COOKERY,

RATIONAL, PRACTICAL, AND ECONOMICAL;

TREATED IN CONNEXION

WITH

THE CHEMISTRY OF FOOD.

BY HARTELAW REID.

"I could write a better book of Cookery than has ever yet been written; it should be a book on *philosophical principles.*"—DR. JOHNSON.

"Those [cooks] who wish to excel in their art, must only consider *how the processes of it can be most perfectly performed.*"—DR. KITCHINER.

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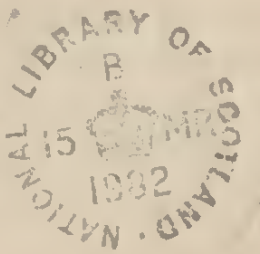

PREFACE.

THE aim of this work is fully expressed in the two quotations which appear in its title-page. A rational understanding of every process, so as to be able to distinguish its essential peculiarities from those which merely mark its relation to a particular article of food, is, we are convinced, far more important to the modern housewife than an empirical knowledge of specific receipts. This latter, indeed, is but the pedantry of cookery, which many modern cookery-books seem specially designed to encourage. On consulting some of them, one might almost suppose that the *precise proportioning* of ingredients and seasonings was everything, and the *process* nothing;—that there existed some mysterious virtue in certain relative quantities, without which every effort of cookery must be an utter failure. Now the real fact is the very reverse of this. Great latitude may be allowed in proportioning the various ingredients of almost every culinary compound, provided its treatment otherwise be correct. Indeed, to insist upon exactness in this respect would in nine cases out of ten ensure an unsatisfactory result. It is very possible that this is the secret cause of the general dissatisfaction regarding most cookery-receipts. The reason of it will be evident when it is considered that the tastes of in-

dividuals differ so much, that what pleases one offends another, and also that the flavour of almost every kind of vegetable-seasoning varies in strength with the specimen employed. But it is otherwise with the *operations* of cookery. These bear relation to the chemical and mechanical properties of food, which never vary; and to the requirements of healthy nutrition, which are equally immutable. We do not mean to deny the possibility of an artistic combination of flavours: all we assert is, that upon this art no exact science can be founded, in consequence of the indeterminate nature of its subject as already explained. Its rules must therefore be of the most general kind; and may be briefly stated as follows:—1*st*, The natural flavour of that which gives name to the dish ought always to predominate,—such adjuncts only being selected as will serve to heighten this; 2*d*, If the principal ingredient be in itself insipid, the communicated flavour should be simple and distinct; and 3*d*, A mixture of decidedly different flavours ought never to be attempted unless the result be a close imitation of some other well-known flavour. In this way the cook will avoid equivocal mixtures, regarding which two persons with a slight difference in the constitution or habit of their organs of taste, might pronounce contradictory opinions.

The present work, being conceived in accordance with the foregoing remarks, naturally came to be classified according to the various processes,—Roasting, Boiling, &c. To each of these, therefore, a separate space has been devoted, containing not only receipts for the most generally popular dishes, but also an introductory paragraph of "General Directions." To these paragraphs, as being the most important part of the book, and in-

deed the proper complement to the receipts, the author begs particular attention; and likewise to Chapter IV. which treats of "The General Principles to be kept in view in every process of Cookery." Where definite proportions are stated in the receipts, it is merely to show what is *admissible*—not to prescribe what is indispensable. To render the book as nearly perfect as its limits will allow, its first three chapters contain remarks on household economy, as well as a description of the various culinary processes, and the utensils and appliances required for each; and the concluding chapter embraces a number of miscellaneous receipts which could not well be included in its system of classification. To this there are also appended some remarks on dinners and suppers, with directions for carving; and likewise an index of the times at which the various provisions are in season.

A table of Contents, arranged partly by way of Index, is prefixed, showing the page on which the receipt for each dish is to be found, and also that containing the General Directions for the class to which it belongs, which ought to be studied in connection with each particular receipt. The contents of Chapters V. to IX. are arranged together in a tabular form as being more concise. It is hoped that the book will thus not only be rendered useful to those who already possess some experience in domestic management, but also serve as an elementary guide-book to young housekeepers; to whom it is most respectfully dedicated by their obedient servant,

THE AUTHOR.

Erratum.—In the receipt for *Suet Dumpling*, on page 110, *for* "an hour and a half," *read* "half an hour."

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INTRODUCTION.

THE ART of COOKERY is one of the natural developments of Civilization. Viewed in this light it ought not to be despised as being a mere pander to luxury, for experience proves that it is absolutely necessary to the healthful existence of the man of sedentary and in-door habits. The savage who has daily to fish for his breakfast and hunt for his dinner, or the ploughman who labours in the fields from dawn till dusk, can, and does, easily consume and digest food prepared in a way that would soon prove fatal to the equally laborious artizan of the workshop, or to the merchant, student, or lawyer, whose duties confine them to the counter, the library, or the desk. Now, although the cookery of the citizen is certainly superior to that found sufficient for the peasant or the savage, still it is, in this country at least, very far from being what it ought to be; and hence dyspepsia and other derangements of the digestive organs are so prevalent. May it not be that the vast excess of the infant mortality in towns over that of the country is occasioned as much by this dyspeptic habit of body inherited by town children from their parents, as by the want of the purer air and more healthful occupations to which the country parents are accustomed: should it prove so, we may say, literally—"The

fathers have eaten sour grapes, and the children's teeth are set on edge."

That this evil of defective cookery has long been felt and appreciated, is strikingly evidenced by the great demand which has so long existed for good cookery-books, and the consequent success of many even of doubtful utility. Notwithstanding the vast number of such works which have been published, it is a universally admitted fact that a book of *truly economical* cookery—of cookery for the million—is still a desideratum. Hitherto cookery-books have been generally little else than long and often ill-arranged lists of receipts for expensive dishes, requiring for their preparation numerous curious and costly utensils, such as are to be found only in the kitchens of the wealthy. In the family of the working man such books are of course entirely useless, while to many of the middle class they are worse, as the attempt to keep a genteel table by following their directions often entails a ruinous expense. But it is not solely on the score of costliness that many of these works are objectionable. Their authors' knowledge is frequently very curious as to the modes of pleasing the eye and stimulating the palate, but is as often lamentably deficient as to the fit preparation of aliment for the stomach. Hence to the evil of indigestible food is added that of an artificial appetite produced by highly stimulating seasonings, combining with the allurements addressed to the sight, to tempt the incautious eater to become a victim to excess. To these imputations it is hoped that the present work will not be found liable.

It has been said that a Frenchman can cook a pair

of old boots into a first-rate dinner. Though we do not profess to enable our readers to accomplish this particular feat, still we hope to show them what careful cooking can accomplish with materials which many would consider nearly worthless. The fact is, that the old boots proverb is merely another way of stating that the French are in the habit of *living well* upon food which, cooked after our rude British fashion, would be absolutely uneatable. They can convert what we should consider bad meat and vegetables into nutritious and palatable food. Why should we not endeavour to make our *good* materials at least as eatable as the Frenchman's bad ones, instead of, as is too frequently the case, rendering them both tasteless and indigestible by our ignorance of the first principles of cookery?

The main object of the present work is to show the economically disposed housewife how she may at a small expense provide her husband and family with a good dinner, which shall be at once wholesome and palatable because properly cooked, and, for the same reason, cheap. It is proposed to do this not merely by giving approved receipts for plain dishes, but by calling particular attention to those general principles upon which all good cookery depends. These have been long known practically to the French, and having been of late years scientifically confirmed, they now rank as facts of organic chemistry.

CHAPTER I.

RULES FOR PROVIDING.

A CERTAIN practical lady, giving a receipt for making hare soup, began with—"First catch your hare." Upon the same principle we shall premise our instructions in cooking by a few hints on the procuring and management of provisions.

1. In the first place, the housewife ought always, where it is possible, to do her marketing *herself*, and pay ready-money for everything she purchases. This is the *only* way in which she can be sure of getting the best goods at the lowest price. We repeat that this is the only way compatible with strict economy, because if a servant be entrusted with the buying, she will, if she is not a good judge of the quality of articles, bring home those she can get for the *least money* (and these are seldom the *cheapest*), and even if she is a good judge, it is ten to one against her taking the trouble to make a careful selection. When the ready-money system is found inconvenient, and an account is run with a tradesman, the mistress of the house ought to have a pass-book, in which she should write down all the orders herself, leaving the tradesman to fill in only the prices. Where this is not done, and the mistress neglects to compare the pass-book with the goods ordered every time they are brought in, it sometimes happens, either by mistake, or the dishonesty of the tradesman or his shopman, or the servant, that goods are entered which were never ordered, and that those which were ordered are overcharged; and if these errors are not detected at the time, they are sure to be difficult of adjustment afterwards. Let the housewife, therefore, by all means avoid running accounts, and pay ready-money. By so doing she will escape a great deal of trouble and anxiety,

besides saving the extra price which the tradesman charges upon all goods sold on credit, and to which he is justly entitled, both as interest for his money and to cover the losses to which the system sometimes subjects him.

2. In purchasing perishable goods, care should be taken to get everything as *fresh* and *new* as possible. This is absolutely necessary in the case of vegetables, ripe fruit, eggs, butter, and fish generally, as these cannot be used in too fresh a condition; but as butcher meat requires to be kept some time, it may, where the butcher's word can be trusted as to the day on which it was killed, be purchased ready for cooking. Indeed this must often be done when a small supply of cut meat, such as steaks or chops, is required. As, however, it is the butcher's interest to sell off his meat while it is fresh, in order to avoid the loss arising from its spoiling on his hands, he will seldom have any prime pieces which have been kept long enough for immediate use, so that it is much safer, as a general rule, to ask for it fresh, and keep it at home. Perhaps the best plan is to ascertain which day of the week is the butcher's regular "killing day," and to buy upon that day only, a quantity sufficient to last some time,—which quantity must be determined by the season of the year; for since meat keeps longer in winter than in summer, a larger stock may be laid in then. Many a good dinner has been spoiled, and many a fine peice of meat wasted, and this not from ignorance of the time it ought to be kept, but from inattention to the above rule.

3. When it is ascertained where the best and cheapest articles are sold, it is as well to lay in as large a stock as can be afforded at one time, of those provisions which do not spoil by keeping. By so doing, the housewife will not only have a good supply of the best always at hand, but will also be allowed certain discounts from the price, which she would not otherwise obtain, besides saving much time and trouble in shopping. Not only will she have to go *oftener* to the shop for small sup-

plies, but it may frequently happen that when she applies for a *second* small quantity of an article that has been approved of, she may find the dealer's stock of that particular commodity renewed, and the new supply not so good; and then she will either have to purchase an inferior article, or to wander from shop to shop in search of a better. Of course this rule must be disregarded when, at the time of purchase, there is reason to expect an immediate fall in the price. For instance, it would be absurd to buy a three months' supply of tea at 4s., with the knowledge that within a month there might be such a reduction of duty upon it as would lower its price to 2s. Such cases, however, occur very rarely.

SIGNS OF GOOD QUALITIES IN PROVISIONS.

To facilitate the choice of the best provisions the following indications of quality should be attended to.

BUTCHER MEAT.

As a general rule, the best meat is that which is moderately fat. Lean meat must have been ill fed, and will be tough and tasteless. Very fat meat may be good, is not economical. When it cannot be got otherwise, the butcher ought to be directed to cut off the superfluous suet before weighing it.

1. Beef. The flesh should feel tender, have a fine grain, and a clear red colour. The fat should be moderate in quantity, and lie in streaks through the lean. Its colour should be white or *very light* yellow. Ox beef is the best,—heifer very good if well fed,—cow and bull, decidedly inferior.

2. Mutton. The flesh, like that of beef, should be of a good red colour, perhaps a shade darker. It should be fine-grained, and well mixed with fat, which ought to be pure white and firm. The mutton of the black-faced breed of sheep is the best, and may be known by the shortness of the shank; the best age is about five years, though it is seldom to be had so old. Wether

mutton is superior to either ram or ewe, and may be distinguished by having a prominent lump of fat on the broadest part of the inside of the leg. The flesh of the ram has a very dark colour and is of a coarse texture; that of the ewe is pale, and the fat yellow and spongy.

3. VEAL. Its colour should be white, with a tinge of pink; it ought to be rather fat, and feel firm to the touch. The flesh should have a fine delicate texture. The leg-bone should be small; the kidney small and well covered with fat. The proper age is about two or three months; when killed too young it is soft, flabby, and dark coloured. The bull-calf makes the best veal, though the cow-calf is preferred for many dishes on account of the udder.

4. LAMB. This should be light-coloured and fat, and have a delicate appearance. The kidneys should be small and imbedded in fat, the quarters short and thick, and the knuckle stiff. When fresh, the vein in the fore quarter will have a bluish tint. If the vein look green or yellow, it is a certain sign of staleness, which may also be detected by smelling the kidneys.

5. PORK. Both the flesh and the fat must be white, firm, smooth, and dry. When young and fresh, the lean ought to break when pinched with the fingers, and the skin, which should be thin, yield to the nails. The breed having short legs, thick neck, and small head, is the best. Six months is the right age for killing, when the leg should not weigh more than 6 or 7lb. Measley pork is known by the fat being mottled with little lumps and kernels.

Generally, all meat, when not fresh, has a tainted smell about the kidneys, and the eyes are sunk and shrivelled instead of being plump and full.

BACON and HAM may be considered good when the rind is thin, the fat white and firm, and when the flesh adheres to the bone and has a clear, darkish red colour, not streaked with yellow. To test the perfect freshness of ham, run a knife into it close to the bone, and

if when drawn out it has a pleasant smell, and is not smeared, the ham is fresh. If either bacon or ham have the slightest tinge of yellow in the fat, it will soon become rancid.

Butter and Cheese should be judged of by tasting them.

Eggs. It is difficult to discover if eggs be fresh. The best plan is to hold them between the eye and a lighted candle, close to the light, when, if they appear equally transparent throughout, they may be pronounced good, but if there are any cloudy spots apparent, they should be rejected as stale.

POULTRY.

Birds of all kinds are best when young. The thin bone projecting over the belly will then feel soft and gristly; if it is stiff and hard, the bird is old. All poultry should be firm and fleshy.

1. Fowls are best when short and plump, with broad breast and thick rump, the legs smooth and the spurs short and blunt. The black-legged kind are the most juicy. In capons, the comb should be short and pale—in cocks, short and bright red. If fresh, the vent will be close and dark; when stale, it will be tainted, and the eyes sunk.

2. Turkeys. The same remarks apply to these as to fowls. The cock turkey is preferable to the hen. When young, the toes and bill are soft.

3. Geese. The flesh should be of a fine light pink tint, the liver pale, the fat white and soft, and the breast full and plump. A young goose has yellow feet and bill; in an old one these are reddish. It ought to have very few or no hairs on the body.

4. Ducks. Young ducks are distinguished in the same manner as young geese. The belly should be hard and thick. The drake is the best eating.

4. Pigeons. The breast should be full and plump, and the feet elastic. When not fresh, they are flabby, and the vent discoloured.

GAME.

1. Wild Fowl, when young, have soft quills, and should be plump, and hard in the vent. Old birds are distinguished by rigid bills, tough leg-sinews, and long and sharp spurs; they require to be kept longer than young ones. Small field-birds should always be used fresh.

2. Venison. The flesh of good Venison is dark, fine-grained, and firm, and the fat clear and bright, lying thickly on the back. When young, the cleft of the hoof is smooth and close.

3. Hares and Rabbits are fresh when the body is rigid. Young ones have the claws smooth, sharp and close, and the ears tender and easily torn.

FISH.

Stale fish furnishes such unmistakable evidence of its condition, both to sight and smell, that the merest novice who should purchase it would be inexcusable. When perfectly fresh, the body is stiff and elastic; the gills close, difficult to open, and red; the fins lying flat to the sides; the eyes bright and full; the scales glistening and firmly attached to the body. When stale, it is the reverse of all this, and has besides a strong offensive smell. The best fish of all kinds have small heads and tails, thick bodies, and broad shoulders.

Turbot. A good one has the belly cream-coloured; and if that and the fins be streaked with red, it may be considered perfectly fresh.

Skate. When good, the belly is white, tinged with lilac. The female is preferred. Those with large thorns are very inferior.

Lobsters and Crabs should feel heavy;—when light, they are filled with water; which may also be known in lobsters by the berries being large and brownish. In crabs, after being boiled, the water, if there be any, may be heard rattling on shaking them. The male is better than the female, and is distinguished in the lob-

ster by a narrow tail, in the crab by a narrow breast. The lobster when in perfection has a hard firm shell, and may be considered very superior if encrusted with marine animals.

Prawns and Shrimps are good when their tails turn strongly inwards, and when they have no unpleasant smell. They are best when very red, and free from spawn under the tail.

Oysters, if alive and healthy, will close upon the knife when being opened. Pandore oysters from the Firth of Forth, and those from the Kent coast in England, are considered the best.

Mussels are very good and wholesome when gathered from banks on the open coast, but those from the mouths of rivers and harbours where there is much shipping are often highly dangerous, being impregnated with poisonous matter from the copper sheathing of the ships' bottoms. Those from wet docks ought never to be used.

Besides the above there are several other species of shell-fish, viz.—the Escalop, Razor-fish, Clams, and Cockles, which, though very good, are scarce, and not much used. Whelks are more plentiful, and are considered very wholesome. All bivalve shell-fish should be procured alive, when the shells are firmly closed. If purchased ready cooked, as mussels and whelks often are, their freshness must be judged of by the smell.

VEGETABLES.

All Green Vegetables of the cabbage kind should be chosen with large, close, firm hearts. When fresh, the leaves are crisp and brittle; when stale, they are lank and drooping. These ought to be used as soon after being gathered as possible, as they are apt to spoil by long keeping. Such perfect freshness is not so absolutely necessary in roots such as potatoes, turnips, &c.

CHAPTER II.

KEEPING PROVISIONS.

Fresh Meat of every description should be hung up in a cool, dry, airy place, and carefully wiped every day. It should never lie long in a dish. The length of time it should be kept varies with the weather,—cold dry weather being the best, and warm moist weather the worst. Game generally, will keep longer than butcher meat,—two or three weeks, birds being kept with the feathers on, and hares paunched, but not skinned. Beef will require from four to ten days' keeping, or even longer in cold weather; and mutton, if well managed, will sometimes hang a fortnight or even three weeks without spoiling,—the longer the better. Young meat, such as veal, lamb, and pork, will not keep fresh nearly so long,—one, two, or three days at the utmost, sufficing. Fowls will keep for a week, and turkeys a fortnight, but a goose not above nine or ten days. In plucking birds which have been kept some time, care should be taken not to break the skin, which will have become rather tender.

As all animal food, however good in quality, and however well it may be cooked, is uneatable when stale, and, except fish, will certainly prove tough if cooked too fresh, it becomes a matter of considerable difficulty, particularly during summer, to fix upon the right day for cooking a piece of meat which has been kept. It is only by daily examination, and narrowly watching the changes which the meat undergoes, that the housewife will be able to arrest its decomposition at that stage, just short of being tainted, which is the proper one at which to cook it. This is an art which can be acquired only by experience, and its successful practice requires considerable skill in household management. Thus, should the weather have been such

that the meat has not reached the proper cooking state upon the day intended, the prudent and active housewife will have to provide some other dinner for that day, and keep the meat till the next, or the next again. It cannot be too strongly impressed upon housekeepers that even the best butcher meat, when cooked too soon, will not be nearly so tender and palatable as meat much inferior, which has been kept the proper time.

There are various ways of keeping meat sweet, and of removing the bad smell after it has become slightly tainted. One mode is to rub it over with coarsely pounded charcoal, which has the property of absorbing all the putrescent gases, and thus prevents the bad smell. The charcoal must of course be washed off before cooking. Another way is to paint the meat all over with pyroligneous acid or wood vinegar, which is an antiseptic, and considerably retards the progress of decay. Should the decomposition have already gone rather too far, the meat may be partly restored by steeping it, for a short time before using, in a solution of chloride of lime. This latter plan is very useful, especially in warm weather, for game, which is generally preferred with that high flavour produced by long keeping, as it entirely removes any accompanying smell. Dusting meat well with black pepper is a preservative against flies, which however will not get at it if it is kept in a properly constructed meat safe. This is a lock-fast box or closet, the sides of which consist of canvas, hair-cloth, or perforated zinc, stretched upon a frame. It should be placed in an airy yet sheltered situation, not exposed to the sun. A few shelves and several tinned hooks attached to the top or roof, are its interior fittings.

Cooked Meat ought to be kept as cool and dry as possible. When sent from table to be set aside for future use, it ought to be removed into a clean dry dish, keeping back the gravy, which is apt soon to become sour, and therefore ought to be kept in a separate vessel. A cold joint is always richer and more juicy if it

has not been cut while warm, because when cut warm the juices run out at the incision.

Green Vegetables cannot be kept longer than a day or two, and then it must be in a cool dry cellar, free from draughts of air, otherwise they are sure to lose their flavour and perhaps to ferment, in which case they become unwholesome. Each kind should be kept by itself, to prevent contamination of flavour. They should never be placed in water till immediately before being used. Roots, such as carrots, turnips, &c., will remain good a considerable time if kept cool and dry; but they must not be washed, but be stored in dry sand just as they are taken from the ground. In winter they must be protected from frost. Onions are best preserved, —the large ones strung, the small ones in nets,—hung up in a cool but dry place. Parsley and other herbs may be preserved by drying them either in bunches tied to a rope in a warm kitchen, or spread out in an oven nearly cold.

CHAPTER III.

COOKING APPARATUS.

A most important point in the economy of the kitchen is to cook with as little fuel as possible. To do this it is requisite that the apparatus should be complete, and no larger than is necessary for the requirements of the household.

The Kitchen Range. It is a very common error to have this much too large, whereby a considerable loss is occasioned by an unnecessary consumption of fuel. The most economical form of range is that which has a comparatively small open fireplace in the centre, with a boiler on one side and extending round the back, and a small oven having a furnace underneath it on the other, —the whole being flat on the top. By means of such a

range, which may be had for £4 or £4 : 10s., the operations of roasting, boiling, stewing, and baking, may all be carried on simultaneously. Although the furnace under the oven need only be used when baking is required, yet the oven will always be sufficiently warm to heat dinner plates, whilst the boiler, which may be made self-filling, will furnish a constant and plentiful supply of hot water—an article which ought always to be obtainable at a moment's notice in every house. M. Soyer has invented a range (considerably more expensive however than the above), which with one fire can roast, boil, broil, bake, fry, braise, and sauté, all at the same time. It is so contrived as to stand in the middle of the kitchen, and occupies very little space.

The various kitchen utensils, constituting the rest of the cooking apparatus, will be more properly described when treating of the different processes for which they are required.

1. Roasting is performed by the direct action of the fire. The meat is suspended and kept in constant rotation in front of the fire by means of a twirling hook and bottle-jack which is hung from a projecting arm or crane fixed in or above the mantel-piece. This arm has a number of notches on its upper side, by means of which the distance of the meat from the fire can be regulated at pleasure, and it moves upon a swivel, so that when not in use it may be turned back close to the wall. Beneath the meat is placed a stand containing a removable tin dish to catch the dripping, and from the back part of which a tin screen of a semicircular form, stands up behind the meat and reflects the heat upon it, thereby aiding the roasting.

2. Broiling is the cooking of small articles, such as herrings, slices of meat, &c., over the fire, and by its direct action. It is perhaps the most ancient and primitive mode of cooking. The savage hunter broils his steak cut from the still bleeding animal, upon the live embers of his wood fire. The civilized man, more cleanly, broils his upon a gridiron, over a clear smoke-

less fire of coals, having taken care to have it cut from an animal killed at least a week previously. In point of tenderness the two steaks are said to be upon a par. Those who have tried it, declare that meat cooked *while still warm* from the newly-killed animal is very tender. Perhaps the steak cut from the *live* animal, said to be so much relished in Abyssinia, owes its popularity there to the same cause.

The gridiron should have small round bars, and must be kept thoroughly clean, not only on the tops of the bars, but between them. For turning the meat, a pair of small tongs is preferable to a fork, which makes holes in it, through which the juice runs out. When the meat is in proper condition, broiling is by far the best mode of cooking, and it is certainly the most expeditious.

3. Baking is best accomplished in a properly constructed oven; but small cakes, puddings, &c., can be very well baked in front of the fire in a "Dispatch," which is a tin box with an open side, so made as to reflect the heat equally over whatever is placed in it. Baking on a small scale may also be done over the fire in a large dry goblet, with a close fitting lid. As this however is apt to melt the tin lining, an old goblet, which has already lost its lining ought to be used, and care should be taken to warm it gradually lest it be cracked by the heat. Whatever is baked in a goblet must be placed upon a tin trevet to keep it from the hot bottom. A large number of cakes or scones might be baked in this way by placing each upon a separate trevet, and making a pile of them inside the pot.

4. Boiling is done in an iron pot (called a goblet in Scotland, in England a saucepan) tinned on the inside. It should be sufficiently large to contain water enough to cover the meat. Besides one or two large goblets, it is convenient to have several of the very smallest size, of block tin, for making sauces, &c. For boiling fish an oval tin fish-kettle is required, with a flat drainer to place beneath the fish while boiling, in order to lift it out whole when done.

5. Stewing differs from boiling in that a much smaller quantity of water is employed; and this being enriched by the juices of the meat, is served as a gravy along with it. Meat cooked in this way has been recommended as more wholesome than when boiled, because, the liquor in which it was cooked being taken along with it, it perfectly supplies the requirements of the theory that as the human body is made up of precisely the same elements as raw butcher meat, and these in precisely the same proportions, therefore, in order to supply the waste of the body the meat ought to be eaten entire, with none of its constituents abstracted in the cooking. Although, however, experience appears to confirm the truth of this theory in the case of boiled and stewed meat, it is to be feared that its strict application would necessitate our eating *bones*, and many other matters even not quite so palatable or digestible. It may even be doubted whether the theory will apply at all, seeing that its propounders have analysed merely the *dead* human body, and consequently cannot say what the living body is composed of; or even granting it to be identical with the dead one, it never can be known that the changes food undergoes during nutrition, which are admittedly not chemical, do not amount in some cases to actual *transmutation* of elements.

The Stew-pan is a much shallower vessel than the sauce-pan for boiling. It is also of iron, tinned inside. All boiling and stewing vessels ought to have close-fitting lids.

6. Braising is a French improvement upon stewing. The method is nearly the same, the difference being that braising is done in an *air-tight* vessel, so that none of the volatile matters escape, and that the heat is applied above as well as below. For this latter purpose live embers are placed upon the lid of the braising-pan, which is made hollow on the top to receive them. Braising is a very slow process, and perhaps its superiority over good stewing is not worth the extra trouble required.

7. FRYING. There are two modes of frying. The first is called by the French cooks *sautéing*, and is that which is most generally adopted by the middle and poorer classes in this country, being considered the most economical. Its use is confined to the cooking of small articles having the form of a flat cake or slice. It requires merely a flat uncovered shallow pan with a straight handle (the usual frying-pan), in which there has been heated just enough of dripping or florence oil to prevent the article from sticking to the bottom. When browned on one side the article is turned,—if it is a slice of meat, with a pair of tongs as in broiling; if fish, a perforated tin slice is used. When a single article is cooked at a time, an expert cook will turn it by tossing it into the air and catching it on the other side. The pan should be thick on the bottom, and be made of malleable iron.

The other method of frying is performed by completely immersing the article to be fried in hot oil or fat. In this case the frying-pan must be six or eight inches deep (a small fish kettle answers very well), and be filled to the depth of three or four inches with melted dripping, or, for some purposes, florence oil; and when this is heated sufficiently, the fish, or whatever it may be, is let gently down into it,—if large, in a wire basket by which it can be easily lifted out.

This method is best adapted for the larger sized fish, which may thus be cooked in good sized pieces, or even whole. As soon as a large piece of fish has become browned, the fire ought to be moderated, and the rest of the frying done at a lower temperature. This will prevent the outside being over-done before the inside is properly cooked. It may seem singular, but it is the case, that in both these modes of frying, more particularly in the latter, very little, if any, of the oil or fat is imbibed by the food. The reason is, that the boiling liquid, which ought to be considerably hotter than boiling water, contracts and hardens and partly carbonizes the surface of whatever is placed in it, and so

forms a skin or crust which is impervious to the oil. The articles thus treated being generally small, the heat penetrates them with sufficient rapidity to cook them thoroughly before this crust acquires any great thickness. In order more effectually to prevent their absorbing the oil, they are usually coated with batter, or egg and bread crumbs, which very quickly set, and besides excluding the oil, serve in a great measure to protect the meat from the hardening influence of the extreme heat.

Besides the necessary utensils above mentioned, the kitchen ought to be furnished with a good sized brass-pan for making fruit preserves, a meat saw, chopper, and block; a pastry slab of hard wood, or, what is better, of marble, a rolling-pin and a paste-brush; a stout pair of scissors, and several kitchen knives and spoons; also a number of bowls and baking dishes, tin or earthenware jelly moulds; a collander, a dredging box, and several sieves (both of hair and wire), a jelly-bag and several tammies, pudding-cloths, towels and scrubbing-brushes; a number of skewers, and some small boxes for holding spices, &c. None of these articles are very expensive, and, although a contriving housewife may manage to dispense with several of them, they all greatly conduce to the comfort and convenience of the cook. Of course, the extent to which a house is provided with them must depend on the size of the establishment and and the master's means.

CHAPTER IV.

GENERAL PRINCIPLES TO BE KEPT IN VIEW IN EVERY PROCESS OF COOKERY.

In order to impart a rational comprehension of these, it is necessary to say somewhat regarding the constitution and nature of food.

All animal flesh consists chiefly of five different substances. There is first the *muscular fibre*, which when separated from the other constituents is white, and perfectly tasteless. It is insoluble in cold water, and when exposed to the heat of boiling water becomes hard and horny. Then there are numerous *membranous tissues* which are also insoluble in cold water, but which boiling water slowly dissolves, changing them into glue or gelatine, which forms a jelly on cooling. Thirdly, there is the *albumen*, a substance which in raw meat remains dissolved in the juice, but which becomes completely coagulated at a temperature (about 140°.), considerably below that of boiling water, which is 212°. Lastly, there exist, dissolved in the juice of raw meat, the *red colouring matter*, which coagulates and becomes brown at 150°, and the sapid and odorous parts of the meat, called the *osmazome*, which can only be separated from the water of the juice by evaporation. It is this last constituent in which alone the taste of the meat is to be found. Apart from it, the others are nearly insipid. Some kinds of meat become eatable when their albumen has been coagulated by a heat of 140°. At this stage flesh still retains its raw red colour, and is very juicy and tender. The red inside part of roast meat, so much liked by many people, is an instance of it. Flesh may be said to be thoroughly cooked when the colouring matter also is coagulated, the temperature required being a little above 150°. At this stage the meat will have entirely lost its raw appearance, and be perfectly tender. If however the meat in cooking be heated to the boiling point, 212°, it will become much firmer, from the hardening of the fibrine, and if kept long at that heat, tender meat will become hard if roasted, and tough if boiled. Should the boiling be continued a considerable time, the fibres of the meat will separate, let out a great part of the juices, and become almost tasteless; in fact the meat will be "boiled to rags." By such a process an ignorant cook will profess to *boil meat tender*, when she has merely rendered

the hardened fibres easily separable from one another by the teeth, and condemned the unfortunate eater perhaps to a fit of indigestion, and most certainly to half an hour's hard labour with the toothpick.

For cooking vegetable substances a boiling heat is always necessary. Their cellular tissues are softened and opened up by it, their starch converted from an insoluble into a soluble substance, and the whole rendered more digestible.

It is upon the foregoing facts that the following general principles or rules for cooking are founded :—

1*st.* In making soups, sauces, &c., in which only a strong highly-flavoured fluid extract of meat is required, the meat ought to be cut into very small pieces or thin slices, and then *very slowly digested in lukewarm water, but not allowed to boil* until the end of the process, when the scum which is thrown up should be carefully removed, and the liquor strained.

In this way the water first penetrates the meat and displaces the juices which alone possess flavour. When this is thoroughly accomplished, the heat may be increased, when the albumen and most of the colouring matter, now dissolved in the water, become coagulated ; this forms the scum, which, being tasteless and dirty-looking, is removed. Lastly the *boiling* water dissolves the gelatinous tissues of the meat, which although imparting no taste, serve to enrich and thicken the soup, and, if the liquor be sufficiently concentrated, will cause it to congeal when cooled. Of course the meat will have become tough and tasteless, in which state it is unfit to eat. If the opposite course be followed,—if the meat be thrown at once into *boiling* water,—the extreme heat will at once harden the surface, both by contracting the fibrine and coagulating the albumen, which, instead of being extracted in a dissolved state to be afterwards thrown up as scum by boiling, *will mostly remain in the meat*, and there becoming solid, will so choke up all the minute vessels containing the savoury juice, as effectually to prevent the water entering them to extract it ; and

it will only be by long-continued boiling that even the gelatine will be dissolved. Thus the soup will be poor in taste, though rich in glue; showing that the strength of soup ought not to be estimated, as is often done, by the firmness of the jelly it makes on cooling.

2*d*. Meat which is to be eaten, ought *never* to be heated to the boiling point of water.

From what has been already said, the necessity of this must be evident. As a heat of 150 or 155 degrees is the highest required to cook meat thoroughly, every degree above that involves a waste of fuel; and a boiling heat (212°), which is the greatest that can possibly be applied to meat boiled in an open vessel, is that at which it is certain to become hard and tough.

This rule may perhaps at first sight appear to be contradicted by some of the directions given in the receipts which follow, but it is really not so. Thus in the directions for boiling, it is said that the meat must be put into *boiling* water. This is merely *preparatory* to cooking it,—it is done in order to seal up, by the boiling heat, the orifices of the juice vessels so as to prevent the water entering, and confine the gravy. For the same purpose, meat which is to be stewed is first *browned* or sautéed in the stew-pan; the main part of the cooking being in both cases done by *slowly simmering*. Neither is this rule infringed in frying or broiling, because these processes are applied only to slices of meat so thin that they are thoroughly cooked before the *extreme* heat applied to them has time to penetrate farther than a very little depth from the surface. The flesh of fish is naturally so very soft and flaccid that it requires the hardening influence of a high temperature to make it palatable. It is therefore plunged at once into boiling water, and the ebullition kept up as briskly as possible, until the fish is cooked.

3*d*. The third rule, which is but a deduction from the second, is, that large pieces of meat require cooking for a longer time and at a lower temperature than small pieces.

The reason of this must be obvious; for if a leg of mutton, for instance, were to be exposed to the heat required to broil or fry a beef steak, and for the same time, it would merely be cooked on the outside to the depth of half the thickness of a beef steak; and if it were broiled till the part next the bone was cooked (which would take nearly as long as when properly roasted), by far the greater portion of it would be burnt almost to a cinder. And if, on the other hand, a beef steak were to be roasted precisely as a leg of mutton is, it would soon become as hard and dry as a tile,—not from being overheated, but from its moisture being all evaporated.

By proper attention to rule 1st in making soups and meat sauces, or preparing *stock* for either, these will always contain the maximum of flavour and strength derivable from the quantity of meat employed in their preparation, which is the only result consistent with strict economy. Rules 2d and 3d, but more especially the former, will, if strictly followed, always ensure tender and juicy meat, in whatever way it be cooked.

As nothing should be thrown aside which can in any way be made useful, the economical housewife will save both the exhausted meat from which soup has been made, and the liquor in which boiled meat has been cooked, for both of which a use may be found, as will afterwards be shown in its proper place.

CHAPTER V.

ROASTING.

GENERAL DIRECTIONS.

Although practice and attention alone will make a proficient in roasting, still it is necessary that the following hints be attended to.

