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COOK AND HOUSEWIVES
MANUAL

THE
COOK AND HOUSEWIFE'S
MANUAL.

BOOK AND HOUSEWIFE

MANUAL

A PRACTICAL SYSTEM OF HOUSEHOLD ECONOMY
AND VARIOUS MANAGEMENT

FOR THE USE OF THE HOUSEWIFE
AND THE HOUSEHOLD

BY MRS. MARY WATSON

BY MRS. MARY WATSON

OF THE

NEW YORK

AMERICAN BOOK CONCERN

1850

NEW YORK

THE
COOK AND HOUSEWIFE'S
MANUAL.

A PRACTICAL SYSTEM OF MODERN DOMESTIC COOKERY
AND FAMILY MANAGEMENT ;

CONTAINING A COMPENDIUM OF FRENCH COOKERY, AND OF FASHIONABLE
CONFECTIONARY, PREPARATIONS FOR INVALIDS AND CONVALESCENTS,
A SELECTION OF CHEAP DISHES, AND NUMEROUS USEFUL
MISCELLANEOUS RECEIPTS IN THE VARIOUS BRANCHES
OF DOMESTIC ECONOMY.

BY MISTRESS MARGARET DODS,
OF THE CLEIKUM INN, ST. RONAN'S.

TO WHICH IS ADDED
A COMPREHENSIVE TREATISE ON DOMESTIC BREWING.

Eighth Edition.
CAREFULLY REVISED, AND GREATLY ENLARGED.

OLIVER & BOYD, EDINBURGH.
SIMPKIN, MARSHALL, & Co., LONDON.

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ADVERTISEMENT TO THE NEW EDITION.

IN again making our respectful acknowledgments to the public, and presenting a NEW EDITION of the COOK AND HOUSEWIFE'S MANUAL, professing to be thoroughly revised, and considerably enlarged, with the view of increasing its every-day, practical utility, we take leave to state briefly in what departments improvement has been attempted:—

Extending more or less through every section treating of Modern English, or more correctly of *Anglo-French* Cookery—that reformed and enlarged system of culinary science first promulgated in our pages—the improvements which, are apparent in all departments, are chiefly conspicuous, not in simple elementary processes,—those of Britain being in general unexceptionable,—but in those dishes entitled to be called *dressed* or *made*; the *entrées* and *entremets* of the French kitchen. In this department some new sections have been added. But in the fashionable iced puddings of *Carême*, or the *Salades* and *Hors d'œuvres* of his contemporaries, we have not over-

b

looked the improvements made in the far more important, plain but savoury, everyday family-dishes of unostentatious middle life, nor been less attentive to the progress made in the various branches of English domestic cookery.

Our original system was not exclusively that of England, Scotland, or France ; but an attempt to exhibit, and to a certain extent combine, the admitted excellencies of each ; in the belief that a practical system superior to any one of them might be formed from what was best in the three systems ; or, at all events, that familiar acquaintance with French cookery might prove a great resource to those capable of modifying and adapting their knowledge to the uses of the English kitchen.

Though attention and observation have not been wanting on our part, we must again confess our obligations to the judicious hints and corrections of practical cooks, and of ladies qualified by superior intelligence and experience, to enhance the value of any work of this sort, whether to the young housekeeper, or to the half-instructed cook. This information relates in general to preparations adopted for some time in the kitchens of the comfortable or affluent among the middle classes, which have not yet found their way into books of recipes ; and to modes of Cookery adopted from France, India, and other quarters,—but generally modified, and, as we think, improved by English tastes and habits. In this department there was indeed some danger of *overdoing* ; but we kept in view the maxim, “that too many cooks spoil the broth,” and en-

deavoured to hold the novel in strict subservience to the useful.

The mighty revolution effected by steam has already had considerable influence on Cookery ; and so have the recent changes in the Tariffs. Rare spiceries, and fresh and dried fruits, once costly luxuries, may now be obtained to a reasonable extent by the industrious even among the working-classes. It is pleasant to hear of them seasoning their gruel and rice with nutmeg or cassia, but it would be still more delightful that their messes could be enriched and sweetened with cheap sugar ; and better still to see the prepared meats and gelatines of distant lands, as plenteously yielding their abundance to English artisans as we now see oranges, dates, grapes, cocoa nuts, and pine-apples. Freed Commerce has already done much, but far more remains to be accomplished ; and if Providence send the meat, we should hope that the old reproach against the cooks will, with good reason, be withdrawn.

