stewpan, with a little white pepper and salt, one ounce of butter, and a little more gravy if too thick, and let it simmer together a few

minutes. Some people like the flavour of an eschalot or onion, or a clove or two, a bayleaf, or a little thyme, and some add a spoonful of tarragon vinegar; but in general the best rule is to let a sauce be what it professes to be, and avoid a combination of flavours. This sauce is said to be suitable with every kind of meat, roast, boiled, fried, or broiled. A very good substitute may be made of apples; the pulp being coloured with turmeric, and an acid flavour imparted by vinegar. Those who have been most used to the real thing, will judge best the colour and flavour to which the imitation must be brought.

64. Sage and onion sauce.—For roast pork, ducks or geese. Two moderate sized onions, and thirty fine young leaves of green sage, chop them as fine as possible, and simmer gently in as little gravy as will keep the saucepan from burning, about a tea-cupful. In ten minutes or a quarter of an hour, add a tea-spoonful of pepper and salt, and half a tea-cup of fine bread crumbs; toss the bread crumbs into the gravy fast boiling, and let it continue to simmer two or three minutes; then add a quarter of a pint of melted butter. Stir the whole mixture, and let it simmer two or three minutes longer.

65. Horse-radish sauce may be made either brown or white. In either case grate a tea-cupful of fresh dug horse-radish, and make the sauce immediately, as the spirit of the horse-radish is very apt to evaporate. If the sauce is to be brown, have half a pint of rich brown gravy properly thickened; stir in the horse-radish with two table-spoonfuls of vinegar, a pinch of salt, and two small lumps of sugar.—If the sauce is to be white, put into a half pint of new milk, boiling, the crumbs of two penny French rolls. Let them boil till reduced to a pulp; then season with salt and sugar, and stir in the horse-radish with two ounces of butter. These sauces are usually eaten with venison, or with mutton dressed in imitation of it.

66. Lemon sauce.—Peel a lemon entirely free from the white pith; cut it into thin slices; divide these into small squares, and stir with a lump of sugar, into a

quarter of a pint of melted butter. This sauce is used for boiled fowls, &c,; also for puddings.

67. Gooseberry sauce.—In a small quantity of water scald a half pint of green gooseberries; do them till they are tender, but not broken; drain them on a sieve. When the liquor is cold, use it, or as much of it as is required to make half a pint of thick melted butter. When ready, stir in the gooseberries with a little grated ginger and lemon peel. This is the old fashioned sauce for mackarel.

68. Apple sauce.—Pare, core, and slice four, five, or six juicy baking apples. Have your saucepan particularly well tinned and clean. Two table-spoonfuls of cold water or cider will be sufficient to keep the saucepan from burning, and more would only impoverish the sauce. Instead of putting on the lid of the saucepan, lay the longest pieces of apple peeling to keep in the steam. Some people like the flavour of a bit of lemon-peel. Some apples require long stewing, others boil very quickly, and all the time that they are in the saucepan beyond what is really necessary only injures the flavour; therefore calculate as near as may be the time required. The fire should be clear and slow, and the saucepan not suffered to come too near the fire, lest the fruit should burn. When done enough they will sink in the saucepan; then remove the peelings from the top; and beat up, with a small bit of butter, a tea-spoonful of fine powdered sugar, and a dust of nutmeg. This sauce is used with roast pork, goose, and duck.

69. Mint sauce.—Take a handful of green mint, fresh gathered and young (some like a little parsley with it); pick clean from stalks, and chop very fine. It is usually served in a pickle leaf or two; just before serving add a tea-spoonful of moist sugar, and three or four table-spoonfuls of vinegar. This sauce is used only with roast lamb, hot and cold.

70. Poor man's sauce.—A handful of fine young parsley leaves picked from the stalks and chopped fine; a dozen of young green onions also chopped fine. Add pepper and salt, two table-spoonfuls of best salad oil, and four

of vinegar. Some people like the addition of a little scraped horse-radish, or of pickled French beans or girkins. This sauce belongs principally to cold meat.

71. Kelly's sauce.—Mustard, brown sugar, and black pepper, a tea-spoonful of each, rubbed together, and with a table-spoonful of garlic vinegar, stirred into half a pint of melted butter. This is a good sauce for boiled tripe, cow heel, calf's foot, or knuckle of veal.

72. Truffle sauce.—Truffles are only good while in season; when preserved they are dry and insipid. To eighteen truffles sliced allow two ounces of butter; simmer them together till the truffles are tender; then add as much good gravy, either white or brown, as will bring it to the thickness desired; season it with salt and squeeze in the juice of half a lemon.

Many other recipes might be given for vegetable sauces, such as asparagus sauce, green peas sauce, turnip sauce, &c. &c., but they amount to little more than "boil the vegetables and mix them with melted butter or gravy." We think the end much better answered by boiling the vegetables as vegetables, and eating them with melted butter or meat gravy.

73. The Spaniards' garlic gravy.—A high and rich relish for game, beef, or mutton. Slice a pound and a half of lean meat, partly veal and partly beef; pepper and salt it; lay it in a stewpan with a couple of carrots; split four or five cloves of garlic sliced, a quarter of a pound of ham sliced, and a large spoonful of water; set it over a gentle fire; and as fast as the meat begins to stick to the pan, turn it till the whole is browned; but be very careful that it is not at all burnt: then dredge it with flour, and add to it two or three cloves bruised, a lemon sliced, and a quart of broth; when it boils, add a bunch of sweet herbs; let it simmer gently for an hour and a half; then take off the fat, and strain the gravy from the ingredients.

Another way.

Take the meat, ham, carrots, and garlic, and prepare as above. Let the liquor be that in which several kinds

of meat, poultry, and game have been boiled: the greater variety the better. Three pints of this liquor may be allowed. Let it boil till very rich, and considerably reduced in quantity; then strain and press the gravy; set it on again, and, when it boils, add a bunch of parsley and young onions, a bay leaf, a little sweet basil and thyme, and two or three bruised cloves; let it simmer till the herbs are done; then strain and press again; and set the gravy on or beside the fire till it becomes perfectly clear, and will jelly on a spoon. It may then be finally poured off. It will become a stiff jelly; will keep several days; and may be warmed, as occasion requires, with an equal quantity of wine, either red or white. For venison, hare, or beef, the wine should be red; for pheasants, partridges, or poultry, white is to be preferred.

74. Kelly's sauce piquante.—A table spoonful of capers pounded; the same quantity of parsley chopped as fine as possible; the yolks of three hard-boiled eggs; rub them well together with a table spoonful of flour of mustard. Bone and pound six anchovies, and mix with two table-spoonfuls of oil, one of vinegar, one of eschalot vinegar, and a few grains of cayenne pepper; rub all three together in a mortar till thoroughly incorporated; then stir them into half a pint of rich gravy or melted butter, and put the whole through a sieve. This is for steaks, game, &c.

75. Wow wow sauce for stewed beef, or beef bouilli.—Chop very fine, a handful of young parsley; quarter and slice two or three pickled cucumbers or walnuts, or part of each. Put into a saucepan an ounce of butter; when melted, stir into it a table-spoonful of fine flour, and half a pint of the broth in which the beef was boiled. When it boils, add a tea-spoonful of made mustard, and a table-spoonful each of port wine, vinegar, and mushroom catsup; let it simmer till it thickens sufficiently; then stir in the parsley and pickles to get warm; and pour the whole over the beef, or in a sauce tureen. The flavour may be varied at pleasure, by a tea-spoonful or two of any of the

vinegars (p. 48), or a few drops of either of the essences (p. 47), or any variety of pickles.

76. Liver sauce.—Scald the liver of poultry or rabbits, which should be perfectly fresh, and chop them as fine as dust. If a large quantity of sauce is wanted, the poulterer can generally supply a few more livers. Season with pepper, salt, nutmeg, and a squeeze of lemon-juice, and stir into a sufficient quantity of melted butter. Some like the addition of chopped parsley; others, that of a lemon cut up in small pieces; and some like the flavour of spice, or savoury essences (see p. 47).

77. Robert sauce for steaks.—Into a saucepan or frying-pan put one ounce of butter; as it simmers, throw in a handful of onions shred small; fry them brown, but be careful not to let them burn. Shake in half a tablespoonful of flour, and give it another fry. Then season with pepper and salt, and add four spoonfuls of good gravy; let it simmer together ten minutes; skim off the fat; then add a tea-spoonful of made mustard, a tablespoonful of vinegar, and the juice of half a lemon; boil it all, and pour round the steaks.

78. Currie sauce—is made by stirring into melted butter a sufficient quantity of curry powder, or of the wine or vinegar in which those ingredients have been steeped. The quantity must be determined by the palate of the guests. If left to the cook, she must be careful not to exceed, as a little of the powder can be added on the plate.

79. Ragout sauce.—Two sweetbreads of veal or lamb; the livers of six fowls; and the combs of twelve; from one dozen to two (according to their size) inside eggs of fowls; a dozen mushrooms; four truffles; and a dozen force-meat balls; stew them all together till quite tender, in a quart of rich brown gravy, which will be reduced at least half a pint; then add one ounce of butter rolled in flour; season with salt and pepper, and the juice of a lemon.

80. Spanish sauce.—Boil tender two dozen chesnuts

and one dozen button onions; peel the chesnuts; then have a sweetbread boiled or fried, and cut in pieces, with two dozen force-meat balls, twelve mushrooms, six truffles cut in slices; one pint rich brown sauce, and two spoonfuls of Tarragon vinegar; simmer all together, and season with salt and pepper.

81. Hunter's sauce.—To a quarter of a pint of rich brown gravy or thick melted butter, add a glass of claret or port wine, a large tea-spoonful of made mustard, a little pepper, salt, and cayenne; simmer a few minutes, and serve very hot. This sauce is used for game, steaks, or roast mutton.

82. Wine sauce for venison, hare, or haunch of mutton.—Simmer together equal parts of port wine and rich mutton gravy, without any flavouring addition. To half a pint add a table spoonful of currant jelly; let it just boil up.

83. Sweet sauce for the same.—This is nothing more than currant jelly, either red or black, or part of each. Some people like it melted, and served hot; others like it sent to table as jelly.

84. Sharp sauce for venison.—Best white-wine vinegar half a pint; loaf sugar pounded quarter of a pound; simmer it gently; skim, and strain it through a tamis.

85. Old sauce for venison.—Port wine one pint; loaf sugar pounded, half a pound; a stick of cinnamon; simmer a considerable time, till it resembles jelly, but keep it back from actual boiling. When tolerably thick, remove the cinnamon; let it boil up; and throw in a large tea-cupful of bread-crumbs. Let it boil together a few minutes till it thickens.

86. Sauce for a hare.—Cream one pint; butter half a pound; stewed together over a slow clear fire till the butter is melted, and the sauce thickened; season to taste with salt and nutmeg, and serve in the dish with the hare.

Another.—Port wine half a pint; loaf sugar quarter of a pound; simmer together, and stir into an equal quantity of good gravy thickened with butter rolled in

flour; and two table-spoonfuls of currant jelly. Serve very hot.

87. Sauce for a pig.—Three-quarters of a pint of good beef gravy boiling hot; six or eight leaves of sage chopped as fine as dust; and a small tea-cupful of bread-crumbs; a blade of mace; and six or eight white peppercorns; let them boil six or eight minutes. Meanwhile, the pig is to be taken up (not on the dish on which it is to be served); with a sharp strong knife cut it down the back, cut off the head, and split it. Remove the sides on to the dish in which it is to be served, with the bread-crumbs that were roasted in it, but not the gravy that has dropped from it in cutting. Take out the brains; and lay the head half at each end of the dish, for serving. Cover it up, to keep hot, while you stir into the sauce the brains, gravy, and whatever sticks about the dish on which you cut it; one ounce of butter rolled in flour, two table-spoonfuls of cream, and, if approved, one or two of catsup; simmer a minute or two till all is well blended; and serve in a sauce tureen. N.B.—Some people still like the old fashioned addition of one ounce of currants (dried) simmered in a glass of wine and a little sugar; but this is seldom required.

88. Turtle sauce.—To a pint of rich beef gravy thickened, add a wine-glass of Madeira, the juice and peel of half a lemon, six or eight leaves of basil, an eschalot sliced, a few grains of cayenne or curry powder, a table spoonful of essence of anchovy; simmer together five minutes; then strain, and add a dozen turtle force-meat balls. This sauce is used for calf's head boiled or hashed, for stewed veal, or for any other rich dish dressed in imitation of turtle.

89. Bread sauce may be made with either gravy or milk; if the former, stew the necks, heads, feet, &c. of the poultry for which the bread sauce is intended, with an onion and a dozen peppercorns, or part allspice. When reduced to the quantity required for the sauce, which will be about half a pint, strain the liquor, boil it up again, throw in a small tea-cupful of bread crumbs, let it boil till quite stiff.

If you can guard against its burning, it is better not stirred. Perhaps it is as good a way as any, to hold it over the fire, shaking it occasionally, till it thoroughly boils; then set it aside on the hob till time to serve; then stir in half a tea-spoonful of salt, one ounce of butter, and two table-spoonfuls of cream.

If made with milk, set on rather more milk than the quantity you wish to serve, with two small button onions and a few peppercorns; let them boil till the onions are tender, then remove the spice, and add the bread crumbs as above; also the butter, cream, and salt, and a little grated nutmeg: if cream is scarce, put rather more butter instead. This sauce is used for roast fowl, turkey, pheasant, partridge, &c.

90. Egg sauce.—Boil three or four eggs twelve minutes; when cold, chop up half the whites, and pound the yolks with a small sprinkle of salt. Rub the yolks with two ounces of butter, which melt in a small quantity of milk or water: when it boils, stir in the chopped whites. Some people prefer melting the butter separately, and stirring in the chopped eggs, yolk and white together. Used with roast fowl and roast veal, also with salt fish.

91. Rice sauce.—Set on a pint of milk with onion and pepper, the same as for bread sauce; when the milk boils, add a quarter of a pound of rice, well picked and washed; let it simmer till tender, then take out the spice and rub it through a sieve; warm with a spoonful or two of cream, an ounce of butter, a pinch of salt, and a dust of nutmeg. This is used with the same dishes as bread sauce.

92. Anchovy sauce.—Pound three anchovies in a morter, with a small bit of butter; rub it through a hair-sieve with the back of a wooden spoon; stir it into half a pint of thick melted butter. Some people add a little lemon-juice and cayenne; others prefer the simple flavour of the anchovy. A table spoonful of essence of anchovies strained into the melted butter, answers the same purpose. This is proper with most kinds of sea fish,

whether fried or boiled: mackerel is almost the only exception.

93. Lobster sauce.—Choose a fine heavy hen lobster, with plenty of spawn; carefully pick out all the spawn and red coral which runs down the back; pound it to a paste, with half an ounce of butter; cut up the meat of the back and claws into small squares, or pull it to pieces with two forks: make ready half a pint or more of melted butter, according to the quantity of sauce required; stir the lobster into it when boiling hot, and keep it on and off the fire two or three times, till the lobster is hot through, and well mixed; but do not let it boil, lest the brilliant red should be dimmed. Any other flavour may be added, if approved; as cayenne, anchovy, catsup, or lemon-juice; but most people prefer the simple flavour. A spoonful or two of cream is a great improvement. Lobster sauce accompanies turbot, salmon, soles, and some other kinds of sea fish.

94. Oyster sauce.—Two dozen oysters will make a half-pint of sauce, not more. As you open the oysters, save every drop of their liquor, perfectly free from shell and dirt. If the oyster opener is not very expert and careful, the liquor must be strained, but if the end of cleanliness can be answered without this unnecessary waste of the liquor, it is better avoided. Scald the oysters in the liquor till they look plump, then take out the fish and add to the liquor two ounces of butter rolled in flour and two table-spoonfuls of cream. Give it a boil up, and see that it is perfectly smooth and free from lumps, if not it must be strained. Meanwhile take off the beard or fringy part of the oysters, and, if they are large, cut them in two. Stir them into the hot butter, and keep by the side a minute or two till thoroughly hot, but do not let them boil as it hardens them.

95. Roe sauce.—Boil the roes of three or four mackarel, the soft roes are preferred; clear away all skin, and bruise them with the back of a spoon; beat up the yolk of an egg with a little pepper and salt, a little fennel and parsley scalded and chopped very fine; rub the whole to-

gether, and stir into a sufficient quantity of melted butter. Instead of the parsley and fennel, some people prefer a spoonful of catsup, essence of anchovy, or walnut pickle.

96. Shrimp sauce.—Shell a pint of shrimps, and stir into half a pint of melted butter; a little cream is the only addition we recommend for this delicately flavoured sauce. It is used with salmon, turbot, soles, &c.

97. Liver sauce for fish.—Scald the liver, clear away all fibres and specky parts; pound it in a mortar, with a small bit of butter; then boil it up with melted butter; season with cayenne, and add a squeeze of lemon juice. Some people like the addition of catsup or anchovy.

98. A sauce for all sorts of fish.—Take half a pint of rich gravy, half a pint of claret or port, a wine glassful of madeira or sherry, a little nutmeg and salt, three anchovies, and two table-spoonfuls of catsup; simmer together till the anchovies are dissolved, then add three ounces of butter thickened with flour, arrow-root, or potato mucilage; when it boils, add some scraped horse-radish, a lobster cut in bits, a dozen or two of oysters, a few small mushrooms, and half a pint of picked shrimps or crayfish, or such of them as are at hand. This sauce is intended to pour over the fish, and is most suitable to boiled carp, tench, or pike, or boiled cod, whiting, or haddock.

99. Pudding sauce.—One glass of white wine, half a glass of brandy, half an ounce of powdered loaf sugar, a little grated rind of lemon, and a little powdered cinnamon, mixed with an equal quantity of very thick melted butter. For those who frequently require this kind of pudding sauce, it is a good way to keep a bottle ready prepared for mixing with melted butter. In a bottle containing two pints of sherry, and one pint of brandy; steep the kernels of apricots, peaches, and nectarines, with an ounce of thin-shaved lemon rind, half an ounce of mace, and a quarter of a pound of fine loaf sugar; pour off clear a little to mix with butter, when required: two table-spoonfuls will flavour a boat of sauce. Or the mace and lemon-peel may be steeped in a pint of sherry,

or half a pint of brandy; after standing fourteen days, strain and add a quarter of a pint of capillaire.

100. Custard Sauce.—For eating with rice or other plain puddings, or with fruit pies. Stir a pint of sweet cream in a double saucepan* till it comes to boil, beat the yolks of two or three eggs with a spoonful or two of cold cream, and an ounce of fine pounded sugar, pour the hot cream to them and pour several times backwards and forwards to prevent curdling; then set the inner saucepan over the boiling water and stir it continually one way till it thickens and is on the eve of boiling; serve in a china basin with grated nutmeg or powdered cinnamon strewed at top.

## Seasonings, Stuffings, and Forcemeat.

In all these compositions great care must be taken to proportion the different flavours, so that all may be tasted but none unduly predominate; the more complex the preparation the greater need of care in this particular.

Always allow room for the stuffing to swell, otherwise it will be hard and heavy.

If eggs are used, put just enough to bind the other materials together, so that the stuffing when done may cut in neat slices, but more eggs than is required for this purpose would only harden the composition.

Be very careful to have young herbs, fresh gathered, perfectly clean and chopped as fine as possible. If the flavouring herbs or any part of them, require a longer time to do than the meat they are to accompany, they must be previously scalded, but not more than is absolutely necessary or they will become insipid. This rule applies to onions for seasoning of young ducks, or thin joints of pork; if added raw, when the meat is done they

* Somewhat resembling a carpenter's glue pot, or a potatoe steamer except that there are no holes in the bottom of the inner saucepan. The outer part is to be filled with water, this kind of saucepan should always be used for custards or warming cream.

will still have an unpleasant crispness, which may be remedied by scalding the onion five minutes before chopping.

101. Seasoning for roast pork, ducks, or geese.—Two-thirds onion, one-third green sage, chopped fine, and seasoned with salt and pepper, either with or without the addition of bread crumbs, equal in weight to the sage and onion, and a bit of butter the size of a walnut; some people object to the flavour of onions and use only sage with bread crumbs instead of onion, and a bit of butter the size of a walnut, pepper and salt as usual. Chives are much milder than onions and as such are often preferred; those who like a very strong relish sometimes add to the onions a clove or two of garlic.

For pork the seasoning is to be put in at the flappy part and secured with a skewer, or sewed in; be sure to remove the skewer or thread before serving. For ducks or geese, tie up the skin round the throat, put the seasoning in at the vent, and secure it by turning the rump through the apron or front skin of the bird.

102. Seasoning for a goose.—Scald the liver, chop fine, crumble twice its weight of bread, chop fine four moderate size onions, or an equal weight of young onions or chives, half that weight of green sage, a table-spoonful of potatoe starch, half an ounce of butter, the yolk of an egg; mix well, and season highly with pepper and salt.

103. Chesnut seasoning for a goose.—Boil or fry chesnuts till the outer skins easily come off, and the inside floury part will pound or grate; they must be reduced to powder, then chop the scalded liver and an onion or two; mix well together, and season with pepper, salt, cayenne, and the juice of a lemon.

104. For a sucking pig.—A large tea-cupful of grated bread, two ounces of butter; season with pepper, salt, and nutmeg; scald two small onions, chop fine, and thirty leaves of young sage; work it together with the yolk of an egg, and sew in the belly of the pig.

105. Family stuffing for veal, heart, rabbit, turkey, and

many other purposes.—Grate half a pound of crumbs* of bread, chop fine a quarter of a pound of beef or lamb suet, or beef marrow; season with salt, pepper, and nutmeg; mix with two eggs well beaten. Herbs, chopped fine, parsley a handful, thyme about a quarter as much, five or six sprigs of marjoram and vervain, and, if approved, winter savoury or knotted marjoram, the juice of a quarter of a lemon. For poultry or rabbits, scald and chop the liver.

The same herbs are suitable for veal cutlets, with half the quantity of bread, no suet, but a piece of butter as big as an egg; no eggs will be required: same for fried rabbit, only scald and chop the liver.

106. For a turkey, the above stuffing may be used, with an equal quantity of pork sausage-meat parboiled. Rub them well together, and keep out half a pound, to which add another egg, and make it up into balls to fry and lay round the dish for a garnish.

107. Or to the above stuffing may be added two ounces of dressed ham chopped fine.

108. Or a dozen and a half of oysters chopped, and their liquor.

109. Turkey is sometimes stuffed with chesnuts, (as No. 103 for a goose,) only varying the onion seasoning for basil and parsley, and adding a quarter of a pound of dressed ham grated; also give a flavour of nutmeg.

110. For a boiled turkey the seasoning (105) with the addition of chopped oysters, the juice of a lemon and a considerable quantity of grated lemon peel.

111. A very rich stuffing for veal, poultry, or game.—Beef suet, chopped fine, two pounds, bread crumbs one pound, chopped parsley a tea-cupful, of thyme and marjoram in powder a tea-spoonful each, chopped shalot a table-spoonful, half a nutmeg, half a lemon-peel grated,

* When a large quantity of bread crumbs is wanted, be careful to avoid waste and disfiguring the loaf by scooping out the crumb: the best way is to cut a loaf in three equal parts, and lay the two ends together again to keep moist; then cut the middle into three parts the other way, each side will have a fair proportion of crus and crumb to cut up for dinner, and the crumby middle will serve for the stuffing.

half an ounce each of pepper and salt, mixed up with five whole eggs.

112. Stuffing for a hare.—Take one apple, half an onion, the liver of the hare scalded and chopped very small; season with pepper, salt, nutmeg, lemon-rind, thyme, and knotted marjoram; add a quarter of a pound of butter; mix the whole with what crumbs of bread it will take up; sew it up in the belly of the hare. Against the hare is roasted melt half a pound of butter in good rich gravy, with a little claret or port wine, and two anchovies pounded; take out the pudding and dissolve it in the sauce, then pour the whole over the hare.

113. Stuffing for pike, carp, or haddock. Two yolks of eggs, a dozen oysters bearded and chopped, two anchovies boned and pounded, two cloves of eschalot or a small onion, and a few sprigs of parsley chopped small; season with salt, cayenne, allspice, mace, and pepper; having well mixed these ingredients, add their weight in crumbs of bread or biscuit powder, then put two ounces of butter into a stew-pan, and simmer them in it till they have sucked up the butter: as they begin to bind sprinkle over them more crumbs of bread or biscuit powder, till the whole forms into a ball, with which stuff the fish.

114. Some people like the addition of ham or tongue scraped, and suet or marrow instead of the butter, only using as much butter as is necessary to keep the pan from burning while the ingredients are partly done; it is necessary that this should be the case, as there is not time for them to do thoroughly while the fish is doing.

115. Another way. Take of fat bacon, beef suet or marrow, and fresh butter, two ounces of each; pound them with the meat of a lobster, ten or twelve oysters, one or two anchovies; season with parsley, thyme, savoury, and knotted marjoram, chopped fine and scalded; and with salt, nutmeg, and cayenne, a few drops of essence of eschalot; add the yolk of an egg, and what bread crumbs the mass will take up. As the herbs are scalded and the eschalot not introduced in substance,

this pudding will be sufficiently done in the belly of the fish.

116. Force-meat balls.—For turtle, mock turtle, and other made dishes, take a half pound of lean veal dressed, perfectly free from skin and sinews, and the same weight of udder previously boiled till quite tender; if you have no udder, take three quarters of a pound of veal, and one quarter of a pound of butter instead; chop and then pound in a marble mortar till reduced to a smooth paste; chop very fine two or three eschalots, and as much parsley as when chopped will fill a table-spoon; put them in a stew-pan with a tea-cupful of crumbs of bread moistened with milk: let this simmer a good while, then rub through a sieve; when cold, mix it with the meat, and the yolks of three eggs boiled hard; rub the whole thoroughly well together, and season with salt, pepper, and curry powder or cayenne; then moisten the mass with the yolks of two raw eggs, and make it up into balls the size of a large nutmeg. Ten minutes before the soup is ready put them in.

117. Force-meat for fowls or veal.—Equal parts of ham or gammon, cold veal, and beef suet; a small onion, a few sprigs of parsley, a little shaved rind of lemon; chop all very fine and mix; season with pepper, salt, cayenne, and nutmeg, or mace; pound the whole in a mortar, with an equal bulk of bread crumbs: add an egg or two to bind it. N. B. This is a good force-meat for patties.

118. Light force-meat balls.—Fine fresh suet chopped fine half a pound, cold veal or chicken a quarter of a pound, crumbs of bread a tea-cupful, chop fine, and season with eschalots, herbs, and spice; beat separately the whites and yolks of three or four eggs; mix the above with all the yolks and as much of the white as is necessary to bring it to a moist paste; roll them in small balls and fry in lard or butter, for garnish to roast turkey, fowl, &c.

119. Egg balls.—Boil four eggs ten or twelve minutes, and put them in cold water; when quite cold, put the yolks

into a mortar, with half a tea-spoonful of salt, a little black pepper or cayenne, a tea-spoonful of flour, or twice that quantity of potato starch, a tea-spoonful of chopped parsley, and the yolk of a raw egg. Roll them in small balls, as they swell in boiling. Boil them two minutes in the soup. If for a pigeon or veal pie, they need not be boiled separately, but put in the pie raw.

120. Brain balls.—Scald for ten minutes a calf's brains, or those of two or three lambs; perfectly clear from every bit of string, skin, and vein. Beat up with seasoning the same as egg balls; adding also a tea-spoonful of chopped sage. Rub up with them two or three tea-spoonfuls of flour, a table-spoonful or more of crumbs of bread, and a raw egg to bind them. Make them up in balls, rolling each ball in bread crumbs to prevent sticking. Fry them in butter or lard; serve as a garnish to calf's head or as a separate side dish.

121. Fish force-meat.—Take two ounces of either turbot, sole, lobster, shrimps, or oysters free from skin; two ounces of fresh butter, one ounce of bread crumbs, the yolks of two eggs boiled hard, a little eschalot shred fine, (or the flavour, see No. 18), grated lemon-peel, and parsley chopped very fine. Pound till it is thoroughly mixed and quite smooth; season with salt and cayenne; beat one egg yolk and white to bind it. It may be used to stuff a fish, or made up in balls and fried as a garnish for fish, or made into patties. An anchovy may be added if approved.

122. Curry balls.—A small tea-cupful of bread crumbs, the yolks of two eggs boiled hard, half an ounce of fresh butter; beat together in a mortar; season high with curry powder, and make up into little balls for either frying or boiling.

123. Veal cake for a side dish.—Boil six or eight eggs hard; cut the yolk in two; butter a store pot or mould; lay some of the pieces of egg; sprinkle pepper and salt, and chopped parsley: then thin slices of veal and ham,

with the seasoning sprinkled between each; then eggs again, and so on till the whole is put in; then add as much gravy as will run in between and come level with the top of the meat. Over the top spread one ounce of butter; tie it over with a double paper, and bake one hour. Then press it close together with a spoon, and let it stand till cold.

Another way is to pound the meat in a mortar, instead of slicing it. Two-thirds of lean veal and one-third of fat ham. It may be seasoned and mixed with eggs just the same as the other, and put in a buttered mould. When wanted for use, set the mould in boiling water a minute or two, and the cake will turn out.

## Garnishes.

124. Parsley is the most universal garnish, being applied to all kinds of cold meat, poultry, fish, butter, cheese, &c. &c.

125. Horse-radish is the garnish for roast beef and for fish in general; for the latter slices of lemon are sometimes laid alternately with heaps of horse-radish.

126. Slices of lemon for boiled fowl, turkey, and fish, and for roast veal and calf's head.

127. Carrot in slices for boiled beef hot or cold.

128. Barberries fresh or preserved for game.

129. Red beet-root sliced for cold meat, boiled beef, salt fish, &c.

130. Fried smelts as garnish for turbot.

131. Fried sausages or force-meat balls round roast turkey, capon, or fowl.

132. Lobster coral and parsley round boiled fish.

133. Fennel for mackarel and salmon either fresh or pickled.

134. Currant jelly for game, also for custard or bread puddings.

135. Seville orange in slices for wild ducks, wigeons, teel, &c.

136. Mint, either with or without parsley, for roast lamb either hot or cold.

137. Pickled gherkins, capers, or onions, for some kinds of boiled meat and stews.

## Vegetables.

138. Artichokes.—Soak in cold water, allow plenty of water for boiling; put them in boiling with a handful of salt. They require long boiling; an hour and a half or two hours. Try them by pulling a leaf; if it draws out easily they are done; drain them on a sieve, or serve on a vegetable drainer. Send up melted butter and vinegar, also a small tea-cup for each person, in which to mix the sauce and dip the leaves. (Jerusalem artichokes, see p. 91.)

139. Asparagus.—Scrape the stalks clean; tie in bundles with bass. Tin saucepan, boiling water, a spoonful of salt; boil from twelve to twenty minutes, according to their freshness. Take up the moment they are tender, otherwise the colour and flavour will be injured, and the heads broken. Take them out very carefully with a slice. Serve on a toast with the heads inward; cut the bass, and remove, and lay them regularly round. Melted butter. As to the toast, some people like it hastily dipped in the liquor in which the asparagus were boiled, laid on a drainer, and a little melted butter poured on it before the asparagus are laid. Others like a dry toast spread with butter, and the hot asparagus immediately laid upon it.

140. Beans (Windsor or broad beans).—Choose them young and before they are full grown, while the eyes are of a delicate light green. If the eyes become dark, the beans eat harsh and strong. A tin saucepan, plenty of room, boiling water, and a spoonful of salt. Boil according to size, from twenty minutes to half an hour.

Take them up as soon as tender, before the skin begins to loosen and shrivel. Stir a bit of butter in the dish, and serve parsley and butter. Boil a large bunch of parsley, and having chopped some for parsley and butter, lay the remainder among the beans by way of garnish.

141. Beans (French or kidney beans).—The smooth dwarf beans come in earliest, but the scarlet runners are the best. Choose them young and quick grown, and nearly of a size. Top and tail, slit down the middle, and cut across.—If not very young they will require to have a string pulled down each side. Fast boiling for ten minutes or a quarter of an hour. Stir a bit of butter in the dish, and serve melted butter in a boat.

142. Beet root (red).—Boil them whole; put salt in the boil. They require from an hour and a half to three hours boiling.

If for garnish, leave them whole till wanted for use, then scrape and cut up in slices.

If for salads, scrape and cut in slices hot, and pour cold vinegar over them.

For stewing, boil them an hour or more; then skin and slice; season with pepper and salt, and stew till tender with young onions in good gravy; when nearly done, stir in a bit of butter rolled in flour and cream. This is a pleasant and nourishing dish.

They may be baked dry in the same manner as roasted potatoes, and eaten with cold butter, salt, and pepper.

143. Beet (white). This useful and wholesome plant affords two very pleasing varieties. The leaves stripped from their large fibrous stalks resemble spinach. Boil them very quickly; they take but a few minutes; drain and press very close, and serve with melted butter.

The stalks tie in bundles; dress and serve as asparagus. Sauce, melted butter, and vinegar.

144. Brocoli.—Choose close firm heads nearly of a size. Give them plenty of room in boiling or they will break; fast boiling, or they will lose their colour. They will take from twelve minutes to half an hour boiling, according to the size of the heads. To try them stick a

fork up the middle of the stalk; when that is tender they are done. Take them up with a wire ladle, that the water may run off without bruising the heads. Serve on a buttered toast and with melted butter.

145. Cabbage.—Young coleworts and sprouts (whether of cabbage, cale, or Brussels greens) will boil in a quarter of an hour. Large full-grown cabbages and savoys will take half an hour or even longer. Shave off the ribbed stalks of the outside leaves you boil, and score them a very little way up the stalk. Drain carefully, and serve on a drainer, but (without special orders to that effect) do not spoil the shape of the greens by pressing. In trimming the greens, do not be too saving; one harsh outside leaf will spoil a whole dish. Strip till you come to white quick grown leaves.

Cold cabbage may be fried and served with fried beef. It will require a little bit of butter, a little good gravy, and a little pepper and salt. Shake it about well, and let it remain no longer in the pan than is necessary to make it hot through.

146. Cabbage (red).—This is sometimes stewed, for eating with bouilli beef. Take a small red firm cabbage; wash, pick, and cut it in slices half an inch thick; then pick it to pieces leaf by leaf. Make half a pint of melted butter in a saucepan large enough to contain the whole. Shake the cabbage from the water that hangs about it, and put it to the melted butter, with a tea-cupful of good gravy, an onion sliced, and pepper, salt, and cayenne. Let it stew half an hour or more, keeping the saucepan close shut. When quite tender, add a glass of vinegar: let it just boil up and then serve.

147. Carrots.—Very young carrots will boil in half an hour or less. Large old carrots will take two hours or more to boil them thoroughly. Carrots are always best boiled with meat, which they do not injure. For young carrots, leave on a bit of the green top, and rub off the skins with a coarse cloth. It is not a good way to quarter carrots before boiling, it makes them poor. Melted butter to young carrots. No sauce to old

carrots, which are generally dressed with salt beef or pork.

148. Cauliflowers.—Trim off the outside leaves, leaving just one round of such as are young; boil according to size, from fifteen to twenty minutes; try the stalk with a fork; when that sticks tender the flower is done: take it up instantly with a wire ladle. Both brocoli and cauliflower should be boiled tender, or they are not wholesome; but a moment's overboiling will break and spoil them. Melted butter.

149. Celery makes an excellent addition to salads, gives an agreeable flavour to soups and sauce, and is sometimes stewed as an accompaniment to boiled or stewed meat. Wash six or eight heads, and trim off the outer leaves (these will do to flavour soup that is to be strained); cut the heads up in bits three or four inches long. Stew them till tender in half a pint of veal broth or white gravy; then add two spoonfuls of cream and an ounce of butter rolled in flour. Season with pepper, salt, and nutmeg, and simmer the whole together.

150. Cucumbers (see Salads).—Cucumbers may be stewed in the same way as celery (No. 149), with the addition of some sliced onions; or the cucumbers and onions may be first floured and fried in butter. Then add the gravy and stew till tender. Skim off the fat.

151. French beans.—See No. 141.

152. Harricot beans. — These are the seeds of French beans, full grown and shelled; they are sometimes called colly beans. They may be stewed in gravy, and thickened with butter, flour, and cream; or they may be fried in butter, and then add gravy and seasoning as No. 149.

153. Herbs to fry for eating with liver, or with rashers and eggs.—Clean and drain four handfuls of young spinach, and two of young lettuce leaves; two handfuls of parsley and one of young onions chopped small. Set them over the fire in a stew-pan with a lid, adding one ounce of butter and some pepper and salt. Shake the pan well, and when it steams out at the lid,

set it on the hob or stove to simmer slowly till the herbs are tender. Serve on the dish with the liver or rashers and eggs, laying them upon the herbs.

154. Jerusalem artichokes. — In appearance they resemble potatoes. Scrub them clean and boil with the lid off, allowing barely water enough to cover them, and a handful of salt. They take about the same length of time as potatoes. When they stick tender they are done. Drain them off, peel and serve as hot as possible. On account of their chilling very quickly, many people like them served in their skins. They may be kept warm by serving them in a covered dish; over another in which is boiling water. Sauce, melted butter and vinegar, or rich thickened gravy.

155. Kale.—Scotch kale is a favourite sort of greens for winter and spring. The heads should be gathered in November. These will take a quarter of an hour or twenty minutes fast boiling. The sprouts which in spring are very abundant, will boil in ten minutes or less.

156. Leeks are chiefly used for porridge, soup, or sauce, often as a substitute for onions (see No. 61.)— The porridge is made as follows. A dozen fine heads of leeks; stew till tender in three pints of liquor, in which fresh meat has been boiled; when quite tender, have ready four table-spoonfuls of oatmeal or flour rubbed perfectly smooth in a quart of new milk; stir it in, and keep stirring well till the mixture boils and thickens; then take it off the fire directly, and season with pepper, salt, and nutmeg, and stir in two ounces of butter. N.B. Porridge of onions or green peas is made in the same manner.

157. Mushrooms.—The large flap mushrooms are excellent broiled. Have a very clear slow fire; make the bars of the gridiron very clean, and rub with mutton suet, to prevent sticking; a few minutes will broil the mushrooms: when they steam out, sprinkle with pepper and salt; have ready a very hot dish, and when taken up, lay a bit or two of fresh butter under and over each. To stew them, put them in a small saucepan with

pepper and salt; a bit of butter and a spoonful or two of gravy of roast meat or of cream; shake them about, and when they boil they are done.

158. Onions.—To boil, (see No. 61).

To stew.—The large Portugal onions are best for this purpose. Take off the top coats of six or eight, put them in a broad stew-pan or frying-pan with a lid, in which they may lie without being put at top of one another; cover them with good broth or gravy, and let them simmer two hours: when half done turn them upside down. When done take the onions into a deep dish, season with pepper and salt, and thicken the gravy with a bit of butter, a little cream and flour, simmer two or three minutes and pour over.

To roast.—Choose the largest onions, roast them with the skins on, either in a Dutch oven in front of a brisk fire, or on the embers of a wood fire that is nearly burnt out ,or in, or under a copper-hole or in an oven; they will require an hour to do: serve in the skins; cold butter is eaten with them.

To fry.—Cut large onions in slices the thickness of a penny piece, put them in the frying-pan with a little boiling water and salt, let them boil three or four minutes, then drain dry; then put an ounce of butter into the pan, flour the onions and fry till brown on both sides. If fried after a beef steak no butter will be required in the pan, but a good piece should be rubbed over the steak. Some people like them served on a drainer to free them from fat, others like to eat them with what fat and gravy hangs about them.

Onion porridge, (see No. 156).

159. Parsley.—Fried parsley, two or three large handfuls of parsley, pick, wash, and shake it about in a cloth till perfectly dry; put it into a pan of hot fat and have a slice ready to take it out the moment it crisps; put it before the fire on a sieve or coarse cloth to drain; serve as a garnish with lamb chops, fish, rashers, &c.; some people prefer drying it on a sheet of clean paper in a Dutch oven before the fire and turning it frequently till crisp.

160. Parsnips.—Clean and dress just the same as carrots; they require boiling from one hour to two, according to their size and freshness; they are improved by being drained off a few minutes before serving, and set on the hob in a dry saucepan to steam; they are sometimes mashed with butter, pepper, salt, and cream, or milk, the same as turnips; they are eaten alone, or with salt beef, salt pork, or salt fish: the sauce, melted butter and vinegar.

161. Pease.—Green pease.—Choose them when just come to their plumpness while the pod is of a bright green and snaps easily. If the shell look white and shrivelled, the pease are sure to be old; if flabby, they are not fresh gathered. If gathered too young they yield badly and are not come to their flavour. They do not require a great quantity of water to boil in like greens, but see that it boils fast and boils up quickly. When the pease are in, put in a spoonful of salt and a lump of sugar; if very young and fresh, they will scarcely take a quarter of an hour to boil; from that to twenty minutes is the time required; but if they have kept fast boiling, when done they will all sink. Boil a few tops of mint with them, and chop up for garnish: stir a piece of butter in the dish and shake a little pepper; this is preferable to melted butter.

To stew pease.—For this purpose if the pease are rather old it will not so much signify, but young pease are always preferable. To a quart of peas allow a quart of gravy; put them in when it boils, with three lumps of sugar and a little pepper and salt; stew till the pease are quite tender, then thicken with a piece of butter rolled in flour.

Some people prefer them stewed without gravy; if so, to a quart of pease allow a lettuce, two or three tops of mint and an onion cut up and washed; the water that hangs round the lettuce from washing will be sufficient, add pepper, salt, and sugar, as above; stew very gently for two hours; then beat up an egg and stir in with an ounce of butter. Pease porridge (see No. 156).

Dry pease.—Whether for soup or for pudding, let them

always be put in the liquor fast boiling, and never stop boiling till they become quite floury.

Pease pudding.—The accompaniment of boiled pork, may be made in either of the following methods. The plainest and least expensive answers every purpose for a family. Boil a quart of split pease in a cloth, allowing plenty of room for them to swell; when quite tender, which will generally require two hours or more, rub them through a sieve; then mix them with three eggs, three ounces of butter, and some pepper and salt; tie them tight in a buttered cloth, and let them boil another half hour. Serve with melted butter.

Or, merely boil the pease till perfectly tender; at the time of serving dinner mash them with three ounces of butter, and pepper and salt (if boiled with salt meat add only pepper). Good pease answer exceedingly well without straining.

162. Potatoes.—To boil, choose them of a size that they may all be done together; set them on with cold water and a spoonful of salt, in a saucepan larger than they require, without the lid, and with not quite water enough to cover them. When they boil, put in a little cold water; do this twice or three times as they come to boil. When a fork will easily go into them, strain off and stand on the hob two or three minutes for the steam to evaporate. If done too soon, fold a coarse cloth and cover them up to keep hot and mealy: but they are best served immediately they are done enough.

To steam.—Let the potatoes be well washed, but not pared, and put into the steamer when the water boils in the saucepan beneath. They will take about three-quarters of an hour to do, and should be taken up as soon as done, or they become watery.

To roast.—Wash and dry potatoes all of a size; put them in a tin Dutch-oven or cheese-toaster, or in the oven of a Yorkshire grate, or in a vessel contrived for the purpose. It is of iron, but resembles a tin candle-box. The potatoes are shut in it, and suspended over the fire. In either case take care that they are not too near the fire,

lest they burn before they are done through: about two hours will roast them. They may be parboiled first, when they will take a proportionably shorter time.

Mashed.—When the potatoes are thoroughly boiled or steamed, drain them dry, peel, pick out every speck, and, while hot, rub them through a colander into a clean saucepan, in which warm them, stirring in half an ounce or an ounce of butter, and a table-spoonful of milk, with a little pepper and salt: avoid making them too wet. They may be put into tin scallop shells, or pudding moulds buttered, and the tops washed over with the yolk of an egg, and browned in a Dutch-oven. Some people like a mixture of boiled onions with mashed potatoes, but this is not very common.

Roast under meat.—Parboil large potatoes; if not peeled before boiling, peel them, and put them in an earthen dish, or small tin pan, under meat that is roasting. They will partake of the basting, salting, and flouring that is bestowed on the meat. When one side is brown, turn and brown the other. They may be done in the same manner under a joint of baked meat.

Fried potatoes.—Cold potatoes may be advantageously brought into use this way. Cut them in slices a quarter of an inch thick, and fry them a fine brown in clean dripping. Some people like them shaved in little thin pieces, sprinkled with pepper and salt, and stirred about in the frying-pan till hot through; but they are seldom so uniformly brown and crisp as when cut in regular slices. They are sometimes fried whole, after being dipped in egg, and rolled in bread-crumbs; and sometimes broiled on a gridiron after being partially boiled.

Potatoe-balls.—Mix mashed potatoes with a beaten egg, roll them in balls, and fry them, either with or without crumbs of bread.

Potatoe-snow. Wash very clean some potatoes of a white mealy sort; set them on in cold water, and boil according to the first direction; when they begin to crack, strain the water from them, and stand them by the side of the fire till they are quite dry and fall to pieces;

then rub them through a wire-sieve on to the dish they are to be served on, and do not disturb them afterwards.

163. Salads.—Among the principal salad herbs we may reckon lettuce, of which the white cos in summer, and in winter the brown Dutch and brown cos are the best; endive, of which the curled leaf is preferred. Corn salad and water cress, both of which are preferred when the leaves have a brownish cast. Mustard-and-cress, or small salading, of which a succession may be kept up through the spring months. Celery, when young, crisp, and well blanched. All, or any of these, may be united in the composition of a salad. Cucumbers, either sliced by themselves, or mixed with other articles. Radishes give a lively appearance, by way of garnish, to a salad, but are not themselves improved by the dressings. Red beet, also, is much in request for winter salads, especially mixed with endive. Young onions or escalions are liked by many persons, but as much disliked by others; therefore they should not be mixed in the bowl without ascertaining the taste of all the company. Sorrel gives a pleasing acid taste; and pimpernel, or burnet, a flavour resembling that of cucumber. Dandelion, if well grown and blanched with a tile or slate, in the same manner as endive, is equally good and wholesome.

Let the ingredients of the salad be carefully picked, washed, and dried; but do not add the dressing till just before eating, as it is apt to make the salad flabby. The most simple way of dressing a salad, is, perhaps, the best—certainly the most wholesome;—merely salt, oil, and vinegar to taste; one table-spoonful of the best olive oil to three of vinegar, is a good proportion.

For those who do not like oil, or when it is not at hand, the following may be used as substitutes:—The gravy that has dropped from roast meat, good sweet thick cream, a bit of fresh butter rubbed up with fine moist sugar, or just melted, without either flour or water; great care must be taken in thus melting the butter, or it will be apt to oil or curdle; it must be shaken one way only; and kept near the fire no longer than is ne-

cessary to dissolve the lumps: on no account suffered to boil.

Eggs boiled for salads, require ten or twelve minutes boiling, and should be immediately plunged into cold water.

In the more complicated preparation of a salad, great care must be taken that every additional ingredient is thoroughly well blended, before proceeding to add another.

Prepare the dressings in the bowl, and add the herbs at top. After stirring them in, take care that the various colours are all displayed. The coral of a lobster, or a crab, makes a beautiful variety with the lettuce, onion, radish, beet, and white of egg.

The following are the ordinary proportions, but various tastes will suggest variety. The yolks of two eggs rubbed very smooth, with a little very rich cream: if perfectly cold, and well rubbed, they will form a smooth paste without straining. A tea-spoonful each of thick mustard, salt, and powdered loaf sugar (or a little cayenne instead of mustard; less than half the quantity): when these are well rubbed in, add two table-spoonfuls of oil (or whichever of its substitutes is adopted), and then four of the best white-wine vinegar; then lay the herbs lightly on. Some people like all the herbs sent in dry, and the pickle separately in a sauce-boat, that each person may dress it on his plate.

Cucumbers are only to be pared and sliced, with slices of onion if approved, which correct their crudity and render them less unwholesome; the pickle for them consists of pepper and salt, oil and vinegar; any addition of eggs, &c. spoils them.

164. Spinach, pick leaf by leaf, wash in three waters, drain thoroughly, boil very quickly, stir down that all may be done alike; seven or eight minutes will boil it; strain it on the back of a sieve and squeeze it as dry as possible between two plates or trenchers, spread it on a dish and score it crossways in squares of an inch and a half or two inches. Spinach is often served with

poached eggs and buttered toast or slices of fried bread. It is sometimes stewed in the following manner;—when it has boiled five minutes strain and press, and put it in a small stew-pan, the bottom just covered with rich gravy boiling; add a bit of butter, a little pepper, salt, and nutmeg, and two spoonfuls of cream; stew five minutes and serve.

165. Tomatas.—(See sauce, No. 63, and soup, Chap. viii.)

166. Turnips.—Put in the water boiling with a little salt; when tender take them up, and lay on a sieve till the water is thorougly drained from them, they will take from half an hour to an hour boiling: if for mashing, boil two or three minutes longer; press out all the water between two trenchers. If at all lumpy or stringy, rub them through a colander, then return them to a saucepan, with an ounce of butter, a spoonful of cream, and a little pepper and salt; stir well till the butter is melted and the whole well mixed.

167. Vegetable marrow or gourd.—Gather the fruit when the size of an egg, boil it in salt and water half an hour or more until it is quite tender, then cut it in slices half an inch thick, lay it over buttered toast, sprinkle with pepper and salt, and pour over melted butter.

If the fruit is so large that the seeds are visible, the whole seedy part must be scooped out, but they are not nearly so good when in this state.

The fruit may be cut in slices raw, the seedy part scooped out, and the slices fried in butter, and served with melted butter and vinegar.

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[Having now dismissed all preparatory matters, we proceed to the actual preparation for dinner. We suppose the cook to have her meat, poultry, fish, or game ready for the spit or the pot, and her vegetables properly cleaned. When, therefore, we come to mention the accompaniments belonging to any particular dish, it will be merely necessary to refer to the foregoing numbers for suitable vegetables, sauces, and garnishes.]

## CHAPTER V.

### *Butchers' Meat.*

168. MUTTON—A leg, *roast* (see p. 18). A slow fire at first, to heat gradually; will take from two to three hours, according to the size. Sauce, No. 46, 73. Vegetables, No. 141, 155, 162*, and to roast mutton in general. It bakes very well if required.

169. *Boiled* (see p. 16), will take from two to three hours after it boils. Sauce, No. 55, 54. Vegetables, No. 147, 166, and to boiled mutton in general.

170. Haunch of mutton, generally dressed in imitation of venison.—It should hang at least a fortnight before dressing. Skewer a buttered paper over for the first hour that it is at the fire; then sprinkle salt and flour. It will take two hours, or more, to roast. Sauce No. 50, 65, 73, 81—84. Vegetables, No. 162,164, 166.

171. Neck, *roasted.*—A quick fire; an hour and a half to two hours. Cut off the scrag for boiling or stewing; score the fat, or cut part of it off before roasting. Gravy, p. 60.

172. Neck, *boiled.*—The scrag end takes much longer boiling, therefore cut it off and boil half or three quarters of an hour before the rest; skim it well, as it is apt to be bloody, however well washed. When it is time to put the best end in, put cold water to check the heat; allow an hour and a half, or three quarters, after the second boiling up. Cut off some of the fat before dressing, or at least peel off the skin, when taken up. Sauce, No. 55, 54.

173. Shoulder, *roast.*—A slow fire at first, to heat gradually; then a brisk fire, that it may be thoroughly

* Potatoes are universally admissible in some form or other. With roast meat they are most suitable boiled or browned under the meat. With boiled meat, steaks, and made dishes, mashed; fried for eating with fried meat; and for eating alone, roasted or mashed.

browned and hot roasted. It requires thorough doing. Though not so thick as a leg, it takes full as long to do. The meat should just begin to start from the gristly part of the blade bone, and the whole be of an equal brown, it is then done. Sauce No. 64.

This joint bakes very well in a rather quick oven, and if plenty of time be allowed. The skin should be here and there pierced with a fork to let out some of the fat, There is no joint more disagreeable, if slack done, or not served up very hot.

174. Shoulder, *boiled.* — Sometimes boiled whole, sometimes cut in half, taking the knuckle part and leaving the oyster for roasting. Give it slow and long boiling, not less than two hours, though it may not weigh above five pounds. Boil it either plain, or in broth, Chap. viii. Sauce No. 55, 61.

175. Breast, *roast.*—Do it very thoroughly so as to draw out nearly all the fat. It is rather better baked than roast—a good oven is required. Though very thin, it will take two hours, either for roasting or baking. Sauce No. 81, 61, 63.

176. Breast, *boiled,* will require from two and a half to three hours. Sauce No. 55, 71.

177. Breast, *stewed.*—Set it on whole, or cut in pieces, in cold water; let it boil gently for two hours, or two and a half. If possible, do this the day before it is wanted, or very early in the morning, that time may be allowed for the liquor to become perfectly cold. Two pounds, or more, of excellent fat will then have settled at the top, which must be entirely removed. If there is not time to let the liquor cool, carefully skim off all the fat while hot; but this is not so well. Make the liquor boil up again; then add 6 ounces of rice or barley, eight or ten turnips cut in pieces, five or six onions or leeks, and two or three carrots (some like, and others object to, the addition of a little parsley). When these have boiled fast for twenty minutes, or half an hour, return the meat to the liquor with a little pepper and salt, and let all boil, slowly, an hour, or as much longer

as time will allow. The meat should do, in the whole, at least three hours; if four, it is all the better. Add plain or suet dumplings, if approved; let them boil half an hour.

178. *Saddle* or *chine.* The butcher should strip off the skin, and skewer it on again. If this is not done, a sheet of paper must be fastened on to prevent its burning, and to preserve the juice. Half an hour before the meat is done, remove the skin or paper, and flour it lightly that it may froth and brown. Either a chine or saddle will take two hours and a half to roast. Sauce No. 61, 65.

179. A *loin,* to *roast,* will take an hour and three quarters, before a moderately brisk fire. It should be thoroughly done, and served particularly hot. Sauce No. 61, 81—84.

180. Loin of mutton is frequently cut in chops: it is the best part for that purpose. The flap should be cut off, and the chump. These are best boiled, either plain or in broth (see mutton broth). Broil* the chops and kidney over a clear fire: sprinkle with pepper and salt. As the dish in which they are to be served is warming, put in a spoonful or two of good catsup, and when the steaks are done, rub on each a bit of fresh butter, which, with the catsup, is all the gravy required. Other sauces are however sometimes added. Sauce No. 31.

Mutton chops take from ten to fifteen minutes to do, according to the fire. Turn them with steak tongs, as a fork lets out the gravy; and learn to know when they are done enough without cutting them to try.

181. Sheep's heads, *plain boiled.*—Let them boil two hours. While raw, take out the brains; wash clean and free from all skin; tie them up in a rag, with ten or a dozen sage leaves, chopped very small. Let them

* Frying is sometimes employed, but broiling is far preferable. If fried, put a bit of butter, the size of a nutmeg, to prevent sticking. No other fat will be required, and what runs from the steaks must be poured off, and a little gravy, p. 29, made in the pan. For haricot, see p.118.

boil half an hour; then beat up with pepper, salt, and half an ounce of butter. Pour over the head; or serve in a boat or tureen. Skin the tongue before serving. Sauce No. 55, 75. Vegetables, No. 166, 147, 162.

In broth. See mutton broth.

182. Lamb—Leg, *roast.*—A quick fire. Baste well. When the skin begins to crack, and the steam draws to the fire from all parts of the meat, it is done. Time, from an hour to an hour and a half, according to the size of the joint. Sauce, No. 69. Vegetables, No. 139, 144, 161, 163, 141. The same sauce and vegetables to all joints of roast lamb.

183. Leg, boiled.—From an hour and a quarter to an hour and a half. Sauce, No. 54, 55, 27. Vegetables, No. 166, 164, 147.

184. Shoulder, roast.—A quick fire; an hour and a quarter.

185. Loin, roast.—Take out part of the inside suet. It will take an hour and a quarter or rather more,

186. Neck, roast.—From an hour to an hour and a quarter. Quick fire.

187. Hind quarter, roast.—Two hours.

188. Fore-quarter.—Two hours and a quarter. When done, raise the shoulder from the ribs before serving, but replace it. Some people, having raised the shoulder, squeeze in the juice of a Seville orange or a lemon, and sprinkle pepper and salt.

189. The ribs or target, *i. e.* neck and breast together. —Crack the ribs across the middle before roasting, and when done, cut them quite apart. A quick fire; an hour and a quarter.

190. Breast.—Quick fire; one hour.

191. Neck, boiled.—One hour. If very large, an hour and a quarter. Sauce, No. 54, 55, 57. Vegetables, No. 166, 164, 147.

192. Lamb chops, of either loin or neck, the former preferable.—Fry them over a clear fire, merely sprinkled with a litte salt, or salt and pepper. Pour off the fat, and make a little sauce in the pan, p. 29.

Or, dip them in egg, then in bread crumbs, with pepper and salt; twist them up in buttered paper, and boil. They are then called maintenon cutlets.

Or, dip them in egg, and then in bread crumbs and herbs, No. 105; or, after frying them, put some of this mixture into the pan, with the gravy, and pour over. Garnishes, No. 137. Vegetables, No. 139, 161, 164, 167. They are sometimes served on a dish, with spinach or mashed potatoes. The vegetables piled high in the middle, and the chops laid round it.

193. Lamb's head and pluck.—Parboil the lights and a bit of the liver till it will chop fine. In the same liquor boil the head. (The butcher should properly clean it; taking out the bones of the nose and the black part of the eyes.) It will take nearly an hour to boil. Scald the brains tied up in a rag, with five or six leaves of sage chopped fine; they will take twenty minutes to do. Warm the mince in a little of the liquor, seasoned with salt, pepper, and nutmeg, and thickened with flour and half an ounce of butter, and stir in the brains. Take up the head; skin the tongue; pour over the mince; sippets of toasted bread and slices of lemon. The liver, heart, and sweetbread to be fried, and laid round the dish with slices of bacon; or served in a separate dish, which is preferable, as the liver requires a little brown gravy, p. 29. Vegetables, No. 147, 166.

194. *Browned.*—After boiling, wash the head with the yolk of an egg; sprinkle with bread crumbs and chopped parsley, and brown it in a salamander or Dutch oven. The mince to be poured round it. Some people like the flavour of catsup in the mince; others like a little shred lemon-peel and a spoonful or two of cream.

195. *Minced.*—Boil the head till quite tender; then scrape off all the meat, and mince it with the tongue, heart, liver, lights, and brains; season and thicken as above. Serve with sippets of toasted bread in the dish, and rashers of broiled bacon round.

196. *Stewed.*—Soak it in cold water till quite clean and free from blood. Take out the brains and tongue;

fill the skull and eye-sockets with force-meat, No. 116, and tie it together. Stew it in two quarts of rich gravy, No. 46; cover close, and let it stew two hours. Stew the tongue also. Meanwhile boil the brains ten minutes; then plunge them in cold water, and cut them up in bits as large as a nutmeg. Beat up an egg, and dip these bits into it; then roll them in a mixture of pepper and salt, nutmeg, and powdered savoury, or lemon thyme (see No. 1,7). Make them take up as much as possible of this mixture; then dip them again in the egg, and roll them in bread crumbs. Make up an equal number of force-meat balls of equal size ready for frying. Take out the tongue, skin it, and cut it in slices; return it to the stew, together with half a pint of fresh mushrooms prepared as No. 60, half a pint of oysters, prepared as No. 94, the yolk of an egg or two chopped fine, and half an ounce of truffles and morels. Let the whole stew together a minute or two; then set it aside, and fry the brain balls and force-meat balls in hot dripping. Take up the head; take off the packthread with which it was tied; lay it in a deep dish, and pour over it the remainder of the stew, taking care that the slices of tongue are divided throughout the dish. The balls may be laid round the dish as garnish, or put into the gravy, or served on a side dish.

N. B. It is hardly worth the trouble of doing this dish for one lamb's head, but for two or three it answers very well, and is a rich and not expensive luxury.

197. Lamb's fry.—Dredge the bits well with flour; fry them a pale brown; drain on a sieve or fish drainer. Fry plenty of parsley; lay it among the bits in the dish, and pour round them melted butter. Or omit the parsley, and add rich thickened gravy, as No. 50. Vegetables, No. 139, 162, 167.

198. Lamb's rumps and ears.—These are esteemed a delicacy, either white or brown. Scald an equal number of them very clean. Stew them in good gravy till tender. I to be brown, take up the rumps; wash with the yolk o an egg and bread crumbs. Brown them in a Dutch

oven or on a gridiron, and return to the stew. Have ready a few green peas and asparagus tops boiled. Stir in a bit of butter thickened with flour; a little pepper, salt, and nutmeg; add the peas and asparagus; let them boil up. Then stir in two spoonfuls of cream well beat with the yolk of an egg; stir this a minute or two off the fire, but do not let it boil after the cream is added, lest it should curdle.

199. Lamb's sweetbreads. Scald them a few minutes; then plunge them in cold water. Afterwards stew them in good gravy with a small bunch of young onions. Season with pepper, salt, and nutmeg. Thicken the gravy with butter and flour. Vegetables may be added, as 198, and cream; or mushrooms, as No. 196.

200. A lamb haggis.—The haggis is a Scotch dish, chiefly composed of the internal parts of an animal made into a kind of pudding and boiled in a bag. The utmost attention must be paid to cleanliness throughout. Slit up all the little fat tripes with scissars; clean them well, and simmer till nearly tender; also as many kernels as you can get; cut all into little bits; season well with salt, pepper, and nutmeg. Boil the liver till it will grate; chop up the caul and some of the kidney fat with a small bunch of young onions or chives, and half a dozen leaves of sage. Take two large spoonfuls of flour or oatmeal dried before the fire, and mix it with as much good rich gravy as will bring it to the consistence of thin batter; or make the flour into batter with two eggs and half a pint of milk. Whether gravy or batter, stir into it the whole of the preparation, and sew it up in a thick pudding bag. Boil it two hours.

N. B. For other preparations of mutton and lamb, see chapter viii.

201. Veal.—Fillet of veal.—This joint is always roasted or baked. The bone may be taken out and boiled with the knuckle, or left in for roasting. If for a large company, and the joint is likely to be pretty much eaten hot, the bone is better removed, that the meat may be the more thoroughly done. If it is likely that much

will be left cold, the bone had better remain, as it keeps the meat more juicy, and also serves to make gravy for a mince. Put a stuffing in the flap, No. 105; skewer it round, and also tie it tight (especially if the bone be taken out). Put it down to a strong fire; baste frequently: when half done, salt and flour it all over; turn it every way that it may be completely browned. A large fillet will require four hours roasting; even a small one is not thoroughly done under three hours. Gravy, No. 47. Vegetables, No. 139, 141, 144, 161. The same to all parts of roast veal. Veal, whether roast or boiled, is generally accompanied by either ham, bacon, chine, salt pig's cheek, or pork sausages; also a cut lemon.

202. Shoulder-fillet or oyster.—Having no flap, the meat must be raised from the bone, to put in the stuffing, No. 105; and if necessary it may be further secured by a piece of caul or buttered paper. It will take three hours and a half to roast.

203. A Loin (the most esteemed part of the calf.)—It will take three hours roasting before a strong fire. Take out part of the kidney fat; paper the skin; take care to have the fire long enough to brown both ends. The kidney, when nearly stripped of fat, may be roasted in, or taken out and done in the dripping pan, by which means it will be more completely browned; or if most of the inside fat is left in, when the outside of the fat is browned, the kidney may be taken out, with what fat adheres to it, and laid, the other side upwards on a thick toast in the dripping pan, by this means it will be brown, and the toast thus saturated in marrowy fat is much esteemed. Serve the toast and kidney on a separate dish, without gravy.

204. Neck.—The scrag answers best for stew or pie. —The best end (extending from the loin, about two or three joints into the part from whence the shoulder has been removed) will take two hours to roast. Having but little fat of its own, it will require good basting.

205. Breast.—Of this too, the scraggy end should be taken off, for stew or pie. It is too long to roast well;

requires a slower and longer mode of cooking, and also, if left on, makes the joint an inconvenient length. This part is fatter than the neck; roast it with a caul on for an hour or more, then remove the caul; baste, flour, and salt it. It will take two hours in all. Sauce 90.
The sweetbread may be skewered on to the breast, or dressed separately as follows.

206. Sweetbread.—Let it be very fresh; boil it five minutes, throw into a basin of cold water, then roast or fry, or brown in a Dutch oven. It may be done plain, or dipped in the yolk of eggs and bread crumbs. Serve on a buttered toast, garnished with thick egg sauce (No. 90) laid in little heaps, or melted butter and lemon juice. A sweetbread (or burr) is sometimes boiled and served with parsley and butter; it will take half an hour, more or less, according to its size.

207. Boiled veal.—A knuckle, whether of leg or shoulder, will take full two hours to boil. A scrag of neck or breast, an hour and three quarters to two hours. Sauce No. 54, 57, 71.

208. Calf's head boiled.—Let it be cut in half by the butcher, and all the inside bones removed. Take out the brains, wash the head well in several waters, with a little salt, to draw out the blood; boil it in plenty of water, slow boiling two hours, or two hours and a quarter. Sauce No. 54. Well clean the brains, and boil them in a cloth, twenty minutes or half an hour, with ten or a dozen sage leaves, chopped fine, or parsley, or part of each; when done, beat them up in a small saucepan, with a little salt and pepper, one ounce of butter, and a squeeze of lemon juice; have them ready quite hot, to pour over the tongue, when skinned. Some people mix the brains with parsley and butter, and pour over the whole head. A calf's head however dressed, is usually garnished with sliced lemon.

209. Calf's head, browned.—Boil it about an hour, or rather more; drain it dry, score it through the first skin, wash it over with the yolk of an egg, then season with bread crumbs, pepper, salt, parsley, and thyme, or savory

shred fine; brown it in a salamander or Dutch oven; as it begins to dry, sprinkle it with melted butter from a paste brush. The brains may be prepared as above, or mixed with bread crumbs, half an ounce of butter, one egg, seasoned and baked in a scallop or small dish, previously buttered, so that they will turn out; or they may be prepared in this manner, and browned in several small tin pans, to lay round the head as garnish, or fried in brain cakes, as No. 120. Sauce, 30, 50. Vegetables, 162.

210. Calf's head hashed.—In a quart or more of the liquor in which the head was boiled, boil the bone, with an onion, a bit of lemon peel, and mace, and a bundle of sweet herbs. When the bones become white strain off the liquor, add to it any brains and parsley and butter that may be left, with a table spoonful of flour. Cut the meat of the head and tongue in slices; when the gravy boils, skim it, and add the meat, with a large spoonful of catsup or white wine; let it warm slowly; when hot through it is done. A few thin slices of bacon may be warmed in the hash, or toasted in a Dutch oven, and laid round the dish as garnish. This recipe goes on the supposition of using up what remains of a boiled calf's head; but it is very common to hash a whole head from the first, and enrich it with various flavours, of mushroom, truffles, oysters, anchovies, force-meat balls, &c. The following general directions will suffice, leaving the cook to adopt any variety of flavouring best adapted to the taste of her employers, or the materials she may have at hand. Nothing but experiment and habit can make an adept in these complicated preparations. The head must be so far boiled as that the meat will scrape clean off the bones. Have good gravy to begin with; part of the liquor in which the head was boiled, with the bones, and a shank of veal or mutton, and any little trimming bits (see No. 46), an onion or two, a bundle of sweet herbs, and a few peppercorns; let this boil till it is rich and well flavoured; strain and thicken with butter and flour, season with salt and pounded mace; flavour with sherry or port wine, catsup, basil wine, tarragon vinegar, or curry,

(see No. 5). With the meat, add half a pint of mushrooms, either fresh or pickled, or half a pint of oysters with their liquor, or half an ounce of truffles and morels, or an anchovy or two, pounded fine: let it barely boil; then skim carefully and stand on the hob to get hot through and quite tender: stir in half of the brains previously scalded; the remainder of the brains make into little cakes, with an egg and shred lemon peel, nutmeg, and mace, and fry them for garnish; dip also some oysters in the yolk of an egg, then in bread crumbs, seasoned, and fry; force-meat balls, No. 116; or egg balls, No. 119; or both may be simmered in the hash, or added as garnish; also fried or toasted bread, and very thin slices of bacon, curled before the fire.