An hour previous to putting the meat to the fire, have the grate well cleared of ashes, and a fire made up suited to the size of the joint, so that when required it will be clear and glowing. Let all the cooking utensils be thoroughly clean and bright. Let the meat be properly jointed, which facilitates the carving and prevents haggling the roast. Wash the meat well in salt and water, and dry it thoroughly, after which it should be handled as little as possible. Draw the live coal to the front of the grate, and put on a backing of wet cinders and small coal; this will sustain and throw forward the heat. If the meat is *very* fat, which it ought not to be, cut off the superfluous suet, leaving only sufficient for basting, and cover it with a piece of buttered white paper tied on with twine. When skewering is necessary, use as few skewers as possible, so as to avoid making too many holes in the meat by which the gravy escapes. Fix the joint upon the hook of the jack in such a way that every part may be equally acted on by the fire. Then hang it before the fire at such a distance that it will not be scorched on the outside before being warmed through, and adjust the screen and dripping pan. As soon as the fat begins to melt, the joint cannot be too frequently basted with the dripping thus formed. In cases where the dripping is scanty, butter must be used for basting. If more dipping falls into the pan than is necessary for the purpose, it should be removed before it gets at all scorched by the heat, or by cinders falling into it. The time required for roasting depends on the size and shape of the joint as well as on the kind of meat. Although a quarter of an hour to each pound of meat is usually the time allowed, yet it must be noted that generally fat meat requires more time than lean, that fillets and legs take longer than loins or breasts, and that veal and pork take longer than any other kind of meat. If the roast is large, and requires long cooking, the fire may be mended once, or perhaps twice, before it is done. To do this, the roast and dripping-pan must be removed from the fire while the

ashes are raked out of the front of the grate and fresh coals put on at the back. When the roast is nearly ready the paper should be removed and the joint brought nearer the fire, where it should remain, being all the while diligently basted, until it has acquired a fine rich brown colour. About a quarter of an hour before removing the meat from the fire, sprinkle it lightly from a dredging box, with a mixture of well-dried flour and salt. When dishing the roast, remove the dripping from the gravy in the dripping pan, and put the gravy into the dish along with the meat. This is the best sauce that can be taken with any kind of roast meat, and if the meat be good, especially beef or mutton, there will be plenty of it. Should the gravy however prove scanty, the dripping pan, if it has been kept free from ashes, may be rinsed out with a very little boiling water and salt, and this poured over the meat. If elegance be desiderated, the end of the knuckle or shank-bone, where there is one, may be ornamented with a cut paper frill. All dishes and plates sent to table should be hot.

The flavour of the more insipid kinds of meat, such as veal, poultry, &c., is frequently heightened by stuffing them with forcemeat before roasting. This is a highly seasoned mixture of a number of savoury substances, for the compounding of which, from its very nature as a matter of taste, no definite rules can be given. In some of the receipts which follow, a few examples of stuffing are given, which merely show the substances usually employed, and the proportions which will be found very good. But it must be distinctly understood that the cook is by no means restricted to these, and ought to exercise her invention and discretion as to the materials and their proportions, according to circumstances and the taste of those for whom she provides.

The dripping removed from the pan during the process of roasting should be preserved thus :—Before it cools, pour it into boiling water, when all impurities, such as gravy, ashes, and small cinders, will fall to the

bottom, the pure fat floating at the top. This when cold becomes a firm white cake. When a sufficient number of such cakes are procured, melt them all together in an earthenware jar placed in boiling water, and on cooling there will be a solid mass of pure white dripping, which will keep fresh for a considerable time. Beef and lamb dripping thus prepared is useful for frying, and making pie-crust. That from mutton being tallowy is not so good, while most other kinds of dripping are never used in cookery. They should however be collected and preserved as above, along with fat skimmings from boiled meat, broth, &c., and the accumulation sold to the candlemakers or soap-boilers. Economical housewives in the country, or those who have a liking for such operations, make their own candles and soap for common purposes from it. Either plan is more thrifty than throwing away refuse fat.

Joints of meat may be very well roasted in a baker's oven. For this purpose the meat must be prepared as for roasting in the usual way, and then placed upon a stout wire trevet in a large brown earthen pan about two inches deep, which will withstand the heat of the oven. Instead of a trevet, two or three sticks laid across the edges of the pan, will do to support the meat. The heat of the oven must be moderate, considerably less than is required for bread. When a small joint is cooked in this way, it is a very good plan to bake a Yorkshire pudding or some potatoes in the pan under it. These will absorb and be enriched by the gravy of the meat, and are a very nice accompaniment to the roast.

The foregoing general directions apply to roasts of every kind. It now remains to point out the peculiar methods required for the different sorts of meat.

BEEF.

The best piece for roasting is the *Sirloin*. It should consist of at least three of the short ribs. One weighing about twelve pounds may require two and a half

hours' roasting, though this depends greatly upon the fire. When dished, it may be garnished with finely scraped horse-radish, or this may be served separately as a condiment (see Sauces, &c.) Salt and mustard are almost universally taken with roast beef. A Yorkshire or a potatoe pudding (see Puddings), may be cooked before the fire, under the roast. Besides these, plain boiled or mashed potatoes, mashed turnips, plain boiled rice or rice-pudding, greens, French beans, green pease, pease-pudding, oat-meal pudding and suet dumplings, are all very good accompaniments for roast beef.

The *Ribs of Beef* may be roasted in the same way and served with the same accompaniments as the sirloin. Before cooking, the bones are generally sawn through, about three inches from the top, and removed, leaving a flap, which should be folded under, and secured with wooden skewers.

The *Thin flank* (called in Scotland the *Nine-holes*), boned and trimmed as for collaring (see *collared beef*), seasoned rather highly with pepper and salt, rolled up tightly and fixed with tape and small skewers, may be roasted as above.

N. B.—The bones and trimmings removed from this and the preceding roast make excellent soup, as do also the remainder bones of cooked meat; but the former are preferable, because being uncooked, their juices are more easily extracted.

Ox Heart must be prepared for roasting thus:—Soak it one hour in lukewarm water to remove all the blood; wash it well, and if large, place it for ten or fifteen minutes in boiling water. Wipe it dry and fill the inside with a stuffing made of 4 ounces of bread crumbs, 4 ounces of minced suet or butter, 2 ounces of parsley, and a teaspoonful each of powdered marjoram, thyme, and grated lemon peel; season to taste with pepper, salt, and nutmeg, and make it into a stiff paste with a beaten egg. Ox-heart should be thoroughly cooked. Currant jelly or apple sauce is sometimes served with it in a sauce-tureen.

An *imitation of roast hare* may be made from the lean inside of a large sirloin, cut up, stuffed like hare with a highly seasoned forcemeat, fastened with skewers and tape, and then roasted.

MUTTON.

The *Leg* or *Gigot*, the *Shoulder*, and the *Loin*, are the best parts for roasting. Before roasting the loin, the fat surrounding the kidneys ought to be removed, otherwise the dish, when the meat is cut up, will be flooded with melted dripping. It should be likewise be well jointed, for convenience in carving. The gravy may be eked out if necessary, as in beef, with a little boiling water and salt, or, if desired, a beef gravy may be used.

The *Neck* of mutton (best end) makes a very good roast. It should be jointed like the loin. The *Saddle*, the *Chine*, and the *Haunch* of mutton, are respectively the two necks, the two loins, and the leg and loin, not separated. They are, however rather large for a small family.

Onion, celery, and cucumber sauces are those generally taken with roast mutton ;—sometimes currant jelly is preferred. Tbe vegetables to accompany roast mutton are generally the same as those used with roast beef. Potatoes browned under tbe roast are much liked.

VEAL.

Tbe *Fillet* is prepared for roasting as follows :—Cut out the bone neatly, without disfiguring the meat, and fill its place with a stuffing composed of bread crumbs, butter or finely minced suet, thyme, parsley, and minced or grated lemon-peel, in the same proportions as for ox-heart,—the whole bound together with an egg, and seasoned with pepper, salt, and nutmeg. Fold over the flap so as to secure the stuffing, and fix it with skewers or tape; tie over the ends, with twine, pieces of buttered wbite paper. Place it rather near the fire for the first ten minutes, after which remove it to such a distance that it will roast very slowly. As Veal ought to

be well and thoroughly cooked, it will require a longer time to roast than beef or mutton. If it does not yield enough dripping for basting, use butter. When nearly done, take off the paper, and allow the joint to remain at the fire till browned. Remove the fastenings when dished; garnish with thin slices of lemon. The usual hot water and salt will do for a gravy, but thin melted butter (see receipt), to which, while boiling, a little mushroom ketchup or other savoury sauce has been added,—poured over the joint, is an improvement. Boiled Ham is a very nice accompaniment to roast veal.

The *Breast*, the *Shoulder*, the *Loin*, and the *Neck*, make also very good roasts. The breast and shoulder may be stuffed like the fillet. In the former, the stuffing must be inserted under the skin through a slit cut for the purpose; in the latter, it must be placed in a cavity formed by carefully cutting out the shoulder blade bone,—which is rather a difficult operation.

LAMB.

Good young Lamb, being much smaller than mutton, is generally roasted in quarters.

The *Fore-quarter* consists of the shoulder, neck, and breast together. The ribs of the breast should be broken across the middle. At table, the first operation of the carver is to separate the shoulder, which if not immediately required, may be set aside to be used cold, the cut surface being first sprinkled with salt or lemon juice.

The *Hind-quarter* contains the leg and loin. The flap of the loin may be stuffed like veal, using perhaps less lemon-peel and more parsley. If a rich gravy be desired, make it of beef; if not, the usual hot water and salt will do. It is customary to serve mint sauce with roast lamb.

The *Leg*, the *Neck*, and the *Shoulder*, make very good small roasts alone, if carefully attended to, and the remaining parts may be cooked in various other ways. Lamb, like veal requires to be "well done."

PORK.

Being very disagreeable when not thoroughly cooked, Pork should be slowly and cautiously roasted, not too near the fire; hence it takes a longer time than most other meats.

The *Leg* is generally stuffed with a mixture of finely-chopped sage and onions, a few bread crumbs, and a little butter,—seasoned with pepper and salt and a small quantity of made mustard, and moistened with an egg. This stuffing is placed in a pouch made by cutting a slit in the knuckle, near the thigh, and raising the skin; the opening is then sewed up with packthread. If the leg is stuffed the day previous to roasting, its flavour is improved. Before putting it to the fire, the skin may be rubbed with salad oil, which will prevent its blistering, and it should then be neatly scored across in regular stripes about half an inch apart, to assist the carver in separating the slices. When the dripping is deficient, the basting may be done by rubbing it with a piece of butter tied up in a muslin bag. Should the rind or "crackling" be preferred well raised or blistered, the joint must be drawn rather near the fire a short time before being lifted, and then it must be carefully watched, and diligently basted to prevent its being burnt. Apple sauce, not too sweet, is the best for roast pork.

The *Chine*, the *Spare-rib*, the *Loin*, the *Neck*, and the *Griskin*, are all roasted in the same way as the leg. The *Shoulder* may also be roasted, but is generally rather too fat for this purpose. The stuffing for the chine may be the same as that for the leg, or it may be varied by substituting parsley and thyme for the onions. A short time before being removed from the fire, the spare-rib and the griskin may be sprinkled with dry pulverized sage-leaves. French beans and pease-pudding are favourite acompaniments for roast pork.

Sucking Pig.—This much-esteemed delicacy ought to be cooked as fresh as possible. The pig, having

been properly prepared by the butcher, must be well washed in cold water, and thoroughly dried. Then cut off the feet, and place in the inside a stuffing made of the crumb of a penny roll, and a few sage leaves, butter, pepper, and salt. Sew up the belly, and fasten back the legs with small skewers so that the under part may have the full benefit of the fire. Being rubbed perfectly dry, it may be either dusted with flour, or smeared all over with white of egg applied with a feather, and immediately put to the fire. While it is roasting, baste it well with butter or salad oil. The skin ought to be nicely browned and crisp. It will require about two hours, more or less, to roast. The usual mode of serving it is, to cut off the head and divide it and the body into halves lengthwise; to remove the brains and stuffing for the sauce, and to place the two halves of the body in the middle of the dish, and the jaws standing up on each side. The brains are then finely minced, and, along with the stuffing, mixed with hot beef gravy; and this may be either added to the gravy in the dish, or served separately in a sauce boat. Roast pig may also be stuffed like the leg of pork, and served with apple sauce.

VENISON.

Unless Venison be fat, roasting is by no means the best way to cook it. As the fat is considered a great delicacy, the main object of the cook must be to keep it from melting away, which venison fat is peculiarly apt to do. For this purpose the joint is generally enveloped in a layer of flour-and-water paste, an inch thick, and this is covered with well-buttered or oiled paper. Thus prepared, it is placed rather near a good strong fire, until the paste becomes set, the paper being frequently basted with dripping to prevent its catching fire. It is then removed to such a distance from the fire that it will roast slowly. A *Haunch* weighing from twenty to twenty-five pounds will require at least three or four hours' roasting. It should not be *overdone*, as the flesh is naturally rather dry. About half an hour before

being "done," the coverings may be removed, and the roast placed rather nearer the fire to brown it;—it must then be diligently basted with fresh butter, and dredged with flour and salt, like other roasts. A gravy may be made for it from beef or mutton, if its own is deficient. Sweet and acid sauces, such as currant jelly, white vinegar and loaf sugar, are those usually served with venison.

The roasting-pieces of venison are the same as those of mutton; they are all treated as above.

HARE, FAWN, KID, AND RABBIT.

A young *Hare* which has been kept as long as the weather will permit, is the best for roasting. When old, it is much too tough and dry, and consequently does not make a good roast, though it will do for soup. When ready for roasting, cut off the feet, and skin it, commencing at the hind legs and drawing off the skin upwards to the head. Avoid tearing the ears in skinning them, as they are considered a dainty by some people. Soak and wash it well in several waters, and wipe it perfectly dry. Make a stuffing of the liver finely minced, and mixed with beef suet also minced very small, bread crumbs, parsley, thyme, and grated lemon peel, in about the same proportions as for ox-heart; season it with pepper, salt, and nutmeg, and moisten it with an egg and a little mushroom ketchup. Fill the inside of the hare with this, and sew up the belly. Cut the sinews of the hind legs, and fasten them and the fore-legs flat to the body with small skewers; likewise fix the head firmly between the shoulders by running a skewer through it into the body. Hang it, head downwards, before a strong fire. Baste it first with hot salt and water till the blood ceases to drop from it; then empty the dripping-pan and pour some milk into it, with which baste the hare. When nearly done, flour it lightly and baste it with butter. The milk basting, if not desired, may be omitted, and butter used instead. An hour and a half to two hours' roasting will be required, but this de-

pends of course upon the strength of the fire and the size of the hare. It is dished back upwards, with the head erect, and served with rich beef gravy and currant jelly separate.

It is a country fashion to stuff roast hare with mashed potatoes, grated ham, suet, and onions, highly seasoned with pepper and allspice.

A young *Fawn* or a *Kid* may be roasted in the same way as a hare. When somewhat grown, a fawn may be roasted in quarters,—covered, while roasting, with veal or lamb caul, or slices of fat bacon, and well basted.

A large *Rabbit* may be stuffed and roasted in the same way as hare. Young rabbits and leverets need not be stuffed. Being smaller than hares, of course they take less time to roast.

POULTRY.

All birds are prepared for cooking nearly in the same manner, as follows :—

To *pluck* them,—Lay the bird upon a board with its head towards you, and holding it firmly with one hand, with the other pull out the feathers, away from you, in the direction in which they lie. When they are pulled in the contrary direction, the skin is very apt to be torn.

To *draw* poultry,—Cut off the head ; then make a slit at the back of the neck, and, detaching the skin and the crop, draw out the neck and cut it off close to the body, leaving the loose skin long. Make another incision under the tail or in the side below the leg, just large enough to allow the gizzard to pass through, and no larger. With the finger inserted through this, carefully detach all the intestines, and then squeezing the bird, draw the whole gently out at the opening. In doing this, great care must be taken to avoid breaking the gall bladder and the gut which joins the gizzard, because otherwise it will be impossible to remove the bitter taste imparted by the contents of the one, or

the grittiness derived from the other. Break the legs by the middle of the first joint, and draw out the sinews (this ought to be particularly attended to if the bird is not young), cutting off the parts at the joint. Press down the breast bone;—if the bird is large, this must be done by laying it breast upwards upon the dresser, and having covered it with a thickly-folded cloth, beating it with the rolling-pin. It must then be singed all over with a piece of lighted paper held under it, to remove the small hairs left after plucking it. The bird being now washed and thoroughly dried, is ready for trussing. This varies with the kind of bird, and mode of cooking. In every case the skewers and strings used must be removed before serving, and the bird dished with its breast upwards.

A *Fowl* prepared as above is trussed thus:—Press down the legs close to the sides and back, and fix them by means of a skewer thrust through the thighs and the body. Place the liver and the gizzard,—the latter split open, and both clean washed and dried,—one under each wing, and twist the pinion ends round upon the back. Fasten the wings close to the sides, by a skewer run through the joints and the body. The legs and wings may be farther secured by pieces of twine tied over them round the bird.

When ready to put to the fire, place inside the fowl a piece of butter about the size of a walnut, well rolled in a mixture of pepper and salt, and tie up the neck skin. Hang it before the fire, neck downwards, and baste it frequently with fresh butter. It will be roasted in from half an hour to an hour, according to the size of the fowl, and the strength of the fire. When large, fowls may be stuffed like turkeys. (See next page.)

The sauce for roast fowl may be either plain melted butter or gravy sauce, or, what is still better, a sauce made as follows:—Cut the neck in pieces, and stew it gently till its juice is extracted;—then take out the pieces, strain the liquor, stir into it a piece of butter

rolled in flour, add some mushroom ketchup, and boil it for half a minute.

Turkeys are trussed in the same manner as fowls, only using one or two more skewers if required. The stuffing for roast turkey is generally the same as for fillet of veal (see p. 27); to which may be added, if desired, parboiled sausage meat, grated ham, or chopped oysters. This is placed under the skin at the neck, which must be well secured, leaving room, however, for the stuffing to swell. The breast ought to be covered with writing paper, well buttered, and the roasting done before a good large fire,—not too near. Shortly before taking it away from the fire, remove the paper, shift the turkey closer to the fire to become browned; dust it with flour and baste it with butter, to prevent its getting scorched. A sauce may be made from the neck, as for fowls—(see p. 33). Bread sauce, gravy sauce, oyster sauce, and egg sauce, are also occasionally used.

Pigeons are roasted with the feet on, one leg being thrust through a slit made in the other. They are stuffed with the liver minced, and mixed with bread crumbs, chopped parsley, pepper and salt, and a little butter. Half an hour's roasting is sufficient, during which they must be well basted with butter, The sauce for roast pigeons may be either plain melted butter with a little chopped parsley in it, or one made as above from the giblets—(the neck, liver, and gizzard). They are sometimes served with toasted bread beneath them in the dish, and with bread sauce. They may also be garnished with fried bread crnmbs.

Partridges are roasted with both the head and the feet left on. The neck is twisted round the wing so as to bring the head to the side of the breast. Otherwise they are prepared and trussed in the same manner as fowls, only their feet are made to cross on the lower part of the breast. While roasting, baste them with butter. Shortly before they are done, dredge them lightly with flour, and continue the basting till they are browned. They are served on toasted bread, soaked

in the contents of the dripping pan. The sauce may be either plain melted butter or beef gravy.

Pheasants, Grouse, and *Blackcocks,* are roasted and served in the same manner. So also are *Woodcocks* and *Snipes,* but these latter are not generally drawn: the *trail,* as the drippings from the entrails are called, being received upon toasted bread placed in the dripping pan, is considered a delicacy, and the toast is served in the dish under the bird.

Goose. This is best drawn at an incision made between the vent and the tail. The legs and wings are lopped at the first joint, and the remaining parts skewered flat to the sides. The liver and gizzard are not usually roasted along with it, but are reserved, along with the head, neck, feet, and pinions, for a stew or a giblet pie. A mixture of chopped onions and sage leaves (six of each will do), and a little butter, seasoned with pepper, salt, grated nutmeg, and a little sugar, is placed inside the bird, at the opening by which it was drawn. A button-hole is then made in the skin of the belly, or *apron* as it is called, by cutting out the vent, and into this, the apron being pulled downwards, the rump or croup is inserted as a button. The neck-skin being then securely tied, the breast is papered, and the goose hung before the fire. In a short time remove the paper, and baste the goose with its own dripping, which will generally be sufficient. Being naturally greasy, it does not need so much basting as turkey or fowl. It requires thorough cooking, which will be accomplished in about two hours, more or less. Serve it with beef gravy if required. Apple sauce is the prescriptive accompaniment of roast goose.

The above stuffing is thought by some to be improved by being stewed in butter till tender, and placing it inside the goose whilst hot. It is sometimes varied by the addition of the liver chopped, and bread crumbs, or boiled rice, or mashed potatoes, or a mixture of potatoes and apples (previously cooked and reduced to a pulp), or sometimes even roasted chestnuts cut small.

Ducks. The feet, which are left on, are scalded in boiling water, and then skinned. They are turned flat upon the back like the wings. Otherwise, ducks are prepared and stuffed with sage and onion, and bread crumbs, in the same way as geese, the liver being used in the stuffing. Being smaller, they require less time to roast. A gravy may be made for them, as for fowls, from the giblets. Apple sauce is served with them. Some prefer them plain roasted like fowls, without stuffing; in which case the apple sauce may be omitted. Green pease are usually served with roast ducks.

CHAPTER VI.

BOILING.

GENERAL DIRECTIONS.

THE practice of this most important branch of the culinary art seems at first sight so simple and easy, that any general directions for it may perhaps appear unnecessary. Yet it is doubtless this apparent simplicity which has led to its being so generally ill done, that, excepting for the larger prime joints, it is comparatively neglected by all who can afford to purchase roasting pieces.

The two grand errors which prevail on the subject of boiling fresh meat are—1*st*, Putting it into *cold* water, and gradually heating it to the boiling point; and 2*d*, Maintaining it in a state of brisk ebullition until cooked. The former of these is almost universal, being actually recommended in most cookery books. The latter is an error generally acknowledged, although it is too frequently committed through inattention or ignorance. When these errors are considered in connection with what has been said in Chapter IV. on the chemical nature of animal flesh, their necessary results will be evident; and these are fully confirmed by ex-

perience. The evil arising from the first error, is the loss of the juice and the flavour of the meat. The juice being entirely soluble in water below 140_0, as soon as the meat is immersed in it, there begins a gradual process of transposition between the juice of the meat and the water, and this goes on until checked by the coagulation of the albumen within the meat, which takes place when it has attained the above-mentioned temperature. But by this time, especially if the fire has been slow, the meat will have lost a great part of its savoury juice, of which the scum which now rises is the albumen, and what remains has been rendered thin and watery. Now commences error the second. The heat increases,—the water simmers,—it boils fast. The muscular fibre of the meat soon begins to contract,—it forcibly presses upon the imprisoned fluid; the coagulated albumen confining it, having been rendered less tenacious by previous dilution with water, gives way, and the remaining juice gushes out at every pore. The meat is now considered to be well cooked. It will perhaps be found tolerably tender, but it will be both dry and tasteless. A few minutes more *boiling* would have made it *tough* as well. These results are not so observable in large pieces of meat, more especially those which, like a leg of mutton, have the greater portion of their surface covered by the natural skin, because from their size it is possible to make the water boil before it has time to penetrate very deeply, while the skin greatly helps to keep in the juice. Smaller pieces, on the contrary, which have a proportionally larger raw or cut surface, are sure to lose almost all their juice when thus treated. Of course the liquor in which meat has been thus boiled will make *excellent* broth or soup, as perhaps every housewife knows; but since well-flavoured, tender and juicy meat, and not broth or soup, is the *main* object in boiling meat, a very different course ought to be followed.

The meat should be plunged at once into water *boiling briskly* over a strong fire. The water should be

slightly salted, and be in sufficient quantity to cover the meat. The boiling heat will at once coagulate the albumen, and harden the fibrine *at the surface of the meat*, and so from the first the escape and dilution of the juice is checked. After the lapse of from five to ten minutes, according to the size and compactness of the piece of meat, the heat must be reduced considerably below the boiling point, by the addition of cold water. The fire may then be moderated, and the pot so placed that the meat will never afterwards be subjected to a greater heat than that of *gentle simmering*. Should any scum be formed, it must be removed. Keep the pot covered to prevent dust and smoke entering it. If the quantity of water becomes much reduced by evaporation, the pot must be replenished with *hot* water. When vegetables, such as carrots or turnips, are boiled along with meat, they are sliced and put in when the meat is nearly cooked, after which the water may be allowed to boil, but no longer than is just necessary to cook the vegetables. As this cannot be done, however, without some risk of impairing the goodness of the meat, it is safer to boil the vegetables separately, Some cooks recommend wrapping the meat up tightly in a floured cloth. But although this practice may perhaps assist in preserving the juice when the meat is put on in cold water, still it gives it a disagreeable blanched appearance, and it will not be found necessary when the meat is put into boiling water at first. The liquor in which meat has been boiled *properly*, although not so rich in juice as that in which it has been boiled *improperly*, will still make very good soup, with the addition of meat trimmings, scraps, raw or cooked meat bones, &c. As all varieties of fresh meat are boiled as directed above, little more will be requisite than to ennumerate the best joints and pieces for the purpose; although it must be understood that *any* piece of meat of moderate size and compact shape will be very good boiled, if the above directions are carefully attended to.

Salted meat which has lain long in the salt (more

particularly tongue and ham) is an exception to the foregoing rule. It is best put into *cold* water. Not only so, but it frequently requires to be soaked for hours in cold water previous to being boiled, both to extract the superabundance of salt, and to impart moisture sufficient to replace what was extracted in the process of salting, as well as what has dried up afterwards. No doubt much of the savoury juice of the meat is thus extracted, but this cannot be helped, and is not of so much consequence, since its absence is disguised by the saltness. Beef which has been but a short time in salt, especially if it be a small piece, may very safely be put on in boiling water, and is much better so cooked.

The time required to cook boiled meat depends, of course, on its weight and compactness of shape. Generally, from a quarter of an hour to twenty minutes for each pound is sufficient. In lifting meat out of the pot, care should be taken to avoid thrusting the fork into any fleshy part, as, in some joints, this would make unseemly holes, by which much of the gravy would escape before it could be brought to table. Perhaps it may hardly be necessary to remark that all vessels used for boiling ought to be perfectly clean.

BEEF.

Boiled Fresh Beef or *Bouilli* is not so generally liked as it ought to be. This is probably owing to the dry, tasteless condition in which, through ignorant *cold-water* cooking, it is generally presented at table. The want of the juice *in* the meat is but ill supplied by its being served in a flood of the watery liquor in which it was boiled,—by way of gravy. When the broth is required on the same day as the meat, which is the general custom, the following is the best plan to adopt.

Procure from four to six pounds of the rump or brisket of beef,—almost any part will do if it is good and tender,—and cut about one quarter of this into thin slices, chosing for this purpose any sinewy or loose outside parts, so as to leave the remainder of a solid com-

pact shape. Having well hacked and scored these slices across, put them on in as much cold water as is intended be employed, (rather less than a quart to each pound of the whole meat will do), and let them heat very slowly to extract the juice. When this is thoroughly accomplished, add salt to taste, skim the liquor and then make it boil. While boiling fast, put in the rest of the meat, together with some sliced carrot, turnip, onions, and leeks, and proceed as directed above. When the meat is nearly cooked, take it out for a short time while the vegetables are *boiled*. Allow it to go off the boil again, replace the meat. and let it simmer for a few minutes. Dish half the carrots and turnips round the meat, along with some of the liquor, and put the rest of the vegetables, cut smaller, into the tureen, along with the broth, to which toasted bread cut into small dice may be added if desired. Before sending to table, skim the superfluous fat from the broth. Of course, the exhausted slices of meat must not be sent to table in their present state. The quantity of vegetables used must depend on the taste of the cook;—three large carrots, four turnips, two large leeks, and three onions, to six pounds of meat, is a very good proportion. When the broth is not required on the same day, the meat may be cooked entire, proceeding exactly according to the foregoing General Directions, but not omitting the vegetables. The French *pot au feu*, in which they make their bouilli, is of *stoneware*, which has the advantage of maintaining a more equable temperature, losing less heat by radiation than an iron vessel does, and consequently requiring a smaller consumption of fuel.

Salted Beef, with its appropriate vegetables, is a much more general favourite than the bouilli; and of all the pieces which may be used, the *Round* is the most approved. A whole round, being generally too large to boil at one time for a small household, may be divided, so as to give each piece its due proportion of fat, into two, or even three pieces, and these boiled at separate times. When the whole is boiled at once, the bone

may be cut out. Wash the meat well, and if it is too salt, it may require steeping in several waters till freshened. Fasten the folds of it firmly together with skewers and strong broad tape or strips of linen, and then put it on the fire in water sufficient to cover it. If the meat is but newly salted, the water should be *boiling;* if it is rather salt, cold water is better. In the former case, proceed exactly as with fresh meat; in the latter, heat the meat gradually till it begins to boil, after which, keep it slowly simmering till cooked. The time required is about a quarter of an hour to each pound of meat.

The vegetables taken along with salt beef (carrot, turnip, and greens) are always best boiled in some of the same liquor, which must be removed for this purpose after the meat has simmered about two hours—of course leaving enough to keep the meat covered. The vegetables may be farther enriched by adding the fat skimmings of the meat to their liquor. When the vegetables are cooked in the same pot with the meat, there is always a risk either of having the former under-done or the latter over-done, unless the meat is removed while the vegetables are boiled.

The beef, freed from its fastenings, is dished along with some of the liquor, and garnished with the carrot and turnip. (Some omit the turnip). The greens are served separately. The liquor is excellent for making pease-soup.

A round of beef is very good cold, and will keep good for a fortnight in cold weather. It should be kept covered with a soft clean cloth thickly folded, and a dish-cover over that. When not intended to be used warm, it is a good plan to cool it as rapidly as possible by plunging it into iced or cold spring water before removing the fastenings—changing the water frequently. This congeals the gelatine and fat on the surface, and so preserves the juice, which is very apt to drain out when it cools slowly.

The salted *Ribs*, *Brisket*, and *Edge-bone*, are also cooked and served as above; only, being less solid, they

are done in about five-sixths of the time for the same weight.

Collared beef and *Pressed beef*, prepared according to receipts, are cooked in the same way; only, being bound up in a compact shape, they require a rather longer time to cook. Though collared beef is served hot, like other salt beef, yet these are generally preferred cold, a weight being placed upon them while cooling, in order to keep them firm and compact for slicing.

A *Pickled Ox-tongue* is put on in plenty of cold water, "brought to the boil," and then simmered till tender, which is ascertained by probing it in the thickest part with a fork. A dried tongue requires twenty-four hours previous soaking, more or less, according to dryness and saltness. These are generally served to be eaten along with the more insipid meats, such as veal, poultry, &c. They should be skinned before serving.

Tripe should be chosen fat, thick, and white. It requires very careful washing and scraping, scalding it frequently, and changing the water often. It will take from six to nine hours', or even longer, slow simmering, according to the age of the animal from which it was taken. When perfectly tender, remove it from the liquor, cut it into pieces of a convenient size for helping at table, and then simmer it in milk and water, along with some young onions previously parboiled. When the milk and water begins to thicken, add some arrow-root mixed with a little cold water, or a piece of butter rolled in flour, season with pepper and salt, and, if liked, a little made mustard,—and serve in a hash dish or small tureen.

This makes an excellent supper dish, along with boiled potatoes. Some people use a little of its own liquor instead of the milk and water, but the latter will be found much preferable. Tripe may be bought ready cooked at the cook-shops, but the last preparation with milk and water is best done at home.

Cow-heels or *Ox feet* should be procured ready cleaned. They are considered very nutritious when thoroughly

cooked. They should be simmered till the bones become loosened, and served hot with plain parsley sauce poured over them, or plain melted butter with a teaspoonful of made mustard and a very little vinegar or lemon juice in it.

Cow-heel, while cooking, yields a very rich oil, which must be skimmed off. This is sometimes used for frying and basting. It burns well in a lamp, and is said to be used by the perfumers in some of their preparations for the hair. The liquor may be turned to account in making calves-foot jelly;—for which *ox* feet are much better adapted than calves' feet.

MUTTON.

The *Leg* or *Gigot* is the prime joint for boiling. Cut the end off the knuckle, and cook the leg, according to the General Directions, in an oval vessel or fish kettle. Turnips and carrots in slices are usually served in the same dish with boiled mutton; or the turnips may be mashed, and served separately. These, when boiled in the same pan, are put in to boil half an hour before the mutton is ready, the meat being meanwhile removed and then replaced. The liquor should be reserved for broth next day.

The *Neck* of mutton, and the *Back Ribs*, are boiled the same way as the leg. It is a very good family practice to make broth at the same time, as the ingredients do not at all spoil the meat. For this purpose the barley or rice is put into the boiling water along with the meat. After an hour and a half's simmering, the meat is removed and covered up to be kept warm, while the vegetables in small slices (carrots, turnips, and onions, with chopped parsley, and celery or celery seed) are put in and the liquor boiled till considerably reduced in quantity. The meat is then replaced, and the cooking finished in the usual way. Some of the carrots and turnips may be kept in *large* slices with which to garnish the meat when dished. Cauliflower may be served with boiled mutton. Caper or gherkin sauce may either be

poured over it in the dish, or served separately in a sauce-boat. Parsley sauce poured over the meat is by some preferred to caper sauce.

VEAL.

The parts most usually boiled are the *Chump of the Loin*, the *Best End of the Neck*, and the *Knuckle*. These require to be thoroughly cooked. Thick parsley sauce may be poured over them or served separately; onion sauce is also used. These insipid gelatinous meats are much the better of an accompaniment of boiled tongue, ham, or bacon. The liquor of boiled veal makes a very delicate broth, rich in gelatine.

LAMB.

The *Leg* is treated in the same way as a leg of mutton, but being smaller, it does not require so long a time to cook. It may be dished with spinach under it; or the loin (being the remainder of the hind quarter) may be cut into chops, and these fried and served in the dish round the leg. Plain melted butter or parsley sauce are the sauces generally used.

PORK.

Pork should be well cooked, and ought to have previously lain in salt from two days to a week at the least, according to the size of the piece. The *Leg* of pork should be placed in the pot with the skin-side uppermost, and with a plate underneath it to prevent its sticking to the bottom. While simmering, it throws up a great deal of fat, which should be constantly skimmed off. It is served with pease-pudding boiled in some of the liquor, greens, mashed turnips, or parsnips.

Pickled Pork is cooked and served in the same manner. The following is a pleasant variation in the mode of serving a *Pig's Cheek* (pickled). While the cheek is being cooked, boil for half an hour half a pint of split pease loosely tied in a cloth; remove them from the cloth, mash, and pass them through a hair sieve; sea-

son them with pepper and salt, and add an ounce of butter and four beaten eggs; place them in a stew-pan over the fire, and keep stirring till the eggs begin to set; then, when the pig's cheek, cooked till perfectly tender, is dished, spread the pease over it, sprinkle the top with bread crumbs, and brown it before the fire. It should be served immediately. The liquor of boiled pork, if not too salt, will do very well to make pease-soup, but does not answer for anything else.

Ham. A ham may be boiled either whole or in parts. The best English hams are from York and Westmoreland. A most important point in cooking ham is the soaking, the length of time required for which (from ten hours to three or four days) must be properly proportioned to the saltness and dryness of the ham. Before cooking it, the ham should be well scraped and washed in warm water, and any yellow or rusty parts pared off. It should be put on in cold water, allowed slowly to reach the boiling point, and then simmered from two to four hours according to size, frequently skimming off the fat which continually rises. When done, skin it neatly, and strew over it a few bread raspings mixed with a little brown sugar; then place it before the fire to dry and become browned. Serve it garnished with parsley, and with a paper frill fastened round the knuckle. It is generally eaten hot as a relish with other meats. When cold, it will keep even longer than a round of beef, and is a most serviceable article to have in the house. It should be kept covered with the skin, which must be preserved whole for this purpose when taken off.

Bacon. A good piece, well streaked, and not too fat, should be put on in cold water and simmered for an hour and a half, more or less, according to its size. It is served with broad beans round it, or young pease when in season.

Rabbits. These may be boiled whole as follows. Wash them well in warm water, and dry them. Fill the belly with a stuffing made of bread crumbs, suet, parsley, and onions, all chopped small, seasoned with pepper and salt,

and bound together with an egg and a little milk. Sew up the belly, truss in the same way as roast hare, and simmer gently for an hour. When dished, pour over them a sauce made of plenty of onions boiled till tender, then boiled up in milk,—and this thickened, before removing from the fire, with butter and flour, and seasoned with pepper and salt. This dish is called *rabbits smothered in onions.* The stuffing, if not desired, may be omitted. When two are prepared in this way, they are dished with the head of one rabbit laid to the tail of the other. Instead of the onion sauce, a sauce made of some of the liquor in which the rabbits were boiled, enriched with some veal gravy, and thickened with the livers boiled and mashed, and some flour and butter, seasoned with pepper, salt, allspice, and finely chopped parsley, may be poured over the rabbits.