We are not, however, of the number of those who pretend to make a cook by book. This assumption we have repeatedly disclaimed, as may be seen in our 300-301, and other pages, — in Mr. Touchwood's Lectures, and many parts of this work. But we do pretend to have drawn into a focus, and laid before the intelligent cook, who has learnt the A B C of her art, a body of knowledge and of recipes, such as she will not meet with in many more, and bulkier works.

As this is not the rudiments, or First Book of Cookery, it

is chiefly to intelligent young housekeepers that we commend it, as a directory or assistant that will be found neither dogmatic nor dictatorial; requesting them to bear in mind, that though we generally give our directions in a less arbitrary form than most of our predecessors, and have condescended to assign a reason for many of our commands, and to explain the *rationale* of our prescriptions, our courteous readers must not for this humility of tone imagine them one whit less authoritative. They may, indeed, at all times walk safely by the *letter* of our prescriptions; but they will fall far short of the full advantage intended, unless, exercising their own understanding, and applying their increasing experience, they learn to apprehend the *spirit* in the *letter*, and in every circumstance, as it may arise, act accordingly.

It was to conciliate the interesting class of accomplished young housekeepers, and win their attention to an art so closely connected with their daily duties, that many of our literary *garnishings* and decorations were originally introduced. Acting upon a favourite culinary maxim of our own, much of this extraneous ornament has been withdrawn, to make way for more *solid* matter. It would, however, be altogether erroneous to imagine, that, in making an irruption from head-quarters, and crossing the Border, preceded by a flourish of marrow-bones and cleavers, we might not have a message to deliver as earnest and important as any ever conveyed in the soberest tones of monotonous dulness.

So much for ourselves: and now a parting word of warning to our readers. We would impress upon them, that in specifying many enriching and expensive ingredients, decorations, and sauces, the things and modes in common or in fashionable use, are always pointed out, but by no means always recommended. But on the other hand, as works of this kind are usually consulted on *high-days* and *holidays*, or upon unforeseen emergencies and occasions when sparing would be parsimony or shabbiness, receipts for the preparation of fashionable modern dishes will be found in perhaps more than sufficient variety.

In all circumstances, we would hint, that the tasteful economist, though of affluent means, will do well, whether she have a housekeeper or not, to exercise her own discretion in drawing out or examining her bills of fare; and, as a universal rule, the omission of costly ingredients is recommended, in preference to resorting to paltry substitutes, suggested by the ill-regulated desire of being *genteel*. This by no means excludes good taste and ingenuity in giving every dish or selection of dishes the best relish and the most graceful form, at the least cost.

To those who use this work as a Manual of Cookery, we would take leave to recommend the Glossary of Culinary Terms, which is enlarged in this Edition; the prefatory remarks to the Chapter or Section containing the particular receipt studied, and any *notes* and *observations* connected with it. For instance, every separate receipt

for making, boiling, or baking a pudding, cannot have the entire details to be found in pp. 472-3-4, but these once studied, recurrence to them in every receipt for making a pudding, would superfluously swell the work, and encumber it. Acting on the same principle of *high-pressure*, most of our receipts will be found to contain two, three, four, or more subsidiary receipts, frequently not less important than the principal one.

In conclusion, it is earnestly hoped that the work, in its improved state, will be found to bear, to the young or inexperienced housekeeper, value in some degree commensurate to the great labour and care bestowed upon its original compilation and subsequent revision.

ERRATA.

Page 637, for Gowland, read *Goulard*.

Page 422, No. 719², for Bouches, read *Bouchées*.

Page 406, first line, for Petit, read *Petits*.

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INSTITUTION OF THE ST. RONAN'S CULINARY CLUB.

AFTER the accomplishment of those passages which are recorded at large in that entertaining and highly popular history, entitled "ST. RONAN'S WELL," Peregrine Touchwood, Esquire, more commonly styled the CLEIKUM NABOB, who had been deeply concerned in these disastrous events, was sorely pricked in mind; and, after a time, became afflicted with melancholy languor, so that his appetite failed, time hung heavily on his hands, and he knew not whereunto to betake himself. This worthy gentleman was, it may be remembered, of a stirring, active temper; prompt, nimble, and prying in spirit; somewhat dogmatic and opinionative withal; and fond of having a finger in every *Pie*, though it was alleged that he sometimes scalded his lips with other people's *Broth*.