211. Calf's head fricasseed.—This dish scarcely differs from the foregoing except in name. It should have but a small quantity of gravy, very rich and thick; and just before serving should have the addition of a small tea-cupful of cream, or the beaten yolk of an egg. It is also improved by the addition of a sweetbread, parboiled, skinned, and cut up in bits, or half a dozen cock's-combs boiled tender and blanched. Garnish as above. For mock turtle, see Chap. viii.

212. Calf's head collarred.—Have the head nicely scalded; clean it, and take out the brains. Boil it till quite tender, so that the meat may be easily and entirely separated from the bones. Have ready a small tea-cupful of chopped parsley mixed with three tea-spoonfuls of salt, half that quantity of white pepper ground, half a nutmeg grated, a blade or two of mace beaten fine. (Some like the additional flavour of eschalot or garlic). Scald and split the tongue, and lay that and the meat of the head spread as large as possible. Then spread a thick layer of the above seasoning; then a layer of thick slices of ham, or of neat's tongue; and then the yolks of six eggs (hard boiled) stuck in here and there. Roll the whole as close as possible with a cloth round it, and tie it with broad tape as tight as you

can. Boil it two hours, and then lay a heavy weight upon it. It is intended for cutting out cold.

213. Knuckle of veal ragout.—To make the best of the whole, cut off the meat in slices of half an inch thick or rather more. Boil the bones (a bit of paste at each end of the bone will secure the marrow) till the gristles are tender for eating; having used them and the marrow, return the bones to the liquor, and let it boil away to a quart, with an onion or two sliced, a stick of celery or a carrot, and a bunch* of sweet herbs. Pepper, salt, and flour the meat, and fry it of a fine brown; strain the gravy; remove every particle of fat; thicken it with butter and flour; add a spoonful of catsup, a glass of white wine, and the juice of half a lemon; see that the whole is perfectly smooth, otherwise it must be strained. Boil it up, put in the meat, and, when hot through, serve it up; garnish with ham or bacon rashers, or pork sausages. Vegetables, No. 139, 166, 167.

N. B. Cold veal may be managed in the same way.

214. Breast or scrag of veal stewed.—May be done whole or cut in pieces. Stew it, with no other addition than pepper and salt, in as much water as will completely cover it. Shut the vessel close, and stew till the meat is perfectly tender; then smother with onions. No. 61, and serve. Or,

Stew with a bundle of sweet herbs and a bundle of young onions. When the meat is tender, take it out and keep it warm. Strain off the gravy; thicken with a bit of butter rolled in flour; add a dozen or more force-meat balls, No. 116; let them boil ten minutes; then pour over the meat. Some people like the addition of a few mushrooms. Garnish with slices of lemon. Or,

* This phrase often occurs. A young cook once asked, "Pray, ma'am, what are sweet herbs, and how much goes to a bundle?" The answer was, "Thyme, marjoram, savoury, and parsley. Take ten sprigs each of common thyme and lemon thyme, four of marjoram, twenty of parsley, and two of winter savoury or knotted marjoram, and you have a bundle of sweet herbs suited to most palates.

The meat may be first fried in butter (whether whole or in pieces), with two or three large onions. Then put it into the stew-pan, with veal or chicken broth, or liquor that has boiled any white meat, or even boiling water, if you have nothing better, as much as will cover it; a bundle of sweet herbs, a tea-spoonful of salt, a roll of lemon-peel, two blades of mace pounded, six cloves, and a dozen each allspice and black pepper. Cover it close, and simmer very gently for two hours; then strain the gravy, and thicken it in another vessel, keeping the meat hot in the stew-pan. To a quart of gravy put an ounce and a half of butter and as much flour as it can be made to take up; add a tea-spoonful more of salt; let it boil ten minutes; skim it well; add two table-spoonfuls of white wine, one of lemon juice, and one of mushroom catsup. Put the veal in a dish, and strain the gravy over it. Lay round the dish rashers of ham or bacon, or fried sausages. Truffles, morels, curry powder may be added; also force-meat balls. Green peas are sometimes served in the dish with these stews. Their colour is better preserved by boiling separately, and adding to the stew when done; sometimes a quarter of a pound of rice is boiled in these stews.

215. Veal cutlets.—Fry over a clear fire, brisk but not fierce; turn them frequently, that they may be thoroughly done without burning; season with a little pepper and salt. Ham or bacon rashers may be fried with them, and will afford sufficient fat to fry the veal, but will be done much sooner; remove the rashers and keep them warm. When the veal is done, take it out, pour off any fat that may remain, and put into the pan a large tea-cupful or more of gravy or broth, a piece of butter rolled in flour. When it boils add herbs and crumbs of bread, No. 105; pour over the veal, and lay the rashers round the edge of the dish. Vegetables, No. 139, 161. Garnish, sliced lemon.

216. Veal cutlets broiled.—Divide the best end of the neck into cutlets, one rib to each. Chop very fine some parsley and a very little eschalot. Fry the herbs in butter

for about two minutes; then beat the yolks of two eggs; mix them with the herbs and butter, and season with pepper and salt. Dip the cutlets into this mixture, then into bread crumbs. Let them lie a few minutes that the seasoning may adhere. Then broil them over a clear slow fire, till both sides are nicely browned; they will take an hour to do. Serve them without any gravy; but lay a morsel of cold butter to each the moment of putting into the dish; lay round rashers of ham or bacon; garnish with lemon.

N.B. This way of dressing veal cutlets is three times the trouble of frying them, and that perhaps is its chief recommendation. They are much nicer fried.

217. Scotch collops are cutlets free from bone cut very small, not more than two inches across. Flour them well; fry in fresh butter; then lay them in a stew-pan; flour again, and add little by little boiling water or liquor that has boiled white meat, as much as will cover the veal. Shake the stew-pan well, and set it on the fire; when it boils, take off the scum; add pepper, salt, an onion, and a blade of mace, and let it simmer gently for three quarters of an hour. Then lay the collops in a dish, and strain the gravy over them.

N.B. Other flavours may be added at pleasure, wine, catsup, lemon juice, curry powder, &c. Vegetables, No. 139, 161, 167.

218. Veal olives.—Cut very thin slices from a fillet of veal, free from the bone; cut from the bone to the skin, that is, from the centre to the circumference of the cutlet, which will thus become a long strip (half the length will do for each olive); dip each slice in the yolk of an egg; cut fat bacon in as thin slices as possible, and lay on the veal; then egg the bacon, and lay on it a little veal force-meat (No. 117); roll it up tight, and sew with strong thread or twine, taking care to have a large knot, and to insert only two or three stitches, which may easily be pulled out when done. Rub each olive with egg, and roll it in bread crumbs, seasoned with pepper, salt, and nutmeg; put them on a lark spit, and roast them before

a brisk fire: they will take from three quarters of an hour to an hour to do. Sauce No. 57, 60.

219. Calf's head.—Stuff with No.111. Skewer caul or buttered paper over the top; roast or bake. An hour and a quarter to an hour and a half, according to the size. Sauce, No. 57, 60, 90. Vegetables, No.139.

220. Calf's feet—may be simply boiled and eaten with parsley and butter, or butter flavoured with Tarragon vinegar; they will take from two to three hours slow boiling; or stewed in the following manner. First boil; while hot scrape off all the meat, and cut in thin slices; put it in a small saucepan, with a half pint of rich gravy; let it simmer a quarter of an hour or more; then add a few morels, a tea-spoonful of lemon juice, a few mushrooms either fresh or pickled; the yolks of four eggs boiled hard, and a little salt; roll an ounce of butter in flour, and grate a third part of a nutmeg; when this has simmered a few minutes, have ready a tea-cupful of cream, and the yolk of an egg beaten in it; put in and stir over the fire a minute, but remove it before it boils, lest the cream should curdle.

Calf's feet are exceedingly good, stewed in a more simple manner, viz. boil and cut off the meat as above; set on with half a pint of good gravy, one ounce of butter rolled in flour, a dozen heads of young onions; a grate of nutmeg, and a large spoonful of catsup.

Calf's kidney.—If not dressed in the loin is sometimes cut in slices, dipped in egg, then in bread-crumbs seasoned with pepper, salt, and nutmeg, and fried. Gravy, No. 50, or scalded and chopped up with some of the fat, a leek or onion, pepper and salt, half the weight of the kidney in bread-crumbs; wet with an egg or two; roll in balls and fry.

221. Beef, *roast.*—Sirloin or ribs of about fifteen pounds will require from three and a half to four hours. If a large piece is roasted at once, it is difficult to preserve the outside from dryness and inside from slackness. It must however be met by papering the meat all round, so that

it may become hot through, before it begins to brown at all. It may then be allowed a quarter of an hour for every additional pound. Baste it as soon as put down, and continue to do so every quarter of an hour till the last half hour; then remove the paper, sprinkle with salt and a dust of flour to brown. The fire must be strong, but not fierce. Unless the joint is very large, the paper need only be laid over the back. Garnish, No. 125. Gravy, p. 60. Vegetables, No. 162 (Roast) 145, 148. Yorkshire pudding, Chap. x.

A rump of beef is sometimes roasted. It requires thorough doing, and much basting, to keep the outside from being dry. From three hours upwards, according to its size. Gravy, garnish, and vegetables as above.

222. In small families and where it is desirable to have frequent dishes of hot meat, without much consumption for cold, it is common to divide a piece of sirloin into three parts, (1.) The prime part for roasting: (2.) The fillet, or meat inside the bones, which makes excellent steaks for broiling, or for pies, or which may be stewed whole, in the following manner. Lard ti, that is, cut holes here and there, and stick in each a piece of fat bacon, an inch long, and half as thick; set it on and stew gently with two quarts of water, or liquor if you have it; two or three onions previously fried or roasted, a bay leaf, a few cloves and allspice: when the meat is quite tender, take it out and drain dry; season with salt and pepper, and fry in butter: when sufficiently brown, take it out, and fry half a dozen middling sized onions, or a dozen of small ones, well dredging them the whole time: when they are of a good colour, strain to them part, or all, of the gravy in which the beef was stewed, and a tea-spoonful of Tarragon vinegar: when the onions are nearly tender, return the beef and let it be thoroughly warm through: when taken up lay the onions round the beef, and pour the gravy over.

N.B. Some people do not like the addition of onions, or prefer other vegetables, two or three turnips, a few young carrots, two or three artichoke bottoms or a few

Jerusalem artichokes, which should be boiled separately, peeled and added to the stew a quarter of an hour before serving. Some people put no herbs in the stew, but chop very fine and mix together an eschalot, a little parsley, a few capers, and the yolk of a hard boiled egg, and strew over the beef in the dish.

223. (3.) The top or fat end of sirloin may be salted and plain boiled, or stewed in the following way:—Set it on first with liquor or water, and flavourings as directed for the fillet, and stew till the grain of the meat looks loose; then put it into a deep vessel, and strain the soup upon it; thus cooling with a surface of fat, the air will be excluded, and the meat and soup will keep several days (according to the season of the year). When wanted to be used, clear off the fat, warm the soup and meat: when it just boils, add such herbs as may be approved; for example, a head of celery, a carrot, a parsnip, a leek, and two or three turnips cut in slices; or only sliced carrots and button onions: when it boils after the vegetables are in, set it aside to simmer gently, till the vegetables are quite tender. A hard white cabbage cut in quarters is sometimes added, but it is apt to give a strong flavour to the gravy. Most people like the vegetables served with the meat; but others only choose the flavour, in which case take out the meat, and strain the gravy over it.

224. Mock hare.—The inside lean of a sirloin of beef may be dressed so as to resemble hare, and is, by many people, greatly preferred to it. Make a good stuffing, No. 111 or 105. If possible, get the inside meat of the whole length of sirloin, or even of two; lay the stuffing on half the length, turn the other end over and sew up the two sides with a strong twine, that will easily draw out when done; roast it nicely, taking care to baste it well, and serve with sauces and garnishes the same as hare, No. 73, 86, 83; or it may be partly roasted, and then stewed in rich thickened gravy, No. 50, with force-meat balls, No. 116, and sauce, No. 82, 83.

225. Ribs of beef boned and rolled.—Keep two or

three ribs of beef till quite tender; take out the bones and roll it as round as possible, binding it with a tape. It may be done with or without the addition of a veal stuffing laid over before rolling. It may be roasted on a spit or verticle jack; but should be kept a good distance from the fire the first half an hour or more, that it may get thoroughly heated. It will take four hours, or four hours and a half to roast. The usual accompaniments of roast beef. Sometimes with wow wow sauce.

226. Savoury salt beef, baked.—For this purpose the tongue side of a round of beef answers very well, or the thick flank, sometimes called the white; remove the bone; let the meat hang two or three days, then sprinkle it with common salt, rub it well in, and let it remain two days; after which, pour off what brine is in the pan, and mix together the following ingredients, with which rub the meat in every part, turning and rubbing it every day for a fortnight; common salt one pound, saltpetre quarter of a pound, coarse sugar two ounces, black pepper, allspice, ginger, and juniper berries, of each half an ounce, all bruised or ground: this is sufficient for a piece of beef of twenty pounds, and will afterwards do a smaller piece. When the meat is to be dressed, put it in a pan with a quart of water, and an onion or two chopped small, then a thick layer of mutton suet: it will take three pounds of suet (but this will not be wasted). Over the suet put a stiff paste of flour and water, and bake it in an oven of moderate heat for six hours; then stand the meat on a stand or fish drainer till cold, when it will cut out beautifully for slices or sandwiches. Except the weather be very hot, it will keep good a fortnight after dressing. Having removed the crust and taken out the beef, strain the contents of the pan, through a hair sieve. The gravy will be a stiff jelly, and being covered with a thick surface of fat will keep good several days. When the fat is removed, it may be used for baking meat, or clarified for common pie-crust, frying, &c. (See Chap. x.)

227. Boiled beef.—Fresh boiled beef is generally called *bouilli*, and is seasoned with herbs and spices. The

parts generally employed for this purpose are the brisket, the blade bone, the leg and shin. There is very little difference in the mode of doing these different parts, except that the brisket and blade bone will be done in four hours; but the shin and leg will require at least six hours: also, that it is better to remove the marrow-bones, when the meat and gristle can be taken clean from them; but the blade bone and brisket bones may be served with the meat. Some people like the meat kept whole, others like it cut in pieces, large enough to help at table. In either case the meat should be laid on a fish drainer in the stewpot, that it may be taken up neatly, as it must be done very tender, and if a fork is stuck in, it will sometimes drop to pieces. The quantity of water to be allowed (always preferring that in which meat has been previously boiled, if you have it) is about a quart more than sufficient to cover it: let it boil on a quick fire to throw up the scum, which remove as fast as it rises, throwing in a little salt and cold water to help it. When the liquor is quite clear, put in three carrots, three or four turnips, three or four large onions or leeks, four sticks of celery, a dozen black peppercorns, two or three cloves, and a bundle of parsley and sweet herbs: let it boil up after the vegetables are added; then stand it by the side of the fire to simmer gently with the lid on: an hour afterwards, take out the vegetables, and cut away the prime parts of each, that is, the middle of the celery, leaving the outside leaves; the middle of the onions, taking off the outside coats: having taken away the best parts, return the trimmings to boil longer in the gravy. When the vegetables are cold, cut them up in small squares. When the meat is tender, take it up carefully into a deep dish or tureen, and keep it warm; strain the gravy and remove the fat from the top, then warm it with the vegetables before prepared, add a spoonful of catsup, and pour over the meat.

Some people prefer having the soup thickened, and the meat sent to table dry, strewed over with finely chopped parsley, and accompanied with wow wow sauce. To

thicken the soup, take four table-spoonfuls of clear fat from the top, which mix with an equal quantity of flour; beat it quite smooth, and stir it by degrees into the soup, after which let it simmer ten minutes or a quarter of an hour; strain through a hair sieve, and warm with the vegetables as above.

N.B. If the gravy is served with the meat, do not put too much of it; a quart, including the vegetables, is sufficient for a very large dish; what more there is, had better be reserved for some other purpose, before the last warming up. Observe also this economical dish may be enriched by seasoning with curry powder, No. 5, and by adding a wine-glassful of port wine or catsup, or both.

228. Boiled salt beef—(See general instructions for boiling, p. 16).—Skim very carefully, and when taken up, if any bits of scum should remain, wash them off with a paste brush. A piece of beef of fifteen pounds will take three hours after it boils; twenty pounds four hours; put a tea-cupful of the liquor in the dish, and garnish with sliced carrots. Vegetables, No. 147, 166, 155, 160. Sauce, No. 53. Pease pudding is sometimes boiled with beef, as well as with pork, and is a very good accompaniment, especially at that season of the year when suitable vegetables are most scarce.

N.B. The liquor, if not too salt, will make good pease soup, Chap. viii. Any outside slices that may be cut off and left, as over salt or over done, will answer for potted beef, Chap. ix; and if while a joint of boiled beef lasts, variety and hot meat are required, see Bubble and Squeak, No. 233.

229. Haricot of beef.*—Hang a brisket of beef till it is quite tender, then cut it in pieces, each steak about three quarters of an inch thick; set them over a brisk fire in a stew-pan or frying-pan, with an ounce of but-

* Haricot of mutton is prepared in the same manner with chops from the best end of a neck or loin, of equal thickness, one joint to each chop; trim off most of the fat. Mutton will not take quite so long to do as beef; say mutton one hour and a half, beef two hours.

ter. The object of this is not to do them through, but merely to give them a light browning. Meanwhile, boil about a dozen or rather more button onions; when they are tender, drain the boiling liquor from them to the chops, and add as much boiling water as is necessary to cover them; remove the scum as it rises, then let them stew slowly till quite tender: then take them out carefully with a fish slice, pass the gravy through a sieve into a basin or dish, that the surface may be large; set it in the open air a few minutes to chill the fat, which you may then easily and completely remove. Meanwhile, boil in a separate vessel, a bunch of young carrots, or two old ones, and about an equal quantity or rather more of turnips: put the button onions into a colander or sieve, through which you pour off the liquor that has boiled the carrots and turnips, that they may be warmed; cut the carrots and turnips in slices, squares, or balls, and put the vegetables in a dish with the meat to keep warm. Thicken the gravy with flour and butter; lay the steaks neatly into the dish, in which they are to be served; put the vegetables and what gravy had dripped from the steaks into the stewpan, with the other gravy, and pour the whole hot over the meat: a spoonful or two of catsup may be added, or a few pickled capers or gerkins cut up. Rump steaks, or ox tails may be done in the same way.

230. Alamode beef.*—For this purpose the parts employed are the mouse-buttock or clod, a bladebone or sticking-piece. It may be done whole, or cut in pieces of a quarter of a pound each, or less. Lard it with the fat of bacon or ham (*i. e.* thrust a knife into the meat here and there, and squeeze into the hole a piece of fat); roll each piece of fat first in ground pepper and allspice. Lay across the bottom of the stew-pan a couple of skewers, then a layer of bacon slices, or three or four ounces of good beef dripping, and a couple of large onions chopped fine; when these are quite hot, flour the

* Veal may be done in the same manner, either the breast, or upper part of the knuckle, or the blade-bone.

meat; put it into the stew-pan, and shake it over the fire for ten minutes or a quarter of an hour. Then dredge over it as much as two table-spoonfuls of flour, still shaking or stirring it well, till all the flour is moistened. Supposing the meat to be of ten or twelve pounds weight, add by degrees a gallon of boiling water (or pot liquor). When it boils up, skim it, and add half an ounce of salt, one drachm of ground black pepper, two of ground allspice, two or three bay leaves, and three or four cloves. Cover it close, and let it stew slowly for at least three hours. If the meat is done whole, it should be turned in the pot when half done. (A wine-glassful of catsup, or one of port wine, or both, may be added or omitted.) Take up the meat with a slice that it may not be broken, and strain the gravy over it. Garnish, No. 137. Vegetables, No. 138, 154, 160, 166.

N.B. Some people like the addition of a tea-cupful of vinegar stewed with the beef, and savoury herbs chopped fine; parsley, chives, thyme, savoury, and knotted marjoram.

231. Rump steaks—(See general instructions for broiling and frying, pp. 27, 28). If you have a clear fire, broiling is far preferable to frying. Turn frequently on the gridiron with steak tongs; pepper and salt; lay them on a very hot dish, and rub a piece of butter on each steak. This is the most simple way of serving. The following additions may be made at pleasure. Sauce, No. 94, 59.

(1). A spoonful or two of catsup made warm in the dish.

(2). Six or eight eschalots chopped fine and warmed in the dish, with or without catsup, or a little eschalot wine or vinegar.

(3.) Onion gravy, *i. e.* two or three large onions sliced. Put them in a stew-pan with a morsel of butter and two table-spoonfuls of water; cover close, and set over the fire till the water has boiled away, and the onions are a little browned. Then add half a pint of good gravy or broth;

let it boil till the onions are tender; strain and chop them small; then return to the gravy (or they may be chopped while raw). Season with pepper and salt, a large spoonful of mushroom catsup, and the same of port wine: simmer for five minutes; then pour into the dish, and lay the broiled steak upon it; rub a piece of butter on the top of the steak.

(4.) An anchovy chopped fine and mixed with a quarter of a pint of melted butter. Vegetables, No. 139, 144, and Pickles.

232. Stewed rump steaks.—Fry them a few minutes in butter till each side is a little browned. Then add the boiling liquor in which a pint of button onions have been boiled. Let the steaks be just covered; add a dozen corns of black pepper and a little salt. Let them simmer very gently for an hour and a half; then strain off the gravy; lay the steaks in a dish. Thicken the gravy in the following manner: rub up two ounces of butter with as much flour as it will carry; put it in a stew-pan over the fire, with a little pepper and salt, a table-spoonful of catsup, and the same of claret or port wine. Shake it round till well incorporated; then add the gravy by degrees, and let it simmer a quarter of an hour. If perfectly smooth it need not be strained, but if there are any lumps of flour, it must. Put in the onions to warm, and pour over the steaks. Garnish, No. 125, 137.

233. Bubble and Squeak.—Slices of cold salt beef, if underdone so much the better. Cut them half an inch thick; sprinkle with pepper, and fry in butter till of a light brown; take care it is not overdone, or it will be hard. Have ready a boiled cabbage, or an equal quantity of young coleworts is far preferable. Drain dry; chop small; sprinkle with pepper and salt; put in the frying pan when the meat is taken out; keep it well shaken over the fire till the cabbage is hot through; then lay the cabbage in the middle of the dish, and the meat round it. If you have a little cold gravy of the boiled beef, it may

be warmed in the pan, and either poured in the dish or served in a boat. Sauce, No. 75.

234. Ox heart.—Seasoning, No. 105. Cover the top with caul or buttered paper; roast or bake. It will require full two hours with a brisk fire or oven. Be particular in having the dish, plates, and cover as hot as possible. Gravy, No. 50. Sauce, No. 83, 86. Vegetables, No. 166, 167.

N.B. Cold heart is neither agreeable nor wholesome, but it makes an excellent hash.

235. Ox heart stewed.—Cut it up lengthways into thin long pieces. Put them into a stew-pot with a tablespoonful of salt, and as much liquor as will cover them. (If the liquor has boiled salt meat, little or no salt must be added.) It will throw up a great deal of scum or blood, which clear off as fast as it rises; then add six or eight moderate sized onions, a stick or two of celery cut up, and a dozen of parboiled potatoes; let them stew gently together till all is tender and well incorporated. A quarter of an hour before serving, rub up an ounce of butter with as much flour as it will carry, and a wineglassful of catsup or walnut pickles.

236. Ox kidney.—Cut an ox kidney or two into thin slices; wash and dry them well; sprinkle with pepper, salt, and flour, and fry in butter a few minutes till brown. Then add by degrees a quart of broth or water boiling hot, two or three eschalots chopped fine, or a few young onions, a little parsley, and a spoonful or two of eschalot vinegar, catsup, or walnut pickle. Let it simmer gently about an hour; serve with sippets of toasted bread.

237. Ox-cheek (in the cheapest manner).—Having washed it clean, bake or stew in a large quantity of water, from three to four gallons. It may stand in a cool oven all night; then remove the cheek; strain the liquor, and leave it to cool. Remove the fat, of which there will be a large quantity. Set it on with the meat, pepper and salt; make it boil up; and when it boils add any or

all of the following: half a pound of whole rice, or any other thickening; six or eight carrots; ten or a dozen onions or leeks; three or four sticks of celery; a bundle of sweet herbs, a few artichoke bottoms, or Jerusalem artichokes. Let it simmer till all is perfectly tender and well blended. Then strain off part of the gravy to keep for rewarming or any other purpose, and pour the remainder with the vegetables over the head.

238. Ox-cheek (on a richer plan).—The day before it is to be eaten, clean it, and soak in lukewarm water, with a handful of salt. When it has soaked three or four hours, put it in cold water, and let it remain all night. Next morning as early as possible, set it on with no more water than will just cover it; as soon as it boils skim it well, and continue to do so as long as the scum rises. That business may be facilitated by once or twice throwing in a little cold water. Let it boil steadily for two hours; then take out the head; remove any little ragged bits of bones, and set the liquor to cool in the open air; as soon as the fat can be removed, do so, and return the liquor and head to the stew-pan, with two or three each of onions, carrots, and turnips; cut up a stick of celery; a bunch of sweet herbs, pepper and salt, ten or a dozen cloves, a clove of garlic, and a little cayenne. Let the whole stew gently till perfectly tender; then take out the cheek, cut off the meat, and cut it up neatly into pieces of three or four inches. Skim and strain the gravy. Melt in a clean stew-pan an ounce and a half of butter, with as much flour as it will take up. Mix with it, by degrees, a pint and a half of the gravy, flavoured with a large spoonful of Tarragon vinegar, one of catsup, and one of port wine. Simmer a few minutes with the meat, and serve. It may be garnished with force-meat balls, No. 116, 119.

N.B. Some people like the vegetables which were dressed with the cheek to be served up, removing only the bundle of herbs.

239. Ox-tails and palates.—Let the butcher divide the

tails at the joints. Fry them of a fine pale brown, or brown them by shaking about in the stew-pan before any liquor is added. The palates are sometimes cut in slices, but they retain the gravy better if stewed whole. Put as much broth or water as will cover the whole. Let them stew gently till the palates are tender, and will easily peel. Then take them out, and let the gravy cool, that the fat may be removed. Having done this, set on the stew-pan with an ounce of butter, as much browned flour as it will carry, an onion or eschalot or two chopped small. Having shaken this together a few minutes, add the meat seasoned with pepper and salt and the gravy. Let them simmer together till all is well blended; a few minutes before serving, stir in a table-spoonful of made mustard and two of catsup or walnut pickle. Serve with toasted sippets of bread, and garnish with pickles.

240. Potted beef.—This is a handy relish for luncheon or supper, and sometimes serves to tickle the sickly appetite of an invalid, and to afford animal food to those who have not the means of chewing it; but as all the juice is extracted it is not very nourishing. It may be prepared from raw meat, or from that which has been already dressed. The latter cuts just as well, but is seldom of so good a colour. To three or four pounds of lean beef (raw), free from skin and sinews, allow a handful of common salt, one ounce of saltpetre, one ounce of coarse sugar, rub them well in, and let it lie two days, turning and rubbing twice a day; then put it into a jar or pan that will just hold it, with half a pint of water; lay over it its own fat and skin, or a layer of suet, half an inch thick, above that a layer of paste to cover it in close; bake it in a very slow oven, for four or five hours, or it may remain in all night: drain the gravy into a basin, remove all skin and gristle, pound or mince the meat very fine, in a marble mortar, and add to it, by degrees, half a pound of fresh butter, previously worked to a cream with the hand: as you are pounding it, season it by degrees with a little black pepper, or cayenne, and allspice, a little grated nutmeg, and pounded mace or

cloves: not *all* these spices, but such of them as may be approved. Some people make it more savoury by the addition of ham or bacon, an anchovy, an eschalot, a table-spoonful of made mustard, a glass of wine, a spoonful of any of the flavoured vinegars, No. 14—20, ragout powder, No. 4, or curry powder, No. 5. The adoption of these varieties, the cook must learn by experience, and by consulting the taste of her employers. Having beaten it to a fine smooth paste, press it as closely as possible into small pots, and cover over the top with clarified butter (Chap. ix.) or with salad oil, and tie over with a bladder. If required to keep long, stack the pots in a pan, and fill it up with sand; all air being then excluded, the meat will keep a considerable time.

Cold meat, whether beef, ham, tongue, game, or poultry, may be minced and pounded as above, with the addition of butter and seasonings; only observe, that if the meat is not already salted, it will require the addition of salt; and that meat which has not been salted raw, will not keep so long after potting.

241. Red beef for slicing, cold.—The best part for this purpose is the thin flank. Take off the skinny inside; salt it for a week or ten days, with the following mixture, to be well rubbed in and turned twice a day. Common salt one pound, saltpetre and bay salt of each one ounce, coarse brown sugar a quarter of a pound; let them be pounded fine and well mixed, more or less in proportion to the size of the meat. When sufficiently salt, wipe the meat from the brine, sprinkle it over with black pepper, mace and cloves pounded, a few eschalots, and a little parsley chopped fine; roll it up, bind it tight with a tape, boil it slowly in liquor enough to cover it, two hours or two hours and a half; press it with a leaden weight: when cold, remove the tape, and cut it in slices, as required; garnish with parsley or pickled barberries.

242. Tripe—if raw, will require about four hours slow boiling. If purchased at the shops, where it has been previously boiled, will take an hour. It may be boiled

in milk, or milk and water, or equal parts of milk and its own liquor, which the people at the shops will always give. Boil with the tripe eight or ten large onions. To keep the tripe warm, serve it in the liquor, and beat up the onions with pepper, salt, and butter (see No. 64); or the tripe may be served without liquor, and the onion sauce poured over. If onions are not approved, serve parsley and butter, or caper sauce; or No. 71.

Tripe may be cut in pieces the size of a hand, dipped in batter and fried, with rashers of bacon laid round the dish.

N.B. Mustard is *always* an accompaniment of tripe, and generally vinegar also.

N.B. Beef soups, beef broths, beef-steak pies and puddings, will be found in Chapters viii. and x.; and hung beef among directions for salting, Chapter ix.

243. Pork, *roast.*—Seasoning, No. 101, is suitable for leg, loin, or neck of rind pork; and also for spareribs, whirly bones, &c. of bacon pork. Pork must be roasted very thoroughly, not the slightest redness suffered to remain; yet great care is necessary to preserve the rind from burning: to secure this have your fire both strong and clear, but place the meat at a considerable distance from it; score the rind as soon as it begins to get warm, rub on it a little sweet oil, either with a brush or feather. When nearly done sprinkle with salt, and, if approved, with bread-crumbs and dried sage, powdered and seasoned pretty high with black pepper. Some people prefer this to putting seasoning in the meat. A leg, spring, or loin of eight pounds will require from two hours and a half to three hours to roast; a spareribor whirly bone of the same weight, not quite so long, but be particular to turn it every way, that all the ends may be brown. Do not pour gravy over the meat, or it will make the rind flabby; but put it in the dish under the meat. Sauce, No. 63, 68. Vegetables, No. 141, 144, 155, applicable to roast pork in general.

N.B. A spare rib or leg of pork answers very well to bake.

244. Grisken.—A whole length of grisken may be doubled in half, the bones inside, with seasoning between, and sewed or skewered together.—Some people boil it a quarter of an hour before roasting, from an idea that it becomes dry before it is done through in roasting; but the best way is to secure it from drying by fixing a caul or greased paper over it till thoroughly heated. When it has been at the fire three quarters of an hour or an hour, (according to its thickness) remove the paper or caul, and well baste the meat the remainder of its time. A grisken of six or seven pounds, if done singly, will take an hour and a half: if doubled together, two hours.

N.B. A chine is sometimes roasted. If split down the back-bone, two hours before a brisk fire will do it. If roasted whole, it will require three hours; but it is generally more or less salted and boiled.

245. The neck, loin, or spring of pork, may be boned, spread with bread crumbs, pepper and salt, powdered sage (and, if approved, onion, shalot, or garlic); then roll it up close, bind tight, and roast.—It will take nearly or quite two hours to roast it thoroughly.

246. Leg of pork in imitation of goose.—Parboil a fresh leg of pork; then either take off the rind or score it in small diamonds. Put goose stuffing, No. 101, 102, in at the knuckle and flap. Put it down to roast; baste with butter, and in a little time sprinkle with pepper, salt, bread crumbs, and powdered sage. Put in the dish half a pint of good gravy, No. 42, with 30 or 32. Instead of stuffing the knuckle, some people fry the stuffing in little balls, and lay round the dish. In this case, the stuffing may be made rather more stiff, with bread-crumbs, and wet with egg. A liver or two of duck, fowl, or rabbit, scalded and chopped fine, will also be an improvement.

247. Porker's head.—The skin of the head may be raised, and a seasoning, No. 101, thrust in, or the seasoning may be stewed in gravy with the brains; when done, strain off the gravy to put in the dish, and beat up the brains, bread crumbs, and seasoning, with a small bit of butter, in a tureen. Or, if a whole head is to be

roasted, having split and cleaned it, take out the brains, scald them a quarter of an hour; then beat up with bread crumbs, sage and onion chopped fine, pepper and salt, a bit of butter, and the yolk of an egg; and with this mixture fill the cavity of the skull whence the brains were taken; sew, skewer, or bind the head together, and roast. For a whole head, two hours or upwards, according to size; for a half head, an hour and a half. They bake very well on a stand.

248. A sucking pig.—Seasoning, No. 104, to be sewed in the belly. (For baking, see p. 83.) For roasting, a clear brisk fire. The ends are thicker than the middle. That all may be done alike, it is usual to screen the middle for the first half hour or more by an iron fixed on the middle of the grate bars; a common flat iron will answer the purpose. On first putting down the pig, rub it all over with fresh butter or salad oil. When this is thoroughly absorbed, dredge it all over with flour, and continue to baste it with butter or oil. According to the size, it will take from an hour and a half to two hours to do. When done, if any flour has adhered, rub it off with a clean cloth. Have ready a large dish very hot; on that cut off the head, and split it open; pull out the the thread with which the belly is sewed up; cut the body down the middle of the back-bone. Beat up the brains, pudding, and what gravy is in the dish, with half a pint or more of good beef or veal gravy, No. 46, thickened with two or three ounces of butter. Put the whole boiling hot into the dish on which the pig is to be served. Lay the pig back to back on the dish, with a half head at each end, and an ear on each side. Sauce, No. 87, 89.

249. Pig's pettitoes, consist of the feet and internal parts of a sucking pig. Set on with a small quantity of water or broth; a button onion or two may be added, if approved; also four or five leaves of sage chopped small. When the heart, liver, and lights are tender, take them out, and chop fine; let the feet simmer the while. They will take from half to three quarters of an

hour to do; season the mince with salt, nutmeg, and a little pepper; half an ounce of butter, a table-spoonful or two of thick cream, and a tea-spoonful of arrow root, flour, or potatoe starch; return it to the saucepan in which the feet are; let it boil up, shaking it one way. Split the feet, lay them round in the mince. Serve with toasted sippets. Garnish, No. 126. Mashed potatoes, p. 96.

250. Boiled pork, which is always previously salted. (See the chapter on salting).—Pork requires long boiling, never less than twenty minutes to a pound, and a thick joint considerably more. A leg of ten pounds will take from three hours and a half to four hours; a spring two hours; a porker's head, the same. Be very careful that it does not stick to the pot. No sauce is required, except a quarter of a pint of the liquor in which it was boiled to draw the gravy, and plenty of good fresh mustard. A chine is usually served quite dry. The vegetable accompaniments are pease-pudding, No. 161; turnips, No. 166; carrots, No. 147; and parsnips, No. 160.

251. Pickled pork, which is usually bought pickled, requires to be well washed before boiling, and must boil very slowly. It is seldom eaten alone, but as an accompaniment to fowls or other white meat.

252. Pork chops.—The thickness should never exceed half an inch. They may either be fried or broiled; will take a quarter of an hour to do. Turn them often that they may be of a fine brown without being burnt. Season with pepper and salt; with or without powdered sage and chopped onions; a bit of butter rubbed on each chop, or gravy, No. 48. Sauce, No. 32, 77.

253. To boil bacon, ham, tongues, or any kind of salted and smoked meat.—First, well wash and scrape clean. If very salt it may soak in cold water an hour or more; allow plenty of water; fresh rain or river water is best; put it in when the chill is off, and let it be a good while coming to boil; then keep it very gently simmering. If time allows, throw away nearly or quite all the liquor of bacon as soon as it boils up, and renew it

with fresh cold water; reckon the time from the second boiling. A handful or two of hay flowers, tied in a slight cloth, and boiled with salt meat, makes it eat tender and mellow. A pound of streaky bacon will require three quarters of an hour to boil; a quarter of an hour for every additional pound. If good bacon it will swell in boiling; and, when done, the rind will pull off easily. Take it up on a common dish to remove the rind, and sprinkle it over with bread raspings sifted through a flour dredge or grater. Then lift it on to the dish on which it is to be served, taking care not to grease the edge of the dish.

N.B. Raspings may be got at the French bread bakers: they should be quite fresh.

Bacon is generally an accompaniment to white meats, but is sometimes served as a principal dish, garnished with parsley either raw or boiled, and vegetables, No. 140, 161, 145.

A ham of twelve or fourteen pounds will require three hours and a half or four hours, slow boiling, or four hours baking in a moderate oven (see p. 33). When done, remove the skin as whole as possible, and preserve it to cover over the ham and keep it moist. If to be served hot, strew raspings as above; but if intended for eating cold, omit the raspings. It will be much the more juicy for not cutting hot. Set it on a baking stand, or some other contrivance to keep it from touching the dish; this preserves it from swamping in the fat that drips from it, keeps the fat nice and white for use, and also makes the ham keep the longer from becoming mouldy by the outside being perfectly dry. Whether hot or cold, garnish with parsley.

A neat's tongue, according to its size, age, and freshness, will require from two hours and a half to four hours slow boiling. When done, it will stick tender, and the skin will peel off easily.

A dried chine or hog's cheek may be allowed the same boiling as bacon, viz. four pounds, an hour and a half, and a quarter of an hour for every additional pound.

254. Rations of bacon or ham. The thickness should never exceed a quarter of an inch. If to be curled should be less than an eighth. For frying, see p. 30. For broiling, turn up the edges of a sheet of paper, and twist the corners to form a kind of dripping pan; lay the slices in that on the gridiron over a clear fire. It will prevent their being either smoky or burnt. Do them of a fine pale brown on both sides.

For curling, the rations must be small as well as thin, about two inches long. Roll them up; run a wire skewer through them, and do them in a Dutch-oven or cheese-toaster, turning them as they begin to brown; they will take eight or ten minutes to do.

Slices of cold ham or bacon are very nice, thickly strewed with bread raspings and browned in a cheese-toaster or Dutch-oven: as they only require warming through and browning on each side, they will not take more than five minutes to do. They are eaten with poached eggs, or used as garnish and relish to veal cutlets, sweetbreads, fried rabbits, minced veal, hashed calf's head, and other similar dishes.

255. Eggs.—As eggs are neither fish, flesh, fowl, nor bone, yet must come in somewhere, it may not be amiss to give them a place near their generally assigned companion, the ration. For every purpose the fresher laid the better; but always observe, that for eggs boiled in the shells, half a minute longer must be allowed to an egg that is quite fresh than to one that has been kept a week or two. Of poached or fried eggs the eye can judge when they are done enough, but when boiled out of sight this rule must be observed. Some people set on eggs in cold water, and take them out the moment the water boils; but the more common rule is to put them in boiling water, and boil them from two minutes to three minutes and a half. Two minutes scarcely sets the white; at three minutes and a half the yolk begins to set, but (if the egg be fresh) pours liquid when broken with the spoon. To boil eggs hard for

a salad or for balls, allow ten minutes, and plunge them immediately in cold water.

256. To poach eggs.—The best vessel for this purpose is a frying pan; but it must be kept for that purpose only, or the grease will adhere to the water and spoil the delicate appearance of the eggs. A wide-mouthed stew pan will do as well. Both the vessel and the water must be delicately clean. Break the eggs into separate cups: when the water boils, gently slip in the eggs, and stand the vessel on the hob, for a minute or so, till the white has set, then stand it over the fire; let it once boil up, and the eggs are done. The white should retain its transparency, and the yellow appear blushing through it. Take up very carefully with a slice; trim off any rough edges of white, and serve on buttered toast, a piece for each egg a little larger than the egg itself; or on a fish drainer. Garnish with sliced bacon or ham, sausages, or spinach.

257. Fried eggs and bacon, see p. 30.

258. Fried eggs with minced ham or bacon.—Cut very thin slices of ham or bacon, in which lean prevails over fat, then cut it also into small squares, and set over a gentle fire in a clean stewpan or frying pan. When they are become transparent, and some of the fat has run from them, if there is not enough fat to fry the eggs, add a little more. When it boils, carefully break in the eggs, the bits of ham or bacon will stick to them all over, and appear very pretty. Take them up on a fish drainer, or, for those who like it, on toast without butter.

259. Ragout of eggs with ham or bacon.—Hard-boil six or eight eggs. When cold, shell and skin them, and cut them neatly in half. Beat the yolks in a marble mortar with an equal quantity of the following mixture: the white meat of dressed fowl or veal, an equal quantity of bread-crumbs, a little chopped parsley, an eschalot, and an anchovy; season with cayenne, salt, and nutmeg, a little bit of butter, and a table-spoonful of mushroom catsup. Pound the whole very fine and mix it well together. Fill

the halves of the white with this mixture. Beat up the yolk of an egg, dip each into it, and fry in butter, or brown in a Dutch-oven. Serve on rations of ham or bacon.

260. Scotch eggs.—Boil the eggs hard, as above, and prepare the same mixture of force-meat; but instead of halving the eggs, merely remove the shells (without suffering them to cool). Have the yolk of an egg beat up, in that dip each egg, or wash them over with it, and immediately cover over it a coating of the force-meat. Fry them in butter or very clear dripping, and serve with good gravy (No. 50) in the dish or in a boat.

261. An omelet is a sort of pancake, of which eggs form the basis, seasoned with herbs, and with or without addition of ham, tongue, veal kidney, lobster, oysters, grated cheese, or anchovies, from which the omelet takes its name, as a ham omelet, an anchovy omelet, &c. The herbs generally employed are eschalots, onions, and parsley, chopped fine, but any other may be substituted. To six eggs, omitting half the whites, a table-spoonful of chopped parsley, and rather less of onions and eschalots, mixed; beat up the eggs with a tea-spoonful of salt, and a little pepper or nutmeg, two ounces of butter, broken into little bits, and the herbs. Melt, in a clean frying pan, two ounces more butter, and, when it boils pour in the mixture. When it begins to set, raise the edges with a slice, and turn it carefully round to prevent the middle from sticking. If it can be turned without breaking, it is better to do so, that both sides may be nicely browned, or the top may browned by a salamander, or by holding the pan in front of the fire.

If any of the above-mentioned substances are added (meat, fish, &c.), it is usual to pour over the omelet, or serve in a boat, which is preferable, rich thickened gravy or sauce of a suitable kind, as No. 50, 30. Whatever sauce is used should be thickened with arrow root or potatoe mucilage, in preference to flour, and a little No. 16 is an addition.

262. An omelet is sometimes made in the following

manner: prepare a very rich stiff batter, say three eggs, two table-spoonfuls of flour, and two of cream or new milk. Hard boil eggs, and prepare with force-meat as 259. Make balls of ham, bacon, or lobster, as No. 116, 118, or 123. Set on a frying-pan with butter; when it boils put in the large balls containing the eggs. When they are half done put in the force-meat balls; and when they begin to brown, pour in the batter. It may be served with or without gravy.

## CHAPTER VI.

### *Poultry and Game.*

263. Fowls, boiled.—A small chicken will take twenty minutes after it boils; a large fowl, from half an hour to forty minutes; a capon stuffed in the craw, from fifty minutes to an hour. Stuffing, No. 111, 106. Accompaniments, ham, bacon, tongue, sausages, or pickled pork. Sauce, No. 54, 57, 66. Vegetables, No. 141, 148. N.B. Save the liquor and bones for broth or gravy.

264. Roast.—The black-legged fowls, which are not so well for boiling, are the most juicy and best for roasting. A brisk fire: baste them well: when nearly done, dust with flour and salt; and a minute afterwards with a little bit of butter to froth. They should be of a fine amber brown. Be particularly careful to keep the liver and gizzard moist with basting. A chicken will take from half an hour to forty minutes; a full grown fowl, or capon, an hour; if stuffed, a quarter of an hour longer. If stuffed, put in plenty of stuffing, that the breast may be plumped up; tie it in securely at the neck and rump. Stuffing, No. 105, 111. Accompaniments, bacon, ham, tongue, or sausages. Gravy, No. 50, or sauce, No. 90. Vegetables, 141, 144, 166.

265. Broiled.—For this purpose, if chickens, cut them in half; if large fowls, in quarters. Wash with egg and strew with bread crumbs seasoned with pepper, salt, and nutmeg. Lay the inside of the fowl to the gridiron over a very clear fire. Let both sides be thoroughly brown, but not burnt. Sauce, No. 60, to be poured over. N.B. It is a good way partly to roast a fowl before broiling it; or a cold roast fowl may be agreeably rewarmed in this manner.

266. Stewed with rice.—Begin with clear veal or mutton broth, seasoned with an onion or two, a little salt, a few peppercorns, and a blade of mace. Stew the fowls slowly in this for half an hour; then add, for each fowl, a quarter of a pound of rice, nicely washed. Let this simmer half an hour, or more, till the rice is quite tender. Strain off the broth; drain the rice a few minutes in a sieve or colander, before the fire; keep the fowl hot in the saucepan, till the rice is ready. Lay the fowl in the middle, and the dry rice round. Sauce, No. 54 or 76, served in a boat. Fowls may be stewed without rice: stuff with force-meat, No. 117; stew in a small quantity of white gravy; if not enough to cover, first lay the breast downwards, and afterwards the back; do slowly an hour and a quarter: when done, stir in an ounce of butter and flour, and a tea-cupful of cream; boil it up once; then squeeze lemon-juice to taste, and serve immediately.

267. Davenport fowls.—Scald the livers, hearts, and gizzards; chop them fine, mix with crumbs of bread, season with pepper, salt, and nutmeg. To each fowl allow an anchovy and an onion, chopped fine, and the yolks of two eggs, boiled hard and bruised—a few oysters may be added if you have them—mix this with the yolk of a raw egg to bind it; stuff the fowls, and tie them very close at the necks, and sew them at the vents, to prevent the water getting in. Boil them in the usual manner, till nearly done; then take them out of the liquor, drain a few minutes, and fry them in butter, till of a fine brown. Pour over them in the dish No. 60.

268. Braised.—Stuff the fowl with force-meat; cover with slices of bacon, and over that a veal caul or buttered paper. Stew slowly for an hour and a half, in a quart of broth, with an onion or two, a bundle of sweet herbs, a glass of white wine, and pepper, salt, and nutmeg or mace. Keep the lid of the stew-pan very close. When done enough, take up the fowl with the bacon round it, and keep it hot. Meanwhile let the gravy boil fast for

ten or twelve minutes, till considerably reduced; then thicken it with butter and flour, and strain it off. Return it to the fire, with a tea-cupful of thick cream, and half a pint of oysters with their liquor, or a like quantity of button mushrooms. Simmer a minute or two, and pour over the fowls.

269. Instead of a variety of useless recipes "to pull a chicken," "to hash a chicken," "to fricassee a chicken white," or "brown," we shall just observe, that cold chicken may be agreeably rewarmed in a small quantity of gravy, seasoned with pepper, salt, and nutmeg or mace; flavoured with eschalot, sweet herbs or lemon-peel; thickened with cream, butter and flour, with the addition of oysters or mushrooms, in all these particulars varying according to the taste and circumstances. If it is desired to have the fricassee brown, cut up the fowl in joints, fry them in butter, and add the gravy and other ingredients. If it is to be white, stew in white gravy, and thicken with cream. It is only practice that can make any one expert in getting up these little nick nacks. A cook who takes pains to turn every little thing to account, and to find out the taste of her employers, will be valued according to her merits; and, instead of being at a loss how to do anything, will be often asked for a recipe for getting up some little dish, in which she is hardly conscious of having employed any skill beyond that of gathering up the fragments and turning every thing to account.

270. Chicken curry.—Cut up a fowl in joints; slice two or three onions, fry both a fine brown. Put them together into a stew-pan with a table-spoonful of curry powder, No. 5, and a clove of garlic cover with veal or chicken broth. Cover close and stew till tender, which will take an hour or more. Stir together two ounces of butter, three table-spoonfuls of cream, a tea-spoonful of flour, and the same of salt; stir it in, boil it up once, and serve. In serving add the juice of a lemon.

N.B. In the same manner a curry may be made of

rabbit, veal, or fish. The rules of this and the foregoing article will also apply to rewarming turkey, pheasant, or partridge. It is useless to multiply recipes.

271. Turkey, to boil.—Stuff the craw with No. 110. A turkey poult will take from an hour and a quarter to an hour and a half to boil. A large turkey two hours or more. Sauce, No. 94. Garnish, No. 126. Accompaniments, No. 253. Vegetables, No. 149, 166.

272. Roast.—Stuff with 106—109. Keep out part of the stuffing for balls to lay round the dish. Score the gizzard; dip it in the yolk of an egg; season with cayenne; cover the liver with buttered paper, and put one under each pinion. Have a brisk fire; but keep the bird at a distance for the first half hour. On first putting down dredge well with flour; then baste with an ounce of butter; as the bird is fat, this will be sufficient, except a little bit just at last, when it steams towards the fire, to make it froth. A turkey poult will roast in an hour and a half, but a large turkey will require three hours. The time must be proportioned to the size of the bird. Sauce, No. 50, 76. Garnish, No. 131. Accompaniments, No. 253. Vegetables, No. 166.

N. B. Cold legs of turkey or fowl are much esteemed seasoned high with cayenne, broiled over a clear fire, and served very hot with mushroom sauce, or any other flavouring, as No. 30, or with merely a bit of butter rubbed over.

273. Goose.—Seasoning, No. 102, 103. Roast it before a brisk fire, but at a considerable distance at first. It will require basting, for which purpose a little butter should be used at first, but its own fat will soon begin to drip. Dredge with flour and salt, and see that it is nicely browned all over. A green goose, *i. e.* one that has not attained its full growth, will take from fifty minutes to an hour and a quarter; a full-grown goose will require nearly or quite two hours. Gravy in the dish and in a tureen also, No. 59. Sauce, No. 63, 68. Vegetables, No. 161, 141.

For Giblets, see stews and pies.

274. Ducks.—Seasoning, No. 101. A brisk fire; baste well; pay particular attention to the feet, which are skinned and turned on the back. If crisp, and not burnt, they are esteemed a nicety. From half an hour to three quarters will roast them. Good gravy in the dish, and some brought up hot in a boat or tureen, to add when the ducks are cut up. No. 50. Sauce, No. 63. Vegetables, No. 161, 141, 144.

275. Ducks are sometimes boiled in milk and water, and smothered with onion sauce, No. 61.

276. Duck stewed.—This may be done whole or in joints. If the former, it had better be first partially roasted. Put an ounce of butter into a stew-pan with a few button onions, or a large one cut in slices. Fry them brown; then mix a table-spoonful of flour or other thickening with a little cold broth; stir it smooth, and mix with the butter and onions, when it thickens, add by degrees a pint of good beef gravy, No. 46, 30, and the duck. Three or four leaves of green sage chopped small, and twice as much mint. Let it simmer slowly for twenty minutes; then if the duck is whole, turn it the other way up, and add half or three quarters of a pint of shelled pease; season with salt, pepper, and nutmeg. When the pease are boiled enough it is done; but two or three spoonfuls of cream will be an improvement.

277. Ragout of duck, or any other kind of poultry or game.—Partly roast, then divide into joints or pieces of a suitable size for helping at table. Set it on in a stew-pan with a pint and a half of broth, or if you have no broth, water with any little trimmings of meat to enrich it; a large onion stuck with cloves, a dozen berries each of allspice and black pepper, and the rind of half a lemon shaved thin. When it boils skim it very clean, and then let it simmer gently, with the lid close for an hour and a half. Then strain off the liquor, and take the limbs, which keep hot in a basin or deep dish. Rinse the stew-pan, or use a clean one, in which put two ounces of butter and as much flour or other thickening

(p. 55), as will bring it to a stiff paste; add to it the gravy by degrees. Let it boil up, then add a glass of port wine, a little lemon-juice, and a tea-spoonful of salt; simmer a few minutes. Put the meat in a deep dish; strain the gravy over, and garnish with sippets of toasted bread. The flavour may be varied at pleasure, by adding catsup, curry powder, or any of the flavouring tinctures or vinegars, pp. 47, 48.

278. Pigeons, to roast.—Scald the liver, and chop fine; also some green parsley; season with pepper, salt, and nutmeg, mix with an equal weight of butter, and a few bread crumbs; stuff each pigeon with this mixture, or with the common veal stuffing, No. 105. Roast them before a clear fire on a bird spit, or jack with small hooks in a circle. Tame pigeons will take about twenty minutes to do, but wood pigeons are much larger, and will require half an hour or more. Parsley and butter in the dish under the birds, garnish with fried bread crumbs or dried parsley, No. 159. Gravy, No. 50, and bread sauce. No. 89.

279. Boiled.—Wash them in several waters; then boil slowly. They will be done in a quarter of an hour or twenty minutes. Pour over thin melted butter, or parsley and butter, or smother in onions. Vegetables, No. 139, 144, which are sometimes laid round the dish in which the pigeons are served, but not if they have onions.

280. Broiled.—In each pigeon put a bit of butter with pepper and salt, and a tea-spoonful of gravy; fasten them securely at the neck and vent. Flatten them with a cleaver or in a screw-press, but be careful not to break the skins. Wash them over with egg, and dip in crumbs of bread, with or without the addition of seasoning and sweet herbs. Make a paper tray (as in No. 254), well butter it, and lay the pigeons in it on the gridiron. Turn them frequently. They may be served dry, or with the addition of mushroom sauce, No. 60. Toasted sippets or fried bread crumbs for garnish.

N.B. Pigeons are sometimes stewed in milk and water,

with cabbage; this is but an ingenious method of spoiling several good things.

281. Jugged.—This is a good method of securing all the richness of the articles so dressed without waste by steam, or impoverishment by the addition of water. It is practised chiefly with pigeons and other small birds, and game. The most suitable vessel for doing it is a jar with a lid which fits closely, and with a rim, round which any additional covering can be tied, in the manner of a currant jelly pot. Season the pigeons with pepper, salt, mace, and any additional flavour that may be approved (as thyme, eschalot, garlic, or tarragon). Put a bit of butter inside each pigeon; put them in the pot, and cover over with butter. The quantity required in all is a quarter of a pound to three pigeons. Put on the lid of the pot, and tie it over with a double cloth, that no steam may escape. Set it in a kettle of boiling water, and let it boil an hour and a half. Then pour off the gravy that has come from the pigeons into a clean saucepan (keep the pigeons hot in the pot in which they were stewed). Add to the gravy a table-spoonful of wine and one of catsup; half an anchovy chopped fine, or two tea-spoonfuls of the essence. Thicken with a small bit of butter rolled in as much flour as it can be made to take up. Simmer a few minutes; then squeeze in a little lemon juice. Take up the pigeons, and pour the gravy over them.

The pigeons are sometimes stuffed with force-meat, and the gravy enriched with oysters or mushrooms, instead of an anchovy.

282. Rabbits, roast.—Stuffing, 105; with the addition of the liver scalded and chopped fine. Being dry themselves, they require good basting. A brisk fire, from forty minutes to an hour roasting, according to their size. Good gravy, No. 46, thickened with butter, and flavoured with No. 30, or sauce, 74 or 81.

283. Boiled.—Half an hour's gentleboiling for a moderate sized rabbit; if large, forty minutes. Sauce, No. 64 or 54, poured over, and No. 76 in a tureen.

284. Fried.—Cut in joints; season with No. 105;

butter instead of suet, and no egg in the mixture; but beat up an egg, dip the joints in it, or wash over with it, to make the mixture adhere. Gravy thickened in the pan, as at p. 29, with any seasoning that may remain.

285. Broiled.—For this purpose, either split in half or cut in joints; season with pepper, salt, and bread crumbs. Lay the inside to the fire first, and keep the gridiron a considerable height, that the rabbit may not be burnt before it is done through, or lay it in buttered paper on the gridiron. When thoroughly done, pour over it mushroom sauce, or catsup and butter, or parsley and butter.

286. Fricassee.—This is only a more laborious sort of frying or stewing. The rabbit is to be cut in joints. If for a white fricassee, put in a stew-pan with a pint of good white gravy, an anchovy and seasoning of cayenne, salt, and nutmeg or mace. Let it stew till the rabbit is tender, which will be from an hour to an hour and a half. Then take up the rabbit, and thicken the gravy with butter and flour, the yolks of two eggs, and two table-spoonfuls of cream. Be very careful to mix them smoothly, and simmer a minute, but not boil to curdle. A little lemon-juice or catsup may be added if approved.

If the fricassee is to be brown, first fry the rabbit in butter, of a light brown; then add to it, by degrees, a pint of good beef gravy, with flavourings as above: let it stew three quarters of an hour, or an hour: thicken with butter and flour, and instead of cream or eggs, a spoonful or more of mushroom catsup, and the same of port wine.

287. Pheasant.—Stuffing the same as for a fowl or turkey (105, 106, 107, 108). In addition to this, it will be greatly enriched by thrusting inside a piece of juicy beef steak, either rump or skirt. It will take from three quarters of an hour to an hour, before a brisk fire. Baste it well; sprinkle with salt; the last few minutes, baste with butter to froth it. On taking it up, remove the beef from the inside. Gravy, 50. Sauce, 89, 91. N.B. If you want a brace of pheasants when you have

but one, an excellent substitute may be found in a good barn-door fowl. Choose one of the long black-legged Dartford breed; truss and stuff it in the same manner as the pheasant, and the difference will scarcely be detected.

The very same rules may be observed as suitable to partridges, pea-fowl, and guinea-fowl. The size of the bird must dictate the length of time it will require. Gravies and sauces exactly the same as for pheasants.

As all these birds are improved by hanging several days, and when received it is often not known how long they have been killed, it is recommended to tie a bit of string round the long tail-feathers, and hang the bird up by that. When it is fit to dress the feathers will give way. This rule applies also to turkeys and poultry in general, except pigeons, which cannot be dressed too fresh.

It seems unnecessary to multiply recipes, to say how each of these birds may be hashed or fricasseed. A cook who has any gumption, will perceive that 270 and 277, will apply just as well to the rewarming as to the original dressing of birds, except that a shorter time is required to do them, and that their own cold gravy and stuffing will generally suffice with a very little addition. As to flavouring, there is no special law, except to please the tastes of those who employ you; and make the best of such things as are at hand, rather than bewail the want of such as are not; for a cook who cannot perceive and act upon the common-sense plan, all writing and printing is but lost labour.

288. Hare.—If a hare is bloody, it must be well washed in several waters, a little warm, and with the addition of salt or milk to draw out the blood; but if it is not very bloody, careful wiping may suffice; and the washing of things that are to be roasted should be avoided as much as possible, as it makes them apt to dry without browning. A stuffing to be served in the belly of a hare, as 105, 111, 112. If the blood is not thoroughly drawn out it may be necessary, besides washing, to baste for the first quarter of an hour or twenty

minutes, with warm milk and water and salt, or with small beer. If done at all it must be done incessantly till the end is answered. Then baste the hare well with dripping: when it has become hot through and moistened with dripping, dredge it thickly with flour, and in a minute or two baste again; so go on, till the hare is nearly done. It will take, according to its size and age, from an hour and a quarter to two hours. When nearly done, most of the flour will have dropped off. Then sprinkle salt, and baste with a little bit of butter to raise a fine froth, and a little flour if required for browning. Prepare plenty of good gravy, and keep some of it hot to send up when the hare is cut up. Gravy, No. 50. Sauce, No. 83, 86, 74.

289. Hash, stew, or jug.—Cold hare makes an excellent hash, using all its own cold accompaniments, and adding a little good gravy, a few force-meat balls, No. 116, 117, and thickening and flavouring at pleasure, for example, 5, 14, 21.

If a hare is suspected of being old, it is better at once to stew or jug it. In either of those ways it may be very excellent, when it would have been uneatable merely roast. It may be partly roast, and then cut up for a hash, or cut up in joints when raw. Let them soak some hours in shalot vinegar, with two or three bay leaves and a few pounded cloves. Meanwhile, prepare some good gravy, 46, in which, in addition to meat or poultry trimmings, the lights, heart, scraggy neck, and any other trimming parts of the hare, have been boiled down for the sake of flavour; also two or three onions, a bit of ham or bacon, a carrot or two, a bunch of sweet herbs, and a few peppercorns. From one to two pints of this gravy will be required. Lay the joints of hare in a stew-pan, seasoning them with salt, cayenne, and nutmeg. Strain to them the gravy and the vinegar in which they had been steeped. Let the whole stew together gently till the hare is perfectly tender, which will be three, four, or five hours. Then thicken the gravy with butter rolled in flour, and the liver chopped fine. Add

port wine, catsup, anchovy, or any other flavouring. N.B. This dish may be equally well prepared, by baking in a moderately slow oven, in a deep earthen pan closely tied over: at least four hours must be allowed. It should be brought home a few minutes before dinner time and set on the hob. The thickness and heat of the jar will keep it boiling for some time. Prepare the thickening in a small saucepan, with a little of the gravy, and then stir it well to the rest. Sauce, No. 82, 83. Vegetables, 138, 154, 166. N.B. These vegetables are sometimes served in the stew.

For jugging a hare, see the directions given with pigeons, No. 281. Having cut up the hare, rub the pieces with a dry cloth and salt. If they are bloody, and must be washed, be careful to wipe them thoroughly dry. Lay them in a jugging pot, a stone jar, or a double saucepan, with the following ingredients: a bunch of sweet herbs, a large onion, a few cloves, half the thin rind of a lemon or Seville orange, and a quarter of a pint of liquor. It may be either a good beef broth, or, for those who like a rich ragout, port wine and the juice of a Seville orange or lemon. Tie over the lid of the jar with a bladder, so that no steam can escape; put a layer of hay in the outside saucepan, and keep it filled up with boiling water. If a jar that does not fit into the outside saucepan, the water must not reach the top of the jar by three inches, lest in boiling up it should work into the stew. See that the outside keeps boiling all the time, and let it boil three hours. When quite tender, take out the meat; strain the gravy through a tamis*; thicken it with flour and butter, with or without the addition of catsup; boil it up, and strain over the hare in a soup dish. The usual pudding for a hare, as No. 105, 111, 112, may be boiled in a cloth, and cut up in slices, or made into balls for garnish. The balls may be

* A tamis is a woollen cloth, sold at the oil shops, made on purpose for straining sauces, which it does more effectually than a sieve. Two persons should twist it contrary ways.

either fried or simmered in gravy ten minutes. Sauce, No. 82, 83.

290. *Larded.*—To lard any thing is to stick a knife in the flesh, and thrust into the hole lumps of fat bacon or ham, seasoned with pepper and allspice; any sort of seasoning or force-meat is then to be spread over the hare, which is to be stewed much in the same way as the foregoing recipes, only a layer of bacon is to be spread at the bottom of the vessel, and another at top of the hare. The liquor is to be a pint of gravy and half a pint of port wine, flavoured with eschalot, bay leaves, anchovy, herbs, or spice; any or all of these, as approved. Let it simmer from two to three hours; then remove the hare; skim and strain the gravy; thicken it with butter and flour, and half a pint of button mushrooms, which pour over the whole.

291. Venison, roast.—The size of a haunch (which is reckoned the prime part) varies from twelve to twenty-five pounds. The length of time required for roasting will vary, in proportion, from three to five hours. All venison for roasting should first be covered with a large sheet of white paper, buttered; in addition to which the thicker parts must be covered with a coarse paste of flour and water, and over this strong paper securely tied on with packthread. It requires a strong fire, and must be well basted all the time. A quarter of an hour or twenty minutes before it is done, carefully remove the paper, string, and paste; dredge lightly with flour and salt, and baste with butter. The colour should be a lively pale brown. Garnish the knuckle bone with fringed writing paper. Serve it up on a dry dish; send up good strong gravy (without any seasoning or flavouring, nothing but pure juice of meat) in one boat, and currant-jelly sauce in another: No. 65, 82, 85, are all used as sauces for venison. The only vegetable used is mashed potatoes.

The neck of venison does not require a paste. The shoulder does or does not, according to its size. A

large thick shoulder is greatly improved by it. The neck, from its long flat shape, is awkward to spit. The best way of doing it, is to put three skewers through it, and slip the spit between the skewers and the bones. N.B. A great deal of trouble is saved by sending venison to the oven, with the buttered paper and paste,—the outside paper is unnecessary. Order it home three quarters of an hour before time, and have ready a brisk fire to put it down to brown. No person would perceive the difference.

292. Boiled.—The shoulder, neck, and breast, are occasionally salted a week or ten days, and then boiled on the usual rules for boiled meat, p. 16. It is usually accompanied by a dish composed of vegetables of various kinds, so disposed as to display variety of colours; turnips mashed with cream and butter, cauliflower separated in sprigs, spinach, carrot, and beet-root cut in slices. Sauces, melted butter, and horse-raddish, or garlic sauce, 65, 73.

293. Stewed.—Any part of venison eats well stewed. If too lean, some pieces of mutton fat, steeped several hours in port wine, must be stewed with it. It may be cut up in pieces with the bones, or the bones taken away, and the meat beaten with a rolling-pin, seasoned with pepper, salt, and spice, and rolled up with its own fat, or that of mutton, and tied tight. If the latter plan is adopted, the bones may be boiled down for gravy; if not, the gravy of other meat will do. It ought not to be strong. The meat should be put into a vessel that will just hold it, with half a pint of port wine and a pint of gravy: cover close, and stew slowly for three or four hours: strain the gravy over the meat. It is not to be thickened. Sweet or wine sauce, No. 82, 85.

294. A fawn.—A young fawn may be stuffed, trussed, and dressed, exactly in the same manner as a hare; but, unlike the hare, it is impossible to dress it too fresh. A kid, or young goat, is very good dressed in the same manner, provided the mother has been well fed, otherwise it is apt to be poor.

A fawn is most esteemed when it is grown to the size of house lamb. It is then cut in quarters and roasted before a very brisk fire. Keep it basted the whole time, or skewer over it slices of fat bacon, as it is of itself very dry. When nearly done, baste with butter and dredge with salt and flour. Some like the dish dry, and sauce in a boat, No. 82, 83, 84; others like rich gravy in the dish, No. 50.

295. Wild ducks, wigeons, and teal.--These are all dressed exactly in the same manner without stuffing. Have a very brisk fire to roast them quickly with the gravy in. Well froth them with butter. A wild duck will take from twenty-five to thirty minutes; a wigeon from twenty to twenty-five; and a teal from fifteen to twenty. Gravy, No. 51. Sauce, a tea-spoonful of made mustard, the same of essence of anchovy, a few grains of cayenne, a table-spoonful of mushroom catsup, and two of port wine; mix well together, and pour into the apron of the bird. This quantity is enough for two; or it may be stirred in a boat of thick melted butter, and served separately.