Fowls and *Turkeys*, being plucked, drawn, and cleaned in the same way as for roasting, are trussed for boiling as follows. The legs are secured by being drawn inside under the skin. The pinions are turned round upon the back, the liver being placed under one, and the gizzard under the other. The legs and wings may be farther held down by strings tied over them round the body. Boiled turkey is always, and boiled fowl frequently, stuffed. The following ingredients are those usually employed: bread crumbs, suet, and parsley, each finely minced, with pepper, salt, and nutmeg, moistened with an egg and a little milk. This is placed in the breast, and, leaving sufficient room for it to swell, the skin is sewed over upon the back. The bird is put on in water nearly boiling, and in sufficient quantity to keep it always covered. Fowls require to be simmered from half an hour to an hour and a half, and turkeys about double that time, according to the size and age of the bird: in all cases it should be thoroughly cooked, as nothing is more disagreeable than raw poultry. When it is desired that the bird should look very white, it may be wrapped in a floured cloth before boiling; or rubbing it with lemon juice will answer the same

purpose. The liquor will make excellent broth. This may be prepared for use the same day, the vegetables and some scraps of veal or mutton being put in along with the fowl, which will not be any the worse for them. The sauces which may be used are various:—egg sauce, parsley sauce, to which the liver boiled and bruised may be added if liked, celery sauce, lemon sauce, and sometimes for turkey, oyster sauce. When this last is to be used, a few chopped oysters may be added to the stuffing. For turkey some people like a sweet stuffing made by substituting currants and a little sugar for the parsley. Boiled poultry, either hot or cold, is always more palatable if ham or salt tongue is eaten along with it. Several excellent made-dishes can be prepared from the cold remains of roast or boiled poultry.

Geese, Ducks, and *Game Birds,* are much better roasted than boiled. For boiling they are trussed in the same way as fowls. The sauce generally preferred for Geese and Ducks is onion sauce. Partridges, Pheasants, &c., are served with the same sauces as when roasted.

FISH.

The flesh of fish is naturally so soft that it requires to be cooked at a *boiling* heat in order to make it firm. Being generally small in size as compared with joints of meat, it is proportionally more quickly cooked; and the texture of the muscular tissues is so loose, and the gelatinous parts are so easily dissolved, that every minute it remains in the liquor after being thoroughly done deteriorates its quality. On the other hand, few things are so nauseous as underdone fish. Hence it is a matter of some nicety, to be learnt only by experience, to proportion the time of cooking to the size of the fish. As there is some danger, when the fish or piece of fish is large and thick, of its being over-cooked on the outside before the interior is done, the safer plan in such cases is to proceed as directed for boiling butcher meat, viz, to plunge it at once into boiling water, and then to cool it down so far by the addition of cold water as to allow

the interior time to become heated before the outside is too much cooked. Smaller fish however are best kept at the boiling heat from the moment they enter the fish-kettle till they are done,—the object being in all cases to perform the operation as rapidly as is consistent with its being done thoroughly.

Hard water is the best for boiling fish in. It should have plenty of salt in it, and a little vinegar is sometimes an improvement. This assists the rapid coagulation of the albumen, which, in the case of fish, forms the *curd* which is deposited between the flakes, and is esteemed a delicacy. The cruel practice of *crimping* cod and salmon—that is, gashing their sides while yet alive—occasions a more copious formation of this curd upon the cut surfaces; as the juice of the fish oozes out over them and thickens by evaporation, so that it is coagulated *there* and not *within the substance* of the fish when it is plunged into the boiling water. The crimping also facilitates the rapidity of the cooking by admitting the boiling water to act upon the interior parts of the fish. This however may, if desired, be equally well effected by cutting the fish in slices before putting it on. All fish require careful and thorough cleaning.

Every kind of fish becomes so fragile when cooked, that great care in dishing it is required to prevent its being broken or disfigured; on this account the use of the drainer should never be omitted. If the fish happen to be ready before the time for serving it, it must on no account be allowed to remain in the water, but must be dished, covered with a cloth and dish-cover, and kept hot over the fish-kettle.

Salmon is best when perfectly fresh. It will however keep good for two or three days if kept very cool, or packed in ice. It should be well cleaned out, scaled and washed, and boiled in plenty of salt water. For a large full-grown fish when boiled whole, the time required may be about six minutes to each pound weight. It is best however boiled in slices, the larger and thicker pieces being put in first and boiled longest. When done

let it remain for a minute or two upon the drainer placed across the top of the fish-kettle, in order to let the water drip from it, and dish the pieces together in their natural position, with a napkin under them. Garnish with parsley and slices of lemon. Serve with either lobster sauce, shrimp sauce, parsley sauce, or plain melted butter, not omitting also a sauce-tureen with some of the fish-liquor for those who prefer it. *Trouts* are dressed whole, and served in the same manner.

Cod. This fish, especially the tail part, is the better of lying a day or two in salt before cooking. It is boiled as directed above for salmon, garnished with its roe, and served with oyster sauce or melted butter. The head-and-shoulders part is frequently, before being served, brushed over with egg, sprinkled with bread crumbs, pepper and salt, stuck over with bits of butter, and browned before the fire.

Haddocks and *Whitings*, after being well scraped and cleaned, the entrails and eyes being taken out, are put into boiling water well salted, and kept briskly boiling till done; which will be in about twenty-five minutes, more or less, according to size. If they are of different sizes, the large should be put in first. The heads are by some people esteemed a delicacy. Serve with melted butter and some of the liquor.

Herrings and *Mackarel* are boiled in the same way, but not so long. Sauce,—plain melted butter; or, if liked, for mackarel, fennel sauce or green gooseberry sauce.

Turbot, Hallibut, Brill, and *Soles.* These fish require careful cleaning and rubbing with salt, to remove the slime which exudes from them. Cut an incision in the back, to give room for the fish to swell without bursting the breast skin. Lay it breast upwards on the fish-drainer, and put it on in plenty of water into which has been thrown a handful of salt and a cupful of vinegar. As the skin of turbot is very apt to break and become unsightly under a brisk ebullition, this fish is merely simmered. When done, dish it breast upwards garnished

either with any small fish fried, or parsley. Sauce,—melted butter, or any fish sauce that may be preferred.

Skate. This is the better of being kept for a day or two hung up in the open air. It should be previously cleaned thoroughly, rubbed with salt, and have the tail and fins cut off. When to be boiled, skin it on both sides, and cut it lengthways in strips an inch and a half broad; roll each piece up and tie it with a thread. Then steep them for three hours in a pickle of salt, vinegar, and water; after which boil them for about a quarter of an hour in salt and water. Before serving, remove the threads, and serve with melted butter or caper sauce, to which may be added, if liked, some of the liver boiled and bruised.

Salted Cod and *Ling.* The black-skinned sort are said to be the best. Like salt meat, salt fish requires steeping till freshened. It should be put on the fire in cold fresh water and simmered till tender,—not boiled, as that would make it hard and thready. Dish it dry with a napkin underneath, garnished with plain boiled parsnips and parsley. Egg sauce is the appropriate sauce. Mustard is generally taken with salt cod.

Salt and *Red Herrings* generally require steeping before being boiled. Serve with mashed potatoes.

VEGETABLES.

Soft water is the best for boiling vegetables, and there should be plenty of it used for all vegetables except green peas and young spinach, the flavour of which would be too much weakened by a large quantity. With few exceptions they ought to be put on in boiling water and boiled till thoroughly tender. The colour of every kind of cabbage and greens will be better preserved by the addition of a very small quantity of carbonate of soda to the water. The time required for boiling vegetables depends so entirely upon their age and size, that no definite directions can be given about it. The best way to ascertain when they are done is to feel if they are tender by running a fork into them. All vegetables

should be thoroughly washed and freed from dirt and insects before boiling.

Potatoes are best boiled in their skins. Being first well washed and cleaned, they are put on the fire in cold water enough to cover them, seasoned with salt. They must not be allowed to boil too soon or too fast, else they will be done on the outside, and their skins will be burst, before the inside is cooked. This is a frequent error, and ought to be carefully avoided, for few things are so tantalizing as fine-looking mealy potatoes with raw hearts. They should be as nearly as possible all of one size (which may be contrived by sorting the stock laid in into two or three lots, according to size, and boiling those of each lot separately), so that that they may be all equally cooked ; otherwise, by the time the large ones are done, the smallest will perhaps be broken and dissolved. When sufficiently cooked, pour the water off them, and place them at the side of the fire with the lid half off to let the steam escape, so that they may dry. Before serving, peel them, removing the eyes with the point of a small knife so as not to disfigure them. When sent to table, cover them with a large white napkin folded, in preference to a dish-cover, because it will keep them as hot, and not confine the steam, which spoils the potatoes. Old potatoes are sometimes the better of being pared and soaked some time in cold water *before* boiling. When to be *mashed,* they may be pared either before or after being boiled,—carefully removing the eyes and specks. After being thoroughly boiled, they are mashed so as to leave no lumps, adding some butter, a very little milk, salt and white pepper. Dish neatly in a vegetable dish, score in diamonds on the top, and, if desired, brown before the fire.

Turnips. Young ones are *peeled,* not pared, put on in plenty of boiling water with some salt in it, and boiled till tender. Older Turnips must be *pared,* taking off all the woody outside, sliced as required, and boiled as above. When cooked, drain the water thoroughly

from them, dish them, and pour some melted butter over them. Turnips may be mashed after being drained. Press them through a colander with a wooden spoon, to keep back all lumps, and re-warm them in the sauce-pan, stirring in some fresh butter ; season with salt, pepper, and a little powdered ginger. Dish them neatly, ornamenting the top with a diamond pattern.—Young turnips are never mashed.

Carrots and *Parsnips* should be well washed and scraped, and boiled like turnips till soft. Young ones may be served whole, but large ones must be cut in quarters lengthwise. They are served with boiled meat either as a separate dish or as a garnishing. Parsnips are sometimes mashed like turnips.

Beetroot may also be used for the same purposes, but it must merely be washed, and not cut up till after being boiled, else it will lose its fine colour.

Greens, *Cabbages*, and *Savoys* must be well washed, the coarse outside blades removed, the stalk cut off close to the bottom, and all dirt and insects carefully removed from between the leaves. The larger ones may be cut into quarters, and the smaller ones into halves. Have boiling enough of water to cover them ; throw into it a little salt and a very small quantity of carbonate of soda. When these are dissolved, put in the greens and boil them till tender. When done, place them between two plates and squeeze the water out of them. Dish them compactly in a vegetable dish, cut the whole mass as it lies in the dish, through and through, into dice of a convenient size for helping at table, and serve hot. When greens are boiled along with a round of beef, they are better not drained, but served saturated with the beef liquor.

Cauliflower and *Brocoli* require very careful cleaning. Remove the outside leaves, and trim the tops of those that remain, to a level with the heart. Lay them for an hour in salt and water, rinse them well in a stream of water allowed to run from the stop-cock, to clean out the interior thoroughly, and boil them as directed

for cabbages. When tender, drain them; and, taking care not to break them, dish them neatly, and serve either plain or with melted butter or brown sauce poured over them.

Green Peas should not be shelled till immediately before being boiled. Use no more water than will just cover them. When it is boiling, throw into it some salt, and, if the peas are not very young, a little sugar; then put in the peas and boil till quite tender, but not too long, or they will burst and dissolve. Drain them in a colander, and when dished stir gently among them a small piece of butter and a little pepper. Serve them quite hot. Sometimes a few sprigs of mint are boiled with the peas, for those who like the flavour of it.

French Beans, *Scarlet Runners*, and *Young Kidney Beans*. Cut off the tops and tails, drawing off the tough back-string, and cut the pods in pieces slantingly, or if large split them lengthwise, and then divide them across. Lay them for half an hour in salt and water. Put them into boiling water with a little salt and carbonate of soda to preserve their colour, and boil till tender. Then drain, and dish them, sprinkling them with salt and pepper, and lightly stirring a little butter among them.

Brussels Sprouts are boiled and served in the same way;—about forty small ones make a good-sized dish.

Spinach. This requires careful picking and washing in several waters. It should be boiled very fast in salt and water. Ten minutes' boiling will make it tender. It is then drained in a sieve, pressing it lightly to remove the water. It is next beat up in a stewpan placed over the fire, with butter, pepper, and salt, to which a little broth may be added. It should be dished quite hot, the top being smoothed and neatly scored in diamonds. A more tasteful method is to press it into a leaf-shaped mould, and turn it out into the dish. Very young spinage should be boiled with no more water than what adheres to it after washing.

Windsor or *Broad Beans*. Shell and wash them, and

if old, skin them. Put them on in boiling water, with a little salt, and boil till tender. When not used as an accompaniment to pickled pork or bacon, they are served with parsley-sauce poured over them.

White Harricot Beans, Egyptian or *Gabanza Beans,* and *Lentils.* These being hard and dry, must be allowed time in cooking to absorb moisture and become softened. The larger kind of harricots even require some hours soaking in cold water. Put them on a slow fire in plenty of cold water with a little salt, a very little carbonate of soda if the water is hard, and a bit of butter. They should be heated gradually, and simmered till tender, which may take about three hours in the case of the beans, and rather less for the lentils. When done, drain them, when they may be either served plain with a little butter, pepper and salt, and sugar, stirred among them, or treated as follows:—Fry a sliced onion till brown, in a stew-pan with a little butter, to which add the boiled seeds, a little more butter, some flour, and gravy or strong soup; season with pepper and salt, stir them up, boil for ten minutes, and serve hot.

Rice, after being well washed in two waters, must be thrown into salted water boiling quickly. When considerably softened, but not quite tender, drain it, and put it into a stew-pan which has been heated, and buttered on the inside. Close the lid tightly, and place the stew-pan by the fire or in the oven till the cooking is finished,—taking care not to let the rice burn. If properly attended to, rice cooked in this way will be perfectly white, the grains being swelled to their full size, tolerably dry, not sticking together, and perfectly tender. Prepared thus to be eaten along with hash or curry, it may either be served separately in a covered dish, or surrounding the curry in the same dish. A very nice mode of preparing it as an accompaniment to roast or stewed meat is,—to press it compactly into a buttered mould after draining it, and then to finish the cooking in the oven, or in a pot of boil-

ing water, taking care that no water enters the mould. When turned out, this pudding will cut in firm solid slices.

N. B.—The liquor in which any vegetables, except potatoes, have been boiled, may be used in making soup. Indeed the water of beans and lentils makes a very good soup *maigre*, with the addition of some onion fried in butter thickened with flour and parsley, or any other flavouring herbs, vegetables, or seasonings that may be desired.

Eggs are placed gently in a pan of boiling water with a spoon, taking care not to let them knock against the bottom, which would crack them. A net or wire basket is preferable to a spoon, especially if a number are boiled at once. From three to four minutes boiling, counting from the time they are put in, will be sufficient for full-sized eggs, and a little less for small ones,—always remembering that *perfectly* fresh eggs take a little longer than others. They should always be covered with water.

An improved method is, to remove the pan from the fire immediately after the eggs are put in, and let them remain in the water about *ten* minutes. Or the boiling water may be poured gently over the eggs in a basin. Either way, if the *quantity* of boiling water is properly proportioned to the number of eggs, ten minutes immersion will cook them. Done in this manner, the yolk will always be thickened, while the white is just set and no more, being converted into a delicate white curd much more digestible than the firm solid substance produced by the usual method. If too much water has been used, or the eggs are allowed to remain too long in it, the yolk will be found set firm, although the white will never be hardened; and if the quantity of water has been too small, the yolk will sometimes be set, while the white remains half raw. This shows that the yolk is set at a lower temperature than the white, the heat required for each being considerably lower than boiling. The quantity of water should be about

half-a-pint to each egg, the pan being of such a size as to cause the water to cover the eggs. When done in a basin, a little more water will be required. This proportion of water must of course be considerably reduced where a large number of eggs are done at once, because the cooling of a large quantity of water is proportionally slower than that of a smaller quantity.

Poached Eggs are prepared by breaking the shell and dropping the contents into boiling waier with a little vinegar and salt in it. This should be done as close as possible to the surface of the water for fear of breaking the yolk, and giving the white a ragged appearance when set, from its mixing too much with the water. For the same reason, the ebullition should not be too brisk. Perhaps a safer plan is to break each egg into a separate tea-cup, and immersing the cup in the boiling water, lower its lip so as to allow the water to enter and the egg to float out. By this plan also it is possible to examine whether the eggs are fresh or not, before they are put into the water. Care must be taken to allow one to set before another is put in, that they may not stick together, and to take them out in the order of their immersion. When the white is completely set, the egg is lifted out with a small drainer, and the water allowed to drain from it for a minute. It is then ready for serving on hot buttered toast, or broiled or fried bacon or ham.

CHAPTER VII.

BROILING.

GENERAL DIRECTIONS.

Broiling is the most expeditious mode of cooking. It is also one of the best for meat that is in proper cooking condition; but when the meat is too fresh,

broiling is, of all processes, the most likely to fail of a good result. The reason is, that being performed upon *slices* and not masses of meat, it requires to be done *quickly* to prevent the meat being too much dried, and consequently a *high temperature* is necessary, which being of itself unfavourable to the production of tender meat, makes it the more needful that all the other favourable conditions should be fulfilled. Broiling requires a strong glowing fire without flame or smoke. If the fire is not quite in this state, and there is not time to wait till it "burns through," the flame may be reduced and kept under by sprinkling salt upon the coals. The Gridiron, which must always be kept clean and bright, should be first heated and then rubbed with a piece of suet before placing the meat on it ;—this prevents the meat sticking to it. The slices to be broiled should be cut of an even thickness of not much less than three quarters of an inch, lest they be dried and hardened,—nor more than an inch, else they will be still raw in the interior, while the outside is half burnt. The practice (recommended by some cooks) of beating them with the rolling pin, is decidedly a bad one ; it ruptures the juice vessels, and so occasions a loss of gravy, while it is very doubtful if any amount of beating will make *tough* meat tender. The article broiled, especially if it be juicy, such as a beef-steak, should be turned very frequently ; this process not only ensures its being cooked equally through on both sides, but prevents the escape of the juice which is apt to be expelled on the upper side, if the meat remains long without being turned. For turning the meat, a small pair of tongs made for that purpose is the best, a fork being sure to make holes by which the gravy is lost. Sometimes the gridiron is made *double*, so that the meat being held between its two flaps, which are fastened together by a hinge, the whole is turned together without removing the meat. This form of gridiron, however, although it certainly saves the labour of the cook, has the disadvantage of frequently

making unseemly marks on the meat by the pressure of the bars, which also tends to squeeze out the gravy, and to render the meat hard. Another modification of the gridiron is one in which every bar is hollowed into a gutter to catch the gravy and fat, and prevent them dropping into the fire and there making a smoky blaze. This, however, necessitates the bars' being so broad as in a great measure to shelter the meat from that direct action of the fire which is essential to broiling. If the cook pays proper attention to the *turning*, and places her gridiron aslant so that the fat runs down the bars to the back of the grate, very little gravy will be lost, and she will not be much annoyed by a blazing fire. The best gridiron, as elsewhere remarked, is that having small round bars.

Broiled meat should be served and eaten the instant it is cooked, for every minute it stands deteriorates its quality; so that those who wish to dine upon meat broiled in perfection, must be content to wait a few minutes for their dinner rather than allow their dinner to wait for them.

Beef Steaks.—Although those cut from the *rump* are considered the best, yet the *sirloin* or the *spare-rib* supply very palatable steaks if the meat is good and has been kept long enough. Having cut the steaks as above directed, trim off any superfluous suet, and divide them into pieces of a convenient size for serving at table. Sprinkle both sides with a mixture of pepper and salt, and broil according to the preceding general directions. The time required must vary according to the strength of the fire, the thickness of the steaks, and the taste of those who are to eat them, many persons preferring them rather underdone, while others like them to be thoroughly cooked. When finished, place them in a very hot dish, rub them with a little fresh butter, add a table-spoonful of mushroom ketchup, and send them to table under a hot cover immediately. When steaks are broiled for a party of more than two persons, they should be sent to table in two

or three separate supplies, so that they may be eaten as soon as done, because if they are all served at once, those that are first cooked will have lost much of their goodness while waiting till the last is finished. They may be garnished with a little scraped horse-radish. Mustard is the condiment almost universally taken with beef steaks. Pickles are sometimes used, but many prefer oyster or mushroom sauce. Plain boiled potatoes and bread should not omitted.

Mutton and *Lamb Chops* are best cut from the middle of the loin. They are also sometimes taken from the neck. They are cooked and served in the same way as beef steaks. The buttering may be omitted in dishing, as the mutton is generally fat enough of itself. Mutton steaks from the back ribs, and cutlets from the gigot, may also be broiled as above. Before broiling these chops, it is a good plan, not always practised, to trim away unnecessary fat, and as much of the bone, especially the thick end of it, as can be neatly taken away ;—there will thus be less troublesome dripping of grease into the fire, and the *raw* bone, as before observed, yields more juice for soup or gravy than a cooked one. *Soyer's Mutton* or *Lamb chop* is *sawn* from the *saddle ;*—the "jagging" of the meat by the saw, "causing the chops to eat more tender," says its inventor. Be this as it may, however, the idea is certainly good, as the chop so produced exhibits a more equal distribution of fat and lean than the ordinary one, and the bone being undivided in the centre, assists in preserving the gravy.

Veal Cutlets should be well seasoned, and basted occasionally while broiling by dipping them in fresh butter melted in a plate. A more savoury though more troublesome method is:—having fried till brown some very finely chopped onion and parsley in a little butter, to dip the cutlets first in this, then into bread crumbs seasoned with pepper and salt, and then to broil them. Immediately before serving, pour over them a rich Brown Gravy thickened with butter and flour, flavoured with

finely-minced orange-peel and some grated ginger, and made quite hot.

Kidneys and *Sweetbreads* are sometimes broiled. The kidneys must first be split through the middle and laid open but not separated, and then strung upon skewers so as to keep them open and flat. Sweetbreads must be previously par-boiled. Both should be highly seasoned with pepper and salt before placing them on the gridiron, and the sweetbreads are the better of being basted as above described for veal cutlets. Both may be rendered more savoury by first "egging" them, and then dipping them in a highly-seasoned mixture of bread-crumbs and finely-minced herbs, — sprinkling them also with the mixture while they are broiling.

Pork Chops are perhaps the most indigestible of all forms of animal food. Those who have sufficient confidence in their gastric powers may try them. They are cut from the neck or loin, peppered, and must be *thoroughly* cooked. When done, serve them very hot, sprinkled with salt, or, if liked, a gravy flavoured with mustard and dry pulverized sage-leaves may be poured over them. Their appropriate condiment is mustard.

Bones. The remainder bones of roasted or stewed joints, having a little of the underdone meat left upon them, make a very good broil. They should be divided into pieces of a convenient size, and highly seasoned with salt, pepper, and mustard. The bones of several kinds of fish, treated in the same way, form a tasty supper-dish.

Ham and *Bacon.* These, for broiling, ought not to be too old or dry. Though every part of bacon is very good, the streaky part of the thick flank is the best. The slices need not be above a quarter of an inch thick. If rather dry, they should be dipped for a minute or so in vinegar and water. The rind should be taken off, and each slice broiled for about five minutes, more or less, according to the strength of the fire ; during which time it should be turned three or four times. Serve them very hot. When poached eggs are served upon

them, care should be taken to have both ready at the same time, as neither is improved by waiting for the other.

Sausages, before broiling, should be pricked all over with a pin, to allow the steam to escape without bursting them. They should be done over a slow fire, turning them three or four times till of a nice yellow colour. Serve them very hot.

Fowls and *Pigeons*. Being drawn, plucked, cleaned and trussed as for boiling, they are split down the back with a sharp knife, laid open, and pressed or beaten as flat as possible. If the fowl be large or old, the breast bone may be taken out, and also the rough part of the back. When properly flattened, season them plentifully all over with a mixture of pepper and salt, and broil them gently over a slow fire, giving the inside surface the first of the fire, turning them every five minutes till thoroughly cooked, and basting them occasionally with butter melted, applied with a feather. When the flesh feels firm at the thickest part they are broiled enough. They then should have a fine golden yellow colour. Being thicker than chops or steaks, and requiring to be more thoroughly cooked, they require a longer time to broil, and must be done over a slower fire, or at a greater distance from it. Serve very hot, with parsley sauce, melted butter, beef gravy thickened, or mushroom sauce. Pigeons are sometimes broiled whole, in which case they are stuffed as for roasting, the stuffing however being rather more highly seasoned.

Rabbits, cut in quarters, may be broiled exactly as the preceding.

Salmon. Slices cut from the thick part of the fish are cleaned, scaled, dried, dipped in flour, and broiled over a clear fire. When done, rub them with a little fresh butter, and serve them very hot, with caper sauce if desired, or any fish sauce that may be preferred. *Kippered* Salmon is broiled in slices the same way.

Rizzared Haddocks and *Whitings* are general favourites for breakfast or supper. They are prepared by letting the fish lie in salt for twelve hours, more or less according to their size, after being well cleaned as for boiling, and then hanging them to dry in a cool airy situation, upon a rod run through the eye-sockets. They are broiled without seasoning, merely taking the heads off, but not skinning them as is sometimes recommended, for the skin, though uneatable, keeps in the juice. If the fish are large, it is as well to split and lay them open before broiling. These fish may also be broiled while fresh, but they are better cured as above. Serve hot, with some slices of fresh butter separate, to be used with them by those who like it.

Finnan Haddocks. These should be chosen of a middling size, and not too stale. Before broiling, they must be skinned; and it is as well, since they do not require very much cooking, to cut them in halves lengthwise, and broil the thick and thin halves separately, otherwise the latter will be overdone before the former are cooked. Serve with fresh butter, as in the preceding receipt. (Finnan haddocks, if small, may also be cooked by toasting them in front of the fire, or even by pouring boiling water upon them in a dish and letting them lie in it for a minute or two. This last plan is a very good one for small dry fish, which would be too much hardened by broiling.)

Fresh Herrings and *Sprats*, after being well cleaned, are wiped dry with a cloth, then dipped in flour, and broiled over a moderate fire. For convenience, the sprats, being small, are strung in rows upon thin skewers run through their heads, and thus laid upon the gridiron. For sauce, melted butter with a little mushroom ketchup and vinegar or lemon juice in it, may be used.

Red Herrings are plain broiled, rubbed with butter, sprinkled with pepper, and served hot. If rather dry and salt, they may require steeping for a short time.

Kippered Herrings are broiled and served hot, without sauce or any other seasoning than a little salt if they require it.

Salt Herrings require soaking and cleansing. Wipe them dry, broil, and serve them like red herrings.

Mackarel, after being cleaned, should be split open and laid flat, rubbed with butter, sprinkled with pepper and salt, and then broiled.

Trout are prepared in the same manner. Both trout and fresh herrings may be rizzared like haddocks, but should not lie in salt nor hang so long afterwards.

Skate, if small, are very good broiled. They should be prepared as for boiling, wiped dry, sprinkled with flour and pepper and salt, and served with melted butter if a sauce is required.

An excellent method of broiling, well adapted for steaks, chops, fish,—in fact, anything that requires to be quickly cooked, is performed by placing the article to be broiled upon a flat tin dish placed perpendicularly *in front of the fire*. This dish should have a couple of moveable hold-fasts, or a spring clip, like a letter-clip, to secure the meat or fish from dropping off, and its lower edge should be provided with a gutter to catch the dripping and gravy. It may also be made to slide towards and from the fire, upon a stout wire frame constructed to hook on to the front of the grate. The advantages of this method are :—1st, That it can be employed when the fire may not be clear enough on the top, or sufficiently free from smoke and flame, to permit the use of the gridiron ; 2d, That the annoyance of the fat dropping into the fire and making a blaze is avoided ; 3d, Any gravy that may exude from the meat while broiling is saved ; and 4th, That less heat as well as moisture is lost from the side of the meat not exposed to the fire, this being covered by the back or bottom of the broiling dish.

CHAPTER VIII.

FRYING.

GENERAL DIRECTIONS.

This is as expeditious a process as broiling, and is applicable not only to the same class of articles, but likewise to many odd pieces of cooked and uncooked meat, as well as vegetables, which could hardly be prepared in any other way. Hence it is considered, upon the whole, the more economical of the two. It is also, at least that mode of it distinguished by the French term *Sauter*, the way in which a large class of preparations, of which the common pancake may be called the *type*, are cooked.

In one respect frying is similar to broiling : it is applicable only to small articles. And the reason of this is the same in both cases,—viz. that the heat employed is so great that it would infallibly char the greater part of a large article before the centre of it was half cooked. But in the case of frying there is a peculiar necessity for this high temperature ; for the medium by which it is applied (melted fat or oil), which is not by any means either palatable or digestible, would otherwise penetrate the article fried, and destroy its good qualities. But this is prevented both by the crust or skin into which the heat hardens the surface of the article, and also by the repulsive force of the steam into which the moisture of the meat is converted the instant it comes in contact with the hot fat.

The fat used in frying must be perfectly fresh, as the slightest rancidity will communicate its flavour to whatever is placed in it. Although butter or dripping are the best for butcher meat, and lard or oil for fish, yet good dripping will be found to answer very well for all sorts of animal food, and is generally the most

economical ;—for pancakes &c., butter only should be used. The butter will be found much less apt to burn if previously clarified from the traces of milk it contains, by melting it in a jar placed in hot water, and pouring off the clear oil from the sediment which falls to the bottom. In either of the two modes of frying, the fat used should not be stinted, and care should be taken to have it of a proper heat before putting the meat &c. into it, which may be ascertained by dipping into it the end of a small piece of bread : if the bread becomes slightly coloured and crisp immediately, the fat is hot enough ; if it is dark coloured and looks charred, the fat has been made too hot. The evil arising from the fat not being hot enough is, that the meat will absorb some of it ; if it is too hot, the outside will be burnt before the interior is cooked. The same fat will serve many times if it be carefully prevented from burning, and separated from all traces of gravy or other impurities every time it is set aside for future use. Fat which has been once used for fish should not be employed for anything else, as it retains the smell and flavour of the fish.

The use of eggs and bread-crumbs for all kinds of steaks and chops, though generally considered unnecessary and expensive, will be found a decided improvement, for two reasons : first, because the gravy is thus better preserved in the meat by the artificial skin or crust of coagulated egg ; and secondly, because this egg crust may be formed at a much lower temperature than is required to produce an equally efficient skin by hardening the surface of the meat itself, and hence less heat may be employed, by which there is a smaller chance of the meat being hardened, and also of the dripping or butter being burnt. For fish, more especially where it has a large cut surface, eggs and bread-crumbs are absolutely necessary to prevent that unpleasant absorption of the oil which the naturally loose texture of all fish is otherwise sure to occasion. To apply this covering, the article is first dipped into or smeared with well-

beaten egg, and then rolled among the crumbs of stale bread rubbed very small. The coating should be thick and complete. Oatmeal is by some people thought a very good substitute for bread-crumbs, especially for fish. All solid articles may be either fried by complete immersion in the hot dripping, or sautéed (see page 17). Pancakes, Omelettes, &c., of which eggs are the basis, are always sautéed. Fish are best fried in the former method, being so apt to break when being turned while sautéing.

Beef-Steaks, Mutton and *Lamb Chops, Veal Cutlets,* and *Pork Chops,* are all fried till of a fine light brown colour, following the above General Directions. When sautéed, the best gravy for them is made by pouring a little hot water into the frying-pan after they are removed, and, after pouring off the superfluous fat, adding a little pepper, salt, ketchup, and flour. A few sliced onions may be added to this sauce if liked ; they are put in and fried for a few minutes before pouring off the fat. When fried by complete immersion, which however is not the usual mode, a brown gravy thickened with flour may be required. In this case, however, a coating of egg and bread-crumbs is advisable. Such a covering may also be used in sautéing, and it may be flavoured by the addition to the bread-crumbs of appropriate seasonings and herbs finely minced. Thus chopped parsley and lemon peel, with pepper and salt, may be used for veal cutlets ; and sage and onion for pork chops. The gravy for veal cutlets may be slightly acidulated with lemon juice. Apple sauce is sometimes taken with pork chops.

Minced Collops, seasoned with pepper and salt, and chopped onion, made into flattened balls or thick cakes, and then well dusted with flour, may be sautéed in butter or dripping. A sauce made by dredging a little flour into the pan after they are cooked, adding a little hot water or broth, nnd some mushroom ketchup, and simmering for a minute, may be poured over them.

Kidneys, split open and laid flat, and highly seasoned with pepper and salt, are sautéed in butter over a brisk fire. They should be thoroughly but not overdone. While cooking, chopped onion may be sprinkled over them. They are served upon dry toast, in a flat dish, with the contents of the pan poured over them.

Sweetbreads, previously parboiled, and cut into slices, should be egged and rolled in bread-crumbs, which may be seasoned with lemon peel, pepper, salt, and parsley. They are sautéed in butter, and served with a sauce of melted butter seasoned with mushroom ketchup. This dish may be garnished with bacon fried in thin slices.

Lamb's and *Calf's Liver* should be sliced, soaked in water, wiped dry, and fried as above.

Tripe, previously boiled till tender, is wiped dry with a cloth,—dipped in a thickish batter made of eggs, flour, and milk, seasoned with salt, and, if liked, minced onion,—and fried in plenty of lard or dripping. When coloured light brown it is served hot, garnished with fried parsley. (Before frying this garnishing, the parsley being washed clean, should be thoroughly dried; and when cooked, the fat should be well drained from it before placing it in the dish.) This is a very good method of cooking the remains of a dish of boiled tripe.

Bacon, or *Ham*, and *Eggs*. This dish is a general favourite. It is prepared thus:—The ham or bacon should be evenly cut, not above a quarter of an inch thick, and the eggs carefully broken, so as not to rupture the yolks, each into a separate tea-cup. The ham is then sautéed in a very little butter or dripping, care being taken not to harden it by over-cooking. When done, place it in a hot dish before the fire, and then cook the eggs in the fat that remains, slipping them gently out of the cups without breaking or spreading them too much in the pan. When the whites are just set, lift the eggs gently with a perforated slice and place them upon the ham in the dish, each upon a separate slice, and serve hot immediately. When bacon is

sautéed, its own fat will be sufficient to cook it in if it is good. The condiments to be placed on the table with this dish are mustard, pepper, and vinegar.

Sausages, before being fried, should be pricked in several places to permit the escape of the steam, which would otherwise burst them. It is an improvement to throw them into boiling water for a minute or two before frying them. They may be served upon mashed potatoes, or upon toasted bread, with a garnishing of of poached eggs, (see page 56). Fried sausages are sometimes employed to garnish roast turkey.

A young Fowl or Chicken, prepared as for boiling (see page 46), may be sautéed in butter, either with or without egg and bread-crumbs. When perfectly tender and of a rich golden tint, a sauce is prepared by pouring off the superfluous oil, dredging a little flour into the pan, adding a little boiling water, and a seasoning of ketchup, pepper, salt, and a bouquet of parsley. Let the fowl simmer a few minutes in this, then dish it, and keep it hot while the sauce is being reduced to a proper consistency ; when the parsley should be removed, a little lemon juice added if liked, and the sauce poured over the fowl. In this sauce vegetables, such as green pease, carrot and turnip, or cucumbers cut small, or a few mushrooms or sliced onions, may be stewed till tender, and the whole poured over the fowl.

N.B.—If the fowl is large, it will be the better of being previously stewed or boiled, and cut up into smaller pieces. The bread-crumbs used in covering it may be seasoned to taste with nutmeg, pepper, salt, and minced parsley.

Potatoes, cut in thin slices, are fried in plenty of dripping made rather hot. When dished, sprinkle them with salt.

FISH. For all kinds of fish, more particularly flat fish and the smaller sorts, frying is perhaps the most savoury mode of cooking. In every case, whether sautéing or complete frying be the mode employed, (the latter, if properly done, will be found the best), a

good thick coating of egg and bread crumbs should be used. With the exception that before applying this covering, haddocks, whitings, skate, and soles may be skinned, and eels must be so, the *modus operandi* is the same for every kind of fish. Hence it will hardly be needful to give more than the following general directions :—1*st*, If the fish, or piece of fish, is large, such as a *sole*, the fat ought to be slightly cooled as soon as the outside coating has become sufficiently firm to exclude it, in order that the interior of the fish may be cooked without burning the surface. This may be done either by adding a little cold dripping to the hot fat, or by raising the pan farther from the fire. However, it will be found a better plan to cut the larger fish into fillets or slices, which is the form best suited to this mode of cooking. 2*d*, If, in consequence of the fish being too wet, the egg and bread-crumbs will not adhere properly, the fish may first be rolled in flour. 3*d*, The fish should be placed in a stout iron-wire basket having a handle, so that it can be immersed in the hot fat, held there till cooked, and then lifted out without the slightest risk of its breaking, which is the chief objection against sautéing fish. 4*th*, When fish are sautéed, they must be turned very carefully by means of a flat tin slice, and occasionally raised from the bottom of the pan with the same instrument, to prevent their sticking to it and being burnt. Unless the greatest care is taken in the use of the slice, fish sautéed will infallibly be broken, in which case the exposed broken parts, losing juice and absorbing grease, are greatly deteriorated. The same sauces are used with fried fish as with boiled.

Thin slices of Bread, cut into any fanciful form, and fried till crisp and brown in the fat which remains after frying any of the above, form a very useful garnishing for them.

Directions for the frying of already cooked provisions, and of pancakes, omelettes, fritters, &c., will be found in the chapters treating of "Dressing cold Meat," and "Puddings, Pastry, &c.," respectively.

CHAPTER IX.

STEWING.

GENERAL DIRECTIONS.