The unhappy catastrophe which befell the ancient and honourable house of St. Ronan's occurred about the fall of the year; and by the end of the following March, Mr. Touchwood, having carried reform as far as was possible in and about the hamlet of Auldtown, was in some danger, as we have distantly intimated, of falling into hypochondria, or what the learned Dr. Cackleben called "fever on the spirits," vulgarly *fidgets*,—a malady to which bachelor gentlemen in easy circumstances, when turned of fifty, are thought to be peculiarly liable. It so happened, however, that one of those fortunate occurrences which oftenest

befall when least looked for, wrought the deliverance of the Nabob from the power of ennui or hypochondria, and restored him to himself. In brief, he exorcised the *blue devils* which began to torment him, by an attempt to teach his fair countrywomen the mystery of preparing *culinary devils* of all names and kinds; besides *soups, ragouts, sauces*, and the whole circle of the arts of domestic economy,—an entirely new system, in short, of RATIONAL PRACTICAL COOKERY.

An idea of this kind had, among many others, been for some time floating in the brain of the Nabob, which was rather fertile in projects; but it would probably never have gone farther than the tongue, save for one of those fortuitous combinations of events which sometimes produce the mightiest consequences, and which about this time sent to St. Ronan's a personage of no less weight than the celebrated Dr. Redgill. The Doctor had for some months been what his physician called "an incipient invalid." His powers of digestion, though still respectable, were of late rather declining; but his appetite, "he thanked God!" was vigorous as ever, his taste more refined, and his knowledge matured and extended in every branch of the science. He had been trying the Cheltenham waters in the previous season; and was now recommended by a Scotch physician, who had been singularly happy in the case of his friend, Alderman ———, to try the St. Ronan's Spa, the virtues of which were just then coming into fashionable repute.

Like the bulk of mankind, attracted by the glitter of appearance, Dr. Redgill, on his arrival, had established himself at the New Hotel, just set up in opposition to the hostelrie of Mistress Margaret Dods. But here he soon became discontented with the accommodation, attendance,

but, above all, the cookery ; and learning that a wealthy old East Indian—a sort of humorist, who understood and loved good cheer—had fixed his head-quarters in a quiet, comfortable, well-ordered, old-fashioned inn, where excellent small dinners were served, the Doctor ordered his low-hung, well-cushioned chariot, and on the second morning of his residence at St. Ronan's Well, set out to reconnoitre the capabilities of this land of promise.

The Nabob, unshaved, half-dressed, blue and yellow, fallen off in flesh, and given up to melancholious fancies about bilious attacks and the fall of stocks, the vanity of riches, and the moral impossibility of Scotch cooks ever boiling rice properly, was, when the Doctor drove in sight, lounging at his parlour window, directing the old gray ostler in currying the old gray horse ; but with little of his former spirit and promptitude. It was a critical conjunction. The eyes of the three persons,—the Doctor, the Nabob, and the Ostler,—were instantly attracted to a spectacle in which all mankind take more or less interest,—a pair of Mistress Dods' game-cocks, that had lustily commenced a sparring-match. The Ostler staid his currycomb and its hissing accompaniment, and clapped his hands to cheer the combatants ; the Nabob flung up the sash ; and the Doctor drew up to contemplate the conflict. The feathered combatants fought it out gallantly,—each, no doubt, animated by the knightly consciousness that “his lady saw him,” till one dropped dead, and the other staggered over.—“Well done, Charlie!—bravely fought, Charlie!” cried the Ostler, lifting up the survivor.

“Admirable cock-a-leekie,” said the Doctor, touching the deceased with the end of his whip ; “all the better for the fight ; it would raise the creature's blood.—A fine

brood that!" addressing the Ostler, and throwing eyes of love on a set of ducklings, just escaped from the shell, that were innocently disporting themselves in a little puddle, near some goodly rows of green pease in a more advanced state of vegetation than any the Doctor had seen since he had crossed the Border; "these ducklings will, however, be too old before the pease are ready. Strange stupidity not to have 'em come together!"*—At this instant the soft treble squeak of a pig of tender days, and then the squall of a full choir, a whole litter of pigs,—Chinese pigs, the Doctor knew by the Orientalism of the infant grunt,—struck his ear; and, starting like an old battle-horse at the sound of the trumpet, he alighted, (the Ostler instinctively seizing the reins,) and unheeding the proffered courtesy of the Nabob, who requested him to walk in, pushed forwards.—"Whereabouts, good woman! whereabouts is the piggery? How many days are they littered?"—"Gude woman, ill woman," replied Mistress Dods,—for it was Meg herself, who, with a pailful of slops, was sallying towards the delicate objects of the Doctor's solicitude, under which office she disguised the latent purpose of taking a nearer view of the new arrival at the Spa,— "Gude woman, ill woman, it can make little odds to you, for they are no for your market;" and Meg pushed on,

"In maiden meditation fancy free."