296. Woodcocks, snipes, quails, and plovers, are not drawn. Put them down to a clear fire, with a slice of toast under each bird, to catch the trail, which is esteemed a delicacy. Baste them well with butter, and dredge a little flour and salt when nearly done. While this is about, the toast should be removed, or sheltered, that the flour may not drop upon it. Woodcocks take twenty-five or thirty minutes roasting; the other birds a few minutes less; but steaming to the fire, and looking brown, indicate when they are done enough. Lay the toast on a hot dish, and the birds upon it. Sauce, melted butter, and very rich gravy in boats, No. 50, enriched.

297. Blackcock, moorhen, and grouse, are to be stuffed and roasted in the same manner as partridges. In proportion to their size, they take rather longer roasting, especially the moorhen, from its great quantity of internal fat. It keeps the bird fine and juicy; but while this

drips the outside never browns. The blackcock takes fifty minutes or an hour to roast; the others, three quarters of an hour, or rather more. Good gravy, No. 50; Currant-jelly sauce; and fried bread-crumbs.

298. Ruffs, reeves, and ortolans.—Truss like the woodcock, but draw out the entrails. A few minutes will roast them before a brisk fire. Baste them freely with butter and crumbs of bread, or some prefer fastening a slice of fat bacon over the breast of each, and sending up fried bread crumbs for garnish, also a Seville orange. Sauce, rich gravy and bread sauce, No. 89.

299. Larks and wheatears.—Draw and clean them: wash with the yolk of an egg, and roll in bread crumbs seasoned with a little salt, cayenne, and nutmeg. Put them on a lark spit, and tie that on a larger spit; or they may be suspended on a verticle jack with small hooks all round. They will take a quarter of an hour before a brisk fire. Baste with butter, and sprinkle with bread crumbs, so that they may be thoroughly covered. Serve them dry, garnished with slices of lemon.

N.B. All these birds may be stewed, hashed, or jugged, in the same manner as pigeons. It is needless to repeat the directions.

## CHAPTER VII.

### *Fish.*

For cleaning fish, see pp. 40, 41.—All fish, whether fried or boiled, is to be served on a fish-plate, i.e. a plate with holes, of a size to fit the dish. The only exception is for stewed fish, or when the sauce is poured over.

300. Salmon, to boil.—The water should be blood-warm: allow plenty to cover the fish, with a good handful of salt, and a quarter of a pint of vinegar; this makes the fish boil firm. Remove the scum as fast as it rises. Keep it at a very gentle boil from half an hour to an hour, according to the thickness of the fish. When the eyes start and the fins draw out easily it is done. Lay the fish-drainer across the kettle a minute or two before shifting the fish. Sauce, No. 93, 96, 92, 54, (fennel.)

N.B. Melted butter is the universal sauce for fish, whether boiled, fried, or baked. Whatever other sauce is served, plain melted butter must never be omitted: we shall therefore only refer to the numbers of other sauces suitable for particular kinds of fish. Observe, also, potatoes, either boiled or mashed, are the only vegetable eaten with fish, excepting parsnips with salt fish.

Salmon is sometimes cut up in rounds three or four inches deep, and so boiled; but why this mode should be preferred to boiling it whole is not easy to imagine, unless it be to save trouble in carving. It must certainly waste the moisture and flavour of the fish.

301. Broiled.—This is a good method of dressing a small quantity of salmon for one or two persons. It may be cut in slices the whole round of the fish, each taking in two divisions of the bone; or the fish may be split, and the bone removed, and the sides of the fish divided into

cutlets of three or four inches each; the former method is preferable, if done neatly with a sharp knife. Rub it thoroughly dry with a clean rough cloth; then do each piece over with salad oil or butter. Have a nice clean gridiron over a very clear fire, and at some distance from it. When the bars are hot through, wipe them, and rub with lard or suet, to prevent sticking; lay on the salmon, and sprinkle with salt. When one side is brown, carefully turn and brown the other. They do equally well or better in a tin or flat dish in an oven, with a little bit of butter or sweet oil; or they may be done in buttered paper on the gridiron. Sauce, No. 93, 96.

302. Baked.—If a small fish, turn the tail to the mouth, and skewer it; a force-meat may be put in the belly, No. 113, 121, or 111; or, if part of a large fish is to be baked, cut it in slices, egg it over, and dip it in the force-meat. Stick bits of butter about the salmon (a few oysters laid round it is an improvement, but oysters and salmon are seldom very plentiful together). It will require occasional basting with the butter. When one side becomes brown, let it be carefully turned; and when the second side is brown, it is done. Take it up carefully with all that lies about it in the baking dish. For sauce, melted butter, with two table-spoonfuls of port wine, one of catsup, and the juice of a lemon, poured over the fish; or anchovy sauce in a boat.

303. Pickled.—If done on purpose, do not scrape off the scales, but clean the fish carefully, and cut into pieces about eight inches long. Make a strong brine of salt and water; to two quarts, put two pounds of salt and a quarter of a pint of vinegar; in all make just enough to cover the fish; boil it slowly, and barely as much as you would for eating hot. Drain off all the liquor; and when cold, lay the piece in a kit or small tub. Pack it as close as possible, and fill up with equal parts of best vinegar and the liquor in which the fish was boiled. Let it remain so a day or two, then again fill up. Knock the kit with a cooper's adze that it may shake down the fish, and contain

as much as possible, as it is very important to pack it close. When it will receive no more, head the kit as close as possible. This is said to be the method of pickling by those who supply the London market. Whenever the kit is opened to take any out, close it again as soon as possible, and keep it in a cool place. If necessary, add a little fresh vinegar. Serve with a garnish of fresh-gathered young fennel.

As the salmon pickling of private families is generally confined to the remains of what has been on table hot, for that purpose we should recommend clearing out the bones and fins, and laying them at the bottom of a deep pot that has a lid; then lay the meat above, perfectly free from liquor, and when quite cold, pour over it enough cold vinegar to cover it. The bones and fins enrich and mellow the vinegar, and in a day or two it has all the richness and flavour of true pickled salmon. Be very careful to exclude the air.

N.B. The same methods of pickling will apply to sturgeon, mackarel, herrings, and sprats. The three latter are sometimes baked in vinegar flavoured with allspice and bay leaves, and eat very well; but will not keep more than a few days.

304. Turbot, holibut, and brill, boiled.—(The former of these fish is most highly esteemed and most expensive).—Score the skin across the thick part of the back, to prevent its breaking on the breast, which it would be liable to do when the fish swells in boiling. Put the fish in the kettle in cold water with a large handful of salt; as it comes to boil, skim it well, and set it aside to simmer as slowly as possible for a quarter of an hour or twenty minutes. If it boils fast it will break. It may be garnished with fried smelts or gudgeons, laid all round like the spokes of a wheel. No. 124, 125, 126, 130, and 132, are all proper for garnishing a turbot. Sauce, 93, 96, 98.

305. Soles and Dutch plaice may be boiled exactly in the same way as turbot, and with the same garnish and sauce, or with parsley, fennel, or chervel sauce, No. 54.

If you have not a turbot kettle, these flat fish boil very well in a large frying pan, provided it admits depth of water to cover them.

306. Soles, fried.—Having cleaned, wipe them thoroughly dry, and keep them in a coarse cloth an hour or two before using. In case any moisture should remain, flour them all over, and again wipe it off. They may be fried either with or without bread-crumbs or oatmeal. If bread-crumbs are to be used, beat up an egg very finely; wash over the fish with a paste-brush; then sprinkle over it bread-crumbs or oatmeal, so that every part may be covered, and one part not be thicker than another. Lift up the fish by a fork stuck in the head, and shake off any loose crumbs that may adhere. Have plenty of fat in your pan, over a clear brisk fire, and let it quite boil before you put the fish in. The fat may be salad oil, butter, lard, or dripping. If sweet and clean, the least expensive answers as well as the best, but let there be enough to cover the fish. Give the fish a gentle shove with a slice, that it may not stick to the pan. In about four or five minutes one side will be brown; turn it carefully, and do the other; which, being already warm, will not take quite so long. The best way to turn a large sole is to stick a fork in the head, and raise the tail with a slice, otherwise it is liable to be broken with its own weight. If the soles are very large, it is a good way to cut them across in four or five pieces, by which means the thick parts can have more time allowed them without overdoing the thin.

N.B. The very same rules will apply to the frying of Dutch plaice, flounders, eels, jack, perch, roach, and other fresh-water fish. Jack and eels to be cut in pieces three or four inches long. No. 92, 54, (parsley and butter), or melted butter flavoured with mushroom catsup. Garnish, sprigs of parsley or lemon-juice.

307. Soles or eels stewed.—They may be first half fried, so as to give them a little browness; then carefully drain them from fat; season with pepper and salt; and set them on with as much good beef gravy as will cover

them. Let them simmer very gently for a quarter of an hour or twenty minutes, according to their thickness, but be careful that they are not overdone. Take up the fish very gently with a slice. Thicken the sauce with flour and butter; flavour with mushroom catsup and port wine; simmer a minute or two, then strain it over the fish. Some people do not like the addition of wine, and instead thereof mix the thickening with a tea-cupful of good cream seasoned with cayenne and nutmeg, and with or without the addition of a spoonful of catsup.

308. Cod.—The head and shoulders, comprehending in weight two thirds or three quarters of the fish, is much better dressed separately; the tail, being much thinner, would be broken to pieces before the thicker parts are done. The best way of dressing the tail is to fry it (as 306). For boiling cod, allow plenty of room and water, that the fish may be perfectly covered. Put it in blood warm with a large handful of salt. Watch for its boiling that it may be set a little aside; a small cod will require twenty minutes after it boils; a large one half an hour. When the fins pull easily and the eyes start, the fish is done. Slip it very carefully on the fish plate, that it may not be broken. Take out the roe and liver, which are much esteemed; they will serve to garnish the dish, together with No. 125 and 126; or fried smelts or oysters. Sauce, No. 94, 98.

N.B. The sound, a fat jelly-like substance, along the inside of the back-bone, is the great delicacy of the fish. Pray do not fall into the blunder of a young cook, who very carefully scraped it out and threw it away.

Cod is sometimes boiled in slices. Let them be soaked half an hour in salt and water; then set on with cold spring water and salt, just enough to cover them. Let it boil up; then carefully skim and set aside for ten minutes. Serve with the same sauce as above. Slices of cod are much better fried as No. 306. Slices of crimped cod for boiling are put into boiling water, and when done served on a napkin.

Ling is a large fish somewhat resembling cod, and may

be dressed in the same way; but is very inferior in quality.

309. Haddock is but a poor fish,—make the best of it. It may be boiled, and served with egg sauce, No. 90; but it is better stuffed (No. 113, 121, 105), and baked or broiled, and served with good gravy (50), or melted butter flavoured with No. 30.

310. Whitings.—They may be skinned or not. Fasten the tail to the mouth; dip in egg and bread crumbs, or oatmeal, and fry (as No. 306); or they may be cut in three or four pieces, and fried. They do not take long to fry; not more than five minutes; but several minutes should be allowed to drain the fat from them, as the beauty of them is to be perfectly dry. Sauce, No. 92, 54, 98.

311. Sturgeon.—If for boiling take off the skin, which is very rich and oily; cut in slices; season with pepper and salt; broil over a clear fire: rub over each slice a bit of butter, and serve with no other accompaniment than lemon. Or the slices may be dipped in seasoning or force-meat, No. 105, 121, twisted in buttered white paper, and so broiled. For sauce serve melted butter with catsup. Garnish with sliced lemon, as the juice is generally used with the fish.

312. Roast.—A piece of sturgeon may be tied securely on a spit and roasted. Keep it constantly basted with butter, and, when nearly done, dredge with bread crumbs. When the flakes begin to separate, it is done. It will take about half an hour before a brisk fire. Serve with good gravy, thickened with butter and flour, and enriched with an anchovy, a glass of sherry wine, and the juice of half a Seville orange or lemon.

313. Stewed.—Take enough gravy (No. 46), to cover the fish; set it on with a table-spoonful of salt, a few corns of black pepper, a bunch of sweet herbs, an onion or two, some scraped horse-radish, and a glass of vinegar. Let this boil a few minutes; then set it aside to become pretty cool; then add the fish; let it come gradually to boil; and then stew gently till the fish begins to break.

Take it off immediately; keep the fish warm; strain the gravy, and thicken with a good piece of butter; add a glass of port or sherry wine, a grate of nutmeg, and a little lemon juice. Simmer till it thickens, and then pour over the fish. Sauce, No, 58, 92.

314. Mackarel, boiled.—Put them on with cold water and salt. When the kettle boils, stand aside, but watch it closely, and take them up the moment the eyes begin to start, and the tail to split. Sauce, No. 54 (fennel), 95, 67. Garnish, No. 133, 126.

315. Broiled.—Cut a slit in the back that they may be thoroughly done. Lay them on a very clean gridiron (having greased the bars) over a clear, but rather slow fire. Sprinkle pepper and salt over them When thoroughly done on both sides, take them up on a very hot dish without a fish plate. Rub a bit of butter over each fish, and put inside each a little fennel and parsley, scalded and chopped, seasoned with pepper and salt, and a bit of fresh butter. Fennel sauce, No. 54.

316. Baked or pickled.—Take off the heads; open the fish; take out the roes, and clean them thoroughly; rub the inside with pepper, salt, and allspice, and replace the roes. Pack the fish close in a deep baking pan; cover with equal parts of cold vinegar and water, and two bay leaves. Tie over strong white paper doubled or still thicker. Let them bake an hour in a slow oven. They may be eaten hot, but will keep ten days or a fortnight. Cold butter and fresh young fennel (unboiled) are eaten with them.

N.B. Sprats or herrings may be done in the same way.

317. Skate and thornback.—These fish (like cod) are frequently crimped, that is, slashed in slices; by which means the meat contracts and becomes more firm as the watery particles escape. If, as is generally believed, this is practised while the creature yet lives and feels, it is an unpardonable cruelty, and ought to be discountenanced by all humane persons; but if this be not true, it is a pity that a prejudice should exist against a practice by

which the fish is greatly improved. These fish may be cut in pieces and boiled in salt and water; serve with anchovy sauce, No. 92, 98; or they may be fried with egg and bread crumbs, as No. 306, or stewed, as No. 307.

318. Smelts and gudgeons.—Have them as dry as possible; therefore, if wet in cleaning, they must be wrapped for one hour or more in a coarse cloth; dip them in egg and bread crumbs. Have clean lard or dripping quite boiling, and fry them crisp, and of a fine yellow brown. They are chiefly used as garnish for other fish; but if eaten alone, require no sauce except cold butter; though some people serve melted butter and catsup.

319. Sprats and herrings (see p. 41).—Both these are best broiled. The only accompaniment usually chosen is cold butter; but, for broiled herrings, some people cut off the heads and boil them in beer with an onion or two and a few peppercorns. When done enough, strain the liquor and thicken with butter, flour, mustard, and anchovy. Both sprats and herrings are sometimes fried, and served with a garnish of fried parsley, and parsley and butter sauce.

Herrings are sometimes boiled in a small quantity of water, with salt and vinegar. They require ten or twelve minutes to boil. Sauce, 54. Garnish, 125.

320. Red herrings.—Soak an hour in hot small beer; drain, and toast or broil. Serve with cold butter, mustard, egg sauce 90, and mashed potatoes.

321. Trout is sometimes fried and served with crisp parsley and plain melted butter. This answers best for small fish. They are sometimes broiled, which must be done over a slow fire, or they will break. While broiling, sprinkle salt and baste with butter. Serve with anchovy sauce, to which may be added a few chopped capers and a little of the vinegar. The sauce is generally poured over the fish. But by far the best way of dressing a trout, especially a fresh-water trout, is to stew it. Put a pudding into its belly, No. 113, or 121, and put

in a stew-pan or fish-kettle, with a quart of good gravy and a pint of wine (some people prefer red wine, either claret or port, and others sherry), an onion or two, a few corns of black pepper and allspice, and a few cloves. Cover close, and let it stew gently for a quarter of an hour or twenty minutes, according to the thickness of the fish. When done, keep the fish hot in a deep dish, while you strain the sauce and thicken it with flour, butter, and cream. Season with pepper, salt, essence of anchovy, mushroom catsup, add a few drops of Chili vinegar. Be very careful that it does not curdle. When thickened pour it over the fish. The same method of stewing answers well for cod's head, soles, carp, pearch, eels, and flounders.

322. N.B. It would be easy to multiply recipes for fricassees, ragouts, &c. of fish; but, once for all, it may be said, that raw fish for variety, or cold fish for economy, may be nicely dished up in the same manner as poultry and game, 210, 281; only observe, that fish does not bear so long doing; and that for seasonings and flavourings, those should be prepared which are most akin to fish. For stuffing or force-meat balls, 113, 121, 105. For flavouring, 21, 20, 24, 27, 28, 30, 33, with wine, port, claret, madeira, or sherry. The addition of oysters, lobsters, or shrimps, is always proper; and any cold fish sauce may be used with advantage. The seasoning is generally pretty high of cayenne, with nutmeg or mace. The thickening may be butter and flour, eggs, or cream (see 38, 39); but the latter two must be used with great caution where any acids are employed, as there is danger of curdling them. In all such cases the butter and flour is preferable. Sippets of bread, either toasted or fried, is always a proper garnish for any made dish of fish; also horse-raddish or sliced lemon.

323. Water souchy, a quick dressed dish of fish, is made with whitings, flounders, dabs, gudgeons, or eels. Have them very fresh, nicely cleaned, and cut in pieces. Set them on in a stew-pan, with as much white broth as will cover them. It may be broth of veal or chicken, or

fish broth, made by boiling down two or three dabs or flounders, with the fins and trimmings of those you are going to dress. For flavour, add a little parsley, pepper, an onion chopped fine, some scraped horse-raddish, and a bay leaf. When it boils, skim carefully. It will be done in a few minutes. Take up the fish in a deep dish lined with toasted sippets, and strain the gravy over. This is the most simple method. The dish may be enriched by thickening the sauce with flour and butter; and flavouring it with white wine, lemon-juice, essence of anchovy, and catsup.

324. Pipers should be stuffed with a pudding, 113, 121, 105, and may be either boiled or baked. The latter is preferable. Sprinkle the fish with salt and pepper, or cayenne; dust a little flour, and stick bits of butter over. Put into the dish a pint of rich gravy. When done, boil up the liquor in the dish; thicken it with butter and flour, and a little essence of anchovy and lemon-juice, and pour over the fish.

325. Red Mullets.—These delicate fish are sometimes fried, and served with anchovy sauce; but more frequently either stewed or baked. To stew, they are scalded a few minutes in salt and water; then remove the fish, and in a pint and a half of the liquor boil a bunch of sweet herbs, a couple of onions, and a few corns of pepper and allspice. When this has boiled down to less than a pint, strain it, add a pint of port wine, the juice of a lemon, two or three anchovies chopped fine, and a little grated nutmeg. When the anchovies are dissolved, put in the mullets, and add a quarter of a pint of shrimps or oysters, with a bit of butter and flour for thickening. Let it simmer a few minutes, till the fish are done; then serve altogether. For baking, clean them well, but do not remove the entrails; wrap them in writing paper, buttered or oiled, and bake gently. For sauce, use the liquor produced by the fish, with an anchovy chopped fine, or a desert-spoonful of essence of anchovy, a glass of sherry, and a piece of butter rolled in flour. The sauce to be served

separately, as the mullets are generally sent to table in the papers in which they were dressed.

326. Eels, to boil.—Twist them round and round, and run a wire skewer through to fasten them. Do them slowly in a small quantity of salt and water, with a spoonful of vinegar and a handful of parsley. They may be put in the water cold, and will take very few minutes after they boil. Sauce, parsley, or fennel, and butter.

327. Fried, see 306.

328. Stewed, see 307.

329. Very large eels are sometimes stuffed with a pudding (113), and roasted or baked. If roasted, they must be constantly basted with butter: if baked, put butter and flour over them, and a little fish or veal broth in the dish. A moderate oven will bake them in three quarters of an hour, or an hour, When done, skim and strain the gravy; add to it a glass of white wine, a spoonful each of anchovy catsup and lemon juice, and a bit of butter rolled in flour. Simmer till it thickens, and pour over the fish.

330. Spitchcocked.—The silver eels, which in every case are preferable, are the only sort fit for this purpose, as most people do them with the skins on (though some prefer skinning them). Scour them with salt, and wash them: cut off the heads and flat tails, which may be fried or stewed; slit them all down the belly-side, and take out the bone; cut them in pieces about three inches long, and wipe them quite dry. Chop fine a clove or two of eschalot, a little parsley and thyme, and put them in a stew-pan, with pepper and salt, and two ounces of butter. Simmer it over the fire, shaking one way, till the butter is melted and the herbs well mixed. Have ready the yolks of two eggs beaten fine; take the stew-pan off the fire, and gradually mix the contents with the eggs; then dip in the pieces of eel, and afterwards roll them in crumbs of bread, making them take up as much as possible, both of the mixture and the bread crumbs: then broil them of a fine crisp brown. For this purpose the fire must be very clear, and the gridiron set high:

rub the bars with suet. Anchovy sauce, 92. N.B. The above recipe is for two large eels. If the eels are small, they may be cut in lengths without boning, and done in the same way. In this case the head and tail may be done also.

331. Lampreys.—The blood of this fish (as also of carp) is saved to put in the sauce, whether for frying or stewing. In fact there is very little difference in the process, for if they are fried, the fat is poured off before the fish is quite done, and the sauce and flavourings simmered with it, in the frying pan, and poured over; and if stewed, the fish is put first into the stewpan, with a piece of butter, and shaken over the fire till it browns, and then the gravy added. In either case the fish is to be seasoned with salt, cayenne, nutmeg, and lemon-peel. The gravy to be rich, and flavoured with sweet herbs and onions. To half a pint of gravy, add a glass of white wine, an anchovy, and a few capers, chopped small, the juice of a lemon, the yolk of an egg, beaten very fine, and a piece of butter rolled in flour and the blood of the fish. Garnish, sippets of bread and horse-raddish.

Lampreys are very good seasoned as above and baked in a deep pot, closely covered, with equal parts of rich gravy and red port wine or strong cider. When the fish is tender pour off the gravy and keep the fish hot in the baking pot; boil up the liquor with two or three anchovies chopped, two ounces of butter rolled in flour; a table-spoonful each of lemon-juice, catsup, and made mustard. Dish the fish, and strain the gravy over. Garnish as above.

332. Pike or jack (the same kind of fish only of a different size; a jack above a certain weight is called a pike).—For either baking or boiling, it is usual to stuff them with a pudding (No. 113 or 105). To secure it, bind it round with narrow tape. The fish may be dressed at full length or turned with its tail in its mouth. For boiling, use hard water, with salt, and a tea-cupful of vinegar: put it in blood warm, and when it boils set it aside that it may simmer slowly. It will take from ten

minutes to half an hour, according to its size. Sauce, 94, 98. Garnish, 125.

If baked, having stuffed, put in a deep dish with a small tea-cupful of gravy, and some bits of butter stuck over it. Serve with rich thickened gravy, 50, and anchovy sauce, 92.

For frying, the fish is to be cut in pieces, and may be done with egg and bread crumbs, as 306, or otherwise. The usual sauce is melted butter and catsup, but anchovy or lobster sauce is sometimes used.

For stewing, the fish is to be cut in pieces, and partly fried in butter, with a dust of flour. When it browns, add a pint of port wine, a dozen small onions, previously scalded, and a little pepper and salt. Let it simmer gently till the fish is done. Dish it; and then add to the gravy two anchovies, and a spoonful of capers chopped small, with a bit of butter rolled in flour; simmer till it thickens, then strain over the fish. Garnish with sippets of toasted bread, or fried bread crumbs.

333. Carp, fried, the same as 306; make sauce of the roe, as 95, and anchovy sauce, with lemon juice.

Stewed.—With the addition of preserving the blood, which is to be dropped into port or claret wine, well stirring the whole time. Carp may be stewed in the same manner as 313, the wine and blood to be added with the thickening, and the whole poured over the fish. Sippets of bread, toasted, sliced lemon and barberries.

334. Perch, boiled.—Put them on in as much cold spring water as will cover them, with a handful of salt. Let them boil up quickly, then set aside to simmer slowly, for eight, ten, or fifteen minutes, according to their size. Sauce, parsley and butter or fennel, or melted butter with catsup.

335. Salt fish.—It should be soaked a considerable time in soft water, changing the water two or three times. The length of time required will be according to the hardness and saltness of the fish. One night will do for that which has been but a fortnight or three weeks in salt; but some require two or even three nights soak-

ing, and to be laid through the intermediate days on a stone floor. Set it on in cold or luke-warm water, and let it be a long time coming to boil. It should be kept at a slow simmer from half an hour to an hour and a half. When done enough, lay the tin fish drainer across the kettle; remove any straggling bones and skin; pour through a quart of boiling water to rinse it, and serve with plenty of egg sauce, No. 90; red beetroots, 142; parsnips, 160; and mashed potatoes. Some of the parsnips and beetroots should be served whole or in slices for garnish (together with horse-raddish), and a dish also of equal parts of red beet and parsnips, mashed together with pepper, butter, and cream.

336. Salt fish is sometimes served with the vegetables. When boiled as above, it is broken in flakes, and stewed a few minutes in good gravy, flavoured with onions or eschalots, but not salted, and thickened with flour, butter, and cream. Then beat up with it either potatoes or parsnips and beet, mashed with cream and butter. Egg sauce, 90.

337. Salt fish, whether cod, ling, haddock, or salmon, is often cut in slices, soaked in beer, and broiled, as red herrings, 319, for a breakfast relish.

338. Lobsters, crabs, prawns, and shrimps, to boil.—Choose them by weight. If for eating, the male lobster is preferred; for sauce, the female, which abounds in coral and roe. The vessel in which they are boiled should be tin, to secure its boiling quickly. When it does so, throw in the lobster with salt in the proportion of a large table-spoonful to every quart of water. Put on the lid instantly, and employ wood, bellows, or whatever is required, to keep it fast boiling. They will take from half an hour to an hour, according to their size. The colour is the best test. When they appear of a fine bright scarlet, they are done. The saucepan should be skimmed frequently while they boil, but if any scum should have settled on the lobster, wipe it off, and rub the shell with a bit of fresh butter or sweet oil, to make it smooth and glossy. If to be served for eating, just

before they are wanted, take off the great claws and crack, yet so as not to disfigure the meat; cut the tail down the middle and lay it open on the dish, with the head and body standing upright in the middle, and the claws at each end. Garnish with plenty of parsley. The accompaniments are oil, vinegar, and cayenne.

Crabs are boiled in the same manner, also cray fish, which, in fact, are river lobsters, but being small, they will not take more than from three to five minutes to do. Prawns and shrimps are done the same, unless sea water can be procured, which is always preferred to spring water salted. A minute is enough for prawns after they boil up; and shrimps, put in the water boiling, are done when it boils up again.

339. Lobsters and crabs are sometimes roasted, and eaten hot. They are first half boiled, then taken out of the water, and immediately put down before a brisk fire. Baste them well with butter. When the shell becomes brown and frothy, they are done. The only sauce is melted butter. They are called roast lobsters or crabs.

340. Scallopped.—Carefully pick out all the meat. The brown inside is particularly admired, but care must be taken to remove a sort of core, which is found in the head of all fish of this desription, and is called the lady, from a fancied resemblance to a lady in a chair: this, if eaten, is pernicious. Chop or pound all the meat with an ounce or more of butter, a large handful of bread crumbs, a large tea-spoonful each of essence of anchovy and made mustard, a little cayenne, two table-spoonfuls of salad oil, and two of vinegar, of which some of the flavouring vinegars should form a part, No. 20, 27. Well mix the whole mass; wipe the shell dry, and butter it; put in the meat, and over the top put a little more butter; then put it in an oven for half an hour, or more, till it is nicely browned, or, when hot through, it may be browned before the fire or with a salamander. It may be turned out, but is generally served in the shell.

341. Stewed.—The meat of these fish may be picked and stewed for a quarter of an hour in white wine, or in

gravy flavoured with wine, 27, or vinegar. Then strain the liquor, season with salt, nutmeg, and cayenne, and thicken with butter rolled in flour, with or without the addition of cream. At the bottom of the dish lay a thin toast cut in pieces, and pour over it the fish and gravy.

342. To dress crab cold.—It is usually done in the parlour according to the taste of the eaters; but if the cook is directed to send it to table dressed, she will carefully pick out all the soft meat of the body on one plate, and that of the claws on another. The soft meat she will prepare with a handful of fine bread crumbs, a little salt and cayenne, a large tea-spoonful of essence of anchovy, two table-spoonfuls of salad oil, two of vinegar, and one of elder vinegar (or a proportion of any other flavoured vinegar that may be preferred) pound the spawn of the fish in a mortar with a morsel of butter, and well mix all the above. Having cleaned out the body shell, put this mixture in it, and lay the meat of the claws round, with a garnish of parsley.

343. Curry of lobster, crab, or prawns.—Pick out all the meat and put in a stewpan, with a little mace, three or four spoonfuls of rich veal gravy, as much of cream, an ounce of butter, a tea-spoonful or two of curry powder, No. 5, and one of flour; mix all smooth together, and simmer for three quarters of an hour or an hour; then add a little salt and the juice of half a lemon. Serve it in a deep dish, with boiled rice. N.B. A curry may be made in a similar manner of any other kind of firm fish, sole, salmon, eel, &c.

344. Oysters, see p. 41.

345. Stewed.—For this purpose the beard, or fringe, is generally taken off. If this is done, set on the beards with the liquor of the oysters and a little white gravy, rich, but unseasoned: having boiled a few minutes, strain off the beards, put in the oysters, and thicken the gravy with flour and butter (an ounce of butter to half pint of stew), a little salt, pepper, and nutmeg, or mace, a spoonful of catsup, and three of cream; some prefer a little essence of anchovy to catsup, others the juice of

a lemon, others a glass of white wine; the flavour may be varied according to taste. Simmer till the stew is thick, and the oysters warm through, but avoid letting them boil. Lay toasted sippets at the bottom of the dish and round the edges.

346. Scallopped.—N.B. Any kind of cold fish may be agreeably rewarmed in the same way. The oysters may be bearded raw, or simmered two or three minutes, and then bearded. Mix the liquor of the oysters with an equal quantity of white wine; beat fine the yolk of an egg; crumble upon that rather more bread than the bulk of the oysters; season with cayenne, salt, and nutmeg or mace (a large tea-spoonful of essence of anchovy, or two of catsup, may be added if approved, or the juice of half a lemon); moisten the crumbs with the oyster liquor and wine, and put small bits of butter among them. Butter some tin scollops or saucers; put a layer of bread crumbs and a layer of oysters, and so on, to the top; then brown in a Dutch oven, or the oven of a Yorkshire grate.

347. Fried.—Large oysters are the best for this purpose. Simmer for a minute or two in their own liquor. Drain perfectly dry; dip in yolk of egg and then in bread crumbs, seasoned with nutmeg, cayenne, and salt; fry them of a light brown. They are chiefly used as garnish for fish, or for rump steaks; but if intended to be eaten alone, make a little thick melted butter, moistened with the liquor of the oysters, and serve as sauce.

348. Oyster rolls or loaves.—Cut off the tops of French rolls or small loaves, and pick out most of the crumb. Open the oysters, beard, and simmer the liquor with the beards and equal quantity of cream or white wine; strain, and thicken with butter and flour; then stir in the oysters, with a little nutmeg and salt, and half the crumb of the rolls cut in pieces, about the size of the oysters; fill up the rolls and lay on the top crust; then set them over a stove or chafing dish, adding from time to time, a little more gravy, cream, or wine. When

all is thoroughly hot and well mingled, serve them up with thick melted butter poured over.

349. Muscles and cockles must first be well washed in several waters, and then boiled in a closely covered sauce-pan, without water. When the shells open, take out the fish; strain the liquor; pick out the meat, carefully removing a tough membrane from the tongue of each muscle, and a substance resembling a small crab, which would be highly pernicious. To ascertain that nothing injurious remains, dip a silver spoon into the hot liquor, if it turns black, the next thing is to *throw the whole away;* but if otherwise, proceed to simmer the fish in the liquor, with a little salt and nutmeg, and a good piece of butter rolled in flour. Serve on toasted bread. N.B. This dish may be enriched by the addition of strong gravy, chopped mushrooms, anchovy, lemon-juice, and a larger proportion of butter, but it is generally preferred in its more simple form; indeed many persons prefer having the fish served in the shells, to pick them themselves, and eat with cold butter

## CHAPTER VIII.

### *Broths, Soups, and Stews.*

For general instructions, see pp. 22—26.

350. Simple broth.—When broth is wanted for *wholesomeness, i. e.* for the use of invalids or children, it should be free from all additions of spice and herbs, which are apt to disagree with a delicate and already deranged stomach. The more simple the less offensive, and the more really nutritive. In making broth for invalids, the cook should be informed if the nature of the complaint renders one kind of meat preferable or another objectionable. The broth of mutton is healing and nutritive; that of beef is still more invigorating, but is sometimes found heating, and rather confining to the bowels; veal broth is mild, but rather relaxing to the bowels, and will sometimes disagree with the stomach. A very restorative broth or jelly may be made from a leg of pork; but when the bowels are disordered, either pork or veal would be improper. Where no particular directions are given, the flavour of broth is improved by a mixture of meats. Whether, however, the broth is to be of beef, mutton, or veal, or a part of each, take one pound of lean tender meat; chop it up fine; put it in a saucepan, and pour over it a quart of boiling water; when it boils throw in a little salt, and a piece of bread slowly toasted. Let it boil very fast for twenty or twenty-five minutes, stirring down the scum as it rises; then strain through a sieve, and serve with toasted bread cut in small squares, which is an accompaniment to all kinds of broth and soup. This proportion will make *good broth;* if *weak* broth is required, a smaller proportion of meat must be allowed. If very rich tea is ordered, which is sometimes the case when a person is extremely weak, and can receive only a spoonful

or two at a time, a pound of meat may be allowed to a pint of water.

N.B. If the flavour of an onion is approved it is the only vegetable addition that never disagrees with the stomach.

351. Chicken broth.—This is particularly mild, and allowed in almost every kind of illness; it is also very nourishing, though reckoned by some persons rather insipid. The bones of fowls as they come from table, together with the heads and feet, make a basin of good broth, especially if the fowls were boiled, and the liquor is used for the broth; boil till the bones are quite white and dry, then strain. The heads and feet of fowls may be got at the poulterers for next to nothing, and make excellent broth. They must be nicely scalded and cleaned, washing them in warm water, with a little salt, to draw out the blood. The heads and feet of four fowls may be boiled in a quart of water, with or without the addition of an onion and a blade of mace. Some people, when chicken broth is ordered, cut up a fresh fowl, and stew down; but this is a needless piece of extravagance; the more economical mode is equally good.

Chicken broth may be enriched by the addition of a piece of lean beef or other meat, or a knuckle bone of veal, and three or four shanks of mutton.

352. In families where broth is frequently wanted, and perhaps at a very short notice, it is a good way to make it in the following manner, by which means both the meat comes in use, and the broth may be kept, in moderate weather, two or three days. Take a mouse buttock of beef, or any other part which is at once lean and tender; the bones of a knuckle of veal, and a few shanks of mutton broken; from these bones the marrow must be removed, or the ends of the bones stopped with paste to keep it in. Put the whole into a deep pan, with rather more water than is necessary to cover the meat, and over the top of the pan put a common pie crust. Bake it three hours; the meat and crust will then be thoroughly, and yet not overdone, and will furnish a good plain meal.

Strain off the broth, and keep it in a cool place. If the cake of fat which settles over it is not disturbed, the broth will keep good several days. At the time of warming any desired flavour may be added (No. 10, 11, 12).

353. Very cheap and nourishing broth may be made entirely of mutton shanks, calf's feet, or pig's feet, or part of each. A larger quantity of water must be allowed, as they will require to be boiled or baked at least five hours. The liquor will be a stiff jelly; and, if free from seasoning, will keep good nearly a week in favourable weather. All broth made of the gristly parts of an animal are somewhat insipid, however rich; on this account, the addition of a little lean beef or veal is an improvement. A piece of bread toasted very brown both enriches the broth and improves its colour.

354. Mutton broth.—Scrags of mutton certainly do not make the richest flavoured broth; but they may be bought very cheap; and, if properly managed, either scrags of mutton or sheep's heads make a very good family dinner. Two or three scrags of mutton, or two sheep's heads, may be set on in a two gallon pot with soft water. When it boils skim it well; then add six ounces of Scotch or pearl barley, or rice; let it boil an hour or more; then add eight or ten turnips, three or four carrots cut up, and four or five onions. Half an hour before serving, put in a few small suet dumplings, and, if approved, a little parsley and marigold blossoms. In the whole, this broth should boil two hours and a half or three hours, in which time the liquor will have boiled away one third or nearly half. The knuckle of a shoulder of mutton answers well prepared in this manner. Serve the meat on a separate dish, and the broth, dumplings, and vegetables, all together in a large tureen.

355. Broth with chops.—Clear the fat from a neck or loin of mutton; cut as much as required into thin chops; put them in a stew-pan, with an onion or two, a little salt, and cold water enough to cover them. As it comes to boil, skim well, and let it stew slowly from three quarters of an hour to an hour. Turnips may be boiled

in the liquor, or boiled separately and mashed. Serve the broth and meat together.

356. Scotch barley soup.—The meat may be either a shin of beef, a knuckle of veal, or part of a leg, or the knuckle of a shoulder of mutton; only observe, that beef will require an hour, or an hour and a half, longer to do than either of the other meats. Cover the meat with cold water; ten pounds of meat in a two-gallon pot; the pot may be nearly or quite filled. When it boils, skim it very clean, and add three quarters of a pound of Scotch barley nicely cleaned, and two or three large onions; let it now simmer gently by the side for two hours (or in a stone pot closely covered in an oven, will answer as well). Then skim off all the fat, and put in two sticks of celery, and a turnip or two cut in small pieces, with a few carrots and button onions, if approved. Let it do again till the meat is perfectly tender but do not suffer it to become ragged. Carefully lift it out with a slice, and keep it warm. Strain a quart of the broth from the herbs, and thicken for sauce to the meat, with an ounce of flour, a bit of butter, a glass of port wine or catsup, or any other flavouring ingredient for variety (No. 3, 5, 11, 17, 20). Pour this over the meat; to which may be added, if approved, pickled capers, gherkins, or walnuts, cut up. This sauce is suitable for beef or mutton, but if the meat be veal, bechamel, or thickened white sauce, will be more suitable. This is made in the following manner: instead of a quart of broth, take a pint each of broth and new milk; rub together an ounce of flour and butter, and stir them in when the broth and milk boil. Season with salt, nutmeg, and the juice of half a lemon. When it is thoroughly mixed and smooth, finely beat the yolks of two eggs, with a spoonful or two of cream, and stir into the sauce near the fire, but it must not be suffered to boil or it will curdle; or, instead of lemon-juice, mushroom catsup may be used, or a few young mushrooms; or, in short, any variety of flavour. Pour the sauce over the meat, and serve the broth in a tureen.

357. Knuckle of veal soup.—To a knuckle of veal of six pounds weight allow half a pound of bacon; cut it in slices, and lay at the bottom of the stew-pan, and then the veal, having the bone broken in several places: put cold water enough to cover it. When it boils and has been skimmed, add onions, celery, carrots, turnips, thyme, savoury; a dozen each of black pepper and allspice, and a few cloves; make it boil up with the vegetables; then set aside to stew slowly for three or four hours; then take out the veal and bacon, and strain the soup. Let the soup so far cool, that the fat may be removed; then pour it free from sediment into the stew-pan. Take off the meat and gristles of the veal, and cut them with the bacon into mouthfuls; put them into the soup, to warm through, and then serve. If thickened soup is preferred, it may be done by stirring three table-spoonfuls of the fat with four of flour, which mix by degrees into the soup, and simmer till quite smooth. Catsup, curry, or other additions at pleasure.

358. Fish broth is nourishing, and easy of digestion.—Thick skinned fish, and those which have glutinous jelly-like substances are the best. As eels are boiled in a small quantity of water, the liquor is good broth without any addition; or a little of the liquor in which turbot or cod has been boiled, boiled again with the bones of the fish. If made on purpose, small eels or grigs, or any kind of flat fish, as soles, plaice, flounders, or dabs; or the finny parts of cod will answer well for the purpose. A pound of fish may be set on in three pints of water, with an onion, a few peppercorns, and a large handful of parsley, and boil till reduced half; a spoonful of vinegar may be added, or one of catsup, if not for a sick person.

359. Scotch brose or crowdy.—Take half a pint of toasted oatmeal, *i. e.* dried before the fire and frequently turned, till the whole is perfectly dry, and of a light brown. Dip a ladleful of boiling liquor in which fat meat has been boiled; stir it briskly to the oatmeal, still adding more liquor till it is brought to the thickness de-

sired, which is about that of stiff batter. If the meat were not salt, a little salt and pepper may be added. Kale brose is the same thing, but with the addition of greens cut small, and boiled in the liquor.

360. Coch-a-leeky soup.—Take a scrag of mutton or small knuckle of veal, and a large fowl (it is the best way of dressing one that has lived too long) with three or four large leeks cut in pieces of half an inch long. Simmer in three quarts of good broth for an hour. Then season with pepper and salt, and add as many more leeks; let it boil three quarters of an hour longer, and serve all together. The object of putting in the leeks at two different times, is, that the first may be boiled to a pulp and thicken the soup, while the others retain their form and substance.

361. Hotch-potch.—This dish is composed of mutton or lamb chops stewed in good gravy, No. 46, with the addition of almost every variety of vegetables. For a summer hotch-potch, young turnips, carrots, onions, asparagus, green pease, spinach, lettuce, aud parsley; a winter hotch-potch must serve with old carrots, cut small or grated; full grown turnips, cut small; onions and celery sliced: and dried pease; the green or blue sort are preferred on account of their colour. Dried pease will require much longer boiling than either meat or green vegetables. Put them in the liquor perfectly boiling, and let them boil an hour or more before adding the meat and other vegetables. As to the proportions, four pounds of meat to a gallon of stock or broth, and two quarts of vegetables. The meat and vegetables may be allowed two hours and a half slow boiling, with the lid on; but if green pease or asparagus tops are among the vegetables, it is usual to keep out half or nearly all of them till within half an hour of serving; then let them boil briskly till tender. Season with pepper and salt; serve all together.

362. Pease soup.—For the basis of this take the liquor in which meat has been boiled: if two or three joints in succession so much the better; but be sure that it is not too salt: if it be, take part liquor and part water, and enrich it by

the addition of a little fresh meat, or bones of beef, veal, or mutton. The feet, hocks, and ears of a bacon hog make excellent soup, and may be served in the tureen. They should be very slightly salted for two or three days, and boiled in fresh liquor, either that which has boiled fresh meat, or water. The quantity of dry pease required will be, to a gallon of liquor a quart of split pease, two quarts of whole pease, or a pint and a half of pease flour; the first-mentioned is preferable. Either whole or split pease to be put in when the liquor is perfectly boiling (see p. 24), and will require from two to three hours boiling. Pease flour must be mixed smooth with a little cold broth, and stirred into the boiling mass; three quarters of an hour boiling will be sufficient. The vegetables to be added are celery, onions or leeks, carrots, turnips, parsley, and mint. Some people like the soup strained; others like the substance of the pease and other vegetables. In the former case, the vegetables may be added with the pease as soon as the liquor boils, and, at the time of serving, strain through a colander. If the vegetables are to be eaten, be very careful to remove all outside specky leaves, and cut them up neatly. The celery, turnips, carrots, and onions may then boil an hour or rather more; but the parsley and mint (which should be chopped fine) will not require more than twenty minutes; at the same time season with a little pepper and salt, if required. Serve with bread either toasted or fried, cut in small squares, and dried mint rubbed to a powder. When celery or parsley cannot be had, the seeds bruised well answers the purpose; half a drachm of celery seed and a quarter as much parsley.

363. Green pease soup.—The most simple way of preparing this soup is perhaps the best. Shell half a peck of green pease, and well wash the shells; let them boil half an hour in the liquor in which veal, lamb, mutton, or fowls have been previously boiled. Then strain off the pea-shells, boil up the liquor again, and then put in the pease, with a little salt, a dozen or more young carrots, a handful of young onions, the hearts of six or

eight young lettuces cut small, and a small handful of parsley. Let it boil fast for half an hour, then serve.

364. If thickened green pease soup is required, shell a peck of pease, separating a pint of the youngest; boil the old pease till they will pulp through a colander. Having done this, stir the pulp into three quarts of broth, either of veal, mutton, or chicken, but without any flavour of herbs or spices. Cover the vessel close, and let it simmer for an hour; then add a tea-cupful of bread-crumbs, and let it boil a few minutes. Have the pint of young pease boiled separately, stir them into the soup, and serve. Season with salt and sugar. Put half an ounce of butter in the tureen, and pour the soup upon it. Some people like the addition of fried cucumber slices. They are to be sliced thin as for eating; remove the seeds; drain them a few minutes on a cloth; then flour and fry in butter. Put them in the tureen the moment before the soup goes to table.

365. Carrot soup.—For this purpose the large Sandwich carrots are the best; only the red outside pa is to be used. To two quarts of plain broth (or liquor in which the bones of roast meat have been stewed), put the red part of six or seven large carrots scraped clean and sliced thin, also one head of celery and a large onion or two cut in thin slices: cover the stewpan close, and let it simmer two hours, or more, till the carrots are soft enough to rub through a hair seive or colander. Having done this, return the pulp to the stewpan, with as much more broth as will bring it to the thickness of pease soup; stir it together. When it boils throw in a tea-cupful of bread crumbs; let it boil a few minutes, season with salt and pepper; and serve.

366. A richer carrot soup.—Slice thin the carrots, onions, and celery, as above, and fry them in butter: when they become brown, and have absorbed the butter, add the broth to them by degrees, and simmer altogether, till it is thick and will rub through a sieve or colander, if required, or till the vegetables and broth have com-

pletely mixed into a pulp. Season with salt and cayenne.

367. Turnip and parsnip soup may be made according to either of the above recipes.

368. Asparagus soup is made of the tops of asparagus, in the same manner as green pease. In two quarts of broth, boil a pint of asparagus tops till the whole will pulp; return the thickened liquor to the stewpan, and, when it boils, put in nearly a pint more tops, with a little salt and sugar, and a little young parsley. They will take twenty or twenty-five minutes, when the soup is ready.

369. Haricot soup.—The haricot is the full grown seed of the French beans, and may be used either green or dry; if green, the soup may be made in the same manner with green pease or asparagus soup, but will require rather longer boiling, and an ounce of butter to be stirred into the stewpan just before serving. If dry, proceed in the same manner as for old pease soup, and with the addition of carrots, onions, or leeks, celery and turnips: see 354. Some people like, and others as much dislike, a bit of bacon boiled in the soup.

370. Soup of gourd, vegetable marrow, or rhubarb stalks.—As these soups are all prepared in the same manner, it is needless to give separate recipes. The rhubarb stalks must be skinned and cut in pieces an inch and a half or two inches long, as for a pie. The gourds and vegetable marrow cut in thin slices, but need not be skinned. Add, to whichever it may be, two or three onions and a carrot sliced, an ounce of lean ham, cut thin, and an ounce of butter: shake them over a slow fire till the fruit is brown and the butter absorbed; then season with salt and cayenne, and add by degrees two quarts of No. 46. Boil till quite tender; then add two or three ounces of bread crumbs; let it boil ten minutes or a quarter of an hour, and rub through a colander or tamis. Make the soup quite hot, and serve with fried or toasted bread, which is generally put in the tureen.

371. Soup maigre.—The only difference between this and any other vegetable soup is this, it is enriched with butter, not with meat liquor. Part of the vegetables are pulped off, and part served up. When this is to be done, the outside and inferior parts of the celery and onions answer quite as well for the first boiling, and reserve the more tender parts to cut up for the last: the yellow inside of carrots for the first doing, and the outside red for the last. In this manner divide two or three heads of celery, four or five large onions, two large carrots, and three or four moderate sized turnips, two young lettuces, a handful of spinach leaves, and a little sorrel. Cut the worst half of the vegetables into small pieces, and put them in a stewpan with three ounces of butter. Let them fry till the vegetables are browned and the butter absorbed. Meanwhile if green pease are in season, boil a pint or more as for eating; strain the liquor in which they were boiled into the stewpan, adding as much boiling water as would make up a gallon: when it boils fast, skim it close and put in half the top crust of a half quartern loaf and two dozen each of black pepper and allspice, with two or three blades of mace: let it simmer gently for an hour and a half, then stand aside for a quarter of an hour, and strain it off very gently, so as not to disturb the sediment at the bottom of the stewpan; which clean. When the soup has stood two hours or more, to settle, pour it back again, avoiding to disturb any sediment, if any should have escaped the first straining. Meanwhile, cut small the remainder of the vegetables, and boil them in water five minutes, then drain, and when the soup again boils, add them to it, and let it simmer till they are tender, which will be about three quarters of an hour. Season with salt and cayenne, and a table-spoonful of catsup.

372. Tomata soup.—Take two quarts of ripe tomatas, one carrot, one head of celery, three or four slices of beet root, and three large onions, all sliced; put them in a stewpan with half a pound of butter; let them fry together sometime, keeping the pan shaken one way; then add half a pint of good gravy, and let the whole simmer

together till the vegetables are tender and will pulp through a colander or tamis. Simmer the pulp with three pints more of gravy, and season with salt and cayenne.

373. Fish soup.—Score two onions, and fry them in two ounces of butter in a stewpan: cut in pieces three pounds of unskinned eels, soles, or plaice (the heads and tails, keeping the prime middle part for frying); put the pieces of fish to the butter and onions; shake them over the fire a few minutes, then add three quarts of boiling water, and cover up. When it boils, skim carefully, and put in a bundle of green parsley, savory, and lemon thyme, with a few berries of black pepper and allspice. Let it boil gently for two hours; then strain. Put the soup in a clean stewpan, and thicken it with three ounces of butter rubbed in flour. Meanwhile, fry the middle pieces of the fish, which should be cut up about two inches, or rather less, and, ten minutes before serving, put them into the soup with force-meat balls, No.121,116.

374. Lobster soup.—For this purpose, choose three or four fine lobsters, full of spawn and coral. Carefully pick out all the meat; cut it up in pieces as big as a nut; with part make some force-meat balls (as 121); beat the soft meat and coral in a mortar with a bit of butter, and, by degrees, add to it a pint of thick cream, a large tea-spoonful of flour, and a good seasoning of nutmeg. Meanwhile, remove from the claws and head all the brown juicy parts, and the bag (or what is called the lady). Beat the shells and small claws in a mortar; then boil them twenty minutes in three quarts of good veal or chicken broth, with the crumb of a French roll. Strain the liquor, and return it to the stewpan with the meat of the lobsters, force-meat balls, cream, &c. Let it simmer very gently for ten minutes; it should not boil, or the colour will be injured. When in the tureen, add a spoonful of essence of anchovy, the juice of a lemon, a little cayenne and a little salt if required. N.B. Some cooks add, in boiling the broth and shells, an onion or two, a bunch of sweet herbs, pepper, salt, an-

chovies, and lemon-peel; but these various flavours destroy that of the lobster; and it is decidedly preferable in the more simple form here given.

375. Oyster soup—is made with broth of mutton or veal, either simple or flavoured with onions, mace, and pepper. Beard the oysters; simmer the beards a few minutes in the broth, then strain, and add the oysters with their liquor, a good piece of butter rolled in flour, seasoned with nutmeg and cayenne; and, to a hundred of oysters, half a pint of rich cream; simmer gently for ten minutes or a quarter of an hour. The juice of a lemon may be added in the tureen. A French roll should be put in the soup, five or six minutes before it is taken up. When swollen, take it out carefully, with a slice, put in the tureen and pour the soup upon it.

376. Ox head soup.—Soak and clean as directed, No. 238. Set it on with cold water enough to cover it. When it boils, skim it very closely; then put in a head of celery, two carrots, two turnips, two or three large onions, a bundle of sweet herbs, and about two dozen berries each of allspice and black pepper. Cover close, and stew over a slow fire. When it boils, again skim; then let it stew gently, with the lid close, for three hours: take the head on to a dish, and strain the gravy into a deep pan. All this should be done the day before it is wanted to be used. When quite cold, cut up the meat as for a hash. If the soup is to be clear, nothing now remains but to simmer gently, for half an hour, the meat with two quarts of the soup, and salt to taste. If it is to be thickened, do it with two ounces of butter and what flour it will take up, and season the above quantity with cayenne pepper, a glass of wine, or a table-spoonful of brandy, with the addition of any other flavouring ingredient that may be desired (1—33). The remainder of the gravy will keep two or three days, and may then be thickened as above, or served as gravy soup, with the addition of two carrots, and two or three turnips, boiled separately, cut up in small pieces, and warmed in the soup.

377. Ox-tail soup.—Get three or four ox tails, divided at the joints. Wash, soak, and clean them very nicely. Then set them on with a quart of cold water for each tail. Skim carefully as long as any scum rises: then add, for each tail, an onion, and eight or ten corns each of black pepper and allspice. Cover close, and simmer slowly till the meat becomes sufficiently tender easily to leave the bones; but not to let it become ragged and drop off. Take out the tails, scrape off the meat, and cut it small; skim the broth and strain it through a sieve or tamis. If it is to be thickened, proceed as directed in the last recipe; or, instead of butter, the flour may be kneaded with two table-spoonfuls of the fat from the broth: mix it well with the whole, and let it simmer another half hour. If not perfectly smooth, it must be again strained; then put in the meat, with a glass of wine, a table-spoonful of mushroom catsup, a little cayenne, and salt to taste. Simmer a few minutes, and serve. Or, instead of thickening the soup, the meat may be merely returned to the gravy and warmed, with or without the addition of carrots and turnips as above.

378. Ox-heel soup.—Get three or four ox heels that have been but partially boiled. The people at the tripe shops, if directed, will let you have them when they are merely scalded, or when they have boiled an hour, or when thoroughly done;—it makes no difference to them. They will also, if asked, give a quart or two of the liquor in which they were boiled, which is much better than water. For soup, it is better to get the heels when they have boiled an hour. To each heel allow a quart of water or liquor (as above, or that which has boiled any kind of fresh meat), an onion, an eschalot, a turnip, the red part of half a large carrot, all cut small, and a bundle of sweet herbs. Cover very close, and let it simmer slowly, for several hours; from time to time removing the fat as it rises. When the meat is perfectly tender, and will easily separate from the bones, take out the heels and strain the soup; cut up the meat and return it to the soup, which is to be thickened with flour and but-

ter. Add also the rind of a lemon, shaved thin, and two bay leaves, which remove when it has simmered half an hour. Then add the juice of a lemon, a glass of wine, and a table-spoonful of mushroom catsup. N.B. A pound or more of tripe, cut into mouthfuls, is sometimes added to the above. If already boiled, it will only require the last simmering of half an hour or rather more, with the meat of the heels.

To either of the three foregoing articles may be added six ounces of boiled rice.

379. Shin or leg of beef soup, or ragout.—Have the bone sawed in three or four pieces, and the marrow either taken out or stopped with paste. Cover with cold water, and having skimmed it clean, add onions, carrot, celery, sweet herbs, and spice (as in 376). Let the whole stew very gently three hours and a half or four hours. Meanwhile, cut up the red part of two or three carrots, two or three turnips, peel two dozen button onions, boil them, and drain them dry; as the onions and turnips should retain their shape, and the carrots require longer to boil, they ought to be put in a quarter of an hour earlier. Do not let them be overdone. When the meat is quite tender, take it out with a slice, and strain the soup. Thicken the soup with a small tea-cupful of flour, mixed either with a little butter or the fat of the soup. Stir this well in till it boils and is perfectly smooth; if not, it must be strained* through a tamis and carefully skimmed, and then returned to warm the vegetables. The meat may be served whole, or scraped from the bones and cut in pieces. Season the soup with pepper, salt, and a wine glass each of port wine and mushroom catsup, and pour over the meat; or, if necessary, put the meat in the stewpan to warm. Serve altogether. Curry may be added, if approved, 5; also force-meat balls, 116.

380. Giblet soup (the most economical way).—Take a

* A good cook will not want to strain her soups half so often as is generally directed, and yet will always send them to table perfectly smooth and clear.

pound or two of beef skirts, or of knuckle of veal; cut it in pieces of two or three inches square; a set of goose giblets, or four sets of duck giblets, or the head, neck, and feet of a turkey or two, or of six or eight fowls; all of these are good, either separately or together. Clean them very thoroughly, split the heads, cut the gizzards across, and crack the pinion and feet bones. Put all together into a stew-pan with an ounce of butter; two or three onions sliced; the red part of two or three carrots cut up, and a clove or two of eschalot. Shake it over a clear slow fire a few minutes to draw the gravy. Then add of water or broth enough to cover the whole. Let it simmer together two hours or more; then season with pepper and salt, and a large spoonful of catsup, and serve all together. It may be thickened with rice or barley, which should be added as soon as it boils.

381. A more expensive way.—Prepare the giblets as above, and set them on with good gravy (No. 46) enough to cover them; tie in a muslin bag an onion or two, a small bundle of sweet herbs, a few leaves of sweet basil, and about twenty corns each of allspice and black pepper. Let it simmer till the giblets are tender; then take them out, and cover up close while you thicken the gravy; remove also the bag of spice and herbs. Have ready some force-meat balls as No. 116; or the following.—When the livers are sufficiently done to shred fine, take them out or part of them; pound them fine with half their weight in butter, and the yolks of three hard boiled eggs. Season with salt, cayenne, nutmeg, sage and onions scalded and chopped very fine; also a leaf or two of sweet basil. Mix with half a tea-cupful of bread crumbs; wet with the yolk of a raw egg, and make up into balls with a little flour. Having removed the giblets, thicken the soup with butter and flour, and when it boils add the balls; let them simmer a quarter of an hour; then add a glass of wine; a large table-spoonful of catsup, and the juice of half a Seville orange or lemon. Put in the giblets to warm through, and it is ready.

382. Curry or Mulliga tawney soup.—This may be

made of a breast of veal, or fowls, or rabbits ; cut up the meat or poultry in pieces of about two inches long and half the width. Fry them in butter, with four large onions sliced ; when nicely browned add as much good gravy (No. 46) as will rather more than cover them, with a bruised eschalot or two. Let it simmer half an hour or rather more ; then mix two spoonfuls of curry, No. 5, with an equal quantity of flour. Season high with cayenne, and powder No. 4, and a tea-spoonful of salt. Mix very smooth with cold broth or cream. Stir it into the soup, and let the whole stew gently till the meat is tender. Just before serving, a little juice of Seville orange or lemon may be added. Rice may be added or omitted at pleasure.

383. Hare soup.—(The best use to which to put an old hare). Cut off the legs and shoulders, and divide the body crossways into three or four parts. Cut the kidneys, heart, and lights to pieces ; they are never eaten, but serve to enrich the gravy. Black pepper and allspice, a blade or two of mace, and five or six cloves, a large onion or two, one carrot cut up, a bay leaf, and a bundle of sweet herbs ; three quarts of water or weak broth. Simmer gently for three hours. This may be done either in a stew-pan, by the fire, or in an earthern pot in an oven. When the meat is quite tender, take off the best of it, that is, the back and upper part of the legs ; cut these into mouthfuls, and lay it aside ; scrape off the rest of the meat ; clear it from skin and sinews ; chop it fine, and then pound it in a mortar with an ounce of butter, and two or three table-spoonfuls of flour ; mix it smooth with a little of the gravy, and then stir it to the rest ; let it simmer gently for half an hour, skimming it well. Then strain through a tamis, and return to the stew-pan with the meat, and a dozen and a half, or two dozen, of force-meat balls ; and to each quart of soup a wine glass of port wine, a table-spoonful of currant jelly, and a salt-spoonful of salt. When the balls are done all is ready.

384. Game soup.—Cold game, especially partridges

and pheasants, make an excellent soup in the following way. Chop fine the best of the meat, and pound it in a mortar, with a bit of butter; break the bones, and stew them (in broth, if you have it), to make gravy. In the gravy boil six or seven turnips, and a large onion; when thoroughly done, squeeze them through a tamis to the pounded meat. Season with cayenne, nutmeg, and salt, and add by degrees the whole of the gravy; stand it in the stew-pan on the side, but do not let it boil. Beat very finely the yolks of six eggs, with half a pint of cream. As the soup is just coming to boil, stir in the eggs and cream; it will soon thicken, but must not come to boil or it will curdle.

385. Mock turtle soup.—Get a fine fat calf's head with the skin on; for this purpose it must be expressly ordered a day or two before. Direct the butcher to be very careful in splitting it not to splinter the bones. Take out the brains, and soak the head for an hour in spring water. The brains will do to make cakes, see No. 120. When the head is perfectly free from all bloody settlings, lay it in a stew-pan*, with cold water enough to cover it, and half a gallon more; as it comes to boil; the scum must be constantly removed. Let it boil full an hour, and then take out the head; set it by to cool, and add to the liquor the meat necessary to enrich it; which will be about ten pounds, part beef and part veal; say a knuckle of veal and a shin of beef, amounting together to at least that weight. As the head becomes cool, cut off all the meat and tongue; cut it up into mouthfuls, and set it away in a covered dish. Return the bones and trimmings to the liquor; skim clean, and cover close. Let it boil five hours; then strain the liquor; (the gravy meat will do for potting, No. 240; indeed it has been shrewdly observed, that mock turtle and potted beef always come in season together). If the gravy appears

* For such a purpose as this nothing answers better than a large copper pot hung as a copper; it is so much easier to manage the fire and keep it at a regular heat, than over a kitchen fire.

to be more than the soup will require, a quart or two had better be cooled separately, as it keeps so much better if the fat at top is left undisturbed. This is as far as you can proceed for one day. Next morning, put in the stew-pan twelve ounces of onions sliced, and four ounces of green sage lightly chopped, with half a pound of fresh butter; let these fry gently for one hour; carefully avoiding a heat that would scorch them. Take off the fat from the top of the gravy, and mix with a little of it half a pound of fine flour; stir this to the onions and butter, and then gradually add gravy, till it brings it to the thickness of cream; add the rind of a lemon shaved thin, half an ounce of black pepper, and a quarter of an ounce of allspice, both very finely ground, with salt to taste. Let it simmer very gently for an hour and a half; then strain through a hair sieve. It must not be rubbed through the sieve, lest any sediment should pass; but knock the sides of the sieve, and all will pass that would be clear. Put the gravy and meat of the head into a clean stew-pan, allowing to each gallon of soup half a pint of wine, madeira or sherry, two table-spoonfuls of lemon juice, two of mushroom catsup, and one of essence of anchovy; a tea-spoonful of curry powder, No. 5, or a quarter of a drachm of cayenne. Stir it frequently to prevent sticking to the bottom of the pan; a veal sweetbread scalded, fried, and cut up in slices, should be put in a few minutes to warm. Let the whole simmer very gently for five minutes; it is then ready for the tureen. Brain cakes, No. 120; egg balls, No. 119; and force-meat balls, No. 116, (or, as preferred by some, balls made of crumbs of bread, butter, egg, sage, and onion, as No. 101); a dozen or eighteen of each should be fried, and put in the tureen.

386. A very good imitation of the above at less trouble and expense.—A cow heel, a pound and a half of beef skirts, an ounce of lean ham or bacon, the red part of a large carrot, a large onion, two eschalots, or a clove of garlic, a few sprigs of parsley, and a few leaves of green basil; one sprig each of knotted marjoram, winter sa-

voury, and lemon thyme; four or five cloves, and four times as many black pepper and allspice; one ounce of butter, and half a pint of cold water or broth. Set it over a slow clear fire; let it boil gently for a quarter of an hour or twenty minutes, till the meat is browned, and the liquor nearly absorbed. Then add as much boiling broth or water as will make up two quarts. Let it simmer very gently for an hour and a half, by which time the beef will be tender, which take out; then simmer again till the cow-heel is tender. Take it out, and strain the gravy; cut the beef into mouthfuls, and the meat of the heel; meanwhile set on the gravy again, with a pound of double tripe cut in pieces an inch square; or a bit of the thin flanky part of spring of pork, or of veal cutlet, or part of all; when it boils, skim it well, and thicken it with flour and butter, and let it simmer half an hour longer; then return the beef and meat of the heel, with a table-spoonful of catsup, a glass of sherry wine, a tea-spoonful of salt, half as much pepper, or a less quantity of cayenne, and a little nutmeg; let all simmer together for five minutes; add force-meat or egg balls, as above.

387. Portable soup.--For this purpose the meat should be as fresh as possible. Nothing answers better than a shin of beef; but any trimmings of fresh meat, poultry, or game may be used together with it, and the liquor that has boiled a leg of mutton or a knuckle of veal. A digester is the best vessel for preparing this article. If you have not one, a common stew-pot will do; but it must be kept as closely covered as possible. Just cover the meat with cold liquor, and let it come very slowly to boil. It should occupy at least an hour; carefully skim it, and throw in a little cold water occasionally to throw up the scum; but do not put any salt. When no more scum rises, again close the pot, and let it boil for eight or ten hours. Then strain it through a hair sieve into a stone pan, and set it where it will cool quickly. (The meat, when drained, will serve for potting.) Next day remove every particle of fat from the top, and put the gravy in a

well tinned copper stew-pan, taking great care that no sediment is returned; add two drachms of whole black pepper, and let it boil briskly with the lid off over a quick fire. If any scum arises, remove it. When it becomes very thick, and is reduced to about a quart, put it into a smaller stew-pan; set it over a gentler fire, and let it simmer till reduced to the consistence of a very thick syrup. It must now be watched every moment. Take out a few drops on a cold spoon or plate; if it soon sets in a stiff jelly, it is done enough. If not, boil it a little longer, till it does. Have ready some small pots with lids, such as are used for potting meat; or it may be poured out on a large flat dish, so as to be a quarter of an inch deep. When cold, turn it out, and with a paste-cutter, cut into squares of half an ounce or an ounce each. Or pour it into the round part of basins or cups turned upside down. Put them in a warm room, and turn them frequently for eight or ten days, when they will be thoroughly dried, and hardened like glue. Then keep them in a tin box or glass case in a dry place, and they will keep for years. If at any time the surface appears mouldy, wipe it off. The taste does not penetrate the mass. The chief use of this article is in country places, or at sea, where fresh meat cannot readily be obtained. A basin of broth, soup, or gravy, of any strength, may be obtained in five minutes by dissolving one or more of the cakes in boiling water; any flavouring ingredient can be added at pleasure, p. 45—55.

388. Irish stew.—Take two pound of potatoes; peel, slice, and parboil; and throw away the liquor.* Two pounds of mutton chops, either from the loin or neck; part of the fat should be trimmed off, and leave two pounds still; six large onions sliced, and a slice of ham or lean bacon; a spoonful of pepper, and two of salt. This stew may be done in a stew-pan over the fire, or in a baker's oven, in a closely covered earthen pot. First put a layer of potatoes, then a layer of meat and onions,

* This is not usually directed; but we maintain, that potatoe liquor is decidedly unwholesome.

sprinkling the seasoning; then a layer of potatoes, and again of meat, onions, and seasoning; the top layer should be potatoes, and the vessel should be quite full. Then put half a pint of good broth or gravy, and a spoonful of mushroom catsup. Let the whole stew slowly for an hour and a half. Be very careful that it does not burn.

389. Another way, in a mould to turn out.—Take the chops as above; season well with salt and pepper, and fry a few minutes with the sliced onions. Meanwhile boil the potatoes, and mash them; season them also with pepper and salt; an ounce of butter, and an egg finely beaten; make them into a stiff paste; butter the tin mould; line with potatoe; then put in the mutton, onions, and what gravy is about them; fill up with potatoes, and bake for half an hour. Turn it out; make a hole in the top, and pour in a quarter of a pint of good gravy.