THERE are few branches of cookery, the thorough knowledge of which is so important to the housewife as that of stewing, both because of the large variety of dishes which may be produced by it, and also on account of its great economy. To the poorer classes this latter is of course its chief recommendation. Not only does this process play the chief part in the preparation of all those expensive *ragouts* and *fricassees* in which the rich luxuriate, but, from its save-all and use-all capabilities, it is eminently suited to the less pretending meal of the artizan. Besides the advantage it possesses (in common with roasting) over boiling, namely that of not abstracting any of the nutriment from the food prepared by it, it has others peculiar to itself. Thus by its means many of those inferior pieces of meat whose irregular shape and coarse texture make it impossible either to roast or boil them satisfactorily, may be rendered not only tender and digestible, but, with the addition of a few inexpensive vegetables and seasonings, highly palatable. It also affords those whose means enable them to indulge in a small roast or boiled joint, an economical way of procuring a hot dinner out of the cold remains of these.

Although the method of stewing of course varies with the kind of food to which it is applied, yet these variations are perfectly consistent with and indeed rendered necessary by those General Principles detailed in Chapter IV. For example, in stewing *raw* meat it is first sautéed in the bottom of the stewpan (some cooks recommend half-roasting, but this must be attended with a greater loss of moisture), in order to produce

that sealing up of the surface, necessary to prevent the too large escape of juice, and then a small quantity of hot water, broth, or gravy, as the case may be, is added, in which the cooking is completed by *very slow simmering*—not boiling—the lid of the stewpan being kept close shut down. The preliminary *sautéing* being intended merely to harden the surface of the meat, and by no means to *cook* it, must of course be carried no farther than is necessary to accomplish that purpose; it should therefore be rapidly done over a strong fire. Meat, on the other hand, which has been already cooked, ought not to be sautéed, because this would be useless, since all its albumen has been already coagulated; it should be placed at once in a warm gravy previously prepared, and merely heated in this without even simmering; because, having been already acted upon by heat, there is some risk of its becoming hardened by too high a temperature. The length of time required to cook meat by stewing, varies, of course, with the size of the pieces, and also with their texture, a coarse gristly piece requiring a longer time than a good fleshy piece, in order that its tendinous parts may become softened and partially dissolved. As regards time, however, this process has a peculiar advantage in the fact that, provided the heat be not made too great, there is little danger of the meat being spoiled by being kept hot in the stewpan for some time after the cooking is completed. The reason of this is, that the meat being contained with water in a close vessel, cannot be dried up as a roast would be; neither can its juice be so thinned and rendered insipid as that of boiled meat would be, because the quantity of water employed is very considerably less. Hence stewing is the best mode of cooking for those whose hour of dining is uncertain.

Ragouts and *Fricassees* differ from plain stews in this, that the gravy is enriched by the addition of various flavouring substances and seasonings. The meat in these cases is cut into pieces, so that it may more thoroughly imbibe these additional flavours. The ragout

is the more highly seasoned preparation of the two, and is best adapted for the high-flavoured and dark-coloured meats. The fricassee, on the contrary, is more mild and bland in its flavour, and being generally composed of the white and delicate meats, its colour ought to correspond,—to ensure which the preliminary sautéing of the meat must be very carefully and delicately done, and the yolk of eggs and cream are added to the gravy.

Rump, Brisket, or *Shin of Beef.* Each of these may be stewed in a single piece if not too large, simply as above described, being seasoned with pepper and salt, and in the first place sautéed with a little butter or dripping in the bottom of the stewpan, turning them over and over so as to brown them on all sides, and then adding a little water slightly salted, and letting them stew slowly under a close cover, shaking the stewpan occasionaly to prevent their burning on the bottom, which may be farther guarded against if a few skewers are laid under the meat. (N. B. The bone of the shin of beef should be sawn in three or four pieces.) Thus prepared, especially if the quantity of water used be very small, the stew will be not very unlike a roast, both in appearance and flavour, the latter being however decidedly stronger than that of roast meat. The water will be found converted into a rich gravy, which is of course served along with the stew. A *Ragout* is prepared by substituting broth, or a gravy made from the bones cut out of the meat for that purpose, instead of water, and using rather more of the broth, and after the meat has stewed till nearly ready, adding sliced carrot and turnip cut in small slices, and shortly thereafter some onion and a seasoning of spices and sweet herbs according to taste. When the vegetables are tender, a little mushroom ketchup may be added to the gravy, which is likewise thickened by the addition of a piece of butter rolled in flour. A rump of beef, dressed as above, may be stuffed with a forcemeat placed in the cavity formed by cutting out the bone. The ragout is

served with the gravy poured over it.—Another mode is to cut the meat in neat slices before cooking it. In this case the preliminary sautéing is of great importance. Sometimes balls of forcemeat (see receipt) are added to this dish about ten minutes after the meat is ready, and celery is also used to flavour it, though this may as effectually be done by a little celery seed. Curry powder may also be introduced with advantage. This mode of stewing meat in slices will be found available for many of the coarser pieces, all that is necessary to render them tender being careful and long-continued stewing. To such ragouts (sometimes called Haricots), many persons add maccaroni or vermicelli, which require from ten to twenty minutes cooking along with the stew.

Minced Collops. Any piece of tender lean beef, free from skin and gristle, is finely minced along with two or three onions, and seasoned with pepper and salt. This is sautéed in a little butter in the stew-pan till slightly browned, being continually beaten and stirred about with a spoon during the process, to keep it from sticking to the bottom or forming lumps. A slight dredging of flour is then added, and immediately afterwards a little hot water, broth, or gravy extracted from the skin and gristle which have been cut away from the meat. A few minutes stewing will now finish the process, when the mince may be dished with strips of toasted bread round it.

N. B. Any odd scraps of already cooked meat, minced finely, may be mixed with this dish, and even the exhausted meat which has been used to make gravy or beef tea. These however must not be added until immediately before serving, as they do not require cooking but merely re-warming.

Beef Olives consist of thin steaks upon which a highly seasoned forcemeat is spread, rolled up tightly and tied with pack-thread. These are stewed and served in the usual way.

Beef Kidneys. These are sliced, soaked in water,

wiped dry and floured, and then stewed, after being slightly sautéed in a little fresh butter. The seasoning used is generally minced onion and parsley, with pepper and salt, to which a little vinegar or onion-pickle liquor may be added if liked. The dish may be garnished with fried parsley.

A *Shoulder of Mutton* may be stewed or ragoued precisely as directed above for Rump of Beef, cutting out the blade-bone, and stuffing the cavity thus formed, with forcemeat.

A *Haricot of Mutton* or *Lamb* may be made of chops cut from the loin or back ribs, or in fact of any part which can more conveniently be cooked in slices than whole. *Irish Stew* is simply a haricot of mutton in which sliced potatoes and onions are the vegetable ingredients.

Veal. The best parts for stewing are the *Fillet*, the *Breast*, and the *Shoulder*. These, especially the last, are the better of being stuffed as for roasting. For the preliminary sautéing, butter should be used. The thickened sauce is improved by a slight seasoning of cayenne, salt, and lemon juice.

Venison. On account of its dryness, this is better stewed than roasted. The *Shoulder* is stewed precisely as directed for the same part of mutton, only it should be rather more highly seasoned, and a rich gravy made from mutton or beef may advantageously be used instead of water.

Hare or *Rabbit*, being well washed, should be cut in pieces, and after sautéing in fresh butter, stewed gently in a little water, or what is better, some gravy prepared from the neck, head, liver, &c. The sauce should be thickened with flour, and the stew seasoned to taste with sliced onion, pepper and salt, and ketchup. Jugged hare is prepared by simply stewing the pieces of hare along with the sauce, seasonings, &c. in a closely covered earthen jar, placed in a kettle of boiling water; of course the sautéing is here omitted. Rabbits may be fricasseed as directed for chickens on next page.

Fowls and *Pigeons* may be stewed whole, trussed as if for boiling, and with either a stuffing, or simply some butter and pepper inside. After being sautéed, dust a little flour over them, then add some hot water or gravy, season them highly, and stew till tender. A very good dish may be made by using clear mutton or veal broth, seasoned with sliced onion, white pepper, and salt, and when the fowl has stewed in this for about half an hour, adding a tea-cupful of clean well-soaked rice. When this is tender, it must be drained from the gravy, and placed upon an inverted sieve before the fire to dry, the fowl being meanwhile kept hot. The fowl is then served with the rice piled in light heaps round it, and parsley-sauce poured over it. In this dish green peas and lettuce may be substituted for the rice. White cabbage also, cut as for pickling, is sometimes used in the same way along with pigeons. To *fricassee Chickens*, they must be cut in pieces as when carved at table, and then these pieces are seasoned with white pepper and salt, and dipped in egg before being sautéed. They are stewed very slowly in mutton or veal broth, seasoned with lemon peel, onions, and a few sweet herbs. When the chicken is tender, the sauce is strained into a small clean saucepan, in which it is thickened with butter rolled in flour, and seasoned to taste with nutmeg. The yolks of one or two eggs, well beaten, and some cream, are then added to it, care being taken to mix these well with the sauce, which must not be made too hot, or it will curdle. The chicken, which has meanwhile been kept hot, is then served with this sauce poured over it. A slight flavouring of lemon-juice may be added if liked.

Ducks, stewed as above along with peas, are a favourite dish. The peas should be put in, twenty minutes after the ducks. When peas are not in season, the gravy may be flavoured with sage and thyme finely shred. Ducks may be ragoued in a gravy drawn from the giblets. It should be highly seasoned and thickened with butter rolled in flour before serving.

Giblets. The Giblets of any kind of fowl make an excellent stew or ragout. They should be highly seasoned, and the gravy thickened as above before serving.

Curry. Fowls, Rabbits, Veal, or any white meat, may be curried. The meat is cut up into rather small pieces, and then sautéed in butter in the stewpan over a smart fire along with some sliced onions. When it is lightly browned, some broth is added, in which it must stew till about half done. The required quantity of curry powder, along with a little flour, and a sufficiency of salt, is then mixed smooth with a little cold water in a basin, and added to the stew, which must now be simmered till the meat is tender. It is then dished, the sauce being poured over it, and served with boiled rice prepared as directed on p. 54, either in a separate dish, or surrounding the curry in the same dish.

Salmon, Cod, Haddock, or almost any kind of fish, may be curried by cutting them in slices, and again dividing these into smaller pieces about the size of a walnut, and then stewing them in a sauce made as follows :—To some sliced onion sautéed in about an ounce of butter till slightly yellow, add two table-spoonfuls of curry powder and a little flour, and then mix well with this about a pint of strong broth made hot. When the fish has stewed till cooked in this sauce, the superfluous oil must be poured off, and the curry served with rice, as above directed ; a seasoning of lemon juice may, if liked, be added to the sauce immediately before serving. *Skate* is the better of being plain boiled separately from the sauce, which, in this case, may be flavoured with an apple sliced and boiled to a pulp in it. When the skate is thoroughly drained from its liquor, and dished, the sauce, after being strained, is poured over it.

The best mode of re-warming all kinds of stews is to heat them in an earthen jar, immersed in a pot of boiling water.

CHAPTER X.

DRESSING COOKED MEAT.

In whatever way this is done, it must never be forgotten, as it is too often the case, that the meat, being already cooked, requires merely to be warmed, and that if in doing this a heat sufficient to cook raw meat be applied to it, it will inevitably be spoiled by being overdone. The most usual method is that called *Hashing*, and if properly done it will be found to produce a dish resembling a ragout, which is at once savoury, nourishing, and economical.

Hashed Beef, Veal, or *Mutton.* These are prepared from cold roast beef, roast veal, and cold roast or boiled mutton : if the meat is rather underdone, so much the better. Cut it from the bones in small thin slices, and trim away from them all the gristly and skinny parts. Break the bones, and gently simmer these and the trimmings along with some sliced onion in a little water, so as to extract as much of their gravy as possible. Remove the bones and trimmings; strain the sauce, add any of the roast-meat gravy that may be left, season with pepper and salt, and thicken it with a small piece of butter rolled in flour. Then place the pieces of cold meat in it, and let the stewpan stand by the side of the fire till these are warmed through, when the hash is ready. The dish in which it is served should be lined with small strips of toasted bread. This plain hash may be more highly flavoured by the addition of sliced carrot, which should be put in along with the bones to allow it time to cook, and a few sweet herbs ; a little mushroom ketchup may also be added to the gravy before dishing. Hashed Veal may be flavoured with finely-minced lemon peel. The form of this hash may be varied by cutting the meat into very small dice. This mode is applicable to cold meat that has been so ill carved or so well used up that neat small *slices* cannot

be got from it. The mode of dressing it is precisely the same, only the meat will not take so long to warm through. When cold veal is dressed this way, some boiled ham or lean bacon cut small along with it makes a savoury addition. Cold *roast lamb* and *venison* may also be hashed as above, a little mutton broth being added to the sauce for the latter, which may also be flavoured with a little red currant jelly.

Hashed Pork. The remains of roast pork, cut in thin small slices, dusted with flour, and seasoned with pepper and salt, may be heated in a sauce made as follows :—Put into a stewpan two table-spoonfuls of chopped onion, a wine-glassful of vinegar, two cloves, a blade of mace, and a bay leaf. Simmer this till the vinegar is about half evaporated, then take out the seasonings, put in half a pint of hot broth or water, and add the pork. When this has simmered for about ten minutes it is ready for serving. A small quantity of mustard may be added to the sauce if desired.

Hashed Hare. The cold roast hare is cut into pieces, the joints of the legs and shoulders being divided. A gravy is then prepared from the head, trimmings, &c., seasoned with pepper and salt, an onion, and a bouquet of sweet herbs, to which a little red currant jelly may be added. In this gravy the pieces of hare are warmed. The stuffing may be cut in slices and warmed in the gravy also, and when the hash is dished these are placed as a garnishing round the edge. The sweet herbs should be removed from the sauce before dishing.

Hashed Poultry, Game, or *Rabbits.* These, whether roast or boiled, are all treated in the same way as hashed hare. If boiled, some of the liquor they were boiled in may be used to make the sauce, being enriched by the necks, heads, &c. being stewed in it. It may also be thickened with butter rolled in flour.

Hashed Duck or *Goose.* These birds make excellent hashes. Being cut in pieces as usual, they are warmed in a gravy prepared as follows :—Cut an onion into small dice and brown it slightly in a little butter in the

stewpan ; mix a table-spoonful of flour with it, and then add by degrees a gravy prepared by stewing the neck, head, and trimmings, in about a pint of water. The sauce should be highly seasoned with pepper, salt, and ketchup, to which a little finely-shred sage may be added, or a little of the stuffing may be used to thicken the sauce.

Curry powder may be used as an ingredient in any of the above hashes, in which case proportionally less pepper should be employed in the seasoning. Thus prepared, they may be served with rice like other curries.

Cold Beef Olives may be made in the same way as directed on p. 73, with slices of very tender *underdone* roast beef. They are very slightly stewed, so as not to overcook them, in a gravy prepared as for a hash.

Hashes, like stews, may be re-warmed in a vessel placed in a saucepan of boiling water.

English Stew is made with any kind of cold butcher meat, as follows :—Cut the meat as for hash, sprinkle it with pepper, salt, and flour, and lay it in a dish. Strew among the meat some pickled cabbage or onions, or any kind of pickles. Then make a sauce of half a tea-cupful of water, a little of the pickle vinegar, a small quantity of mushroom ketchup, and any of the gravy belonging to the meat which may be preserved. Stir these ingredients well together, and pour the sauce over the meat. The dish is then set before the fire in a dispatch, or in the oven, and when the meat is heated through it is ready.

Bubble and *Squeak* is made of cold salt beef and boiled cabbage. Thinnish slices of the beef, well peppered, are slightly sautéed in fresh butter. These are then kept warm before the fire, while the cabbage, which must be chopped small and seasoned with pepper and salt, is sautéed in the butter which remains in the frying-pan after doing the beef. The cabbage is then spread in a hot dish, and the beef laid on the top of it, and served hot. In this dish veal is a very good substitute for salt beef. A good sauce for this is made by

mixing some pickled cucumber and onion chopped small with melted butter, and slightly flavouring it with mustard.

Cold Beef or *Mutton Broiled.* The inside of a roast sirloin of beef or leg of mutton, being the most tender and juicy parts, are the best for this. The more underdone they may be, the better. Cut the slices even and rather thick, and broil them quickly over or before (see p. 63) a strong clear fire, taking care that though slightly browned on the surface, they are merely warmed in the interior. They may be served in the same manner as beef steaks, or with poached eggs laid upon them.

Poultry and *Game.* The cold remains of any kind of roast or boiled poultry or game may be re-warmed by cutting them into neat small pieces, seasoning them well with pepper and salt, and sautéing them in oil or butter made rather hot. They may also be fried by dipping the pieces in a pancake batter, (see *Pancakes*), and then immersing them separately in very hot dripping quite sufficient to cover them. When they are lightly browned, drain the fat from the pieces and dish them, piling them into a pyramid in the centre of the dish. A well-flavoured brown sauce may be poured over them. The pieces, before being dipped in the batter, may be seasoned by soaking them for half an hour in a mixture of two parts of vinegar, one of oil, with some minced onion, and pepper and salt.

Devils. These must be considered rather as provocatives of appetite than as articles of food. They may be made of the remains of roast poultry or game,—legs, rumps, backs, gizzards, &c., very highly seasoned with spices, and broiled. Remainder bones of butcher-meat and venison, having of course a little meat upon them, kidneys, and even sometimes fish bones, are also used for the same purpose. The seasonings used consist of salt, pepper or cayenne, curry powder, mushroom or anchovy powder—in fact, anything which the ingenuity of the cook can devise to impart strong flavour

and pungency. The proportions employed must be regulated by the taste of the eater, always remembering that the true characteristic of a devil is extreme heat and pungency. The meat is generally well scored and gashed, so as to present a larger surface for the reception of the seasonings, which must be well rubbed in. Devils are served hot and *dry* as a relish with wine. When taken otherwise, grill sauce, anchovy sauce, or any piquante sauce may be served with them. Dry toast and rusks are a usual accompaniment.

Fritadella. This is an economical mode of making a very palatable dish out of the cold remains of any kind of cooked meat, poultry, or fish. Soak in cold water a quantity of the crumb of bread, equal in weight to the meat. Mince the meat along with a little fat. Put the bread into a clean cloth and press it as dry as possible. Fry (*sauter*) in butter a table-spoonful of chopped onion in a stewpan for about two minutes, then add the bread and stir it about with a wooden spoon. When becoming rather dry, put in the minced meat, with a seasoning of salt, pepper, nutmeg, and lemon peel, and keep stirring the whole till very hot. Then throw in, one at a time, two well beaten eggs; incorporate them thoroughly with the mixture, and then pour it into a dish to cool. When cold, it is moulded into flattened balls about the size of small eggs; these are then egged and bread-crumbed, and either sautéed or fried, and served hot, with a napkin under them, or with a border of mashed potatoes.

N. B. Even the remains of a dish of vegetables which has been used with the meat may be mixed with the above; being chopped up where necessary, and introduced along with the bread crumb, proportionally less of which may in that case be employed.

CHAPTER XI.

SOUPS AND SAUCES.

GENERAL DIRECTIONS.

As most soups and many sauces consist mainly of the juice of meat dissolved in water, attention must be paid in making them, to the proper method of extracting that juice. Of course, as has been shown in a previous chapter, this method is essentially different from that practised in cooking meat which is intended to be eaten. In order completely to extract its juice, the meat must be cut into very small pieces, put into cold water, and gradually heated till boiling. Indeed the more slowly the heat is applied the better, because *cold water* is really a more perfect solvent of the juice than hot water; the heat being only necessary to cook the juice after it has been extracted, to coagulate the albumen, which is separated as scum, and to dissolve the gelatine. The juice may also be perfectly extracted by finely mincing the lean of raw meat, mixing it with cold water, and after allowing it to stand some time, straining it, and then subjecting the residuum of meat to strong pressure in a stout canvas bag so as to squeeze out the last drop of moisture. The fluid thus obtained contains almost every particle of the savoury juice and soluble albumen of the meat, but it is deficient in the gelatine, which is necessary to give consistency to the soup. A very strong and stimulating beef-tea may however be made by this latter method,—the liquor being of course seasoned with pepper and salt, boiled, and skimmed, and shred onion added if required.

A broth prepared as above, having its due proportion of gelatine, forms the basis of most soups and sauces. For the former, especially for white soups, it is best made from veal, which furnishes a larger amount of gelatine than most other meats, and to supply flavour, in

which the veal is rather deficient, some lean ham or bacon is added; the proportions used being about six pounds of veal and half a pound of bacon to two gallons of water. For sauces, more particularly for brown sauces, beef is the best, as having a richer flavour. Any kind of meat (bones, trimmings, &c.) may however be used for either; and the liquor in which any kind of meat, except pork, has been boiled, may be used instead of water, in which case less meat will be required. During the process of making it, the scum ought to be removed as soon as it rises, and all fat ought also to be skimmed off. In from three to four hours the juice will be thoroughly exracted, after which it is worse than useless to continue the boiling, because if the fibres of the meat begin to separate, they will destroy the transparency of the soup. The liquor is then strained, and becomes what in the language of the kitchen is called *Stock*, which by the addition of the proper seasonings, vegetables, and colouring and thickening substances, may be converted into almost any kind of soup. This stock, boiled down till reduced to a rather thick fluid of a yellowish brown colour, becomes what is called *Glaze*, which forms a strong jelly when cold, and will keep good in that state for a considerable time. It is useful for making soups and sauces upon short notice, and for various other purposes. In making this *glaze*, a second stock, made by boiling the meat over again in a smaller quantity of water, after the first stock has been extracted, is sometimes used. This second stock will contain perhaps a larger proportion of gelatine than the first one; but if that has been properly made, the second will be very poor, except perhaps in the loose meat fibre. *Portable Soup* consists simply of a very strong gelatinous glaze, dried in the form of tablets similar to common glue.

SOUPS.—Before proceeding to give specific receipts for these, we desire to call attention to the following general remarks:—1*st*, All soups made with the flesh of

full-grown animals, and not containing many green vegetables, are the better of being kept for a day after being made, as their ingredients thus blend better together. They should be kept in earthen vessels, and not covered up till quite cold. *2d*, Soups made with young meat, and with a considerable proportion of green vegetables, are best when fresh made, because when kept they have a tendency to ferment. When it becomes necessary to keep such soups for a day or two, this tendency may be checked by boiling them up occasionally, and setting them aside in clean vessels. *3d*, Great care should be taken that soup is not smoked, either during the making or in re-warming, but more particularly during the latter process, when it is peculiarly liable to that mishap. For this purpose the fire should be clear, and the pot-lid close-fitting. *4th*, The more volâtile flavouring ingredients, such as ketchup, aromatic spices, &c. ought not to be added until the soup is nearly ready, otherwise much of their effect will be lost, and a larger quantity of them will be required. All the other ingredients should have ample time to incorporate. *5th*, When roots, such as carrot, turnip, &c., are intended to appear in slices in the soups, an hour's boiling will be sufficient to cook them; but when they are intended merely to flavour and thicken the soup, in which case they arè the better of being grated, they should be added at a very early stage of the making. *6th*, In making brown soups, the best plan to give colour is to fry (*sauter*) till well browned, a small portion of the meat used, along with some onions, before adding the water. This, though sometimes apt to impair the transparency of clear soups, imparts the best flavour. Other methods of browning are also frequently employed—such as the addition of toasted bread, dark-coloured ketchup, and burnt meat or bones; but these latter are decidedly bad, because they impart a bitter burnt flavour. A very good browning substance, if carefully made, consists of sugar heated in a stewpan until blackened, but not

burnt, and then melted in water. The sugar ought to have lost its sweetness, but if too much heated it will become bitter, which must be avoided. A few drops of this browning will suffice. Flour browned in the oven is a very good colouring substance for soups that require to be thickened as well. *7th*, If by accident any clear soup turns out not so transparent as is desired, it may be clarified as follows :—Whisk the white of eggs with a little cold water in a basin, to which add gradually some of the boiling soup, still whisking the mixture. Pour this slowly into the pot of boiling soup, which must be rapidly stirred at the same time. Continue stirring the soup till it again nearly boils, when it may be removed from the fire, and allowed to stand till the white of egg separates. If the soup is now strained through a clean cloth, it will be found perfectly clear. The number of eggs required is about one to each quart of soup.

Clear Vegetable Soup. Peel some carrot and turnip and some small onions ; cut the turnip and carrot into small dice of equal size, wash the whole in cold water, and drain them upon a sieve. When dry, place them in a saucepan with some butter and a tea-spoonful of powdered sugar over a quick fire. Let them fry (*sauter*) for about ten minutes, shaking them occasionally. When they become covered with a thin transparent glaze, neither milky-looking nor brown, pour over them two quarts of stock. When this begins to boil, set it by the side of the fire till the vegetables are quite tender, skimming off the butter as it rises to the surface. Season it according to taste, and serve it hot.

A soup similar to the above may also be made without a previously prepared stock, by proceeding as directed for making beef *bouilli* (p. 39). If prepared in this way, of course, a larger proportion of beef, veal, or mutton, as the case may be, will be required for the soup than is used for the same quantity of stock, because it is treated so as to retain enough of juice to make it eatable as boiled meat. For the ordinary re-

quirements of a small household, this latter plan is perhaps the more economical, as the greater part of the meat employed is fit for immediate use, and there results a smaller quantity of exhausted meat requiring some economical contrivance to use it up; it is without doubt the least troublesome. If veal be the meat employed in this way, shred parsley, and a little rice, may be added to the broth about half an hour before it is required; and a piece of bacon boiled along with it not only improves the flavour of the soup, but makes a savoury accompaniment to the veal. The bacon should be served separately in a dish along with some greens. In *Mutton Broth*, some pearl barley is a very good addition to the other vegetables. This must be put in along with the meat.

Vegetable soups may be almost infinitely varied, by employing more or less of each kind of vegetable, or omitting some or most of them altogether, so as to have the flavour of one kind predominant. In this way there is hardly an edible vegetable or herb which may not be introduced; and even some which cannot be used in any other way, such as nettles, flowers of marigold, &c., are frequently employed to impart their peculiar flavours and nutritious juices. As might be supposed, it would be utterly impossible to give names to each of these various compounds. Those in which any particular flavour predominates, either through the exclusive or large use of one kind of vegetable, of course are called by the name of that vegetable:—thus we have turnip soup, cabbage soup, &c. All other sorts have been very well classified by the French cooks under the designations of the *seasons* or months of the year during which their vegetable ingredients are in full perfection:—thus they have *Printanière* Soup, *Julienne* Soup, viz. *Spring* Soup, *July* Soup, &c.

Properly, there are two distinct kinds of vegetable soups,—the *clear* soups, and the thick, or *purée* soups; and it is a characteristic of a cook who knows the proprieties and elegancies of her art, strictly to preserve

the distinction between the two. In the clear soups, as the name implies, the liquor should be as transparent as possible, and the vegetables floating in it in small pieces as cut, distinct and undissolved. Thick soups, on the contrary, which are most frequently made with one vegetable predominant, have the whole ingredients reduced to a homogeneous thin pulp. This condition is easily attained by thorough cooking, and by rubbing the vegetables through a sieve or tammy. The chief difficulty lies with the clear soups. To secure success in these, attention must be paid to the various length of time which the different vegetables require in order to become thoroughly cooked without becoming dissolved; and as this not only depends upon their kind, but also varies with their age, they must be added to the soup at different stages of its preparation accordingly. Besides this, the small pieces into which the larger kinds require to be cut must be all as nearly as possible of the same size, otherwise the smaller pieces being sooner cooked will become dissolved, while the larger ones are yet hard, and thus the transparency of the soup will be destroyed. Thus it will be seen that the making of clear vegetable soup in perfection, requires an amount of knowledge and judgment which can only be acquired by experience. It must here be observed, however, that this nice distinction between clear and thick soups is entirely a matter of elegance and fashion, and consequently is not of so much importance in plain family cooking, as the wholesomeness and thorough cooking of the vegetable ingredients.

Brown Soup is nothing else than a good clear stock made from *beef*, and coloured to the required shade by either of the methods already described. It is seasoned with pepper, salt, and cayenne, and a little mushroom ketchup if desired. Toasted bread cut into small dice may be put into it before serving.

Vermicelli, Italian Paste, Macaroni, Rice, Sago, Semolina, and *Tapioca Soups* consist simply of well seasoned clear stock with these substances boiled in it

without any vegetables. About two ounces of either of the first four is enough for a quart of stock; rather less of the others will be sufficient, because they swell very much. They should be boiled till tender, but no more, as their dissolving would thicken the soup. The Rice being first well washed and drained is put into *cold* stock, and this made to simmer about half an hour, or till the rice is sufficiently cooked. The others should all be put into the stock while boiling. Macaroni, which is the better of being previously boiled for ten minutes in water and then drained, will be ready in about half an hour; Semolina, Tapioca, Sago, and Italian Paste, in twenty minutes; while Vermicelli will not require above ten minutes' boiling. Instead of stock, *Brown Soup* (see previous receipt) may be used for these soups.

THICK SOUPS.—*Purée of Vegetable Soup* is made of the same materials as clear Vegetable Soup (see p. 85), with the addition of one or two potatoes and a bunch of parsley. These being cut very small, are sautéed as before, along with some lean ham or bacon. A spoonful of flour is then mixed with them, and the required quantity of stock poured over them. When this boils it is seasoned to taste with salt and sugar, and then rubbed through a tammy; the ham and parsley being removed. It now only requires to be made to boil, and when skimmed, it is ready. Serve hot, with fried or toasted bread in it. Some milk may be added, which should be put in boiling hot, along with the stock.

Palestine Soup is a purée soup in which *artichokes* are the principal ingredient. It is prepared and served exactly as above, omitting the carrot and patatoes altogether, and also the larger part of the other vegetables, and substituting an equivalent quantity of Artichokes. Celery, or celery seed may be employed to flavour it; and as its colour ought to be pale, milk may be used in it, and some cream stirred in immediately before serving is considered an improvement.

Purée of Cauliflower and *Purée of Turnip Soups*

are made precisely as the last, substituting Cauliflower and Turnip for artichokes. A very little more flour may be put into the latter.

Crecy and *Crecy à la Reine Soups* are purées made with red Carrots, and white Belgian Carrots respectively, instead of artichokes; otherwise their ingredients are the same as those of Palestine Soup. For the former, the red part only of the carrots may be used, and this need not be sautéed along with the other vegetables, but added afterwards, if it is desired to have it of a fine red colour.

Onion Soup. A high flavoured Onion Soup may be made by sautéing in butter till browned, a dozen or more largish onions sliced, and then adding about two quarts of brown soup, in which the onions are to be simmered till reduced to a pulp. Season rather highly with pepper, salt, and cayenne,—ginger may also be used, and curry powder is a very good spicing. The soup should be well skimmed, and may be thickened with a few split peas boiled till dissolved, or a piece of butter kneaded in flour. Onion Soup *maigre* is made by adding a little flour after the shred onions are sautéed, and then using water instead of brown soup. In this case the onions may simmer till tender but not dissolved. Season with a little salt and sugar, and immediately before serving, stir in the yolks of four eggs mixed with a little milk or cream. After this it must not boil, or the eggs will curdle. Pour it over strips of the crust of a French roll placed in the tureen, and serve hot. Another *maigre* soup is made by using fewer onions, and putting to them, after they are sautéed, a few handfuls of sorrel, well washed and cut into strips, along with some flour, and then adding a mixture of milk and water. It is finished in the same manner as the other.

Potato Soup is best made with a stock extracted from mutton or beef. A weak stock made with scraps or bones of meat will do very well. Ten or twelve good sound potatoes, after being cleaned, pared, or scraped,

and all specks and eyes removed, are sliced; and, along with three or four onions also sliced, are simmered in about a gallon of the stock till completely dissolved. The soup is now seasoned with pepper and salt, a piece of butter added to it, and after simmering a few minutes longer, it is ready for serving. This soup, if properly made, should be rather thick, the dissolved potatoes being completely diffused through the liquid. A little milk added to it improves its colour. It is very good made simply with water and a little dripping or butter, instead of stock. Sometimes potatoes have a rank flavour and smell, which may be removed by first slowly simmering them in water, and pouring off this water before they begin to dissolve. The soup is then made in the usual way. It may be passed through a sieve, but this will hardly be necessary if the potatoes are good, and the soup simmered long enough.

Green Pease Soup. There are various modes of making this, one of which is as follows:—Put two quarts of shelled green peas into a deep stewpan, along with a few sprigs of parsley, two onions sliced, four ounces of lean ham cut small, and four ounces of butter. Add some cold water, stir the whole well together, and after pouring off most of the water, set the stewpan, closely covered, over a sharp fire until the peas are quite tender,—stirring them occasionally. When perfectly soft, mash them with a spoon against the side of the pan, adding a little flour while doing so. Then stir among them two quarts of stock, season with pepper, salt, and sugar, boil it for a few minutes, and rub it through a tammy or hair sieve. Return to the pan what passes through, boil it five minutes longer, and serve it hot with small neat pieces of toasted bread in it. Another mode is to separate the young from the older peas while shelling them, and, reserving a pint of the young ones, to proceed as above with the rest, using instead of stock some water in which the younger *pea-pods* have been boiled. The reserved pint of young peas are added after the soup has been passsd through the sieve or tammy,

and then boiled in it till tender, but not broken. A few leaves of mint may be added for those who like the flavour, and spinach is sometimes used to improve the colour. These should be boiled in it for a few minutes before rubbing it through the tammy.

Winter Pease Soup. This is perhaps the cheapest of all soups, as it can be made very good without stock; using instead, merely the liquor in which any kind of meat has been boiled, or even water with a little butter or dripping, and any odd scraps of cooked or uncooked meat, bones, &c. boiled in it; and even these latter may be dispensed with, and the soup still be excellent, though made simply with water, and butter or dripping. Wash two or three pounds of split peas, rejecting those which float, and put them into a saucepan with cold *soft* water, (if the water is hard, a very small quantity of carbonate of soda will soften it) along with the meat, scraps, and bones well broken, and some turnip, carrot, and onion sliced, a bunch of thyme, and two or three heads of celery, or what does as well, a little celery seed. Let these boil slowly till the peas dissolve, stirring them frequently to prevent them from burning on the bottom of the saucepan, which they are very apt to do. The soup is then rubbed through a sieve and returned to the saucepan, seasoned with pepper and salt, boiled again for a few minutes, and then poured into the tureen, into which some toasted bread cut into dice has been thrown, and served hot. When pease soup is made with stock, or with boiled meat liquor, the peas should be first boiled till dissolved as above in soft water and these added afterwards. If some beef, or veal and bacon be boiled in it, to be eaten, no stock or meat liquor will be required. In whatever way made, it is always improved by a day's keeping, the vegetables not being in that case added to it till it is rewarmed on the day on which it is to be used. The longer the peas are boiled, the smoother and mellower the soup.

Lentil Soup. Place in a stewpan three onions, a turnip and a small carrot cut into thin slices, a few

sprigs of parsley and thyme, and a bay leaf, along with any scraps of meat, (beef is the best for the purpose) cut in small pieces, and some butter. Fry (*sauter*) these till quite brown, stirring them continually. Then add a quart of lentils and three quarts of water, and let them simmer till the lentils are tender. When they are quite soft, pour off the broth, add some flour to the lentils, and mash them in the stewpan, then return the broth, boil it up, and continue stirring it while boiling. Lastly, rub the soup through a sieve, rewarm, and season it with pepper, salt, and sugar; then skim it, and serve it hot, with toast cut as for pease soup. The lentils may be kept whole if desired, in which case the meat may be omitted, and boiled meat liquor, stock, or brown soup, used instead of water, or a piece of meat may be boiled in it, to be eaten the same day. A very good Lentil Soup *maigre* may be made without meat, or even without lentils, using merely the water in which a dish of lentils has been boiled (see p. 55), by sautéing some sliced onions in a stewpan, mixing some flour with them, and then adding the lentils and some water,—or without lentils, pouring over them the lentil liquor;—season to taste as above.

STEW SOUPS, or Soups *à la Fourchette.*—These are a class of soups in which the meat with which they are made is served in them in the form of small pieces or mouthfuls, not requiring the use of a knife and fork. In their ingredients and mode of preparation, most of them resemble ragouts. The best portions of the meat being intended to be eaten, are treated accordingly; while the inferior parts and the bones are, where stock is not used, made to yield their juices to enrich the soup. The chief points of difference between them and ragouts are, that in the soups there is a larger quantity liquid, a greater proportion of vegetables, and generally, though not in every case, less spice; the meat also is served in smaller pieces, as it is to be eaten with a spoon.