The Doctor, not yet wholly discomfited, followed with grave and ponderous, though eager steps. The appearance of the Hebe who daily ministered to their little

* We never, for our own private eating, could yet find much to admire in the skin-and-bone ducks of June and July.—P. T.

N.B.—The great UDE, and the rising SOYER, will say the same thing. On his showing, the Reform Club should look to it.

wants, called forth a full chorus of grunTERS, swelling the triple thrice-confounded din; and the matron of the sty, a full-grown porker, bursting the verge of the sanctuary, ran full tilt against the Doctor, and getting between his legs, caused him to perform a somerset, which made him free of the house ere Meg had time to bless herself.—“Help! hilloa, here, good woman!” exclaimed the Doctor, as the enraged matron of the sty, filled with maternal alarms, began to discover her tusks.

“Ye’ll ken the way back to my pig-sty now, it’s like,” said Meg, with a grim smile; and, as a measure of defence, she heaved the whole contents of her brimming pail on the sow, thus allowing a rather copious libation to the Doctor; shouting—“Help here, Jerry Ostler! Lord sake, help here! this battle atween the Scots and English is waur than Bannockburn. Is’t you, Mr. Touchwood! This is a worse job than Saunders Jaup’s jaw-hole yet; the fat English minister, frae St. Ronan’s Well, is smooring a’ my wee grices.”

“Your grices will smother him, you mean, dame,” said Touchwood. “Here, sir; ay, there you are on end again. This way,—follow me. You shall have your revenge though. They bemire you; you shall *crush their bones*.”

Reeking and panting from the struggle, Dr. Redgill, more provoked by the fancied insolence of the landlady, and the ill-timed mirth of the Nabob, than by the assault of the Felon Sow, growled forth something that, were such enormity possible, sounded very like wishing the whole party in that place from which it was his duty as a clergyman to keep them.

“Neither my swine nor my guests boded themselves on you,” said Meg sharply. “Them that come unsent for, sit unserved. But that cannot be said of you; ye con-

trived to get far ben on short notice. If folks will scrape acquaintance——”

“A *scraping* acquaintance indeed!” interrupted Touchwood. “Here, Jerry Ostler, — your currycombs here! Soap, water, towels! Uncase, Doctor. Faith, as you say, dame, a worse job than Saunders Jaup’s jaw-hole yet.”

The grumbling Doctor, wise enough to make a virtue of necessity, rallied his naturally good temper; for we hold that all gourmands are good-natured, except, perhaps, about meal-times; though it may be, as Lord Shaftesbury says of other good-natured persons, “because they care for nobody but themselves; and as nothing annoys them but what affects their own interest, they never irritate themselves about what does not concern them, and so seem to be made of the very milk of human kindness.” — Such was Dr. Redgill. His rubicund countenance, soft and swelling as a jelly, generally beamed easy good-nature; his ample chest — call it not paunch — seemed a reservoir of the very gravy of human kindness; his full, oleaginous lips curved over like the ledges of an overflowing sauce-tureen. Having cast his slough, and got purified from the defilements of the sty, arrayed his outward man in a scanty suit of brown tendered by the Nabob, and fortified the inner with the full of one of Meg’s long-stalked, enamelled antique glasses of Touchwood’s Curaçoa, the Doctor was so far mollified as to add to a grateful eulogy on the qualities of the *liqueur* an acknowledgment of the attention of the administrator.

“Never mind it, man,” said the easy Nabob; “I at least am indebted to the delinquent sow; she abridges ceremony and idle introductions. You must take a bachelor’s dinner with me to-day. No refusal positively.

A glass of Meg's good wine must make amends for short commons. . . . I vow this brush has done me good."