390. White soup.—The basis of all white soups is the broth or liquor in which white meats have been boiled. Veal, lamb, mutton, fowls, turkey, calf's feet, &c.; if two of these articles have been boiled in succession, all the better; or the bones, &c. of fowls boiled down in the liquor. A block tin saucepan is the best for this purpose; a bit of lean ham improves the flavour; or a small quantity of the jelly which drops from a fresh dressed ham. An onion is generally admitted for flavour, but strained off. White pepper and nutmeg are preferred for seasoning; and white wine and lemon-peel or juice for flavouring, rather than catsup; the thickenings are usually mixed with milk or cream; and oysters are preferred before anchovies; in a word, the object is to get a good soup without sacrificing delicacy of colour. The thickenings are either rice, vermicelli, maccaroni, or almonds, with eggs, milk, and cream. Rice is to be prepared by first washing in several waters; then boil in a small quantity of white stock; as it sucks it up, add a little and a little more till the rice is perfectly tender and swollen, and the soup of a proper thickness, the rice being distri-

buted through the whole. A quarter of a pound of rice will thicken two quarts of soup. Ground rice should be mixed to a soft paste with cream or milk, and stirred into the boiling soup. The moment it thickens it is done; a quarter of a pound of ground rice will thicken two quarts of soup. Vermicilli requires but a few minutes boiling, from six to ten minutes; two ounces will thicken two quarts of soup. Maccaroni requires at least an hour boiling; it should be first soaked in cold water. Almonds must be blanched, that is, dipped in boiling water to loosen the brown skins, then peeled, and pounded in a mortar with a little cream. A quarter of a pound of almonds will thicken two quarts of soup. They must be beaten to a perfect paste with the cream, and then stirred into the boiling soup. The yolks of eggs must be beaten very fine, and mixed with an equal quantity of cream. Three or four eggs will thicken two quarts of soup. Pour to the eggs and cream a little of the boiling soup; mix it thoroughly, and then put in to the rest of the soup. Stir it one way till it thickens, but take care that it does not boil, or it will be sure to curdle. N.B. Eggs and cream may accompany either of the other thickenings. Turnips, celery, and onions are frequently used in white soups. They must be sliced or cut in small squares, and stewed in white stock till perfectly tender. The soup may then be thickened with an ounce or more of butter rolled in arrow root, or ground rice, as much as it can be made to take up; then mix it with half a pint of cream, and stir it to the whole. The soup is then called turnip, onion, or celery soup, according to the vegetable employed. For every kind of white soup, a French roll should be put in the tureen, and the soup poured over it; or the crumb of two French rolls may be thrown into the boiling soup; but after this it must not be stirred, but should continue to boil till the rolls have dissolved to a pap, and thickened the whole mass.

The white meat of chicken, rabbit, or veal, is sometimes pounded in a mortar, with a little butter for thickening white soup.

After these copious general directions for white soups, it is scarcely necessary to give particular examples; one will suffice:—supposing no stock is at hand to begin with — Take a knuckle of veal from which most of the lean meat has been cut, a scrag of mutton or veal, and two or three mutton shanks, or porker's feet; a rasher or two of lean ham or gammon; two good sized onions; a strip of lemon rind shaved thin; a bunch of sweet herbs, or rather a few leaves of fresh basil, a sprig each of winter savoury and knotted marjoram, and three or four of parsley; two or three blades of mace, and a large tea-spoonful of white pepper. Pour on this three quarts of boiling water, and let it stand aside for an hour, the lid of the saucepan (block tin) closely shut; then set it on to boil, and let it boil till the meat drops to pieces; then strain off. Next day, remove the fat from the top of the jelly, and put it back to the saucepan quite clear from sediment. If maccaroni is to be used, it must be put in as soon as the soup boils, and simmer an hour before the other thickening is added; but if vermicelli, it may be added with the other thickening, which prepare as follows:—Blanch a quarter of a pound of sweet almonds, and pound them to a paste, with a spoonful of cold water to prevent their oiling. Mince and pound also the white of a fowl or two (either roast or boiled), and rub together the meat, almonds, and a pint of cream, and a slice of dressed veal; or if not meat, beat the yellow of four eggs and mix with part of the cream; the remainder mix with the almonds; flavour with a little nutmeg or mace in the finest powder. The almonds, cream, and meat may be added to the soup, and suffered to simmer a minute or two, stirring all the while; but if eggs are added, they must only be stirred in, and not allowed to boil. If no eggs, almonds, or meat are used, a pint of oysters and their liquor may be added, with an ounce and a half of butter rolled in flour, and a glass of sherry or Madeira wine; or a pint of button mushrooms, with an ounce and a half of butter, and a tea-cupful of cream; a little cayenne and salt to taste.

391. Dr. Kitchener's cheap soup.—Wash in cold water

four ounces of Scotch barley, and put into five quarts of water, with four ounces of sliced onions; boil gently for one hour, and pour it into a pan. Then put into the saucepan from one to two ounces of fresh beef or mutton dripping. Dripping for this purpose should be taken out of the pan as fast as it drips from the meat; if suffered to remain long in the pan it is apt to become rancid. If no dripping is at hand, melted suet will do; or two or three ounces of fat bacon minced fine. When melted in the saucepan, stir into it four ounces of oatmeal, and rub them together till they come to a soft paste. Then add, by degrees, a spoonful at a time, the barley broth, stirring it well together till it boils. For seasoning, put in a tea-cup a drachm of celery or cress seed, or half a drachm of each; and a quarter of a drachm of cayenne finely pounded; or a drachm and a half of black pepper finely powdered, or half allspice; mix them smooth with a little of the soup; then stir it into the rest; simmer it gently another quarter of an hour; season with salt, and it is ready. The flavour may be varied by any variety of herbs or thickening, as garlic or eschalot, instead of celery or cress; a larger portion of onions, or carrots and turnips; or rice or pease, instead of oatmeal or barley.

## CHAPTER IX.

*Salting, Drying, and Preserving Meat.—Sausages, Potting, Collaring, &c.*

392. General rules.—Avoid salting meat in hot weather. April should close the salting season until September. If however salt beef is required let it be cut up and sprinkled before the animal heat has left it, for if it hangs a single day there is a danger of fly blows, or of the kernels becoming tainted, after which the meat will never take salt. In cool weather the meat should be allowed to hang two or three days to become tender, but be very careful that it is not frost bitten. If very cold weather, the salt may be heated, either in a very clean frying-pan, or on a plate in an oven.

Directly meat for salting comes into the house, carefully wipe away any slime or blood that may appear, and remove any veins, pipes, or kernels. There are two kernels in each round of beef, one in a thick flank, one between the rump and aitch-bone, and several towards the neck and shoulder clod (the same as you see in a shoulder and neck of mutton). A young cook should make it a rule, whenever she receives a piece of salting beef, to ask the butcher if there is a kernel, and request him to take it out in her presence, by this means she will learn where to look for it another time, and if it should be left in, will be able to remove it, without mangling the meat.

All meat should be lightly sprinkled with salt, and laid on a flat dish one day or two, to draw out the blood. The brine thus drawn must be thrown away, and the meat again thoroughly wiped, previously to its final salting. If this first brine is suffered to remain, it often prevents the successful salting of beef or pork, and invariably causes bacon to turn rusty.

All meat while salting should be kept closely covered. In small families, a large pan glazed inside and out, in a particular manner, and fitted with a wooden-lid, is generally employed. Observe, a common red pan does not do, as the salt acts upon the glazing and peels it off, by which the pan is spoiled and the meat rendered disagreeable and injurious. Welsh ware, Nottingham stone-ware, and the regularly glazed salting pans all answer the purpose. In large families, and especially in farm-houses, where much bacon is salted, it is usual to have wooden troughs, lined with lead, large enough to contain a flitch of bacon and smaller joints at the end, and deep enough for several flitches one above the other: these troughs are generally fixed on legs, and have a hole at one corner for letting off the brine when required, which must be stopped with a cork or plug. They are sometimes pitched inside instead of being lined with lead, which, if it answers the purpose, is far preferable, as lead is acted upon by salt, and may prove in some degree injurious.

The great art of salting meat is to turn it very frequently, at least every day, and rub the salt thoroughly and evenly into every part, carefully lifting up every flappy double part especially, and filling with salt the places where a kernel has been removed, or where a skewer has been stuck.

The smallest quantity of salt that can be made to preserve the meat, is the best, as it leaves it more tender and juicy: a pound of salt is sufficient for a large joint. Let the salt be well rolled and dried. Do not put it on all at once; but half at first, half the remainder in two or three days, and the rest two or three days after: if part be of bay salt it is an improvement. Coarse sugar also is very useful; it preserves the meat as well as salt, and gives no particular flavour, but, by rendering a smaller quantity of salt necessary, keeps the meat more juicy and mellow: two ounces of bay salt, two ounces of sugar, and three quarters of a pound of common salt, is a good proportion for ordinary salting. Saltpetre is useful only for reddening meat, it is apt to harden it; if, however, it

is desired to have beef or pork salted very red, take half an ounce each of saltpetre and coarse brown sugar, and rub in after the first slight salting and draining of the meat, and the next day proceed with common salt: this is chiefly used for thin flank of beef, and flap or breast of pork, it gives the streaky part a very pretty appearance, but tends rather to dry and harden the meat.

As to the length of time required for salting.—A thin flank, or brisket of beef, or spring of pork, will not require more than seven or eight days. A round, thick flank, or other thick piece of beef, or a large leg of pork, may be allowed a fortnight. Some people keep meat in pickle three weeks; but it hardens the meat and deprives it of its nutritious qualities, as well as spoils the liquor in which it is boiled.

Brine, or the liquor that runs from salting meat, is useful for several joints in succession; but the fresh salt should be allowed time to penetrate before a fresh joint is put into old brine. If the brine is so high as to reach half way up a joint of meat, so that by turning, the meat is in brine every other day, it will be ready for dressing a-day or two earlier than if it had merely had fresh salt. When the brine becomes at all slimy, let it be thrown away, and the pan scalded and thoroughly dried before any fresh meat is put in; it may, indeed, be boiled up and skimmed, and, when cold, used again, and this several times in succession, so that some people keep their brine a whole salting season; but now the duty is taken off from salt, and that useful article is rendered so cheap, it is hardly worth while to make that saving, as fresh salt is preferable.

393. Hasty salting.—If it is required to boil a joint of meat without allowing the usual time for salting, it may be done immediately in the following manner; take the usual quantity of salt that would be allowed, rub half of it into the meat, and set it in a warm place till it is time to put it in the pot; then flour a coarse cloth, and pack the meat in it, and so put in the pot when boiling: when it is half done, take it up, rub in the other half of

the salt, again flour the cloth and pack it up, allow it a quarter of an hour longer boiling than if it had been salted in the regular manner, and few persons will perceive the difference. If meat has been in salt longer than it ought, it must be well washed previously to boiling.

394. Pickle.—Some people instead of rubbing in dry salt, prefer boiling their salt in water, and keeping the meat completely immersed in pickle; it certainly preserves the weight of the meat, and is commonly adopted by those who dress meat for sale (the keepers of cook-shops and eating-houses); with them a joint of meat is soon cut up and cleared; but whether it might answer so well for small families, who when they boil a joint of salt meat may have it in cut several days, can be proved only by experiment. The proportions for this pickle are four gallons of water, six pounds of salt, one pound of sugar, and four ounces of saltpetre, to be carefully skimmed while boiling, and left to become cold before applying to the meat; when two or three joints in succession have been salted, the pickle must be boiled up again and carefully skimmed, and one-third the above proportions added to renew its strength. There is one great recommendation to this pickle, namely, that meat may remain in it several weeks without being over salted.

395. Curing bacon—different methods.—Some people use only common salt, and it answers very well; but a mixture of coarse sugar or treacle is always preferable. The following are good proportions,—of common salt, bay salt, and coarse sugar or treacle, two pounds each, saltpetre, six ounces. The quantity required for one hog is from five to eight pounds, according to the size of the animal. N. B. This is plenty to include the cheeks, chines, and hocks. The great matter is thoroughly to draw out the blood with common salt, and pour that away, and clean the vessel before the final salting; this process will occupy from one day to five or six. Let the salt be well dried and finely pounded, and well mixed

with the sugar or treacle; then thoroughly rubbed in, and the flitches turned every day for a month. N. B. By turning is meant, not putting the other side upwards, but putting the top flitch at bottom, and so changing them all round; the rind of the bacon is always to be down.

In Somersetshire they cure bacon with bay salt only; first sprinkled and left a-day or two to drain, then wiped dry: the salt to be used is then divided into four portions, one of which is thoroughly rubbed in, and the other portions on successive days, changing the flitches each time; they are then left in the brine three weeks, merely transposing the flitches every other day, and afterwards dried without smoke.

In Buckinghamshire, after sprinkling and draining, they first rub in half a pound of saltpetre, dried and powdered, and afterwards three or four pounds of common salt with one of coarse sugar heated: this method secures the redness, but there is a danger of hardening the meat. They keep the bacon a month in pickle, and dry on racks or in the chimney corner.

The German bacon is cured in pickle, as 394, or, to a gallon of water put a peck each of bay salt and common salt, a pound each of saltpetre and coarse sugar, and an ounce of socho, tied up in a rag; boil, skim, and cool. The pickle should be sufficient to cover the meat, which is to lie a fortnight, and after draining, be dried in the smoke of saw-dust.

Yorkshire hams and bacon are cured in the following manner:—common salt a peck, bay salt five pounds, saltpetre and sal prunel, of each, two ounces, all pounded together. Having sprinkled, drained, and wiped from blood, rub thoroughly with this mixture, and lay the rest over; after lying three days, take out the meat, and boil the pickle in two gallons of water, with the addition of as much common salt as will make it bear an egg; skim and strain: when cold, pour over the meat, and let it lie a fortnight; they dry without smoke, see No. 399. N. B. The above are the proportions, but the quantity must be varied

according to the quantity of meat to be salted, which should be perfectly covered with the pickle.

396. Hams.—Instead of multiplying recipes, we shall give only two, both of which we know by experience, to be excellent.—Having premised (as in all cases) the sprinkling, draining, and wiping; for three hams, about twenty pounds each, allow common salt and coarse moist sugar two pounds of each, bay salt and saltpetre six ounces of each, black pepper a quarter of a pound, juniper berries two ounces, all bruised or ground, well mixed together, and dried before the fire; rub this mixture warm into the hams, and add as much common salt as will entirely cover them; in two or three days pour over a pound of treacle, baste them with the pickle every day for a month, putting each day the top ham to the bottom—then drain and smoke, No. 399.

(2.) Take two quarts of spring water, common salt two pounds, saltpetre four ounces, bay salt one pound, treacle two pounds; boil all together; when cold, pour this pickle over the hams, but do not rub them. To give a smokey flavour without drying, boil two pennyworth of tar in half a pint of water, stirring it frequently. When cold, pour off the liquor and stir it into the brine. This pickle is sufficient for two moderate sized hams: allow them about three weeks in pickle; then drain; sew in coarse hessens wrappers, and hang in a dry kitchen, or lay on a bacon rack. If a higher flavour is desired, strong beer may be used instead of water. N. B. Either of the above pickles will answer equally well for tongues, chines, chops, &c.: we give the preference to the former. A neat's tongue will take a fortnight to pickle, a calf's or hog's tongue eight or ten days, a small chine less than a fortnight, a large one nearly or quite three weeks.

397. Pickle for mutton hams, and tongues of every kind.—Of coarse sugar, common salt, and bay salt, equal parts; and to each pound of this mixture add of saltpetre and sal prunel one ounce of each, and of black pepper, allspice, juniper berries and coriander seeds half an ounce each, all bruised or ground, dried before the fire, mixed

and applied hot. Mutton hams are chiefly used for rashers.

398. Dutch beef, or hung beef.—Get a fine tender round or white of beef; let it hang three or four days if the weather will allow; then rub it well with one pound of the coarsest sugar: do this two or three times a-day, for three or four days. When the sugar has thoroughly penetratred the meat, wipe it dry, and then salt it with the following mixture:—common salt and bay salt, of each four ounces; saltpetre and sal prunel, of each two ounces; black pepper and allspice, of each one ounce. Rub them well in, and continue to do so for a fortnight, then roll the beef tight and sew or bind it in a coarse cloth, in which it is to be smoked. See No. 399. Boil a piece as it is wanted; when boiled, press it with a weight till cold; when it may be pulled in strings or grated for sandwiches. It will keep a very long time.

399. Drying, smoking, and keeping bacon, hams, tongues, &c.—It is common, after draining from the pickle, to strew with bran; but this is objectionable on account of insects often found in meal from the coarsest to the finest. These disagreeable little creatures (called weevils or hoppers) are exceedingly destructive; if not immediately perceived they soon destroy the flavour of the meat, and render it unfit to be eaten, and in a few days they will actually consume an astonishing weight of meat. All meat dried in a bake-house is found particularly liable to their ravages. For this reason we object both to the use of bran and drying meat at a baker's.

Drying in the influence of a malt-house kiln is also objectionable, as it generally occasions rust. Some people merely sew their bacon and hams in wrappers, or pack them in brown paper previously dried, and then hang them about a dry kitchen, or lay them on a rack; but by far the best way is to dry slowly over the smoke of wood saw-dust, the saw-dust of deal is generally avoided, and that of oak, beech, or mahogany preferred. The meat must be hung high enough in the chimney to

secure it from being melted or scorched: be careful also that no rain can come to it. When a wood fire has thoroughly lit, it may be kept smothering with nothing but saw-dust, which burns slowly and makes a great smoke. It should, if possible, be kept burning night and day. It is not easy to specify the time required. It should be long enough thoroughly and slowly to dry the meat, but not long enough for the rind to harden and separate. N. B. In the country, there are people who make a trade of drying hams and bacon, and if they are honest and do it properly it answers very well to employ them. They charge fourpence or sixpence each for hams, and one shilling for a flitch of bacon.

When smoked, the wrappers should be removed and replaced with clean ones, or with brown paper dried; the meat may then be hung in any dry place, or laid on a rack. When well smoked, it will be almost sure to keep well, and neither take rust nor hoppers; and for that reason it is cheaper to smoke it as a security against those evils. Some people whitewash their hams two or three times, a-day apart; and for those who are fond of keeping them very old, it may be a good plan; but for those who cure fresh and fresh every year, which is the best way, it is unnecessary to whitewash them. Others keep their meat in chests, in layers of ashes or sand. The idea is good of keeping out the air; but if the sand or ashes become at all damp they do much more harm than good. We repeat, the best security is in well smoking, and then keeping in a dry place.

400. Pickle for keeping store meat.—In some lone places, far from shops and markets, and frequently, perhaps, inaccessible during the winter season, the inhabitants, late in the autumn, prepare a mart or winter store in the following manner:—Several boiling parts of beef, legs of mutton, and joints of pork—according to the size of the family—are laid in a large tub; the pickle is spring water, a sufficient quantity entirely to cover the meat, with what is called Liverpool or gray salt, till it is strong enough to float a potatoe; stir it till the salt is

dissolved; then boil till all the scum is thrown off. When quite cold, pour over the meat, and see that it is kept perfectly immersed in pickle, and covered also with a lid to the salting trough. If the pickle wastes before the meat is reduced, more must be added; and if it becomes at all thick and slimy, it must be boiled again with a little fresh salt, carefully skimmed, and, when cold, returned to the meat; or an entirely fresh pickle used instead, which is certainly preferable. Meat thus preserved, will keep through the winter without becoming unpleasantly salt.

401. Mock brawn.—The real brawn is never prepared in private families, but at the regular shops; but the following will be found quite as good, and much less expensive. Get the tripe of a large hog, and thoroughly cleanse it with salt, and washing in many waters (see p. 34). Cut off the gristle of three or four neats' feet boiled, three or four pigs' tongues parboiled and skinned, the meat and rind of a large bacon pig's cheek sufficiently boiled to remove the bones, four ears of bacon hogs, two pounds of streaky flap of pork, and two pounds of meat of grisken; cut all this into square pieces, first sprinkle over it a quarter of an ounce of saltpetre finely pounded; let it be an hour or two, then season it with a quarter of a pound of salt, two ounces of black pepper, one ounce of allspice, all ground; stuff it into the tripe, roll the whole in a cloth, and bind it tight with tape; boil it four hours. When done, do not remove the cloth, but tighten the tape, and having done so, let it hang till cold, with a large weight fastened to it. It may then be put in a round press, the shape and size of brawn, for a night or more. Then remove the cloth. If wanted to keep any length of time, make a pickle in the following proportions, and pour over it when cold.

402. Pickle for brawn or mock brawn.—To a gallon of spring water, allow a quart of bran, and a quarter of a pound of bay salt; boil it two hours; skim and strain. Some people add a pint of vinegar.

403. Collared head.—Get the head of a large porker or

bacon hog (the latter is preferable); clean it very nicely, particularly the ears, which should be left on, take out the brains and black part of the eyes, also take out the tongue, but salt it with the head: the feet of the hog may be also done with it; salt well with common salt, half an ounce of saltpetre, and two ounces of coarse sugar; rub the salt well in, and let it lie a week; then boil sufficiently to clear the meat from the bones, and the skin from the tongue. Take off the meat as whole as possible. Lay the broad side of one half to the narrow side of the other, so as to form a square; slit the tongue in half, and lay the tip of one half to the root of the other, and spread open the ears, also the meat of the feet; strew over the whole a layer of white pepper and allspice, with a little salt; roll it tight in a slight cloth, and bind with broad tape; boil it till quite tender, which will be about three hours; then press it down with a weight, and do not remove the cloth till it is cold. It cuts out in handsome slices to eat cold; or may be fried in batter. It may be kept in pickle, as above, but is better eaten fresh.

404. Potting — for meat, &c., see 240. — Prawns, shrimps, cray fish, lobster, and crab for potting, should have a larger proportion than usual of salt in the boiling. The meat, when cold, is to be chopped and pounded in a marble mortar, with the proportion of two ounces of butter to a pound of meat, and seasoned with beaten mace, or grated nutmeg, cayenne, or pepper and salt; when beaten to the consistence of paste, put it into small pots, and cover with clarified butter or mutton suet. Anchovy paste, see No. 21. Some people add to it a little flour of mustard and curry powder, or cayenne.

405. To kipper salmon.—Clean and scale the fish, but do not wash it; split and remove the bone; salt it for two or three days with equal parts of salt and sugar, and a little saltpetre and black pepper; while in salt, it should be pressed down by a board on which weights are placed; then stretch open each piece of fish with a piece of stick, and dry or smoke it. When it is to be dressed, cut in

thin slices and broil. If very dry, it may be previously soaked in water a quarter of an hour.

406. To salt and smoke herrings.—Get the true silver-stringed sort; wipe them clean; salt them as above; in twenty-four hours take them out, run a stick through the eyes, and hang them in rows over an old cask half filled with dry saw-dust, in the midst of which thrust a red-hot iron.

407. Haddock, cod, and ling are usually split for salting—let them lie two or three days in equal parts of salt and sugar; then stretch on sticks, and dry in the sun, or in the influence of a malt-kiln or oven.

408. Sausages.—These very handy preparations are usually bought ready made; and if the cleanliness and integrity of the maker can be relied on, it is certainly saving a great deal of labour; but if you wish to know what you eat, the surest way is to prepare it yourself. Sausages are made of different kinds of meat, beaten or chopped very fine, seasoned with herbs and spices, with or without the addition of bread-crumbs and eggs; sometimes put in the skins of guts, and tied in lengths of ten or twelve inches; and sometimes left in a mass, and made up in small cakes or rolls just before frying. If skins are employed, they must be turned inside out, stretched on a stick, and well scraped and washed in several waters (See Tripe, p. 34). When quite clean, take them off the sticks, and soak them in salt and water two hours before filling. The guts either of a hog, a sheep, or a calf, will answer the purpose. If the sausage-meat is to be fried without skins, each cake should weigh rather less than an ounce; and if properly proportioned, their own fat will be sufficient to fry them, and they will be nicely done through, and of a fine brown colour, at the same time; if larger or smaller, they will be dry outside, before the inside is done. Sausages in skins are sometimes broiled over a clear fire, or baked in an iron oven. They require a very little dripping. The only accompaniments of sausages are mashed potatoes, or potatoes

sliced and fried, fried bread, and mustard. A few specimens are subjoined.

409. Oxford sausages.—The meat of bacon pork is always preferred to that of rind pork. To each pound of lean pork, allow one pound of lean veal, one pound of fat, part pork and part veal, but mostly pork; chop it very fine, and beat it with a lard-beater. The regular makers have a machine which does it with much less labour. To this quantity of meat, allow one pound of crumbs of bread, an ounce of sage leaves chopped very small; a little parsley and thyme may be added, or two heads of leek, or a little eschalot or garlick chopped very fine, but these are not usually put in the sausages for sale. Season with salt, pepper, and nutmeg. To each pound allow one egg; beat the yolks and whites separately, mix in the yolks and as much of the whites as is necessary to moisten the bread, and make the mass adhere. Observe the rules in the preceding article for making up the sausages and frying them. Dust them with a little flour to prevent sticking, and have a clear fire.

410. Epping sausages—are made entirely of lean pork and beef suet, or of fat and lean pork together; the same proportion holds good, two-thirds lean, and one-third fat. Season as above, with or without the addition of egg. They are always tied in skins.

411. Worcester sausages—are made of beef: choose a part that is tender and juicy; chop it extremely small; allow two parts lean, one part suet, and one bread-crumbs, with an egg to a pound; season pretty high with pepper, salt, and allspice; allow to one pound eight or ten leaves of sage, an onion, or a clove of garlic or eschalot, a top of knotted marjoram, and six or eight sprigs of parsley, all chopped very fine. They are generally tied in skins, as they require a longer time to do than the Oxford sausages. They may be either broiled or baked.

412. Mutton sausages—may be made either of raw meat, or dressed meat that is underdone; the lean of the leg is the best. To a pound of meat, add half a pound

of beef-suet, and half a pound of grated bread, a pint of oysters, and a couple of anchovies, all chopped very small. Season with pepper, salt, and nutmeg. Some people like the addition of various herbs; others prefer only a clove or two of garlic, or a few drops of garlic vinegar, No. 17. If the liquor of the anchovies and oysters is not sufficient to moisten it, add an egg or two well beaten. Make it up with a dust of flour (as No. 409); but as the proportion of fat is less, these sausages will require a little fat in the pan for frying; either butter, lard, or clean dripping.

413. Veal sausages—are made exactly as Oxford sausages, except, that to two pounds of lean of fillet of veal, you add one of bacon or ham fat; and instead of sage, use only parsley, thyme, and marjoram.

414. Savoury sausages for eating cold.—Salt a piece of lean beef, and a piece of fat and lean pork, with common salt, coarse sugar, saltpetre, black pepper, and allspice. After five or six days salting, chop it fine, taking care that it is perfectly free from skin and gristle. If the fat of the pork is not equal to half the weight of lean meat, add beef suet to make it up. Season it highly with pepper and eschalot, or garlic. Have an ox-gut nicely cleaned, put in the meat, and tie it in lengths of eight or nine inches. Smoke it in the same manner as hams or red herrings. When wanted for use, they may be either boiled or baked, and, when cold, cut in slices for sandwiches.

415. Cervalas or Savaloys—are made of salt pork, fat and lean, with bread-crumbs, sage, and pepper. They are always put in skins, and baked half an hour in a moderate oven, without any dripping, as they are required to be dry outside. They are eaten cold.

416. German sausages.—Take equal parts of tender lean beef and lean pork, and rather more than half that quantity of bacon fat and beef-suet; chop them all separately as fine as possible. Season with salt, saltpetre, black pepper, allspice, and cloves, all pounded and dried; mix this seasoning with the lean meat, and so leave

it a night. Chop fine, red sage, thyme, knotted marjoram, and winter savoury, in the proportion of half an ounce to three pounds; let half be red sage, and the other half in equal parts of the other three herbs. To this quantity allow three eggs and a large spoonful of flour. Pound in a mortar the meat, fat, and herbs; then add by degrees the eggs and flour: when well mixed, put the whole into ox-guts. In this state smoke them for several days over saw-dust (see No. 399); then prick the skins, put them in a vessel of boiling water, boil (according to their thickness) three-quarters of an hour or an hour, and lay them on clean straw to dry.

417. Black hog puddings.—When a hog is killed, the blood must be secured while warm; to each quart of blood allow a large tea-spoonful of salt, and stir it without ceasing till it is cold; meanwhile, for each quart of blood, have between half a pint and a pint of Embden groats simmered till tender in a small quantity of water, so that there shall be no gruel; if there is any, it must be strained; but the best way of doing it for this purpose, is in a double saucepan, so that no more water need be used than just enough to moisten the groats; chop up (for one quart of blood) one pound of the inside fat of the hog, and a quarter of a pint of bread-crumbs, a table-spoonful of green sage chopped very fine, or rather less, of dried sage powdered, a tea-spoonful of thyme, three drachms each of pepper, salt, and allspice, and a tea-cupful of cream. When the blood is cold, strain it through a sieve, and mix to it first the fat, then the groats, then the other ingredients. When well mixed, put it into the skin of the largest guts nicely cleaned; tie in links of about nine inches; boil gently for twenty minutes, and lay them to cool in nice clean wheat-straw. Some people like a little onion or garlic; but others object to it. They are to be broiled or baked, and served very hot.

418. White hog puddings.—Wash half a pound of rice, and boil it in milk till tender; or prepare a like quantity of groats, as directed in the last article: chop fine a pound of beef-marrow or suet; wash and dry a

pound of currants; blanch half a pound of sweet almonds, and beat them in a mortar with a little rose water; beat up six eggs with a little salt, and half a pound of loaf sugar, two drachms of nutmeg grated, and one of powdered cinnamon, and a tea-cupful of good cream; mix all these ingredients together; fill the skins in the same manner as above, and boil them. The skins should be previously soaked in rose water; and as both these puddings swell, the skins must not be more than three-parts filled. When they have boiled a few minutes, take them out and prick them, lest they should burst; then return and boil till done; cool in straw; keep them dry; and broil when they are to be eaten. Serve with cold butter or wine sauce, No. 99, 66.

419. Hog's lard.—As this, like hog puddings, is connected with pig killing, this is as good a place as any to bring it in. All the inside fat of the pig should be beaten with a polished iron, called a lard-beater; or a rolling-pin will do; then put it in a jar or earthen pot, in a large kettle or copper of boiling water till it is melted. Some people like a little salt, and a sprig of rosemary simmered with the lard; but in general, it is preferred quite pure; when melted, strain it off into jars or small bladders very nicely cleaned. The bits of skins and fat that remain behind, are called crittens, and chopped up with apples and currants to make a pie or fritters (see chap. x). Lard is sometimes melted in a brass kettle over a slow clear fire, or on the side; but there is a great danger of its being discoloured and made rancid; for that reason it is always preferable to melt it by surrounding it with boiling water.

420. Hog's chitterlings.—These must be cleaned, scoured, salted, scraped, and washed in many waters (see tripe, p. 34), then twisted into little plaits and boiled several hours. They are by many people esteemed a great nicety, if the persons who do them can be depended on for cleanliness. They are eaten with melted butter and vinegar.

421. To clarify dripping.—To keep it clear, be careful

that no cinders or ashes fall into the dripping-pan; and if the well be emptied before the meat is salted, the dripping is all the more valuable. The best vessels for keeping dripping, are of Nottingham ware, rather wider at top than at bottom; that shape is most convenient for cutting it out; each should hold from half a pint to a pint. In houses where great quantities of dripping are made daily, it would, perhaps, be troublesome to keep so many separate vessels, and it is usual to have one general receiving pot. We would suggest, however, that seasoned dripping, and dripping of game or poultry, should be kept separate: it answers very well for basting similar articles again, or for frying, or even making common crust for a seasoned meat pie, but is not fit for more delicate pastry; also, that the dripping-pan should never be emptied at once to the general vessel, but into the smaller sort above described: then, once a week, the cook should look round; on emptying these several vessels, she will find in some of them a little good gravy, valuable for use as gravy, but which would only spoil the colour of the dripping: she may then put the contents of these several vessels into one clean saucepan, and set it over a very clear slow fire, at a considerable distance, or on the hob, or in an iron oven by the side; when it is near boiling, skim it carefully, then let it boil, and immediately stand it aside a minute; when cool, or rather, a little settled, pour steadily through a sieve into the pan, which will thus contain only the very best; what remains may go to the receptacle of seasoned dripping, or to a separate vessel of such as, though not sufficiently delicate for pastry, will answer for basting again.

In this manner the fat that settles on the top of stews, soups, and liquor of boiled meat, may be clarified and turned to good account. With this view it is always desirable to remove the fat previously to the addition of vegetables or seasoning. Observe also, that though nothing makes a lighter pie-crust than this sort of fat, it should be used fresh, as the moisture hanging about it, renders it liable to turn sour: if, therefore, it is not

wanted for immediate use, it had better be employed in basting the next joint of roast meat, by which means the moisture will evaporate, and it will be as good as roast-meat dripping.

422. To clarify suet.—Previously to roasting a neck or loin of mutton, loin of veal, or sirloin of beef, it is advisable to take away whatever fat or suet is not likely to be used: an inch thickness or more of outside fat may generally be taken off a loin or neck of mutton, and a considerable portion also of kidney suet. Having taken from this what is wanted for immediate use as suet, shave the remainder into very thin slices, or chop it up as suet, carefully picking out all veins and skins; then put it in a saucepan or stone jar, and set it in a slow oven, or over a stove till it is melted; then strain it through a hair sieve into jars or pots: when quite cold, tie over the jars, or turn them down to secure from dust. Be very careful, both with this and the preceding article, not to put it in too hot a place, or let it remain in the influence of the fire a minute longer than is absolutely necessary, or it will acquire a burnt or rancid taste, which is both unpleasant and unwholesome.

## CHAPTER X.

### *Puddings, Pies, and Pastry in general.*

#### PUDDINGS.—*General Remarks.*

423. BATTER puddings in all their varieties are composed of milk, eggs, and flour.* The proportions may vary, and other articles may be added, by which the name is changed, but the great matter is to know how, properly, to mix eggs, flour, and milk, and then you may easily adopt any variety that is directed. Some people break their eggs into the flour, and so beat them. This is a bad way, as there must then be many particles of the flour which the egg never reaches; besides which, it is impossible to beat out all the lumps. Let the eggs be broken in separate tea-cups, lest the whole should be spoiled by the admission of a bad one; then beat them finely; add the flour with a pinch of salt and a little nutmeg, and mix the eggs and flour thoroughly before any milk is added. When perfectly smooth, add by degrees as much milk as will bring the batter to the stiffness you wish: if it is made some hours before boiling or baking, it is all the better, but be sure it is well stirred the last minute before putting into the basin or dish. As to the proportions,—for a very rich light batter, six eggs, three tablespoonfuls of flour, and as much milk as will bring it to a pint. For a Yorkshire pudding four eggs, four spoonfuls of flour, and a pint of new milk. For a common batter pudding, either baked or boiled, three eggs, four spoonfuls of flour, one of suet shred fine, or the same quantity of lard or dripping worked with the hand to a cream, and then

* Once for all observe, that for all kinds of puddings and pies, the *best* flour is the cheapest in the end, as well as the most pleasant and wholesome.

beat with the eggs before adding the flour, and a pint of skim milk.

The basin, tin, or dish in which a batter pudding is to be baked or boiled, must be previously buttered (for a baked pudding, dripping or lard will answer as well). The cloth tied over the top of the basin must also be buttered, or else dipped in boiling water, wrung out, and dredged with flour: buttering is preferable.

For boiling, the batter must exactly fill the vessel in which it is to be boiled, otherwise the water will get in and break the pudding. For baking, it should not reach the top by half an inch or an inch, as it is sure to swell considerably; and if too full, will boil over in the oven before the flour expands and thickens.

Be very particular in seeing that the pot fast boils when the pudding is put in, that it is made to boil up immediately, and never ceases to boil till it is done. After putting in the pudding, shake it about for two or three minutes, to prevent its settling. The length of time required, differs according to the richness of the pudding; the more eggs and the less flour in proportion, the shorter time is required for boiling. A pudding with one egg, in a small tea-cup, will not take more than twenty or twenty-five minutes; one with three eggs, half an hour; one with six eggs, in a pint basin, three-quarters of an hour; but a pint basin with only three eggs and four spoonfuls of flour, will require an hour and a quarter to boil.

A Yorkshire pudding is baked in a shallow square tin, under roast meat. It should not be put down till the meat has become hot through, and begins to drip; also till the fire has become pretty clear and fierce, so that the batter shall soon boil. The tin should be as hot as possible when the pudding is put in. If the batter is long in boiling, the floury part is apt to settle.

424. Suet puddings and dumplings.—A well made and well boiled suet pudding is remarkably light, nutritious, and wholesome. It is not uncommon to hear that a sick person is allowed a light batter, or a light bread

pudding; but it is not generally known that a suet pudding is much more easily digested. Eaten hot, with a little salt or sugar, it will be found to agree with a delicate stomach better than any pudding in which milk and eggs are united, and to afford as much nourishment as meat, without its feverish tendency: the same remarks apply to these different articles as food for children. Let the suet be shred very fine; allow three-fourths of the weight of the flour in suet; mix them well together with a tea-spoonful of salt, and as much cold water as will leave it stiffer than the stiffest batter, but not so stiff as paste to roll out. It is almost impossible to overboil it in the course of preparation for dinner; however, to say the least, if boiled in a basin, three hours must be allowed; if boiled only in a floured cloth, two hours and a half will do: if boiled in a cloth, a little room must be allowed for it to swell.

Some people add milk and eggs in making suet puddings; milk is always objectionable, because suet and flour require long boiling: but if milk be long boiled, it hardens the other ingredients. This objection does not apply to eggs, and a very nice light suet pudding may be made in the following manner:—Two or three eggs well beaten, with half a pound of suet shred fine, a pound of flour, a pinch of salt, and a grate of nutmeg, with cold water to bring it to a proper stiffness.

For dumplings, one egg, a quarter of a pound of suet, half, or three-quarters of a pound of flour, a little salt; wet it very little more than you would paste; cut it in pieces the size of a middling apple; roll them or shake them round with the hand well floured, or in a basin, throwing flour among them, and shaking them till they roll round, and keep separate; put them in a fast boiling pot without any cloth; raise each dumpling with a skimmer, lest they should stick to the bottom of the pot: when they once float, they will not sink again, unless the pot stops boiling, which it must not be suffered to do. Half an hour will boil them. Serve very hot, and on a drainer.

Suet puddings may be made exactly in the same way for baking as for boiling: they will not require more than two hours doing. They are not so wholesome baked as boiled.

Common plum or currant puddings or dumplings are nothing more than the above, with the addition of plums or currants equal in weight to the suet, and a little ground allspice; they may be enriched in every variety of proportion, up to equal weights of all the ingredients. We shall give a specimen of a moderate family pudding, and one of what is called a rich plum pudding.

425. A common family plum pudding.—A pound of plums, a pound of currants, and a quarter of a pound of candied orange or lemon peel, will serve for three puddings. Where these puddings are frequently made, it is a good plan to wash, pick, and dry a pound of currants, stone a pound of plums, and cut up the candy, and divide it into three portions; beat up three or four eggs with six ounces or half a pound of suet chopped fine, the above quantity of fruit*, a pound of flour, half a teaspoonful of salt, same of ground allspice: having thoroughly mixed these ingredients, put as much cold water as will bring it to the stiffness above directed for for suet pudding. If boiled in a basin, allow three hours; if in a cloth only, two hours and a half will do; but it had better have more time rather than less.

426. A rich plum pudding.—Eight or ten eggs well beaten, a pound of fine flour dried, a pinch of salt, half a nutmeg grated, and as much ginger, or part cinnamon and mace finely powdered, a pound of beef suet or marrow chopped very fine; mix these well together; one pound of plums, one pound of currants, two ounces of candied citron peel, or part orange and lemon shred small, two ounces of sweet almonds blanched and cut in bits;

* Currants must be picked free from stones and stalks, then washed in several waters, wiped dry with a rough cloth, and exposed a few minutes to the influence of the fire to dry and plump them; plums, carefully stoned and chopped in three or four pieces each.

thoroughly mix these ingredients; then add a wine-glass of brandy, and two ounces of loaf sugar powdered; this will bring it to the stiffness of thick batter; if not, add a very little water, but the less the better. It may be boiled in a buttered basin or mould, or a cloth: let it boil four hours or more. Strew over it sifted sugar; garnish with sliced lemon, and wine sauce No. 99, or lemon sauce, No. 66, either poured over, or in a tureen.

427. Another.—Soak a pound of bread-crumbs in half a pint of cream; finely beat ten eggs, and mix with them a pound of flour, with salt and spice; mix the two together, then add a pound and a half of suet or marrow chopped fine, a pound and a half each of plums and currants, three ounces each of candied peel, loaf sugar, and almonds, one glass of white wine, and one of brandy. It may be either boiled as above, or baked; the former is generally preferred. Sauce as above.

428. Mother Eve's pudding.—Equal weight of suet, plums, currants, sugar, apples chopped up, bread-crumbs, and flour, with an egg to an ounce of each other ingredient, candied peel, spice, and salt; mix it in the order above directed. Boil six hours. Pour over melted butter or wine sauce. N.B. The addition of the meat and gristle of a cow-heel or two, chopped up and mixed with a rich plum pudding, gives it the name of a neat's foot pudding; but to secure richness, leave out half the quantity of flour. N.B. Also, all plum puddings are the better for being mixed some hours before they are boiled. If made the day before, the ingredients are the more thoroughly blended; but wine or brandy should not be added till the last minute, for two reasons; first, because the strength would evaporate; and, second, because there is a danger of turning the eggs and cream.

429. Plum pudding for keeping, called Hunter's pudding.—Of raisins, currants, flour, and suet, one pound each, half the rind of a lemon shred fine, a little salt and allspice, four or five eggs, a glass of brandy, and the juice of a lemon: if not sufficiently wet, add a little white wine. Boil it in a buttered mould or floured cloth

eight or nine hours. It may be eaten hot; or if for keeping, do not untie the cloth, but hang it up directly it is taken out of the pot; when quite cold, pack it in a sheet of clean paper, and hang up in a dry place: when wanted for use, let it boil an hour; it will keep good for several months; but the only advantage of keeping, is, that of having a rich plum pudding ready at a short notice in case of any unexpected emergency. Serve with wine sauce.

430. Kitchener's pudding.—Beat up the whole of three eggs, strain them through a sieve, and gradually add to them a quarter of a pint of new milk; stir them well together; rub together in a mortar, two ounces of moist sugar, and as much nutmeg as will lie on a sixpence; stir these to the eggs and milk, then add four ounces of flour, and beat it to a smooth batter (the only way of doing this, is, by adding a little of the milk, &c., and mixing that to a smooth paste, then gradually thinning it. If flour is put to a quantity of liquid, it is sure to be lumpy); stir to it, by degrees, seven ounces of suet chopped as fine as possible, and three ounces of bread-crumbs; mix the whole half an hour or more before boiling; well butter a mould or basin, tie over a pudding cloth very tight, and boil three hours. Half a pound of muscatel raisins cut in half, and a little grated lemon-peel will make the above a good plum pudding: or (without the plums), by adding half a pint more milk, it bakes well under meat as a Yorkshire pudding: or, it may be baked in saucers or tin patty pans, and served with wine sauce. An hour will bake it the size of a saucer.

431. Another.—Simmer for ten minutes half a pint of milk with a roll of lemon-peel and two blades of mace; strain it into a basin, and set it away to cool; beat three eggs with three ounces of loaf sugar, the third part of a nutmeg, and three ounces of flour; mix well with the eggs; add the milk by degrees; then three ounces of butter broken in small bits, three ounces of bread-crumbs, three ounces of currants washed and picked clean, three ounces of raisins stoned and chopped; mix all well

together; butter a mould; tie a cloth tightly over, and boil it two hours and a half. Serve with melted butter, two table-spoonfuls of brandy, and a little loaf sugar.

432. Pudding paste.—Beat one egg with half a pound of suet, add one pound of flour; well mix; then add as much cold water as is necessary to bring it to a stiff paste; flour the pie-board and rolling pin, and beat the paste till it puffs up; roll it out the size and shape desired, and put in the fruit. If boiled in a basin, butter the basin, lay in the crust, let it hang a little over the top, and roll out a little bit separately, so as nearly to cover the fruit, lay this on, then turn over it what hangs over the basin; press it close and level that there may be no crack, butter or flour the cloth, and tie over. This paste is used for all kinds of fresh fruit, apples, gooseberries, currants, cherries, rhubarb, &c., a very small quantity of sugar may be put in with the fruit, to draw the juice, but not much, or it will become so juicy as to burst the crust. Let it boil two hours. When turned out, cut a round out of the top crust, stir in a sufficient quantity of sugar and replace the crust. Cream is sometimes served with fruit puddings.

433. The same paste will serve for a roll pudding.—Having floured the cloth in which it is to be boiled, roll out the paste on the cloth of an oblong square shape; spread it over with any kind of stiff jam, and roll it round and round; roll the floured cloth tightly round it, tie it at each end, and secure it also in the middle with a needle and thread. An hour and a half will boil a moderate sized pudding, from that to two hours. Currants, spice, and sugar may be used for variety, instead of preserved fruit.

434. The same paste will serve for a meat pudding.—About three pounds of meat will make a good sized pudding, a prime juicy beef-steak, from which most of the fat is removed, or a beef-skirt, answers very well for the purpose; a little veal, or pork grisken may be used, but as these meats are dry of themselves, there should also be part beef, to enrich and give gravy. The meat should be free from

bones, and cut up in bits of about two inches. Season well with pepper and salt, and in the middle of the pudding put a bit of butter, from a quarter to half an ounce: a little jelly gravy from cold roast meat is a great improvement, but liquid gravy must not be used, as it would be likely to break the crust. Pigeons, larks, sparrows, rooks, or almost any kind of bird, answer very well dressed in this manner; put a morsel of butter seasoned into each bird, and observe, that rooks must always be skinned, as the skin has a bitter taste. With birds of any kind, a bit of beef-steak is an improvement. Be sure to close the crust and tie over the cloth, very securely. A meat pudding should boil three hours or more. Take it up very carefully, lest the crust should break and waste the gravy. N.B. All puddings turn out the better for being taken out of the liquor, and left to stand a minute or two before the cloth is removed.

435. The same paste serves for apple or other dumplings.—Choose large apples free from blight or decay; peel them, but leave them whole; roll out a piece of thin paste, and enclose each apple, so rolling it round with a floury hand, as to secure all the crust being of an equal thickness. Plums, cherries, or damsons make equally good dumplings. The best way to mould them, is, by laying the crust in a large tea-cup, put in the fruit, and cover over, then turn out and roll with the hand into a good round: plums should be skinned, as the skin is apt to be bitter. An ordinary sized dumpling will take an hour to do: it may be either boiled or baked. Some people boil them in a cloth, but they are lighter without. Take them up with a wire-strainer or slice, that the water may drain off. If baked, do them in a flat dish or tin well greased, and do not let them touch one another.

436. Fruit batter pudding.—Make a light batter No. 423; grease a deep dish, pour in part of the batter, then a quart of ripe cherries or gooseberries, or a few apples cut up, a very little moist sugar, ginger, and nutmeg, and then the remainder of the batter. Bake it in a quick oven: a little more than an hour will do it.

437. Bread and butter pudding.—Cut slices of bread and butter about an eighth of an inch thick; butter a deep dish; cover with bread and butter; then sprinkle a few currants, a little sugar, spice, and candied peel cut fine, then another layer of bread and butter, then fruit, and so on for three or four rounds. Make a light rich batter, not more than a spoonful of flour to three eggs and half a pint of new milk; pour it over, and let it stand an hour or two that the bread may be thoroughly soaked before putting into the oven. It will take an hour to bake. N.B. For a plain family pudding, good dripping spread upon the bread answers nearly as well as butter. Observe also, that if a richer pudding is desired, French rolls may be sliced instead of bread, and a larger quantity of fruit and butter used; and instead of three eggs and one spoonful of flour to half a pint of milk, use five eggs, no flour, and part, or all, cream, instead of milk, with a table-spoonful of ratafia or brandy. This will not take more than forty minutes baking. A few almonds may be added, if approved.

438. Newmarket pudding.—A pint of new milk, half a lemon rind, a little cinnamon, and a bay leaf; simmer a few minutes; sweeten with loaf sugar, and strain by degrees to five well beaten eggs (leaving out two whites); pour this over thin slices of bread and butter strewed with currants. Bake half an hour.

439. Marrow pudding—is made exactly in the same manner as rich bread and butter pudding, only instead of butter, use marrow chopped fine, and lay the marrow nearly, or quite as thick as the bread, which, for this purpose, should always be French rolls.

440. Custard pudding.—This is nothing more than a very rich batter, say eight eggs, a pint of new milk, and half a pint of rich cream to two table-spoonfuls of flour; beat the yolks and whites of the eggs separately, and get the batter ready without the whites; but just before putting it in the pot or oven, stir in the whites of eggs with one ounce of fine loaf sugar, a little powdered cinnamon or nutmeg, and half a glass of brandy or ratafia.

Butter a basin or mould which it will exactly fill; have ready a large tin saucepan of water fast boiling; make it boil up the moment the pudding is in, and keep it shaken about for several minutes, lest the egg should settle on one side. Half an hour will boil it. When turned out, grate over the top fine sugar and nutmeg, with melted butter or wine sauce round, or stick bits of raspberry jam or red-currant jelly at top. If baked, it will not require more than twenty minutes: a rich puff paste round the edge of any baked pudding, greatly improves the appearance.

441. Rice pudding.—As rice pudding is an article of frequent use in most plain families, it is highly important to obtain the best of its kind; choose large, long corns which are quite white and clear from hulls: this, though it may cost more at first, will be found cheapest in the end. If rice has not at first been well ripened, or has been injured on the voyage, or kept too long, it has a dingy red or yellow cast, and a kind of dust is found at the bottom of the vessel; in this state it is almost sure to turn the milk with which it is prepared, and at all events is unwholesome. The only way in which to render inferior rice at all tolerable, is, by boiling it in broth or stew. Good rice will soon swell and become tender; when this is the case, it is done enough. If a large quantity of rice is bought at once, it should be kept in a vessel closely shut, and in a dry place. Rice does not keep so well after grinding, but is apt to become sour: it should be ground fresh and fresh.

The simplest forms of rice pudding, are these:—For *baking*, a third part of a pound of rice in a deep dish, with two quarts of good skim milk; let it bake an hour and a half. For *boiling*, half a pound of rice in a long narrow bag, that would hold three times the quantity; put it in when the water boils; let it boil an hour and a quarter, or more, when it will have swollen so as to fill the cloth; turn it out and serve. Cold butter and sugar are eaten with it; or boiled milk with a little sugar and nutmeg or preserved fruit.

If a richer boiled pudding is desired, when taken up as above, beat to it two eggs, a little sugar and nutmeg, and an ounce of butter or suet, with or without a handful of currants; then butter or flour a cloth, tie it in tight, and let it boil half an hour. Sauce as above, or wine sauce.

A baked rice pudding may be enriched by slices of bread and butter, laid at top, with a little sugar and nutmeg strewed over:

Or, the rice may be previously scalded in a small quantity of water: when all the water is absorbed by the rice, add a quart of new milk, and let it boil up, with a stick of cinnamon, or five or six young laurel leaves for flavour; beat three or four eggs with fine moist or loaf sugar; stir to them gradually the boiling milk and rice; put it in a deep dish buttered, grate nutmeg over the top; put it in the oven directly, and bake an hour.

442. Rice snow balls.—Wash and pick half a pound of rice; boil it in plenty of water ten minutes or a quarter of an hour; drain quite dry; divide it into six parcels; pare six apples as for dumplings, and surround each with rice; tie them in a cloth separately, and rather loosely, and boil one hour. Serve with sugar and butter, or wine sauce.

443. Rice bignets.—In a pint of new milk simmer three ounces of rice till it is reduced to a very stiff paste; add half a tea-cupful of thick cream, two ounces of loaf sugar, the grated rind of half a lemon, and a little powdered cinnamon, mace, and nutmeg; beat up two eggs, and crumble a small tea-cupful of bread crumbs; when the rice is cold, cut it into bits and roll it in small balls, dip each in the egg, roll in the bread crumbs, and fry quickly. Wine sauce.

444. Ground rice pudding.—Set on a quart of new milk with flavouring, as 441. When it boils stir into it a quarter of a pound of ground rice previously wetted with a little cold milk. Stir till it boils and thickens. As it is apt to burn, a double saucepan is the best for this purpose, or a brass kettle; remove the flavourings, and stir to it three or four eggs finely beaten, with an ounce

of sugar and a grate of nutmeg. Three quarters of an hour will bake it.

If a richer pudding is desired, put another egg or two; two ounces of fresh butter or marrow; a tea-cupful of cream, and a large spoonful of brandy, noyeau, or ratifia.

N.B. A crust round the edges is a great improvement. Some people like a thin rich paste laid over the whole dish, and the pudding poured upon it.

445. Bread puddings.—If a rough homely bread pudding is to be made of bits of bread (which, by the way, will seldom occur in a well regulated family), boil as much milk as the size of your dish will require, with flavourings as above; meanwhile cut up the bread, crust and crumb, in thin slices. When the milk boils remove the laurel leaves, and put in the bread; let it stand on the hob a few minutes to swell. Then beat it up fine, and stir to it three or four eggs well beaten, a little moist sugar and allspice or nutmeg, an ounce of butter, or two of suet or marrow chopped fine; a few currants may be added, but there is a danger of their turning the milk wheyey. Less than an hour will bake this pudding.

For a more delicate pudding, use only crumb of bread finely crumbled, and rich new milk. When the milk boils, put in the bread-crumbs; for every table-spoonful of bread allow one egg. Sweeten it moderately with loaf sugar, and grate a little nutmeg; butter a basin, and boil. It will take from twenty to fifty minutes boiling, according to the size of the pudding. If baked, rather less time will do. It only requires to be lightly browned.

It may be yet further enriched, by a cupful of cream, an ounce or more of butter, an ounce of almonds blanched and cut up, and a spoonful of ratafia or brandy. Wine or lemon sauce, or cold butter and sugar.

446. Barley pudding.—A quarter of a pound of Scotch or pearl barley. Wash, and simmer a few minutes in a small quantity of water; pour off the water, and add milk and flavourings as for a rice pudding. Beat up eggs

with sugar and nutmeg, and mix to the milk and barley in the same manner. It may be more or less rich of eggs; and with, or without the addition of butter, cream, or marrow. Have a deep dish buttered, into which put the pudding, leaving room for the addition of six or eight ounces of currants, an ounce of candied peel cut up fine, and a few apples cut in small pieces. An hour will bake it. N. B. Some people prefer it without the fruit.

447. Sago, vermicelli, tapioca, and Russian seed puddings—are all made much in the same way as rice puddings. Arrow-root pudding the same as ground rice pudding. It is generally baked in a dish lined with paste, and turned out.

448. Yeast dumplings.—The best way is to get half a quartern of dough at the French bread bakers; or common bread dough will do. Keep it covered up in a warm place till time to boil them. Each dumpling should be about the size of an egg. Put them in a large vessel of fast boiling water, or in a steamer, which is still better; let them boil or steam twenty minutes. Stick in a fork to try; if done, the fork will come out clean. Take them up quickly, and let them be quickly eaten, as they soon become hard in their own steam. They are eaten with cold butter and sugar, or with wine sauce. They are generally torn apart with two forks. If the dough is to be made at home, set half a quartern or less of the best flour with a wine-glassful of fresh yeast, and half a tea-cupful of milk just warm. Let it rise in a warm place for about an hour, then make them up, and proceed as above. See article Bread.

449. Hard dumplings.—Mix flour and water with a little salt, to the consistency of dough. Make it up in dumplings as above, and boil half an hour. Serve with cold butter and salt. Skimmer cake is nothing more than a hard dumpling flatted to the thickness of half an inch and boiled on the skimmer, which should be previously buttered. When done it will slip off the skimmer. It is eaten with sugar and butter.

450. Norfolk dumplings—are stiff batter but rich of eggs. Drop it by large spoonfuls into a boiling saucepan; let them boil about three minutes; then drain and serve very hot. To be eaten with sugar and butter.

451. Potatoe puddings.—Boil fine mealy potatoes; drain them very dry, and mash. Of this substance may be formed every variety of batter, sweet or savoury, from the plainest to the richest. With merely the addition of a little milk, salt, and pepper, it makes a good pudding to bake under roast meat, as a Yorkshire pudding. With a bit of butter and one egg, milk, salt, and pepper, it makes an excellent batter for a meat pudding baked. Grease a baking dish; put a layer of the potatoes, then a layer of any kind of meat cut in small bits, and seasoned with pepper and salt, a little allspice, and an onion chopped fine, if approved; a little gravy of roast meat is a great addition; then put another layer of potatoes, then of meat, and cover with potatoes. Lay a buttered paper over the top to prevent scorching, and bake from an hour and a half to two hours.

For rich sweet puddings, rub the potatoe meal through a colander; add to a pound of meal from two to four ounces of fresh butter or marrow, from two to six eggs, half a pint of cream, from two to four ounces of loaf sugar, nutmeg, and cinnamon, two ounces of almonds blanched and cut, one ounce of candied citron cut small; a spoonful of ratafia or brandy, a few dried currants or not, as may be preferred. A crust round the edge, or the dish entirely lined with crust, if baked. When of a fine brown it is done; or it may be boiled in a buttered mould; but baking answers best for potatoe puddings in general. A very good baked plum pudding may be made with potatoes, as No. 425, only substituting potatoes for flour.

452. Cottage potatoe pudding.—Two pounds of mashed potatoe rubbed through a colander, beat to a smooth batter with three-quarters of a pint of milk, two ounces of moist sugar, two or three eggs well beaten, a

little salt and nutmeg, with or without three ounces of currants or raisins. Bake three-quarters of an hour.

Omitting the milk, and adding three ounces of butter, it makes a very nice cake.

453. Hasty pudding.—Boil a quart of new milk with cinnamon or laurel leaves. While boiling, shake in from a flour-dredger two table-spoonfuls of flour, and stir till it thickens; then pour it into a deep dish; stir in an ounce or more of butter, the same of moist sugar, and grate nutmeg over the top. Two or three eggs may be added, well stirring them into the thickened milk on the hob; but not setting over the fire after the addition of the eggs.

This is exceedingly nice made with arrow-root, which must not be dredged in, but moistened with a little cold milk, and stirred into that which is boiling.

454. Pancakes, or batter fried.—Three eggs, three table-spoonfuls of flour, and a tea-cupful of milk, with salt, nutmeg, and ginger, is a good proportion. Allow plenty of fat for frying, and put in the batter when the fat boils. Fry both sides of a fine pale brown. They may be made either the size of the pan, or much smaller, so that three or four may be fried at once: this size they are much easier to turn. It is handy to make the batter in a spouted jug, from which to pour into the frying-pan; but stir the batter each time, lest it should settle. This will also allow time for one pancake to set in the pan before you pour in another, and so prevent their running together. If half the fat intended to be used for frying, whether lard, dripping, or suet, be mixed in the batter, the pancakes will be much lighter, and not at all more fat. Serve on a drainer. Fine moist sugar is eaten with pancakes, and lemon or orange juice, or vinegar; or wine sauce.

455. Fritters are small pancakes, with the addition of any kind of fruit mixed in the batter, dried currants, apples cut small, lemon cut in thin slices, prunes, or ripe or preserved currants, gooseberries, or raspberries; from which they are called "currant fritters,—apple fritters,—lemon

fritters," &c. Serve as pancakes, but without any kind of sauce, only strew loaf sugar over them.

456. Very rich pancakes.—Rub with the hand to a cream half a pound of butter; add to it by degrees a pint of cream or rich milk, and two ounces of loaf sugar. Beat very fine eight eggs, with two table-spoonfuls of brandy or ratafia, and well mix with them three quarters of a pound of fine flour, with a little salt and nutmeg. When perfectly smooth, add the other ingredients, and well mix the whole. Have a frying-pan delicately clean, and rubbed inside with butter, but no fat added for frying; have the pan hot, and fry the pancakes only on one side. In taking up, lay them one upon another, with fine sugar strewed between. When all are done, turn them over into another dish, that the brown side may be uppermost. Slices of lemon round the dish.

457. Rice pancakes.—Boil to a jelly half or three quarters of a pound of rice; beat it fine, and mix with half a pound of butter rubbed to a cream a pint of cream, eight eggs well beaten, two ounces of loaf sugar, and a little salt and nutmeg. Fry them in a small quantity of lard or dripping.

## *Fancy Puddings.*

It would be easy to multiply recipes for these, but it is not necessary. A few will suffice.

458. Rusk pudding—is exactly the same thing as bread and butter pudding, except that the butter is spread on rusks instead of bread. The richness may be varied at pleasure (See 437). Let it steep two hours or more before putting it in the oven.

459. New College puddings.—Take eight Naples biscuits (they are better stale than fresh), crumble or grate them; an equal quantity of bread crumbs, a quarter of a pound of beef suet or marrow, chopped very fine; currants six ounces; candied peel, cut very fine, two ounces; lump sugar, grated, one ounce; a little nutmeg or mace; a table-spoonful of brandy or ratafia. Mix all into a very stiff paste, with the yolk of two eggs. Make them up

into balls of about an ounce each, and fry them of a fine pale brown, in butter, or very sweet fresh lard or dripping. Strew over them sifted sugar and serve wine sauce. They may be baked in buttered patty-pans or tea-cups, but are better fried. They are sometimes served as garnish round a rich batter or custard pudding.

460. Northumberland puddings.—Set on a quart of new milk, with laurel or peach leaves, or cinnamon, for flavouring; keeping out a few spoonfuls, cold, with which to moisten three table-spoonfuls of flour. When the milk boils, remove the flavouring, and thicken it with the flour (as it is very liable to burn, it should be done in a double saucepan). When quite thick, set it away to cool: it ought to be quite stiff. Then mash it up with a quarter of a pound of butter, a quarter of a pound of currants, two ounces of candied orange and lemon-peel, a little sugar, nutmeg, and brandy. Butter tea-cups, and bake the puddings a quarter of an hour. Serve with wine sauce.

461. Dutch pudding.—Rub to a cream a pound of butter; then add eight eggs, well beaten. Having well mixed them; add two pounds of fine flour; then half a pint of new milk, and four spoonfuls of yeast, currants one pound, loaf sugar half a pound, almonds one ounce, candied peel one ounce. When well mixed, cover it up for an hour or two, and let it stand in a warm place; then bake it one hour in a dish or tin: it ought not to be more than three inches deep. Turn it out, strew sugar over, and serve wine sauce.

462. French and Italian puddings—are composed of sliced French rolls, eggs, and cream; five or six eggs to a pint of cream, and as much roll as will thicken it; sweeten with loaf sugar; a pound of suet, chopped fine, may be added oromitted. Line the dish with puff paste; lay at the bottom six or eight apples cut up, a pound of raisins stoned, a few dates sliced, or a few French plumbs, some candied orange peel, sugar, and spice. Pour the pudding over this, grate nutmeg at top, and bake of a fine pale brown.

463. Portugal pudding.—Rub up four table-spoonfuls of ground rice or semelina with three ounces of butter, and stir it into a pint of cream; stir it till it boils and is quite thick. Then stir in two whole eggs and the yolks of three more, well beaten, with a quarter of a pound of loaf sugar, a little salt, and nutmeg. Butter a dish, and bake it an hour. When it is done, have ready another dish of the same size, or very little deeper; on the bottom of this spread a layer of raspberry jam, then the pudding, and then a layer of apricot jam. N.B. This pudding is very delicious without the mixture of fruits, with wine or lemon sauce instead, No. 66, 99, 100.

464. Muffin or cabinet pudding.—Cut three or four muffins in two; pour over them boiling milk sufficient to cover them, and cover the vessel that they may soak tender. When quite cold, have ready a rich custard, made with eight eggs (only four whites), a pint of cream, a quarter of a pound of loaf sugar, an ounce of almonds blanched and cut, nutmeg and lemon-peel grated, and a glass of ratafia or brandy. Butter a tin mould if for boiling, or a pie dish for baking. Put a layer of dried cherries, green gages, apricots, or French plumbs; cover with custard, add more fruit, then custard, till the dish is exactly full. Tie up very securely, boil an hour and a half, and serve with wine sauce. Observe, it should not float in the water, but stand in a stew-pan, with only water enough to reach half-way up the mould: as it boils away, a little more may be added. If for baking, it will not take quite so long. Lay a puff paste round the edges.

465. Maccaroon custard pudding,—Butter a dish (it may be lined with puff paste or not, but at least should be edged), cover the bottom with maccaroons, one thickness or more; soak them with white wine: then pour over a very rich custard, and bake.

466. Almond puddings.—Pound fine six ounces of sweet almonds and a quarter of an ounce of bitter almonds, both blanched; a table-spoonful of rose water, orange flour water, or cold water, should be put in the mortar,

while beating the almonds. Rub them up with a quarter of a pound of butter; then add four eggs, leaving out half the whites; then two table-spoonfuls of flour, two ounces of loaf sugar powdered, and a little nutmeg*, cinnamon, or mace; a pint of rich cream and a table-spoonful of brandy. Bake it either in buttered tea-cups, or in a dish lined with puff paste. Half an hour will bake. Serve with pudding or lemon sauce.

467. Lemon or orange pudding.—Rub off the yellow rind of two lemons or Seville oranges with half a pound of lump sugar. Then pound the sugar in a mortar; add to it the pulp of the fruit, carefully cleaned from every particle of rind, pip, and pith; then four Naples biscuits grated, half a wine-glassful of best brandy, and two ounces of candied citron, lemon, and orange peel cut fine. Work with the hand to a cream half a pound of fresh butter; add ten eggs (only half the whites). Keep the hand working one way, till the eggs and butter are thoroughly incorporated; then add the other ingredients, still working the hand or the spoon the same way. Lay a rich crust on the edges of a pie dish, and bake. It is usually turned out into a fresh dish for serving, but the same way upwards.

468. Carrot pudding.—Grate the outside red part of a raw carrot; mix with double the weight of bread crumbs or Naples biscuit, or part of each. To a pound and a half, add half a pint of new milk or cream, eight eggs well beaten, from a quarter to half a pound of fresh butter; loaf sugar and nutmeg to taste, half a pint of white wine, and a glass of ratafia or brandy. Bake it an hour.

469. Very rich puddings of prime ripe fruit, are sometimes made by pressing the fruit through a sieve, if apricots, green-gages, or peaches; sweet juicy apples or rich mellow pears may be grated; or the fruit may be scalded a few minutes in white wine, then the skins and stones removed, and beaten in a mortar. When cold,

* For these rich delicate puddings, the tinctures No. 1 are greatly preferable to the spice in substance.

mix with rich custard, cream, eggs, and bread crumbs, or Naples biscuit, with loaf sugar to taste; the kernels blanched, and a glass of brandy or Madeira wine. Then bake in a dish edged with puff paste; and call it, according to the fruit employed, apricot pudding, peach pudding, &c. If the cook is ordered to make such a pudding, it is fit she should know how to do it; but it is a great pity to spoil good things by such incongruous mixtures. The batter alone would make a much better pudding, and the fruit and wine might be saved for dessert.

470. A Charlotte.—Cut slices of bread nearly half an inch thick; butter them thickly on both sides. Butter a deep dish or pan; cut the slices in such pieces as will exactly fit into each other, and so cover the bottom and sides of the pan or dish. Keep out a few slices of bread and butter to cover the top, and soak them in custard: make no more than they will soak up. Fill the dish with apples or other fruit, with sugar (and cloves if the flavour is liked); cover the top with the soaked slices, stick a few bits of butter in the top, and lay over a plate or dish, with a weight upon it, and so bake. When done, turn it out of the mould in which it was baked.