Ox-tail Soup. This may be made of two or three

ox-tails, divided into joints, slightly sautéed in butter, and then stewed in about three quarts of good beef stock, or brown soup, till the meat becomes quite tender, and is beginning to leave the bones. If no stock is used, but simply water, another tail may be taken, and part of the smaller pieces left unsautéed to yield their juice. It should be seasoned with whole black pepper and salt, which must be put in at the beginning of the preparation. Vegetables—as carrot, turnips, onions or leeks, and celery—sliced, and parsley and thyme, may be boiled in it, especially if it is made without stock; the onions being sautéed along with the meat; and it may be thickened with browned flour if desired.

Kidney Soup is made with kidneys cut into slices, and cooked precisely as above.

Ox-cheek Soup may be made similarly to the preceding; two ox-cheeks being sufficient to make four quarts of soup. These should be well washed, blanched in boiling water, the meat cut from the bones, and divided into smallish pieces. The best, or cheek parts, are then slightly sautéed as above, along with some onion; and a properly seasoned stock drawn from the bones (which should be broken for the purpose) and inferior pieces, is strained and poured over them; vegetables being added if desired. Another way is to keep the cheek pieces whole, omit the sautéing, and cook them in the stock, as boiled meat (see pp. 37 and 38). When cooked, they are cut into pieces of the requisite size, and served in the soup as usual. If this latter mode is adopted, the soup may be coloured with *browning* (see pp. 84-85). *Calf's-Head Soup* may be made in the same way. Being a white soup, the seasoning should be white pepper, and rice may be added. Sheeps' and Lambs' heads also, treated as above, will produce a very good soup, with the addition of any kind of stock.

Real Scotch *Sheep's-Head Broth* is very different. It is not a stew-soup. The head and "trotters," which ought always to accompany it, not being skinned, have the hair singed off with a red-hot iron by a blacksmith,

an operation which not only gives the soup its peculiar flavour, but constitutes the first step of the cooking, being equivalent to the preliminary sautéing of stewed meat, or the first plunging into boiling water of boiled meat. After this they have to be thoroughly cleaned, by soaking in water, scraping, and scrubbing. The head is then split down the middle, the brains and eyes removed, and the nose and root of the tongue cleaned out. It is again well washed, and is then ready for the pot. The broth is then made with the head and trotters, and two or three pounds of the neck, in the way described for *bouilli* (p. 39). Barley is always an ingredient in this broth, and old green or white peas are generally added; young green peas, when in season, being of course preferable. The barley and old peas are put in along with the meat, as they require longer boiling than the other vegetables. When the head is tender, it is served separately from the broth, with the trotters round it, and garnished with some of the carrot and turnip, which should be kept in large slices for that purpose.

Irish Soup is made with the scrag end of a neck of mutton, and potatoes. The meat is treated as directed on p. 39, and the potatoes and some onion, but no other vegetables, are sliced thin and boiled in the broth till reduced to a purée. Season with pepper and salt; and before serving, cut the meat which is to be eaten, into pieces of a convenient size, and return it to the soup, which should not be quite so thick as potato soup.

Mulligatawny Soup. Cut the meat of three pounds of a breast of veal into small pieces, and simmer the trimmings, gristles, and bones, along with a knuckle of veal broken in pieces, in about three quarts of water, until these are converted into a good strong stock. Fry (*sauter*) the pieces of meat in butter, in a deep stewpan, along with some sliced onion, and a slice of lean ham. When slightly browned, add two tablespoonfuls of flour, mix well, and pour over them the stock previously strained. Allow this to simmer gently

for nearly an hour, skimming off the fat as it rises. Then add two or three dessert-spoonfuls of curry powder, season with salt and cayenne to taste, and continue the simmering till the veal is thoroughly cooked. Before serving, remove the ham. Carrot and turnip may be used in this soup if desired, being sliced and sautéed along with the meat and onion; apples also are sometimes employed in the same way. The remains of cooked fowls or rabbits, cut into pieces of the proper size, may be warmed up in this soup and served along with, or instead of, the veal.

Mock Turtle Soup is also made with veal. Procure the half of a calf's head, not skinned, but well scalded and cleaned. Cut the meat from the bone, and then divide it into neat small pieces. Make a strong gelatinous stock from the bone and a knuckle of veal, both well broken, along with a quarter of a pound of lean ham some carrot, turnip, and onion sliced, a little parsley, and a bay leaf. Fry (*sauter*) the meat of the head in butter in a deep stewpan, along with some sliced onion and some lemon thyme and marjoram tied together. When the meat is slightly browned, remove the herbs and add some flour, stirring it well with the butter; then pour over it the stock, previously strained. Throw in the softer gristles and glutinous tendons of the knuckle cut in small pieces, and then stir the whole over the fire till it simmers. Skim off all the fat, season the soup with salt, pepper, and cayenne to taste, and when the pieces of meat are quite tender, it is ready to serve. Some cream may be stirred into it if liked, immediately before pouring it into the tureen.

Hotch Potch is made with mutton, or ribs of lamb and a stock of mutton. Proceed as directed for Beef Bouilli (p. 39.) If Lamb is used, treat it so that it may be eaten; that is to say, keep it whole and cook it so as to preserve its juices, in a stock made from mutton. If Lamb is not procurable, its place may be supplied by a tender piece of mutton. The vegetables used are young turnips, onions, lettuce, carrots, parsley and

green peas. As the flavour of the soup ought to be sweetish, the carrots and peas should predominate over the rest, and the turnips are best of the sweet white kind. Half of the carrots used should be grated, and the rest, along with the other vegetables requiring it, cut in small pieces. Half of the peas should be put into the soup early in order to be dissolved in it, and the other half reserved till near the end of the process that they may be kept whole. The older peas are the best for the former purpose, and the younger ones for the latter; the two being separated in the process of shelling. When the lamb or mutton that is to be eaten is cooked, the meat must be taken out of the pot, the exhausted portion set aside for other purposes, and that which is eatable cut into pieces of the proper size and returned to the soup, which is then seasoned with white pepper and salt, rewarmed, and served.

Hare Soup. Having well cleaned and cut up the hare into neat small pieces, select the best and most fleshy of these to be served in the soup; and with the rest, including the blood of the hare, which should be preserved for this purpose in cleaning it, make about five quarts of stock, which may be farther enriched if desired by the addition of a piece of beef, and another of lean bacon. Then melt half a pound of butter in a large stewpan over a brisk fire, and stir into it three quarters of a pound of flour. When this has become slightly browned, throw in the reserved pieces of the hare, and continue stirring until these are firmed on the surface. Then pour the stock over them, add two onions, some parsley and thyme, a bay leaf, and a little celery seed; and simmer it till the pieces of hare are thoroughly cooked,—skimming off the butter which rises to the surface. When done, remove the bones, rub the soup through a fine sieve, season it with pepper and salt, rewarm, and serve it hot. It may be thickened by the addition of some of the pieces of hare which which have been used in making the stock, pounded to a paste in a mortar. Rabbits, pheasants, partridges, or other game, may be made into soup in the same way.

Cock-a-Leekie. This is made, as its name implies, with a fowl and leeks, and some clear stock. Although a stock made from the shin of beef is generally recommended, yet any kind of stock, or even the liquor in which meat has been boiled, will make excellent soup, if the fowl be a good-sized one. If a large old fowl be used, as is frequently the case, it is the better of being stewed for a short time before making the soup. Two or three dozen of fine winter leeks are about the quantity employed; but this of course must depend on the size of the leeks and the taste of those who are to partake of the soup. Being well washed, and trimmed of their roots and the coarser part of the green leaves, they are cut into pieces an inch long, and half of these added to the boiling stock along with the fowl, which is trussed and treated as if for boiling. When the fowl is cooked, it is lifted out, and the rest of the leeks put in. The fowl is then cut into pieces of the required size, the bones removed if thought necessary, and when the second half of the leeks is tender, the pieces of fowl are returned to the soup, which is then seasoned with pepper and salt, rewarmed, and served;—the first half of the leeks being now of course reduced to a pulp, the soup does not require any other thickening. If the flavour of the leeks is thought too strong, the half of the above quantity may be omitted, and an equal proportion of shred greens substituted in their stead.

Giblet Soup. Two sets of goose giblets, well cleaned, cut in small pieces, and slightly sautéed in butter, are simmered till tender in some good beef stock, or brown soup, along with some carrot, turnip, onions, parsley, thyme, and bay leaves. The soup is seasoned rather highly with mushroom ketchup, salt, and cayenne, and thickened with butter kneaded in flour. When the giblets are quite tender, but not over-cooked, the soup may be strained; and when rewarmed, it is served with the giblets, and, if desired, some of the vegetables in small pieces in the tureen along with it.

Pigeon Soup. The livers and gizzards of the pigeons

are first boiled for half an hour in some good stock of any kind. The pigeons are then trussed, seasoned, sautéed, and cooked in this stock precisely as directed for stewed pigeons on page 75. The soup may be thickened with butter rolled in flour, and seasoned with white pepper and salt. When thoroughly tender, the pigeons should be cut up, the bones removed, the meat divided into small pieces and returned to the soup, which after being rewarmed, is then served.

FISH SOUPS.—Where a stock is required for these, it may be made either from meat or fish. The latter is to be preferred as being more in accordance with the nature of the soup. It may be made from any kind of white fish, or more economically by boiling down some of the liquor of boiled fish until considerably reduced in quantity, enriching it at the same time by the addition of the trimmings,—heads, fins, &c. of the fish which are to be served in it. This must be strained before using; and as fish stock soon becomes sour when kept, it ought not to be made until required. An excellent fish soup may be made by flavouring some stock made as above, with onions, grated lemon-peel, thyme, and parsley, seasoning it with pepper, salt, and ketchup, thickening it with butter kneaded in flour or oatmeal, and finally straining it. If desired, small square pieces of any kind of fish, fried, may be served in it. It then goes by the name of the fish used;—Haddock Soup, Skate Soup, &c.

Crappit Heads. This excellent Scotch dish is made as follows:—Having well cleaned and prepared as for boiling three or four middling-sized haddocks or whitings, cut off the heads and divide the bodies into three parts of equal length. Then stuff the heads and the shoulder-pieces with a forcemeat made thus:—Mince finely a few small onions, and mix these with the melts of the fish and as much well-dried oatmeal as will make the whole into a stiff paste; season this with pepper and salt, and, when stuffed into the heads &c., secure it

by tying a piece of coarse thread round them. Put the stuffed pieces into boiling water, a little more than will just cover them, and after about ten minutes boiling, add the tail pieces. When these are sufficiently cooked, take out the fish, and after removing the threads from the stuffed pieces, place it in a tureen ; then season the liquor with pepper, salt, and ketchup, and if not sufficiently thickened with the stuffing it may have dissolved, put a piece of butter kneaded in flour into it, and when this is thoroughly mixed, rewarm the soup, pour it over the pieces in the tureen, and serve it.

Eel Soup. For this, the eels being well cleaned, must be cut in pieces, but need not be skinned. They are first sautéed in butter till slightly coloured, along with some sliced onion. Boiling water is poured over them in the proportion of about a quart to every pound of eels, and when this boils it must be carefully skimmed. Parsley and thyme are next added, after which it must simmer under a close cover for about two hours ; when it may be strained, seasoned with black pepper and salt, thickened with a mixture of butter and flour, rewarmed, and served. Small pieces of any kind of white fish or eels, sautéed, may be served in it.

Lobster Soup. Boil two good hen lobsters, and when cold, split the tails and crack the large claws, and removing the meat, cut it into pieces to be served in the soup. Pick the meat from the chines, bruise the remaining husks and the small claws, and simmer them for twenty minutes in about two quarts of veal or cow-heel stock, which having by that time extracted their flavour, may then be strained. To thicken it, pound in a mortar the meat picked from the chines, the spawn, the soft part of the bodies, and part of the coral, along with a little butter and flour, and when these are thoroughly incorporated and reduced to a pulp, add the stock to it gradually. When well mixed, pass the soup through a sieve, season it with pepper, cayenne, and salt if necessary, and rewarm it. Then put the pieces of meat from the tails and large claws, and the

remainder of the coral cut into similar pieces, into the soup tureen, pour the soup over them, and serve it immediately. In order to secure the fine red tint which lobster soup ought to have, and which is produced by the spawn, it is as well to remove this from the lobsters before boiling them, and use it raw in thickening the soup, because when much cooked it is very apt to have its colour impaired.

Sometimes forcemeat balls are served in this soup. These are composed of part of the corals and of the meat from the chines, pounded along with the yolks of two eggs, a little flour, and a seasoning of grated lemon-peel, nutmeg, mace, and cayenne, to which an anchovy may be added. This forcemeat, made into little balls, may be slightly fried before putting it into the soup. Onions also may be added, but these should be boiled in the stock along with the chine, husks, &c., so that they may be thoroughly cooked.

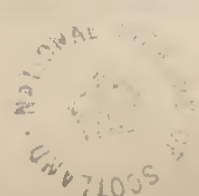
Oyster Soup. Put half a hundred oysters along with their liquor into a stewpan, and heat them gently until beginning to simmer, taking care not to over-heat or boil them, which would make them tough. Then drain them upon a sieve, catching the liquor in a basin beneath. Take off the beards, return these to the liquor, and put the oysters into the soup tureen, as they will require no more cooking. Melt in a stewpan a quarter of a pound of butter, and mix with it about six ounces of flour. Stir this over the fire for a few minutes (but do not let it become browned), and then allow it to cool. Add to this the liquor and beards of the oysters, two quarts of good veal stock, and one of milk. Stir the whole over the fire till it boils; season it with pepper, cayenne, and salt, to which may be added a little essence of anchovies; after it has boiled for about ten minutes, skim it, add a gill of good cream, strain it through a hair sieve into the tureen containing the oysters, and serve it hot. Similar soups may be made of mussels, cockles, and other shell-fish; but it must be borne in mind that in this as in all other modes of cooking them,

these fish will most certainly become tough and indigestible by being *boiled*. They should merely be made hot.

SAUCES.—These are liquid preparations used to give relish to dishes. They are of various kinds. Some are sweet, others are salt, and a few are a mixture of sweet and acid. Of the salt kind, many are strong flavoured, and of a dark colour, being composed chiefly of concentrated meat-gravy, or the juice of the more pungent vegetables and herbs, such as onions; while there are others which are more bland, and whose purpose is merely to impart a cream-like richness to the viands they accompany. The sweet-and-acid kind are used rather sparingly when applied to meat, for their object is merely to modify slightly the natural flavour; producing an effect similar to the *haut gout* which results from long keeping. They are mostly used with game. Sweet sauces are employed principally with sweet puddings.

The composition and proper application of Sauces is a branch of cookery to which, stimulated no doubt by the demands made upon them by the jaded epicurism of those for whom they cater, professional cooks, ambitious of artistic fame, most assiduously apply themselves. To invent a sauce and thereby perpetuate their name, is the great object of their aspirations. The result has been, as before observed, that while remarkable progress has been made in the art of merely pleasing the palate, that of producing wholesome food has been comparatively neglected. Now although these are by no means incompatible, yet as this work professes to be devoted more particularly to the latter, its receipts for sauces will not be found very numerous. It will however contain directions for making those which are in most general use, including all that are specially referred to in the previous chapters.

Melted Butter. Put into a small saucepan two ounces of soft fresh butter, and a large table-spoonful of flour. Mix these well together while cold, with a wooden



spoon, and then add about half a pint of cold water, nearly a tea-spoonful of salt, and a little pepper. Set it over the fire, and stir it continually till nearly boiling, when it is ready for use. The ingredients ought to be perfectly blended, and in this the chief difficulty occurs in the case of the butter, which, from bad quality or other causes, will frequently float as oil on the surface. This imperfection may be partially remedied by adding a very little cold water, and then pouring the sauce quickly backwards and forwards from the saucepan into a basin. Prepared as above, melted butter is the basis of a large number of sauces, the distinctive flavouring or other ingredients being added as required. Thus a little ketchup and vinegar will convert it into a very good plain fish sauce. It must be observed that where the additions made are fluid, the melted butter ought to be made rather thick by using less water; and the reverse, where the addition, as in egg sauce, tends of itself to thicken the sauce. Acids when mixed with melted butter are apt to make it "oil;" to prevent this they must be well stirred in. When it is desired that the colour of the sauce should be very delicate, milk may be used instead of water in preparing the melted butter. The following sauces are all made with melted butter.

Onion Sauce. Peel and boil the onions till soft, and then mince them very fine, and stir them into hot melted butter. This sauce may be used to "smother" rabbits instead of that described on page 46. The sauce recommended for roast mutton will be found on page 105.

Parsley Sauce. Boil till tender a bunch of well-washed and picked parsley; then removing the larger stalks, mince the leaves finely, and stir them into melted butter made hot.

Fennel Sauce consists of melted butter with some chopped fennel mixed with it.

Caper Sauce is made by mixing with melted butter some capers, together with a little of their pickle-vinegar. If half the quantity used be minced, the flavour

will be better developed. Lemon-juice may be added to this if a stronger acid is liked.

Gherkin Sauce consists of melted butter with a few pickled gherkins minced and stirred into it. This is also called mock caper sauce.

Lemon Sauce. Pare a lemon, removing as much of the white part of the rind as possible; cut it quickly into thick slices with a sharp knife, divide these into small dice, and stir them into melted butter.

FISH SAUCES.—*Lobster Sauce.* Pound into a smooth paste in a mortar, the spawn and coral of a boiled lobster, along with a piece of fresh butter. Rub this through a sieve into melted butter, and when these are perfectly mixed, add some of the meat from the tail cut into small dice, and then stir the sauce over the fire till quite hot, but not boiling. This sauce may be seasoned with cayenne and ketchup, pickle-vinegar, &c. These additions however are best made at table by those who like them.

Shrimp Sauce. Procure some boiled shrimps, remove the heads and shells, and make a broth from these by boiling them for twenty minutes in a sufficient quantity of water. Strain this broth, and with it make some melted butter, to which the bodies of the shrimps are then added. Season with a little cayenne and salt if required, and when rewarmed as in the last, it is ready for use.

Oyster Sauce. Heat the oysters in their liquor till just beginning to simmer, and then after draining them, take off the beards and return these to the liquor. With this make some melted butter as directed on page 101, adding a little milk if desired; season it with pepper, salt, and a very little cayenne, and then strain it. After this the oysters are added, and when rewarmed, the sauce is ready.—Mussel sauce is made in the same way.

Egg Sauce. Cut the whites and yolks of a couple of hard-boiled eggs into small dice separately, and then

add first the whites, and then the yolks to some thinnish melted butter, placed over the fire, allowing the former time to become heated before putting in the latter, else these will be too much dissolved.

Anchovy Sauce. Remove the bones, and pound the anchovies with a little butter into a smooth paste, and stir this into some thin melted butter. This sauce may be highly seasoned with hot spices and condiments, such as cayenne, mustard, horse-radish, &c. If liked, an acid flavour may also be introduced by means of lemon-juice or pickle-vinegar. Anchovy sauce may also be made by flavouring melted butter to the requisite intensity with essence of anchovies.

Besides the fish sauces above described, an economical cook may contrive others equally good for ordinary family use from the trimmings of the fish she is dressing. Thus, when frying or sautéing fish, she may boil the heads, fins, bones, and livers, and so produce a well flavoured liquor, which when strained, thickened with butter kneaded in flour, and properly seasoned with ketchup and curry powder or other spices, constitutes an excellent plain fish sauce. It may be farther enriched by some of the liver chopped, and the roe pounded, and stirred into it while being made hot previous to serving.

White Sauce is made of clear stock prepared from veal or fowls. This is boiled with lemon peel, onion, pepper, nutmeg, salt, parsley, thyme, and a little lean bacon; and when properly seasoned, it is strained, and thickened with butter kneaded in flour. A little lemon juice may be stirred into it just before serving.

Beef Gravy. Cut a pound or a pound and a half of *lean* beef into thin slices, and hack or score these to facilitate the escape of the juice. Butter the bottom of a stewpan, in which place the meat along with some sliced onion and a small piece of bacon. Brown the meat gently over the fire, shaking the pan occasionally to prevent the meat from sticking to the bottom. Then cover the pan closely, and keep it hot by the side of the

fire for about half an hour; after which put in about a pint of hot water, and some whole pepper, and make this simmer slowly for a couple of hours longer. The gravy thus made, when seasoned to taste with salt, and strained, is ready for use. If prepared for brown sauce, beef gravy may be more highly flavoured by means of sliced carrot, celery, and a bay leaf sautéed along with the beef, and a little mushroom ketchup added when nearly finished.

Brown Sauce may be made of beef gravy prepared as above, and thickened with butter and flour. This thickening may be applied in various ways. The simplest is merely to knead the butter and flour together into a paste, and mix it with the boiling gravy, In large establishments where sauces are constantly being made requiring this thickening, large quantities of the mixture are made at once, by melting the butter and stirring in the flour over a brisk fire till it forms a paste of a deep yellow colour. Thus prepared, it is called, in the language of the French kitchen, *Roux*, and may be kept good for a considerable time in covered earthen jars. The gravy for brown sauce may be made more gelatinous, and consequently of a richer consistency, though less highly flavoured, by substituting some veal for part of the beef used in preparing it.

Brown Onion Sauce. Peel and slice some large Spanish onions; and along with a little butter, salt, and flour, put them into a closely covered stewpan over a slow fire to stew and become browned, shaking the pan occasionally to turn them about and prevent their burning. In about an hour and a half, add a little water or stock, and a seasoning of pepper and cayenne, and stew them a little longer. The onions yield a rich gravy; and when reduced to a pulp, the whole may be passed through a sieve, rewarmed, and served. The addition of some French mustard to this, converts it into *Sauce Robert;* English mustard gives a different flavour.

Brown Mushroom Sauce. Slice a few well-cleaned

small mushrooms, and place them along with a little butter, salt, pepper, and lemon-juice, in a stewpan over a slow fire. When they have sautéed for a few minutes, add some beef gravy, and boil this till the mushrooms are tender, when the sauce is finished. A little mushroom ketchup may be added. For white meats, a *White Mushroom Sauce* may be made in the same way, using only the white parts of the mushrooms, and substituting a white stock and a little milk for the beef gravy;—of course ketchup, because of its dark colour, should not be introduced into this.

Cucumber Sauce. Pare and slice the cucumbers, and after removing the seeds, stew them till reduced to a pulp in a little good stock, seasoned with salt, pepper, and cayenne A little butter and flour may then be added, the sauce passed through a fine sieve, rewarmed, and served.

Celery Sauce. Wash well, and cut into slices about two inches long, a fresh young head of celery, and boil it till tender in weak broth or water. Season this with white pepper, nutmeg, and salt, and thicken it with a mixture of butter and flour. Another simple celery sauce consists of melted butter made with a decoction of celery seed, and seasoned as above.

Bread Sauce. Soak grated bread-crumbs in some white stock, and then simmer them along with a sliced onion, some white peppercorns, cloves, and a little salt. When the sauce is sufficiently seasoned, remove the onion and spices, and serve it hot.

Grill Sauce. Make rather thick with a paste of butter and flour, some good beef gravy, and season it highly with lemon juice, ketchup, a little cayenne, and a tea-spoonful each of made mustard, essence of anchovies, minced onion, and grated lemon peel. This is appropriate to devilled fowl &c., and may be used with fish by those who require a stimulating sauce.

Horse-radish Sauce. Mix finely scraped or grated horse-radish with vinegar, and add a little salt. Some cream may be introduced if desired, and mustard is

sometimes added; but if the horse-radish is good, the sauce will be pungent enough without this last addition.

Apple Sauce. Pare, core, and slice four or five juicy baking apples, and cook them till tender, along with a piece of lemon-peel, in an earthen jar placed in a pot of boiling water. The pot should be closely covered, and care be taken that none of the water enters the jar containing the apples. When the apples are sufficiently cooked, remove the lemon-peel, and beat them to a pulp along with a little butter, at the same time sweetening them to taste with sugar.

Green Gooseberry Sauce is made in the same manner as the above, with small green gooseberries, their tops and stalks being of course clipped off. A little ground ginger and vinegar may be added.

Mint Sauce. This consists of fresh young leaves of mint finely minced and mixed with vinegar and sugar.

Currant-jelly for Venison &c., may be served either melted or not in a small sweet-meat glass.

Sharp Sauce for Venison, is made by dissolving loaf sugar in white vinegar. This is also a very good sauce for cold salt beef; and when made very sweet, with ground cinnamon added, it is a delicious sauce for pancakes.

Custard Sauce for Sweet Puddings and Fruit Pies or Tarts.—Heat in a very clean saucepan, till just about to boil, a pint of new milk. Beat together in a basin the yolks of two eggs, a little cream, and some pounded loaf sugar. Pour over this the hot milk, and immediately return the whole to the saucepan, and continue pouring it from the saucepan into the basin and back again until thoroughly mixed. Lastly, return it to the saucepan, set it over the fire, and stir it continually till nearly boiling. Serve it cold in a glass dish or jug, with nutmeg grated over the top.

Caudle Sauce for Plum Pudding, &c.—With some thick melted butter made with very little salt, mix a glass of sherry wine, half a glass of brandy or rum, some loaf sugar, part of which has been rubbed upon

lemon peel till saturated with its juice, and a little ground cinnamon. Make the sauce hot, and serve it with some cinnamon sprinkled on the top.

CHAPTER XII.

PUDDINGS, PASTRY, &c.

GENERAL DIRECTIONS FOR PUDDINGS.

Of these there are two kinds,—viz. Boiled Puddings, and Baked Puddings. The former are generally boiled in a cloth, but sometimes in an ornamental mould, from which they are turned out upon the dish in which they are served. The latter are either baked in the dish in which they are to be presented at table, or, like the former, in a mould from which they may be turned out.

BOILED PUDDINGS.—The cloth used for these should be of stout and tolerably fine linen. Before putting the pudding into it, the cloth should be dipped in boiling water, and after wringing it out—not too dry,—it must be spread out smoothly inside a basin that will just hold the pudding, the edges of the cloth of course hanging over the sides of the basin. It is then pretty thickly dredged with flour over the part that will come in contact with the pudding. This dredging prevents the pudding adhering to the cloth, and so causing a difficulty in turning it out. When the pudding is placed in it, the edges of the cloth must be gathered together equally tight all round, and securely fastened with a piece of strong twine passed three or four times round them and tied. The neat round shape of the pudding depends upon the cloth being gathered up equally tight all round; if this is not attended to, and one part happens to be slacker than the rest, the pudding, when it swells to fill the cloth, will have an unsightly protuberance moulded upon it by this looser portion.

Where the pudding consists of such materials as dried fruits and farinaceous substances, which absorb water and swell considerably in the cooking, the cloth must not be tied close upon it, but so as to leave room for this increase of size without the risk of bursting. The extra room required varies with the kind of pudding; but in no case ought it to be greater than what the pudding, when cooked, will tightly fill; otherwise it will not turn out solid, but by absorbing too much water, become converted into an incoherent mess. This sort of pudding requires also a very long time to boil:—three hours at least for a small one of three pounds weight, and upwards according to size. It is a maxim with cooks generally, that they cannot be boiled too long, and indeed there is always less risk of spoiling by over-cooking than by under-cooking.

Meat and Fruit puddings must be tied as closely as possible, and the former should not be boiled longer than is sufficient to cook the meat.

To take the boiled pudding out of the cloth without breaking it:—Dip it into cold water for a minute or two, and then place it in a basin that will just contain it, and after untying the cloth and laying bare the pudding down to the edge of the basin, place the dish on which it is to be served, bottom upwards, on the top of it, invert the whole so that the pudding may rest in the dish; lift off the basin and remove the cloth carefully. The use of the cold water is to chill and solidify the surface so that it may part from the cloth smoothly and without being broken.

When puddings are boiled in a mould, this is either placed in a well-covered pot containing water to half the depth of the mould; or, the mould being filled to the brim with the pudding, a cloth is stretched over its mouth and tied under the bottom, and it is then boiled in a full pot. For some of the lighter kinds of mould-puddings the former mode is best adapted.

Every pudding in a cloth should be boiled in plenty of water in a pot large enough to allow it to move

about freely. The ebullition should be brisk and constant until finished.

After use, the pudding-cloth must be washed perfectly clean, rinsed in pure water and thoroughly dried before laying it aside for a future occasion.

Suet Dumpling. This is the simplest of all boiled puddings. Its ingredients form the basis of nearly the whole class. It consists of one part by weight of finely-minced suet to four of wheaten flour. These being well mixed together, are seasoned with a little salt, kneaded into a stiff dough with water, and the mass then divided into solid dumplings or balls of about three inches diameter. These do not require a cloth, but are simply put into a pot of boiling water, and boiled for at least an hour and a half. The pot should be large enough to allow the dumplings to move about in it, and they should be kept so moving by the brisk ebullition of the water, else they will stick together or adhere to the bottom of the pot, and become burnt. These dumplings make a substantial accompaniment to either roast or boiled meat. With the former, slices of cold dumpling rewarmed in the dripping pan while the meat is roasting are excellent.

Currant Dumplings are made in the same manner as the above, with the addition of scalded, washed, and picked currants (*ad libitum*), a little sugar or treacle, and a slight seasoning of grated nutmeg and ground cinnamon. They may be eaten either plain, or with caudle sauce; or sliced, and with sugar, treacle, or jam spread over the slices. They may be made richer by using a larger proportion of suet, introducing an egg for every pound of the other ingredients, and making the dough with milk instead of water. The eggs should be well beaten and mixed with some milk; which being worked up first, more milk may be added if necessary.

Currant Pudding is composed as above, but with more eggs and milk; and bread crumbs may be substituted for the flour. The ingredients should be well mixed, and form a thick batter, which is then boiled

in a floured cloth securely tied, but so as to give the pudding room to swell.

Plum Pudding is similar to the last, but richer. Stone (that is to say, cut out the seeds of) a pound of raisins, and wash and pick free from stones the same quantity of currants. Mince very small a pound of beef suet (some marrow substituted for part of the suet is considered an improvement), and mix with this, in a large basin, a pound of stale bread-crumbs and half a pound of wheaten flour. Beat together in another basin six eggs (seven if small), and mix with them about half a pint of new milk. Pour this mixture among the suet and flour, and stir and beat the whole well together. Then add the currants and raisins, and a seasoning of one ounce of ground cinnamon, half that quantity of powdered ginger, a grated nutmeg, a teaspoonful of salt, and half a pound of sugar. This makes an excellent pudding, but it may be made richer by using a larger proportion of fruit and eggs; and a quarter of a pound of candied citron and lemon-peel cut in small thin stripes may also be added, and likewise a glass of rum or brandy.—Another much cheaper, yet still very excellent Plum Pudding, may be made without eggs, by mixing equal quantities of grated carrot, boiled potatoes, wheat-flour, currants, and raisins, and seasoning them as above. Oatmeal may also be introduced into this instead of part of the flour. If *Sultana* raisins are used, the trouble of *stoning* them is avoided.

Plum Pudding may be boiled either simply in a cloth (see pp. 108-9), or in an ornamental mould tied up in a cloth. In either way it requires very long and constant boiling;—six hours at least for one as large as the above. It is also sometimes baked in a mould. In this case the mould should be buttered inside before pouring in the pudding; and two hours baking will suffice. The pudding is improved if the mixture stands for a day previous to being cooked.

It is a custom in England at Christmas time, to or-

nament the plum pudding with a sprig of holly stuck into the top, and after pouring a quantity of spirits over it, to set fire to this in the dish, and serve it blazing. Although this fiery sauce may amuse a Christmas juvenile party, yet the pudding is thereby spoiled for those who dislike the spirit flavour. It is therefore better omitted, so that each person may help himself or not as he pleases to a small quantity of brandy or other liqueur with which to flavour his pudding. Caudle sauce is also sometimes taken with plum pudding, though it is oftener preferred plain.

A good plum pudding will keep (*if not eaten*) a very long time. Slices of it broiled, or merely rewarmed before the fire, are excellent.

Roll or *Bolster Pudding.* Make about two pounds of suet and flour paste as directed for suet dumpling (p. 110). Roll it out on a well floured paste board or slab, into a sheet about half an inch thick, and about a foot broad. Spread over it any kind of jam or marmalade, keeping this about an inch and a half within the edges. Then after wetting the edges, roll up the paste from the end, press the ends of the roll slightly so as to make the wetted parts adhere, roll it up in a floured cloth about three inches wider than the length of the pudding, and tie pieces of string tightly round the projecting ends of this. Boil it nearly two hours, and when done remove the cloth, cut the pudding into slices, and serve it either plain or with a sweet sauce poured over it. Raisins and currants prepared as for plum pudding may be used instead of jam. A mixture of sugar and ground cinnamon also, or even simply treacle, employed in the same way, makes a very good Roll Pudding.

Rice Pudding. Boil eight table-spoonfuls of well-washed rice in sufficient water to cover it, stirring it frequently to prevent its burning, until considerably swelled and becoming rather dry. Then mix with it two ounces of butter or finely-minced suet, the same of bread-crumbs, two beaten eggs, and enough of milk to

increase the bulk of the whole to a quart. Season this mixture with sugar, grated nutmeg, and a little ground ginger, and boil it for an hour in a buttered basin or mould, covered on the top by a sheet of buttered paper, and tied up in a cloth. Currants may be added to this if liked. Serve with any sweet sauce. This pudding may also be *baked* in the dish in which it is to be served, in which case the top should be covered with thin slices of bread well buttered. It will not require so long baking as boiling. See p. 117.

Ground Rice Pudding is made of nearly the same materials as the above. The ground rice should be boiled in the milk, along with some lemon-peel, which having imparted its flavour by the time the milk has become thickened, is then removed, and the other ingredients except the bread-crumbs are added. A larger proportion of eggs may be used, and the flavour varied by a few pounded bitter almonds. The basin or mould should be quite filled with it, as it does not swell much in boiling. Serve with a sweet sauce or marmalade. This may also be baked like the preceding, but without a covering of bread and butter.

Potato Pudding. Mash a pound of boiled potatoes, along with half a pound of fresh butter melted, and two ounces of sweet almonds scalded to remove the skins, and pounded. Moisten the mixture with five or six beaten eggs mixed with a little milk, and season it with sugar and nutmeg. This may be boiled in a cloth, either with or without a buttered mould. Serve with sweet sauce.

An excellent plain potato pudding, to be eaten along with roast meat, may be made with equal quantities of mashed potatoes and flour, mixed with a smaller proportion of minced suet, and seasoned with a little salt. This is boiled in a cloth. If intended to be browned below the roast, it consists merely of boiled potatoes mashed with a little milk and butter, and seasoned with white pepper and salt, and if liked, a small quantity of finely minced onion.

Pease Pudding to accompany boiled bacon, &c. Tie up some dry split peas in a cloth, leaving them room to swell, and boil them till softened, which may be in about half an hour, when they ought to fill the cloth tightly. Then, after removing them from the cloth, mash, and rub them through a sieve; add some butter, and a seasoning of pepper and salt; mix these well with the pudding, and tie it up again in the cloth, which should this time be lightly floured and tied as closely as possible upon the peas, because they will swell no more. Boil the pudding for an hour. One or two eggs may be mixed with it, especially if the peas are at all watery after their first boiling; it will thus be made firmer. Mashed potatoes make an economical ingredient in pease pudding.

Oatmeal Pudding consists of a mixture of minced suet and onion with oatmeal, seasoned with pepper and salt, bound together with beat egg, and boiled in a cloth tied loosely. It affords an excellent opportunity for using up meat which has been used in making gravy, soups, &c.; all that is required being simply to mince this finely and mix it with the other ingredients. It is a very good accompaniment to roast meat.

Scotch White Puddings are merely the above mixture minus the eggs, stuffed into well cleaned skins like sausages. *Liver Puddings* are the same, with the addition of boiled and grated ox-liver in the proportion of a fourth. *Black Puddings* contain, besides the oatmeal, &c., some freshly-drawn bullock's blood, salted, strained, and mixed with a little milk or broth. These puddings in skins are first boiled (being pricked during that process to let out the air, which expanding with the heat might burst them), after which they will keep good for a considerable time. When to be used, they are rewarmed by broiling.

Scotch Haggis. This dish is a great favourite with unsophisticated Scotchmen, and is thus lovingly lauded by their own poet Burns :—

Fair fa' your honest sonsy face,
Great chieftain o' the puddin' race!
Aboon them a' ye tak' your place—
Painch, tripe, or thairm:
Ye are weel worthy o' a grace
As lang 's my airm.