Nothing was farther from the real intention of Dr. Redgill than to refuse an invitation, which the savoury steams now issuing from Meg's kitchen — steams that might have created a *stomach* under the ribs of death, rendered irresistibly seductive. With a decent show of hesitation, he yielded; and, snuffing up the incense-breathing vapours which ascended the stair, followed the Nabob to a private parlour, where an old, rich china basin, filled with the balmy and ambrosial fluid, scented from afar, was twice replenished for his solace; first, however, improved by a pin's point of crystals of Cayenne from his silver pocket-case of essence-vials, which had luckily escaped the taint of the sty.

"Excellent hare-soup — *very excellent* indeed I pronounce it, Mr. Touchwood. All the blood preserved — the consistence — the concoction complete — the seasoning admirable. Sir, I abhor the injustice of withholding from the poor cook the praise that is her due. It is bad policy, Mr. Touchwood. This hare-soup, I say it again, is admirable; and soup, to my thinking, though a Scottish mode, the very best way of dressing a hare. Sir, you are in snug quarters here. A sensible, discreet person, your hostess, though a little gruff at the first brush. Sir, all good cooks are so. They know their own value: they are a privileged class: they toil in a fiery element: they lie under a heavy responsibility. But, perhaps, after all, you travel with your own cook? many gentlemen who have travelled do."

"No such thing," returned Touchwood, lightly; "never less alone than when alone in affairs of the stomach. I may have written out a few items for my old dame here,

and for the first three months, taken a peep occasionally into the kitchen and larder; but now matters go on as smoothly as well-oiled butter."

"Sir, you write receipts, then!" cried the Doctor, looking on his hospitable entertainer with augmented respect, — "perhaps for this very soup; — and perhaps — but that would be too great a kindness to request on such short acquaintance — though hare-soup, sir, I will candidly own it, is only understood in Scotland. Sir, I am above National prejudices; and, I must say, I yield the Scots the superiority in all soups — save turtle, ox-tail, and mullagatawny. An antiquarian friend of mine attributes this to their early and long connexion with the French, — a nation pre-eminent in soups."

"No doubt of it, Doctor," replied the Nabob; "but you shall have this receipt, ay and twenty more receipts. To this ancient hostel now — you will scarce believe it — have been confined scores of admirable receipts in cookery, ever since the jolly friars flourished down in the Monastery yonder:

'The Monks of Melrose made fat kail
On Fridays, when they fasted.'

You remember the old stave, Doctor?"

The Doctor remembered no such thing. His attention was given to more substantial doctrine. "Sir," said he, "I should not be surprised if they possessed the original receipt — a local one too I am told — for dressing the red trout, in this hereditary house of entertainment."

"Never doubt it man, — claret, butter, and spiceries. — Zounds, I have eat of it till — It makes my mouth water yet. As the French adage goes, — 'Give your trout a bottle of good wine, a lump of butter, and spice, and tell me how you like him.' — Excellent trout in this very

house — got in the '*Friar's Cast*,' man — the best reach of the Tweed. Let them alone for that. Those jolly Monks knew something of the mystery. Their warm, sunny old orchards still produce the finest fruit in the country. You English gentlemen never saw the Grey-Gudewife pear? Look out here, sir. The ABBOT'S HAUGH yonder — the richest carse land and fattest beeves in the country. Their very names — those Monks — are genial, and smack of milk and honey! — But here comes a brother of the Reformed order, whom I have never yet been able to teach the difference between Bechamel and butter-milk, though he understands ten languages. Dr. Redgill, — give me leave to present to you, my friend, Mr. Josiah Cargill, the minister of this parish. Mr. Cargill, I have been telling my friend that the Reformation has thrown the science of cookery three centuries back in this corner of the island. Popery and made-dishes, eh, Mr. Cargill? — Episcopacy, roast-beef, and plum-pudding, — and what is left to meagre Presbytery, but its lang-kail, its brose, and mash-lum bannocks?"

"So I have heard," replied Mr. Cargill; "very wholesome food, indeed."