471. Tansey pudding.—Make a rich batter with Naples biscuits, eggs, cream, and a little sugar; chop up a very few tansey leaves and a few of spinach, enough to give the whole a green colour. Set it in a double saucepan, over boiling water, till it becomes quite thick; then pour it into a buttered basin or mould, tie it up securely, and let it boil three quarters of an hour. Let it stand a few minutes after taking up; then turn out, and serve with wine sauce.

472. Chestnut pudding.—Roast chestnuts, or boil them, a quarter of an hour; blanch, peel, and grate or pound in a mortar, with a little white wine. To a dozen chestnuts add six eggs well beaten, a pint and a half of cream and quarter of a pound of butter. Mix it well together, sweeten to taste, add a little salt and nutmeg, simmer over the fire till it thickens, stirring it well. Then bake it in a dish edged or lined with puff paste.

473. Cheese pudding.—Half a pound of oheese grated, butter two ounces, four eggs, a little cayenne and nutmeg. Butter a dish and bake twenty minutes.

474. Custards.—The component parts are eggs, milk; and sugar, more or less rich, and flavoured at pleasure with cinnamon, laurel, bay, or peach leaves. They may be either boiled or baked: the former is generally preferred.

The plainest custards are made in the proportion of a quart of new milk to eight eggs, a pinch of salt, and loaf sugar to taste; or six eggs will do, if a spoonful of arrow-root or ground rice be wet with a little cold milk, and stirred into the rest when boiling. As to the mode of mixing; boil the milk and flavourings in a double saucepan before the eggs are added. Remove the flavourings, and gradually mix with the finely beaten eggs and sugar, pouring it several times backwards and forwards: let it just thicken over the fire, but not boil, or it will curdle. The moment it is taken off the fire, pour it into a cold jug, and stir it one way till nearly cold; then put into custard-cups, and grate nutmeg lightly over the top. If for baking, do not return it to the fire after the eggs are added, but pour several times backwards and forwards from the saucepan to a jug, and then to the custard cups. Grate over nutmeg, and put them in the oven: a very few minutes will bake them. A spoonful of ratafia or brandy greatly improves the flavour; this should be beaten with the whites of the eggs, and then added to the yolks.

For richer custards, use half or all cream, and increase the number of eggs, say ten or twelve to a quart.

For almond custards.—Half a pound of sweet almonds and half an ounce of bitter almonds, blanched and pounded, with a spoonful or two of rose water. Rub this almond paste through a sieve; mix it with the eggs, then carefully with the boiling cream. Set it over the fire to thicken; but do not cease stirring, and as soon as it thickens, remove from the fire. Pour backwards and forwards from a jug, and stir till cool; then put into cups.

N.B. Rice may be used in the same way: they are then called rice custards. But when rice or almonds are employed, it is not necessary to use so many eggs; six or seven will be sufficient to a quart of cream.

474. Lemon custards are made without milk or cream. Beat the yolks of eight eggs a very long time, till they become white like cream; grate the rind and squeeze the juice of two lemons; mix with a pint of boiling water, and then mix gradually to the eggs; sweeten to taste. Set it over the fire to thicken, stirring it one way; but do not let it boil. Take it off the fire, and stir till cool. After removing from the fire, half a glass of wine and a spoonful of brandy may be added. Serve it in cups.

476. Cheesecakes.—The basis of cheesecakes is professedly the curd of milk as turned for cheese; but many are made entirely without it. The following recipe is much approved:—Take the curd* of eight quarts of new milk; rub the curd in a coarse cloth till quite free from whey; then work into it three quarters of a pound of butter, three biscuits, and an equal quantity of bread-crumbs, a little salt, and such spices as you choose, finely powdered. Beat ten eggs (half the whites), with three quarters of a pound of fine loaf sugar, a wine-glassful of brandy or ratafia, and a pint of rich cream. Having well mixed all these ingredients, rub them with the hand through a coarse hair-sieve, then add a pound of currants washed and dried, and an ounce of candied citron cut as small as possible. Line tin patty-pans with rich puff paste, put in the meat, and either entirely cover with

* Milk is turned to curds and whey by means of rennet, which is the stomach of a calf taken out as soon as it is killed, well cleaned from its contents, then scoured inside and out with salt; when thoroughly salted, stretched on a stick to dry. A bit of this is to be soaked in boiling water for several hours, and the liquor put in milk warm from the cow, or made that warmth. Use alone can prescribe the exact quantity. Never use more than enough to turn it, as it hardens the curd. The gizzard-skin of fowls and turkeys may be prepared in the same way, and answer the same purpose; or the curd for cheesecakes may be bought of regular dairy people.

paste, or put only bars or leaves. They will take about twenty minutes to bake in a rather quick oven.

The above may be called almond cheesecakes, by omitting the currants and substituting half a pound of sweet almonds and half an ounce of bitter, blanched and beaten to a paste as No. 474; or lemon or orange cheesecake, by substituting for the currants two or three candied oranges or lemons pounded in a mortar; or,

477. Cheesecakes without curd—may be made in almost every variety, by substituting Naples or Savoy biscuit and bread-crumbs, equal parts of each, soaked in brandy or white wine, making in the whole as much as would have been used of curd. N. B. This mixture made up in little balls and fried, is called Lent potatoes.

477. Potatoe cheesecakes.—Take half a pound of mashed potatoes, rubbed through a colander; or a quarter of a pound of mucilage (No. 35); mix with a quarter of a pound of butter, a tea-cupful of cream, a quarter of a pound of loaf sugar and two eggs finely beaten, a quarter of a pound of candied peel, either chopped fine or beaten in a mortar, and a little nutmeg or cinnamon; well mix these ingredients. Put in patty-pans, or saucers lined with paste. Do not more than half fill, as the substance will swell. Sift over fine sugar, and bake in a quick oven half an hour.

N. B. Four or six ounces of currants may be substituted for part or all of the candied peel, or the grated rind and juice of a lemon or Seville orange may be added; also a little brandy or ratafia: but do not make the mixture too moist.

### Pastry.—*General Observations.*

479. It is scarcely necessary to repeat that all the utensils employed must be kept delicately clean, and should be confined to that use only. A marble slab is very pleasant to roll paste on, but too costly for general use. A deal board, nicely planed, answers very well; they are in general made much too small to be convenient: three feet long and two feet wide is a good size.

The board and pin must be scoured every time after using, but without soap, sand, or stone dust.

A light hand and a skilful eye will prevent much waste and litter in making pastry. It is by no means uncommon with some cooks, whenever they make paste, to have a piece left, which they put in the flour till next time of making, when it is sure to spoil the new paste;—and to see as much paste adhering to the basin, pie board, and rolling-pin as would have made a dumpling. A good cook will soon get the habit of exactly judging the quantity of flour and other ingredients for the purpose required. She will moreover so mix and make up her paste, that every particle will be taken up clean both from the basin and pie-board. The difference between slatternly waste and careful neatness may seem trifling in one or two instances, but when it comes to be repeated day after day amounts to something considerable in the course of a year.

None but the best flour should be used for pastry; in damp weather it should be dried for half an hour or more at a moderate distance from the fire.

It was formerly directed to allow a pound of butter to a pound of flour, and to use no other kind of fat. But this *quantity* is quite unnecessary for the richest paste, and a part good sweet lard or marrow, and part butter, is preferable to butter alone. Dripping and lard, mixed or separately, make very good common pies. The fat that settles on stews makes very light crust, either with or without a little butter. Suet is sometimes used for meat pies; it makes a light crust, but is not so pleasant for eating cold. It may be chopped very fine, or only rolled on the pie-board, with a dust of flour, till it is reduced to a pulp. Be very careful to clear suet from every particle of skin and pipe, and marrow from little splintery bones. (For remarks on lard, dripping, &c. see pp. 18, 23, 35, 100, 170, 206—208). Salt butter, if well washed, may be used for pastry.

Yeast is sometimes employed to raise pie-crust instead of butter or fat of any kind. Half a quartern of dough from the baker's, with the addition of one egg, will cover

a large pie: or the dry flour may be raised with yeast, and then wet with milk, or milk-and-water the warmth of new milk, with the addition of one egg.

Half the weight of the flour in lard, dripping, or butter, is quite rich enough for ordinary purposes; from that it may advance to an equal weight, which it should never exceed; and if, as is sometimes the case, the yolks of eggs are used to enrich pie-crust, a proportion of butter must be omitted.

For wetting, cold water answers better than either milk or warm water, except for what is called a raised crust (No. 480), for which warm water is used; and milk for a dough crust without butter, as above. Be sure to use no more of any kind of liquid than needs must: it makes the crust tough; and if after, as the phrase is, "putting out the miller's eye" by too much water, you add flour to make it stiff enough for rolling out, that flour will never become properly incorporated with the fat. Put just enough water to gather up every atom of flour from the basin in which the paste is made, and then dust the pie-board for rolling it out.

The method of mixing varies according to the kind of crust required. A part of the fat should be worked with the hand to a cream, and then the flour rubbed into it, in like manner, till the whole of the flour is saturated with fat, before any water is added. This mode is recommended for two reasons: as it secures the mixing of every part of the flour with fat, and as it renders less water sufficient for wetting the crust, which is always an advantage. If a *short crisp* crust is desired, rub in all or nearly all the fat in this manner; but if a *flaky* crust is desired, keep out half or more to stick in the paste in rolling it out. Having rubbed together the fat and flour, add water, and make up the dough as above; dust the pie-board and rolling-pin with flour, and beat the mass of dough with the rolling-pin to mix it thoroughly and make it light. In rolling out, be particular to keep rolling from you, not driving the pin backwards and forwards. Roll the paste thin, then spread over, or stick in little bits all over the

remainder of the fat; roll it up, and beat it again, till it puffs up in little bladders. It is no bad plan, having proceeded thus far, to cover up the lump of dough for an hour; sometimes it is an accommodation in point of time, and is rather beneficial than injurious to the paste; but it should never be finally rolled out till just before putting it in the oven. If pies are covered and allowed to stand any time out of the oven, the crust is hardened, and does not look light and flaky.

All dishes for baking must be buttered round the edges, to prevent the paste sticking. If under-crust, butter down the sides of the dish; and all over tins or saucers for tarts.

The under (or rather side) crust should be rolled out very thin; and if a very rich crust, it is as well to take off a bit for that purpose before all the butter is added, otherwise it makes the gravy or syrup greasy. The top-crust may vary in thickness from half an inch to an inch. If light, it will be double the thickness when baked to what it is raw.

Meat pies should have holes round the edge; fruit pies only a hole in the middle. The object of these is to let some of the steam escape, that the gravy or juice may not boil out. If there is no other advantage in making the above distinction, it serves to inform the baker whether the pie is of meat or fruit; and according to that, he allows a longer or a shorter time, a quicker or a slower oven.

An ordinary light paste requires a moderate oven, a raised paste should have a quick oven, and one that is iced with sugar, a slow oven, at least after the sugar is added, which may be done when the tarts are half baked. Meat pies require slower and longer doing than fruit. Some kinds of fruit, as apples, rhubarb, green gooseberries, damsons, longer than currants, raspberries, or cherries; and preserved fruit, the less time it is in the oven the better: when the crust is done, the fruit is sure to be done.

If pies are baked at home in an iron oven, it is a good

way to put a flat tile or two of equal depth, at the bottom of the oven; it prevents the syrup boiling out of the pies, and also prevents a disagreeable smell, often complained of from the use of iron ovens.

The edges of pies may be crimped or jagged with a fork, an old pair of scissors, or what is called a paste cutter or jagging wheel; the latter does it most neatly and expeditiously. It is handy also to have a few little tin moulds of leaves or stars, by which they are cut out very quickly. These are chiefly used for ornamenting pigeon pies, and for laying at top of tarts and cheesecakes. Where the paste is wanted to adhere, as the upper and under crust of a pie, it may be touched with cold water, or, what is better, with egg.

It is usual to wash over the crust of pigeon and other meat pies with the yolk of an egg finely beaten. This improves the appearance, but is of no other advantage.

480. Raised paste—should be made so as to stand without the support of a dish. It is used for patties, large or small, or for holding custards, cheesecakes, or preserved fruit. This crust must not be so rich as puff paste, or it will not bear the weight to be put into it. Three quarters of a pint of water, and half a pound of butter, is the usual allowance to two pounds and a half of flour. The butter and water are to be made quite hot; a hole in the middle of the flour; pour in by little and little of the hot liquid; mix it well with a spoon; when all the liquid is put in, knead the dough with the hand till it becomes quite stiff; a little flour must then be shaken on the paste-board, to prevent it sticking, but it is not to be rolled out, only kneaded with the hands. It should then be set aside, covered up, in a cool place for an hour. Then divide it into as many lumps as you want. It may be baked inside or outside of a dish or tin; the latter is preferable. For this purpose have tins exactly the shape of pie dishes, with the edges crimped or jagged; well butter the outside of these tins; turn them bottom upwards, and press over each one of the lumps of dough so as entirely to cover it; cut the edges

smooth, and so bake. When done, turn it into a dish, remove the tin, and pour in boiled custard or preserved fruit. If the fruit, custard, or cheese-cake is to be afterwards baked, the paste must be only half-done in the tin, yet so as to be stiff, and easily to loosen from the tin. Or have the tin or dish buttered inside; put one hand in the middle of the lump of paste, and work it to the shape of the dish, stretching it over the edge. This plan answers best when any solid substance is to be introduced (as pork grisken, kidneys, or mutton). Put in the seasoned meat, wet the edges with egg, lay on a top crust, pinch them together, and cut close with a large pair of scissars. Having baked them an hour and a half, take out of the dishes or tins, and set them again in the oven for the sides to become brown.

481. Paste for pigeon, rabbit, or other savoury pies.—To two pounds of flour allow one and a half of butter and lard, and the yolks of three eggs; salt butter answers very well, but must be broken in small pieces and washed; rub part of the butter or lard to a cream with the eggs; then rub in the flour; wet with cold water, and roll out with the remainder of the butter.

482. Sweet paste for tarts.—To a pound and a half of flour, three quarters of a pound of butter, three or four ounces of loaf sugar sifted, the yolks of two eggs, and half a pint of new milk. Be sure to knead it well. This crust is suitable for any kind of fresh gathered fruit; but for apples a puff paste is generally preferred. Bake in a moderate oven; and if it is to be iced, take it out ten minutes before it is done; ice it, and return to the oven to dry. For icing, see No. 491.

483. Puff paste—is made on the general principles recommended p. 233; or, if eggs are approved, allow the yolks of three eggs to a pound of butter (or part lard). Rub a fourth part of the fat to a cream; then mix the eggs with it, then the flour; a very little more will suffice to wet it, which should be water. Beat it with the rolling pin to make it flaky; roll it out thin, and put in the remainder of the butter at three times,

rolling it from you, and each time beating it. Be very particular to roll it of an even thickness.

484. A short crust.—Rub to a cream three ounces of butter; add to it one pound of flour well dried, and two ounces of loaf sugar; rub them well together; then add the yolks of two eggs, and as much cream boiling hot as will bring it to a proper consistence; roll it thin, and bake in a moderate oven. If a richer paste be desired the quantity of butter may be increased.

485. Crust for a venison pasty.—For this purpose, the common raised paste, No. 480, will do; or if a richer be desired, to four pounds of flour allow two pounds of butter and the yolks of four eggs. Wet it with hot water, and knead it very thoroughly. The sides of the dish are to be lined, but not the bottom. The top crust must be pretty substantial to bear the long baking which the meat requires. See pp. 146, 147.

486. Biscuit paste—which is very short, and only fit for light preserved fruits that require but a few minutes baking in tins; six yolks of eggs, a quarter of a pound of loaf sugar, a pound of flour, and a small tea-cupful of milk. Rub them together to a very stiff paste. This paste answers very well to cut out in rounds, and bake on a flat tin; and stick a bit of stiff jam or jelly on each.

487. Paste for stringing tartlets must be made separately from the tartlets themselves, that it may be sufficiently tenacious to allow of drawing out into fine strings without breaking. An ounce of butter to a quarter of a pound of flour; mix it with the hand; add a very little cold water. Rub the paste between your hand and the board till it begins to string; then cut it into small pieces; roll out, and draw into strings not much coarser than a large thread; lay across the tartlets, and bake them immediately.

488. Rice paste.—Simmer the rice in a small quantity of water or milk till quite plump; drain off any liquor that may remain. Stir in the yolk of an egg or two, according to the quantity; one egg to a quarter of a pound of rice is the common rule, with or without the addition

of half an ounce of butter. It may be used for covering either savoury or sweet pies. Have the dish quite ready; roll out the paste with a dust of flour. Lay it on, and immediately set it in the oven without suffering it to cool.

489. Potatoe paste.—Boil potatoes as for mashing; rub through a colander, and while quite hot, add an ounce or two of butter, and an egg; flour the pie-board pretty thickly; turn it on while hot, flour the rolling pin, roll out to the size required; make up quickly, and put in the oven. If suffered to become cold it is apt to crack in baking. The top may be washed over with a feather dipped in yolk of egg finely beaten. For covering savoury pies, a little salt may be added both in rice and potatoe paste.

490. Croquante paste.—To half a pound of fine flour, a quarter of a pound of sifted loaf sugar mixed to a proper stiffness with the yolks of eggs finely beaten; the chief use of this is to cut out ornaments for other pastry. Butter a flat tin; roll out the paste very thin and of equal thickness; cut it with a paste cutter or mould into the form of leaves, stars, &c. Lay them on the tin without suffering them to touch each other. Bake a few minutes in a slack oven, and lay them on the top of tarts, &c. while hot.

491. Icing or glazing for pastry.—There are two ways of doing this; when the pastry is nearly baked enough take it out of the oven, and sift over it fine powdered sugar; return it to the oven, and hold over it a hot salamander or fire shovel, till the sugar runs into a glazing. Or, beat up the whites of two eggs to a solid froth. With a paste brush wash over the tops of the pies; then sift over a thick coat of powdered sugar, and press it lightly with the hand to make it settle in the egg, and adhere to the pie crust. Then wash the brush, and twirl it over the sugar like trundling a mop; do this till all the sugar is moistened; then put again in the oven for about ten minutes. The first method is preferred for eating hot; the latter for cold.

Having given these copious general directions, it will be needless to multiply individual receipes; or at least to give directions for making the paste with each when no real difference is required.

492. Savoury pies, pasties, and patties.—For one and all of these a little good gravy is desirable before sending to the oven, and a little more to be introduced by meuns of a funnel, when they come home. There is nothing better than good jelly gravy of roast meat. Pepper and salt are the universal seasonings, to which may be added at pleasure any of the various flavours, No. 1—5. They may be farther enriched by a thin layer of any kind of forcemeat at bottom, or force-meat balls, or egg balls, or a round of each, No. 116—122. The gravy added hot when the pie is baked, may be farther flavoured with any variety adapted to the contents of the pie and the taste of the eaters. See No. 10—33.

493. Beef steak pie.—Paste, No. 481, 483, (or 488, 489, for a plain family pie). Lay thin crust on the sides. Prime meat pretty free from fat; rump steak is the best; or the skirt of a fine animal makes a good pie. Cut into small pieces, two or three inches long and half as wide. Season with pepper and salt; as much gravy as will half fill the dish: top crust about three quarters of an inch thick. Bake two hours. Half a dozen eschalots chopped fine may be mixed with the seasoning; a few oysters with their liquor; or a few mushroom buttons. The gravy may be enriched with a wine-glass each of catsup and port wine.

494. Raised beef steak pie. Cut up the beef, and simmer it half an hour with pepper and salt, half an ounce of butter, with or without eschalots. Prepare a raised crust, No. 480. When the beef is cold, put it in, with or without alternate layers of oysters, the juice of a lemon, or a little catsup; cover it up; pinch tight to secure the joints; bake, and turn out,

495. Beef and veal mixed, or beef and pork grisken, or grisken alone, make an excellent family pie, either plain

or seasoned with sage, onion, and bread-crumbs. Paste No. 481, 483.

496. A rich veal pie for eating hot.—Paste, No. 482. Season with salt, pepper, and nutmeg. Scald two sweetbreads, and slice or chop them up; lay them among the meat, with oysters, egg, and force-meat balls; a little good gravy, and a glass of white wine. A few thin slices of ham may be laid at top, but are not universally approved. When baked, add a little good gravy thickened with cream and flour. Ornament the top with leaves or stars; bake in a moderate oven quick enough to raise the crust without scorching it.

497. French raised pie.—The easiest method of making this is to have two tins the shape of pie dishes, one a size smaller than the other, and fitted with a lid a little raised in the middle in the form of a pie. Butter the inside of the large tin, and the outside of the small tin. Work the paste, No. 480, into the large tin: then put in the smaller tin, and lay the top crust over its lid, ornamented to fancy. When baked, lift out the inner tin by its rim; it will bring the top paste with it, which will easily be removed, the tin lid having been buttered. Then have ready a rich fricassee of veal, chicken, or rabbit (see No. 269, 270, 286). Put it into the crust, and fit on the lid. If to be eaten hot, it may be put again into the oven a few minutes, and then carefully slipped out of the tin. It is often directed to fill the paste with coarse flour or bran; but it is difficult entirely to remove this before putting in the meat, and nothing answers so well as the tin above described.

498. Very rich pies for eating hot or cold, chiefly the latter, are made of calf's head or calf's feet, prepared and seasoned as 210, 211, of sweetbreads cut in pieces, seasoned, and enriched with forcemeat balls, cocks' combs, morels, truffles, button mushrooms, artichoke bottoms cut in pieces, tops of asparagus: this is for eating hot—add rich veal gravy thickened with cream and flour, and a little white wine or lemon juice.

Ox-cheek makes a rich pie.—It should be previously stewed till the meat will leave the bones; cut in slices, season, and enrich as above; but instead of cream, white wine or lemon juice, enrich the gravy with catsup or port wine, or part of each. For all these pies use 479, 481.

499. Raised pork pies. See 480.—The meat of a grisken free from fat and bones; cut in pieces, season, and fill the pie; no gravy must be added, unless you have a little stiff jelly of roast meat, which lay at the top of the meat, it will soak down and enrich the meat without breaking the crust; close it very securely, egg over, bake two hours, with a buttered paper laid over the top, to prevent burning. When done, a little very good gravy may be added, and two tea-spoonfuls of made mustard; but use only such gravy as will be sure to jelly, and not enough of it to endanger breaking the crust. These pies are usually eaten cold; they will keep several days, and are very handy on a journey. N.B. Mutton pies are made exactly in the same manner, but are better eaten hot.

500. Raised lamb, chicken, or rabbit pie—may be made exactly as the last article only adding force-meat and lemon juice, and when done, a little rich brown gravy No. 50, thickened with butter and flour. They are for eating hot.

501. Pigeon pie.—A rich puff paste No. 483. In a pie of six pigeons lay at bottom a pound and a half of rump steak free from fat, and cut in bits; season as usual; inside each pigeon put a bit of butter as large as a pigeon's egg, rolled in pepper and salt; lay the breasts downwards; the yolks of three or four hard-boiled eggs, force-meat balls, if approved; half a pint of good gravy; wash over the crust with egg, or not, see p. 235. Ornament with leaves of paste, and the feet of the pigeons nicely cleaned, rubbed over with butter, and stuck in the middle and round the edges N.B. The feet are to be cut off. A young cook having seen the feet sticking through the crust, in making her first pigeon pie, took an immense deal of pains to drag them through, leaving

the bodies of the pigeons to take just such attitudes as this foot dragging chanced to force them in. N.B. Larks, sparrows, partridges, or any kind of birds, may be made into a pie in the same manner. Young unfledged rooks make a good pie, but must be previously skinned, as the skin has a bitter taste.

502. Venison pasty.—Crust No. 485. For meat, take a neck, shoulder, or breast of venison that has not hung too long; remove the bone and skin; lay the trimming bits at the bottom of a stewpan with two large onions sliced, and a few eschalots, pepper, salt, and mace, and nearly, or quite, half a pint of port wine; then put a plate to divide it, and on the plate put the meat for the pasty cut in bits about two inches square, and as much veal broth as will cover the whole. Let it simmer over a slow fire till the meat is three-parts done; then remove it into a dish with a little of the gravy, and set it away to cool. Having prepared the paste as directed, put in the meat and gravy, cover close; ornament to fancy; lay over a buttered paper, and let it bake two hours in a moderate oven: meanwhile let the gravy in the stewpan go on simmering till it is reduced to a small quantity, and very rich. Strain and thicken with flour and butter, add a little pepper and salt, the juice of half a lemon, and two table-spoonfuls of port wine: make a hole in the top of the pasty, and pour in this sauce before sending to table.

503. Giblet pie.—Prepare any kind of giblets, as for stewing, No. 380; two sets of goose giblets will make a good-sized pie; partly stew them in a small quantity of broth, and set them by to cool. N.B. When meat that is to be used for a pie is previously stewed or scalded, it should always be quite cold before putting into the pie, as the hot meat hardens the crust; the same remark applies to gravy. A puff paste, No. 483; butter a dish, line the sides, lay at the bottom a pound of rump steaks cut up, season with pepper, salt, and cayenne; then lay the giblets, with part of the liquor in which they were stewed. Season, cover, and bake the same as 493. The remainder of the liquor, season, and thicken

with butter and flour; add the juice of a lemon, and pour in by a funnel when the pie is done.

N.B. The livers may be chopped, mixed with an equal quantity of bread-crumbs, a bit of butter; seasoned with sage and onion, eschalot, and curry or cayenne; wet with yolk of egg, and made up into balls, and put in the dish.

504. Chicken pie.—A light puff paste, No. 483; thin lining of crust to the sides of the dish. Parboil two chickens in a small quantity of liquor. That a little liquor may serve, it is as well to boil first one and then the other. Let them become quite cold; then cut up neatly in joints; meanwhile, in the liquor in which they were boiled, stew down the heads, necks, and feet, nicely cleaned, with a couple of onions, and a blade or two of mace. Lay at the bottom of the dish a good veal force-meat, No. 117; then the joints of fowl intermingled with a few slices of dressed ham, and seasoned with white pepper, salt, and nutmeg. A little jelly gravy may be added, but not much. Cover, and ornament the top. An hour and a half will bake it. Have ready the gravy made from the heads, &c., which should be reduced by boiling to a tea-cupful; thicken it with cream and flour, and grated lemon rind, with or without a small bit of butter, and put into the pie before serving.

505. Chicken pie may be made in a French raised crust (No. 497). In that case the chicken, after cutting up in joints, must be prepared as a fricassee or ragout, with the addition of a sweetbread or two (see No. 269, 270). Having removed the top crust and inner tin, lay the joints, force-meat, and other seasonings; pour in the gravy; lay the top crust, and return it to the oven a few minutes to settle it in its pie form. Then gently slip on to a dish while quite hot.

506. Duck pie—may be made in the same manner as either of the above, only using brown gravy throughout, and No. 101, instead of force-meat; no ham, no cream, but flavour the gravy with No. 32 or 30; or, if these are not at hand, with a table-spoonful each of port wine and

catsup, a little curry, or cayenne, and made mustard, and thicken with butter rolled in flour.

N.B. Every kind of cold poultry or game, with their own sauces and gravies, may be brought into use in this way. It only requires attention as to the time of doing. If already thoroughly done, the cook must contrive to get them into the form of a pie with as little baking as possible. If a puff paste is directed, No. 483, she must roll it rather thin, and tell the baker, as soon as the crust is done, to take it out of the oven. In a raised crust, as No. 480, 497, there is no danger of overdoing.

507. Rabbit pie.—For a plain family pie, lay a beef steak at bottom; cut up the rabbit in joints; scald the livers, chop up, rub with a bit of butter, an equal quantity of bread-crumbs, and a sufficiency of pepper and salt to season the whole pie; strew this between the layers, and proceed in every respect as for a beefsteak pie, No. 493. Allow full two hours for baking.

If a more delicate pie is desired, proceed exactly in the same manner as chicken pie, only instead of veal forcemeat, make one, by pounding together the scalded livers and brains of the rabbits, with a quarter of a pound of boiled bacon or ham (or two ounces of butter, and the same of bread-crumbs, and the yolk of an egg well beaten); with pepper, salt, pounded mace, or nutmeg, some chopped parsley, and an eschalot or two, thoroughly well beaten together. This may be laid at the bottom of the pie, or made up into balls.

508. Hare pie.—Nicely clean the hare; get it perfectly free from blood; cut it up, put it in a stew-pan, with a small quantity of sweet herbs tied in a bundle, six eschalots chopped, a few cloves, allspice, and black pepper, a glass of port wine, and as much broth as will just cover it. Cover it close, and simmer for an hour and a half. Then take out the prime parts,—back, legs, and blade-bones,—with a little gravy, and set them by to cool; let the ribs, long bones of the legs, neck, and head, continue to stew till the gravy is rich, and reduced to the quantity required. Prepare a good hare stuffing, as No. 105,

111, with the liver and brains of the hare, to lay at the bottom of the dish, or strew among the meat, or make up in balls; season with pepper, salt, and cayenne. Line the sides with a good plain paste (see p. 232); put in the meat, seasoning, and gravy, and cover. When the crust is nicely baked, the pie is done. The remainder of the gravy is now to be strained and thickened; add to it half the juice of a lemon, and a spoonful or two of port wine, and put it into the pie boiling hot.

509. Eel pie.—Small eels are reckoned best for this purpose, those of about half a pound each. Skin, and trim off the heads, tails, and fins, which stew in white broth for gravy. Have a light paste; do not line the sides of the dish; cut the eels in bits of three inches long; season with pepper and salt; add a tea-cupful of the gravy, and cover. Bake an hour. Thicken the remainder of the gravy with flour mixed with a table-spoonful of lemon juice, port wine, or vinegar. Put it to the pie boiling hot.

510. Fish pies in general.—All kinds of fish may be made into pies. It is usual to cut them up in suitable pieces, and simmer them a few minutes in a small quantity of liquor. Then take out the prime pieces for the pie, and leave the fins, tails, and bones still to enrich the gravy. But some people prefer laying a bit of butter at the bottom of the dish, then the fish cut up in pieces raw; with fish force-meat, No. 121, or chopped lobster, or anchovy, or oysters with their liquor; and seasoning of salt, cayenne, and nutmeg, or curry, No. 5. No side crust (unless it be a raised pie). Paste, No. 483. Bake from an hour and a half to two hours. Gravy of the trimmings boiled down to a very small quantity, an equal quantity of cream, a little flour and butter; or, instead of the cream, white wine or lemon juice; to be added boiling hot when the pie is baked. A glass or two of white wine is a very great improvement; it should be put in the pie before baking, to stew as gravy.

511. Maigre fish pies.—Slice thin parboiled potatoes and onions. Hard boil four or five eggs, cut them in

slices, cover the bottom of the dish with a layer of potatoes, or fish force-meat, No. 121; then a layer of onions, then of fish, then of eggs, and so on till the dish is full. Season each layer with pepper and salt, and at top put an ounce of fresh butter broken into small bits. For gravy, take a tea-spoonful each of made mustard, essence of anchovy, and mushroom catsup, mixed in a tea-cupful of liquor made from the trimmings of the fish. Paste, No. 483. Bake one hour.

512. Pie of cod sounds.—This is a costly dish, but is esteemed a great delicacy. Get the sounds of ten or twelve cods; soak them for twenty-four hours; the water should be blood-warm when put to them, with a little salt and vinegar; then wash and dry them. Put in a stew-pan four ounces of sliced onions with two ounces of fresh butter; fry them of a nice brown, then mix with a morsel of butter a small table-spoonful of flour; add it to the onions with half a pint of boiling water; when perfectly smooth put in the cod sounds, with a little pepper and salt, a glass of white wine, a tea-spoonful of essence of anchovies, and the juice of half a lemon; stir it well together and simmer a few moments; then turn it into a pie-dish, cover with paste, and bake one hour.

513. It was formerly much the custom to make meat pies with a mixture of sweet fruit; and some few places are still famous for them, though they are pretty generally exploded. Of the celebrated Dr. Johnson it is recorded, that

> "A veal pie, too, with sugar crammed, and plums,
> "Was wondrous grateful to the doctor's gums."

For those who retain any fondness for these incongruous mixtures, we inform them that a Dartmouth pie is made in a raised crust enriched with two parts beef-suet and one part fresh butter. The contents of the pie are composed of two pounds of the lean meat of a leg of mutton chopped very small, and one of beef-suet, a pound of currants, three ounces of powdered lump sugar, with salt and nutmeg.

Cheshire pie—is made of pork chops seasoned with salt, nutmeg, and pepper, with alternate layers of sliced apples duly sweetened, and a clove stuck here and there among them; from half a pint to a pint of white wine for gravy, and two ounces or more of butter spread over the top of the contents, which are then to be covered with a puff paste, and baked.

A Shropshire pie—is composed of a mixture of rabbits and fat pork, seasoned with pepper, salt, sweet herbs, and nutmeg, and the chopped livers of the rabbits, with or without the addition of chopped onions, apples, and currants. A pint of broth or water for gravy. Bake an hour and a half in a quick oven.

Critten pies.—A Hampshire dish, one of the grand luxuries of pig-killing time. When the internal fat of a bacon hog has been beaten and melted for lard, see No. 419, what remains in the sieve after straining is called crittens, to which add an equal weight each of bread-crumbs, currants (or part plums stoned and chopped), and apples, and the lights of the pig scalded and chopped fine. To each pound of this mixture add one egg beaten fine, one ounce of sugar, one ounce of candied peel shred fine, and a little ginger, allspice, nutmeg, and salt. It is generally baked in a raised crust made in a large red platter, or in small moulds or tea-cups.

514. Mince pies.—Equal weights of beef suet, roast beef underdone and free from skin and gristle, apples when peeled and cored, currants well cleaned, and plums stoned and chopped (or some prefer two parts currants to one of plums); half the weight of one of these ingredients in moist sugar, the same in candied lemon and orange peel, and half that quantity of citron. Let all these (except the currants) be finely and separately chopped. To every two pounds allow a lemon, two drachms each of salt and ginger, and one each of allspice, nutmeg, cloves, and coriander seeds, all finely powdered; a quarter of a pint of liquid, consisting of one-third brandy and two-thirds mountain or raisin wine. Grate the yellow rind of the lemons with a lump of

sugar, which roll and mix with the rest. Squeeze the lemon juice into the wine and brandy, and mix with it the sugar. Mix the spices and salt well together. Thoroughly well mix the apples, plums, currants, candied peel, suet, and meat, and strew to it the spice by degrees; then add the liquid; stir it up well; cover it closely, and keep in a cool place. When required for use, stir up the whole, and having taken out what you want, add to it a spoonful or two of brandy or white wine.

The crust for mince pies should be very rich and flakey, and the meat entirely covered above and below. They are usually baked in tins, and eaten hot. Half an hour in a moderately quick oven will bake them. They may be iced or have sifted sugar strewed over them.

Another way.—Salt and spice a neat's tongue, and let it lie three days; or, cut open a bullock's heart, remove every particle of blood, and sprinkle it with a similar mixture, *i. e.* salt, black pepper, allspice, and coriander seeds, all pounded. Parboil, remove the skin, and chop it fine; to two pounds of the meat allow two pounds each of good beef-suet, of currants and apples; of raisins a pound when stoned and chopped. Candied lemon, orange, and citron-peel, of each two ounces; blanched almonds one pound; the rind of one very large or two small lemons, grated off with loaf sugar, a large nutmeg grated, half an ounce of cinnamon and cloves beaten to powder; an ounce of salt, a pound of loaf sugar, the juice of the lemons, with a pint of Madeira or sherry wine, and half a pint of the best brandy; or some prefer half a pint each of brandy and sack, and a quarter of a pint of verjuice. When pies are to be made, if the meat has become dry, moisten it with a little brandy or wine.

N.B. Mince-meat may be made much cheaper, and yet very good, especially if for present use. The quantity of brandy required is for keeping it all the season; instead of this it may be mixed with home-made wine, either ginger, orange, or raisin; or with eggs finely beaten; or with cold gravy of roast meat. Any kind of dressed lean

meat will do, or double tripe chopped fine. Moist sugar instead of loaf; more raisins and less currants; a smaller quantity of candied peel, and no citron (which is double the price of lemon and orange-peel) and a few drops of essence of lemon instead of fresh lemons. These hints are especially worth the attention of those who have to provide mince pies for the Christmas vacation, and who find, that in the presence of young gentlemen from boarding school, their costly mince pies disappear very fast.

515. A very pleasant extempore mince-meat may be made exactly in the same manner as New College puddings, No. 458, only putting twice the quantity of suet, and a glass of white wine, so as to make the mixture rather more moist than would do for rolling up. Bake in puff paste as mince pies.

516. Egg mince pies.—Hard boil eggs, and chop them small with double their weight in suet; half the weight of the eggs and suet together in currants; the grated rind and juice of a lemon; candied peel, sugar, salt, and spice to taste.

517. Lemon or orange mince pies.—Squeeze the juice of a large lemon or Seville orange. Boil the outside till it will completely mash. Chop fine, and add to it three or four apples, a quarter of a pound each of suet and sugar, half a pound of currants; two ounces of candied peel, and the juice. If not quite moist enough, add a little white wine. Bake in a short crust, No. 484.

518. Patties.—These are handy little vehicles for relishes of various kinds, from which they take their name; as, oyster patties, lobster patties, &c. But these substances are to be introduced after the patties are baked; for this purpose the cook has to contrive to preserve room. The best contrivance we know of, is, that of having a number of little tins, like tops of canisters, three quarters of an inch high, and as large round as a half crown; a similar article will be wanted for cutting them out, about the size round of a large wine-glass or small tea-cup: it should have a hole in the top that they

may be the more easily thrown off. Roll out a rich puff paste to the thickness of half an inch; cut it out with the last-mentioned article, and lay half of them on a buttered tin for baking; of the smaller tins butter the outsides of as many as you want patties, and put them, the covered end downwards, in the middle of so many rounds of paste; press them almost but not quite through; then wet the edges with finely beaten yolk of egg, and lay the other rounds at top. Or the pieces may be cut square, the small tins put in the middle, and other squares at top, and then cut round at once. Egg over the top (as pigeon pie). Bake them in a quick oven a quarter of an hour or twenty minutes. Immediately on taking them out, with a sharp knife divide the flakes of the crust, take about a quarter the thickness from the top, lift out the nside tin, and fill with the meat prepared. Return the top quickly, and it will stick as if it had never been removed.

The meat for patties is prepared in the following manner. Beef patties, underdone beef half a pound, chopped fine; butter, one ounce. Season high with cayenne, nutmeg, and salt; chop up an onion or two very fine, and a little eschalot or garlic. Simmer the onion and garlic in rich gravy for ten minutes or a quarter of an hour; then add the beef, and simmer again. The last thing stir in half a tea-cupful of cream.

Veal and ham patties.—Equal parts of lean veal and ham dressed. Prepare as above, but use white gravy; the rind of a lemon grated off with salt or sugar, and the juice.

Fowl, turkey, pheasant, or partridge.—The white meat chopped up with ham is better than veal.

Lobster patties.—Chop up the meat of a lobster; bruise the coral and spawn in a mortar with butter. Season with cayenne, and a tea-spoonful of essence of anchovy. Simmer five minutes with an ounce of butter, a tea-spoonful of flour, and for liquid, half cream and half veal broth, as much as will just moisten the whole. It should be rather thicker than lobster sauce.

Oyster patties.—Scald in their own liquor a quarter of

a hundred of large oysters; take off the beards, and cut them in four pieces. Simmer the liquor a few minutes longer with the beards, then strain; put an equal quantity of cream, an ounce of butter rolled in flour, a little grated rind of lemon, and a tea-spoonful of the juice, or instead of either, a table-spoonful of white wine; a little salt, cayenne, and nutmeg; simmer with the oysters five minutes, and fill the patties.

Sweet patties--may be filled with the mixture for New College puddings, (No. 458) which may be baked in them; or with any similar preparation that does not require long to do.

519. A casserole of rice, or timball of maccaroni—is made by simmering rice or maccaroni till tender in milk and butter; a quart of milk and a quarter of a pound of butter is allowed to a pound of rice; the maccaroni will take rather more milk; an onion may be added for flavour. When quite tender and dry, beat it to a paste with two whole eggs and the yolk of another, and a little pepper and salt. Have a basin or mould lined with very thin slices of bacon, or, what answers as well, well buttered; line it with the paste about half an inch thick. Put in the middle a ragout of sweetbreads, chicken, rabbit, or anything else that may happen to suit. Cover it close, and fill up the mould or basin with the remainder of the paste; bake it an hour in a quick oven. Turn it over, and send to table with good gravy or curry sauce, No. 78. Or it may be boiled an hour and a half, with a buttered cloth tied over, and standing in a saucepan with a small quantity of water, so that it cannot boil in. A little boiling water must be added from time to time, as it boils away.

## *Fruit Pies.*

520. Apple.—It is a common error to cut apples too small, by which the flavour is injured. Each apple, when peeled, should be cut in eight; that is, in four quarters, and each quarter cut across the middle; by which means

the core can be easily removed. Lay them as close as possible: to a moderate sized pie, allow a quarter of a pound of good moist sugar, with or without four or five cloves, and a little grated lemon-rind. If the apples are juicy, no liquid will be required; if otherwise, a spoonful or two of cyder or beer is much better than water. A little quince mamalade is sometimes put in an apple-pie. Puff paste, No. 483. Bake an hour and a half. It is usually eaten warm. Some people like to stir in a bit of butter when an apple pie is cut hot. If the pie is to be creamed, when baked cut the middle of the crust in eight equal parts, without touching the border; then return the crust, the broad end to its place, and make the points stand up towards the middle; or the lid may be removed altogether. When cold pour on the apples a rich boiled custard, No. 474.

521. Rhubarb and gooseberries for pies may be scalded with a very small quantity of water, just enough to moisten sugar, in the proportion of a quarter of a pound to a quart of fruit; but it is only necessary to scald them when it is intended to have a very light rich crust, that will not bear standing long enough in the oven to do the fruit. For all ordinary purposes, the fruit will bake in the same time with the crust. Unripe gooseberries and currants for small tarts and puffs should be simmered with sugar till done enough, then left to cool, and added to crust previously baked in tins, as No. 526; or, if in puffs, the syrup should be nearly all boiled away lest they break the crust; see No. 527.

522. Apricots for tarts.—The trees should be thinned before the shell of the stone begins to harden; in fact, when there is scarcely anything of the future stone visible. They ought not to be larger than a small damson. Simmer them with a little fine moist sugar and a very little water; a spoonful or two will moisten the sugar, and the fruit will soon go to juice. They are best made in small pie dishes, but are sometimes made in patty-pans lined with paste. In that case it is better to bake the paste first; also a few leaves or stars to cover them,

which may be baked on a flat tin. Simmer the fruit till quite done, and sweeten to taste. When cold, fill the baked crusts, and lay on the ornaments. If convenient, they may be put in the oven a minute or two; but this does not signify. Custard is sometimes added, as 520.

523. Apple tarts.—Shave the yellow rind of two oranges, Seville or China. Boil in a very little water till quite tender, then chop fine. In the same liquor, which need not exceed two spoonfuls, simmer the apples as for sauce; before they are quite done add sugar to taste, and the juice and rind of the oranges; boil till the syrup is pretty thick. When cold make the tarts either in small shallow pie dishes covered over, or, if for tins, as 502. If made in pie-dishes and covered, they should be iced.

524. Lemon or orange tarts.—Shave off the yellow rind of two or three lemons or Seville oranges, and set it on to simmer till the water is consumed and the rind almost brought to a paste. Carefully pick off every bit of white pulp and kernel, and as much of the skin as may be without wasting the juice; put the remainder to the rind, with double the weight of the whole fruit in loaf sugar. Beat all together over the fire, till it is well blended and brought to a paste; then add a bit of fresh butter, in the proportion of half an ounce to three lemons or oranges. Beat it again, and having lined tins with light puff crust, lay the orange or lemon paste, and cover them. Some people like the addition of a little grated ginger. The covers should be iced.

525. Ripe fruit pies.—Currants are improved by a mixture of raspberries; cherries, with either currants or raspberries, or both; pack as close as possible, as they shrink in baking. Always lay the fruit highest in the middle; a small tea-cup turned down in the dish serves to keep in the juice. Currants require more sugar than either cherries or raspberries; but it is better not to make any pie very sweet, as it is easy for those who like it to add sugar. Some kinds of plums have harsh bitter skins; they had better be removed: they require rather more sugar in baking than cherries, and damsons still more;

they are exceedingly rough. Cranberries require to be well washed in several waters; allow to two quarts of fruit the juice of a lemon and half a pound of sugar. The richer kinds of fruit, such as greengages, apricots, peaches, &c. are usually simmered till quite tender, with loaf sugar, a quarter of a pound to a quart of fruit; the stones removed, the kernels blanched and returned to the fruit; which, when cold, may be laid in paste previously baked, and covered with bars or leaves; or they may be baked in shallow pie-dishes, with a cover of puff or tart paste, which is generally iced.

526. Tarts of preserved fruit.—The less baking the better, as the jam requires no more doing, and only hardens the under crust. Where persons have an oven at home, it is not much trouble to line the patty-pans with paste, and bake separately; then put in the fruit, and lay at top bars or leaves previously baked in a flat tin. Return them to the oven for a minute or two, to level the fruit and cause the crust to adhere. Where they have to be sent out to be baked, it may not be so easy to manage the matter thus; but if the fruit must be baked in the crust, be careful that the tarts are put in the oven immediately they are made, and removed from the tins immediately on being taken out of the oven. If left to cool in the tins, the steam makes the under-crust heavy.

527. Small puffs of preserved fruit.—Roll out a good puff paste, a quarter of an inch thick, and cut it into pieces four inches square; lay in the middle of each a large tea-spoonful of any kind of stiff jam. Double them over, press them together, and cut them with a knife or paste-cutter into squares, triangles, or half circles. Bake them on a tin sheet about twenty minutes, and ice them, see No. 491.

528. Tartlets, such as are sold by the pastry cooks.—The same crust as above, rolled out the same thickness; line tin patty-pans not much larger than a crown piece, and put in a small quantity of any kind of marmalade or jam. Then, with paste No. 487, lay strings crossways over the top; cut round the edges neatly; bake in a

quick oven. From six to ten minutes will bake them: they should be of a very light brown. Sometimes a little rich boiled custard is added to them a few minutes after they come out of the oven.

529. A pyramid of paste, or mille feuilles.—For this purpose a set of tin paste cutters is required, oval, octagon, diamond, scalloped, or any other form; the largest nine or ten inches, and from that size down to an inch or less. Roll out puff paste half an inch thick, and cut out with as many sizes as you want, beginning with the smallest. Bake them on a tin or sheet of paper* laid on a baking plate; the top may be done over with yolk of egg before baking, or iced when nearly done; bake them of a light brown colour. Have a dish to fit the largest, and when cold spread on it a layer of one kind of jam, then another sheet of paste, then of another kind of jam, and surmount the top with a caramel or ornament, see Chap. xiii. The order of the jam should be so as to display a variety of colours; either by contrast, the darkest and lightest next to each other, or in shades from the darkest to the lightest, as damson, gooseberry, raspberry or red currant, strawberry, apricot, greengage, or white egg plum.

* It is very common to direct the baking of little things on white paper, buttered. This is merely done to ensure them against the bottoms being blacked, which often happens with the tin plates belonging to the bakers. A sheet of tin, kept nice and bright, answers every purpose, and saves many a sheet of paper. Even, in an iron oven, a tin sheet is preferable for baking small cakes, &c.

## CHAPTER XI.

*Jellies, Creams, Syllabubs, Gruels, &c.*

This chapter will combine the interests of the healthy and the sick. Some of its details are calculated both to furnish agreeable table varieties, and to afford suitable nourishment to the invalid.

530. Blancmange.—The most simple method, and perhaps the best, certainly for a sick person, is to boil an ounce of the best isinglass, with a stick of cinnamon, in half a pint of water. In half an hour the isinglass will have dissolved and become a very thick jelly-like substance; then mix to it a pint of new milk, and loaf sugar to taste. Let it boil up once, and strain through a very nice tamis, or swanskin jelly-bag, into a basin. When nearly cold, pour it into a mould, or custard cups, or jelly glasses; pour it very steadily, and keep back any sediment. When it is to be turned out, raise it all round the edges with a silver knife; turn the mould on a dish, hold it down, and shake once or twice. If properly done, it will turn out a beautiful white jelly, like marble. Garnish with flowers, or with sweetmeats, or sliced orange.

531. A richer blancmange.—In a pint and a half of new milk, simmer an ounce or rather more of prime isinglass, with the rind of half a lemon shaved very thin, a stick of cinnamon, and a blade or two of mace (or the isinglass may be dissolved in water, as in the foregoing article, and only a pint of milk added: this method we rather prefer). Sweeten with two ounces and a half of loaf sugar. Blanch and pound with a spoonful of rose water, half an ounce of sweet almonds, and eight or ten bitter; mix them with the milk. When the isinglass is quite dissolved, strain through a linen sieve, or new flannel,

to half a pint of rich cream, and stir together very thoroughly. Having stood an hour, pour off into another basin, leaving the sediment at bottom, and when nearly cold, put it into moulds as above. N.B. Two table spoonfuls of noyeau will answer the purpose of the almonds.

532. Rice blancmange.—Simmer a tea-cupful of whole rice in a very small quantity of water, till it has absorbed the water, and is ready to burst. Simmer half a pint of rich milk, with a stick of cinnamon, and a little lemon peel; strain and sweeten with loaf sugar; add half a tea-cupful of very rich cream. Stir the rice to it and simmer, stirring it the whole time till it is quite a mash. Dip a mould in cold water, and immediately pour the whole into it; when cold, it will easily turn out in shape. It is eaten with preserved raspberries or other fruit, or with custard or cream.

533. Arrow-root blancmange.—To a pint of milk allow a tea-cupful of arrow-root; flavour with almonds, as No. 531, or with noyeau, and sweeten with loaf sugar. Moisten the arrow-root with a little cold milk, and pour to it the boiling milk, stirring all the time. Return to the saucepan, and boil it a minute or two, still stirring. Dip the moulds in cold water; turn it out when cold.

534. Flummery.—Common flummery is nothing more than water-gruel flavoured and eaten cold. Soak in cold water a pint of very fine white oatmeal; having steeped a day and a night, pour off the water clear. Then put upon the oatmeal three pints of fresh water, and let it stand the same time. Strain it through a hair sieve, and boil it till it is as thick as hasty pudding, stirring it all the time; sweeten it with loaf sugar, and add a spoonful of noyeau or ratafia, or a few drops of essence of lemon. Pour it into shallow dishes or saucers. It is usually eaten with cream and sugar, or wine or cider.

535. French flummery—is composed of cream and isinglass, two ounces to a quart, simmered for a quarter of an hour, sweetened with loaf sugar, flavoured with ratafia or rose-water, or orange-flower water; strain it into a mould; when cold, turn it out, and surround it with baked or dried pears.

536. Dutch flummery—is made of isinglass boiled in water, and enriched with wine, lemon, and eggs. Two ounces of isinglass, boil half an hour in a pint and a half of water, with the thin rind of a lemon; or, what is still better, grate off with loaf sugar the yellow rind of two lemons; sweeten with loaf sugar; add the juice of three lemons, and a pint of white wine. Beat up seven eggs, and strain the above to them, stirring all the time. Return to the saucepan a minute or two to scald; but do not let it boil. Pour into a basin, and keep stirring till nearly cold; then let it stand a few minutes to settle, and put it into a tin mould previously dipped in cold water.

537. Rice flummery—is nothing more than milk flavoured with cinnamon, and thickened with ground rice, as for a ground rice pudding, No. 443. Sweeten with loaf sugar; flavour with ratafia or peach-water. Put it in a basin or mould; when cold, turn it out, and pour round it cream, or custard, or the following sauce: half a pint of new milk, a large tea-cupful of cream, a glass of white wine, the juice of half a lemon, sweetened with loaf sugar.

538. Curds and cream.—Turn the milk as for cheese-cakes, No. 476. When the curd becomes firm, drop it into a mould with holes (like the inside of a soap dish, only in the form of a melon, star, or other shape); as the whey runs off and the curd sinks, keep adding more. Those who like the curd hardened, press it down; but it is in general preferred light, and without pressing or breaking the curd. Let it remain in the mould about two hours. Then turn it out into a glass dish or bowl, and pour round, or serve in another vessel, plain or whipped cream, sugar, white wine and lemon for eating with it; or raspberry jam or currant jelly.

539. Firmity (or rather *fromenty*, for its name is derived from the French or Latin word for wheat, of which it is composed).—Get a quart of the very best wheat, plump and fresh; see that there are no bits of chaff among it. Simmer in a small quantity of water till quite tender. It is desirable that the water should be nearly absorbed by

the wheat, and at the same time that it should not be suffered to burn. When cold it will be a very stiff jelly. It is not material whether the firmity be proceeded with as soon as the wheat is tender, or whether it be left to cool. The wheat is often sold ready boiled for the purpose of making firmity. To a quart of wheat allow two quarts of new milk; if cold, break up the jelly. Simmer together with a stick of cinnamon, and a quarter of a pound or six ounces of currants, nicely cleaned and dried. As the wheat is apt to burn, it should be done in a double saucepan; or a brass kettle is the next best thing, and keep it stirred the whole time. When the currants are plump, and the ingredients all well blended, beat the yolks of three eggs with two or three spoonfuls of cream, and gradually mix with a little of the boiling firmity, and then with the whole. Stir it together for a minute or two, to mix and thicken; but be careful that the eggs do not curdle, which they will do if suffered to boil. Sweeten with loaf sugar. Pour it in a china bowl, and grate nutmeg over. It is generally eaten cold.

540. Cream for eating with fruit pies.—This may be prepared in various ways. Simmer a pint of new milk, with cinnamon, laurel leaves, rind of Seville orange or lemon; either or all, as may be approved. Beat up the yolks of three eggs, with half a spoonful of flour and one or two of cream; gradually add the boiling milk to this. Set it over the fire, and whisk till it is of the consistence of thick cream. As it cools, add a table-spoonful of rose, or orange-flower water, or a tea-spoonful of syrup of clove gillyflowers. When quite cold, remove the top of a fruit pie, pour in the cream, and return the cover either whole or cut in quarters. See No. 520.

If eggs are scarce, one whole egg beaten up with a spoonful of rice flour or arrow-root, will answer for thickening.

Richer creams may be prepared with an equal quantity of cream and milk, flavoured as above, half an ounce of almonds beaten to a paste, with orange-flower or rose water; a tea-spoonful of flour or arrow-root, rubbed

smooth, with cold milk or cream, and stirred into the rest. Sweeten with loaf sugar; and, when cold, stir in the juice of a lemon, or a glass of ratafia, noyeau, or brandy. This cream is often served in cups or glasses; or in a glass dish, with maccaroons spread over the bottom and round the edges of the cream.

Some people prefer cream unboiled, and merely whisk it to a froth, with sugar, lemon juice, white wine, or noyeau; ornament with maccaroons, or Savoy biscuits, or biscuits of puff paste sweetened and iced, or strewed over with sifted sugar.

The various names, almond, or brandy, or ratafia, or sack, or lemon cream, are given according to the article by which the cream is principally flavoured. The cream may be prepared according to either of the foregoing recipes. To a quart of cream allow of sweet almonds a quarter of a pound, with a few bitter; of brandy or ratafia two glasses; of wine a glass and a half, with half a glass of brandy or noyeau; of lemon or Seville orange the juice of three, and as much of the yellow rind grated off with loaf sugar as will give it an agreeable flavour. For ginger cream: four ounces of preserved ginger, two spoonfuls of ginger syrup, four yolks of eggs; simmer the cream and eggs, and whisk together till cold.

541. Burnt cream—is prepared as any of the above; but when cold, strew sugar over the top, and brown with a salamander or kitchen shovel made hot.

542. Italian cream—is stiffened with isinglass, strained into a mould, and when cold turned out. To a quart of cream, flavoured, sweetened, and whisked as above, add one ounce of isinglass, dissolved in the least possible quantity of water, and strained through a lawn sieve. It may be flavoured with any kind of fruit, as strawberry, raspberry, or pine apple, which then gives name to the cream.

543. Orange or lemon cream.—Grate off the yellow rind with loaf sugar, or shave, and simmer till it will beat to a paste. Squeeze the juice on the remainder of the sugar, which, in all, should be two ounces to a Seville

orange or lemon, and one and a half to a China orange. Suppose you have four oranges or lemons, allow a pint of cream and the yolks of two eggs well beaten. Simmer them up with the rind of the fruit, and stir till almost cold; then pour it upon the juice and sugar, and stir or beat till quite cold. Serve in glasses or custard cups.

544. Another way.—Boil till quite tender the thin rind of a Seville orange or two. Beat it fine in a mortar; for each orange or lemon add to the peel a table-spoonful of best brandy, the juice of the fruit, a quarter of a pound of loaf sugar; the yolks of four eggs; having beaten these all together for ten or twelve minutes, pour gradually a pint of boiling cream, still stirring, and continue to do so till it is cold. Put it into custard cups; set these in a deep dish of boiling water, and let them remain till cold again. They may be garnished with preserved orange chips.

545. Lemon or orange cream without cream.—Shave the rind of five lemons or oranges into half a pint of water; boil them till they will pound to a mash. Rub a few lumps of sugar on the fruit either before or after paring; the sugar draws the fine bright yellow, also the delicate flavour of the peel. Remove the white pith, and squeeze the juice to loaf sugar, in the whole making half a pound of sugar. If the cream is to be yellow, the yolks of eggs are to be used; if white, use only the whites. For that reason, it is very well to have part of one colour, and part the other; by which means half the number of eggs will suffice, and the whole be used. The above quantity will require ten yolks or ten whites, or five of each. Well beat the eggs. Well beat together the peels and their liquor with the juice and sugar, and then mix with the eggs, and strain the whole through a thin flannel into a very nice clean saucepan. Set it over a gentle fire, and stir it one way till pretty thick and scalding hot, but it must not boil, or it will curdle. After taking it from the fire, beat or froth till nearly cold; then put into jelly glasses.

546. Creams of various kinds of fruits.—On these we make these general observations. They may be made either of fresh or preserved fruit. The juice alone may be used, or the fruit in substance. Luscious fruits are improved by the addition of lemon juice; say the juice of one lemon to nine or ten ripe apricots, or a pound of pine apple. The kernels of stone fruits blanched, or a few almonds cut in small bits, are an improvement. When it is desired to preserve a bright red colour, a few grains of prepared cochineal may be added; two or three grains will colour a pint of fruit.* When the cream is to be shaped in moulds, it must be stiffened with isinglass, one ounce to a quart. If it is desired to use part milk instead of all cream, which answers very well, the cream must first be mixed with the juice and sweetened, and the milk added afterwards; it will not then curdle, which it would do if the juice were put first to the milk. Apricots, peaches, greengages, and plums, must be skinned. One example of each kind will suffice.

547. Fresh raspberry or strawberry cream.—A pint and a half of fresh fruit beaten with half a pound of loaf sugar and the juice of a lemon; stir to it a pint and a half of cream, or half that quantity of cream and half of new milk, putting the cream first. Beat it long till it bears a fine froth, and put it in glasses.

548. The same with juice only.—Mash the fruit gently, and drain the juice through a coarse hair sieve; then sprinkle among the pulp a little sugar, and rub

* It is handy to keep a little colouring ready prepared; for this purpose, take a scruple of cochineal, two drachms of cream of tartar, a scruple of alum, and an ounce of fine loaf sugar: boil them very gently for half an hour in rather more than half a pint of water. Strain, and when cold, put in a phial with a spoonful of brandy. Keep it closely corked, and it will keep a good while.

For a bright yellow, infuse in a half-pint phial two drachms of best saffron, with a large spoonful of brandy, and fill it up with water that has boiled. This will also keep a very long time. Use of either just as much as brings the article to the colour you wish.

again; it will yield more juice. Simmer the juice with loaf sugar; half a pound of sugar to three quarters of a pint of juice, and the juice of a lemon. When cold, mix with a pint of cream, and beat.

549. The same stiffened.—Prepare the juice, or rather pulp, as last article. Simmer an ounce of isinglass in a pint of milk for a quarter of an hour, and strain. When the sweetened fruit pulp is cold, mix to it a pint of cream, and then the milk and isinglass, which should be as nearly cold as it can be without beginning to set. Whisk it well, and put it in moulds.

550. The same with preserved fruit.—Melt half a pound of raspberry jam. Mix with it a wine-glassful of raspberry syrup, and the juice of two lemons. Rub through a sieve. Whisk with a pint and a half of rich cream.

551. Pine apple cream.—If fresh, the fruit must be grated. A pound of the fruit. Dissolve half a pound of loaf sugar in the juice of two or three lemons over a clear fire; mix it with the pulped fruit, and with a pint and a half of cream; rub through a hair sieve, and whisk. Two or three thin slices of pine should be cut in small squares, and divided, a few into each glass of cream. If made of preserved fruit—for the same quantity of cream, take six ounces of preserved fruit, a large spoonful of pine-apple syrup, a quarter of a pint of clarified sugar (see chap. xiii.), and the juice of two or three lemons. Three or four slices of preserved pine, cut in small squares as above.

552. Snow cream.—Boil a quart of cream, with a bit of lemon-peel or cinnamon; the whites of three eggs well beaten with two ounces of loaf sugar. Mix well with the cream, and whisk till nearly cold, then add a tea-cupful of Lisbon or mountain wine, and continue to whisk till quite cold. It is generally served in a cut-glass dish.

553. Imperial cream.—Boil a quart of cream with the rind of a lemon: sweeten with two ounces of loaf sugar, and stir till nearly cold. Put it in a spouted jug or large tea-pot. Into the bowl or dish in which the cream is to

be served, strain the juice of three large or four smaller lemons. Pour to the cream, holding it high, and moving it about, to secure its mixing with the juice. This cream should be made several hours before using. It will keep very well till the next day.

554. Barley cream.—Boil Scotch or pearl barley in milk and water till quite tender; then strain off the liquor (which by the way need not be wasted; it will make a very acceptable drink for some sick person or poor child, and such are to be found in every neighbourhood, or it may be enriched with an egg or two, a little sugar and spice, and a morsel of butter, and baked half an hour, when you will have a very nice pudding). Put the barley in a quart of cream, and let it just boil. Beat finely the yolk of one egg and the whites of five, with a large spoonful of arrow root. Stir it well to the boiling cream; as it begins to thicken, remove it to the hob; and then stir it for a minute or two with two ounces of loaf sugar and two table-spoonfuls of brandy or ratafia. Pour it into a China bowl, or cups. It very much resembles firmity, and is less trouble. For change it is very well to use three whole eggs instead of five whites and one yolk; the cream will be richer, but not so white.

555. Coffee cream or tea cream are made two ways; either by boiling the substance in the cream, or preparing the tea or coffee separately, and mixing with the cream. The latter is preferable. Thus; boil in a coffee-pot an ounce and a half of isinglass in a pint of water till the isinglass is dissolved. Pour out a small tea-cupful, and get it perfectly cold. Meanwhile, grind a quarter of a pound of fresh roasted Turkey coffee; put it to the isinglass water in the coffee pot; let it once boil up; then put in the cold jelly. Pour out a little of the coffee, and put it in again, two or three times. Then stand it aside till perfectly clear. Pour it off very steadily to a pint and a half of cream and a quarter of a pound of loaf sugar. Boil up all together, whisking it the whole time that it is boiling, and again till it becomes cold.

N.B. The coffee may be boiled up again, and will make

another pint of coffee very good for common use. A pint of very clear calf's feet jelly may be used instead of the isinglass, if preferred.

556. Tea cream.—Put two ounces of green tea in a tea-pot, and pour on it half a pint of boiling water. Let it stand ten minutes; then pour out on a quarter of a pound of loaf sugar. (N. B. The tea-pot also may be filled up again for ordinary purposes.) Stir it about till the sugar is dissolved. When quite cold, beat to it the yolks of three eggs. Set on a pint and a half of cream. When it boils, mix it gradually to the eggs and tea, stirring all the time. Set it again over the fire, stirring it all the time; when it begins to thicken, and before it actually boils, set it on the hob, and whisk it there a minute or two; then pour into a China bowl, and whisk again till cold.

557. Chocolate cream.—Scrape an ounce, which is two squares or a quarter of a cake, of the best chocolate. Throw it into a quart of perfectly boiling cream, with a quarter of a pound of sugar. Mill it for several minutes, then pour it out. When quite cold, add the well beaten whites of eight or nine eggs, and whisk it to froth. Stand a clean hair sieve, the shallow part upwards, on a dish or plate; take the froth on the sieve. Pour the cream in glasses, and lay the froth at the top of each.

558. Biscuit cream.—In a quart of cream boil ten sponge biscuits and a quarter of a pound of sugar. When it boils mix carefully with four yolks of eggs, and set on a moment to thicken, but scarcely to boil. Then pour out, and whisk till cold. Or merely the cream, eggs, and sugar may be done over the fire; the biscuits laid at the bottom of a dish, as much of the cream as will cover them poured over them boiling hot, and the remainder whisked till cold, and then added.

559. Clotted cream.—The most simple way of doing this, is to have a deep tin which exactly fits a copper or boiler (as described, p. 4). Set the milk in this vessel as soon as milked, and let it stand twelve or twenty-four hours, according to the season; twenty-four hours is preferable, but in very hot weather, not safe.

Then fit the tin to the copper or boiler of boiling water, and let it simmer till it comes near boiling, but by no means till it boils. If the tin vessel be rather smaller at bottom than at top, a round mark will appear on the top of the cream, corresponding with the size of the bottom. This is an indication of its being done enough; but if the tin is of equal size top and bottom, this rule will not hold good. It may be known, however, by the rising of bladders to the top; as soon as these appear, remove it from the fire, and set it in a cool place for several hours, when the fine cream will be completely thrown up, and may be taken off with a common skimming dish for use at table. It is used for both tea or coffee, and for eating with fruit or tarts. It will keep several days, either in a wide-mouthed bottle or a jar with a lid.

N.B. This cream may be wrought into butter with the hand in a few minutes.

560. Another method.—Simmer together a wine-glassful each of new milk and rose water, with a few blades of mace. Beat up very finely the yolks of three new laid eggs, with an ounce of loaf sugar pounded, and stir to them by degrees the boiling milk and water, strained. When well mixed, stir the whole to a quart of very rich and sweet cream, and set it over the fire; keep stirring it till at the point of boiling; then pour it in a deep dish, and let it stand twenty-four hours. This is used for eating with fruits and tarts.

561. An imitation of cream.—A pint of new milk: keep out a spoonful or two to moisten half a table-spoonful of arrow root, which stir into the rest of the milk when it boils. Let it boil a minute or two. Beat very finely the yolk of one egg; stir it into the boiling milk, and strain through a fine sieve. This answers very well for tea or coffee. Even skim milk may be made very good for coffee by the following method; boil as above; rub a dessert-spoonful of arrow-root with a bit of butter as big as a walnut, and both with a drop of cold milk. Stir into the boiling milk, and let it boil; then add the the beaten yolk of an egg, and strain as above. Serve it quite hot. It would do equally well for tea, but if suf-

fered to become cold, the butter will settle at top, and shew; therefore its use is confined to coffee.

562. Syllabub—is a mixture of warm milk or cream with wine or some other acid, by which a light curd is produced. It is usual to put the wine, &c. into a bowl, and milk into it from the cow; but where this is not accessible, the milk must be warmed, and poured from a tea-pot from a considerable height. Sometimes clotted cream, as No. 559, is laid on the top, sprinkled with powdered cinnamon and sugar, and nonpareil comfits. The wine, &c. should be about one-third of the whole. The ingredients and proportions generally adopted in different places have established for the syllabubs so made the name of those places.

563. London syllabub.—A bottle of port or white wine, with half a pound of loaf sugar powdered, and half a large nutmeg grated; two quarts of milk.