It is made thus:—Procure the stomach-bag and pluck of a sheep, this latter consisting of the heart, lights, and liver. Wash the bag well in cold water, and then plunge it into boiling water, after which it must be scraped very clean, taking care not to cut it. It is then laid in salt and water for a night. Wash also the pluck, and parboil it. Grate half the liver and mince the rest of the pluck (rejecting any gristly or tough parts), and mix these with half their weight of finely-chopped beef-suet, about a dozen small onions also minced, and two teacupfuls of oatmeal which has been well dried and toasted before the fire. Season the mixture rather highly with pepper, salt, and a little cayenne, moisten it with some of the liquor in which the pluck was boiled and a little lemon-juice, and put it into the bag. This should not be much above half filled, else it may be burst by the expansion of its contents. Press out the air, and sew up the orifice with a needle and thread, and put the haggis on the fire in a large pot of boiling water, with a plate in the bottom to prevent it from burning. Let it boil, but not violently, for three hours, pricking the bag with a large needle to let out the air if it appears very tightly distended.—An emasculated variety of this dish, which may be characterized perhaps as *English* Haggis, is in Scotland called

Lamb's Haggis. In this, besides the pluck, the lamb's *fry* is also used. This is composed of the small bowels, sweetbreads, and kernels. The small bowels must be slit up with scissors, and the whole pluck and fry thoroughly washed and cleaned, and then parboiled. They are now minced along with the kidney-fat in place of suet, and some young onions; and seasoned with salt, pepper, and nutmeg. Instead of oatmeal, a thin batter, made with a couple of eggs beat up with half a

pint of milk and sufficient flour, may be mixed with the minced meat. It is boiled in the *lamb's* stomach-bag, prepared in the same way as described in the last receipt.

Fruit Puddings.—These are made with any kind of fresh or unripe fruit; such as apples, pared, cored, and sliced; or young green gooseberries, red currants, rasps, cherries, &c., picked free from stalks and leaves. Make a paste as in the receipt for suet dumpling, p. 110, (adding a very small quantity of carbonate of soda, which should be dissolved in the water), but roll it into a circular shape, and keep it considerably thicker in the middle. One or two beaten eggs mixed with this paste makes it much lighter. Lay a floured cloth in a deep basin as directed on p. 108, and inside this lay the paste, pressing it lightly so as to make it lie close to interior of the basin, which should be of such dimensions as to allow the edges of the paste to project a little over the lip. Place the fruit inside the paste, along with a sufficient quantity of sugar to sweeten it, heaping it up in the middle. Then wet the edges of the paste, gather them together over the top, mould and press them a little till they adhere, and farther secure the joining by laying over it a small circle of paste rolled thin. The cloth is then tied over the pudding in the usual way, but allowing no room for swelling, as the fruit shrinks rather than otherwise. A Rhubarb pudding may be made in the same way;—the rhubarb being peeled, and cut into half-inch lengths. When apples are cooked thus, a seasoning of cinnamon or cloves is an improvement. These puddings may also be boiled in a mould or basin;—this being buttered inside, the pudding constructed in it as above directed, a piece of buttered paper laid on the top, and the cloth tied tightly over the whole. Thus prepared, such puddings are less apt to break when being dished, because, instead of being round, they take the form of the basin or mould, and consequently have a larger basis to rest upon when turned out.

Apple Dumplings consist of one apple each, inclosed in a paste such as the above. The apple is pared, but not sliced; the core is removed by means of a tubular cutter made for the purpose, and the interior stuffed with a mixture of sugar and ground cinnamon. It is then surrounded with paste moulded on to it with the hands, and each dumpling is boiled in a separate cloth. These being smaller than puddings, need not be boiled quite so long. Apple dumplings made with boiled rice instead of paste, are called *American Snow-balls.*

Meat Puddings. These are mostly made and boiled in the same way as fruit puddings, substituting small slices of meat, with appropriate seasonings for the fruit and sugar. Two pounds of meat will be enough, for which two hours and a quarter's cooking will be sufficient if the meat be full grown; young meats will require longer, and pork longest of all. *Beef-steak Pudding* is seasoned by rolling the slices of meat about in a mixture of pepper, salt, and flour; and before closing the paste, a little water is poured in. The addition of a few oysters is considered an improvement.

Mutton, Lamb, Veal, Pork, Rabbits, Kidneys, Salmon, Cod, &c., may all be made into very nice puddings much in the same way;—the condiments, seasonings, time required in cooking, &c., being varied to suit the different viands used in their concoction, a competent knowledge of all which it is presumed the attentive student may have gathered from the previous chapters on roasting and broiling.

BAKED PUDDINGS.—These are baked either in the dish in which they are to appear at table, or in a buttered mould from which they are turned out when done. Of the former kind are the Rice Puddings, described on pages 112-113; and the Plum Pudding described on page 111 is one of the latter. As a general rule, such puddings may be baked in half the time required to boil them;—this, however, of course depends greatly on the heat of the oven. Besides the above-

specified puddings, there is an immense number of others, in nearly all of which eggs constitute the ingredient on which their firmness and lightness depends. The coagulation of the eggs takes place at nearly the same temperature as is required to solidify the albumen of meat (140°), and a greater heat, especially if long continued, impairs the lightness of the pudding. To cook most of the other ingredients, however, especially dry farinaceous substances, such as rice, sago, &c., they must be subjected for a considerable time to a much higher temperature; hence it is generally necessary to boil these till softened, before adding the eggs. All baked puddings should be delicately browned on the top. The most simple is perhaps the

Custard Pudding. It consists merely of new milk and eggs. The milk, seasoned with sugar, cinnamon, and lemon-peel, is heated in a small saucepan over the fire until it begins to boil, when it is poured over the eggs well beaten in a basin, and rapidly stirred till mixed. This mixture, which is called a custard, is then baked in the dish in which it is to be served, with a little nutmeg grated over the top. The number of eggs required is from four to six, according to size, to each pint of milk. One or two of the eggs may be omitted, and its place supplied by a little flour, which should be thoroughly mixed with the milk before boiling it. This delicate pudding requires very little baking:—browning it in a dispatch before the fire will be sufficient. It is eaten either alone or with jelly or marmalade. Any kind of preserved fruit may be placed in it before baking.

Bread Pudding. Boil milk, seasoned as above, and pour it over the crumb of stale bread broken in small pieces in a basin. Cover the basin for ten or fifteen minutes, and then mash the bread into a fine pulp, stirring in a small piece of butter. Three or four well-beaten eggs are then added, and if desired, a little brandy and a few currants; and when the whole is well mixed, bake it in the pudding dish in the oven for half

an hour. Another bread pudding, or *Bread-and-Butter Pudding*, is made by filling the baking dish with layers of thin slices of bread and butter without crust, and then pouring in a seasoned mixture of beat eggs and cold milk, till it reaches the level of the top layer. This should stand for three or four hours before going to the oven, in order that the bread may soak and swell. Currants, stoned raisins, sliced apples with sugar, or any kind of preserved fruit, may be strewed between the layers of bread and butter.

Tapioca, *Sago*, and *Vermicelli Puddings*. Simmer till quite soft, six tablespoonfuls of either of these articles in a quart of milk, stirring it almost constantly to prevent its burning. Then pour it into a basin, and stir in a little butter and three well-beaten eggs. Bake in a buttered pudding-dish for half an hour; or boil it for an hour and a half, in a mould or basin immersed to half its depth in a pot of boiling water;—but the browned surface produced by baking looks much nicer. If boiled, an additional egg may be put in.

Macaroni Pudding is made precisely like the preceding. The following mode of dressing macaroni is, however, by many preferred to this. It is first simmered in milk or veal-stock and butter till quite tender, and then placed in the dish in which it is to be servep, in layers alternately with grated Dutch cheese. The top is covered with cheese, a layer of bread-crumbs is sprinkled over this, and a number of small pieces of butter placed here and there over the whole. It is then baked in a dispatch till delicately browned. Beat eggs, and minced fowl and ham, with a seasoning of pepper and salt, may be added to the above, when it may be cooked in a mould partly immersed in boiling water, turned out upon a dish, and served with a rich meat gravy poured over it.

Yorkshire or *Batter Pudding*, (to accompany roast meat). Mix together, very smoothly, a quart of new milk and as much flour as will make a thickish batter. Add a little salt and four well-beaten eggs, and mix

these perfectly with the batter. Pour it into the bottom of a broad earthen pan or tin dish well buttered, and bake it under a roast of meat, either in the oven (see p. 25) or before the fire. The pudding is enriched by the gravy and dripping from the meat, and when cooked, ought to be about an inch thick. If done before the fire, the under side requires to be browned either by turning it uppermost in the dish after the upper side is done, or by placing the dish over the fire for a short time. It is served either whole or cut in slices in a hot dish. A *boiled* batter pudding is made by stirring the mixture of milk and flour along with a little butter in a saucepan over the fire till it becomes thickened, and then allowing it to cool before adding the beaten eggs. It is boiled in a buttered basin and cloth, and may be served either plain as an accompaniment to roast meat, or with sweet sauce. Ground rice, arrow-root, or potatoe flour, may be substituted for wheaten flour in this boiled pudding; and if it is to be eaten with sweet sauce, apples cut in small pieces, or orange marmalade, is a great improvement.

Nottingham Pudding consists of a batter like the above, with a number of apples prepared as for apple dumplings (see p. 117) imbedded in it.

Toad in a Hole.—This oddly-named pudding consists of a Yorkshire pudding made with the addition of a little more flour than the above, and some finely-chopped beef-suet. In the centre of this is placed a solid piece of juicy lean beef, which may be supposed to stand for the "Toad." The remains of any kind of cooked meat or poultry, properly seasoned, may be rewarmed in such a pudding in place of the beef, as it does not require much baking.

Apple Pudding consists of a mixture of stewed apples pulped through a sieve, beat eggs, and butter,—seasoned with grated lemon-peel, cinnamon, cloves, and sugar to taste, and a little lemon-juice if the apples are not tart enough. Some bread-crumbs or pounded biscuit may be added if the apples are very juicy. It

may be baked in a dish lined with puff paste—(see p. 128.) Similar Puddings may be made with *Rhubarb, Green Gooseberries,* or any other fruit either fresh or preserved.

A Charlotte or *French Fruit Pudding* is made by lining a mould with thin slices of bread buttered on both sides, filling the interior compactly with sliced apples or other fruit (not too juicy) properly sweetened and spiced, and covering the top with a single buttered slice cut to fit the mouth of the mould. It is then baked in a slow oven till the bread becomes browned; —a plate or flat cover, rather smaller than the interior of the mould, but corresponding in shape, may be placed on the top with a weight resting upon it while baking. When done, it is turned out upon a dish and served hot. Melted red-currant or other jelly may be poured round it in the dish as a sauce. *A Malvern Pudding* is made as above, but with the bread *not* buttered, and the apples or other fruit *stewed* and put in hot. It is not baked, but merely allowed to stand with the weight on the top till cold and congealed, when it is ready for use.

Besides those above described, there is an almost infinite variety of sweet fancy puddings, which, partaking in general more of the character of merely ornamental than of useful dishes, lie rather beyond the scope of this work. For this reason, therefore, as well as because our necessarily limited space could not contain the numerous receipts for them, we shall restrict ourselves to a few hints regarding the essentials in the *mode* of *preparing them*—sufficient, we hope, to enable the intelligent housewife to make many an excellent pudding of her own invention, and at least to avoid such blunders as that committed by a certain English ambassador's French cook, who dismayed his master by setting before his Parisian guests (who had been promised a great treat) a Plum Pudding in the form of an immense tureenful of pasty plum-porridge, apologizing at the same time for his inability to procure a

vessel large enough to contain the whole. It turned out that, in giving his receipt, the ambassador, in his over-anxiety about the exact quantity of water in which the pudding was to be boiled, had forgotten to mention the *pudding-cloth.*

1*st.* The firmness and lightness of all puddings, as already mentioned, depends upon the eggs they contain. This arises from the property of eggs, more particularly of the whites, of becoming congulated at a temperature of about 140_0, and of attracting and fixing to themselves at the same time all solid particles with which they are in contact;—a property which they impart to any fluid in which they may be dissolved, unless the proportion of fluid be very large, and a greater heat be applied for a considerable time, in which case the white of eggs separates as a floculent sediment. This is well exhibited in the clarifying of stock—(see p. 85.) In puddings, however, this separation of the eggs from the fluid with which they are mixed ought to be prevented by employing them in a much larger proportion, and taking care not to expose the mixture to too high a temperature. Hence cooking in a mould placed in boiling water is better adapted than baking for many of the lighter puddings, because the heat may thus be applied more gently, The top may be browned afterwards before a brisk fire if desired.

2*d.* The lightness of all fancy puddings may be greatly increased by whisking the whites of the eggs into a stiff froth before mixing them with the other ingredients. This is done by rapidly beating them in a round bowl with a couple of forks tied together, or what is better, with a bundle of small twigs called a whisk. The innumerable little bells of air inclosed in this froth, and thus introduced into the pudding, cause it to swell or "rise" by their expansion when baked, thus producing a lightness similar to that of bread. But, unlike the lightness of bread, which is mainly caused by the generation of a gas within the substance

of the dough, that of puddings, so far as it arises from this cause, lasts no longer than while the pudding remains hot, because, as it cools, the inclosed air shrinks again to its former bulk, and the pudding of course "falls" to such extent as its firmness will permit. Hence such puddings are much impaired if allowed to stand long after being ready. Even if kept hot, there is a danger of the solid parts of the pudding separating from the fluid, like curds from whey.

3*d*. The *butter* also should be beaten with a knife or spatula until it forms a sort of cream. This seems to contribute to their lightness partly in the same way as whisking the white of eggs,—namely, by inclosing in the butter a considerable quantity of air, and partly by rendering it more capable of mixing with the other ingredients.

4*th*. If baked, it should be in a moderate oven; for if this is too hot, the surface of the pudding will be bound and hardened before it begins to rise; if too slow, the inclosed air will expand and escape before the pudding is sufficiently firmed to prevent it.

We give the following receipt as an example of the mode of treatment and order of mixing of the different ingredients:—

Prince Albert's Pudding.—With half a pound of fresh butter *beaten to a cream*, mix by degrees an equal weight of loaf-sugar, *pounded, dried, and sifted.* After these have been well mixed, and beaten together, add first the yolks, and then the whites of five eggs, the latter *whisked separately into a strong froth.* Then strew in *lightly* half a pound of the finest *well-dried* flour, adding it *gradually*, so that the mixture may be complete and *no knots formed.* Last of all, put in half a pound of stoned raisins and a little grated lemon-peel. When perfectly mixed, the pudding is poured into a well-buttered mould, which is immediately placed in a saucepan half full of boiling water, and boiled under a close cover for three hours. Such puddings may be ornamented by lining the mould, previous to pouring

them into it, with strips of candied orange-peel or citron arranged so as to form some fanciful pattern.

A very light kind of pudding, called on that account a *Soufflé*, owes its excellence almost entirely to the proper whisking of the eggs used in it. It is made by preparing a quart of melted butter (see p. 101) with milk which has been previously flavoured by boiling in it candied orange-flowers, vanilla, lemon-peel, or any similar flavouring substance, adding the yolks of ten eggs and sugar to this while boiling; and when cold, lightly stirring in the whites of the eggs whisked to a perfect froth. The Soufflé is then immediately poured into an appropriate dish or a prepared paste-mould or shell, carefully baked, and served hot. A *Fondue* is a pudding similar to the above, except that the flavouring ingredient is grated cheese, and the seasoning salt, pepper, and a little cayenne, which are added along with the yolks of the eggs. The addition of boiled macaroni to this converts it into a *Neapolitan Fondue.*

Omelets. The essential ingredient of these is eggs,—yolks and whites beaten together, but not to a froth. With this may be mixed almost any flavouring substance, either animal or vegetable, which the taste of the cook may dictate; such as boiled and minced ham or tongue, kidneys, shrimps, oysters, cheese, onions, parsley, thyme, sage, mushrooms, lemon-peel, &c. A judicious selection of such materials, minced or grated, mixed with a little butter and flour and appropriate seasonings, is stirred among the beaten eggs, but not in such quantity as to deprive the compound of its fluidity. The omelet is then sautéed in a small pan containing a sufficient quantity of butter to prevent it from sticking to the bottom. When first placed over the fire, it should be rapidly stirred until the eggs begin to set. It should then be drawn together to the centre of the pan, so as to form a rather thick cake, and when this is browned on the under side, and completely firmed, the process is finished. If the upper

side is required to be browned, this may be done either in front of the fire, or by means of a salamander or a hot shovel held over it; or by turning the omelet, which may be accomplished by laying a plate above it, reversing it into the plate, and then carefully slipping it back into the pan. The chief considerations to be attended to in cooking an omelet are, to make it of a good thickness, and to avoid over-cooking it; otherwise it will be tough, leathery, and indigestible. It must be noted also, that as the eggs composing it require very little cooking, the other ingredients ought to have been previously cooked, in those cases where otherwise they might be prejudicial. The omelet is served upon a hot dish, with a rich meat gravy or savoury sauce poured over it. *Sweet Omelets* are made by flavouring the eggs simply with sugar,—a few drops of essence of lemon, cinnamon, cloves, or carraway, being added if desired. Upon such an omelet any preserved fruits,—gooseberry, raspberry, or strawberry jam, &c., may be spread before sending to table.

A *Pancake* is generally a more simple preparation than an omelet. In this case the eggs, beaten up with a little nutmeg and salt, are merely mixed with flour and milk till of the consistence of thick cream; the flour being added first, with some of the milk, in the proportion of about four ounces of flour to every three eggs, and the rest of the milk afterwards. This batter is then sautéed in the same manner as described above for omelets, except that it must not be stirred,—a sufficient quantity being poured into the pan at one time to make the pancake about one-eighth of an inch thick. It should be frequently shaken to prevent its adhering to the pan. When browned on one side, it is turned, either by lifting it with a broad slice similar to that used for fish, or by skilfully tossing it up so as to make it turn in the air and catching it in the pan as it falls. When browned on the other side, it is sprinkled with sugar, folded, laid in a hot dish, and kept warm while the same process is repeated till all the batter is used.

As very little butter is required, a fresh piece should be put into the pan for each pancake. They should be served hot and eaten immediately, as they cannot be kept any length of time after they are cooked without becoming heavy and indigestible. The above is the usual mode of serving pancakes, but they may also have any sort of fruit-preserve spread between the folds instead of sugar. They are also very good plain, with the sauce described on p. 107, under *Sharp Sauce.*

A very economical batter for pancakes may be made without eggs or milk, by substituting for these some brisk small beer. This batter should not be allowed to stand long before using it, else the pancakes made of it will be heavy. If sautéed and eaten immediately, however, they will be found scarcely inferior to those made with eggs.

Apple Fritters consist of thin slices of apple, peeled and cored, dipped in a pancake batter having a little more flour in it than the above, and fried separately in enough of hot lard to cover them. When lightly browned, they are drained, and served hot with powdered loaf-sugar strewed over them.

GENERAL DIRECTIONS FOR PASTRY.

Under this head are included all Pies and Tarts, together with every variety of Bread, Cakes, Biscuits, &c.

Of Pies and Tarts there are two kinds, namely those called *Raised Pies,* which consist of meat or fruit completely incased in a crust of paste, and those in which the contents are placed in a pie-dish, and merely covered with paste. In both kinds the effect upon meat is very much the same, being somewhat similar to that produced by braising. As the heat of the oven, however, is generally greater than that employed in braising, it is all the more necessary that the meat for pies should be kept till in proper cooking condition.

The Paste for Raised Pies is necessarily firmer and

more compact than that used for merely covered ones. It consists of wheaten flour made into a stiff dough with lard or dripping and water made boiling hot. This must be well kneaded and rolled upon a floured paste board into a sheet of a thickness proportioned to the size of the pie to be made from it. The under case of the pie is formed either by lining an opening pie-mould with this sheet, or by cutting from it properly shaped side and bottom pieces, and cementing these together with beat egg; the lid or top is cut out and cemented on in the same way after the pie is filled. In large pies this is generally covered by a layer of ornamented puff paste. If a mould has been used, it is removed when the pie is cooked. Large raised pies are now much less in vogue than they used to be, being much more difficult to make well, and less convenient than covered pies. The above paste, however, answers for the cases of small mutton pies and fruit tarts.

Paste for covering Meat Pies. Rub three ounces of butter into one pound of flour, adding a little salt if the butter is fresh. When these are thoroughly incorporated, add as much cold water as will make them into a thick dough. Knead this quickly (but not too much) upon the paste board, which should be strewed with dry flour to prevent the paste from sticking to it. Roll it out to about three quarters of an inch in thickness, invert the pie-dish upon it, and cut away the projecting margin of paste, which will thus leave a piece of the exact size required. When the dish is filled with the meat, which should be so arranged as to be highest in the centre, its edges are wetted, and covered with thin strips of paste rolled out of the trimmings of the cover; these again are wetted, and the cover laid on and pressed close down at the edges. The edges of the cover are now neatly pared and ornamentally scolloped or notched;—a few leaves or other fancy ornaments are moulded from the superfluous scraps of paste, and laid tastefully on the top; a small hole is made in the centre of the cover to permit the escape of the

steam, and the pie is ready for the oven,—the heat of which, for all such pies, should be moderate.

Puff Paste is lighter than either of the above. It is used chiefly for fruit pies and tarts. When baked, it ought to consist of a mass of thin, crisp, and slightly coherent laminæ or scales. This structure is produced by introducing butter into a flour-and-water paste by the following process:—Weigh equal quantities of flour and fresh butter; knead the butter under water till freed from all traces of butter-milk; mix the flour with the yolk of an egg, the juice of a lemon, a pinch of salt, and as much cold water as will make it into a smooth paste of the same consistence as the butter. This paste must not be too much kneaded, else it will become tough by the coherence of the vegetable albumen of the flour. Strew the paste board with flour, and roll out the paste upon it to about half an inch in thickness, and after moulding the butter with the hands into the form of a flat cake, place this in the centre of the sheet of paste and fold the sides over it. Again roll out the paste with the inclosed butter into an oblong thin sheet; fold this into three, roll it out again so that what were before the sides of the sheet may now become the ends, and repeat this folding and rolling seven or eight times. The butter will thus become equally diffused through the mass in alternate thin layers with the paste. Great care must be taken, during this operation, to keep the paste board, the rolling-pin, and the hands, well dusted with dry flour, in order to prevent the surface of the paste from adhering to any of these and tearing off, which it is very apt to do towards the end of the process, when the layers become very thin. Particular attention should likewise be paid to have the water-paste and the butter as nearly as possible of the same consistence, else by yielding unequally to the action of the rolling-pin, the layers will neither be of a uniform thickness, nor so regularly alternated as they ought to be. The lightness of this kind of paste arises from the steam generated while baking, raising up or blistering the

layers of paste, which at the same time absorb the intervening layers of butter as these melt. Hence puff-paste requires a rather hot oven, in order that this blistering, which of course takes place progressively from the surface inwards, may commence before the thin surface layers become sufficiently dried and hardened to prevent it. The mode of covering a fruit pie with this paste is the same as already described for meat pies; the decoration of the cover being of course made appropriate to the contents. An intermediate, or sort of *Half Puff-Paste*, may be made by rubbing about a quarter of the butter among the dry flour as in the previous receipt, and proceeding with the rest as already directed. This is better adapted for those kinds of fruit which require a longer time in a slower oven. Puff-paste, while being made, should be kept as cold as possible, and it is even advisable in warm weather to use iced water, and also, about the middle of the process, to lay it for half an hour upon a tray or baking sheet set upon ice.

When taken from the oven, meat pies may be glazed on the top by brushing them over, while quite hot, with white of egg thinned with a little water; and fruit pies with sugar and water applied in the same way. The latter are "iced," by brushing them with white of eggs whisked to a froth, sprinkling over this a layer of finely-pounded loaf-sugar, and then returning them to the oven for ten minutes.

MEAT PIES.—The most general fault of these is that of being over-cooked. This must be avoided by attention to the heat of the oven. If it is of iron, it is a good plan to place a brick or two in it upon which to set pies, which being thus defended from the extreme heat of the metal bottom, are more equally and gently cooked. For pies intended to be eaten cold, veal and such young meat is best adapted whose gravy forms a strong jelly when cold. Forcemeat, or sausage-meat, frequently forms an ingredient in such pies, either in

the form of balls, or as a lining to the dish and a cover to the meat, under the paste.

Beef-steak Pie. Tender rump steaks are dipped in a seasoning of pepper and salt mixed with flour, and either laid flat in the dish, or rolled up as olives. When the dish is properly filled, pour in a little water or gravy, cover with paste as previously directed (p. 127), and bake it for about an hour.

Veal Pie may be made of chops from the back-ribs or loin. The bones should be removed, and a little gravy prepared from them. Lay the chops flat in the dish in layers, strewing over each a seasoning of pepper, salt, flour, and finely-minced parsley. When filled, pour into the dish the gravy made from the bones, put on the cover, and bake the pie rather longer than an hour. A layer or two of ham is a great improvement in this pie. Cakes of well-seasoned sausage-meat may also be introduced. If intended to be eaten cold during warm weather, a little isinglass may be dissolved in the gravy to ensure its congealing.

Mutton or *Lamb Pie* is made precisely in the same way, but omitting the ham. Sliced onions and potatoes may be interspersed with the meat, and curry powder may be used in the seasoning. Lamb, however, should not be so highly seasoned as mutton. For small round raised mutton-pies, the meat is cut into small dice. Such pies may be rewarmed in the Dutch oven.

Pork Pie. For this small slices from the loin are best. They are seasoned with pepper and salt. A little mustard may be mixed with the gravy before pouring it in.

Venison Pasty. Cut a breast of venison into small pieces, trimming away all bone, skin, &c. Season these with pepper, salt, mace, and allspice. Lay them in the dish; and if very lean, a few thin slices from the firm fat of a neck of mutton may be placed among them. Pour over them a gravy drawn from the trimmings; cover with a rather thick crust neatly ornamented, and bake in a very moderate oven for an hour and a half.

Rabbit Pie. Cut a nicely-cleaned rabbit into joints,

and pile these in the pie-dish intermixed with half a pound of streaky bacon in inch-square pieces, and a seasoning of chopped onion and parsley, with pepper and salt. Pour in a little water, cover, and bake for an hour.

Pigeon Pie. Having well picked and cleaned the pigeons, cut off the heads and feet, turn the wings upon the back, and draw the legs inside under the skin. Put a piece of butter rolled in pepper and salt inside each bird. Place a layer of beef-steaks or veal in the bottom of the dish, and upon this lay the pigeons, breast upwards, and fill up the spaces between them with the livers and gizzards well seasoned. Pour in a little gravy or water, cover with paste, and bake for an hour. Some yolks of hard-boiled eggs may be added to this pie, and the feet of the pigeons are sometimes stuck into the crust as an ornament. A thin slice of ham laid on the breast of each bird improves the flavour. A *Partridge Pie* is made in the same way.

Chicken Pie. For this a good plump chicken should be carved into joints, dusted with flour, and seasoned with chopped parsley, pepper, and salt. These joints are laid in a small pie-dish, somewhat in their natural order, but with a layer of sliced ham or bacon placed below the back, another between the back and breast, and several layers over the breast, which should be cut in half. Pour in a little water or white broth, and bake fully longer than an hour. An excellent *Raised Pie of Fowl*, to be eaten cold, may be made by carefully cutting out the bones of the fowl, beginning with an incision down the back, and after detaching the sides, wings, and thigh bones, and cutting off the legs and pinions below the first joint and ending with the breast, then filling up the inside (from which the bones have been removed) with alternate layers of ham, veal, and forcemeat, and placing the fowl thus stuffed within a raised crust lined with forcemeat in a mould. A layer of forcemeat is then laid above the fowl under the paste. When baked, allowed to become quite cold,

and then removed from the mould, this pie may be carved in tolerably firm slices cut across the whole way through.

Giblet Pie. For this, the goose giblets, after being properly cleaned, are stewed (see p. 70) in broth, along with peppercorns, onions, and parsley. When the stew is cold, it is placed in the pie-dish with a beef-steak underneath, the gravy strained over it, and a few sliced boiled potatoes laid on the top. The crust may be made of half puff-paste. Bake it rather less than an hour.

Eel Pie. After being skinned and cleaned, the eels are cut into two-inch lengths, and then simmered for a short time in broth, along with a bouquet of parsley and thyme, and some onion and cloves. Drain the sauce from them, and mix with it about half as much brown sauce. Boil this mixture till reduced a half, and strain it over the eels in the pie-dish. When cold, cover it, and bake for about an hour.

Fish Pies may be made of salmon or almost any other good-sized fish. The fish should first be boiled in the usual way (see p. 47), then skinned and boned, and placed in layers in the pie-dish, each layer being sprinkled with a seasoning of pepper, allspice, mace, and salt if necessary. A little of the fish-liquor, enriched by boiling in it the bones and skins, is strained over it when the dish is full. The pie is then covered with a light paste, and baked rather more than an hour. The addition of a few shrimps, prawns, or oysters, improves the flavour of such pies.

Oyster Patties. The cases for these are made by lining little moulds, called pattypans, with thin sheets of puff-paste, placing in the inside a piece of paper crumpled into a little ball to support the cover, which is then cut out of a similar sheet of puff-paste and fastened on in the usual way. When baked about a quarter of an hour, the covers are taken off, and the paper ball removed, and replaced by some oyster sauce—(see p. 103.) This should be made rather thick, the oysters

being cut into small pieces; and when made quite hot, the patties are filled with it, and the covers being replaced, served immediately. Similar patties may be made with almost any kind of cold cooked meat or fowls, minced and re-warmed in a thick highly-seasoned sauce.

Mince Pie.—The material of this is a sort of sweet forcemeat, or seasoned mixture of fruit and meat. It consists of the following ingredients in equal proportions by weight:—Beef-suet, lean of roast-beef, apples pared and cored, stoned raisins, and well-cleaned currants. Each of these, except the currants, requires to be finely minced separately, and then the whole are intimately mixed, along with half a proportion of raw sugar, a sixteenth part each of orange and lemon-peel minced, and of ground cinnamon, half that quantity of ground ginger, a little salt, grated nutmeg, brandy and sherry. This mixture will keep good for a long time if tightly packed in a closely-covered jar. The pie is made by lining the bottom of a shallow dish with a thin sheet of puff-paste, filling it (but not too full) with the above mixture, and then covering it with another sheet of puff-paste. Bake in a smart oven for half an hour, or till the paste is properly risen and browned. They may be made of any size, from that of the smallest patty to that of a large dish. The smaller ones of course require less baking.

FRUIT PIES and TARTS.—*Fruit Pies* are covered in the same way as meat pies, puff-paste (see p. 128) being used for perfectly ripe juicy fruit such as rasps and currants, and half puff-paste (p. 129) for unripe fruit, which requires longer cooking. As all fruit shrinks very much when baked, plenty of it should be used, piling it high in the centre of the dish; and in order to prevent the cover from sinking too much through this shrinking, it is a good plan to support it by a teacup placed inverted in the centre of the dish before putting in the fruit. The teacup will be found,

when the pie is opened, to contain most of the juice, this having replaced the air expelled by the heat of the oven; but on slightly raising one side of it, the juice will flow down ready for use. Hard unripe fruits may be stewed in a jar placed in boiling water before putting them into the pie. There will thus be no uncertainty as to the quantity necessary to fill the dish when baked, as it will not shrink any more. The inverted teacup, however, should not be dispensed with, because the stewed fruit will be much too soft to sustain the middle of the cover, which in this case may be made of puff-paste as the stewed fruit will not require so long baking. Sugar of course is an indispensable ingredient in these pies, the proportion varying according to the acidity of the fruit employed. When a pie is sent to a baker's to be covered and baked, it has often been found that less sugar will suffice if added in the form of a syrup when the pie returns. The syrup is poured in at the hole in the cover.

Under the denomination of *Tarts* are included all small round raised pies of fruit, as well as all uncovered tarts, both large and small, consisting of previously-stewed and pulped fruit, or jam or marmalade, baked in a dish lined with paste, and having an ornamental puff-paste border, or in a puff-paste casing like patties—(see p. 132.) In making the raised crust for the former, a little sugar may be introduced. The latter are frequently decorated on the top with paste ornaments of any fanciful design, such as stars, flowers, &c. The paste for these ornaments consists of two parts of flour and one of pounded loaf-sugar moistened with eggs and well kneaded. They are baked separately from the tart in a slow oven, taking care not to let them get brown.

Both pies and tarts are very good cold, in which case the stewed or preserved fruit for the latter need not be put into the paste until that has been baked. Cream or custard are usual accompaniments to pies and tarts whether hot or cold, and a basin of pounded loaf-sugar

should also be placed on the table for those for whom the fruit has not been sufficiently sweetened.

Apple Pie. For this, tart juicy apples are the best. They must be pared, sliced, and cored, and put into the pie-dish in layers, each layer sprinkled with sugar and appropriate spices, such as ground cinnamon, cloves, ginger, &c. A quince sliced among the apples, or a little quince marmalade, greatly improves the flavour of apple pie. If the sliced apples have to be kept any length of time before being used, they ought to be thrown into cold water, or covered up closely, else they will become discoloured. Cover with the same paste as for meat pies (see p. 127), or with half puff-paste (see p. 129), and bake for an hour or less according to size.

Gooseberry Pie. Clip off the heads and stalks of unripe gooseberries. Rub the fruit clean in a cloth; pile it high in the dish, along with a considerable quantity of brown sugar; add a very little water, cover with half puff-paste (p. 129), and bake for upwards of an hour. The gooseberries may be previously stewed, in which case they may be covered with a rich light puff-paste, and baked for a shorter time. The riper they are, the more sugar and longer baking will gooseberries require, because then the *skins* become both very acid and tough. This remark applies also to most other fruit of the same class.

Rhubarb Pie. Use fresh-pulled rhubarb. Cut off all the leaf; strip the skin from the stalks, and cut them into half-inch lengths. With these the pie is made precisely as the preceding. It is of considerable advantage to stew the rhubarb before putting it into the pie-dish, because it shrinks so much in cooking, that it is hardly possible otherwise to get a full pie.

Red Currants, Raspberries, Cranberries, Cherries, Damsons, Plums, &c. all make excellent pies. They must be picked free from stalks and leaves, gently wiped clean if necessary, and piled high in the dish, with plenty of sugar, especially the more juicy sorts of fruit. The stone-fruits are best cut open and the stones re-

moved, and they may be used rather unripe. The others are best when perfectly ripe. Rasps and red currants make an excellent mixture.

Small Covered Tarts, in a raised crust. For these the fruit is treated precisely as above directed for pies. The crust is shaped in small moulds with sloping or perpendicular sides. The best decoration for them is a simple notching of the edge and a sugar icing, which may be applied before putting them into the oven, as these small tarts do not require long baking.

Open Tarts. For these, the fruit if fresh must be previously stewed and sweetened. Apples and green gooseberries may also be mashed to a pulp. Large tarts are made by lining a shallow dish with a rich puff-paste, placing an additional layer on the edges, which should be notched and otherwise ornamented, filling the centre with stewed fruit, jam or marmalade, and baking for half an hour. If to be eaten cold, the fruit is better not put in until after the cover is baked. The top may be ornamented with small bars or straws cut from a thin sheet of puff-paste and delicately baked, or with the ornaments described on p. 134. Small open tarts are made by baking the cases in buttered pattypans and filling them afterwards. If desired hot, they may be warmed before the fire or in a slow oven.

Puffs are made simply by placing a spoonful of preserved or stewed fruit in the centre of a circular piece of puff-paste, wetting the edges, folding it half over, and slightly pressing the wetted parts to make them adhere. The top may be ornamentally marked, and iced. Bake, with a sheet of buttered paper beneath, for half an hour or less, according to size. The form of the above is of course semicircular, but this may be varied by using differently shaped pieces of paste.

CAKES, BISCUITS, &c.—In this department of cookery, also, there is considerable scope for the exercise of invention; and the ingenious housewife who has ac-

quired a knowledge of the various materials commonly employed, together with some idea of the proportions in which they may be mixed, will hardly go wrong if she follows the suggestions regarding the proper treatment of the eggs and butter already given with reference to fancy puddings (see pp. 122-123), to which we now add the following :—Whisking the eggs in a tin basin set in warm water or near the fire, greatly facilitates the formation of the froth. The flour and pounded sugar ought to be well dried and sifted. Almonds are *blanched* by scalding them, and then rubbing off the skins. Candied citron and other peel should be cut in long thin strips.

With regard to the *cooking* of the cakes, &c., the following may be attended to :—As a general rule, small fancy biscuits and cakes require a rather quick oven until they have properly risen and become firmly set; afterwards the heat may be reduced by allowing the oven door to stand a little open, or otherwise. Most large cakes, however, require a moderate oven, and to prevent their surface being too much dried and browned, a sheet of paper may be laid over them. To ascertain if a large cake be sufficiently baked, run into the centre of it a clean knife ;—if the blade, when withdrawn, continues dry and clean, the cake may be removed from the oven ; if it is smeared, the baking must be continued a little longer.

Any necessary departure from the foregoing directions is specially mentioned in the following receipts. A knowledge of the mere *names* of the materials, their mechanical properties, and practicable proportions, is of course all that can be gathered from any list of receipts; but an intimate acquaintance with their various *flavours* is also essential for one who would invent a cake.

Besides those which are baked, there is a large class of cakes and scones which are cooked on the Girdle. This should be kept very clean and free from rust, and should be thoroughly heated before using.

All cakes and biscuits should be kept well covered

up,—large cakes, to prevent their becoming dry; small crisp cakes and biscuits, to prevent their becoming softened by absorbing moisture from the air. If this softening does happen, however, the original crispness may be partially restored by rewarming in the oven or before the fire. Such cakes &c. are however best when fresh made.

Pound Cake. Beat together with nine whisked eggs, a pound each of pounded loaf-sugar, beaten fresh butter, and flour. Add these gradually in the order here given, beating up the mixture well with a horn spoon after each addition. Mix in a few chopped almonds and a flavouring of essence of lemon. Bake in a buttered tin pan for an hour. A very good cake may also be made with only half the above proportions of sugar, butter, and eggs. The whites of the eggs, whisked separately, should be added last in order.

Plum Cake may be made by adding to the above half a pound each of cleaned and dried currants, stoned raisins, and candied lemon and orange-peel, together with a seasoning of nutmeg and cinnamon.

Seed Cake consists of the ingredients of pound cake, with the addition of an ounce of carraway seeds. Some candied orange-peel may also be used in it, and the top may be strewed with carraway comfits.

Rice Cake. With six whisked eggs mix half a pound each of finely-ground rice and sifted loaf-sugar, and then add a quarter of a pound of butter. Flavour with a little essence of lemon, beat the whole together for a quarter of an hour, and bake immediately in a buttered pan.

Soda Cake. Mix together *dry*, one pound of flour, half a pound of sugar, and a teaspoonful of carbonate of soda, and then rub into this six ounces of fresh butter. Add half a pound of cleaned currants, and, if desired, a few blanched and chopped almonds, and some strips of candied lemon-peel. Make this dry mixture into a stiff batter with about half a pint of warm milk whisked up with three eggs. Beat the whole well to-

gether, and bake it immediately. Instead of milk and eggs, buttermilk may be used, with which the other ingredients should be made into a soft dough.

Sweet Cake. Procure two pounds of fermented dough ready for the oven, and with this mix quickly three quarters of a pound of beaten butter, half a pound of sugar, and the same quantity of currants. This may be seasoned with a little ground cinnamon and grated nutmeg, or allspice and carraway seeds. Work the whole well together with the hand, and bake it immediately in a buttered pan. Dripping, warmed with a little new milk, may be used instead of the butter.

Sponge Cake. Whisk well together, in a basin set in warm water, a pound of finely-pounded sugar and twelve eggs. When these have become warm and rather thick, remove the basin from the hot water, and continue whisking its contents until quite cold. Then stir in lightly one pound of sifted flour and the rind of a lemon chopped very finely, or grated upon one or two lumps of sugar, which are then pounded. When thoroughly mixed, pour it into a pan or mould prepared by smearing the inside with butter, and then dusting it with as much dry flour as will adhere to it. Bake it in a moderate oven for an hour, or less if the form of the cake be not compact. *Small Sponge-Cakes or Savoy Biscuits* may have a larger proportion of sugar, and have powdered sugar sifted over them. They are baked in small moulds prepared as above with butter and finely-sifted sugar. The sponge-cake moulds should not be above half filled, as the mixture rises considerably while baking. Potato-flour may be partly or wholly substituted for wheat-flour in the above.

Scotch Bun. With two pounds of baker's dough mix three quarters of a pound of butter, and reserve about a quarter of this mixture to cover the bun with. To the rest add two pounds of stoned raisins, a pound and a half of cleaned currants, a quarter of a pound of blanched almonds, two ounces each of candied orange and lemon-peel in small dice, and a quarter of an ounce each

of pounded cloves, Jamaica pepper, and ginger. Knead these thoroughly together with the hand, and mould the mixture into the form of a thick round cheese. For the cover or casing, add a little flour to the reserved piece of dough if not stiff enough, and then roll it out into two thin circular pieces,—one a little smaller than the bottom of the bun, and the other considerably larger, to cover the top and sides. Lay the bun, bottom upwards, in the centre of this larger piece, place the smaller piece on the bottom, and gather up the margin of the former all round, fold it over the edges of the bottom so as to join that of the other, wetting both margins to make them adhere. Place the covered bun upon a doubled sheet of grey paper floured, and bind a band of the same round the sides to preserve the shape. Prick it all over the top rather deeply with a long needle, and bake it in a moderate oven.

Shortbread. Melt a pound of butter, either fresh or salt, and pour it, free from sediment, into a mixture of a pound and half of flour, with a quarter of a pound of powdered sugar,—stirring together quickly. Knead this (but not too much) with a quarter of a pound more flour upon the paste-board, and when mixed form it with the hands into a cake of any desired shape, three quarters of an inch thick. Notch or scollop the edge, and ornament the top with carraway comfits and strips of candied orange-peel, arranged in any fanciful design. Bake on a floured sheet of white paper placed upon a tin baking sheet in a moderate oven. *Scotch Petticoat Tails* consist of a large round cake of shortbread rather thinner than the above, cut, before baking, in a peculiar manner; a small circle is stamped out of the centre with the mouth of a cup or tumbler, and the remaining piece is cut into eight segments from the middle. Each of these may be decorated as above. They are served at the tea-table in their original arrangement. A little warm milk may be used in this, along with the oiled butter.

Tea Cakes. Make a paste with half a pound of flour,

a quarter of a pound of beaten butter, rather more of loaf-sugar, one egg, and some grated lemon-peel. Roll it out thin, and cut small round cakes from it. Brush them over with white of egg, sift pounded loaf-sugar over them, and bake upon a floured baking sheet in a quick oven. These cakes may be flavoured with carraway seeds, cinnamon, allspice, &c., instead of lemon-peel. They may also be baked upon a girdle with paper under and a tin cover over them. Very good simple cakes may be made by seasoning as above with sugar, carraway seeds, and spice, a common pie-crust or puff-paste, to which a few currants may be added. Scraps of such paste left over when a pie or tart is covered, may thus be profitably used up. Bake in either of the above methods.

French Biscuit. Take equal weights of eggs, sugar, and flour. Whisk the whites and yolks of the eggs separately. With the froth of the whites beat up the sugar, the flour, and then the yolks. Drop the batter in round shapes upon buttered sheets of paper. Bake in a quick oven.

Almond Biscuits are made by pounding about two ounces of blanched and dried sweet almonds and half an ounce of bitter almonds along with half a pound of loaf-sugar in a mortar; and when these are intimately blended, beating them up with the whites of two eggs whisked to a froth, and two ounces of finely-ground rice. This light batter is dropped in table-spoonfuls upon a baking-sheet, and baked in a slow oven.

Macaroons are made similarly to the above, but omitting the rice and bitter almonds, and adding the whites (not previously whisked) gradually, while pounding the other ingredients in the mortar.

Cakes or *Scones for Breakfast.* With one pound of flour mix up two beaten eggs and one ounce of butter and a little salt melted in as much warm milk as will make the whole into a stiff dough. This must be well kneaded and then placed covered up before the fire for half-an-hour, after which it is rolled out thin, stamped

into round cakes, and cooked over the fire on a girdle dusted with flour. These are served hot, and buttered. Similar scones may be made without eggs, using an ounce more butter (which should be rubbed *cold* into the dry flour), and making the dough with cold buttermilk. A little carbonate of soda previously well mixed with the dry flour will convert this into dough for *Soda Scones*. These must be made rather thicker. Their lightness is occasioned by the acid of the buttermilk slowly effervescing with the carbonate of soda within the dough, which thus becomes puffed up with innumerable small bubbles of carbonic acid gas.

Barley-Meal Scones. Into a quart of boiling milk seasoned with a tea-spoonful of salt, stir gradually as much barley-meal as will make a soft dough; mix this with a little more barley-meal on the paste-board, roll it out rather thin, cut the scones about the size of a saucer, bake them on both sides upon a girdle, and as they are done, pile them one upon the other in a plate before the fire to keep soft and hot. Serve them hot upon a napkin. These are excellent breakfast scones.

Oatmeal Cakes may be made simply by kneading oatmeal, with water very slightly salted, into a stiff dough, rolling this out on the paste-board into a thin cake, and then baking it on the girdle. If preferred dry and crisp, the cake should be made as thin as possible, browned slightly on one side on the girdle, and then toasted on the other side before the fire in a toaster which hooks on to the front of the grate, and has a back to support the cake. If wanted soft, it should be made rather thicker and be quickly browned on both sides on the girdle. Butter or good dripping is an improving addition in oatmeal cakes. It should be melted in boiling water, and the meal-dough made with this while hot.

Cheese Cakes. Drain the whey from two quarts of milk curdled with rennet. Rub the curd through a sieve; mix with it four ounces of beaten fresh butter, three ounces of pounded loaf-sugar, the same of cleaned

currants, half-an-ounce of sweet, and three or four bitter almonds blanched and pounded, three whisked eggs, a little minced citron and grated lemon-peel, with a glass of brandy. This mixture is baked in patty-pans lined in puff-paste. *Rice Cheese-Cakes* are made without curd, and consist of equal quantities of ground rice, pounded loaf-sugar, and beaten butter, with the beaten yolk of one egg for every two ounces of the mixture, and half that quantity of beaten whites. This is flavoured with a little brandy and grated lemon-peel, and baked as above.

Gingerbread. With six ounces of beaten butter mix the same quantity of brown sugar, one pound of flour, one pound of treacle, two beaten eggs, and a quarter of an ounce of carbonate of soda. For spicing, mix in two ounces of carraway seeds and an ounce and a half of ground ginger. A little candied orange-peel may be added. The mixture should stand for a night, and next day be well worked together, and baked in a shallow buttered tin in a slow oven for two hours.

Bread. This is so generally procured ready-made from the baker's, that a receipt for it here will hardly be thought necessary. It may however be interesting to know the nature of the process upon which its lightness depends. In fermented bread this is identical in kind with that by which wine, beer, ale, &c. are made, and wort prepared for the distillation of spirits. It consists of a chemical transmutation, by means of yeast, of the sugar and part of the fibrine or gluten of the wheat flour, into carbonic acid gas and alchohol, which being diffused through the dough and expanded by the heat of the oven, puff up the bread and render it light and porous. Sourness in bread is occasioned by delaying to bake the fermented dough until a second process has commenced, by which vinegar is generated from the alcohol; hence it is necessary to attend particularly to the time required to ferment the dough. Unfermented bread is made light by means of carbonate of soda and a dilute acid. The soda is inti-

mately mixed with the dry flour, and with this the dough is made with the acid and water. The carbonate of soda meeting with the acid within the dough, gives off its carbonic acid with a slow effervescence; this gas raises the dough in the same way as in fermented bread, while the soda forms a new compound with the acid. If *muriatic acid* be employed in the proper chemical proportion, this new compound is common salt, which is thus useful in seasoning the bread, and no other need be used. Unfermented bread is said to be more economical than the other, as in it there is no destruction of nutritious substances to produce the carbonic acid gas. It is also recommended to persons liable to heartburn, which the use of fermented bread is apt to occasion, as it is sometimes not sufficiently baked to check its tendency to become sour.

Plain biscuits are not fermented, but are made simply with a stiff well-kneaded dough of flour and water, with a due seasoning of salt. They are baked in a quick oven, being pricked to prevent their being blistered by the steam formed within them. The various kinds of French fancy bread are made by the introduction of milk, butter, and eggs, into the dough before fermenting it. Their appearance is varied by the moulds or pans in which they are baked.

CHAPTER XIII.

JELLIES, PRESERVES, PICKLES, &c.

Of Jellies there are various kinds. The basis or gelatinizing principle of some is animal gelatine, either in the form of Isinglass, or prepared Gelatine, or as extracted from Calve's feet, &c. In others it is a vegetable substance, such as Arrowroot, or some other variety of starch. In Fruit Jellies, which however may rather be classed with preserves, it is a substance

called *Pectine,* which abounds more or less in nearly all fruits.

The jelly-bag used for straining jellies should be of flannel, conical, about sixteen inches deep, closely sewed, bound round the mouth with broad tape, to which four tape loops are attached, by which, when in use, it is suspended from a wooden stand or frame. This consists of four upright bars three feet high, connected at the top and near the bottom by cross bars about ten inches long. A couple of heavy chairs placed back to back about a foot apart make a very good substitute for this frame. Before using it, the bag should be dipped in warm water and wrung out; after use, it should be turned inside out, steeped in cold water, washed with soap, well rinsed, and dried.

Clear Calf's-Foot Jelly. The stock for this should be prepared the day previous to being used. Set on the fire, in nearly three quarts of water, two calf's feet, well cleaned and cut in pieces. Keep them simmering for five hours, or until the water is reduced about one half, skimming occasionally. Then pass the liquor through a hair-sieve into a basin, and allow it to cool and become firm. Next day remove the oil and fat, and wipe the jelly quite clean. Place in a stew-pan half a pound of loaf-sugar, the juice of four lemons and the rinds of two, a gill of sherry, the same of water, and the whites and shells of five eggs. Whisk these together until the sugar is melted, then add the jelly-stock cut in pieces, and continue whisking the whole over the fire until boiling. Then after it has stood off the fire closely covered for half an hour to settle, strain it through a clean flannel jelly-bag hung before the fire. If not quite clear, which the first that comes through may not be, return it to the bag. When it is perfectly transparent, it is ready to be poured into moulds or glasses, which should be quite filled. To remove it when set, from the mould, place this for a minute or so in lukewarm water, strike the sides of it gently, and when the jelly seems loosened, place the

dish on which it is to be served, on the top, turn the whole over, and carefully remove the mould so as not to lift or break the jelly. All jellies in moulds are dished in the same way.

A plainer kind of Calf's-Foot Jelly may be made with ale and vinegar instead of wine and lemon-juice. The stock may also be prepared from *Cow-heels*. They produce a jelly, which though firm and clear, is perhaps not quite so free from meat flavour. The flavour may be varied by substituting for the wine some maraschino, noyeau, curaçoa, &c. Spices, such as coriander seeds, allspice, cinnamon, and cloves, may likewise be used. *Orange* and *Lemon Jellies* are made by flavouring the clarified stock with a syrup of the juice of these fruits with some of their rind boiled in it. A little cochineal is sometimes used to impart a richer tint to the jelly.

Similar Clear Jellies may be made with isinglass, gelatine, or hartshorn shavings; four and a half ounces of either of the first, or half a pound of the last, being equivalent to the above number of calf's feet. They are treated precisely in the same way.

More ornamental jellies may be made by introducing ripe or preserved fruits cut in slices and arranged in layers alternately with the jelly, or otherwise imbedded in it. In doing this, however, each layer of jelly must be allowed to set before the next one of fruit is added, else the two will become mingled, thus spoiling the appearance of the whole.

Blancmange. This is an opaque white jelly made with isinglass and milk. Simmer an ounce and a half of isinglass in a quart of new milk, along with some cinnamon, nutmeg, and lemon-peel. Stir the whole over the fire till the isinglass dissolves, sweeten it to taste with loaf-sugar, and then strain it through a muslin sieve. After allowing it to stand to settle for a few minutes, pour it into a mould, keeping back the sediment. When cold and firm, it is turned out as above directed. A paste of pounded sweet almonds, with four or five bitter ones, may be added to this before straining it.

Very similar Blancmanges may be made with arrowroot, ground rice, or Irish moss. Three tablespoonfuls of arrowroot will be sufficient for a quart of milk. It should be smoothly mixed *cold* with a small quantity of the milk, and when the rest, already sweetened, is boiling, this is added to it. The whole immediately becomes thickened, and after being briskly stirred over the fire for about three minutes, it is ready for pouring into the mould. This jelly may be flavoured with essence of lemon, pounded almonds, &c. There is an excellent and cheap substitute for arrowroot called *Pithina*, which may be used exactly in the same way. *Rice Blancmange* requires very much longer boiling to make it smooth, during which it must be constantly stirred to prevent its burning. Irish or Iceland Moss is a kind of sea-weed. It is sold by the druggists in a dried state. Before using, it should be picked clean, and then steeped in cold water for twelve hours at least. It swells up by absorbing a great deal of water, and becomes very soft. If then drained and boiled for twenty minutes or so in milk, it dissolves almost entirely, and converts the milk, when cold, into a firm jelly. An ounce of the moss will suffice for a pint and a half of milk. It should be constantly stirred while boiling, sweetened, and seasoned to taste with stick-cinnamon or other spice. Before pouring it into the mould, it should be strained through muslin to remove any fibres that may remain undissolved. Red currant jelly forms an agreeable garnish and accompaniment to a dish of blancmange.

PRESERVES.—Under this head are included *Fruit Jellies*, *Jam*, *Marmalade*, and *Fruits preserved whole*. The *preserving* ingredient in them all is *sugar*. The fruit should always be gathered on a dry day, and, particularly for preserving whole, ought to be perfectly ripe and in good condition. For all kinds of JAM, equal weights of sugar and fruit are about the average proportion required,—sweet luscious fruits, such as straw-

berries, of course requiring rather less sugar, and very tart fruit, like red currants, a little more. The fruit must be picked free from all stalks, leaves, &c. Plums, damsons, and cherries should be stoned, the larger kinds of plums cut in quarters, and those with tough or acid skins may be scalded and peeled. The fruit may be boiled with the sugar in the preserving-pan, for a time varying from fifteen minutes to half an hour, according to the kind of fruit; thus tough-skinned gooseberries will require the full time, while strawberries, rasps, &c. will take less. During this process, all scum that rises should be quickly skimmed off. If the weather previous to gathering has been unusually dry, a little water may be added. The addition of some red-currant juice to strawberry jam imparts a tartness in which that preserve is otherwise deficient. An admixture of raspberries greatly improves the flavour of red currant jam. A few cloves make an excellent addition to gooseberry jam. The preserving-pan is of brass, and must be kept scupulously clean and free from verdigris, and be washed out with vinegar immediately before using. A perforated skimmer is the best instrument for removing the scum. When potted, all kinds of jam should stand till quite cold before being covered.

Fruit Jellies.—Those from ripe juicy fruits are best made as follows:—

Red Currant Jelly. Having freed the fruit from stalks, leaves, &c., mash it so as to break every currant. Then suspend it in a clean flannel jelly-bag, and set a basin beneath to catch the clear juice as it trickles through; the bag must not be squeezed, else the juice will be turbid. When the juice ceases to flow, boil it for a quarter of an hour in the preserving-pan, with loaf-sugar in the proportion of a pound to each pint,—all scum being carefully removed as it rises. The best test of its being sufficiently boiled is to cool rapidly a tablespoonful in a saucer placed in cold water: if it forms a weak jelly it is boiled enough, but if it remains quite fluid, the boiling should be continued. Jelly

should be potted in small gallipots, and allowed to become perfectly cold before being covered. Rasps in the proportion of a third, mashed along with the currants, greatly improve the flavour of red currant jelly.

For *Apple Jelly*, juicy apples, pared, cored, and sliced, must be stewed before mashing. A mixture of apples and damsons produces an excellent jelly of a rich ruby tint, and an agreeable tartness which simple apple jelly wants.

Gooseberry Jelly is made from *unripe* green fruit, which also requires to be stewed before straining.

The fruit pulp from which the juice has been drained to make jellies as above described, will in most cases make a very good, though coarse, kind of *Jam* well adapted for Roll Puddings, &c., by being boiled up with sugar as previously directed for jam.

Rhubarb, being deficient in *pectine*, will not produce a jelly;* but a very palatable sort of *jam*, which keeps well, may be made from it, some whole ginger, previously boiled till tender, being stewed along with it.

The covering or "papering up" of jelly and jam is best performed on the day after they are made. By that time the jelly ought to give distinct indications of congealing. If it does not, the safest plan is to give it another "boil up." Two different covers of paper are requisite. The inner one is of thin clean writing paper, a quarter of an inch larger than the mouth of the pot, and snipped to that depth all round the edge. This is steeped in a saucer of spirits of any kind, and laid close upon the surface of the jelly or jam, so that there is no air underneath it; the nicked edges being turned up against the sides of the pot. A teaspoonful of spirits is then poured on the top of this, and an outer cover of stout paper stretched over the mouth, and firmly secured over the lip of the pot with a piece of twine passed two or three times round and tied. Each pot should have the name of its contents written on the outside cover. Thus prepared, jelly and jam will, if they have been sufficiently boiled, keep for a long time in a dry cool

place. During the first month, the pots should be opened once or twice, and if the inner papers have become mouldy, they should be removed and fresh ones substituted, with a little more spirits. If the mouldiness appears a second time and seems inveterate, the contents of the pot can only be saved from spoiling by being boiled over again.

MARMALADE is a preserve similar to jam, made from the larger kinds of ripe fruit. The most general favourite is the

Scotch Orange Marmalade. There are several ways of making this, of which the following is one:—Procure equal weights of ripe bitter or Seville oranges, and loaf-sugar. With a few of the pieces of sugar, grate off some of the outside of the rinds. Cut the oranges in quarters, and squeeze out the juice into a basin, through a sieve to keep back the seeds. With a teaspoon scrape out the soft pulp from the interior cavities of the oranges, rejecting the seeds. Detach from the rinds the remaining parts of the inside of the oranges, wash these well in a little water, and put this water and the soft pulp into the juice in the basin: what has been washed is now refuse. The rinds are then boiled under a close cover until so tender as to be easily pierced by a straw or pin's-head, the water being once changed to remove some of the bitterness. The spongy white part is now scraped from the inside of the rind, and the remaining portion clipped with scissors into very thin chips or parings about half an inch long. Boil these along with the sugar, pulp, and juice, for fifteen or twenty minutes over a quick fire, skimming it when any scum rises. A little lemon-juice and grated peel is an improvement. This marmalade is sometimes varied by pounding to a pulp part of the rinds, and having the rest in chips. This however very much impairs the transparency of the fluid portion. If the quantity of rinds seems too large, some of them may be withheld, or the fluid part may be eked out with apple jelly. *Lemon Marmalade* is made in the same way, but with a half more sugar.

Apricot and *Melon Marmalades* are made by removing the skins, stones, seeds, &c., mincing the eatable part, and boiling it with its weight of sugar. For *Quince Marmalade* the fruit should be first stewed and then mashed to a pulp. After being potted, marmalade should stand for a day, and then be papered up as already directed for jelly and jam.

Fruits Preserved Whole.—The fruits thus treated should be fresh, plump and ripe, and as perfect and free from injury as can be procured. They are preserved by simmering them for a short time in a clear syrup in the preserving pan, allowing them to steep, covered with this syrup, in an earthenware basin or tureen for a day or two, simmering them again, and so on alternately until the fruit has become thoroughly impregnated with sugar, which will require a time proportioned to the size of the fruit. The syrup should at first be thin, and afterwards gradually increased in strength by the addition of more sugar at each boiling. If this is not attended to, the fruit, instead of being plump and transparent when done, will become shrivelled and unsightly. The entire quantity of sugar required is generally about a fourth more than the weight of fruit.—When the fruit has received its final simmering, and become clear and transparent, it should be placed in earthenware or glass jars, the syrup poured boiling hot over it, and when cold, covered with wet bladder tied over the jar. In transferring the fruit from one vessel to the other, it should be lifted out of the syrup as gently as possible with a silver spoon so as not to injure it. If towards the end of the above process the syrup becomes turbid, it may be separated from the fruit, and clarified like soup by means of white of egg. This is mixed gradually with it while cold, and when coagulated by boiling, seizes upon the other impurities, and with them rises to the surface as a thick scum, which must then be skimmed off. A little cold water added after the first minute's boiling facilitates the ascent of

the scum. A red colour may be imparted where desired, or the colour of *red* fruits heightened, and the syrup tinged, by the addition of a little cochineal. Port wine is also used for the same purpose with apples, pears, and quinces. Green fruits may have their colour improved by being previously laid in a vessel with green cabbage-leaves under and over them, and thus scalded with boiling water, closely covered, and allowed to cool. This process is repeated, using fresh leaves each time, till the desired effect is produced. A very little pounded alum added to the water assists the operation. Tartness may be imparted to the more luscious fruits by means of lemon-juice. Spices also, such as ginger and cloves, may be used where considered appropriate. Many kinds of of fruit thus preserved may be dried in the sun or a slow oven, and served at dessert in a candied state.

Jargonelle Pears and *Pippins* must be pared, and if the seeds are picked out at the flower-end with a bodkin or toothpick, the preserved fruit will keep better.

Plums, Apricots, and other stone-fruit should have the stones removed by a small slit in the side, keeping the fruit as whole as possible. The tough-skinned fruits may also be peeled, which a previous scalding will facilitate. The kernels may be blanched and simmered in the syrup to impart their flavour. A simple method of preserving such fruits is to prick them with a needle, drop them into a wide-mouthed bottle with some pounded loaf-sugar, fill up the bottle with brandy, cork it, and then bake in a cool oven for some hours. The cork may then be sealed.

Cucumbers and *Melons,* are first of all steeped in brine for a couple of days, and then in fresh water for the same time. They are then "*greened*" by the process above described, after which the seeds and soft parts are scooped out by an incision in the side, and some ginger, cloves, and whole white pepper inserted. They are then treated with syrup in the usual manner. Large thin skinned *Bitter Oranges,* are preserved somewhat in the same manner. After the steeping, the pulp

being extracted at a hole made in the top, the juice is expressed from it, strained, and added to the syrup. This preserve may be ornamented by making a sort of cameo carving of leaves &c. upon the rinds before removing the pulp. When served, the hollow skins may be filled with custard, or various jellies &c.

Gooseberries, both red and green, should be chosen rather unripe. They should be "topped and tailed," and each one pricked with a needle. Their appearance is improved by picking out the seeds.

Strawberries should first lie covered with dry sugar for a night. Their weight of sugar is then made into a thin syrup with red-currant juice, in which they are simmered till the syrup will congeal when cold. The berries must be very tenderly handled to avoid breaking them.

PICKLES.—These are used as relishes and garnishings for various dishes, and also as ingredients in many sauces. They consist of various kinds of esculent vegetables preserved in spiced vinegar, this being wholly or partially substituted for their natural juices, which are first usually extracted by means of salt. The vegetables should be fresh and sound, and not too ripe. They should be gathered on a dry day, carefully trimmed and wiped, and only those washed which require steeping or salting. The vinegar and spices used should not be stinted, the only limit to the quantity of the latter being that they ought not to overpower the flavour of the vegetables.

The general mode of making pickles is as follows:—The vegetables having been previously prepared in the way suited to their kind, are placed in a stone-ware jar, and the vinegar with the spice in it (whole black and white pepper, and ginger) is made boiling hot and poured over them. The jar is then covered with a thickly-folded cloth in order to keep in the steam. If the vegetables are large and solid, such as cucumbers, this process is repeated several times with the same vinegar till they become saturated with it. In such

cases the spices need not be added till the last boiling, else some of their strength will be lost. With green vegetables, whose colour is impaired by their preliminary preparation, a number of cabbage or vine leaves may be mixed. These having partially restored the colour during the above process, are of course removed. When cold, the jar is fitted with a cork, which may be made air-tight by dipping it in melted bottle-wax or tying a piece of wetted bladder over it. If after the first two days the vegetables soak up much of the vinegar, more should be added, so as to keep them covered. A stoneware pipkin is the most suitable vessel for heating the vinegar in, because metal is corroded and dissolved by the acid. On this account, brass and copper vessels ought never to be used, their solutions in vinegar being highly poisionous; notwithstanding which, however, pickle-manufacturers are said to be sometimes rash enough to use such to heighten the colour of their green pickles. As boiling evaporates the strength of the vinegar, it ought merely to be heated to the boiling point and used immediately. If the pickle vinegar is wanted very hotly spiced, a little cayenne may be used in it.

Red Cabbage. The outer blades being removed, cut the cabbage in half lengthways, wash it free from dirt, and then cut it down in slices as thin as possible, beginning at the top. Sprinkle the sliced cabbage thickly with salt, and let it remain thus for a day. The salt extracts the juice, which is then drained off through a collander. The cabbage, drained as dry as possible, is then treated with vinegar and spice as already directed, until it resumes its original plumpness, which may be after the first or second scalding. A few onions prepared as below, and sliced among the cabbage, make a very good mixture.

Onions. Choose small silver onions as equal in size as possible. Cut off the tops and tails, but not too close, and cover them with boiling brine in a basin. Next day repeat this scalding, peel them when cool,

and throw each as it is done, into vinegar. They are then ready for the boiling vinegar and spice. As unpeeled onions are blackened by exposure to the air, this must be avoided as much as possible, by keeping them always covered with brine or vinegar as above directed.

Beetroot. The tops being removed, it must be washed, but nowhere cut or injured, else the juice, which in this case is to be preserved for the sake of its colour, will be lost. It is then boiled in plenty of salted water till tender, which may be in about half an hour. The skin is now rubbed off with a coarse cloth, the beetroot sliced across, put into a jar, and the vinegar and spice poured over it. This pickle makes a pleasing garnish. A little salt added improves the taste, but slightly impairs its brilliant colour.

Cauliflower or *Brocoli.* The centre or flower part only is used. Being well cleaned, it is immersed for about four minutes in boiling brine, and then drained. When tolerably dry, it is divided into conveniently-sized pieces, the stalks being cut smoothly,—packed in the jars in which it is to be kept, and covered with the boiling vinegar and spice. This vegetable may be very well mixed with any other white or green pickles. In making such mixtures, the various vegetables, if they are not all procurable in perfection at the same time, may each be prepared and added in their proper seasons. *Nasturtiums* are pickled in the same way.

Mushrooms. Put small white button-mushrooms, wiped clean, into a stone jar along with the spices and a little salt. Set the jar over a slow fire, or in a pot of boiling water, and let the mushrooms stew in their own liquor till that is nearly all evaporated. Then add as much hot vinegar as will cover them, and let this just come to the boil. When cold, bottle them up, add a little more vinegar at the end of the first week if they require it, and then cork them.

Cucumbers. The preparation of these is the same as for preserving, (see p. 152), except that they are not

steeped in fresh water, and that hot *vinegar* is used in the "greening" process instead of water. When the desired tint is attained, the green leaves are removed, the vinegar heated for the last time, (adding the spice, which in this case may include cloves and crushed nutmeg) and poured over the cucumbers.

Gherkins, French Beans, and other green pickles, are prepared in the same manner.

Cucumbers and Onions, as a mixed pickle, are prepared by skinning large onions, paring the cucumbers and removing their seeds, slicing both in thick slices, strewing them thickly with salt in a collander, allowing them to drain for a night, and then alternately heating and cooling them with vinegar in a stone jar until well saturated. Lastly, the same vinegar is heated till boiling, along with spices, and poured over them.

Walnuts. Procure them unripe, and with tender shells. If they are wanted *green,* the greatest care must be taken during their preparation not to expose them for any length of time to the air, which blackens them. Steep them for nine days in strong brine, changing this twice during the time, and keeping them immersed in it by means of a board floating over them. Drain them, prick each in several places with a large needle, and then "green" them by the process described on p. 152, until the husks become tender. These are then quickly scraped off with a knife, and each walnut rubbed smooth with flannel and immediately thrown into hot water. The vinegar and spices, including cloves and cayenne, to which some salt is added, are then prepared; and when these are boiling hot, the walnuts must be quickly removed from the water, dried with a cloth, placed in the jars in which they are to be kept, and covered with the boiling vinegar.—Walnuts are pickled *black* more easily. They are first pricked with a needle, then steeped for twelve days in the brine (which should be poured on them boiling hot and changed every three days), and lastly, after being drained and rubbed smooth and dry, they are covered

as above with the boiling vinegar seasoned with horse-radish, garlic, mustard seed, and pepper.

CHAPTER XIV.

MISCELLANEA.

SALTING MEAT.—The preceding chapter treats of *Pickles*, properly so called. Pickled Meat, however, is prepared by a very different process, in which brine is the antiseptic employed. This brine may be made as follows:—Six pounds of salt, one of brown sugar, and four ounces of saltpetre, boiled in four gallons of water, skimmed, and allowed to cool. The meat is kept entirely covered with this in a tub or wooden trough. When the brine becomes turbid and covered with scum it must either be renewed, or re-boiled and skimmed. This is the mode adopted for salting large quantities of meat, to be kept in store for a long time. A single piece of meat for immediate use is generally salted by rubbing it in every part with a dry mixture of common salt, sugar, and saltpetre, in the proportion of half an ounce of each of the last to a pound of the first. It is then placed in a deep earthenware pan or dish, and strewed with the mixture, which in a day's time extracts a considerable quantity of the juice of the meat, forming with this a strong brine, with which the meat must be daily basted and rubbed till required, turning it over in the pan each time, so that every part may be equally salted. A *Round of Beef* thus treated may be ready for use in four or five days, its saltness depending upon the time. The salt in this case preserves the meat partly by extracting its moisture, which is an active agent in the decomposition of animal substances. The loss of juice which meat sustains while being salted is even greater than in boiling, and hence arises the

unwholesomeness of salted meat as a constant article of diet. The use of an impure salt containing chlorides of calcium and magnesium, although less palatable, is said partially to prevent this, by transforming an important soluble constituent of the juice, called phosphate of soda, into the phosphates of lime and magnesium, which being insoluble remain in the meat. When such meat is eaten along with vegetables, the soda which these contain is supposed during digestion to decompose the insoluble phosphates and reproduce the original phosphate of soda. The saltpetre gives the meat a bright red colour. Pepper and other spices are sometimes mixed with the salt.

The antiseptic property of *smoke* as used in curing ham &c., depends upon the vapour of *creosote* it contains. The addition of this liquid, in the proportion of one part in a hundred, to the brine in which hams or tongues are pickled, produces all the effects of smoking.

Previous to salting, meat should have been kept till ready for cooking, and unless the kernels are cut out it will not keep even with salting. The principal of these lie in the udder, and centre fat of a round of beef, and in the thick end of the flank.

Pork requires rather longer salting than beef.

Collared Beef consists of the end of the brisket, or the flank, salted as above. When it has lain in salt for a week or ten days, take out the bones, remove the inside skin, strew the meat thickly with a mixture of grated nutmeg, black pepper, allspice, chopped lemon-thyme and parsley, roll it up tighty, and sew it up in a strong cloth bandage. It is now ready for boiling (see p. 42.) It may also be baked in a large jar of water. The cloth should not be removed till it is quite cold.

Sausages. Of these there are many kinds. They consist of a highly seasoned mixture of finely-minced lean and fat of meat, to which bread-crumbs, yolk of egg, and shred sweet herbs are sometimes added. Both fresh and salted meat are used, and variety is obtained

by mixing different kinds of meat together. The mixture is either stuffed into clean gut-skins by means of an instrument for the purpose, and twisted in links, or moulded into rolls or flat cakes, in which form it is only adapted for frying or baking in a pie. For this last purpose, exhausted meat from soup &c., or the cold remains of roast or boiled meat, may be very well introduced. Some kinds of sausages are smoked, by which means they are made capable of being kept for a considerable time.

Potted Head. Although called potted *head*, this may be made from almost any gelatinous part of veal, or from cow heels or head. The meat is first simmered till tender, cut into very small pieces (not minced), rejecting the hard gristles, and then highly seasoned, and boiled for some time with the same liquor strained. It is then poured into earthenware moulds, from which when cold and very firm it is turned out and served garnished with parsley or pickled beetroot. Minced lemon-peel and juice may be added to the seasonings of potted veal. Mustard and vinegar are favourite condiments for this dish; to which also a simple vegetable salad makes an excellent accompaniment.

Potted Meat consists of the flesh of beef (either fresh or slightly salted), game, or poultry, cut in pieces, highly seasoned, packed closely in an earthen jar, in which it is then slowly stewed with very little water, either in a moderate oven or a pot of boiling water. When very tender, a smaller jar is placed upon it with a heavy weight resting upon this, and it is thus pressed till cold, and converted into a solid compact mass. It is then covered with a layer of clarified butter, and a piece of soaked bladder tied over the jar. The meat being thus protected from the air, will keep good for several months. It is eaten cold for breakfast, or made into sandwiches for lunch or supper. Meat already cooked, or which has been used in making soup or gravy, may be potted by pounding it in a mortar to a smooth paste along

with a little butter and seasonings, which may include dried and powdered sweet herbs, &c. It should be covered in small jars as above, with butter and bladder. Sprats, herrings, and shrimps, may also be potted in the same way,—of course rejecting the bones and shells.

SALADS.—Salad consists of uncooked fresh young vegetables and herbs of various kinds, with a creamy, pungent, acid sauce. Lettuce is generally the chief ingredient employed,—radishes, onions, cucumber, mustard-cress, &c., being frequently added in due proportions as flavourers. All the vegetables should be procured as fresh and crisp as possible, and are generally, but especially the lettuce, the better of lying for an hour or two in cold spring water before using. They must then be carefully washed from grit and insects, freed from all decayed or worm-eaten leaves, sliced rather small, and after being gently dried by shaking them lightly in a clean towel, placed in a deepish salad-basin. There are many ways of making the sauce, vinegar and Florence oil being generally the chief constituents, with hard-boiled yolks of eggs and cream to impart richness, and a seasoning of pepper and salt and freshly-made mustard. The yolks of eggs, which should be perfectly cold, are first bruised down along with the cream ; the other ingredients are then added, and the whole well mixed, poured over the salad, and stirred up with it immediately before serving. The hard whites of the eggs may be cut across so as to form rings, and laid on the top as a garnish. Raw eggs (whites and yolks beaten together) may be substituted for the hard yolks, cream, and oil. Another very simple salad-sauce, adapted for lettuce alone, is composed merely of sugar and vinegar. Salads are excellent accompaniments to cold meat in summer, being wholesome and cooling.