564. Devonshire syllabub.—The above, with the addition of clotted cream at top.

565. Devonshire junket.—The same, only turned with rennet instead of wine; cream at top.

566. Somersetshire syllabub.—Half a bottle each of port wine and sherry; sugar and nutmeg as above. After milking, let it stand twenty minutes to settle; then cover it high with clotted cream, &c.

567. Staffordshire syllabub.—A pint of cider, a glass of brandy; sugar, nutmg, and milk as above.

568. Hampshire syllabub—A pint and a half of strong old home-brewed beer, half a pint of brandy; sugar, nutmeg, and milk as above.

569. A farm-house syllabub.—A pint each of strong beer and cider; nutmeg, sugar, and milk as above. After milking, let it stand an hour. Then strew over the top currants that have been simmered in a little white wine or strong beer.

570. Punch syllabub.—One-third lemon juice, one-third rum, one-third brandy; with sugar and nutmeg. Grate off the yellow rind of the lemons with the sugar; dissolve it in the smallest quantity possible of boiling

water, and mix it with the spirits. To a pint of spirits pour a pint and a half of cream, made blood warm; then pour from a height the lemon juice, and let it stand two hours. Afterwards mill it with a chocolate mill till it bears a firm high froth, which remove on the shallow part of a sieve, as No. 557. Having removed the froth, put the other part into glasses, and divide the froth to the top of each. They should stand some hours before using.

571. Lemon syllabub—is made exactly in the same way, only employing white wine instead of spirits, and not quite so large a proportion of lemon juice.

572. Spanish syllabub.—Blanch and pound in a mortar, with a little rose water, one ounce of almonds; mix with three quarters of a pound of loaf sugar, pounded, the juice of three lemons, and an equal quantity of strawberry or raspberry juice, or syrup, if the fresh fruit cannot be had: in which case the quantity of sugar must be reduced. Mix to these a pint of white wine, and milk on it two quarts of new milk, or three pints of warm cream. Whip it, or mill with a chocolate mill, till it finely froths.

N.B. A glass of noyeau or ratafia will answer as well as the almonds.

573. Whipped syllabub.—A quart of cream, or, if very thick, half cream and half new milk; warm it with a few blades of mace and a bit of lemon peel. Let it stand two hours; then remove the mace and lemon peel. Beat up the whites of two eggs, with a quarter of a pound of fine loaf sugar pounded, and two glasses of sherry wine; mix all with the cream, and mill it well with a chocolate mill. As the froth rises, take it on to a sieve, as No. 557. Having milled and skimmed till you have got froth enough, prepare glasses with a dessert-spoonful of wine in each, and half a tea-spoonful of sugar. By this plan, different sorts of wine may be employed: claret, madeira, and sack. Then three parts fill the glasses with what remains in the bowl, and put froth at top as high as it will stand. This froth will be white, which is generally preferred; but, if desired, it is easy to turn it red, with a little cochineal, see p. 262.

574. Fruit froth—for ornamenting cream, custard, or trifles. Scald and pulp damsons, cherries, raspberries, or currants. No water should be used; but if the juice does not run freely, and the fruit is in danger of burning, put a little powder sugar. When quite tender, rub the pulp through a hair sieve; to half a pint of pulp add the whites of four eggs well beaten, and beat or whisk till the froth stands as high as is desired. It should stand high and irregular.

575. A Trifle.—With a lump of sugar grate off the rind of a lemon; roll the sugar, and as much more as will make up a quarter of a pound, which put into a large bowl, with the juice of the lemon and two table-spoonfuls each of brandy and Lisbon wine. Mix these well together, then add a pint and a half of good cream, and mill it well. As the froth rises, take it on to a sieve, as No. 557, and go on whisking or milling till you have froth enough to cover thickly the trifle-dish, allowing for its sinking a great deal. This will nearly or quite use up the whole. Set it in a cold place to drain for three or four hours. Meanwhile lay in a trifle-dish six or eight sponge biscuits, or a dozen Naples biscuits, and a quarter of a pound of ratifia drops or maccaroons. Pour over them half a pint of white wine and a glass of brandy. Blanch and split two ounces of Jordan almonds, and when the cakes have absorbed the liquor, stick the almonds about them, and grate over nutmeg. Then spread a thin layer of strawberry, raspberry, or apricot jam, or currant jelly. Pour over a pint of rich thick custard, No. 474; cover thickly with the froth, and scatter at top nonpareil comfits, and stick here and there a light delicate flower. Be careful to choose only such as are innocent: violets, heart's-ease, polyanthus, primrose, cowslip, geranium, myrtle, virbinum, jessamine, stock gilliflower, and small roses. These will afford a variety, and some of them be in season at most times of the year. The trifle is better for being made the day before, but not garnished till the moment of serving.

576. A gooseberry, apricot, or apple trifle.—The chief

difference is, that instead of biscuits steeped in wine, the bottom is composed of a thick layer of either of these fruits, scalded, pulped through a sieve, and sweetened. To gooseberries, a little grated ginger may be added; to apples, a little lemon-rind, grated; and to apricots, a little lemon juice. Pour over this a rich custard; then a froth, as the last article.

577. Chantilly cake, or cake trifle.—Bake a rice cake (see Chap. xii.) in a mould. It is to be hollowed out to receive a custard, &c. There are two ways of doing this: 1. To have an inner mould, about three inches smaller than the outer one. Butter the outside of this inner mould, and form the cake upon it of a sufficient thickness to fill the larger mould. When baked, remove the inner tin, which leaves the space ready for the custard. Or, 2. Fill the regular tin, and bake; then with a sharp knife cut out the inside of the cake. Great care is necessary to prevent piercing the outside. Whichever method is adopted, put in a thick rich custard, then a thin layer of raspberry jam, and then whipped froth, as on other trifles.

578. Gooseberry or apple fool.—Stew green gooseberries, or apples peeled and cored, with a little good moist sugar, enough to draw the juice, but not so much as is required to sweeten them: say, to two quarts of fruit a quarter of a pound or six ounces of sugar. When quite tender, pulp through a coarse sieve. Add what more sugar is necessary to bring it to a pleasant taste, and a quart of new milk from the cow, with a tea-cupful of good cream; or, if no cream is at hand, boil the milk, mix with it an egg, or two yolks, finely beaten. Let it thicken in the milk, but not boil; then set it aside to cool before mixing with the fruit. Stir all together till well united. A little grated ginger is sometimes added to gooseberry fool, nutmeg and lemon-rind to apple, and half a glass of brandy to either.

579. Orange fool.—Well beat three eggs, with two ounces of loaf sugar finely powdered; then mix to it the juice of three Seville oranges. Stir one way till well mixed; then add a pint of good cream, still stirring on.

Set it over a slow fire, and keep stirring till it begins to thicken. Take it off immediately, and having poured out, stir frequently, if not incessantly, till cold. Strew a little powdered cinnamon and nutmeg over the top.

580. Calf's foot jelly.—Calf's feet are sold by the butchers at about eighteen pence a set, nicely cleaned; a shilling a set not cleaned. The former answers much the best for private families, as those who are accustomed to it clean them more thoroughly, and with less trouble. They may be bought at about the same price, fivepence each, at the tripe shops; and if the object is to use the foot boiled or stewed, this is very well, but if wanted for jelly, it is best to obtain them raw, as a great part of the jelly is already boiled out of those you buy at the tripe shops.

The day before the jelly is wanted, boil the feet six, seven, or eight hours; four feet will require five quarts of water, which in boiling should be reduced full half. Strain the liquor, and set by till next day. (N.B. The straining might as well take place at a meal time, as the feet will afford a nice picking with a little parsley and butter, or only salt, pepper, and vinegar. If not wanted at home, pray think of some sick neighbour or family of starving children, whose hearts might be made glad by such a meal.) When perfectly cold and stiff, clear off from the top every particle of fat, which will be useful for pastry, (see p. 207). Turn it out of the vessel, and cut from the bottom every particle of sediment; this will do as stock for broth or gravy, but the jelly must be left a clear mass from top to bottom. Set it on in a very clean vessel over a clear, but not fierce fire, with a bottle of white wine, madeira, or sherry, or half of each; or if a wine-glassful or more of brandy is used, twice the quantity of wine may be omitted: half a pound of lump sugar, the thin rind of two lemons, the juice of six; the whites of six eggs well beaten, and the shells bruised. Stir or whisk this well till the jelly is melted, but afterwards do not disturb it. Let it boil gently for twenty minutes; then throw in a tea cupful of cold water. Let it boil up

again, and continue to boil for five minutes. Then take off the saucepan, and keep it covered close for half an hour. Have a very clean flannel* jelly bag; dip it in boiling water, and wring it very dry. Put an egg-shell in the point, and pour the jelly steadily through. If not clear and bright the first time, it must be poured again and again until it is. Put into jelly glasses or forms for turning out.

N.B. The flavour of calf's feet jelly may be varied as taste, economy, or health may dictate. Instead of a bottle of wine, some people choose half a pint each of brandy and rum; this is called punch jelly; others like a pint of ratafia, or red noyeau, or cherry brandy, instead of any wine. When it is medicinally used, any admission of lemon is sometimes objectionable, and port wine is sometimes employed in preference to white. Where expense is an object, good raisin or orange wine may be substituted for foreign. Spice may be added, if the flavour is desired, but it is more difficult afterwards to get it perfectly clear.

Where calf's foot jelly is required for an invalid, only a small quantity should be made at once; say one foot instead of four; or it is a good way in making to omit the wine, lemon-juice, and sugar, and merely clarify the jelly, and pour it into tea-cups. Then when it is likely to be wanted, warm a tea-cupful with such flavourings as are approved: and either use it warm, or leave it again to jelly.

In very hot weather jelly is sometimes not so stiff as could be wished; the addition of half an ounce of isinglass with the wine will rectify it.

For variety, the following is sometimes liked. Having

* Jelly bags are generally made of a kind of flannel called swanskin, the same as is used for ironing blankets; it is thick and wide; a square makes two. Cut it in half, anglewise, the same as a neck-handkerchief. Sew together the two straight sides of the triangle, and full the angle-side into a broad binding. Have a hoop the size of the binding, and fasten it on with strings or lace holes in the binding.

warmed one of the tea-cupsful of jelly with wine, sugar, and nutmeg to taste; beat up the yolk of an egg; mix to it gradually the boiling jelly, return it to the saucepan, and stir it over the fire a minute, but do not let it boil. This is usually eaten warm, and is very nourishing.

The colour of calf's feet jelly may be varied at pleasure, see note, p. 262.

581. Cheaper jellies.—The jelly of an ox-heel is equally strengthening with that of calf's feet, and being cheaper, is often used where expense is an object. The same may be said of mutton shanks, sheep's trotters, and porkers' feet; part of each may be used. They must be very nicely scoured; boiled down as above, and flavoured at pleasure.

582. White calf's feet jelly.—In a deep jar put two alf's feet, a stick of cinnamon, and five or six laurel eaves, with a quart of water. Cover close, and bake two hours and a half. Take it out of the oven; clear off as much fat from the top as may be; then add a quart of new milk; close it again, and let it bake an hour and a half longer. Then strain and skim; remove the fat as cleanly as possible with white blotting paper. Sweeten with loaf sugar, and pour into cups.

583. Gloucester jelly.—Rice, sago, pearl or Scotch barley, Eringo root, and hartshorn shavings, of each one ounce. Simmer them in three pints of water till reduced to one; then strain. When cold, it will be a very stiff jelly, and will keep several days. A spoonful or more may be dissolved in any warm liquid, tea, coffee, milk, or broth; or with an equal quantity of wine, with the addition of sugar, spice, or lemon juice. Isinglass alone is often used in the same manner; boil an ounce in a quart of water till reduced to a pint or less. A brown crust of bread, and a little cinnamon, may be boiled with it.

584. Jermange.—Put two ounces of best isinglass into a saucepan; pour over it a pint of boiling water, and let it steep on the hob for an hour. Then add a quarter of

a pound of loaf sugar, a pint of white wine, a large spoonful of ratafia, the thin rind of a lemon or Seville orange, and the juice of three. Boil this together a few minutes; then add by degrees to the yolks of eight eggs well beaten; pour several times backwards and forwards; set it on the fire a minute or two, but remove it when it is on the point of boiling. Then strain it into a mould.

585. Hartshorn jelly.—Simmer four ounces of hartshorn shavings, and the shaved rind of a lemon and two China oranges, in a quart of water till reduced to a pint. Strain through a muslin; when cool, add the juice of the oranges and lemon, a quarter of a pound of loaf sugar, and the whites of three eggs beaten to a froth. Let it boil up three or four times without stirring; then strain through a jelly bag.

If the jelly is wanted for an invalid, it may be made with a much larger proportion of water and boiled away more; say, six quarts of water and six ounces of hartshorn shavings, boiled down to one quart. When strained, add half a pound of fine loaf sugar, three glasses of sherry wine, and the juice of three or four lemons. Boil it up; then clarify with the whites and shells of two eggs; strain through swanskin. Hartshorn and isinglass are sometimes used together; say one ounce of isinglass to three of hartshorn; two quarts of water boiled down to one; flavour and clear as above.

586. Orange jelly.—Soak two ounces of best isinglass all night in rather more than a quart of water. Boil till the isinglass is melted, and strain. Meanwhile, grate off with loaf sugar the yellow rind of two lemons, one Seville orange, and three China oranges. Squeeze the juice of three large lemons, four Seville oranges, and three China. Rinse the pulp in half a pint of water; strain it off, and simmer with half a pound of loaf sugar, the grated rind and juice of the fruit. Simmer the whole till it is almost reduced to a candy; then boil it up with the isinglass jelly. Strain through a jelly bag. Let it stand awhile to settle: then pour off gently into a mould or glasses.

587. Cranberry jelly.—Stew the berries in a jar with their weight in sugar; then press, and strain the juice, and put to it half its quantity of very stiff isinglass jelly; boil up together, and strain into a mould. Or, to the sweetened juice, mix by degrees ground rice enough to thicken to a jelly when boiled: say a quarter of a pound of ground rice to a quart of syrup. Boil it gently till quite thick; put it into a mould without straining. Serve with cream or custard.

588. Apple jelly.—Peel two dozen golden pippins or margills; boil them with a quart of water and half an ounce of isinglass. When the isinglass is dissolved, and the apples reduced to a pulp, strain; add the juice of a lemon, and the grated rind, with a pound and a quarter of loaf sugar. Boil together twenty minutes, and strain. It is served at table for sweetening apple pies.

589. Eringo root jelly—chiefly used for persons whose digestion is weak, or who suffer from complaints of the chest. Candied Eringo root, isinglass, hartshorn shavings, and pearl barley, of each two ounces; conserve of roses one ounce. Boil in two quarts of water till reduced to one. Strain and pour into custard cups or teacups; a cupful warmed with an equal quantity of new milk, or with white wine, makes a pleasant meal. When jellies are made for an invalid, it is better to pour them into separate vessels, each containing the quantity required for once using, as they keep better than if a larger mass of jelly is disturbed. When quite cold, the cups may be turned down on a dish; they keep better, and free from dust.

590. Sago jelly.—In a gallon of water, boil for three hours, four ounces of sago, and two ounces each of tapioca, hartshorn shavings, rice and pearl barley, and a stick or two of cinnamon. Strain as above, and warm a cupful with any agreeable addition.

591. Tapioca.—Take a large table-spoonful of tapioca; wash it in several waters, then steep it four or five hours in a quart of water in which it is to be boiled. Simmer till reduced one half. Sweeten and flavour with

wine, lemon-peel, lemon-juice, nutmeg, or any other suitable ingredient. Or, having washed as above, soak in half a pint of water, and simmer till the water is nearly absorbed: then add a pint and a half of new milk, and a stick of cinnamon. When reduced to a pint sweeten and serve. Sago may be prepared in the same way, and either may be used with advantage in tea or coffee.

592. Rice milk—may be made either of whole or ground rice. Well wash a quarter of a pound of whole rice, and simmer it with a bit of lemon-peel, stick of cinnamon, or a few laurel leaves, and a small quantity of water till the rice is tender, and the water absorbed; then shake it up from the saucepan, and see that none sticks to the sides or bottom; stir to it gradually a quart of new milk, and simmer slowly till it is of a proper consistence. Remove the flavourings, and sweeten to taste. Ground rice, prepare exactly in the same manner as for a rice pudding, No. 444, only allow half the quantity of rice to the same proportion of milk. Sweeten to taste.

593. Millet seed—makes a pleasant change for an invalid; three table-spoonfuls to a quart of new milk. Wash the seeds in cold water, then simmer in the milk till tender and of a pleasant thickness. Sweeten and flavour to taste.

594. Pannada.—Bread is the substance of this mess. It should be of a regular consistence resembling jelly. In order to this observe two things; all the other ingredients, whatever they be, must fast boil at the moment the bread is added, and continue to do so till it thickens sufficiently, and must not be stirred. Unless these rules are observed, it will be broken and watery. The liquid employed may be equal parts of white wine and water with three or four lumps of sugar and a little grated lemon peel and nutmeg. Or, if wine be not proper, lemon or orange juice; or milk; or beef tea. To a tea-cupful of liquid a large table-spoonful of bread-crumbs. Boil as above, and serve immediately. Meat pannada is made of the white meat of chicken or rabbit, or indeed any meat partly but not thoroughly done,

chopped or beat fine in a mortar. Simmer it with as much broth or beef-tea as will bring it to the thickness of gruel.

595. Arrow root.—A dessert spoonful will thicken half a pint. It may be made with milk, flavoured with cinnamon, and sweetened; or, with water and wine; a wine-glassful of wine in half a pint. Lemon juice is a pleasant addition if the state of the bowels will admit it; if the bowels be in a disordered state (for which complaint arrow root is very beneficial) a table-spoonful or more of brandy may be used instead of wine. In some cases port wine is preferred to white. All these particulars must vary with circumstances. The method of mixing is to moisten the arrow root to a smooth paste with a small quantity of cold liquid, and stir it into the remainder boiling. It will thicken in a minute after boiling.

596. Gruel.—May be made from grotts merely cracked; or what is called prepared grotts; or from Scotch oatmeal; or common oatmeal. The Embden or cracked grotts, or Scotch oatmeal are preferable both for flavour and nutriment, but cannot be got ready so quickly. A block tin saucepan kept for this use only, or a brass skillet, is the best for preserving the colour of the gruel, and a hair sieve for straining, which also should be kept for that purpose alone. If time allows, set on the grotts in cold water; half a pint to three quarts of water. Let it boil three quarters of an hour, in which time it will reduce to two quarts; then strain. The grotts may be boiled up again, and will make another quart of gruel very good, but will require rather longer boiling. Gruel should never be kept more than two days, and in warm weather should be made fresh and fresh every day.

Scotch oatmeal may be made a mess at a time. To a pint of water two ounces of oatmeal; mix it with a little cold water, and stir into the rest while boiling. Let it boil ten minutes, and strain.

The fine oatmeal and Robinson's prepared grotts are done in the same manner, but do not require quite so long boiling. They may be strained or not; a large

spoonful of oatmeal will thicken a pint. A bit of butter and salt is usually stirred in gruel; or sugar and nutmeg, according to taste.

597. Milk porridge.—There are two methods of making this: the first is preferable. Prepare gruel as above, whether from grotts or oatmeal; only double the quantity of thickening, and boil a bit of cinnamon in it. When thoroughly done and quite thick, stir to it an equal quantity of new milk, and pour it out without suffering the milk to boil. Add a little sugar and nutmeg; and, if approved, half an ounce of cold butter to a quart of porridge: it gives it a pleasant smoothness, but does not suit a tender stomach. The other method is, to use all skim milk, and boil it; thicken with oatmeal; sweeten and flavour as approved.

598. Caudle—is gruel enriched with sugar, wine, spirits, or beer. It was formerly the principal diet of lying-in women; and, though now nearly exploded for their use, is still sometimes inquired for by visitors. As the sick ought never to be allowed it, and the healthy do not need it, and moreover it is becoming exceedingly unfashionable, the art and mystery of making it might be lost to the world if not perpetuated in a manual like this.

599. Brown caudle.—Strain off *very thick* grit gruel to an equal quantity of clear, sound strong beer. If the gruel is so thick as scarcely to pass the sieve, run the beer through it, stirring it all the time. Set it over the fire, with a small pinch of allspice, and stir till it is thoroughly united, and on the point of boiling. Then set it on the hob a few minutes. In a jug put for each quart of gruel a table-spoonful of moist sugar, a little nutmeg, and two glasses of gin, or rather more than one of brandy. If the caudle is made of oatmeal, the beer may be mixed in the first making.

600. White caudle.—Prepare thick grit gruel, and for every half-pint cup required put into a jug a wine-glassful of best brandy, or part brandy and part white wine, a table-spoonful of fine moist sugar and a grate of nutmeg, Pour the gruel upon this. Stir it well together, and pour

into the cups. It must be served as hot as possible. Hand round with it rusks, biscuits, or dry toast.

601. Rice gruel.—This is chiefly used in bowel complaints; but is not equal to arrow-root; a table-spoonful of ground rice will thicken a pint. Mix it in the same manner as oatmeal gruel; boil in a bit of cinnamon and dried orange-peel. Let it boil about ten minutes. Sweeten with loaf sugar, and add two glasses of port wine, or one of brandy, as may be most proper.

602. Barley gruel.—This is chiefly used for the purpose of administering port wine to persons in a state of great debility. Pearl or Scotch barley either may be used; it requires good washing. Indeed, if time allows, it should be set on in a small quantity of cold water, which when it boils pour off, and put fresh boiling water for the gruel. Two ounces of barley to a quart of water; boil till reduced one-half; then strain off. Add to the gruel half as much port wine, and loaf sugar to taste; simmer it together two or three minutes. Rewarm from time to time as wanted. The barley will do to put in broth.

603. Thick milk, or flour caudle.—It is exactly the same thing, only if part water is used it is called flour caudle; if all milk, thick milk. It may be flavoured with cinnamon, or dried orange-peel. A large table-spoonful of flour will thicken a pint; mix it smooth with a little cold liquid, and stir it into the rest boiling. Great care must be taken that it does not burn: on this account a double saucepan is best for the purpose, or a brass kettle.

604. Barley water.—Scotch, pearl, or common barley, either will answer the purpose. Wash or boil up as No. 602. Two ounces of barley to a quart of water. Simmer till of an agreeable thickness, and strain. The barley will make a pint with a second boiling. It is a very cooling drink, and admits of additions either for flavour or medicinal use. Lemon juice and peel, with sugar, are most pleasant. Figs, raisins, liquorice-root, honey, and gum arabic are often used, either for complaints of the chest, confined bowels, or stranguary; or powdered nitre, a

drachm to a quart, is often found useful in fevers. Rub up the nitre with honey or sugar; mix with a little barley water, and then pour on it the whole quantity in a boiling state: stir it well together.

605. Whey—is milk detached from the oily particles by means of some acid, which separates them in the form of curd. It is chiefly useful as promoting perspiration. If any fermented liquor be employed, it is apt to be heating, for which reason fruit is often preferred. It may be made of sweet skim milk, or of milk and water. The acid may be set on at first with the milk, or be thrown in the moment it boils. The boiling should continue till the curd is entirely separated, and the whey is clear; then sweeten with loaf sugar. A glass of white wine to half a pint of milk; an orange, lemon, or two apples, cut in slices and boiled in milk; or the juice only; or a large table-spoonful of vinegar, of honey, or of treacle, either of these things will answer the purpose; and it will be called accordingly, "white wine whey," "vinegar whey," "orange whey," "treacle posset," &c. For mustard whey, which is often used by old people afflicted with palsy, rheumatism, or dropsy, put an ounce and a half of bruised mustard seed in a pint of boiling milk. Boil it quickly till the curd completely separates; then strain to a pint of boiling water, sweeten, and boil up. This quantity may be taken in the course of a day, a tea-cupful at a time. The seeds if washed from the curd will serve twice.

606. Posset—is an old-fashioned beverage, somewhat of the nature of whey, but more potent, and in which the curd is not separated by straining. It may be turned with either ale or wine. Set on a quart of new milk in a wide-mouthed kettle, with a stick of cinnamon; cut a slice of bread two inches thick; as the milk boils, lay it at top, and let it boil a minute or two; then set it aside to soften. Meanwhile, in a China bowl, put a pint of very strong ale, with nutmeg and sugar; or of white wine. Once more boil up the milk; with a slice lift out the bread, and lay it on the wine or ale; then very gently

pour over the boiling milk, and let it stand awhile till the head rises like that of a syllabub; then serve.

A richer wine posset may be made by substituting Naples biscuits for bread.

A brandy posset is a quart of rich custard (as No. 474) poured over a glass and a half of brandy.

607. Artificial asses' milk—may be made by mixing No. 589 with an equal quantity of warm milk: or by boiling in a quart of water, half an ounce each, Eringo root and conserve of roses, and an ounce each of pearl barley and white sugar-candy. When it has nearly boiled away, add a quart of new milk, and let it boil together ten minutes or a quarter of an hour. Some people add a dozen bruised snails.

608. Orgeat.—Boil a quart of new milk, with a stick of cinnamon; dissolve in it two ounces of loaf sugar, and let it cool. Blanch and beat to a paste, with a little rose water, three ounces of sweet almonds, and two dozen bitter. Stir them to the milk; boil it up again, and continue stirring till cold. Then add half a glass of brandy.

609. Butter-milk for consumptive persons.—Milk a cow into the churn, and when it has stood ten minutes begin churning. As soon as the flakes of butter float about, and the milk looks thin and blue, strain it off. This should be repeated twice a day, and be used as the constant beverage of the sick person, indeed as almost his only food, with hard biscuits and fruit.

## CHAPTER XII.

### *Bread, Rolls, and Cakes.*

HOME-MADE bread is greatly preferable to that which is bought, on the score of wholesomeness, as adulterations of bread are continually detected in such as is made for sale. Whether, as a matter of economy, there is much to be saved by it, is another question. Those who have tried both methods, say there is, and that it is not attended with half the trouble generally supposed. However, health is a matter of sufficient importance to induce families to make the trial. Those who make a beginning had better do it upon a small scale.

Home-made bread is not so white as bakers' bread; but the whiteness of the latter is produced by alum, which, to a delicate stomach, is more or less pernicious. Besides, however good alum or pearlash may be as medicine, persons do not want medicine mixed up with their bread. Pure bread is the thing desired, and into that no ingredient must be admitted but flour, water, salt, and yeast. Milk is sometimes employed for mixing; and if bread is to be eaten new, it makes it light and pleasant. Most fancy bread is mixed with milk, but it very soon becomes dry and harsh; for that reason we should by no means recommend it for common consumption. Fresh yeast is always to be employed: if stale, the dough will not rise. The yeast of table-beer is preferable to that of strong ale, which is apt to be bitter. Leaven is sometimes employed instead of yeast: leaven is stale sour dough. Those who use it keep a pound or more from every baking, which is kept in a wooden barrel or bowl, covered with flour. When it is to be used it is mixed with warm water, and put in a kneading-trough with an eighth-part of the flour intended to be used. Cover it up

with a woollen cloth, and let it remain all night in a warm place. Next morning it will have risen, and be fit to mix with the whole quantity of flour. Bread made with leaven is more light and easy of digestion than that which is made with yeast, and many people prefer it for the food of infants; but it is not so pleasant to the taste, and is not so commonly used. Flour should be kept in a very dry place, free from air and dust. If it becomes damp it is exceedingly unwholesome, whether for bread or pastry. Those who grind their own wheat should have two tubs or bins, each of which contains a sufficient quantity to serve the family a month. When one is begun upon, fill the other; and so one under the other. By this means the flour will have stood some time after grinding, which is an improvement, but not too long, which would be injurious.

The best form for ovens is round, not long, as there is a greater equality in the heat. The roof should be from twenty inches to two feet high: the mouth small, not much larger than to admit the largest loaf, with an iron door to shut close. Nothing but dry wood, furze, and fern, should be burnt in an oven: coal is apt to give it a smoky unpleasant flavour, and also to stick to the bottom of the loaves. Many people who make their own bread bake it at a baker's oven, which is a great saving of trouble. Bread baked on tins is much more smooth and neat, but the crust has not that pleasant crispness which it has when baked on the bricks of an oven.

Most families who make their own bread bake once a week; twice is better. Home-made bread will keep moist considerably longer than bakers' bread; but all bread, if kept eight or nine days, loses its nutritious properties. It should never, however, be eaten new: nothing is more indigestible or more extravagant than new bread. Those who cut their bread the day it is baked, consume at least one-fifth more than they need.

Barley flour is sometimes used for bread: it is coarse, and not so nutritious as that of wheat. Oatmeal makes a wholesome bread; but not so much liked by those who

have not been accustomed to it from childhood. It is generally made thin, and baked on flat stones over a wood fire. Every cottage in the north of England is furnished with this apparatus. The bread is thin and resembles a crumpet, but is quite hard and crisp. It is kept on a kind of rack, fixed to the ceiling; and if well made, may be kept a considerable time. Rye bread is sweet and clammy; milk, being of a drying nature, is therefore generally employed for wetting it. Some country people make bread of equal parts of wheat, rye, and barley, wet with milk. it is said to be good and cheap. Equal parts of flour and potatoe makes good bread, or a mixture of rice and wheat. A few specimens are subjoined, which the expert maker can vary at pleasure.

610. Common bread.—Put the flour into a trough, tub, or pan, sufficiently large to admit of its swelling to three times its present size. Make a deep hole in the middle of the flour. For half a bushel of flour, take a pint of fresh solid yeast. Mix it in a basin with a pint of soft water made blood warm, not hot. Then smoothly mix to the water and yeast as much flour as will bring it to the consistence of a stiff batter. Pour this into the hole in the flour, and sprinkle over enough flour to cover it. Lay over the top a flannel or thick cloth, till it has risen enough to crack the flour that was laid over the batter. Then sprinkle over the top a quarter of a pound of salt (or six ounces—some people like more, and some less), work the batter into the rest of the flour, and keep adding luke-warm* soft water till the whole is sufficiently moistened; that is, scarcely as moist as pie-crust. Then work it well with your fists, rolling it out, folding it up, and kneading it again, till it is completely mixed and formed into a stiff tough dough. The great matter is, at once to avoid leaving any particles of flour unmoistened, and making the whole mass too wet. Having got it into one stiff lump like a large dumpling, again cover it up, and keep it warm, to ferment or rise. If the bread is to be baked at home,

* The water may be warmer in very cold weather.

it is now time to heat the oven. Make a strong brisk fire with faggot sticks, or the stalky parts of furze and brushwood (the leafy parts will be useful for fire-lighting). If larger wood is used, it must be split in pieces about the size of a faggot stick; but all rooty or green wood should be avoided: it ought to burn quickly. While the oven is heating, and when the dough has been rising about twenty minutes, make it up into loaves, shaking a little flour over the board to prevent sticking. The loaves may be made up in regular moulds; or, supposing you wish to make up your dough into eight quartern loaves, divide the whole mass into sixteen pieces, like so many large dumplings, and lay one at top of another; the top piece, if any thing, should be rather smaller than the bottom. Then very quickly take out the fire, sweep the oven as clean as possible, put in the loaves with a shovel for the purpose, and shut the door closely; from an hour and a half to two hours will bake them.

611. Cheap bread.—Remove from the flour only the coarsest flake bran. Boil bran in the water with which you mix the dough: a pound and a quarter of bran to a gallon of water. Strain this, and when of a proper warmth, proceed in making the bread as above. Flour thus wetted will produce one-sixth more weight in bread than if mixed with plain water. This coarse bread is wholesome and nourishing; and if kept nine or ten days, may be renewed by putting in the oven for twenty minutes.

612. Rice bread.—The proportion of this is two pounds of rice to eight pounds of flour. Boil the rice in a gallon of water till perfectly tender; six ounces of salt, and full half a pint of heavy yeast. Set the flour working as for common bread; use the rice and water in which it was boiled in making up the bread; knead it very thoroughly, that the rice may be completely incorporated with the flour.

613. Potatoe bread.—For this purpose rub the potatoes, when boiled and mashed, through a colander, and while yet hot mix with the flour, which should have been previously dried; salt and yeast as usual. Milk and water is

generally preferred for mixing potatoe bread. The proportion of potatoe meal may vary from one-third that of flour up to equal parts. The addition of an ounce each of butter and loaf sugar to each pint of milk and water required for mixing is a great improvement.

614. French bread and rolls.—Mix half a pint of warm milk with half a pint of small-beer yeast, fresh and heavy. Strain them, and mix with as much fine flour as will bring to the stiffness of batter; cover it up, and keep it in a warm place to rise. Meanwhile rub to a cream a quarter of a pound of butter, an ounce of loaf sugar powdered, and half an ounce of salt; then rub to them the remainder of half a peck of flour. Make a hole in the middle, pour in the batter when it has risen. Sprinkle flour over, and cover it up to work, as No. 610. Use warm milk and water to bring it to a proper consistence: the dough should not be quite so stiff as for bread. Having well kneaded it, set it before the fire, to rise, in a lump. Then make it up in rolls of any shape and size desired; lay them on tin plates, and set before the fire for about twenty minutes to rise. Bake them in a quick oven, and rasp while hot.

615. Oxford cakes.—One pound of flour, one egg, a large spoonful of yeast, half a pint of cream, or new milk, a little warm. Make up the dough, and let it stand before the fire to rise. Then divide it into cakes, and bake on buttered tins. Bake half an hour in a quick oven.

616. Bath rolls.—Melt two ounces of butter, and a tea-spoonful of salt, in a pint of milk: a few blades of saffron may be boiled in it, or a few drops of the tincture (see note, p. 262. Mix this thoroughly with a quartern of the finest flour dried before the fire. Set it before the fire to rise; then knead well with the hand, and make it up into cakes, about three inches thick, what size you please. Bake them in a quick oven.

They are sometimes made with twice the quantity of butter, and as much sugar. Make them up thinner than the above. Having baked them a quarter of an hour, wash over with a little milk and sugar, and return to the oven till done enough.

617. Potatoe rolls.—Boil or steam mealy potatoes; mash with butter, milk, and salt, and rub through a colander. Mix the whole, while warm, with an equal weight of dried flour. To three pounds of meal allow a quarter of a pint of solid yeast, which mix with a quarter of a pint or rather more of warm milk, or milk and water. Mix the whole thoroughly well together. Having kneaded the mass, cover it up, and set it before the fire for half an hour to rise. Then make up into rolls, and bake half an hour in a quick oven.

618. Sally Lunn's tea-cakes.—To a pint of new milk, quite warm, mix a quarter of a pint of the solid* yeast of table-beer, and as much flour as will bring it to the stiffness of batter. Cover it over, and let it stand two hours to rise. Rub with the hand a quarter of a pound of butter, two ounces of lump sugar, and half an ounce of salt; add the remainder of a quartern of flour (keeping out a little to dust the board, &c. in making up); beat up four eggs, and mix with the batter, or a quarter of a pint more warm milk or cream, and make up the whole into dough. It ought not to be quite so stiff as bread dough. Let it stand half an hour before the fire in a lump; then make it into cakes, put them on tins, again let them stand to rise, and bake in a quick oven.

619. Yorkshire cakes—may be made with or without butter. For two pounds of flour take a pint of new milk warm, a wine-glass full of solid yeast, and two eggs, a tea-spoonful of salt, and two of loaf sugar. If butter is used, melt a quarter of a pound in the milk, or rub it in the flour dry. Beat all well together, cover it up, and let it stand to rise. Then knead it and make it into cakes. Put them on tins to bake, and stand them before the fire or near the oven to rise. Bake in a slow oven.

620. Muffins.—Both muffins and crumpets are best baked on an iron plate over a furnace; but they may be done very well in a clean frying-pan over a clear fire. For a

* We often say *solid yeast*; for yeast in a few hours after skimming shrinks into a quarter the compass that it at first occupied. the quantity given is when it has had time to settle.

quartern of flour a pint and a quarter of milk, two ounces of butter, and a small tea-cupful of heavy yeast. Make the milk pretty warm, and strain the yeast through it; add as much flour as will bring it to the stiffness of batter; cover it up, and set it in a warm place to rise. Meanwhile rub up the butter with the hand, and work it thoroughly into the rest of the flour. Work the whole into dough; cover it up, and let it stand again before the fire half an hour. Again knead it, and break it up into pieces the size of a small egg. During the whole process keep the dough as warm as possible, and do all quickly. As fast as each of these bits is rolled up like a dumpling, slip it on a tin under flannel; by the time the last is rolled out, the first will be ready for baking. Flat them a little, and put them on the plate or frying-pan. As the underside becomes a very little browned, turn them.

621. Crumpets.—Prepare just in the same manner as muffins, only add no more flour than brings it to the stiffness of batter. Let it stand a quarter of an hour, and then bake. Be careful that the oven plate or frying-pan is not too fierce, and when lightly browned on one side, turn on the other; or brown the top with a salamander.

622. Rusks.—Beat up seven eggs with three ounces of sugar. In half a pint of new milk melt a quarter of a pound of butter; mix the eggs with it, and a quarter of a pint of fresh yeast. Gradually mix this to as much flour as will bring it to a stiff batter. Let it rise before the fire for half an hour; then add flour to bring it to the consistence of light dough. Knead it well, and divide it into cakes, the size when baked of a penny or twopenny dough cake. Make them not round like a roll, but flat like a bun, only thicker and larger in proportion.

When baked, cut them in slices, and put them in the oven to brown a little on each side: they should be about the colour of nice crisp toast. Some people like them made sweeter, and with the addition of carraway seeds. Tops and bottoms, much used for the food of infants, are made in the same way, but baked in the form of very small rolls, and merely cut in half before drying.

623. Hard biscuits.—In half a pint of skim milk melt two ounces of butter. Work to it as much flour as will bring it to a very stiff paste; beat it with a rolling pin, or clap it with the hand, and work it very smooth. Roll it thin, and cut it out with a saucer or tin; stick holes in the biscuits with a fork. Bake them about six minutes.

624. Buns—are made of light dough, generally wet with milk, and more or less enriched with sugar and butter, sometimes with carraway seeds and sometimes with currants, generally a little ground allspice or nutmeg. The butter may be either worked with the hand to a cream and then rubbed into the flour, or melted in the milk and added with the yeast. Some people get a better knack of doing it one way and some the other, it is by no means material which. A specimen of each is subjoined. Rub together a quarter of a pound of butter and the same of sugar; half an ounce of carraways, and a tea-spoonful of allspice, or half a nutmeg grated; then rub to them two pounds of flour. Stir two table-spoonfuls of cream into a tea-cup of yeast; warm half a pint of milk, and mix with it. Strain it into a hole in the middle of the dough, and sprinkle over it a dust of flour. Let it stand in a warm place to rise. Mix it well together, and add what more warm milk is required to bring it to a light paste. Again cover it up, and set it to rise, till the oven is ready. The dough may then be rolled out to the thickness required, which will be less than an inch; cut it out with small saucers, and bake on tins. They will not take more than twelve or fifteen minutes in a quick oven. They may be washed over before baking, or when nearly done, with the yolk of an egg beaten to half a wine-glass of milk, and a little white sugar strewed over.

625. Richer buns.—In half a pint of new milk melt half a pound of butter and half a pound of sugar. Mix another half pint of warm milk with a tea-cupful of yeast, and strain it to the former. Mix to this as much flour as will bring it to the consistence of a thin batter, and pour it into a hole in the remainder of two pounds of flour. Sprinkle flour over, cover up, and set to rise as above. If

allspice, cinnamon, nutmeg, or carraways are to be added, they had better be put to the flour dry. If currants are to be added, let them be well washed and dried, and added to the dough the last thing. Half a pound of currants will be sufficient for the above mass; to which may be added an ounce or two of candied peel cut small.

626. Bath buns—are farther enriched by eggs and by a larger proportion of butter and sugar. The butter is generally worked with the hand, and then worked into the flour. The proportions vary from half the weight of butter to an equal weight with the flour, and a quarter to half the weight of sugar. Rub the butter to a cream; work the flour to it; a wine-glass full of solid yeast mixed with a little warm milk. Set it before the fire to rise. To each pound of flour allow four eggs and half an ounce of carraway seeds. Beat up the eggs and sugar, mix with the sponge, and add as much warm milk as is required to bring it to a soft paste. The buns should have a rough rocky appearance, therefore must not be moulded or worked into any particular form; but having buttered the tins, and divided the paste into pieces of a suitable size, drop them on and let them take their own form. Strew carraway comfits over the top, and bake a quarter of an hour.

627. Benton tea cakes.—The paste for these cakes consists of flour, milk, and butter, with or without a little yeast: the proportions vary from one-eighth to one-third the weight of butter to that of flour. The butter may be worked into the flour, or melted in the milk. The paste should be stiff, rolled out thin, cut into biscuits, and baked on a stone over the fire or on a hot hearth. They are generally pricked with a fork; a few carraway seeds may be added.

628. Tea cakes.—Half a pound of butter rub into a pound of flour; three quarters of a pound of fine moist sugar beat up with four eggs, leaving out one white; mix well together with half a glass of brandy. Roll out the paste, and strew over currants; fold up, and roll again; strew more currants, and so go on, till it has taken

up a pound. Roll it out finally about a sixth part of an inch in thickness, and cut out with a large wine glass. Beat up the one white of egg that was kept out in making the cakes, whisk it to a froth, wash over the tops, and strew with fine loaf sugar.

629. Tunbridge cakes—are nearly the same thing, only a little varying the proportion. To a pound of flour allow six ounces each of butter and sugar, and two eggs; carraways or not. Wash over as above.

630. Sponge cake.—The component parts are eggs, loaf sugar, and flour, with or without grated lemon-rind. The eggs must be beaten very long, the whites and yolks separately; then mixed, and again beaten; then gently mix the sugar, and last of all the flour Do not beat it any more after this addition, but merely mix it lightly, and immediately bake it in a quick oven. Ten eggs to a pound of sugar and ten ounces of flour. The tins, which are generally of a long square form, tapering downwards, should be buttered very equally with butter that has been melted. The best way is previously to heat the tins, then melt the butter in one tin; see that every part is touched, then pour it to another, and so on. Then sift a little loaf sugar over each, pour in the mixture, and strew loaf sugar over the top. They are made of different sizes; those sold in the shops at a penny each take five minutes to bake, if larger they of course take a longer time.

N.B. The mixture is sometimes prepared in the following manner. Break the eggs into a preserving pan or cake pan of Nottingham stone ware which will stand the fire. Beat the eggs with the sugar over a slow fire or on the hob; whisk incessantly till it becomes warm, but not hot enough to set the eggs; then remove from the fire, and whisk again till cold; then lightly mix in the flour, and immediately bake.

631. Drop biscuits.—Beat eight eggs with a pound of loaf sugar sifted; continue to beat for at least twenty minutes; then add a tea-spoonful of carraway seeds, and a pound and a quarter of flour. Have wafer paper, or buttered white paper, on the tin, and put the mixture in a

biscuit-funnel, and drop it on the paper about the size of a penny-piece. Sift sugar over, and bake in a hot oven: two or three minutes will bake them.

632. Savoy biscuits.—Eight eggs, one pound of loaf sugar sifted, beaten together as No. 631, one pound of flour. Put the mixture in the biscuit-funnel, and thence on common paper, drawing out each biscuit to the length of a finger; bake as above. When cold, damp the back of the paper with a paste-brush dipped in water, and so remove it. Then lay the biscuits back to back.

633. Diet-bread cake.—Boil, in half a pint of water, a pound and a half of loaf sugar, and skim. Beat very finely twelve large eggs (or, if small, more in proportion), leaving out half the whites; pour the sugar to them, and whisk for at least a quarter of an hour. Then gently stir in two pounds of fine flour. Have square tins, buttered, and lined with white paper: three parts fill them. Strew over loaf sugar; bake in a quick oven, and while hot take them out of the moulds. Naples biscuits are made of the same mixture, only baked in tins with divisions the width of a biscuit. The tins are papered as above: one strip of paper goes along the tin, and is pressed over each division; therefore when removed, each strip of paper holds as many biscuits as the tin in which it was baked, which may be eight or ten. About five minutes will bake Naples biscuits; a larger cake in proportion to its depth.

634. Rice cake—is composed of ground rice, flour, loaf sugar, and eggs, with the yellow rind of a lemon grated off with part of the sugar. The rice, flour, and sugar are to be mixed together, and then sifted to the eggs well beaten. Then whisk the whole over a very slow fire, in a tin, or Nottingham stone cake-pan, well buttered. When it becomes hot, bake it forty minutes in the same vessel; or, instead of whisking it over the fire, it may be beaten for an hour with a wooden spatula; then put in a deep dish, well buttered, and baked: this way it will take an hour and a quarter, or an hour and a half, in a moderate oven. The proportions vary: the following is a medium. Ten ounces of ground rice, four of flour, half

a pound of sugar, eight eggs, leaving out two whites. This cake is often used for holding a Trifle (No. 577); in that case the dish in which it is baked should be very deep.

635. Wafers.—Sweeten dried flour with loaf sugar; add a little powdered mace; make it into a stiff batter with cream. There are irons for the purpose of baking them, which butter, and put the batter in them with a tea-spoon; bake carefully. They are used for the bottom of maccaroons and some other cakes.

636. Maccaroons.—Blanch a pound of sweet almonds; beat them very fine in a mortar, with the whites of six eggs; keep carefully beating one way, that they do not oil. Then add three pounds of sifted loaf sugar, and six more whites of eggs, and mix well together. The paste ought to be of such a stiffness as easily to drop off a spoon. Spread sheets of paper on the tins, and drop the cakes at a little distance from each other. They should be baked in a moderately brisk oven. When they become crisp, and of a fine brown colour, take them out; but let them cool on the papers, and then remove them. Italian maccaroons are made rather thinner with whites of eggs, and dropped through a biscuit-funnel on to wafer papers. Stick on each a few slips of almonds, blanched, dried, and cut in three or four pieces. Bake on wires, or on a baking plate in a cool oven.

N.B. Almonds should be blanched two or three days before using, and gradually dried; where many are used it may be worth having a mill on purpose for grinding them, as the pounding is a troublesome job.

637. Ratafia cakes.—Half a pound each of bitter almonds and sweet; blanch, and beat with the whites of three eggs; then add two pounds of loaf sugar, and the whites of three more eggs. Drop them on floured tins, and bake in a moderate oven. Apricot or peach kernels may be used in part, if you have them.

638. Shrewsbury cakes.—Work with the hand to a cream one pound of butter; then work to it one pound of loaf sugar, finely pounded, and a little cinnamon and mace

pounded, and four eggs, yolks and whites together. Continue working with the hand till the whole is very light; then work to it as much sifted flour as will bring it to a stiff paste: this ought to be about a pound and a half. Roll it out thin, cut out with a large wine glass or tin canister lid. Bake on buttered tins, in a slow oven; let them just become of a fine yellowish brown, and take them out.

N.B. Very nice cakes may be made on the same principle, and in the same proportions, only substituting for butter half or all lard or dripping, and moist sugar instead of loaf.

639. Cracknels.—Two pounds of fine flour, half a nutmeg grated, the yolks of four eggs, and a wine glass full of rose water, or brandy; mix it into a stiff paste, with a little cold water, if required. Roll in one pound of butter as for pie-crust. Make it up in dumplings the size of a large walnut. Have a saucepan of water fast boiling, into which throw them, and let them boil till they swim. Have at hand a pan of cold water, into which they are to be plunged as soon as taken up: they will soon harden. Then spread them out to dry; and afterwards bake them on tin plates. They are very hard and brittle.

640. Short nuts.—An equal weight of flour and sugar, half the weight of butter, and for a pound of flour eight eggs and a glass of white wine. The butter may either be worked with the hand, or melted in the wine. Make the whole into a paste, with or without a few carraway seeds. Roll very thin, cut out in small rounds, wash over with white of egg and strew sugar.

641. Banbury cakes.—The internal substance of these cakes is composed of currants, candied peel, spice, and sugar or honey, brandy or milk, with or without the addition of flour. The outside paste is either a rich puff paste, as No. 483, or white bread dough, rolled out and enriched with an equal weight of butter, which is to be rolled in as for pie-crust. The following recipes are each good of their kind:

(1.) Set a pound of fine flour to work, with two table-spoonfuls of solid yeast and a glass of warm milk. When it rises, mix with it half a pound of currants, well washed and dried, half a pound of candied peel cut small, an ounce of mixed spice; say equal parts of ginger, cinnamon, allspice, and nutmeg: mix the whole with half a pound of honey.

(2.) Currants, candied peel, and moist sugar, of each half a pound; cinnamon, nutmeg, and allspice, mixed, half an ounce in all; brandy sufficient to moisten the sugar, and make the other ingredients stick to it.

Whichever paste is employed (the dough paste is rather preferable), roll it out a quarter of an inch thick; cut it into rounds about four inches across; spread in the middle of each two tea-spoonfuls of the mixture; close over the paste, so as to bring it to an oval form. Having securely closed it, turn it over on the tin, and press it flat with the hand. Sift sugar over, and bake in a moderate oven; about a quarter of an hour will bake.

64. Queen cakes.—Butter, and sifted loaf sugar, of each one pound; flour, a pound and a quarter; cinnamon or nutmeg, two drachms: eight eggs, well beaten; currants, a quarter of a pound. Work the butter to a cream; then mix to it the sugar and spice; then half the eggs; still work it with the hand for ten minutes; then add the remainder of the eggs, and work ten minutes more. Then lightly stir in the flour, and last of all the currants. Bake in small tins, buttered; the tins should stand on one large tin, or on a sheet of matted wire, that the cakes may bear a hot oven without burning the bottoms. About ten minutes will bake them. Turn out of the tins as soon as they are done

643. Portugal cakes.—An equal weight of flour, butter, and loaf sugar; half the weight of currants. To each pound of flour ten eggs, leaving out three or four of the whites, a drachm each of powdered cinnamon and mace, half a glass each of white wine or noyeau, and rose water; mix in the same manner with the foregoing article. Bake

in tin moulds or hoops, with buttered paper at bottom. The moulds must not be much more than half full. Sift sugar at top; bake in a brisk oven. Almonds beaten to a paste with the rose water, are sometimes used instead of the flour when richer cakes are desired.

644. Bath cakes.—Half the weight each of butter and sugar to that of the flour; carraway seeds in the proportion of an ounce to two pounds of the mixture; equal parts of brandy, white wine, and rose water, to bring the mass to a paste. Roll out thin, wash over with white of egg, or rose-water, and strew sugar. Bake on a tin or buttered paper.

645. Larger cakes—whether seed or plum, may be made, in every variety of proportion, from mere bread up to equal weights of all the enriching ingredients. The following general observations will apply to all. If no yeast is to be employed, the butter should be wrought to a cream; then the sugar and spice; the eggs finely beaten alone, and then with the above ingredients. The more thoroughly the eggs are beaten the better. It is a good way to beat them over the fire, with the sugar, beating them incessantly till they become warm, and then again till they become cold; then mix with the butter, &c.; then the flour, lightly mixed, and last of all the currants. If cream or milk are employed, they should be a little warmer, and the butter may be melted in them. If yeast is to be employed, it should be mixed with the milk or cream, and put to the flour as for bread or rolls. If dough is employed, which is perhaps the least trouble, and answers very well for a plain family cake, it should be laid on a paste board well floured; roll or pull out the dough pretty flat, then strew over the enriching substances fold up and knead till all is well incorporated. Tin or stone cake-pans answer best for baking them: they should be well buttered, but not much more than half filled. All cakes into which yeast is admitted should be kept warm during the whole process of making; should stand before the fire covered up, or at the mouth of the oven, for an hour, to rise, in the vessel in which they are

to be baked; a quick oven, and of sufficient strength to retain nearly an equal heat as long as the cakes are in.

Cakes without yeast should be put in the oven as soon as the ingredients are mixed. Cakes may be washed over with milk, white of egg, or rose water, and a little sugar strewed over. All cakes, especially those with yeast, as soon as they come out of the oven, should be taken out of the pans, and turned upside down, that the steam may escape.

We shall give a specimen of a common cake made with dough, and one of the same richness made with flour; and for richer cakes merely specify the proportions, leaving the cook to apply the above general rules as to mixing and baking.

646. A good family cake.—A quartern of dough, half a pound each of butter and moist sugar, a tea-cupful of cream and two eggs, a tea-spoonful of allspice, a pound of currants and two ounces candied peel cut small, or an ounce of carraway seeds. Bake an hour and a half.

647. Another.—A quartern of flour, half a pound of moist or common loaf sugar, and a tea-spoonful of salt, a quarter of a pint of yeast, or a quarter of a pint of warm milk; three quarters of a pound of butter, melted in a quarter of a pint of milk, mixed to the above when it has properly risen. When well mixed, add one pound of currants, or one ounce of carraway seeds. Let it stand to rise; and bake an hour and a half.

648. A cake without butter.—To a pound and a half of flour mix one pound of common loaf sugar in powder, eight eggs well beaten, an ounce of carraway seeds, or a pound of currants, a wine-glassful of yeast, and the same of warm milk and water. Mix all together, and let it stand in a warm place to rise. Bake as above.

649. Dutch cake.—Two pounds of flour, half a pound of butter, three ounces of loaf sugar, two eggs, two spoonfuls of yeast, the yellow rind of a lemon grated, and as much new milk as will mix the whole. A quick oven: one hour will bake.

650. A richer cake.—Two pounds of flour, one pound of butter, two pounds of currants, one pound of loaf

sugar, four ounces of almonds, six ounces of raisins stoned and chopped; a quarter of a pound of candied peel, part each of lemon, orange, and citron; cut in long strips. Half a nutmeg grated; a drachm each of cinnamon, allspice, and ginger; a glass each of wine and brandy; twelve eggs beaten long and separately; a wine-glassful of yeast in a very little warm milk and water. For method of mixing, see general directions, No. 645.

651. A still richer cake.—Butter two pounds and a half, twenty eggs, the yolks and whites beaten separately, and then mixed. Flour, dry and warm, two pounds and a half; one pound and a half of sugar; three pounds of currants; half a pound of almonds blanched but whole; quarter of a pound each of lemon, citron, and orange-peel; one ounce of mixed spice; half a pound of jar raisins stoned and chopped; half a pint of white wine; a tea-cupful of brandy. Beat the butter to a cream, then mix to it the eggs; when well mixed add the sugar, and again beat; then the wine and brandy. Mix all the other ingredients together; then mix the above to them, and beat for a full hour. Butter the cake-pan or hoop, and also a white paper to stand up round the edge inside. Three parts fill, and bake three hours in a quick oven.

652. Ayres's cake.—Flour four pounds, currants three pounds, raisins one pound; nutmeg, cinnamon, mace, and cloves, in all one ounce; candied citron, lemon, and orange peel, of each two ounces; yeast a pint; eggs ten, leaving out part of the whites. Best brandy a tea-cupful; a pint and a half of rich cream, with one pound of butter melted therein. Well mix the flour, fruit, and spice, and make a hole in the middle. Mix together the eggs, yeast, and brandy; pour into the hole, and scatter flour over. When it rises pour on one side the cream and butter moderately warm. In a few minutes more beat all together, and let it stand one hour before the fire to rise. Then put it into the hoop or tin, and bake.

653. Twelfth cake.—Ingredients; flour, loaf sugar, and butter, of each two pounds; currants, four pounds;

eighteen eggs; almonds blanched and cut, candied citron, lemon, and orange-peel, of each half a pound; allspice half an ounce; nutmeg, cinnamon, mace, ginger, and coriander seeds, of each a quarter of an ounce, all finely powdered. Brandy a tea-cupful. Manner of mixing; stand a stew-pan, or stone cake-pan (wide at top) on a warm hob, or stove, or oven, or slow fire, and then work the butter to a cream with the hand. Then work in the sugar and spices in the same manner. Then break in the eggs, six at a time, and beat well in between each lot. After the last, work it at least twenty minutes. Then work in the brandy; then the flour, which work no more than is necessary thoroughly to mix it; finally add the fruit, almonds, and sweetmeats, and mix the whole lightly. Well butter a tin or hoop, and also line it with buttered paper. Put in the mixture, which should three parts reach to the top; smooth the top with the hand dipped in milk. To prevent the bottom becoming too dark before the inside is done, put a baking plate in the oven, upon that a layer of saw-dust, and then the tin containing the cake; or another baking plate on which to stand the hoop. It will take full four hours in a cool oven. When nearly cold it may be iced and ornamented according to fancy.

654. The addition to this mixture of one pound of Smyrna raisins, or jar raisins, stoned and mixed with the other fruit, advances it to be dignified with the style and title of a bride or wedding cake. It must be thickly iced, but without any other ornament.

Be very careful that all the ingredients come together perfectly dry and warm; dampness, or even coldness, in the sugar or fruit, would chill the butter, and make the cake heavy.

655. Icing for a cake.—The simplest method, is, merely to whisk together whites of eggs and double-refined sugar sifted, in the proportion of one egg to a quarter of a pound of sugar. Whisk it full half an hour. Spread it on the cake when nearly cold, and let it harden at the oven's mouth. For any special purpose the fol-

lowing is preferable; a pound of double-refined sugar sifted; half a small tea-spoonful of powder blue; the whites of six eggs. Beat for about ten minutes or a quarter of an hour; then squeeze in the juice of a lemon, and beat the mixture till it becomes thick and transparent. If the cake is quite cold, it must be set in an oven or warm place for a few minutes before icing. Spread the mixture as smooth as possible over the top and sides. If for a twelfth cake ornament with fancy articles of any description; nonpareil comfits, and green and red candied peel, cut in strips, and dropped in several folds.

656. Plain pound cake.—One pound each of butter, loaf sugar, and flour, and nine eggs; work the butter to a cream; then the sugar, then the eggs; beat all together twenty minutes; then lightly add the flour; mix; put in a tin or hoop lined with buttered paper. Bake an hour in a moderate oven.

657. Pound seed cake.—The above, with the addition of an ounce of carraways and two drachms of cinnamon.

658. Pound plum cake.—Same as No. 656, with the addition of half a nutmeg grated, half a pound of currants, and two ounces each of candied orange and lemon-peel cut small.

659. Thick gingerbread.—Half a pound each of butter and brown sugar; one ounce of ground ginger, and half an ounce each of ground allspice and carraway seeds. Rub together; then add three pounds of flour. Make it into a paste with a quarter of a pound of hot treacle. Bake in moulds. When baked glaze the top by dipping it into boiling water and beer.

N.B. The same mixture may be made into cakes of any form, and baked on tins.

660. A commoner gingerbread.—Equal weight of flour and treacle. To three pounds of each one ounce of ground ginger, with or without a few carraways and a little allspice; an ounce and a half of pearlash, and an ounce of alum melted in a small tea-cupful of milk. Mix all together into a paste, and bake in a hot oven.

661. Ginger cakes.—Very useful for taking out on a cold winter's morning. To any given weight of flour, half the weight of butter, a quarter the weight of brown sugar, and a sixteenth part the weight of ground ginger, with or without a little nutmeg or cinnamon. Mix the whole into a stiff paste with cream. Roll out thin; cut into small rounds, and bake on tins in a slow oven.

662. Gingerbread nuts.—Two pounds each of flour and treacle; three quarters of a pound each of butter and moist sugar; half a pound of candied peel cut small; two ounces of ground ginger, and half an ounce of ground carraways. Cream the butter; work to it the flour and spice; then the sugar and candied peel, and lastly the treacle, which should be hot. When all is well mixed, cover it up, and set it by for an hour; then roll out, and bake on tins in a very moderate oven. Ten minutes will do them.

663. Richer gingerbread nuts.—Three pounds of flour; three pounds and a half of treacle; one pound of sugar; two pounds of butter; half a pound of candied peel; ground ginger three ounces; carraways, coriander, and allspice ground, of each half an ounce; yolks of two eggs, and a glass of brandy. Work the butter to a cream; then the eggs, spice, and brandy; then the flour; then the sugar; and then the hot treacle. If not stiff enough, a little flour must be added in rolling out, but the less the better.

664. Queen's gingerbread.—In this, honey is employed instead of treacle, and almonds chopped fine are added in any proportion you please. Spice, sugar, candied peel, at pleasure. Two pounds each of honey and sugar, and half a pound each of almonds, candied orange and lemon-peel to three pounds of flour will make it very rich; one ounce of cinnamon, and one ounce mixed of nutmeg, cloves, mace, and cardamoms. Melt the honey and sugar in a very little water, not more than a wine-glass, if less all the better; with this mix the other ingredients to a stiff paste. Roll out thin. It is generally cut in squares. When baked wash it over with clarified sugar.

## CHAPTER XIII.

### *Preserving, Pickling, &c.*

665. *General Remarks.*—In this department of cookery the greatest attention must be paid to all the vessels and utensils employed. Small thin brown stone jars are the best for preserves, and thick Nottingham stone ware for pickle jars. As both pickles and preserves are apt to injure, if kept long in use after once opening, small jars are to be preferred to large ones. Pots used for jam should contain about as much as will be used in making one batch of tarts; for jelly still smaller. Glasses are sometimes used for jellies that are to be served at table. Glass bottles with wide mouths are good for either pickles or preserves. Be very careful that the saucepans used are perfectly free from grease, and, if copper, well tinned. Brass or bell-metal answers very well. The cautions given in p. 2, most especially apply to preserving and pickling. Those who have not a proper preserving ladle, should use either a silver or wooden spoon in preserving. Be careful not to use a wooden spoon for a lighter colour preserve, after it has been employed in a darker colour, at least till it has been repeatedly scoured and soaked.

All jars must be perfectly dry as well as clean; for that purpose scald them, wipe dry, and set before the fire some hours; but remove them an hour or more before using, that they may become quite cool.

Pickle jars should be tied over first with bladder, and then with leather, as tight as possible. Be sure that both bladder and leather are perfectly dry. Bottles should be stopped with a cork over which is wrapped a thin bladder, and then covered with bottle cement. The cork should not quite reach the vinegar or preserve.

Wooden spoons for taking out pickles, and used for no other purpose.

All kinds of jams and jellies should be left at least four and twenty hours before tying down; then pour over a little brandy, enough to cover the surface, and strew over that a little fine sifted sugar. Tie over with double paper, not too stiff lest the string should not press it close to the jar. Write on each jar the name of its contents.

All kinds of preserves and pickles must be kept in a perfectly dry place, rather airy than close, otherwise they are apt to ferment, or become mouldy. All preserves and pickles should be looked to a few weeks afterwards. If any mouldiness have gathered on preserves, wipe it away; put a little fresh brandy, and tie down with fresh papers; or dry the old ones. Pickles may require the addition of vinegar, which must be boiled, or otherwise, according to the manner in which the pickle was originally done. Walnuts and India pickle improve by keeping for years; all other sorts are best done fresh every year. Finally, it is of the utmost importance, that the fruit and vegetables employed be in full perfection, fresh-gathered, and in dry weather, and free from all blight and insects. That fruit, be ripe, but not dead ripe; and that pickles, such as nasturtiums, French beans, and some others, be quite young and tender.

666. Sugar at different stages of boiling is distinguished by different names. Clarified sugar is merely brought to a syrup in the following manner: break up the sugar in large lumps, and allow a pint of water for every two pounds of sugar; but whatever quantity is employed keep out a quarter of a pint cold. Put the sugar and water in the preserving pan, with the white of one egg well beaten, to every two pounds of sugar. When the sugar is dissolved, set it on the fire, and when it boils fast, throw in the quarter of pint of cold water. This is intended to throw up the scum. When it boils again, take the vessel from the fire, and let it stand to settle. Then remove all scum, and place it on a hair-sieve; what

runs through may be restored to the rest. Give it another boil, and again settle and skim. It should not be stirred after the sugar is dissolved and the syrup begins to get warm. In this manner sugar is clarified for jelly which is to be put in glasses.

Sugar boiled to candy height is the same as the above boiled till the water has entirely evaporated. When it has attained this height the sugar will hang in broad flakes on the spoon.

Caramel sugar is boiled till it becomes glassy and brittle, like very clear barley sugar; to ascertain this, dip in a tea-spoon or skewer, and immediately plunge it in cold water. Then squeeze in the juice of a lemon to two pounds of sugar; let it remain on the fire one minute longer. Set the vessel in a larger one of cold water. This is chiefly used for covering moulds as ornaments to small pastry, see No. 529. Dip the moulds into salad or almond oil, and then with a fork or a spoon take up a little of the sugar, which will run in threads like melted sealing wax, only quite clear. Throw them round and round till the mould is quite covered.

For those who may wish to enter more minutely into the art of the confectioner, the following tests are given of the six degrees of boiling sugar.

(1.) Syrup, or clarified sugar.—Perfect freedom from scum.

(2.) Candied sugar—rises in the pan like little pearls or quicksilver, and may be drawn out like a thread.

(3.) Blown sugar.—Dip in the skimmer; blow through its holes, and the sugar will form into bubbles, like soap and water through a tobacco pipe.

(4.) Feathered sugar.—Dip the skimmer, give it a sudden shake, and the sugar will fly off like flakes of snow.

(5.) Crackling sugar.—Dip a spoon or fork into the sugar, then into cold water, and immediately it will become hard.

(6.) Caramel sugar.—On dipping it in cold water

it will appear bright as well as hard and snap like glass.

Where persons have not a regular stove for drying sweetmeats, the best substitute is a flag-stone pavement in a sunny aspect, and with a garden glass over; or a very cool oven.

667. Jellies of fruit. The clearness and bright colour are best secured by using clarified sugar, and short boiling of the juice; but keeping is best secured by using the juice and sugar only and allowing a longer time to boil. As the same rules apply to jellies of different kinds of fruit it is needless to multiply recipes by giving separate directions for each. We shall merely give one for jelly in the plain way, and one with clarified syrup, which may be adapted at pleasure to any kind of fruit.

668. Put the fruit (carefully picked) into a stone jar; cover close; set it in a kettle of cold water which reaches not more than three parts the height of the jar. Let it boil half an hour (more or less according to the nature of the fruit, black currants are much longer running to juice than either red currants or raspberries). Strain through a jelly bag or lawn strainer; or the juice may be obtained more quickly by setting on the fruit in a preserving pan, and carefully stirring round the sides as it begins to heat, that it may not burn. Strain through a jelly bag or lawn strainer. To every pint of juice allow a pound of loaf sugar. Set on the juice over a clear fire. When it boils put in the sugar. When it has boiled some time and the scum thickens and gathers together, skim it on to a sieve, and continue to do so while the scum rises. What runs through may be returned to the rest. When it has boiled forty minutes, try a few drops by putting on a plate in a cool place: if this becomes stiff almost immediately the jelly is done enough. If not it must be boiled till it will do so. The jelly may then be strained through a hair sieve, but if it have been properly skimmed this is not necessary, and is a great waste. The best way is to pour it into a spouted jug that will contain the whole, and thence into small jelly pots or glasses. Be

very careful not to pour aside or smear the edges, as an accident of this kind, however carefully wiped away, renders the jelly apt to turn mouldy. White currant jelly should be strained through a muslin or lawn sieve.

669. Clarify sugar (see p. 304), and to each pound of sugar add the juice of one quart of currants or other fruit, and boil together till it proves to jelly; which will be in less than half an hour after boiling.

670. Both jelly and jam may be made together on either plan:—

(1.) To every pint of fruit allow a pound of sugar. Set on the fruit in a preserving pan over a clear brisk fire, but not flaming. When it has boiled a few minutes, add the sugar. Let it boil full half an hour longer, then try if a drop will jelly. If so, strain off the quantity required for jelly, and put out the remainder as jam. Take care that enough juice (or rather syrup) is left to jelly about the fruit. Each quart of fruit and two pounds of sugar, will admit of the removal of half a pint of jelly without injury, but rather with advantage to the jam.

(2.) Clarify the sugar to the second degree of boiling (*i. e.* till all the water has evaporated), then add the fruit, equal in weight to the sugar. Let it boil twenty minutes, then try if it jellies stiffly; if not, boil it more. Take off what is required for jelly as above.

N. B. Some people like the flavour of raspberries in red currant jelly; a very few will be sufficient; say half a pint to two quarts of currants; but others think the addition only spoils the pleasant sharpness of the currants.

671. Jam of raspberries, currants, gooseberries, or strawberries.—Equal weight of sugar and fruit. Set the fruit on in the preserving pan, bruise it a little to draw out the juice and keep it carefully stirred from the sides and bottom of the vessel. Let it thoroughly boil before adding the sugar. Gooseberries and black currants require a longer time to become tender than the other

fruits; and if the juice runs freely so that there is no danger of burning, it is better to let them boil five or ten minutes before adding the sugar. Boil half an hour afterwards; then try the stiffness of the jelly; and either take off, or boil longer accordingly. Skim on to a sieve, and add what runs through to what is boiling. For strawberry jam choose the scarlet or mulberry sort, quite ripe; and to three pints of strawberries allow half a pint of red currant juice. For gooseberry jam choose either the small dark hairy sort called crystal or ironmonger, or a large bright red hairy sort called the Warrington. Smooth gooseberries never do well for preserving, they have a dead flavour.

N. B. In large families, where great quantities of preserves are required, good Lisbon sugar answers very well for common purposes, and six pounds of sugar to seven of fruit; but boil it longer in proportion, to ensure its becoming stiff and keeping well. Gooseberries or black currants may be boiled nearly or quite an hour.

672. To preserve raspberries or strawberries whole.—The fruit for this purpose must be not quite so ripe as when it is to be mashed; nor is so large a proportion of sugar required. Boil up a pint of red currant juice (or raspberry juice, if preferred, for raspberries); add to it a pound of double refined sugar: let them boil together a few minutes over a clear fire; then pour it out into a China bowl, and in a quarter of an hour add three pints of fruit, and strew over the whole a pound more sugar boiled and sifted. Let it stand till next day. Then boil up once, and set it away again for another day. Then once more boil up. Take the fruit out with a silver slice or spoon with holes; put it into glasses and boil the syrup till it is reduced one half. Then pour over the syrup. When perfectly cold, put a little brandy at top and tie over with bladder, and then with leather.

673. Green-gages, apricots, or egg plumbs—in solid jam.—Skin the fruit as thinly as possible, using either a silver or ivory knife; split them and remove the

stones. (The kernels of the apricots are generally blanched and put into the jam; the others are scarcely worth the trouble). Then proceed with the fruit in either of the following methods. Clarify an equal weight of sugar boiling it till all the water has evaporated (see second degree, p. 304). Then add the fruit (and kernels) and boil half an hour. Try the jelly, and if not stiff enough boil longer. Or—having split the fruit, lay the halves inside downwards on a large flat dish, and strew the sifted sugar over them. Let them stand till next day. Then drain the syrup into a preserving pan, and when it boils put in the fruit. Let it boil till the fruit is clear. Take out the pieces singly into small jars or glasses, and pour over each the syrup (and kernels). They ought to boil at least half an hour.

674. The same preserved in syrup.—They are generally done whole and in the skins but may be skinned and split if preferred. Put them in a preserving pan with cold water enough to cover them, and a lump of alum as big as a walnut. When they begin to simmer, take them out quickly into a vessel of cold water; then as quickly drain, and pack them close in the preserving pan with enough clarified sugar to cover them: simmer them two or three minutes. Pour the whole into a China bowl and set away till next day: then pour off the syrup and add more sugar, bringing it in all to the weight of the fruit. When it has boiled a quarter of an hour or twenty minutes, put in the fruit, and again let them boil three minutes more; repeat this a third and a fourth time; then remove the fruit to glasses and boil the syrup till it comes to the degree called blow (see No. 3. p. 304). Pour it over the fruit and tie down as No. 672; or, if in wide-mouthed bottles, cork and wax over.

675. The same for drying.—Proceed as above, but instead of pouring the syrup over them, after the last boil, drain them close. Strew over sifted sugar to cover them, and dry them on a wire sieve on a stove, or in a slow oven, or under a handglass (see p. 305). They

must be turned several times, but ought not to be cold till quite dry.

Some people, on taking out of the last boil, spread a layer of the fruit on the shallow end of a sieve, and dip it quickly into boiling water to wash off every drop of syrup that may hang about it; then spread on a napkin before the fire to dry. Put another layer on the sieve, and dip in like manner till all is done; then sprinkle over sugar and dry on a sieve in a moderate oven. Turn several times, and watch them carefully.

676. To preserve cherries.—Morellos are the finest, but large Kentish cherries answer very well. They may be done with the stones, or the stones removed with a quill cut as for a pen; but be very careful to keep the fruit as whole as possible. For every quart of cherries, allow a pint of red currant juice, and a pound and a half of double refined sugar; boil and skim as for jelly. When it has boiled twenty minutes, put in the cherries. Just as they come to boil, set aside for a quarter of an hour; then set on again, and as they come to boil, remove. Repeat this three or four times; then remove the cherries into glasses or wide-mouthed bottles. Boil the syrup a quarter of an hour more, and pour over: tie over with bladder and leather; or cork and seal.

677. To dry cherries.—Prepare the cherries as above. Bring to the third degree of boiling, an equal weight of sugar to that of the fruit: Put in the cherries and give them one boil, then set away as above: next day, strain the syrup. If the quantity appears increased, it may be necessary to add a little more sugar, but in general it may be brought into a keeping state by boiling down the syrup. The cherries should be put in and boiled about five minutes three several days, and then secured as above. When they are likely to be wanted for use, take out as many as may be required; drain them some time, and lay them on wire sieves to dry, on a stove or nearly cold oven.

N. B. It is well to put them in jars or bottles each containing the quantity required for using at one time.

678. To preserve cherries without boiling.—Fine ripe morello cherries: cut the stalks an inch from the fruit to avoid breaking it: drop them into wide-mouthed bottles. Shake them lightly down, but do not press. When full, scatter fine loaf sugar powdered over the top, and pour in a little brandy. Cork and cement, or tie over with bladder and leather. They may be served for desserts as fresh cherries all the winter through.

679. To preserve ginger.—If green ginger can be procured it is best. Pare it neatly with a sharp knife, and throw each piece as it is done into a pan of cold water to preserve the whiteness. If fresh ginger cannot be obtained have the finest large white races of Jamaica ginger. Boil it several times in water till tender, then pare and proceed as above. Set on the ginger with cold water and boil it. Pour off the liquor and put cold water, then boil it up again. Do this a third time till the ginger is tender, then throw it into cold water. When quite cold drain the ginger and put it into a China bowl. Clarify sugar for preserving it in the proportion of eight pounds of sugar to seven of ginger. Let the sugar become cold, then pour over the ginger enough to cover it. Let it stand two days: then strain the syrup from the ginger and boil it with the remainder of the sugar; let them boil together twenty minutes or half an hour. When cold, again pour it over the ginger, and let it stand three or four days. By this time the ginger will have finely swollen. Then strain the syrup; boil it up and pour it hot over the ginger. If the ginger is well swollen and the syrup quite rich, nothing more is necessary; but if not, boil it again at the interval of three or four days. Wide-mouthed bottles are best for keeping it. Divide the syrup to each, cork and seal; or dip in bottle cement (see No. 695).

680. To preserve oranges or lemons whole.—Scrape the rinds of lemons or Seville oranges with a bit of broken glass, less or more as you like the pungent flavour of the rind: then soak them in soft water ten days, each day pouring off the water and supplying fresh. Boil them

till tender; then throw them into cold water; let them remain a day and then drain. The quantity of sugar required is twice the weight of the fruit. Clarify it (see p. 303): then having made a small hole in the top of each fruit, put them into the boiling syrup, and let them boil half an hour. Then set away the whole in a China bowl, and leave for four days. Then take out the fruit and boil the syrup till it is quite thick: put in the fruit and let the whole boil another hour. Put the fruit into pots, dividing the syrup among them. Let them remain four days before tying down, to see whether the syrup remains thick. If it should become thin the boiling must be repeated.

681. Orange marmalade.—Take large Seville oranges; an equal weight of fruit and sugar. With a sharp knife score through the peeling so as to take it off in quarters, but be careful not to pierce the inner part. Set on the skins and let them boil till quite tender, so that they may be pierced with the head of a pin. Meanwhile, carefully scrape off every bit of tough white pulp; divide the fruit into gores and pick out the pips. When the skins are tender, scrape out the white spungy part and cut the skins into chips about an inch long, and as thin as possible. Clarify the sugar, and while boiling put in the chips and fruit, and let it boil quickly for twenty minutes.

682. Another way.—Prepare the rinds as above, but be very particular in having them perfectly tender as they are to have very little boiling afterwards. Chop them up as fine as mince-meat. Have the weight of the whole in sugar finely pounded, and strew the minced rinds and sugar, juice and pulp, into a preserving pan; set it on a brisk fire and let it boil just three minutes. This makes a very pleasant marmalade, but does not keep so long as the others.

683. Orange or lemon chips.—Shave off the yellow rind of either lemons or Seville oranges. The knack is to get off all the yellow rind without any of the white pith. It will require a very sharp knife for the purpose.

Put them into cold water and salt till next day. Then prepare a kettle of boiling water, into which put them and boil till tender. Drain them well from the bitter liquor and put them in cold water for an hour: again drain, put them into a China bowl, and pour over clarified sugar boiling hot, enough to cover them. Let them lie two days; then strain the syrup: add sugar in the proportion of three quarters of a pound to a pint. Reduce it by boiling till the syrup is quite thick; then put in the chips; simmer them a few minutes, and again set by for two days in the syrup. Once more repeat this, and after having again remained two days in the syrup, drain them for candying, which is to be done as follows:—for three pounds of chips allow two pounds of sugar which boil to the third degree. Having drained the chips and wiped them with a dry cloth, put them into the syrup, stirring them about till the sugar becomes white: then take them out with two forks, shake them lightly in a wire sieve, and dry them over a stove or in an almost cold oven.

N. B. This should be done at the time of wine making, when many rinds of oranges and lemons would otherwise be thrown away.

684. Transparent marmalade.—For this purpose use only the pulp and juice. Having squeezed the juice, rinse the pulp in as much water as is required to clarify the sugar. Allow a pound and a quarter of sugar for each pint of juice; boil till all the water has evaporated (see second degree p. 304); then mix the juice and let it boil briskly for twelve minutes, skimming it well.

685. Barberries for tarts.—Strip them from the stalks, and, having weighed the fruit, scald it in a stone jar on a hot hearth, or in a kettle of water, till quite tender; then put them into the preserving pan, and when they boil up, add three quarters their weight in loaf sugar. Let them boil twenty minutes. Barberries in bunches may be preserved in syrup, and candied in the same manner as No. 675. They are chiefly used for garnish.

686. To bottle gooseberries or damsons.—Gooseberries

should be full grown but not turned for ripening. Damsons should have attained their dark colour but not perfect ripeness.—Be very careful not to hurt the fruit.—Fill wide-mouthed bottles. Shake them down that they may hold as many as possible. To each bottle put a wine glass of sound home-made wine ;—ginger or raisin are the best : tie them over with bladders, and stand them in a large pot, copper, or boiler, with cold water to reach the necks of the bottles : kindle a fire under and let the water boil. When the bladders begin to rise and puff, prick them. As soon as the water boils, remove the fire and let the bottles remain there to become cold. Next day remove the bladders ; strew over the top a thick layer of powdered loaf sugar, and a spoonful of brandy. Cork tight, and seal or cement.

N. B. Currants, full grown but not turned, may be preserved in the same manner. The small stalk by which the currant is joined to the main stalk should be cut with scissors. Bottles of fruit may be either kept in a dry place in doors, or in a trench in the garden, dug deep enough for the bottles to stand, and then covered over with a foot and a half of earth.—N. B. Be careful to mark the place lest it should be forgotten.

687. To preserve damsons, plums, cherries, American or Siberian crabs for winter use.—Allow one third the weight of the fruit in good Lisbon sugar. Choose brown stone jars, of equal width top and bottom, and that will hold about seven pounds each. Having put in a quarter of the fruit, strew over a quarter of the sugar, and so on in alternate layers till it is full. Tie over the tops with bladders, and either proceed as directed in the last article (boiling the jars in water and suffering them to become cold before removing) or bake them in a cool oven : an hour, or an hour and a half will do them. When quite cold, scrape perfectly clean a piece of dry willow stick, at least half an inch thick, and with a little forked branch at one end : stand the stick upright in the middle of the jar, pitch the fork downwards, and let the other end stand above the top of the jar. Cut a round of

double white paper the size of the jar, or rather larger; thrust the stick through the middle, taking care to tear the paper as little as possible: guide it down to the top of the fruit, and press the edges to the sides of the jar; then pour over melted suet to cover the whole. It should be full half an inch thick. Keep the jars in a cool dry place. By means of the above contrivance the fat may be entirely removed when it is desired to use the fruit.

688. Quince marmalade.—This fruit is exceedingly hard and requires many hours to do. It is chiefly used to give a flavour to apple-pies; when the fruit has become rather dead, a quarter of a quince gives a pleasant sharpness. Pare and quarter the quinces, and weigh an equal weight of sugar. Lay the fruit in a stone jar, put a quarter of a pint of water or wine at the bottom, and sprinkle now and then a little sugar between. Cover the jar close, and either set it in a cool oven, or in a kettle of water as above directed (No. 668), and do till the fruit becomes red and tolerably tender: then have ready the weight of sugar clarified, and put the whole together into the preserving pan and boil till it is completed, constantly breaking the lumps with the preserving ladle till it incorporates with the syrup and becomes a fine marmalade. Small pots answer best for this, as it is used but a little at a time.

689. Damson cheese.—It is sometimes made with the whole skins and pulp of the fruit, sometimes with the pulp only. In either case the fruit is first to be baked or boiled in a stone jar till the fruit is tender and the stones will separate. Then, if the skins are to be used, merely take up the fruit with one spoon and pick out the stones with another; then measure it into the preserving pan. If the skins are objected to, rub it through a very coarse sieve, that so they may be retained with the stones. Having measured the fruit, set it over a clear, brisk fire, and let it boil quickly till all the liquid has evaporated and the fruit becomes quite dry. Then add loaf sugar powdered in the proportion of half a pound to a quart of fruit, and let it go on boiling till the jam candies to the

the sides of the pan. The stones should be cracked, and the kernels skinned and boiled in the jam. This gives it a very pretty appearance; but some people object to it. It should be put out in shallow vessels, such as potting jars, saucers, or old-fashioned China stands of teapots, &c. and turned out when brought to table.

690. Black currant lozenges.—These may be done either with the whole fruit or with the juice only. Boil or bake them in a jar stopped close, till the juice separates. A jar in a kettle of water is rather preferable for this purpose to an oven. Then either press the juice from the fruit, or measure the fruit at once to the preserving pan: in either case boil it a considerable time before adding the sugar: the more the juice has evaporated before the sugar is added, the better. It may generally boil half an hour without danger of burning; then add for every three quarts of fruit or juice (as measured into the pan, not as reduced by boiling), half a pound of fine loaf sugar, one ounce of cream of tartar, and one ounce of gum Arabic finely powdered. The gum must be mixed in a cup or basin, with a very small quantity of the boiling juice stirred briskly to it till quite smooth, then stirred into the rest. Boil the mass till it is very stiff, and candies on the sides of the pan; then pour it on flat dishes, or dishes or plates turned upside down. The thickness should not exceed the eighth of an inch. Dry in the influence of the sun, or before a fire; when one side begins to harden, carefully turn them on to clean dishes of the same size. When quite dry, cut them out in lozenges: a sharp tin cutter is the best instrument for this purpose: it should be either of a square or diamond form, or of six equal sides (like the pieces in a patchwork quilt), that the pieces may be cut one close to another without waste. Shake a little magnesia among the lozenges, to prevent their sticking; and keep in writing paper or in tin boxes, in a very dry place.

691. Fruit biscuits.—Scald any kind of fruit in a jar closely covered (as above); then pulp it through a coarse sieve, and put to it an equal weight of fine sugar sifted;

beat together for two hours; then put into little forms of stiff white paper, and dry them all night in a cool oven: next day turn them and dry again. In two or three days, when quite hard and dry, put them in tin boxes or glass cases, and keep in a very dry place.

692. Raspberry cakes.—Be very careful to have the finest fruit, and pick out any that have specks or blemishes; weigh an equal quantity of loaf sugar; put the fruit alone in the preserving pan; bruise and boil till the liquor is wasted, and the fruit become dry: then take it off the fire, and stir in the sugar. Beat it until the sugar is perfectly dissolved and thoroughly mixed: the longer it is beaten the better; then spread it out on flat dishes or plates, as lozenges (No. 690), only twice the thickness. Dry them in the sun; when the top becomes dry, cut it out in cakes with the top of a canister or a small wine-glass; turn them over on fresh plates, and, when dry, put them in tin boxes with layers of white paper between. Keep in a dry place.

Those who make raspberry vinegar may make cakes of the fruit by beating to it its weight in sugar, without boiling.

693. Baked pears.—Take large baking pears; pare them, and cut them in half: do it carefully, so as to split the stalk and leave half with each side of the pear; scoup out the core, and place the pears in a vessel which shuts very close, either of silver, stone-ware, or block-tin very clean and bright. To two dozen pears put the juice of a large lemon, the thin rind of two, a large stick of cinnamon, three dozen corns of allspice, and six or eight cloves, just as much spring water as will cover the pears, and a pound of loaf sugar to a pint and a half of water, or in that proportion; cover close, and bake six hours in a very slow oven. They will be of a good colour without the addition of cochineal. N.B. Jargonel pears are sometimes preserved in syrup, or dried as No. 677.

694. Dried apples or pears.—The large baking pears are used for this purpose; and of apples, the Norfolk biffins are the best, next to them the Suffolk biffins, Min-

shull crab, lemon or orange pippins; or the large pearmain or Blenheim orange will be found excellent for the purpose. Have a baking wire on short feet, on which lay clean straw, then the fruit, then another layer of straw; set them in a cool oven, and let them remain in four or five hours; then take them out, press them with the hand very gently, to get them as flat as possible, without breaking the skins; put them again in a cool oven. If this process is repeated three or four times, they will become as flat and dry as those which are sold at a high price in the pastry-cook's shop. To do them properly, requires two or three days. If the oven is at all too hot, they will be quite spoiled. The fancy bread-bakers generally undertake to do them at three-halfpence or twopence a dozen. N.B. A baker's dozen is always fourteen.

695. Bottle cement—for securing bottles or small jars closed with bungs, in which are preserved fruit, pickles, catsup, or store sauce of any kind.—Black and red sealing wax of each half a pound (the common red wax may be bought for tenpence or one shilling per pound), bees' wax a quarter of an ounce; melt them in an earthen pot or brass kettle; when it begins to froth, before all is melted and likely to boil over, stir with a tallow candle which will settle the froth, till all is melted and fit for use. An earthen pipkin is the best thing for melting in, because in that the cement may be kept and again melted whenever it is wanted for use. It should be set aside to chill a little before dipping in the bottle tops. For jars, the best way is to dip out a little with a scallop shell, and pour over the cork; but see that it completely runs over, so as to cement together the cork and the jar, and effectually preclude air.

696. Barley sugar.—Clarify three pounds of sugar to the degree called crack (No. 666); squeeze into it a teaspoonful of the juice, and four drops of the essence of lemons; let it boil up once or twice, and set it by a few minutes. Have ready a marble slab or large slate rubbed over with almond oil. Pour over the sugar; cut it into

long strips with a large pair of scissors, and twist it a little. When cold, keep it in tin boxes or canisters.

It may be made in drops by throwing out of a ladle with a fine lip, either on the marble, as above, or on a large sheet of white paper, over which a smooth layer of sugar has been sifted. The drops should not be larger than a shilling.

A tea-spoonful, or rather more, of strong essence of ginger instead of lemon, will produce ginger barley sugar.

Citric acid will bring it to acidulated barley sugar or lozenges. Two drachms to the above quantity, or more if that is not sufficiently acid.

### *Pickles.*

697. There are three methods of pickling. The most simple is, merely to put the articles into cold vinegar.* This method we recommend for all such vegetables as being hot themselves, do not require the addition of spice; and such as do not require to be softened by heat: such are capsicums, chili, nasturtiums, button onions, radish pods, horse-radish, garlic, and eschalots. Half fill the jars with best vinegar, fill them up with the vegetables, and tie down immediately with bladder and leather. One advantage of this plan, is, that those who grow nasturtiums, radish pods, &c. in their own gardens, may gather them from day to day, when they are exactly of the proper growth. They are vastly better if pickled quite fresh, and all of a size, which can scarcely be obtained if they must be pickled all at once. The onions should be dropped in the vinegar as fast as peeled; this secures their colour. The horse-radish scraped a little outside, and cut up in rounds half an inch deep. Barberries for garnish; —gather fine full bunches before they are quite ripe; pick away all bits of stalk and leaf and injured berries, and drop them in cold vinegar. Some people keep them

* The strongest pickling vinegar of white wine should always be used for pickles; and for such as are wanted *white*, use distilled vinegar, which is as white as water.

in salt and water, changing the brine whenever it begins to ferment: but the vinegar is preferable.

698. The second method of pickling is that of heating vinegar and spice, and pouring them hot over the vegetables to be pickled, which are previously prepared by sprinkling with salt, or immersing in brine. It is better not to boil the vinegar by which process its strength is evaporated. The best way is to put the vinegar and spice into a jar, bung it down closely, tie a bladder over, and let it stand on the hob or on a trivet by the side of the fire for three or four days, and well shaken three or four times in a day. This method may be applied to gherkins, French beans, cabbage, brocoli or cauliflowers, onions, &c.

699. Gherkins (or young cucumbers).—They should be the size of a finger, if smaller they have not attained their flavour; if much larger they are apt to be seedy, put them in unglazed stone jars. Cover them with brine, composed of a quarter of a pound of salt, dissolved in a quart of boiling water and left to become cold. Cover down the jars, and set them on the hearth before the fire for two or three days till they become yellow; then pour off the brine, drain the cucumbers, scald and dry the jar, return the cucumbers and cover them with vinegar. Set them again before the fire, and let them remain until they become green, which will be eight or ten days. Then pour off the vinegar, and put to them a pickle of fresh vinegar prepared as 698, with the following spices. To each quart, black pepper two ounces, ginger one ounce, salt one ounce, cayenne half drachm. Mustard seeds one ounce.

N. B. The vinegar in which the cucumbers were greened should be bottled. It will make good sauce for cold meat or salads. Cucumbers are often steeped in vinegar on purpose to give it a flavour.

700. French beans.—The best sort for this purpose are the white runners. They are very large long beans, but should be gathered quite young before they are half grown. They may be done in the same manner as

gherkins, but will not require so long a time, and the first vinegar is not so nice as that of cucumbers.

701. Onions should be chosen about the size of a marble, the silver skinned sort are the best. Prepare brine as 699 ; and put them into it hot. Let them remain one day or two according as it is wished to have them, more mild or more highly flavoured. Then drain them, and, when quite dry, put into clean dry jars, and cover them with hot pickle, in every quart of which has been steeped one ounce each of horse-radish sliced, black pepper, allspice and salt, with or without one ounce of mustard seed.

N.B. In all pickles the vinegar should always be two inches or more above the vegetables, as it is sure to shrink, and, if the vegetables are not thoroughly immersed in pickle, they will not keep.

702. Garlic and eschalots may be done in the same manner as onions.

703. Melons, mangoes, and long cucumbers, may all be done in the same manner. Melons should not be much more than half grown. Cucumbers full grown but not past. Cut off the top, but leave it hanging by a bit of rind which is to serve as a hinge to a box lid. With a marrow spoon scoop out all the seeds, and fill the fruit with equal parts of mustard seed and ground pepper and ginger (or flour of mustard instead of seeds), and two or three cloves of garlic. The lid which encloses the spice may be sewed down, or rather tied, by running a white thread through the cucumber, and through the lid, and then, tying it together, cut off the ends. The pickle may be prepared with the spices directed for cucumbers, or with the following, which bears a nearer resemblance to India pickle. To each quart of vinegar, salt, flour of mustard, curry powder, bruised ginger, turmeric, half an ounce each, cayenne pepper one drachm, all rubbed together with a large wine glassful of salad oil, eschalots two ounces, and garlic half an ounce sliced : steep the spice in the vinegar as No. 698, and put the vegetables into it hot.

704. Brocoli or cauliflower.—Choose such as are

firm, yet of their full size: cut away all the leaves and pare the stalk; pull away the flowers by branches: steep in brine two days, as No. 699; then drain. Wipe dry and put into hot pickle prepared as above; or by merely infusing for three days three ounces of curry powder in every quart of vinegar.

705. Red cabbage.—Choose fine firm cabbages. The largest are not the best. Those of middling size are preferable. Trim off the outside leaves; quarter the cabbage; take out the hard stalk (by the way, some people reckon that the best part; it is certainly not the most wholesome); slice the quarters into a colander, and sprinkle a little salt between the layers. Do not deal the salt with a heavy hand, or it will spoil the colour. Let it remain in the colander till next day. Shake it well that all the brine may run off. Put it in jars and cover with a hot pickle composed of black pepper and allspice, of each one ounce; ginger pounded, horse-radish sliced, and common salt, of each half an ounce, to every quart of vinegar, steeped as No. 698; two capsicums may be added to a quart, or one drachm of cayenne.

706. The third method of pickling is when the vegetables are, in a greater or less degree, done over the fire. Walnuts, artichokes, artichoke bottoms, and beet roots are done thus, and sometimes onions and cauliflowers.

707. Walnuts.—Be particular in obtaining them exactly at the proper season: if they go beyond the middle of July there is a danger of their becoming hard and woody. Steep them a week in brine as No. 699. If they are wanted to be soon ready for use, prick them with a pin, or run a larding pin several times through them; but if they are not wanted in haste this had better be let alone. Put them into a kettle with the brine, and give them a gentle simmer; then drain them on a sieve, and lay them on fish plates in an airy place until they become black, which may be two days; then add hot pickle of vinegar in which has been steeped, as the proportion of a quart, black pepper one ounce; ginger, eschalots,

salt, and mustard seed, one ounce each. Most pickle vinegar, when the vegetables are used, may be turned to account; but walnut pickle especially so. Boil it up, allowing to each quart four or six anchovies chopped small, and a large table spoonful of eschalots also chopped. Let it stand a few days till quite clear; then pour off and bottle. It is an excellent store sauce for hashes, fish, and various other purposes.

708. Beet roots.—Boil or bake gently till they are nearly done; according to the size of the roots this will require from an hour and a half to two hours. Drain, and when beginning to cool, peel and cut in slices half an inch thick, then put them into pickle, as No. 705.

709. Onions.—Some people like them scalded; they are more mild, but not so firm, nor do they keep so well. Have a large tin saucepan of boiling water into which throw as many onions as will cover the top; in about two minutes they will look clear; take them up quickly in a wire ladle and lay them in a thick cloth several times doubled. Put more onions in the water and so proceed till all are done. When quite dry put them into jars or bottles with hot pickle as No. 698.

710. Cauliflowers or brocoli.—Pick as No. 704, and, instead of steeping in cold brine, set over the fire in cold brine, and let it heat gradually. Almost before it comes to boil, take it up with a wire ladle; spread on a cloth before the fire: when quite dry put it into glasses or jars and add cold pickle as No. 698.

711. Artichokes.—Gather young artichokes as soon as formed. Throw them into boiling brine and let them boil two minutes, drain them on a hair sieve: when cold and dry put them in jars, and cover with vinegar prepared as above, but the only spices employed should be ginger, mace, and nutmeg.

For artichoke bottoms, get full grown artichokes, and boil them not so much as for eating, but just until the leaves can be pulled out; remove them and the choke: in taking off the stalk, be careful either to break it off so as not to bring away any of the bottom, or pare it with

a silver knife, so as to leave half an inch of tender stalk coming to a point. When cold, add vinegar and spice as above.

712. Mushrooms.—Choose small white button mushrooms. They should be but of one night's growth. Cut off the roots and rub the mushrooms clean with a bit of flannel and salt. Put them in a jar, allowing to every quart of mushrooms one ounce each of salt and ginger, half an ounce whole pepper, eight blades of mace, a bay leaf, a strip of lemon rind, and a wine glassful of sherry. Cover the jar close, and let it stand on the hob or on a stove, so as to be thoroughly heated, and on the point of boiling. So let it remain a day or two till the liquor is absorbed by the mushrooms and spices. Then cover them with hot vinegar: close again and stand till it just comes to a boil. Then take away from the fire; when quite cold divide the mushroons and spice into wide-mouthed bottles. Fill up with the vinegar, and tie over. In a week's time, if the vinegar has shrunk so as not entirely to cover the mushrooms, add cold vinegar. At top of each bottle put a tea-spoonful of salad or almond oil; cork close, and dip in bottle resin, No. 695.

713. Samphire.—On the sea coast this is merely preserved in sea water, or equal parts of sea water and vinegar; but as it is sometimes sent fresh as a present to inland parts, the best way of managing it, under such circumstances, is to steep it two days in brine, as No. 699; then drain and put it in a stone jar covered with vinegar and having a lid, over which put a thick paste of flour and water and set it in a very cool oven all night, or in a warmer oven till it nearly but not quite boils. Then stand it on a warm hob for half an hour. Let it become quite cold before the paste is removed; then add cold vinegar if any more is required, and secure as other pickles.

714. Indian pickle.—The vegetables to be employed for this favourite pickle, are—small hard knots of white cabbage sliced, cauliflowers or brocoli in flakes; young carrots not larger than a little finger, or large carrots

sliced (the former are far preferable); gherkins or sliced cucumbers (the former are best); French beans; small button onions; white turnip-radishes half grown; radish pods; eschalots; young hard apples; green peaches, when the trees are thinned, before the stones begin to form; vegetable marrow not larger than a hen's egg; small green melons; celery; shoots of green elder; horse-radish; nasturtiums; capsicums, and garlic.

As all these vegetables do not come in season together, the best method of doing it is to prepare a large jar of pickle at such time of the year as most of the things may be obtained, and add the others as they come in season. Thus the pickle will be nearly a year in making, and ought to stand another year before using, when, if properly managed, it will be excellent, but will keep and continue to improve for years. For preparing the several vegetables, the same directions may be observed as for pickling them separately, only take this general rule, that, if possible, *boiling* is to be avoided and soaking in brine to be preferred: be very particular that every ingredient is perfectly dry before putting into the jar, and that the jar is very closely tied down every time that it is opened for the addition of fresh vegetables. Neither mushrooms, walnuts, nor red cabbage are to be admitted.

As to the pickle.—To a gallon of the best white wine vinegar—salt three ounces, flour of mustard half a pound; turmeric two ounces; white ginger sliced three ounces; cloves one ounce; mace, black pepper, long pepper, white pepper half an ounce each; cayenne two drachms; eschalots peeled four ounces; garlic peeled two ounces. Steep the spice in vinegar on a hob or trivet for two or three days. The mustard and turmeric must be rubbed smooth with a little cold vinegar, and stirred into the rest when as near as possible to a boiling state. Such vegetables as are ready may be immediately put in: when cayenne, nasturtiums, or any other vegetable mentioned in the first method of pickling (No. 697) come in season, it is merely to drop them in—any in the second method of pickling, prepare as there directed, and pour over them

a small quantity of hot vinegar without spice. When cold, pour it off, and put the vegetables into the general jar. If the vegetables are greened in vinegar (as French beans and gherkins), this will not be so necessary, but will be an advantage to all.

Onions had better not be wet at all; but if it be desired not to have the full flavour, both onions, eschalots, and garlic may be sprinkled with salt in a colander to draw off the strong juice. Let them lie two or three hours.

The elder, apples, peaches, &c. to be greened as gherkins, No. 699.

The roots, radishes, carrots, celery, only soaked in brine and dried.

Half a pint of salad oil, or of mustard seed oil, is sometimes added. It should be rubbed with the flour of mustard and turmeric.

N.B. It is not essential to Indian pickle to have every variety of substance here mentioned, but all these are admissible and the greater variety the more it is approved.

## CHAPTER XIV.

### *Beer, Wine, &c.*

715. Home brewing, like home baking, is desirable on the score of health as well as of economy. It is much easier practised than persons in general imagine. The utensils required are :—

(1.) A copper that will boil half the quantity you intend to brew ; and, observe, considerable room must be allowed for the hops, and the waste in boiling and in working. If it be required to brew two barrels (thirty six gallons), or four kilderkins (eighteen gallons), the copper should hold forty-two gallons. It makes four hours difference in the work of brewing-day whether there are two boilings of beer or three.

(2.) The mash tub in which the malt is steeped, should be more than twice as large as the copper, broader at top than at bottom, and with a hole near the bottom to admit a spigot and faucet.

(3.) A spigot and faucet and a wicker basket into which the inner end of it is to be pushed. It is needless to describe these articles : they are to be procured at the cooper's for about eighteen pence : the use will be easily perceived. A loop of string fixed to the basket, is to be run through the hole of the tub, and draw the mouth of the basket close to the hole. This string must be pulled tight while the spigot and faucet is firmly fixed in.

(4.) A strong stand on which the mash-tub is to be raised. This should be high enough to admit of a tub standing under the tap into which the wort is to

be run, but not too high or it will increase the labour of lifting up water.

(5.) A tub to stand under and receive the wort. This should hold at least half as much as the copper.

(6). A mash stirrer, or long stick with cross sticks at the end, somewhat like a shovel; also several straight sticks, or else a frame of wood something like a ladder, long enough to rest on the top of the mash-tub, to support sacks, or something of that kind, which are laid over to keep in the steam, and also to bear up the sieve through which the wort is strained.

(7.) A light pail or two, which should be confined to brewing only; and a wooden bowl or piggin to dip liquor from one vessel to another.

(8.) A hair sieve or wicker basket through which to strain the beer.

(9.) A tun-bowl or large funnel, either wooden or tin, through which to put the liquor into the barrel.

(10.) Several flat tubs or trays for the purpose of cooling beer. The quicker this can be effected the better: therefore it is desirable to have many vessels that it may be but a thin surface in each.

(11.) Casks for containing the beer, of a size according to that of the family. The longer the beer is to be kept the larger the casks should be in which it is kept, as it acquires strength; but where a family is small the casks should not be too large as they would be so long in tap as for the beer to become flat. Each cask must be well fitted with bungs and vent pegs.—See p. 2.

716. Ingredients for brewing.—The only way for inexperienced persons to ensure good articles is by dealing with a respectable maltster, on whose judgment and integrity they can rely. Malt should be ground a day or two before brewing. It should have a sweet pleasant smell, and bite tender. It should not be ground too fine or there will be a waste in the dust. Hops should be of

a lively colour—easily separate in light bunches—have a clammy feel, and a brisk pleasant smell. Water is of great importance—soft water is the best for extracting the properties of the malt—but it must not be stale. Where persons are obliged to use pump water they sometimes boil a bushel of bran in it: this softens the water, but it deserves inquiry whether it does not affect the keeping of the beer.

In all experiments we should guard against supposing that two things following each other must needs stand in the relation of cause and effect; this is by no means the case. It has, however, been observed by one who has frequently tried both methods, that beer made from bran water has turned hard earlier than that in which no bran was used. The yeast should be fresh and sweet, and yet solid; or if yeast is used immediately on being skimmed, a larger quantity should be allowed. See note, p. 287.

717. Weather is a matter of great importance. In hot weather the beer is apt to turn sour. Thundery weather is almost sure to affect it. Very cold weather is equally improper, as it is apt to chill the liquor and prevent working. Dry weather is desirable that the beer may be cooled out of doors, which is always preferable, but it must be carefully guarded from rain. Those who have not the means of cooling in the open air should open all the doors and windows of the place where the beer stands, to make as much draft as possible, and move it about from vessel to vessel to get it cooled quickly.

It is of especial importance that the beer be set in a shady place. If the sun shines upon beer while cooling it is almost certain to be foxey and turn sour. If the weather and other circumstances are favourable it is worth contriving for moonlight either at the beginning or close of the day. The best seasons for brewing are March and October, and at those times there is scarcely daylight to begin and finish the operation.

The day before brewing, all the vessels should be brought out,—soaked in cold water, scrubbed very clean,

and rubbed with a dry cloth. The casks emptied of old beer scrubbed clean outside, filled with cold water, two or three handfuls of largish gravel stones, or a piece of chain; bung, and roll or shake about till all foulness is perfectly removed. If any scum remains it is likely to gather round the bung hole, therefore slip in the finger and feel round. If it be at all slimy shake it again, and continue to do so till the scum is perfectly removed, and water, having been shaken round in the cask, turns out quite clear. If this cannot be done, the cooper must be employed to take out the head of the cask that it may be scrubbed inside. After this, each cask is to be half filled with boiling water, and bunged up for half an hour, and then drained quite dry for use. This scalding will be done on the brewing day, as there is time, while the malt is steeping, to boil a copper of water for this purpose.

718. Proportions of ingredients.—The best rule is a pound of hops to every bushel of malt: if beer is to be drank very quickly, as in some families where there are many workmen employed, and where there is not room to stock a large quantity of beer, they brew one month under another, rather less hops may do; and where beer is to be kept a very long time rather more may be required, but for brewing twice a year, which is the usual practice in private families, and beginning to use the beer three or four weeks after brewing, a pound of hops to a bushel of malt is a good proportion. If only mild table beer is required a bushel of malt for each kilderkin will produce it, but then all the wort must be mixed and worked together. This proportion will not allow for table-beer and ale. Those who wish to make that difference, must draw off but fifteen gallons from every bushel. From the boiling of the first wort two-thirds may be used for stronger beer, and one third to enrich the second wort for table-beer. Where a still greater difference is desired, allow a bushel of malt for every twelve gallons of beer required. Use all the first wort for strong beer, and the second wort alone, of this proportion, will make good table beer.

Those who pride themselves on keeping very strong beer to a great age will take the first wort of eight bushels of malt for one barrel of beer (thirty-six gallons). In this case it is usual to mash at three times, and mix the second and third worts for table beer. It will make three kilderkins very good.

We sometimes hear of beer kept seven, fourteen, or twenty years, and retaining such strength and soundness that a glass of it will give the headache. We see no advantage whatever in this. However, if any of our readers wish to know how it is managed, we give them the method. Take first wort of the strongest proportion as above; boil it with hops as usual; strain it again into the mash-tub, and when of a proper coolness, put in a like quantity of malt: stir, cover up, and proceed exactly the same as if mashing in water. Boil again with hops, and the same length of time as at first. This process may be repeated until the beer is as strong as brandy. It should then be worked in the usual manner and put in large upright casks: when sufficiently fermented and bunged down, each cask is sometimes bricked in until the time appointed for tapping. Observe, we by no means recommend making such beer; but simply state that such is sometimes made.

719. Actual brewing.—As it is desirable to secure the running off of one copper from the first mash, and some will be sucked up by the malt, a copper and a half will be required. Get the copper to boil as quickly as possible; empty it into the mash tub; half fill again, and a bucket over. When it boils take out the half copper, and leave a bucket full at bottom (this is only to save the trouble of getting out every drop from the bottom of a hot copper, and also to save the copper from burning); again fill up the copper, and let it go on for boiling. When the liquor in the mash-tub is so far cooled that the finger may be drawn quickly through it without scalding, and the steam is gone off so that you may see your face, the malt is to be poured in, and well stirred (with No. 6) till it is thoroughly separated. Then lay sticks or frames, and

cover up the mash-tub with sacks, or something equally thick. This is to remain three hours; during which time the copper must be so managed as to boil off all the water required for the second mash, and for scalding the casks. If the beer to be made is to fill the copper three times, then two coppers will be required for the second mash-making, in all three coppers and a half, as nearly or quite half a copper will be wasted in running through the grains; but as some malt soaks up more water than other, this will be best judged of by the quantity that runs off in the first wort. As a copper and a half was employed for mashing, whatever runs off more than a copper, so much less must be allowed in the second mashing.

Three hours having elapsed, the wort may be let off. The under tub stands ready to receive it; but, slowly and partially removing the spigot, first catch a little in a bucket until it runs quite clear. Throw this up on the malt in the mash-tub.

The copper must now be finally emptied of water. The brewer will of course take care, when emptying the copper, to have the fire low, that the copper may not burn; yet not so low but that it will easily draw up again: much time is lost in suffering it quite to go out. Wipe the copper with a coarse dry cloth, and then as quickly as possible fill it with the wort and hops. Break the hops apart. All the hops for the whole brewing may be boiled with each wort, or a portion may be reserved, and so a few fresh hops added to each boiling: this is not material. Having filled the copper, put on the lid, and make up a brisk fire, that it may quickly boil. Then throw up the liquor for the second mash; stir up, and cover as before. All the tubs may now be emptied of any water that remains in them, and wiped dry to use as coolers.

When the copper boils, the hops must be incessantly stirred down, as it is very apt to boil over. It should boil briskly *full two hours.* Should any reader cry out against the *monstrous waste* of boiling beer so long, he need only allow a bucket or two more water to allow for

boiling away, and the beer will be found to clear better, and keep better, than with a shorter boiling. If the beer is inclined to boil over, open the copper door, and slacken the fire with wet small-coal, ashes, or saw-dust. If it inclines to slacken, stir the fire, and shut the door.

N.B. If well managed, very little need be used in a coper-hole except small coals and cinders, after it has once lit up. When it is wanted to boil up quickly, a little wood or larger coals will give spirit and strength to the fire, which may afterwards be kept up with small coal and cinders mixed, and a little damped.

The beer having boiled its two hours, strain it through a sieve or basket (No. 8), into a tub or large cooler; meanwhile let off the second wort, that it may be ready to fill the copper as soon as empty. Having done this, turn in the hops to the copper, shut the lid, and make up the fire.

While this second wort is coming to boil, separate the beer into as many vessels as you can command. If possible, get it quite cold by the time the second boiling is ready to strain off. Stoop the mash-tub as high as may be done with safety, that the liquor may run from the grains and leave them quite dry. When this is the case, the mash-tub may be cleared out. The grains are used for the food of pigs. Those who do not keep pigs can at all times sell them, the price varying from fourpence to sevenpence a bushel, according to the price of malt. They are not measured, but reckoned the same as the dry malt. The mash-tub, when carefully wiped out, may be stood in a convenient place for the beer to work in.

Let the second copper boil the same time as the first; strain it off as before; and, if a third boiling is required, fill it with the remainder of the wort. Return the hops as before.

The first boiling should now be cool, that is, not to strike chill like fresh drawn water in cold weather, but like water that has stood in-doors an hour or two in warm weather. Put this together in the mash-tub. N.B. Be very careful not to put it together too warm, much less

attempt to work it: it had better be too cool than too warm, as there is a tendency, when a large quantity is put together, to heat again. Having disposed of the first boiling as quickly as possible, divide the second in like manner. The under back or tub which received the wort from the mash-tub, having performed its service in that department, will now come into use as an additional cooler. Meanwhile keep an eye on the copper as it comes to boil. Stir down the hops and regulate its boiling as before.

720. Working.—The first boiling will now probably be cool enough to begin working. Have a quart or more of good fresh yeast, which mix in a large bowl or pail with a quart or two of the beer; when this rises finely, put it to the rest, pouring it from a height that it may mix with the whole: dip up a bowl full and pour backwards and forwards several times, and leave a bowl or basin in the tub, as it serves for the yeast to gather round. Cover it up with sacks or something of the kind.

If the beer is to be all alike, when the second boiling is quite cool it may be poured to the former, which will now be in the height of working. But if the beer is to be made of different strength, the second and third boilings must be worked in a separate vessel from the first.

By the time the third copper is ready to strain off, the second will be ready to put together. When the copper is emptied, throw up a pail or two of water, and take out the fire. This water soon becomes hot, and the copper is easily cleaned while warm.

If the second and third boilings are to be kept separately from the first, when the second is cool enough to work take a few bowlfuls of the yeast or scum from the top of the first, and pour it about in the second, which cover up as directed for the first, and when the third is quite cold pour that upon it. The business is now complete for that day; all tubs, sieves, and other brewing utensils, are best put away without washing. The beer that hangs about them preserves them sweet, and though they may appear mouldy, they are not injured: this is easily washed off when the time comes to use them

again. The hops when drained may be thrown away, unless it is desired to get one cask of beer quickly cleared for use. In that case reserve a quart or more of the hops. Let the beer remain covered up, and keep shut the door of the place where it stands.

721. Tunning.—The beer may be tunned the next day, but it is better to leave it longer in the working tub. Two days is a desirable time, three will not be found injurious.

Let the casks remain in a very dry room, if possible in the influence of the fire, till just before tunning. Even a few hours in a damp cellar would prove injurious. Stand the casks in their places a very little leaning on one side, fix them steady with triangular blocks of wood, and place between each two, pans to catch what beer or yeast may work over. The tun-bowl (No. 9) will now come into requisition.

Uncover the working tubs for an hour or two before tunning the beer, that the yeast may subside a little. The beer may be run off by means of the spigot and faucet, when the yeast will remain behind; or the yeast may be removed from the top with a large flat skimmer or ladle with holes. Put the yeast in a tub or tray considerably larger than it fills, as it will swell at first; afterwards it will subside and shrink into a comparatively small quantity, but some beer will settle at bottom, which must be poured off steadily and put into the casks.

Any intended different degrees of strength in the beer are now to be provided for. If this has been contemplated, the first boiling which contained most of the first wort will have been worked separately, and the second and third boilings together. If one cask of strong beer is required and the rest all alike, fill up that cask from the first beer, and divide what remains among the other casks. Some people allow a little additional strength to every barrel in the order in which they are to be kept:—thus, suppose you have six casks to fill, and that the strongest beer amounts to fifteen buckets; in the cask that is to be first tapped put *none* of the best; in the second *one*

bucket; in the third *two;* in the fourth *three;* in the fifth *four;* in the sixth *five;* then fill them all up from the second wort. In tunning beer, the more steadily and gently it can be poured the better. It will take a little longer time, but will prevent much waste. In removing the tun-bowl from one cask to another be careful to carry it leaning on one side, that what little beer remains in may not run through the tube. When all the casks are apparently full, several buckets of beer should remain, as each cask in the course of two or three hours will take another bucket or more; beside which, as they work, they will require to be filled up daily for a fortnight. The pans that are placed to catch the yeast should be cleaned daily; for the first three or four days a little beer will be found in them, which will do for filling up; as also that which settles under the yeast as above. The yeast if not wanted at home may be disposed of to the bakers.

722. Bunging.—Many people err by bunging the casks too soon. It is sure to make the beer fret and turn sour. As long as there is a good clear head of yeast, there is no dan- of the beer becoming flat for want of bunging. When the head falls and looks stiff and brown, slip in the finger and clear away all yeast as far round the bung-hole as can be reached, and lay on a piece of thick brown paper, which will adhere to the cask by means of the yeast. In a few days look at it. If the paper has burst or is wet, remove it, and put another; but if it be dry it is a sign that the beer is fit for bunging. See that the bungs fit well; put a large round piece of canvass on each, by which it may be pulled up when required Hammer them down, and see also that all vent holes are securely filled. But it is a bad way ever to allow the use of vent pegs. It makes the beer run freely, but causes what remains in the cask to become flat and perhaps sour.

The stronger the beer the longer it may remain without bunging. Some butlers famous for their strong beer, never bung a cask till they tap it; but this method we can

scarcely recommend for private families. However, in general, it may be borne in mind that there is much more danger of bunging too soon than deferring too late.

If it be required to get a cask clear for immediate use, choose the weakest beer for that purpose. Let it work over a day or two; then clear away the yeast without filling up, put in the spent hops saved from the brewing (see p. 334), bung it down tightly, and tap immediately. Well-brewed beer thus managed, at a week old has often been taken for six or eight weeks' old.

723. Fining.—We shall not swell the book with directions for fining beer, because we maintain that beer well boiled, and well worked, and kept in a good cellar not liable to be shaken, wants no fining, except hops—nor that unless it is to be fined in a hurry—and if the above particulars are not attended to, eggs, and isinglass, and many other things may be employed with a very doubtful chance of success. It is better to direct persons to do things properly at once, than to furnish directions for attempting to cure things that are already spoiled.

724. Casks in tap.—Before tapping a cask, see that the tap is in good order; that it does not leak, and that it is perfectly clean; which may be known by blowing through it. If it does not blow with a clear whistle, it is because some fur or scum remains from the last time of using. This must be entirely removed by means of a wire, and by the use of scalding water. Wrap tightly round a piece of strong brown paper that it may fit closely to the hole of the cask, but do not let the paper cover the holes of the tap through which the beer is to pass; cut away the cork and guide in the tap quite straight: if this be observed, one or two well-directed strokes of a wooden mallet will fix it securely; but if it be put in a-twist it is very likely to leak all the time. If possible avoid the use of vent pegs. It only requires a little patience.

725. Stooping.—When this is necessary, let it be done while the beer is running, and it will not become thick.

726. Care of empty casks.—As soon as the beer is drawn out, remove the tap and knock in a cork very tightly; also the bung and vent peg, if any. Leave in the grounds of the beer, which will keep the cask sweet if securely closed. Do not stand empty casks on the ground, but put under them bits of wood, or coal, or bricks, so that air may pass between them and the ground.

727. Hard beer.—If old strong beer becomes hard, the best method of restoring it is by mixing with an equal quantity of new beer; but observe, the old beer is to be put to the new, not the new to the old. Half fill fresh casks with new beer; draw off the old as long as it will run clear; put it to the new with hops prepared as follows:—For a kilderkin of beer allow half a pound of fresh hops; boil them in a little of the beer in a very clean tin or brass kettle: let them boil twenty minutes or half an hour. Then strain the liquor, which, when quite cold, may be returned to the casks. Spread the hops on large dishes before the fire, and when quite dry put them into the cask and bung closely.

N. B. Hops may be added in this manner at any time, when either the great age of the beer, or the closeness of the weather, renders it likely that it may become hard.

728. Sharp beer.—A thunder storm will sometimes turn all the beer in a cellar. If good sound beer it may be perfectly restored by the following process:—To each kilderkin allow honey, and whiting in powder, two pounds each; mix well together with a little of the beer, pour in the mixture at the bung-hole: leave out the bung a few hours; then stop it as before. The beer will prove just like new beer.

N. B. If the beer is very sharp, it may be necessary to draw off a few gallons, and put them in again when the effervescence occasioned by the honey and whiting has ceased. The same may be used to restore home-made wine that is stale. The same end may be answered by putting into the beer when drawn a little carbonate of soda or salt of wormwood. The latter is the cheapest, but the former is most agreeable. A large tea-spoonful

of carbonate of soda is sufficient for two quarts of beer. Half that quantity of salt of wormwood. It must not be mixed till just as it is to be drank, as it occasions an effervescence, and when that subsides the beer becomes flat.

729. Ropy beer.—In thundery weather, beer sometimes acquires an oily glutinous appearance and slimy feel in the mouth. This may be cured by dropping a bunch of hyssop into the bung-hole.

730. Bottling beer.—The bottles must be perfectly clean and dry. Sound new corks of a soft good texture: rough harsh corks may be bought cheaper, but they do not yield and swell to the neck of the bottle so as entirely to exclude air; and there is no saving in a cheap cork that spoils a bottle of beer. Soak the corks in a little of the beer; by this means they are softened, and a larger cork may be used, which is always desirable. Let no beer be bottled but what is perfectly clear. Four or five raisins, a lump or two of sugar, or a tea-spoonful of rice in each bottle will hasten the rising of the beer. Let the beer stand in bottles at least twelve hours before it is corked. Press the cork closely, wind it round, and then press closely against a solid substance, and tie down with wire; this is better than to put the cork in lightly and hammer it down.

Bottled beer should be kept lying in saw-dust or hay. Hay, in a warm cellar, will get it up very quickly.

731. Cheap beer.—The following recipes have been gratuitously circulated to a very wide extent, and certainly deserve a trial. One great recommendation for poor families, is, that, in addition to the cheapness of the beer when brewed, there need be no expense for brewing tackle. So small a quantity may be made at once, that persons may accommodate their brewing to their vessels. A washing copper, if nicely cleaned, will answer every purpose of boiling; and any clean pans or tubs will do for mashing.

(1.) For a firkin of beer at five farthings a quart:—

One peck of barley or oats; put it in an oven just

after baking, or in a frying-pan, just to steam off the moisture, but on no account to burn the grain. Then grind or bruise it roughly; boil two gallons and a half of water, pour it out, and let it stand ten minutes, or, at most, a quarter of an hour; put in the grain; stir it about, and cover it up for three hours; then drain it. Have two gallons more water boiled, which, pour over, rather hotter than the former, but not boiling; again stir it well; let it stand two hours, then strain off. Pour over two gallons more water, at almost any degree of heat; stir it well, and let it stand an hour and a half. The liquor from the three runnings will not much exceed five gallons; as much more will be required as to make it up ten gallons: mix the whole with seven pounds of treacle, and a quarter of a pound of hops, and boil it an hour and a half, stirring it as long as the hops rise. If strained, keep the hops, as they will both refine and preserve the beer. When all but cold, mix a quart or two of the beer with half a pint of good solid yeast, and when that rises, mix it to the whole. Let it work eighteen hours, covered up with a sack. Put it in a nine-gallon cask, and keep it frequently filled up: in three days put in the hops and bung it down. In a fortnight it will be good sound beer as strong as London porter.

(2.) A penny half-penny per quart.—Boil together for two hours eleven gallons of water, fourteen pounds of treacle, and six ounces of hops; when quite cool add yeast as above. Let it work sixteen hours covered up; tun, and keep the cask well filled up. In two days bung down. It will be fit to drink in a week, and be stronger than London porter.

(3.) To make thirty-six gallons of good ale at a penny three farthings per quart. Boil eight gallons of water. When it has stood twenty minutes put into it one bushel of ground malt; stir in well, cover up, and let it mash for three hours: draw off, and put to the grains eight gallons more boiled water rather

hotter than the former, but yet not boiling. Let it stand two hours, then drain and put on two gallons more of water, degree of heat not material. Having stood an hour and a half, draw off. During the time that the malt has been standing, twenty gallons of water should have been boiled and mixed with twenty eight pounds of treacle, to which add the liquor as it runs off from the malt, and boil the whole with two pounds of hops for two hours. Strain and work as above; let it work twenty four hours. Tun, fill up, and in three days bung, either with or without the hops. This will require longer keeping than the former. The recipe says three months. We cannot think that length of time necessary; and believe that it would be better to keep it filled up a week before bunging down.

N. B. Coarse sugar or molasses will answer as well as treacle in either of the above.

A considerable saving may be made in beer brewed in the ordinary method by the addition of treacle; from one pound to three pounds to every bushel of malt. Treacle is wholesome and nourishing; and, where expense is an object, this suggestion is well worth attending to. Still, however, we must maintain that there is no beer in every respect equal to that which is well brewed from malt and hops only.

732. Carrot beer.—A penny farthing per quart.—To make nine gallons; water twelve gallons; carrots, when scraped, twenty four pounds; treacle four pounds; bran two pounds; dried buck beans or hops a quarter of a pound. Cut the carrots into thin slices and boil one hour; strain it on the treacle; when the usual warmth of mashing, put in the bran and stir it well to prevent its clotting and let it stand half an hour (or the same end may be answered by boiling the bran with the carrots, and some trouble saved). Strain and boil the liquor half an hour with the buck beans or hops. Strain, work, and tun as other beer.

733. Ginger beer or pop.—The principal difference be-

tween ginger pop and ginger beer, is, that the former is bottled immediately, the other is first put in a barrel for a few days. It is also usual to boil the ingredients for ginger beer, which is not done for pop. Both are to be bottled in stone bottles, and the corks tied or wired down. If properly done the corks and strings will serve many times in succession; the moment the string is untied the cork will fly out uninjured. The bottles as soon as empty should be soaked a few hours in cold water, shaken about and turned down, and scalded immediately before using. The corks also must be scalded.

On one pound of coarse loaf or fine moist sugar, two ounces of cream of tartar, and one ounce bruised ginger, pour a gallon of boiling water; stir it well and cover up to cool, as the flavour of the ginger is apt to evaporate. It is a good way to do thus far the last thing at night; then it is just fit to set working the first thing in the morning. Two large table-spoonfuls of yeast, stir to it a tea-cupful of the liquor; let it stand a few minutes in a warmish place, then pour it to the rest; stir it well, and cover up for eight hours. Be particular as to time. If done earlier the bottles are apt to fly—if later, the beer soon becomes vapid. Skim, strain, bottle, cork, and tie down. The cork should not touch the beer. It will be fit for use next day. Lemon-rind and juice may be added, but are not necessary.

734. Ginger beer.—The proportions of this may vary. Loaf sugar is preferable to moist; some say a pound to a gallon, others a pound and a half; some allow but half an ounce of ginger (sliced or bruised) to a gallon, others an ounce; a lemon to a gallon is the usual proportion, to which some add quarter of an ounce or half an ounce of cream of tartar: the white of an egg to each gallon is useful for clarifying, but not absolutely necessary. Some people put a quarter of a pint of brandy to four gallons of beer by way of keeping it: half an ounce of hops boiled in it would answer the same purpose. Boil the sugar, water, and whites of eggs well beaten; skim carefully. Then add the ginger, and shaved rind of lemons;

let it boil half an hour: clear the lemons of the white pith and put them in the wine. When cool, stir in the yeast (two table-spoonfuls to a gallon), put it in the barrel without straining, and bung close. In a fortnight draw off and bottle. It will be ready for use in another fortnight, and will keep longer than ginger pop. If cream of tartar is used, pour the boiling liquor over it, but do not boil it.

736. Wines.—There are two methods of making wine, one by mixing the juice (or fruit) with sugar and water unboiled, and leaving them to ferment spontaneously; the other is to boil the ingredients and ferment them with yeast in the same manner as beer. The former method is generally adopted for the more acid fruits, currants, &c., but we believe it in every case preferable to boil the sugar and ferment with yeast, varying according to circumstances the time of adding the juice. We shall however give a few examples of each.

N. B. In all cases be particular to have prime fruit gathered in dry weather, and carefully cleared from all stalks and injured fruit. Observe also that raisins, and lees of wine are valuable for the purpose, either of making vinegar or of distillation; they will yield a spirit equal to brandy for the purpose of keeping wines, or infusing spices or other drugs for tinctures.

737. Currant or gooseberry wine without boiling.—Suppose the cask to be filled is a kilderkin, to make it rich you should have fifty quarts of fruit, bruise it, and add to it half that quantity of water. Stir it well together and let it stand twelve hours, then strain it, through a coarse canvas bag or hair sieve, to fifty-six pounds of good Lisbon sugar, and stir it well. Put the pulp of the fruit into a gallon more water; stir it about and let it stand twelve hours. Then strain to the above, again stirring it: cover the tub with a sack. In a day or two the wine will begin to ferment. When the whole surface is covered with a thick yeasty froth begin to skim it on to a sieve. What runs through may be returned to the wine. Do this from time to time for several days till no

more yeast forms. Then put it into the cask. This will renew the fermentation: clear away the yeast as it rises and fill up with wine, for which purpose a small quantity should be reserved. If brandy is to be added it must be when the fermention has nearly subsided, that is, when no more yeast is thrown up at the bunghole, and when the hissing noise within is not very perceptible: then mix a quart of brandy with a pound of honey; pour into the cask, and paste stiff brown paper over the bunghole.

N.B. We repeat the caution given with respect to beer—allow no hole for a vent peg, lest it should once be forgotten and the whole cask of wine spoiled. If the wine wants vent it will be sure to burst the paper; if not, the paper will sufficiently exclude all air. Once a week or so, it must be looked to; if the paper is burst renew it, and continue to do so till it remains clear and dry. A great difference of opinion prevails as to racking the wine, or suffering it to remain on the lees. Those who adopt the former plan do it at the end of six months, draw off the wine perfectly clear, and put it into a fresh cask, in which it is to remain six months, and then be bottled. If this plan is adopted, it may be better instead of putting the brandy and honey in the first cask, to put it in that in which the wine is to be racked; but on the whole it is, perhaps, preferable to leave the wine a year in the first cask, and then bottle it at once. Have very nice clear and dry bottles; do not fill them too high. Good soft corks made supple by soaking in a little of the wine; press them in but do not knock. Keep the bottles lying in saw dust.

N.B. This plan will apply equally well to raspberries, cherries, mulberries, and all kinds of ripe summer fruits.

738. Orange or lemon wine without boiling.—For an eighteen gallon cask half a chest of Seville oranges; they are most juicy in March. Shave the rinds of a dozen or two (more or less according as the bitter flavour is desired, or otherwise). Pour over this a quart

or two of boiling water; cover up and let it stand twelve hours, then strain to the rest. Put into the cask fifty-six pounds of good Lisbon sugar. Clear off all the peel and white pith from the oranges, and squeeze through a hair-sieve. Put the juice into the cask to the sugar. Wash the sieve and pulp with cold water, and let the pulp soak in the water twenty-four hours. Strain and add to the last, continually stirring it; add more water to the pulp, let it soak, then strain and add. Continue to do so till the cask is full, often stirring it with a stick until all the sugar is dissolved. Then leave it to ferment. The fermentation will not be nearly so great as that of currant wine, but the hissing noise will be heard for some weeks; when this subsides, add honey and brandy as in 737, and paste over with brown paper. This wine should remain in the cask a year before bottling.

739. Grape wine.—The larger the proportion of juice and the less of water, the nearer it will approach to the strength and richness of foreign wine. There ought not to be less than one-third of pure juice. Squeeze the grapes in a hair-sieve bruising them with the hand rather than any heavier press, as it is better not to crush the stones. Soak the pulp in water until a sufficient quantity is obtained to fill up the cask. As loaf sugar is to be used for this wine, and it is not easily dissolved in cold liquid, the best plan is to pour over the sugar (three pounds in every gallon required) as much boiling water as will dissolve it and stir till it is dissolved. When cold put it in the cask with the juice, fill up from water in which the pulp has been steeped. To each gallon of wine put half an ounce of bitter almonds not blanched but cut small. The fermentation will not be very great. When it subsides, proceed with brandy and papering as above.

740. Raisin wine without sugar.—To every gallon of soft water eight pounds of fresh Smyrna or Malaga raisins: let them steep a month, stirring every day; then drain the liquor and put it into the cask, filling up as it works over: this it will do for two months. When the hissing has in a great measure subsided, add brandy and

honey, and paper as the former articles. This wine should remain three years untouched; it may then be drank from the cask, or bottled, and will be found excellent.

N.B. Raisin wine is sometimes made in large quantities by merely putting the raisins in the cask, and filling it up with water: the proportion as above: carefully pick out all stalks. In six months rack the wine into fresh casks, and put to each the proportion of brandy and honey.

741. In cider countries and plentiful apple years, a most excellent raisin wine is made by employing cider instead of water, and steeping in it the raisins. Proceed, in every respect, as in the last article.

742. Raisin wine with sugar.—To every gallon of soft water four pounds of fresh raisins; put them in a large tub; stir frequently, and keep it covered with a sack or blanket. In about a fortnight the fermentation will begin to subside: this may be known by the raisins remaining still. Then press the fruit and strain the liquor. Have ready a wine-cask perfectly dry and warm, allowing for each gallon one pound or one pound and a half of Lisbon sugar; put this into the cask with the strained liquor: when half full, stir well the sugar and liquor, and put in half a pint of thick yeast; then fill up with the liquor, and continue to do so while the fermentation lasts, which will be a month or more. Proceed with brandy, &c. as in the foregoing articles.

743. Raisin wine, in imitation of Frontignac.—For every gallon of wine required, allow two pounds of raisins; boil them one hour in water; strain the boiling liquor on loaf sugar, two pounds for every gallon; stir it well together: when cool, put it in the cask with a moderate quantity of yeast (as last article). When the fermentation subsides, suspend in the cask a muslin bag containing elder flowers, in the proportion of a quart to three gallons of wine. When perfectly clear, draw off the wine into bottles.

744. Cider and perry, or the fermented juice of apples or pears.—Let the fruit become perfectly ripe; gather it

carefully; clear from stalks, and let them lie awhile in heaps till they become mellow: apples may be left three or four weeks, pears not so long. The fruit is generally bruised in a press or mill, laid between hair-cloths, from whence the liquor runs into a vat, and from thence is to be removed into casks, which must stand in the open air, or in a very cool place, and with the bung-holes open. The pulp is then to be mashed in hot water. Some people add a fourth part of this to three-fourths of the pure juice; but the prime cider and perry makers confine themselves to the juice, and put the rinsing in separate casks, and call it perkin. It makes pleasant drinking for present use, but will not keep long.

The fermentation of cider or perry is to be promoted by a pint of new yeast mixed with a little honey and flour warmed, and the whites of three or four eggs: put this in a bag of thin muslin, drop it in at the bung-hole, and keep it suspended by a string, but do not suffer it to reach the bottom of the vessel. If it works kindly, in five or six days the liquor will have cleared itself, and may be drawn off from the lees into smaller casks or bottles.

Those who mix the perkin with the cider, find it necessary to supply strength by the addition of brandy, a gallon of French brandy, in which has been dissolved three pounds of sugar candy to a hogshead of cider; but if only the pure juice is employed, this addition is unnecessary. If brandy is added, the cask must be immediately stopped close, and so remain for five or six months. Bottled cider must not reach the cork within an inch, lest it should burst the bottles. It will be necessary to watch closely both casks and bottles, that if any hissing of the air should be perceived, the corks or bungs may be immediately removed, and, in a day or two, replaced. In winter, these liquors require to be kept warm, that is, free from drafts of air and frost. In summer they should be kept cool, lest the vessels should burst.

745. Metheglin, or mead, or honey wine.—Boil honey in water for an hour: the proportion is from three to

four pounds to each gallon: half an ounce of hops will both refine and preserve it, but are not commonly added: skim carefully, draining the skimmings through a hair-sieve, and return what runs through. When of a proper coolness, stir in yeast: a tea-cupful of solid yeast will serve for nine gallons. Tun it, and let it work over, filling it up till the fermentation subsides. Paste over brown paper, and watch it (see No. 737). Rich mead will keep seven years, and afford a brisk, nourishing, and pleasant drink. Some people like to add the thinly shaved rind of a lemon to each gallon while boiling, and put the fruit, free from pith, into the tub. Others flavour it with spices and sweet herbs, and mix it with new beer or sweet wort: it is then called Welsh Braggart.

746. English sherry or malt wine.—For an eighteen gallon cask allow fifty-six pounds of good moist sugar, and sixteen gallons of water; boil them together two hours, carefully skimming. When the scum is all removed, and the liquor looks clear, add a quarter of a pound of hops, which should boil a quarter of an hour or twenty minutes. When the liquor is quite cool, add to it five gallons of strong beer in the height of working: cover up, and let it work forty-eight hours; then skim and tun. If none remains for filling up, use new beer for that purpose.* In a fortnight or three weeks, when the head begins to sink, add raisins (free from stalks) ten pounds, sugar candy and bitter almonds of each half a pound, and a pint of the best brandy: brown paper as in former articles. It may be bottled in one year; but if left three years in the wood, and then bottled, it will be found equal in strength and flavour to foreign wine.

747. Ginger wine.—To make eighteen gallons of wine —twenty gallons of water, fifty pounds of loaf sugar, two and a half pounds of bruiscd ginger, hops a quarter of a pound, the shaved rinds of eighteen lemons or Seville oranges; let these boil together for two hours, carefully skimming. Pour it, without straining, on to seven pounds

* This method may be adopted with all boiled wines, and will be found to improve their strength, and promote their keeping.

of raisins: when cool, put in the juice of the lemons or oranges; rinse the pulp in a pint or two of the wine, and strain it to the rest. Ferment it with yeast; mix a quarter of a pint of solid yeast with a pint or two of the wine, and with that work the rest; next day tun it, raisins, hops, ginger, and all together, and fill it up for a fortnight either with wine or with good new beer; then dissolve three ounces of isinglass in a little of the wine, and return it to the rest to fine it: a few days afterwards bung it close. This wine will be in full perfection in six months. It may be bottled, but is apt to fly; and if made exactly by the above directions, and drawn from the cask, it will sparkle like champaign.