French Salads are made by slicing down cold meat with the vegetables. The cold remains of any kind of meat or poultry may thus be economically employed.

In the sauce for such salads, more salt is required than for vegetables alone, and the other seasonings may be varied to suit the kind of meat;—the boiled egg-yolks and cream may be omitted.

Lobster Salad is made by mixing the meat of a cold boiled lobster cut in pieces, with the salad vegetables; pieces of the coral being used as garnish, and the spawn pounded with a little butter or oil to enrich the sauce.

A refreshing variety of salad to be eaten along with cold meat, is made with cucumber and onions. A middling-sized cucumber, not fully ripe, is pared and then sliced across as thin as possible. This may be done rapidly by holding a thin table-knife firmly on a large plate, so that the blade lies flat upon the bottom without quite touching it except at the point, and then rapidly rubbing the cucumber across the knife, so that at each stroke a shaving is cut as thick as the space between the blade and the bottom of the plate. One or two large onions are sliced among the cucumber, the whole thickly strewn with salt, which in a short short time will extract a great part of the juice, which must be poured off. The slices are then well peppered and about half covered with vinegar. A little oil may be added. This preparation, from its pungency and acidity, is perhaps more allied to pickles than salads, and consequently cannot be partaken of so largely.

BEVERAGES.—The most important of those which come within the province of the cook are certainly *Tea* and *Coffee*, and for the making of these a greater variety of methods has been suggested than for perhaps any other similar process. The chief object in making either is perfectly to extract the whole of their soluble matter without the loss of the more volatile portion, upon which their fine flavour and also part of their stimulating properties depend. To effect this it is essential that the process should be performed as quickly as is consistent with its being done completely.

In the case of *Tea*, this end may be best attained if

the following conditions are attended to: 1*st*, To have the water *boiling;* 2*d*, To have the teapot *hot* and *dry* when the tea is put in; 3*d*, To allow the tea to stand for a few minutes in the pot in front of the fire or in the oven in order that it also may be thoroughly *warmed* and *dried* before pouring the boiling water over it; 4*th*, To keep the teapot *hot* in front of the fire, or by covering it with a thick flannel cover during the process of infusion. It has been recommended for the same purpose to infuse the tea in a tin "infuser" which hooks on to the front of the grate, but there is some danger that in this way the tea would be *boiled*, in which case the volatile "aroma" would be instantly dissipated. By observing the above conditions, the *heat* of the water poured upon the tea is not wasted in heating the cold teapot, and from the tea being first perfecty dried, the *hot* water instantly rushes by capillary attraction into its minutest cells, and the process of extraction commences at the first instant of contact. When tea is made for a number of people, it is best to use *two teapots;* fresh tea being prepared in one while the other is in use. If only one teapot is used, it is better not to infuse the whole quantity of tea at once, filling up the pot with hot water as the first infusion is poured out, but rather to reserve some of it to be added from time to time along with the water. By this means the first and last cups may be served out equally good, instead of all the finer flavour being confined to the former, and the coarse, dark-coloured, bitter vegetable extract dispensed in the latter. The usual quantity of tea employed is a little more than one heaped tea-spoonful for every two cups required.

In making *Coffee* the same precautions should be observed as to heating both the utensil and the dry material before adding the boiling water. This may be accomplished, as recommended by M. Soyer, by stirring the dry coffee in a stewpan over the fire till both are quite hot. Boiling water being now added in the proportion of a quart to every two ounces of coffee,

it is kept closely covered beside the fire for five minutes, strained through a cloth, re-warmed, and served in the coffee-pot. The French add an equal quantity of boiling milk before re-warming. There are many other modes of making coffee, and various contrivances for filtering it, but whichever is adopted, the utensils employed and the coffee itself ought to be heated. Where coffee is made every day, it is an economical plan to pour upon the used coffee-grounds some fresh boiling water, which being strained and boiled next day is then used instead of water, so that less coffee will serve. Coffee may be cleared in the coffee-pot without straining or filtering, simply by pouring out a cupful and returning it two or three times, and then setting the pot in front of the fire till the grounds fall to the bottom. This process, however, takes more time. A very little cold water poured in is said to assist it. The coffee used ought to be newly roasted and ground. To ensure this, many people buy the roasted beans and grind a sufficient quantity for immediate use in the morning in a small hand-mill. This practice also protects them from that dishonest adulteration with chicory which is said to have hitherto so generally prevailed among retailers in this country, as actually to have vitiated the public taste to such an extent that most people now prefer the mixture to the pure coffee.

Chocolate. Mix two ounces of the scraped cake with a gill of water in a saucepan, and stir it rapidly over the fire until rather thick; then mix with it gradually half a pint of boiling milk, and serve it hot, with sugar separate. The Italian method requires a chocolate-pot furnished with a muller, the handle of which passes through a hole in the lid. In this the scraped chocolate is milled or churned with the milk over the fire until very hot and frothy.

Cocoa. Over a tea-spoonful and a-half of cocoa in a cup, pour gradually some boiling milk, stirring the cocoa till dissolved. Or it may be first mixed with a

little water, and then heated with milk in a saucepan till it begins to boil. Serve hot with sugar separate.

Cooling Summer Drinks.—*Raspberry Vinegar.* Over a quart of freshly-gathered raspberries bruised in an earthenware basin, pour a pint of vinegar. Cover it closely for three days, stirring it once daily, and then strain it through a jelly-bag. To each pint of the clear liquor add a pound of loaf-sugar, and boil it for ten minutes, removing the scum as it rises. When cold, bottle, and cork it tightly. A wine-glassful in a tumbler of cold water makes a refreshing drink. It may also be used with hot water, in which case a little sugar may be added.

Lemonade. With a piece of loaf-sugar rub off the yellow rind of one lemon, and place this along with the juice and pulp of three in a deep jug. Pour over it a quart of boiling water, and add loaf-sugar to taste. When cold, strain it, and it is fit for use. A similar drink may be made by substituting two ounces of cream of tartar for the lemon juice. This may also be flavoured with lemon-peel as above.

Ginger-Beer. Boil in two gallons of water for half an hour, two ounces of bruised ginger and two pounds of loaf-sugar, removing the scum as it rises. Slice one or two lemons into a tub, along with half an ounce of cream of tartar, and pour the hot liquor over these. When nearly cold, add a quarter of a pint of yeast, with which let it ferment for four days, or less if the weather is warm, closely covered up with a board and blankets. Then draw it off from the lees or sediment with a syphon or otherwise, and bottle it in a few days after. A little brandy may be added if it is to be kept long. The corks should be secured by wires. A commoner kind may be made with brown sugar, using rather less of it, and omitting the lemons. A kind of extempore ginger beer may be made as follows:—Rub together in a mortar half a pound of pounded loaf-sugar, two ounces of carbonate of soda, and half an ounce of ground

ginger. Dissolve a teaspoonful of this mixture in a tumbler of water, stir in quickly half a teaspoonful of powdered tartaric or citric acid, and drink it while effervescing. The acid may be mixed with the other ingredients in the proportion of an ounce and a quarter to the above quantity. They must however be previously thoroughly dried, and the mixture kept in a stoppered bottle, as the least moisture will in a short time deprive it of its property of effervescing.

Spruce Beer is made like the above, substituting six ounces of essence of spruce for the ginger, and omitting the lemons and cream of tartar. *Brown Spruce Beer* is made with treacle instead of sugar.

Treacle Beer is made by boiling for twenty minutes in three gallons of water a pound and a half of treacle, and half an ounce of hops tied in a piece of rag, to which a little ginger may be added. This decoction is then fermented as above directed for ginger beer.

HOME-MADE WINES.—These are mostly made from the ripe native fruits of this country. The general plan for all is the same as that indicated in the receipt given p. 167. The time required for their fermentation varies according to the heat of the weather, or of the apartment in which it is conducted; being much shortened by warmth, while extreme cold or frost will check the process altogether, or lengthen it indefinitely. From 40° to 86° Fahrenheit is the range of temperature under which fermentation goes on. It consists of the transformation of the sugar in the liquid when exposed to the air, into alcohol and carbonic acid gas. It is this latter which occasions the rapid formation of the frothy scum.

The different varieties of wine are produced by modifying the circumstances in which the fermentation is carried on. Thus for a strong *dry* wine, the change should be rendered as complete as possible, by continuing the process in an open vat or tub for at least three or four days, and then putting it into a cask sufficiently

large to prevent the scum overflowing at the bunghole, as this scum favours the continuance of the process which produces it. It may also be frequently stirred, or the cask shaken, which also promotes the fermentation. Nearly the whole of the sugar will in this way be changed, and a strong but not very sweet wine be the result.

To produce a rich *sweet* wine, besides adding a larger proportion of sugar to the fruit juice, the fermentation is stopped before it has gone so far as in the preceding case, by allowing it to remain a much shorter time in the open tub, and when removed into the cask, keeping this always filled and stopped so as to exclude the air. For the same purpose, brimstone matches are sometimes previously burnt inside the cask, the sulphurous acid thereby produced having the effect of checking the fermentation. It is also once or twice "racked," that is, drawn off clear from the lees or sediment which stimulates fermentation, and put into a clean cask. This "racking" is done through a small hole bored for the purpose near the lower side of the cask.

Effervescing wines are allowed a still shorter time to ferment exposed to the air; but less sugar is employed. It is afterwards, when in the cask, carefully excluded from the air as above, kept in a cool place, and the bung closely fastened up as soon as the fermentation becomes so languid that this can be done without danger of bursting the cask. *Unripe* fruits are best adapted for this kind of wine.

Wine may remain in the cask from six weeks to two months, or longer, according to the weather, by which time it will become clear and may be bottled, which should be done in dry cold weather. After the fermentation has subsided and the wine become clear, the air should be excluded from it as much as possible, else it will undergo another change, and become converted into vinegar. The fermentation of wines, especially the thick sweet sorts, is more easily effected if a large quantity be made. It is hardly possible to succeed perfectly

with less than two gallons at one time. All the utensils employed, especially the casks and tubs, should be scrupulously clean, else they will communicate a bad flavour to the wine. The following receipt may be taken as an example of wine-making—subject, of course, to the preceding remarks :—

Red-Currant Wine. Bruise the fruit in a tub with the hand, mix it with an equal measure of water, and allow it to stand thus for a night. It is then strained through a sieve or canvas bag, squeezing the husks as dry as possible. To each gallon of liquid add about three pounds of sugar, stir it occasionally till dissolved, and let it stand in a tub or vat covered with a board and blankets in a temperate room for two or three days, when it will be covered with a frothy scum. This is then removed with a perforated skimmer, and the wine, now tolerably clear, drawn off from the sediment by a hole bored in the side of the vat near the bottom, into a clean cask, which should be quite filled with it. If the wine is drawn off by means of a syphon instead of tapping the vat, it need not be skimmed, as the short end of the syphon being immersed beneath the scum nearly to the top of the sediment, will draw off the liquid free from both these impurities. The cask must now be kept in a cool place, with the bung-hole open, or closed merely with a tile laid over it, till the fermentation ceases, keeping it always filled to the bung by adding occasionally as its contents diminish, some of the liquor reserved for that purpose. In a month or six weeks the fermentation will have subsided, when, the wine being now clear, will be ready for use, and may be bottled. It is generally safer, however, to "rack" it into a fresh "sulphured" cask, which must be kept tightly bunged till the ensuing spring, when it may be bottled without fear of the fermentation recommencing. If it is then not perfectly clear, it may be "fined" with isinglass or white of egg,—these being dissolved in a small quantity of the wine, and this thoroughly mixed with the whole, which after standing undisturbed for

ten days, may be racked off or bottled quite clear. One egg or an equal quantity of a solution of isinglass of the same consistence is enough for five gallons. Spirits (brandy or whisky) are generally added, in a proportion varying from a pint upwards, for every nine gallons. It is put into the cask shortly before the fermentation ceases. It assists in stopping the fermentation, but will not, as is erroneously believed, prevent the wine becoming sour if exposed to the air, as it is from the *spirit* that the acetic acid of sour wine is formed. Spirits are therefore by no means indispensable; the wine if properly made will become quite strong enough with the alcohol generated during its fermentation. Wine is frequently flavoured with spices, such as cloves, cinnamon, &c., which are for this purpose wrapped in a piece of rag and suspended in the wine from the bung-hole during the last stage of fermentation, and withdrawn as soon as the desired degree of flavour has been imparted. In wines made from stone-fruit, the kernels may be used in the same way. Cream of tartar, or crude tartar, is sometimes employed to promote the fermentation. Red-coloured wines generally require a longer time to ferment than white wines.

For *Elderberry, Parsnip, Ginger, Birch* (made from the sap of the birch-tree with raisins), and some other wines, the liquor is extracted by boiling; and as this stops for a long time its natural tendency to ferment, a little yeast may be employed to begin the process. The usual method is to spread the yeast on a piece of toasted bread, and put it into the liquor.

Mulled Wine consists of wine heated with spices, as cinnamon, grated nutmeg, cloves, &c. When it reaches the boiling point, the spices are removed, and the wine served hot along with toast or rusks. Elderberry wine treated thus is a favourite winter-evening drink.

Posset consists of hot wine added to custard, the whole being well mixed by pouring it alternately from one vessel to another. It is generally made with canary or sack wine, and called *Sack Posset.*

Het (hot) *Pint.* This Scotch "Hogmanay" beverage consists of hot ale, beaten eggs, and whisky, seasoned with sugar and grated nutmeg. The sugar and eggs are mixed with a little cold ale, the hot ale is then poured over this, and the whole mixed as in making custard. It is again heated till nearly boiling, when the whisky and nutmeg are added.

Drinks and Diet for Invalids.—*Toast and Water.* Toast a crusty slice of bread slowly till quite hard and dry, and of a deep chocolate colour, but by no means burnt. Place it in a deep jug, pour over it two pints of boiling water, and cover it up till cold. Then strain it clear from the toast, which if left in it would in a short time induce fermentation.

Barley Water. In half a gallon of water, boil till tender two ounces of pearl-barley, along with a seasoning of lemon-peel and cinnamon, and a little sugar. Skim, and strain it through a hair-sieve, and when cold it is ready for use. A little lemon or orange-juice may be added. *Rice Water* is made in the same way.

Apple Water is made by pouring boiling water over sliced apples in a jug, which must be covered up till cold. It is then strained and sweetened to taste with honey or sugar. Or, the sliced apples may be boiled, taking care that they do not dissolve. When prepared in this way, a few figs cut in half may be added: they not only sweeten the drink, but impart a fruity richness to it. A similar beverage may be made by boiling *Prunes.* The boiled fruit sweetened with sugar is very good to eat.

Acid drink from Ripe Fruit is made simply by draining the juice from any kind of juicy fruit, such as strawberries, rasps, currants, &c., and mixing it to taste with water and sugar, adding lemon-juice where additional tartness is required.

Wine Whey is made by adding to some milk made boiling hot, as much sherry or other wine as will curdle it, and pouring off the whey when the curd

sinks, which it does after a few minutes standing. Sweeten it to taste, and reduce it with hot water to the strength required. *Treacle whey* (excellent for promoting perspiration) is made in the same manner, but requires no sweetening or hot water.

Gruel. Mix a teacupful of fine oatmeal with a small quantity of cold water in a basin. Pour this water off into another basin, and repeat the process until about a quart has been used, and all the finer part of the meal has been extracted. Strain this into a saucepan, and boil it for twenty minutes, continually stirring it. It may now be seasoned according to taste, either with salt or sugar, a little lemon-juice or other acid being added with the sugar if desired.

Caudle consists of sweet *gruel*, with a little wine, lemon-juice and nutmeg, or other spice, in it. It may also be made with small beer or milk instead of water, and ground rice or wheat flour may be used instead of the oatmeal.

Rice Milk. In a pint of milk simmer till tender, or reduced to a pulp if desired, a tablespoonful of well-washed rice; season with sugar and a very little salt. A little butter, and some mild spice, may also be stirred into it if approved.

Sago Milk. After the sago has been soaked in water for an hour, proceed exactly as for rice milk. *Sago Gruel* is made in the same way, but with water instead of milk. A little wine may be added.

Vermicelli, Semolina, and *Tapioca Milks,* are prepared by throwing a tablespoonful or less of either into a pint of boiling milk, and simmering till sufficiently tender. The seasonings are the same as for rice milk.

Macaroni and Milk. Throw the macaroni into plenty of boiling water salted, and boil till it is sufficiently tender. Then pour off the water and add some milk; bring this to the boil, and season with sugar and a pinch of salt.

Arrowroot. Mix about two teaspoonfuls of arrowroot with a little cold water, and pour over this a pint

of boiling milk. Boil it over the fire for a few minutes, stirring constantly; season with sugar and a pinch of salt. It may be made with water, in which case a little wine and lemon-juice and butter may be added if desired. This may also be made into jelly by allowing it to cool in a mould and turning it out.

Panada or *Breadberry.* Crumble a stale penny roll into a small saucepan, just cover it with water, and stir it over the fire while it boils for five minutes. Season with sugar, and a very little salt, and nutmeg if desired. Thin it as required with a little milk or water. The beaten yolk of an egg and a small piece of butter may also be used in it, and a little spirits or wine is sometimes employed. Panada may be made with weak broth instead of water, in which case the sugar is of course omitted. Small beer is also used by those who prefer it.

Stewed Prunes. The very small or damaged ones being rejected, the prunes are stewed for half an hour with a little water in a jar placed in boiling water. They may be sweetened with a little sugar; cinnamon and lemon-peel may also be added, and a little wine is also sometimes used.

Beef Tea. See page 82,—or instead of mincing the meat it may be cut into very thin small slices, and gently heated in water till boiling. All fat should be skimmed off, and rice may be boiled in it.

Mutton, Veal, and *Chicken Broths* should be made strictly according to the General Directions for Soups on page 82. The fat should be carefully skimmed off, and the seasoning not too strong. Rice may be used in them, and if permitted, a little onion and parsley, but all these ought to be thoroughly cooked. The chicken broth may be made as a stew-soup (see page 92), if the patient's state will allow of it.

DIET FOR THE NURSERY. In this may be included the broths and farinaceous preparations with milk already described as diet for invalids; to which we may add the following more substantial articles:

Bread and Milk. Cut two or three ounces of stale white bread into small dice, and pour over these in a basin a sufficient quantity of milk made boiling hot; cover the basin till sufficiently cool, and sweeten with sugar.

Oatmeal Porridge. Into some water boiling in a saucepan, throw a little salt, and then drop gradually into it from the hand a sufficient quantity of coarse oatmeal to make it of the desired thickness, rapidly stirring it all the time with a porridge-stick or thevil, to prevent its burning or forming knots. When boiled enough, it is poured into a plate or saucer and allowed to cool a little. It is eaten with either new milk or buttermilk, which are the best for children. Treacle, sugar, cream or butter, are also sometimes taken with it instead of milk. With porter or beer and sugar, it is a favourite supper with some adults. Porridge may be made with milk or a mixture of milk and water, in which case less oatmeal may be required. If boiled till very smooth, it is said to be more wholesome than when less boiled. The roughness of this latter, which is preferred by some people, may be partially communicated to the former by stirring in a handful of raw meal immediately on removing it from the fire.

Barley-meal Porridge. The requisite quantity of meal should be mixed smoothly with cold water first, and then boiled, throwing in the requisite quantity of salt. It is eaten with the same accompaniment as oatmeal porridge. It may also be made with milk instead of water. A similar preparation of wheat flour and milk is called *Hasty Pudding.*

Pease-meal Brose is made by pouring boiling water sufficiently salted upon "*Glasgow Brose-meal*" in a basin, and stirring it rapidly so as to form a thick smooth paste. It is eaten with milk or buttermilk. This, from its cheapness, is a good deal used by many of the poor in Scotland. *Oatmeal Brose* is made in the same way, but allowed to stand a little, and then *cut* across several times with a spoon rather then stirred, *so as to form*

knots. In *Kail Brose* the liquor in which salt-beef and greens have been boiled is used instead of water,—the fatter the better. These, however, from the rawness of the oatmeal, are hardly proper for children.

Pap for Infants may be made with thin slices of stale bread toasted till quite dry and pale brown, but rusks are better. Break these in small pieces into a small saucepan, just cover them with water, and make them hot without boiling. Pour off a little of the water, add a little brown sugar, and then mash the whole to a pulp. *French Pap* is a kind of very thin hasty pudding (see Barleymeal Porridge), sweetened with sugar. The flour for this, however, is the better of being prepared as follows:—Press it closely into a gallipot, cover the mouth of this with a stiff flour-and-water paste, over which tie firmly a piece of linen rag, and thus boil it for three or four hours. The flour being in this way already cooked dry, only requires to be heated with milk and water. This forms a much better food for young infants than that in which the milk has been *boiled* and thus rendered less digestible.

Meat, &c. It is of the greatest importance to children that their meat should be *wholesomely* cooked. For this purpose the "General Directions" given in the chapters treating of the different processes, ought to be faithfully followed. With the exception of salt, much less seasoning is required than for the food of adults,—mustard, pepper, and such-like stimulants being not only unnecessary, but generally distasteful. With the meat they ought to have the usual vegetable accompaniments, but with a larger proportion of the farinaceous kinds, such as rice, macaroni, &c. Children ought not to commence a solid meat diet under three years of age, and then the meat ought to bear a very small proportion to the rest of their food, gradually increasing as they grow older. Simple broth with rice in it they may get much earlier. As variety of food is good for them as well as for grown people, they should have occasionally light farinaceous puddings, and a small

proportion of ripe fruit in its season. If cooked, fruit is much better for them stewed, and eaten with rice, than in the form of pastry, which often, as many know to their cost, disagrees with them from its comparative indigestibility. A favourite and wholesome dish of fruit for children is called—

Gooseberry-fool. This consists of unripe green gooseberries, stewed with very little water till quite soft but not burst, in an earthen jar placed in a pot of boiling water,—then drained and mashed to a pulp. This when cold is sweetened with brown sugar, and served with a little milk mixed with it in a hash-dish.

Rhubarb or *Apples* may be prepared in the same way.

REMARKS ON DINNERS, &c.

Dinners.—The provision for each day's dinner, so as to combine economy with variety, is not the least important part of a housewife's duties. In a small family where no very extensive cooking is required, it is often a matter of some little difficulty to practise this combination. For roasting and boiling it is most economical to purchase the best pieces of meat: though perhaps a little dearer when bought, they will go further, and otherwise give more satisfaction. Such pieces are of course much too large to be consumed in one day by three or four persons, and therefore variety upon succeeding days must be sought in a different mode of cooking the remainder. Thus part of the remains of one day's roast may be prepared as English stew for the second day; more of it as a hash or ragout for the third; and for the fourth a French salad may be made if sufficient be left; or if not, the bones may be grilled as a devil for supper; after which these bones will still be useful for soup. In the same way a piece of boiled meat may also be all used up without waste, the liquor being on the second day made into a clear soup, which

may afterwards be rewarmed with additional vegetables as a purée soup. Pease soup will keep for a week, and be improved by it. In summer, cold meat occasionally, either plain with pickles, or dressed as a salad, will be found more agreeable than hot meat every day. The cheaper parts of meat, though inferior for roasting or boiling, furnish excellent stews. A *maigre* dinner once or twice a-week, consisting either of fish, or soup and some kind of pudding, is both economical and healthful. The frequency of such, however, must be regulated by the habits of the consumers,—those engaged in sedentary in-door occupations being generally understood to require a larger proportion of animal food than others.

The arrangement of dishes upon the table is a matter of taste and convenience. The principal ones should be placed at the head and foot, to be dispensed by the master and mistress of the house; and the others, consisting of vegetables &c., arranged on the table symmetrically. The heavy work of *carving* ought certainly to be allotted to the master, although this is not always the custom. Before serving the dinner, the housewife should see that the table is properly furnished with its proper complement of knives and forks, napkins, glasses, bread, water, condiments, &c., as calling for these things afterwards, unpleasantly interrupts the order of dinner.

The number of courses will depend in some measure upon the number dining, and the "style" maintained in the house. The usual order of serving is—1st, Fish and Soup, which are "removed" by the larger roasts and boiled meats (hence called "Removes") and their appropriate vegetables; filling up the table if the company be large, with side dishes of smaller roasts of poultry &c., and a few made dishes;—2d, Puddings and sweet fancy dishes of various kinds, jellies, tarts, and pies. At this stage also small game birds are introduced. Lastly comes the dessert, consisting of ripe, preserved, and dried fruits, cake, &c. Before removing the cloth for dessert, cheese, with bread and biscuit, may be served along with port or strong ale. This is

an old Scotch custom now generally going out of fashion. All this is of course adapted for a large party. For three or four persons a selection from the above will be all that is requisite. The order of service above described is not altogether a mere regulation of fashion. There is a *reason* for it. The fish and soup being slightly stimulating, prepare the stomach for the more substantial and cloying roasts &c., after which the fruits and sweets come as a grateful relief to the palate.—*N.B.* Hot plates should be provided for all hot meats.

SUPPERS.—As this meal should be light as compared with dinner, large hot roasts, &c., are of course inappropriate. The best hot dishes, where such are required, are tripe, or poultry, with potatoes,—broiled fish, devils, well-seasoned ragouts, hashes, fricassees, &c. Cold meats are however most generally preferred;—roasts left at dinner (if not too much cut up) meat pies, salads, cold fowls with ham or tongue, potted head, oysters, &c. These may be followed as at dinner by sweets, such as jellies, tarts, custards, fruit pies, &c., after which may come a dessert similar to that served at dinner.

Of course with regard to both dinners and suppers, good taste will dictate that the extent of the service should be so proportioned to the number of the company that there may be enough, without unnecessary profusion Decorations consisting of either real or imitation fruits, or other eatables, *not to be eaten*, are symptoms of vulgarity not to be tolerated. Where elegance is aimed at, a vase of flowers in the centre of the table is an admissible and pleasing ornament.

Here, having concluded all we have to say on the choice and preparation of food, we are much disposed to pause, and say to our readers with at least as much sincerity as the Thane of old did to his guests, "May good digestion wait on appetite, and health on both;" but the custom of cookery-books compels us to

say a few words on the art of carving, and on the periods of the year in which the various viands will be found in greatest perfection.

DIRECTIONS FOR CARVING.

PRACTICE and observation only can confer facility in carving, written directions being inadequate to convey more than a general idea of the most artistic mode. As a general rule, butcher-meat should not be cut across the grain (especially if it is to reappear at table cold), as this at once lets out the gravy which is better *in* the meat. Slices of Beef, Veal, Ham, Tongue, and Fowls, should be cut thin, and if a slanting direction be taken they will in general be larger. Mutton, Lamb, and Pork may be carved in thicker slices. A *sharp* knife is essential to comfort and smooth slices in carving. Where stuffing is used, a small piece should be helped with each slice, along with some fat and gravy.

Sirloin of Beef. The under-side should be cut in slices across;—it is best when hot. The "upper side" is cut longitudinally from the back-bone towards the ends of the ribs. If likely to be all eaten hot, a deep cut across the thick end close to the back-bone will facilitate the separation of the slices; if not, the fewer incisions made in it the better. A little of the under-side fat may be helped with each slice. The *Ribs of Beef* should be carved in the same manner.

A *Round of Beef* is carved in thin horizontal slices, with a little of the fat to each, after removing an outside slice half an inch thick. The *Aitch-bone* may be carved in the same way.

A *Heart* should be cut from the open end to the point.

The *Loin* or *Breast*, and *Fillet of Veal*, are carved similarly to the sirloin and round of beef.

Leg of Mutton. Cut it across, on the inside of the thigh near the small end. When this part is finished, slices may be cut from the larger end in a direction perpendicular to the first cut. In a roast, the shank

end ought to have a fringed paper covering to keep the carver's hand clean when laying hold of it to steady the joint or turn it.

Shoulder of Mutton. Slices are first cut from the hollow part near the knuckle end, in a direction across the bone. Another set of thin slices may afterwards be cut from above the blade-bone, parallel to its ridge. The *saddle* of mutton is best carved by dividing the meat from the back-bone by passing the knife between them, and then cutting the slices in the same direction as in cutting chops.

Venison. Generally in the same way as mutton.

Fore Quarter of Lamb. First detach the shoulder by cutting in a circular direction beneath it, beginning at the joint and keeping the point of the knife towards the centre; the brisket (*i.e.* the gristly ends of the ribs) is then cut off by a cut along the whole. It is then ready for helping among the company, giving each person a rib or two at a time cut like a chop, with a piece of the brisket cut in the same direction. The *shoulder* is carved like a shoulder of mutton.

The *Hind Quarter* of Lamb is carved like the leg of mutton, only a chop from the loin-part may be helped along with each slice from the leg.

[The back-bone in necks and loins of mutton and lamb, or indeed in any part except the *saddle*, ought to be divided at the joints before cooking, which will greatly facilitate the operations of the carver.]

Pork is generally carved like mutton. The skin before roasting should be scored in the right direction for the slices. In *Roast Pig*, the shoulders and hind-legs are first removed, and then the intermediate parts cut across into conveniently sized pieces.

Ham. Begin with an incision down to the bone, about the middle, and from either side of this cut slices as thin as possible.

Tongue. Cut it through obliquely about the middle, and then cut thin slices parallel to the first cut.

Fowl. Hold it firmly with the fork thrust into the

breast, from which, if large, cut a few slices; then take off the left wing, downwards, along with a small portion of the flesh of the breast attached. Then sever the leg on the same side, cutting in the same direction. The limbs of the other side are next separated in the same manner. After this, remove the merrythought and the neck-bones; divide the breast from the back, either by tearing them asunder or by cutting through the ribs downwards to the tail. Now turn the back, outside upwards, and break it in two by fixing the knife firmly in the middle, and bending the rump upwards with the fork. The side-bones are then cut from the rump-half, and the operation is completed To facilitate the separation of the joints of poultry when large or tough, there are peculiar modes of twisting the limbs with the fork, which can hardly be described, but must be seen and practised to be understood and learned. The skill required for this, however, may now be said to be almost superseded by an invention of M. Soyer's, which consists in a mode of cutting the sinews before cooking, by means of an instrument called a "Tendon Separator;" which not only saves trouble to the carver, but makes the bird look plumper when cooked, by obviating the effect of the contraction of the sinews by the heat.

Turkey. Cut off the apron or skin of the belly so as to get at the stuffing, and then proceed generally in the same manner as with fowl, except that a number of thin slices should first be cut lengthways from the breast. Less meat from the body is required with the wing, as this is larger.

Goose or *Duck.* After removing the apron and carving the breast in thin longitudinal slices, remove the leg as follows:—Turn the bird over on its side, insert the fork into the small end of the leg-bone, and press it close to the side, at the same time entering the knife above the thigh-joint, which will then rise up, and the leg may be separated by a cut in the direction of the tail. The wing is now removed by a similar process, the joint being started by pressing down the small end

of the pinion. The dissection is then completed as directed for fowl.

Pigeons are simply cut in two from head to tail.

Wild Fowl and *Game* should furnish slices from the breast, which is generally esteemed the most delicate part. Small birds may be divided the same as pigeons.

Hare or *Rabbit.* After cutting open the apron to disclose the stuffing, remove the shoulders by a circular cut, and then the hind legs. Cut a slice off each side the whole length, at a little distance from the backbone. Divide the back across into three or four parts. The head is divided by first removing the lower jaw, and then cutting the upper part in two lengthways.

Fish needs no carving, but should be neatly divided with a fish slice at the natural separations between the flakes, so as not to mangle these. The roes and other "fancied" parts should be fairly distributed along with the slices from the body. Fried fish is generally sent to table in pieces small enough for helping.

In "helping" what he carves, the carver ought to give each person a moderate supply at once,—not heap his plate with a dis-appetizing profusion. The strictest impartiality ought to regulate his distribution of the prime parts: to "deal small and serve all" should be his maxim. Among these favourite delicacies are:—

The fat of venison,—the "pope's eye" in a leg of mutton,—the kidneys of veal and lamb,—the neck and ribs of roast pig,—the breast and wings of poultry and wild fowl, the thighs of goose and duck, the legs of duck,—the legs of hare and rabbit,—the jelly and tongue of cod's head, turbot's fins, the thin part of salmon, the thick of flat fish generally, &c.

ARTICLES IN SEASON.

"O thou Nature! thou divine goddess! how thyself thou blazon'st in these two princely boys." Had Shakespeare been writing a cookery book instead of a play, he would equally have eulogized Nature for the

admirable distribution she has made of her treasures throughout the different periods of the year, so as to suit not only the real wants but the tastes of man, varying as both these do with the ever changeful seasons. Thus during the cold of Winter, when that internal furnace of which Liebig speaks as the source of warmth to the animal economy, requires the most abundant and substantial supplies of fuel, she has placed at man's disposal in their highest perfection, her fat beef, mutton, and pork, her substantial geese and turkeys, her best and most nutritious fish, and her hardiest and most solid vegetables. In Spring she invites him to purify his blood with her more esculent vegetable productions, and to vary his supplies of animal food by the use of lamb, young fowls, and fresh-water fish. To alleviate the parching heat of Summer, and to induce him to moderate his demands on more solid viands, she now offers her copious supplies of small fruit, of young potatoes, of tender peas, and of sweet turnips,—of fish now renovated from the exhaustion attendant on the spawning season,—of a variety of small birds, and of the young of the larger fowls. Her "bounty shines in Autumn unconfined, and spreads a common feast for all that lives." Then are gathered those stores of farinaceous food on which the mass of mankind chiefly depend for sustenance throughout the year—the larger sorts of fruit, as well for present use as to serve during the winter—together with contributions from the produce of warmer climates than our own;—many varieties of game and shell-fish are also in perfection, and towards its close the larger animals are ready to provide us again with our winter fare.

The subjoined table shows concisely the distribution of the *animal* supply. The *fruits* and *vegetables* will in general be found in best condition when they are most abundant in the markets, but as these periods vary with the backwardness or forwardness of the season, any accurate classification of them is next to impossible.

TABLE showing the Provisions which may be had in each Month, and the Months during which each article is in Season.

[The marks opposite each article show the months in which it is in season, the *longer* ones indicating when it is in perfection.]

ARTICLES in SEASON.	Jan.	Feb.	Mar.	April.	May.	June.	July.	Aug.	Sept.	Oct.	Nov.	Dec.
Beef,	—	—	—	—	–	–	–	–	–	—	—	—
Mutton,	—	—	—	—	—	–	–	–	–	—	—	—
Veal,	—	—	—	—	—	–	–	–	—	—	—	—
Lamb,				—	—	—	—	—				
Pork,	—	—	—	–	–	–	–	–	—	—	—	—
Fowls,	—	–	–	—	—	—	—	–	–	—	—	—
Chickens,	–	–	–	—	—	–	–	–	–	–	–	–
Turkeys,	—	—	–	–	–			–	—	—	—	—
Turkey Poults,					–	–	—	—	—	–	–	
Geese,	—	—	–	–	–			–	—	—	—	—
Ducks,	—	–	–			–	–	—	—	—	—	—
Ducklings,			–	—	—	–	–					
Pigeons,		–	–	—	—	—	—	—	–	–	–	
Hares,	—	—							—	—	—	—
Leverets,			—	—	—	—	—	—	–			
Rabbits,	—	—	—	—	—	—	—	—	—	—	—	—
Partridges,	—								—	—	—	—
Pheasants,										—	—	—
Grouse and Blackcock,								—	—	—	—	—
Woodcock and Snipes,	—	—	—								—	—
Wild Ducks and Geese,	—	—							—	—	—	—
Cod,	—	–			–	–	–	–	–	–	—	—
Crabs,	—							—	—	—	—	—
Eels,	—	—	—	—	–			–	—	—	—	—
Flounders and Plaice,	—	—	—				—	—	—			
Haddocks,	—	–			–	–	–	–	–	–	–	–
Herring,	—	–					—	—				—
Lobsters,	—			—	—	—	—	—	—	—	—	—
Mackarel,					—	—	—					
Oysters, Mussels, Cockles,	—	—	—	—					—	—	—	—
Salmon and Trout,			—	—	—	—	—	—	—			
Skate and Hallibut,		–	—	—	—	—	—	–				
Soles,	–	–	–	–	–	—	—	–	–	–	–	–
Turbot,	—	—	—				—	—	—			
Whitings,	—	—	—	–	–	–	–	–	–	–	—	—

THE END.

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