748. Orange or lemon wine boiled.—(For quantity of fruit see No. 738). To make eighteen gallons, twenty gallons of water, fifty-six pounds loaf sugar, the whites and shells of a dozen eggs, a quarter of a pound of hops: boil together the sugar, water, and eggs; when it has boiled an hour, and become quite clear, add the hops and the thinly shaved rinds of two or three dozens of the fruit—more or less, according as the bitter flavour is desired. Let it boil, in all, two hours: meanwhile remove all the peel and white pith of the fruit, and squeeze the juice. Pour a gallon or two of the hot liquor on the pulp; stir it well about, and, when cool, strain to the rest, and add the juice. (N.B. Some people strain off the hops, rind, and eggs; others prefer their remaining: it is by no means important which mode is adopted). Work it with yeast, as the foregoing article, and refine with isinglass dissolved in a quart of brandy. This wine should be one year in wood, and one in bottles, when it will be found excellent.

749. Parsnip wine.—To make a kilderkin.—Set on double the quantity of water, and for every gallon of water allow four pounds of parsnips cleaned and sliced. When the water boils, put in the parsnips, and boil till they are perfectly tender; drain through a sieve or colander without pressing; immediately return it to the copper with fifty-six pounds of loaf sugar: it will soon boil,

being already hot, and what drips from the sieve may be added afterwards; six ounces of hops, and boil it two hours. Ferment with yeast; let it stand four days to work in a warm place; then tun and paste paper over. It is most likely it will work up and burst the paper, which must be renewed. It may be cleared with isinglass, but will not require any brandy.

750. Cowslip or clary wine.—The best method of making these wines is to put in the pips dry when the fermentation of the wine has subsided. This method is preferred for two reasons, first, it may be performed at any time of the year when lemons are cheapest, and when other wine is making; secondly, all waste of the pips is avoided; being light they are sure to work over if put in the cask while the wine is in a state of fermentation. For a kilderkin, boil fifty-six pounds of good moist sugar with twenty gallons of water, and a quarter of a pound of hops; shave thin the rinds of three dozen lemons or Seville oranges, or part of each; they may be put in the boil the last quarter of an hour, or the boiling liquor poured over them; squeeze the juice to be added when cool, and rinse the pulp in the hot liquor. Work with yeast, as in the foregoing articles. In two days tun the liquor, and keep it filled up either with wine or new beer, as long as it works over; then paste brown paper, and leave it for four, six, or eight months. The quantity of flowers is one quart to each gallon of wine. Let them be gathered on a fine dry day, and carefully picked from every bit of stalk and green. Spread them thinly on trays, sheets, or papers, and turn them often. When thoroughly dry put them in paper bags, until the wine is ready to receive them. Put them in at the bung-hole; stir them down two or three times a day, till all the cowslips have sunk; at the same time add isinglass, as No. 747. Then paste over again with paper. In six months the wine will be fit to bottle; but will be improved by keeping longer in the cask: the pips shrink into a very small compass in drying; the quantity allowed is of fresh gathered flowers. Observe also,

that wine well boiled, and refined with hops and isinglass, is just as good used from the cask, as if bottled, which is a great saving of time and hazard: all British wines improve more in the cask than in the bottle, and wine made on the above principles, has been often praised by connoisseurs, and supposed to have been bottled at least a year, which, in fact, had not been bottled half a day. Cowslip wine is much esteemed for making whey; it is less heating than some other wines, and the flowers have rather a composing tendency.

751. Elder wine.—The quantity of fruit required is one gallon of ripe elder berries, and one quart of damsons or sloes for every two gallons of wine to be produced; boil them in water till the damsons burst, frequently breaking them with a flat stick; then strain and return the liquor to the copper. The quantity of liquor required for eighteen gallons of wine, will be twenty gallons: whatever, therefore, the first liquor proves short of this, add water to the pulp; rub it about and strain to the rest: boil two hours with fifty-six pounds of coarse moist sugar; a pound and a half of ginger bruised, a pound of allspice, and two ounces of cinnamon, loosely tied in a muslin bag, four or six ounces of hops. When quite cool work on the foregoing plan, tun in two days, drop in the spice, and suspend the bag by a string not long enough to let it touch the bottom of the cask: fill it up for a fortnight, then paste over stiff brown paper: it will be fit to tap in two months; will keep for years, but does not improve by age like many other wines; it is never better than in the first year of its age.

752. Damson or black cherry wine—may be made in the same manner, excepting the additions of spice, and that the sugar should be finer. If kept in an open vessel four days, these wines will ferment of themselves; but it is better to forward the process by the use of a little yeast as in former recipes: they will be fit for use in about eight months. As there is a flatness belonging to both these wines if bottled, a tea-spoonful of rice, a

lump or two of sugar, or four or five raisins, will tend to enliven it.

753. Birch wine.—The liquor of the birch tree is to be obtained in the month of March, when the sap begins to ascend. One foot from the ground bore a hole in each tree, large enough to admit a faucet, and set a vessel under; the liquor will run for two or three days without injuring the tree. Having obtained a sufficient quantity, stop the holes with pegs. To each gallon of liquor add a quart of honey, or two and a half pounds of sugar; boil together an hour, stirring it well; a few cloves may be added for flavour, or the rind of a lemon or two; and by all means two ounces of hops to nine gallons of wine. Work it with yeast; tun and proceed as in former recipes: refine with isinglass. Two months after making it may be drawn off and bottled, and in two months more, will be fit for use, but will improve by keeping.

754. Essence of ginger.—Best white Jamaica ginger twelve ounces, slice, not bruise; put it in a bottle with a quart of spirits of wine; keep it in a rather warm place, shaking it every day for three weeks; then pour it off. A like quantity of brandy or proof spirits may remain on the ginger. A tea-spoonful of this essence in a little water, is useful to persons troubled with spasms or flatulency.

755. Cherry brandy.—For this purpose use either morello cherries or small black cherries; pick them from the stalks; fill the bottles nearly up to the necks, then fill up with brandy; (some people use whiskey, gin, or spirit distilled from the lees of wine). In three weeks or a month strain off the spirit; to each quart add one pound of loaf sugar clarified, p. 303, and flavour with tincture of cinnamon or cloves, No. 10.

756. Raspberry brandy.—Scald the fruit in a stone jar, set in a kettle of water or on a hot hearth. When the juice will run freely, strain it without pressing: to every quart of juice allow one pound of loaf sugar; boil it up and skim; when quite clear pour out; and when

cold add an equal quantity of brandy. Shake them well together and bottle.

757. Ratafia.—The best is made of the kernels of apricots and peaches with white sugar-candy; but a pretty good imitation may be made of bitter almonds, blanched and beaten with the addition of nutmeg and sugar. For the first, blanch two ounces each, of apricot and peach kernels; bruise them and steep in a quart of brandy for a month: then strain the spirit, and add to it half a pound of white sugar-candy; or the sugar-candy may be added with the kernels, and the brandy suffered to remain on it: in that case, when all the ratafia is used, half a pint or a pint of sherry may be added to the kernels, which will be very good for pudding sauce. For the second, blanch and bruise four ounces of bitter almonds, grate to them two large nutmegs, and infuse in a quart of brandy or proof spirit for a month.

758. Red ratafia.—Six pounds of black heart cherries, one of small black cherries, and two each of raspberries and strawberries. Put the fruit in a stone jar, cover close, and set in a kettle of water or on a hot hearth. Drain the juice; add to every quart half a pound of best loaf sugar clarified, a quart of the best brandy, and the flavour of cinnamon or cloves, No. 10.

759. Noyeau.—A quarter of a pound of kernels or bitter almonds blanched and bruised, and the rind of a lemon shaved thin; steep in a quart of any kind of spirit. It should be in a stone bottle, and standing near the fire four or five days: then add one pound of loaf sugar clarified: let it stand four or five days more, frequently shaking: filter through blotting paper; a little sherry added, as 756, will make good pudding sauce.

760. Curacoa.—In a quart of rectified spirit infuse five ounces of shaved Seville orange-peel dried and bruised; or the peel of a fresh shaddock; or five drachms of the sweet oil of orange-peel. If the last, it may be made immediately. If the former, will require a fortnight to steep, and must then be strained. In either case add two pounds of clarified sugar. Shake

together and leave till the following day. Then strain through blotting paper or wool till perfectly clear and bright—a spoonful of this in a tumbler of cold water makes a pleasant summer drink.

761. Capillaire.—To a pint of clarified syrup add a wine glassful of the above.

762. Sherbet.—In a quart of water boil six or eight sticks of rhubarb ten minutes; strain the boiling liquor on the thin shaved rind of a lemon. Two ounces of clarified sugar, with a wine glassful of brandy, stir to the above and let it stand five or six hours before using.

763. Lemonade.—For a quart of water six lemons, and two ounces of loaf sugar. Shave half the lemons, or rub the sugar over them. Squeeze the juice of the lemons to the sugar and pour the water boiling hot. Well mix the whole and run it through a jelly bag previously wrong out of scalding water. Lemonade may be obtained when the fruit is not in season by using the syrup of lemons; (simmer each pint of juice with three quarters of a pound of loaf sugar; strain and bottle :) or the citric acid—two drachms of citric acid ; twenty drops of essence of lemon ; a pint of clarified syrup or capillaire. This may be reduced at pleasure with boiling water.

764. Raspberry vinegar—may be made either by boiling down the juice with an equal weight of sugar, the same as for jelly, and then mixing it with an equal quantity of distilled vinegar, to be bottled with a glass of brandy in each bottle; or,

In a china bowl or stone jar (free from metallic glaze) steep a quart of fresh gathered raspberries in two quarts of the best white wine vinegar. Next day strain the liquor on an equal quantity of fresh fruit, and the next day do the same. After the third steeping of fruit, dip a jelly bag in plain vinegar to prevent waste, and strain the flavoured vinegar through it into a stone jar. Allow to each pint of vinegar a pound of loaf sugar powdered. Stir in the sugar with a silver spoon, and, when dissolved, cover up the jar and set it in a kettle of water. Keep it at boiling heat one hour ; remove the scum. When cold,

add to each pint a glass of brandy, and bottle it. This is a pleasant and useful drink in hot weather or in sickness : one pint of the vinegar to eight of cold water.

765. Vinegar.—Excellent vinegar may be made of the lees of wine: all kinds may be used, but those of a very dark colour, such as elder and damson, would render it unfit for the table. Keep adding the lees of every sort of wine in a cask or jar until sufficient is obtained; then boil the whole quickly for half an hour, skimming it well. Have the cask perfectly clean and dry; retain the vinegar, and add for every gallon one pint of the best white wine vinegar and a handful of chervil. Stop the cask and it will be fit for use in a month.

Vinegar may be made of the refuse of raisin wine, or, indeed, any fruit wine. Stir up the pulp of fruit with half its weight of coarse sugar, or fresh raisins. When it begins to ferment put a gallon of spring water boiling for every two pounds, stir it well and let it steep two days, stirring frequently. Then strain. When cool work with yeast. Let it work a week or ten days, then put it into a barrel with a pint of vinegar and two ounces of coarse loaf sugar for every gallon: do not bung the cask but keep a tile over it. Set it in a warm place. In summer on or under the slates, or under a skylight, in a sunny aspect; in winter near the fire. At three months end bung it close.

Treacle vinegar may be made in the same manner, two pounds of treacle to a gallon of boiling water; ferment with yeast; tun as above. When the fermentation is over add two ounces of raisins and one pint of vinegar. Keep open three months and then bung closely.

766. Punch—may be made by adding to a quart of No. 763, half a pint of rum, and quarter of a pint of brandy, with or without the addition of a tea-cupful of porter.

The more regular way of making punch, is to rub off the yellow rind of lemons with loaf sugar; then squeeze the lemon juice to the sugar and thoroughly mix it.

Then add a tea cup of soft water boiling and stir till it is cold: then Madeira or Sherry, rum and brandy, in equal parts, or in any other proportion that may be preferred; and when well mixed, as much more boiling water as will bring it to the strength required; or, all the water may be added, when the lemon juice and sugar are well mixed with the small quantity of water, and then the liquor added. The proportions are something like the following:—one fourth wine, one fourth spirits, two fourths water. To each quart two ounces of loaf sugar and half a large lemon. Gin punch is made with that liquor instead of brandy and rum.

767. Mock Arrack.—In a quart of best rum dissolve two scruples of flowers of benjamin.

768. Usquebaugh.—Steep in two quarts of brandy of whisky one pound of raisins stoned, half an ounce of nutmeg, quarter of an ounce each of cloves and cardamoms, the rind of a Seville orange rubbed off with loaf sugar, half a pound brown sugar-candy, two drachms of tincture of saffron, bruise the spice; infuse for a fortnight or three weeks, shaking daily. Then filter for use. If a red colour is desired, or the flavour preferred, use half an ounce of syrup of clove gilliflowers instead of the tincture of saffron.

769. Eau de vie.—Shave the rinds of seven or eight large oranges or lemons, or part of each. Squeeze the juice into a silver vessel, and well mix with it half a pound of fine loaf sugar. Set it over the fire. When throughly mixed and perfectly clear, dilute it with half a pint of spring water, and when that is well mixed add a quarter of a pint of milk warm from the cow; mix well together; and put the whole, with the rind of the fruit, in a stone or large glass bottle, with a quart of old rum or French brandy. Cork close, and shake daily for ten days. Then filter through paper, and bottle for use.

770. Orgeat.—Jordan almonds one pound; bitter almonds one ounce. Blanch and pound fine in a marble mortar with a spoonful or two of orange flower water. Then mix with one pint each of rose water and spring

water; rub through a tamis cloth or lawn sieve till the almonds are quite dry. Have ready three pints of clarified syrup boiled to the second degree; mix with the liquor from the almonds. When they boil, put in the almonds and let them boil one minute; when cold put in small bottles and cork closely. Shake the bottle before using. A table spoonful in a tumbler of water will make a pleasant drink.

If wanted for immediate use, nothing more is necessary than to pound the almonds as above, and mix them with a quart each of water and milk, a quart of clarified syrup or capillaire, and rub through a tamis or fine sieve.

771. Mulled wine or bishop.—In a quarter of a pint of water, boil a quarter of an ounce of spice; cinnamon, mace, cloves, and nutmeg and allspice. (The spice will serve to boil several times.)—Strain the liquor, and add to it two ounces of loaf sugar; simmer a minute or two and skim; then add a pint of port wine, and make it thoroughly hot, but not boiling. Serve with rusks or toast.

772. Buttered toddy—a table spoonful each of honey and lemon juice well mixed together, a grate of nutmeg, a wine glassful of rum, quarter of an ounce of fresh butter. Dilute with boiling water.

773. Cool tankard.—To a quart of good sound home-brewed ale, a glass each of white wine, brandy, and capillaire, the juice of a lemon; the rind shaved thin; a bit of bread toasted very hard and dry. A sprig or two of burrage or balm, and a little nutmeg grated at top. This is sometimes made with cyder instead of beer.

774. Sops and ale—is much the same thing as the foregoing, only the bowl is filled with slices of toasted bread for eating. First, put at the bottom of the bowl half a pint of very strong yet mild home-brewed beer, a glass of best brandy, a spoonful of fine moist sugar, and a few drops of tincture of cloves (No. 10). Toast a round of bread very thoroughly and evenly. Spread it with fine moist sugar; grate nutmeg over, and lay it hot on the beer. Pour in gently, and, close to the edge of

the bowl, a little more beer—enough to moisten the toast; but avoid breaking it. Toast another round; spread in like manner, and again add beer and so go on till the bowl is full.

775. Hot pot.—Half a pint of good sound beer warmed with a bit of lemon rind, a table-spoonful of brandy, a tea-spoonful of moist sugar, a little grated nutmeg and ginger.

776. Egg flip.—The spice for this purpose is composed of nutmeg, ginger, and lemon rind, dried and grated. Those who often make it, keep the above ready prepared in a stopper bottle, and use a tea-spoonful to a quart. For those who do not keep it, the purpose is answered just as well by rubbing off the yellow rind of a lemon with a lump of sugar, and grating as much each of ginger and nutmeg as will lie on a shilling.

Set on the fire a quart of good home-brewed ale: have two spouted jugs at hand: in one of them beat up three or four eggs with a quarter of a pound of moist sugar, flavouring as above, and two glasses of old rum or brandy. When the ale is on the point of boiling, but before it actually boils, pour it into the other jug, and so pour them backwards and forwards till the mixture is as smooth as cream.

In closing this chapter, a protest must be entered against the very mistaken and often fatal idea, of taking hot mixtures to prevent or remove the effects of cold, or disorders of the bowels. Spirits and spices are always heating and hazardous to the sick, and both unnecessary and seductive to the healthy. Persons who will have such things, expect their cook or butler to know how to prepare them, or, at least, to find the necessary information in a cookery book. The recipes are furnished accordingly, but with a sincere desire that they may be very little in requisition for practical purposes.

## CHAPTER XV.

### *Butter, Cheese, and Poultry.*

777. Cows.—Many families keep cows for the sake of having at all times plenty of milk, cream, and butter for home consumption. It is unnecessary here to enter into details about the choice or management of cows. Those who wish for information on the subjects of choosing, rearing, and managing cattle, pigs, and poultry, will do well to procure an interesting work intituled, "Mowbray's Treatise on Poultry, Pigs, &c."

Every country gentlemen should possess this work for his own information and that of his servants employed on these matters of rural economy. Those who have not met with it, unless they spurn the recommendation of a cookery book, will find reason to thank the author for introducing it to their notice.

When cheese is to be made it is important that all the cows should yield an abundant supply at the same time, and for that purpose that they should calve in spring. But when the object is to secure a regular supply of the family all the year round, a cow or two should calve late in the summer or beginning of autumn.

If the cows are feeding on turnips, a morsel of saltpetre in the milk-pail will prevent any taste in the milk or butter.

The dairy maid, like the cook, should be a pattern of cleanliness and neatness: the dairy, with all its shelves, walls, pails, churns, &c. must be kept delicately clean.

Square tins are the best vessels for keeping the milk. They must be scalded as soon as empty and thoroughly dried.

A tin pail for milking is lighter than a wooden one, and therefore preferable. The cows must be milked regularly and thoroughly. If milked at irregular times, at first the cow is made uneasy, and in a little time the milk decreases. Five o'clock, morning and evening, is a good time. Drain the udder to the very last drop: all the cream is in the last of the milking: besides, if not milked close, the cow will soon give less milk.

For straining the milk, hair-sieves have generally been used, but a tin strainer with very small holes will be found to answer better. Hair-sieves are expensive, and soon wear out, and a hair often escapes into the cream or butter, which is exceedingly unpleasant. If tin is employed the holes must be as small as the eye of the finest needle, and very numerous.

778. Milk and cream.—As soon as the milk is brought in it should be strained into the vessels in which it is to stand for cream. Great waste is occasioned if it be left in the pail only a few minutes. It should not be disturbed after it is once set. If, therefore, the cook is likely to want new milk, she should inform the dairy-maid of it, that the quantity required may be kept out.

In summer the cream must be skimmed and the milk disposed of within twelve hours from milking. In winter it may stand twenty-four hours. In some families it is a practice to churn daily; the object, therefore, is to get as much cream and as quickly as possible. This may be promoted by straining the milk into a tin which is quite hot, having been filled with boiling water, and cover it with another heated in like manner. The milk will be proportionably impoverished but this is generally given away or used for the food of animals.

To keep cream sweet.—Put it in a basin, and stand that in a kettle with cold water, or in a double saucepan; let the water boil round the cream. It will then keep twenty-four hours in the hottest weather: by the addition of a little loaf sugar it will keep several days, and by the following method it may be kept for weeks. For a pint of cream take a pound of loaf sugar, dissolve it in the

smallest quantity possible of warm water, and boil it in a stone pipkin or double saucepan. When quite hot stir the cream to it, and continue stirring till just on the boil. Let it cool gradually. If in a double saucepan it had better remain in, and the water cool round it. When quite cold, bottle, cork closely, and keep it in a cool place.

779. Churning.—If churning is not performed daily, the cream must be shifted into a clean vessel—in winter daily, in summer twice a day—and frequently stirred with a wooden spatula. Cream for churning should be strained through a sieve or linen cloth. In hot weather the churn should be previously filled with cold water, and the churning performed in the cool of the morning. In very cold weather an upright churn may be brought near the fire; or a barrel churn a little warmed with hot water.

When once churning has begun, the motion must not cease until the work is accomplished. If very slow in coming it may be forwarded by a spoonful or two of vinegar mixed with a tea-cupful of warm milk. When the butter begins to come, a different motion and noise will be preceptible; instead of working in thick cream, a solid substance will be found splashing about in thin milk. The churning must be continued a few minutes longer that the butter may be thoroughly separated from the butter-milk.

When this is done, strain off the butter-milk, and put the butter into cold water. Afterwards place the butter on a chopping board, break it into little pieces, and beat it with a wooden spatula, till the butter-milk is thoroughly pressed out. If any be suffered to remain, the butter soon spoils: a little salt is now to be added. It should be dry and rolled. It is not easy to specify the exact quantity; some people like scarcely any, and others like to taste the salt. Practice will soon bring the attentive dairy maid into the taste of her employers. The butter is now to be weighed, and made up either in pats or rolls; lay them separately on a cloth wrung out of cold water.

780. To pot butter.—A *cool hand* is essential: pack it close so as to exclude all air. Let the vessel be filled at one time. The less the butter is worked about after the milk is quite worked out of it the better.

Dutch butter is usually washed with brine instead of water, and little or no salt is added in making up.

After the milk and brine are well washed out of the butter, let the following mixture be thoroughly incorporated with it, in the proportion of three quarters of an ounce to one pound of butter. The butter should then be put into the vessel, closely filling every part and pouring off or soaking up with a cloth any liquid that may be forced out. Salt or brine should then be put at top and the vessel securely covered and set in a cool place for the winter; saltpetre one ounce, common salt one ounce, loaf sugar one ounce; to be well mixed and dried in an oven, then pounded together and sifted.

781. To make cheese.—Cheese is the curd of milk or cream obtained by the use of rennet (see p. 230) pressed into hard masses and salted. Its richness will depend on its being made entirely of new milk, or of part or all milk that has been skimmed. It should be as warm as new milk. Having put in a sufficient quantity of rennet cover it up till it is thoroughly turned: then gently gather the curd to the sides of the tub letting the whey pass off through the fingers. The vat or mould in which the cheese is to be made, has holes, in the bottom and sides, to let off the whey. A straining cloth is spread inside large enough to lay over the top of the cheese. The curd is to be gathered up with the hand and squeezed as closely as possible; then break it in small pieces and mingle the salt with it. The quantity of salt varies according to the sort of cheese required. In general it is a worse error to put too much than too little: the most expert dairy women judge by the taste of the curd. Continue still adding curd, breaking it in pieces, salting and pressing it down with the hand till it rises two inches above the top of the vat; then lay over the sraining cloth and put it in the press with a board above and

below. In two hours, turn it out and put it in a fresh cloth. Press it again for eight or nine hours. Then salt it all over. Turn it again in the vat, and again stand it in the press fourteen or sixteen hours, taking care that the last made cheeses should be placed under the others.

The great excellency of Cheshire cheese is said to consist in three particulars:

(1.) The dairies are so extensive, that one morning's milk affords enough curd for a large cheese; and the rennet being put to it as soon as milked, a smaller quantity is sufficient than when artificially warmed; hence the cheeses are more soft and mellow.

(2.) The size of the cheeses are also favourable to their richness; they are often upwards of one hundred weight, and very thick.

(3.) They are generally kept to be old by which the flavour is greatly improved.

782. Stilton cheese is the most admired of any made in England. Its peculiarity consists in the addition of one meal of cream to one of new milk. The curd is not to be broken but taken out as whole as possible and laid on a sieve to drain. Gently and gradually press it till it acquires a consistency, then place it in a wooden hoop and keep it dry on boards with a cloth tightly bound round it. This is to be changed daily, and the cheese turned several times in a day. The cloths to be continued till the cheese stands without any foreign support. These cheeses are packed in boxes or baskets made exactly to hold them, and should be turned upside down every other day. For two or three months the outside must be daily brushed, and in close damp weather twice a day.

783. Sage, or marigold cheese.—These cheeses are made by the addition of the expressed juice of the herbs to the milk before turning. For sage cheese, bruise in a mortar the young tops of red sage and spinach, and squeeze the juice with the rennet into the milk, till it has acquired the colour and flavour desired. In like manner the juice of fresh gathered marigold flowers.

Where a fancifully variegated green cheese is desired, the juice is added to only half or one-third of the milk intended to be used, and the greened and plain milked are turned separately, and the curd mixed in the vat according to fancy.

784. Cream cheese.—If five or six cows are to be milked, take the last quart of each cow's milking; or, if you have but two cows, take the last two or three quarts of their milking, and enrich it with the cream from last night's meal; stir to it in its native warmth two spoonfuls of rennet. When the curd is come, strike it with the skimming dish to break it a little; in two hours spread a cheese-cloth on a sieve, lay the curd upon it, breaking it a little with the hand; then put it in a vat with a two pound weight upon it. In twelve hours take it out and bind a fillet round. Turn it daily on a clean board with fresh nettles or dock leaves till quite dry. If the weather be warm it will be ready in three weeks. Its maturity may be hastened by laying it between two pewter plates.

785. Rush cream cheese.—The curd may be prepared as the last article or even richer; of equal parts of cream and new milk, or two-thirds cream and one-third new milk. Instead of being pressed in a cloth within the vat, a vat is to be made of rushes or wheat straw sewed together in the form of a brick without top or bottom; then two squares must be made of the same texture, one to rest the vat on, the other to cover it. Press a half pound weight on it; next day turn it out, and change it from day to day as the foregoing article; rushes may be laid between it and the boards, but they must be fresh each time of turning.

786. Whey-butter.—Where new milk-cheese is made daily, the whey may be set one day and night, when a cream will rise which may be skimmed and churned, and for common purposes, and present use, answers very well.

*Pigs and Poultry.*

787. It is not intended to go into details on these subjects, but merely to offer a few casual remarks. All spare milk is very valuable food for pigs, and the curd of skim milk made fresh daily is excellent for all young poultry. Cleanliness, and plenty without waste, comprehends the substance of rules for keeping animals. Let the habitations of all animals be kept clean and dry; and supplied with straw:—their food given them fresh and fresh; no more at once than they can eat at a meal; the vessels in which their food is given them cleaned daily. Plenty of fresh water supplied to all animals except rabbits. They do not require drink, and must not have too large a proportion of green food.

Food for a sow with young pigs.—Pot-liquor and milk thickened with pollard or barley-meal, besides one dry meal daily of a pint of peas or beans; fresh grains with a little corn of any kind, with half a peck of carrots, potatoes, or Swedish turnips boiled. When fattening, feed them three times a day with skim-milk or fat-pot liquor, made very thick with the flour of barley, oats, or pease.

788. Rabbits — for dry food — oats, pease, wheat, pollard, buck wheat, and sweet hay; with carrots, parsnips, celery, clover, furze, tares, parsley, sow thistle, cabbage leaves, fresh brewer's grains drained dry, and mixed with barley-meal. Feed them twice or three times a day. A doe may have six litters a year. When she begins to pull her own fur, give her plenty of dry hay to make her nest, and watch her that she is well fed. Remove the young rabbits when six weeks old.

789. Fowls will eat any sort of corn, and the nicest fowls are those that pick up their living at a barn door. Rice boiled in skim-milk is very fattening. When a hen's nest is found, one egg should be left or she will not come to it again: the eggs should be gathered daily, leaving one in each nest. When a hen seems inclined to sit, lay plenty of soft short straw, and supply her with fresh eggs from nine to fifteen, according to her size.

She sits twenty-one days. During that time set plenty of food and fresh water by her, that she may not be tempted to leave the nest; but when she is satisfied remove it. When she begins to hatch, remove the chickens one by one as they break the shell, and keep them warm in soft hay and wool till all are hatched; then return them to the hen in a sheltered place, and covered with a hen-coop. Feed them on cracked grits, eggs boiled hard and chopped small, and curd chopped small. In a few days feed them with tail wheat. They must not go out in the chill of the morning, and must be sheltered from rain. In a few days they will become more hardy and shift for themselves.

790. Ducks.—When first hatched keep them under a coop with the mother for a fortnight, or longer if the weather is unfavourable. The coop should be on the short grass; a pan of water at hand often changed. Food, barley-meal, or the meal of peas, beans, or buck wheat a little moistened. For fatting, oat and pea-meal moistened with pot liquor.

791. Geese—should have a green common to roam on. In the winter feed breeding geese with plenty of solid corn; they will then produce early broods, which are the most valuable. In the breeding season feed them with boiled barley or malt, fresh grains, or pollard mixed with ale. When fatting give them some sort of corn, carrots, or Swedish turnips boiled; equal parts of rye and pease-meal mixed with milk. This is good food for either geese or ducks.

792. Turkeys—are great travellers, therefore the mother must be carefully housed with her brood for six weeks lest she should wander further than the strength of the young ones would bear. Young turkeys must not be suffered to go out while the dew is on the grass. Feed as fowls. Barley-meal for fattening: mix it fresh and fresh.

793. Guinea-fowl.—The newly hatched chicken requires great warmth. It is usual to put a pepper-corn

down the throat of each. Feed them on bread and milk, or rice parboiled in milk.

794. Pigeons.—Keep them very clean. Strew their house with plenty of clean sand or sifted gravel, and give them a pan of fresh water. No sort of corn or meal comes amiss to them; but they mostly provide for themselves. They are fond of the smell of spice, and it is common to mix with loam, mortar, or lime, some bay salt, allspice, anniseed, carraways, or asafœtida, and make it into a paste with chamber-lye.

## CHAPTER XVI.

*Luncheons, Suppers, Table Arrangements, &c.*

There are a few articles in almost daily consumption, which, however, many servants have not a notion of doing properly, and for want of a little attention to which the inmates of the family are exposed to daily discomfort, and visitors go away with an impression of general bad management. No apology, therefore, is necessary for furnishing directions about the most simple things.

795. Toast and water—should be made a quarter of an hour before the time of using. Toast slowly a piece of bread about three inches square and one thick: this is enough for a large jug of water. Let every part be thoroughly hardened and browned, but be careful that it does not catch fire. Have a jug of fresh drawn pump-water standing by and plunge the toast hot in it. If the water is poured upon the the toast it breaks it and makes the water thick. It is reckoned wholesome to boil water and suffer it to become cold and then put the toast in, but it does not taste so fresh and spirited.

796. Milk and water.—Good fresh milk; water perfectly boiling; made the instant it is to be used; at least half milk. We have often seen children turn with disgust from an ill-mixed beverage of half-boiled, smoky water, just rendered dingy with half sour milk, perhaps that has stood half an hour curdling on the hob. For their sakes we beg that those who have to prepare this simple beverage will just pay the little attention requisite to render it agreeable and wholesome.

797. Tea.—Several things are essential to a good cup of tea, good fresh soft water; hard water sets the herb

and fails to draw out its flavour, and pond water imparts an unpleasant and unwholesome flavour of its own; a good tea-kettle free from fur and that shuts closely; an oyster-shell in a tea-kettle attracts the earthy particles to itself, and preserves the kettle from furring; rinse it out before filling: the water *actually boiling* at the moment of making tea and not before. It has already been remarked, that unless these particulars are observed in boiling vegetables both colour and flavour are injured. Similar effects are produced in tea-making. If a kettle has stopped boiling, and is made to boil up again, the tea is never well flavoured. A tea-pot of suitable size, and kept perfectly clean and dry: a round tea-pot is found to draw better than an oval. A tea-pot should never be dipped in the vessel in which tea-things are washed up; but having removed the drained tea-leaves, fill it with boiling water and empty it in the vessel to wash up the rest; drain and wipe it with a perfectly clean and dry cloth, and keep the lid off or open. If a tea-pot lid is closed but a few hours a dampness gathers which soon becomes musty. A tea-pot for four persons should hold at least six tea cups; one to allow for the bulk of the tea, and another to remain on the leaves between each filling: if the tea-pot is drained, the next filling will be good for nothing: half fill the pot with boiling water the moment before making tea and drain it perfectly dry. *Good tea,* and a *proper quantity* of it, is essential: inferior tea is but water bewitched. Black tea is reckoned most wholesome, but a mixture of green is generally preferred. It is better to put in at once all the quantity required; adding a little and a little, the tea is not so well flavoured, and does not go so far: one ounce will make two quarts of good tea, not more. Put it in the tea-pot quite warm and put the boiling water in immediately. It may be filled at once, or brewed; that is, put but a small quantity of water just to wet the leaves, and let it stand two or three minutes before filling up. The latter mode draws all the goodness in the first filling, the former preserves an equal goodness throughout, and a

more delicate flavour. Tea should not stand more than four or five minutes before pouring out. Finally, to a good cup of tea, it is necessary to have *good sugar and cream,* if those articles are used at all; and they mingle more smoothly and pleasantly if put in the cup and the tea poured upon them.

798. Coffee.—The fresher roasted and the fresher ground the better. The flavour is improved by the coffee being dried before making. To make strong coffee requires one cup of berries to six of water. The most simple method of preparing will be found to secure the flavour and clearness, which are the grand requisites, as well as the most tedious process. Have a coffee-pot sufficiently large; let it be not more than three parts full of water; when it boils put in the coffee* and leave it a minute or two to sink. Then set it on the fire, and, as it comes to boil, throw in a cupful of cold water and again set it on, so alternately holding it over the fire and taking it off as to keep it three or four minutes at the point of boiling: then pour out a cupful and return it to the pot; do so two or three times, and then let it stand still on the hob to keep hot: in a few minutes it will be perfectly clear and bright. When poured into the urn or coffee pot in which it is to be served, pour very steadily and stop while it is perfectly clear. Serve it perfectly hot; good cream, boiled milk, fine Lisbon sugar, or powdered sugar-candy, should accompany it. For families who make coffee daily, it will be well worth while to fill the coffee-pot after the first coffee has been used: boil it up once, let it stand to settle, and pour it off quite clear, and use it as the basis of the coffee next day. Chicorée, or powder from the root of the succory, or wild endive, is now much used in combination with coffee. It is considerably cheaper than coffee, and is considered by many persons greatly to improve the

* If the water is poured upon the powder it is almost impossible to get it clear, the powder should be laid upon the water and suffered to sink.

flavour; it is very wholesome. One-sixth part of succory may be mixed with the coffee.

Coffee is often made without boiling, by pouring boiling water on the coffee in a vessel with several strainers. This method is thought to preserve the flavour of the coffee, but as it dribbles slowly through it is almost impossible to have it thoroughly hot.

Coffee is sometimes made in milk, exactly on the plan first given, only substituting milk for water throughout. A few lumps of sugar may be added in boiling.

799. Chocolate—is sold in cakes, a quarter of a pound each, divided into eight squares, of course half an ounce each. One of these squares will make half a pint quite rich. The best, as well as the easiest way of making it, is—take equal quantities of milk and water, or a larger proportion of milk; when perfectly boiling throw in the chocolate finely scraped, with half as much fine Lisbon sugar; instantly mill it well till it bears a fine froth, and mill it to the very instant of serving. Serve with rusks. It should not be made till just as it is wanted, as it ought not to stand near the fire a moment after the chocolate is added. Heat destroys the fine oily particles of the chocolate and renders it rancid and unwholesome.

800. Cocoa.—If good cocoa, and well prepared, a few minutes will boil it. Set on two table-spoonfuls of cocoa with half a pint or less of water; let it boil about ten minutes, then add a pint of milk: when it boils up, put in a little fine moist sugar, and mill it the same as chocolate.

N. B. The duty is now taken off chocolate and cocoa, and these nutritious articles of diet are placed within the reach of most people. Very excellent cocoa may now be obtained at one shilliug per pound. It is highly nutritive and restorative, and as such makes an excellent breakfast or supper for persons recovering from illness.

801. Bread and butter.—French bread, and fancy bread of all kinds, should always be used the day it is

baked; but common bread, especially large loaves, cut up more evenly if left till the next day. Spread the butter evenly and lightly. In summer it may be put a few minutes in cold water to harden it; in winter it may be set a little while in the influence of the fire to soften it. Warm no more at once than will be immediately used, and work it about with a knife to prevent its oiling; indeed, the warming is much better avoided altogether, if possible to spread without. Cut it fresh just as it is to be used or it becomes dry.

742. Toast.—The bread at least a day old. Cut the rounds the flat way of the loaf, about half an inch thick. Have a large knife that they may be cut evenly. A clear brisk fire, not at all smoky. Move the toast about before the fire that it may be equally done. Hot plates ready; butter it on both sides, and slip on to a clean hot plate; serve instantly, and send in each round on a fresh hot plate. If the rounds are piled one on another they become swampy. Good salt butter answers very well for toast.

For cold toast cut the slices rather thinner; bake them very dry and crisp, and put them in the rack the moment they are removed from the fire. If laid down one moment they become sticky and flabby.

743. Muffins and crumpets.—Clip round the edges of muffins, so that when done they may pull apart without requiring the use of a knife. Both muffins and crumpets are greatly improved by being laid in an oven or on a hob to heat through before toasting. Then toast them very crisp; rub a morsel of butter outside; pull open and instantly put a good lump inside, that the heat of the muffin may dissolve without spreading. Serve quickly and with a cover.

N. B. Both muffins and toast are much better kept hot by setting over a basin of boiling water than by placing before the fire, which fries the butter and makes it rancid.

744. Cheese toast.—Scrape or grate Gloucester cheese to an equal quantity of fresh butter; season high with

made mustard, pepper, and salt, and spread this on hot toast the same as butter.

745. Scallopped cheese.—Three ounces of Cheshire cheese grated; three ounces of fresh butter; four ounces of bread crumbs; a dessert spoonful of made mustard; salt and pepper to taste; mix with the yolks of two eggs, butter a tin scollop or other form, and bake in a Dutch oven till of a fine brown and will turn out of the mould. Serve with toast or rusks.

746. Potted cheese for spreading on bread.—To a pound of rich Cheshire cheese grated, add six ounces of fresh butter and one ounce of loaf sugar pounded; beat it in a mortar with a little pounded mace, and work to a paste with three glasses of white wine. Press it down in a deep pot, and carefully exclude the air. If it is wanted to be kept long, pour over the top clarified butter or melted suet.

747. A Welsh Rabbit (or rare bit).—Well butter a round of toast. Toast on one side a slice of Gloucester cheese; lay the toasted side on the bread, and toast the top with a salamander or hot iron. It should melt and spread all over the toast. Then rub over the top made-mustard, salt, and pepper. Serve instantly. It should be in a double dish with hot water under, and covered over.

748. A Scotch rare bit.—Prepare toast as above, but, instead of toasting the cheese whole, scrape or grate it into the tray of a cheese toaster previously buttered, mix with it a glass of port wine, or strong ale or porter; a tea-spoonful of made-mustard, and half as much pepper. When well mixed set it before the fire to brown; then turn it out on the toast, or serve in a separate dish. All these knick-knacks should be served on water plates, or double dishes with hot water under.

749. Anchovy toast.—Remove the bones and skins, and pound the meat in a mortar with an equal weight of fresh butter. Spread it on toast hot or cold, or on rusks. Anchovy paste answers the same purpose, see No. 21.

750. Sandwiches.—Cut thin slices of bread and but-

ter, and lay between very thin slices of ham, tongue, or beef, or dried sausages, spread over with mustard, and sprinkle pepper (and salt if the meat be unsalted). Cut them in narrow slips. French roll is preferred for sandwiches.

751. Table arrangements.—The seasons of provision have already been detailed, chap. i. In providing for a family or for company the prudent housekeeper will endeavour to secure variety and avoid extravagance, taking care not to have two dishes nearly alike (such as fowls and veal, or ducks and pork); and also avoiding, when several sorts are required, to have such as are quickly perishable, or will not bear rewarming or eating cold. It is surprizing how much waste is occasioned if these principles are overlooked in providing for a party.

When a large table is to be set out, and present at once a tasty appearance, it is usual to place nearly the whole provision at once; but if comfort is the object, it is much better to have each dish, and its accompanying sauces and vegetables, sent up hot and hot.

For plain family dinners, soup or pudding is placed at the head of the table, and meat at the lower end: vegetables straight on each side of the middle, and sauce boats in the middle. Boiled meat at top; roast meat at bottom; soup in the middle. Then the vegetables and sauce boats at cross corners of the middle dish. Poultry or veal at top; ham or bacon in the middle; roast beef or mutton at bottom; boiled poultry at top; roast poultry or game at bottom. Vegetables and sauces so disposed as that the whole table shall present a covered appearance without being crowded.

Where there are several courses, the first consists of soups, stews, boiled fish, fricasses; poultry with ham, bacon, tongue or chine; and roast or boiled meats.

For second courses, birds and game of all sorts; fish fried, pickled, or potted; pigeon pies, patties, brawn, omelets, oysters stewed or scallopped, and lobsters or crabs.

Tarts, cheese-cakes, and sweet dishes of all kinds are

sometimes placed with the second course, but more frequently form a separate course by themselves.

Cheese is sometimes accompanied on the table by things of high relish, such as Dutch pickled herring, dried or potted salmon, anchovies, &c., and generally by salad, cucumbers, and radishes.

751. The dessert is usually served in another room, which is a great accommodation both to the servants who can prepare it at leisure, and to the guests in quitting the smell of a hot dinner. A d'oyley, a finger glass, two wine glasses, China dessert plate, and silver knife, fork, and spoon, to each person. Every variety of fruit fresh or preserved, is admissible, also biscuits and pound cake, with an epergne or stand of jellies in the middle. Varieties of wine are generally placed at each end.

752. The modern practice of dining late has given importance to the luncheon, and almost annihilated the supper meal. The following are suitable for either: —soups, sandwiches of ham, tongue, dried sausage, or beef; anchovy toast or lrusks; potted beef, lobster, or cheese; dried salmon, lobsters, cray fish, or oysters; poached eggs; patties; pigeon pies; sausages; toast with marrow (served on a water plate); mashed or scallopped potatoes; asparagus, brocoli, or sea-kale with toast; creams, jellies, puffs, cheese-cakes, preserved or dried fruits, salads, radishes, &c. &c.

When a more substantial supper is desired it generally consists of either game, poultry, or fish; slices of cold meat; pies of pigeons, chicken, or game; rations or toasted cheese; lamb or mutton chops; cold poultry broiled with high seasoning, or fricaseed.

## CHAPTER XVII.

### *Carving.*

This is rather a laborious office to devolve upon a female, and everything should be done that fore-thought can dictate to render it easy. A seat rather higher than ordinary, that she may command the table:—the dish placed as near the front as will admit of her own plate:—the joints of loins, necks, &c. properly divided by the butcher:—a knife well sharpened, and of shape and size suitable to the purpose required. For a large fleshy joint a long blade, for smaller joints a shorter knife, but strong; for ham or bacon a middling sized knife, pointed and worn thin at the edge, answers best; and for game or poultry a strong, short knife, sharp pointed, and a little curved. A guard-fork is desirable, especially for large joints. The dish large enough to admit of moving the contents without splashing the gravy. A lady who has to preside at table should make herself acquainted with those parts of each dish that are esteemed prime, and, as far as possible, divide a portion to each of her guests. It sometimes happens that a part not esteemed prime is preferred, which enables the carver the better to supply her other guests.

753. Butcher's meat.—Fillet of veal.—Cut even slices all round, close to the bone if left in, and well done; but if slack in the middle, go no farther than is thoroughly done. The least redness in either veal or pork is unpleasant. A fillet of veal is more pleasant to carve if boned. Cut deep into the flap which encloses the stuffing, and lay a slice of stuffing and also of fat on the meat.

N. B. The brown outside of veal is often preferred,

but the outside of meat is, in general, never presented unless particularly desired, especially of boiled meat.

Breast of veal—should be cracked lengthwise across the middle of the bones, to divide the brisket or thick gristly part from the ribs. There is a great difference in the meat of these two parts, therefore it is usual to inquire to which the preference is given. The burr, or sweetbread, is esteemed a delicacy; a part should be helped with each slice.

Necks and loins of veal, mutton, lamb, or pork, if properly jointed by the butcher, need only be cut through. If a joint is too thick for one helping take a slice between each, so helping one slice with bone and one slice without. Some will prefer bone and others dislike the trouble of it.

Calf's head.—The variety of meat which this dish affords will exercise the skill of the carver judiciously to divide it. Cut slices from the back of the head *a* to the tip of the jaw *b*; slices also from *c* to *d*, which will run through the kernel. The eye also is esteemed a nicety; slip the point of the knife into the socket to separate it; draw it out and divide in two. A piece of the palate; a slice of the tongue; and a portion of the brains to each plate. If well done the jaw-bone may be easily drawn out and some fine lean will be found underneath.

N. B. Other heads are cut in the same manner.

A leg of mutton, lamb, or pork.—The first incision should be about the middle in the line *a* to *b*: carry the knife close to the bone, and cut slices on each side. Slices of fat or udder from *c* to *d* or from *e* to *f*: the latter is the mildest fat. The knuckle if nicely browned is much esteemed, and called the venison bit. To remove the cramp-bone, the joint must be kept very steady while the knife is inserted at *g*: cut down to the thigh bone and carry the knife under the cramp bone, in the direction of *h*. There is a little very nice meat, both fat and lean, on the aitch bone (the upper part of the leg where it is separated from the loin), but it is seldom cut while hot.

A saddle, chine, or collar of mutton is cut lengthways, in long thin slices, beginning close along the backbone, so leaving the ribs bare. Fat from the outer ends.

N.B. The inside meat of the loin is very tender, and by some preferred to the upper part; it may be cut in the same direction.

Shoulder of mutton.—When only two or three persons have to dine from this joint, the most economical way, and that which leaves the joint most juicy for eating cold, is to cut all the underneath part, which is exceedingly nice, and what more is required from the knuckle; slices of fat at *c*. But the usual way of cutting is slices in the hollow part from *a* to *b*. When this is eaten, cut slices on each side of the ridge of the blade-bone *c* to *d*. Between those lines a little rising may be observed, which is the edge of the blade-bone: of course no slices can be cut across.

Haunch of venison or mutton.—Cut down to the bone in circular slices, *a*, *b*, *c*, to let out the gravy. Then insert the knife at *b*, and cut thin deep slices to *d* at the end of the haunch. The fat is much esteemed; and as there is more fat on the side towards *a* than in that towards *c*, the former is preferred.

A fore quarter of lamb.—Separate the shoulder, by passing the knife under it in the direction of *a*, *b*, *c*, *d*. If large, the shoulder may be removed to another dish; if not, it is usual to sprinkle a little pepper and salt, and squeeze a little juice of lemon or Seville orange, and then replace the shoulder. The breast and ribs (which should be cracked across by the butcher in that direction) are to be divided in the line from *c* to *e*. The meat of this dish is very various, and should be helped according to choice from the ribs, brisket, or shoulder.

A round, buttock, or thick flank of beef is to be neatly cut in thin slices all round.

A brisket of beef—which is the same as a breast of veal, is to be cut lengthways quite down to the bone. The upper fat is firm and gristly, but underneath is a softer mellower fat.

Sirloin or ribs of beef—may be cut in slices along the bones or across the middle; the latter plan lets out the gravy from what remains. Fat of ribs at the end, of sirloin a fine marrowy fat underneath. The inside lean of sirloin is exceedingly tender and juicy.

Aitch-bone of beef.—Cut off a thick slice from *a* to *b*, lay that aside and cut slices to serve in the same direction. The soft marrowy fat lies at *c*, and the firm fat at *d*. Some people prefer one kind, and some the other.

Ham.—There are three ways of cutting ham. In long slices, from *a* to *c*, through the thick fat: the prime of the meat is immediately got at by this means, but it lets out the gravy from what remains. Or the point of the knife may be inserted at *c* and worked round to cut out a small circle, round which successive circles are to be cut; if more fat is required, it may be taken from *e*. The third and most saving plan is to begin at the knuckle end *d*, and proceed onwards. The knuckle part is very good while fresh, but soon becomes dry.

Sucking pig—is split down the back in the kitchen, and the jaws and ears laid round the dish. The carver should remove the legs and shoulders, and divide the ribs into two or three helpings, according to the size of the pig. The ribs are esteemed the prime part; but some people prefer the leg, as not so rich. The jaws, ears, and tail are esteemed a delicacy, and part should be presented on each plate.

Tongue.—Cut thin slices across, beginning at the thick middle part; slices of fat with kernel from the root.

815. Poultry and game.—A fowl.—First loosen the legs, but not remove them. Stick the fork in the pinion, pressing down the meat, and by that means rendering the joint more prominent and apparent. Set the point of the knife in the joint, and when loosened, draw off the wing towards the leg in the direction *a*. Then turn the legs back. Unless the fowl be old and tough, the joints will easily give way. Then cut across the line, which will divide the merrythought from the breast; carry the knife under, and turn back the joint. Then remove the neck bones

(those which fitted to the wing). The knife must be slipped between the joint and the throat; then with the fork draw it back; the long bone which lies to the breast will draw, bringing a nice white piece of meat with it; the short bone that adheres to the breast must be turned back. Then separate the breast from the back, by cutting through the thin ribs. Then lay the back upwards. Put in the point of the knife in the hollow part, an inch or more above the rump, and remove the sidesmen, and turn back the bone in the middle, one half comprehending the neck, the other terminating with the rump. The breast wings, and merrythought are the most delicate parts, but the legs are most juicy. The sidesmen and rump are admired by many persons. The liver wing of a roast fowl is preferred to the gizzard.

A pheasant is cut up exactly the same, except that being more plump, it admits of several slices being cut from each side of the breast-bone.

Partridges the same; but, being smaller, the bones are not so minutely divided.

Pigeons are generally cut in half, either down the breast and back-bone, which is the fairest way, or across just above the legs.

Turkey.—If divided, the joints are cut up the same as a fowl; but as much as possible is first cut off in slices, beginning close to the breast-bone, and scooping round so as to leave the mere pinions. Each slice should bring with it a slice of the pudding or force-meat with which the craw is stuffed.

Goose or duck.—Cut as many slices as possible from the breast, and when these fail remove the joints. But observe, the joints of a water-fowl are wider spread and go further back. The knife and fork, therefore, in turning them back must take a more slanting direction.

The apron, or hollow skin between the breast and the rump, is much esteemed: a part of this should be helped to each as far as it will go. A spoonful of gravy should be put into the body of the bird, and stirred round the sage and onions.

Hare.—As much as possible serve all the company with slices cut on each side of the back-bone, from the shoulder to the rump; cut the flap to get at the pudding. If necessary to proceed with cutting up, the shoulders are easily removed. The legs require rather more dexterity. Endeavour to fix the point of the knife in the joint, and with the fork turn them completely back. The haunch affords some good slices of meat. The back bone is to be divided in several pieces, which is best done by putting one prong of the fork into the spine and turning it back at the joints. The head should be split, as the brains are esteemed a delicacy; also the ears and tail.

Rabbits are to be cut up in the same way.

816. Fish.—Cod's head and shoulders.—Introduce the fish trowel along the back-bone, and carefully avoid breaking the flakes. The sound, a jelly-like substance, which runs inside the back-bone, is esteemed a nicety; a part of this should be helped on every plate. All the bones and glutinous parts of a cod's head are esteemed. Haddock and ling in the same manner.

Salmon.—Cut slices along the back-bone, and also along the flank: the former are the most solid, thick, and fine, but the latter are more rich and fat. The middle and head end of the salmon are preferred to the tail; but the head itself, which is very small, is not esteemed. The liver, melt, or roe of these large fish are generally served with them and offered, but seldom eaten.

Turbot.—The trowel is to be carried flatways from the middle of the fish, and to bring out as much meat as will lie on it: the thick part is most esteemed. When one side is cleared, the bones may be removed, and then the under part served: the fins are admired. Holibut, plaice, and other large flat fish, in the same manner.

Soles are to be cut right across the middle, bone and all. According to the size of the fish, it will divide into three or four pieces: the thick middle pieces are most esteemed. The roes, whether soft or hard, are esteemed.

Mackarel.—Carry the trowel horizontally over the back-bone, so as to raise one side of the meat from the bone:

this will do to serve two persons. Then remove the bone, and the other side may be divided and served. If nicely cleaned and fresh, the upper end is most esteemed. The roes are very nice.

Eels, jack, whiting, &c.—if fried, are previously cut in pieces of a suitable size to help; if boiled, must be cut through the bones in pieces of a suitable size, excepting a very large jack, which may admit of slices being taken off with a trowel, and the bone left. Smaller fish are of course helped whole.

## CHAPTER XVIII.

*Miscellanies.*

817. To clean plate.—Let it be always washed in boiling water as soon as possible after using, and wiped dry with a soft cloth. Salt should never be suffered to remain in silver. Attention to these particulars will greatly lighten the labour of plate cleaning. The best whitening, which is sold in balls, wet with water or with spirits of wine, applied wet, and then rubbed with the hand, or with a soft cloth, till dry. Then brush off all remains of whitening, and polish with soft leather; or with a bit of flannel rub the plate over with salad oil, and then rub with the hand till quite bright. Or,

In three pints of water boil an ounce of calcined hartshorn, and in this liquor boil the articles of plate to be cleaned. Take them out and drain over the liquor; then dry them before the fire. Meantime put some old soft rags in the vessel, and let them boil till they have absorbed all the liquor. When dry, rub the plate with it, and afterwards with soft leather. These rags will afterwards be very useful for cleaning brass locks, finger plates, &c.

N.B. Leathers, brushes, and rags must never be used in cleaning plate after they have been used on any other kind of metal.

818. To clean tin covers, saucepans, &c.—Keep them perfectly free from grease, and clean them with rotten stone and rape oil.

819. Britannia metal goods.—Having well scalded and dried, rub over every part with flannel, moistened with rape oil. Then rub briskly with a soft linen rag till quite clean, and polish with soft wash leather and fine whitening.

820. To clean carpets.—Having well beaten and

brushed, scour with ox gall, which will both extract grease and refresh the colours. A pint of gall, in three gallons of soft water, warm, will do a large carpet. It had better not all be mixed at once, but a third or fourth part at a time; and when that is cold and dirty, throw it away and mix more.

821. Table baizes may be washed in the same mixture as the above; then well rinse in several waters, to take out the smell. Hang up to dry, without wringing, and while yet damp, fold smooth, and lay in a mangle; where they should remain a day or two.

822. To clean floor cloths.—Use no soap or scrubbing brush; but wash off the dirt with water and flannel. Then do over with milk, and rub with a soft cloth till dry and shiny. A flannel with a little bees' wax gives them a good polish, but is apt to make them slippery.

823. To clean mahogany furniture.—Dust it well; wash off spots and dirt with vinegar. Apply cold drawn linseed oil with a woollen cloth. Let this remain an hour; then rub with soft linen cloths till quite dry and polished.

Bees'-wax and turpentine should never be used but for the very commonest furniture, and then in very small quantities.

824. To scour boards.—Mix in a saucer three parts of common sand and one part of lime; lay a little of this on the scrubbing brush. It is very useful in removing grease, and in getting rid of vermin. It is also a considerable saving, as no soap is required. Rinse the boards well, and they will look nice and white.

825. To remove grease from boards.—Moisten Fullers earth with boiling water, and spread a thick plaster of it over the grease; let it remain all night before scouring; scour with hot water. If necessary repeat this process.

826. To clean decanters, bird fountains, &c.—A little sand and a few very small shots are useful to get off fur; but they sometimes scratch the glass and even break that which is very slight. The shells of raw eggs should always be saved for the purpose, they give the glass a

beautiful polish: crush them, and shake about in the glass with cold water.

827. To clean looking-glasses.—Remove all fly stains and other dirt, by breathing on them and rubbing with a soft rag. Then polish with a bit of flannel in which is tied up powder blue.

828. To clean paper hangings.—First blow off all the dust with the bellows. Then take a very stale loaf of wheaten bread; cut it in eight parts, so that each shall be of a size that the hand can grasp, and leave a crust by way of handle. Begin at the top of the room, and lightly wipe downwards in one direction half a yard at a stroke. Thus go round and round the room till you get to the bottom. The dirt of the paper will fall with the crumbs.

829. To clean paint.—Paint should never be wiped with a cloth, but the dust loosened with bellows, and then removed with a dusting brush. If soiled, wash it with a sponge or flannel dipped in soda and water, or pearlash and water, and wring out dry; then immediately rinse it with a flannel and clean water, and dry as quickly as possible. When it is scoured all over, do it in the same manner, from the top downwards, and to ensure its being quickly dried, one person should follow and dry with old rag as fast as another has scoured off the dirt and washed away the soda.

830. To revive gilt frames.—Beat up whites of eggs with chloride of potasse or soda, in the proportion of three ounces of egg to one ounce of chloride. Blow off the dust from the frames, then do them over with a soft brush dipped in this mixture, and they will immediately become bright and fresh.

831. To clean marble.—Take an ox gall, a gill of soap lees, and half a gill of turpentine; make it up into a paste with pipe-maker's clay. Lay it on the marble. Let it remain a day or two; then rub off, and if not clean, repeat the application till it is.

832. To remove mildew from linen.—Moisten a piece of soap, and rub it thickly into the part affected. Then scrape fine chalk, or rather whitening, and rub that also in.

Lay the linen on the grass, and from time to time, as it becomes dry, wet it a little. If the spots are not quiet removed, repeat the process.

833. To remove spots of grease from paper.—Take equal parts of roch alum burnt, and flour of sulphur, finely powdered together; moisten the paper with cold water; lay a small quantity of the powder on the spot; rub gently with the finger, and the grease will disappear.

834. To remove grease from wollen or silk. Fullers earth or pipe makers clay are never injurious. They should be moistened with boiling water and when cold laid on the spot damp, they will draw out oil, and when brushed off leave the garment uninjured; for solid grease, as tallow, it will be necessary to pass a hot iron over without touching. A very good paste may be made with equal parts of French chalk and pipe makers' clay with spirits of wine, made up in rolls or balls, and kept for use when required. The ball may be moistened and rubbed on the place, or scraped on dry, according to the nature of the garment to be cleaned.

835. To remove ink spots.—Wet the place immediately with sorrel or lemon juice and rub on it hard white soap. Ink or iron-mould may be removed by holding over a silver or pewter vessel of boiling water, and squeezing on the spot juice of sorrel, then rubbing with dry salt.

836. To preserve polished steel from rusting.—Wrap the articles in course brown paper and keep them in a dry place.

837. To preserve cheese from mites.—Paste over it coarse brown paper to cover every part.

838. To preserve feathers.—When poultry is picked, the feathers should be carefully preserved from damp and dirt, and all hard bits of quill cut out; then put them in paper bags, a few in each, and hang them about a kitchen or dry laundry to season. When enough are collected to be of use, they had better be also dried in a cool oven. Fresh feathers must not be put in a bag with those that are partly dried.

839. To extinguish fire in a chimney.—Throw in a

handful of flour of sulphur, and set the chimney-board in front if there be one; or, if it be a register stove, shut the register. When there is no draft of air from below the burning soot will soon go out of itself, or may be put out as instantaneously as extinguishing a candle by also covering the top.

840. To extinguish fire speedily.—This method is particularly valuable and important when there is not an abundant supply of water and fire engines close at hand, as a few buckets of water judiciously and immediately employed may do more than many hogsheads a few minutes later. The instant the alarm is given wring out blankets or woollen rugs, and spread them on the floor of the room: this will prevent the spread of the flames and enable persons with safety to approach and beat out the flames by means of a small wet blanket tied over the head of a long broom.

841. If a stable is on fire be careful not to frighten the horses by attempting to drive them out hastily, which they will be sure to resist and perish in the flames; but let the saddle or harness be thrown over them and they may be easily led out as on common occasions.

842. To destroy rats.—Equal parts of ox-gall and oil of amber made into a paste with oatmeal; make it up into little balls; lay them about, and set plenty of vessels with water close at hand. The rats will eagerly eat the balls which will make them very thirsty and then they will drink till they kill themselves.

843. To get rid of beetles or cock-roaches.—Lay about the floor, and stuff into the chinks and holes, unslacked lime, or common red wafers made of red lead, *not vermilion.*

844. To get rid of bugs.—Boil some coloquintida apples in water, and then dissolve vitriol in it. As these are powerful drugs, instead of specifying quantities, we think it safer to refer those who wish to use the mixture, and do not themselves understand the matter, to apply to a druggist for it in such proportions as will effect the removal of the noxious creatures without injuring the wood.

The wood of the bedstead, wainscot, and floor are to be carefully washed and rubbed in every part; and the walls and ceiling to be washed over with it: also pour a little in any holes and crevices whence they might issue. It is said, on the testimony of an emiment physician, that after this application neither bugs nor wood-worms will be harboured.

845. Flies, wasps, and earwigs, may be instantly killed by the application of a drop of sweet oil to their backs.

846. Moles, grubs, and snails, may be got rid of by placing a few heads of garlic in the places frequented by them. Immediately on coming within smell of it they will turn back.

847. Slugs may be prevented from getting into fruit trees, by tightly tying a bit of hair-line, or binding a bit of hair-cloth round the stem of the tree. They can never get over it.

848. To make pomatum.—Take hog's lard, cut it in small pieces, and soak it eight days in spring water, changing it daily, and keeping it covered close all the time. Melt it in a jar, set it in a kettle of hot water: when melted strain it, and stir till it begins to chill; then drop in oil of lavender, or essence of lemon, to scent it; stir well, and put into small gallipots. This is soft pomatum. If to be hard, melt with the lard an equal quantity of mutton suet or marrow, and to four ounces put one quarter ounce of white wax. Strain and scent as above. Have ready round paper cases with one end folded down. Pour in the mixture, and when cold fold down the other end.

849. Milk of roses.—Rose water one pint; oil of almonds one ounce; oil of tartar (which must be added last) ten drops. Shake well together and it will appear exactly like milk.

850. Excellent ink.—Put in a stone bottle Aleppo galls, bruised, four ounces; gum arabic two ounces; green copperas one ounce and a half; alum one ounce and a half; logwood chips one ounce; salt two ounces.

Pour on these ingredients a quart of boiling soft water and shake it well, and frequently. It is a good way to hang up the bottle behind a door which is frequently opened and shut. At three weeks end strain off the ink and bottle it with a table-spoonful of brandy. Pour on the ingredients another pint of boiling soft water which may remain on them till the former is used. This ink writes freely and pleasantly, and retains its blackness for many years.

851. Blacking for shoes.—Ivory black, eight ounces; treacle, ten ounces; Prussian blue, one ounce; green copperas bruised two drachms; sugar-candy in powder two drachms; gum arabic in powder, two drachms; salad oil, two large table-spoonfuls; oil of vitriol, two ounces; stale beer, three pints. Mix all the dry powders together; then mix them well with the treacle. Then stir in the oil. When perfectly smooth, stir to them half the beer; stir it well. Then add the vitriol, still stirring it, and then the remainder of the beer. Let it stand till next day; bottle and cork it close; and observe that, when a bottle is opened for use, the bung must be replaced every time of using. It is common to keep a bit of stick in the bottle, with which to stir up the blacking, and the cork is no more replaced: the blacking does very well at first, but in a few days the servant or the master wonders why the shoes do not shine. The reason is, because the air has spoiled the blacking, and will spoil the best blacking in the world. Make the foregoing properly, keep it carefully, and use it properly with good brushes on dry leather, and nobody need desire better.

852. Corn plaster—mercurial plaster—diachylon plaster—resin ditto—two drachms each; sugar of lead, twenty grains. Spread on soft leather. Apply a piece of this for three or four days; then soak the foot, and rub the corn with a bit of pumice-stone. Again repeat the plaster, and do so till the corn disappears. By no means cut the corn.

853. Tooth powder.—Equal parts of Peruvian bark,

gum myrrh, and cuttle fish, finely powdered. After cleaning the teeth, a small quantity of vinegar of squills will give them a fine polish, but is reckoned ultimately injurious. The great matter is to keep the teeth clean by rinsing the mouth after every meal.

854. For the tooth-ache—that does not proceed from rheumatism.—Alum finely powdered, make it into a paste, with spirit of ether, and very quickly stop the hollow of the tooth with it. This will generally afford relief.

855. For rheumatic tooth-ache, or face ache.—Spirit of sal ammoniac and laudanum, of each two drachms; camphorated spirits of wine an ounce and a half. Lay on the cheek a bit of flannel dipped in this. A drop may be put in a hollow tooth.

856. Whitworth red bottle, for blows, bruises, chilblains, cuts, &c. &c. &c.—Camphor and oil of thyme, of each half a drachm; spirits of lavender two drachms, spirits of wine one ounce. This mixture is almost of daily use in families.

857. Family plaster for boils, gatherings, and wounds of all kinds.—Sweet oil a quart, red lead a pound; boil them in a brass kettle over a slow fire, till they are well blended and of a dark colour. Then shake in resin, finely powdered, six ounces. Again boil until well incorporated, and, after taking from the fire, add gum elemi half an ounce. To prevent boiling over, stir with a tallow candle.

858. Chapped hands.—After washing, drop a few drops of honey, and rub the hands together till the stickiness is entirely removed.

859. Lip salve.—Beef marrow and white wax, of each one ounce; lard, purified as for pomatum, three ounces. Melt together, in a jar standing in hot water. Add one drachm of alkanet root in powder, and stir till it is of a red colour; strain; and when it begins to chill, drop in oil of lavender, otto of roses, or essence of lemon, whichever may be most agreeable to scent it.

860. White emulsion for a cough.—Boil soft water and sweeten with loaf sugar; when cold put it in an

eight-ounce phial with one ounce of oil of sweet almonds; drop sal volatile or spirits of harts-horn till the oil will unite with the water and look milkey: a drachm of tincture of tolu may be added.

861. A useful mixture to keep in the house in case of bowel complaints.—In an eight-ounce phial, put two ounces of tincture of rhubarb, and one drachm of laudanum, and fill it up with simple peppermint water; three table-spoonfuls to be taken every two or three hours till relief is obtained.

862. Aromatic tincture—for removing languor and promoting appetite and digestion. Peruvian bark bruised one ounce and a half; orange peel dried and bruised one ounce; infuse ten days in a pint of brandy or proof spirit, shaking every day; then let it remain still two days and pour off the clear liquor; a tea-spoonful may be taken in a wine-glassful of water an hour before dinner, and again in the evening. Another half-pint of spirit may be put on the drugs and remain two or three weeks.

863. To cure ring worms.—Get the coomb of a church bell, that is, the grease which is applied to make it work easy, and which with the metal forms a kind of verdigris; mix it with unsalted lard, and apply a fresh plaster twice a day. It is not superstition that dictates the use of a church bell above any other, but the peculiar combination of metal employed for that purpose produces a different kind of verdigris. This remedy was long kept a profound secret, and many cures effected at an enormous charge. It has been equally efficacious as freely and openly communicated.

864. For a burn or scald.—If on the hand, tie it up in a bag of flour, or on the face or neck, shake flour from a dredge, and continue to do so till all the heat is drawn out. By this method the fire may be extracted without breaking the skin, and the sore will be quite healed and the skin drop off dry.

865. For a wasp sting.—Bind on the place a thick plaster of common salt just moistened; it will soon ex-

tract the venom. In case of swallowing a wasp, which is a most dangerous accident, it should be instantly attempted to get down a spoonful or more of salt with just water enough to make it liquid. This is a remedy always at hand. Salt and oil would be very useful in such a case, or salt, oil, honey, and vinegar, but there is not a moment to be lost in fetching or mixing what may not be close at hand

866. For pains in the side, or rheumatic pains in the back or limbs, or for tenderness of chest after measles or hooping cough, or in damp weather—*The Poor Man's Plaster* is very useful. It is sold, spread on paper, price three half-pence, at Sterry and Sons, Oilmen, 156, Borough.

FINIS.

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