"Wholesome food, sir! Why, your wits are wool-gathering. There is not a barefoot monk, sir, of the most beggarly abstemious order, but can give you some pretty notions for tossing up a fricassee or an omelet, or of mixing an olio. Scotland has absolutely retrograded in gastronomy; yet she saw a better day, the memory of which is savoury in our nostrils yet, Doctor. In old Jacobite families, and in the neighbourhood of decayed monasteries, — in such houses as this, for instance, where long succeeding generations have followed the trade of victuallers, — a few relics may still be found. It is for this reason I fix my

scene of experiment at the CLEIKUM, and choose my notable hostess as high priestess of the mysteries. But here comes Mr. Winterblossom.—No word of Jekyl? Never mind.—Serve dinner there. I allow five minutes for difference of time-pieces, and wait a half-minute more for my tardy guest — no man shall call me uncivil — and then proceed to the main business of the day, — eh, Doctor?— were King George expected.”

“Sir,” said the Doctor, earnestly, “I venerate your opinions and your practice in this matter. Sir, our great English moralist, Dr. Johnson, though a fellow of no college, yet no mean authority, says, — ‘The man that does not mind his stomach is a fool: the belly is every man’s master.’ — Sir, I have known young gentlemen, otherwise of unexceptionable morals, disgrace themselves, — sir, I say *disgrace* themselves, and lose the friendship of those who were inclined to serve them and to promote their views in life, by this infamous practice of delaying dinner; a practice which the elegant and classic Addison truly calls a species of perjury. Sir, he brands it as ‘the *detestable* habit of keeping your friends waiting dinner.’ — ‘If such persons did think at all,’ says he, ‘they would reflect on their guilt in lengthening the suspension of agreeable life,’ — that is, in lengthening the hanging-on, miserable half-hour before dinner.”

This dinner was served punctual to the second; for Meg and the Nabob, though they did not quite agree in harmony, always agreed in *time*: — a true *gourmand* dinner; — no sumptuous feast of twenty dishes in the *dead-thraw*, but a few well-chosen and well-suited, — each relieving each, — the boils done to a *popple*, the roast to a *turn*, — the stews to the *nick of time*. First came the soup — the hare-soup; Meg called it “rabbit-soup,” as this was close-time.

"Sir, if you please," replied the Doctor, bowing to the tureen, and sipping his heated Madeira, as he answered the inquiry of the Nabob, if he would take soup, — "as our great moralist, Dr. Johnson, said of your Scotch barley-broth, — 'Sir, I have eat of it, and shall be happy to do so again.'"

Stewed red trout, for which the house was celebrated, — a fat, juicy, short-legged, thick-rumped, very white pullet, braised and served with rice and mushroom sauce, — a Scotch dish of venison-collops, — and, though last, not least in the Doctor's good love, one of the young pigs, killed since his adventure in the sty: — these formed the dinner. And all were neatly dished, — each dish with its appropriate sauces and garnishings, — the whole in *keeping* that would have done honour to the best city-tavern in London. — "Sir, I say city-tavern," said Redgill; "for I humbly conceive that, in all save flimsy show, business is best understood in the city, however finely they may talk the matter in the grand Clubs, and at the West End."

Such a dinner deserved a grace. It was, indeed, part of the *garnish*—indispensable. The Doctor's was short and pithy, delivered in a rolling, sonorous voice, pitched to fill the dining-hall of a college; and then the seats were occupied without farther ceremony; for though it be true that at large dinners "the post of *profit* is a private station," there was here little to alarm. Stewed trout had ceased to be luxury to Winterblossom or the Nabob; and they both knew that though Jekyl would stand out with the most high-bred politeness, like a very gamester, or a Hotspur, for his full share of the *venison-fat, browned outside of veal, belly-slice of salmon, neck-jelly of cod's-head, Pope's-eye, crackling*, due proportion of *stuffing*, and all those epicurean delicacies which

gentlemen politely urge on each other when resolved to obtain the dainty morsel for themselves. They also knew, as we have said, that they could *do* Mr. Cargill with perfect ease ; and he was the only other guest present.

Dr. Redgill, with cranberry-tart and a copious libation of rich plain cream, was concluding one of the most satisfactory dinners he had ever made in his life, though called a chance-dinner—he in general detested *chance-dinners*—when Mr. Jekyl, in his fishing-jacket and wet shoes, lounged into the room. Certain reasons made an absence from the metropolis convenient to the young gentleman at this time. He was therefore still at St. Ronan's, and was become rather intimate with the Nabob, who, like Sir Peter Teazle with his young friends, never grudged him his good advice.

The young gentleman bore the rebuke, which his want of punctuality drew upon him, with entire *nonchalance*, surveyed the board with an air of half-supercilious scrutiny, and then ordered the female waiter to carry his compliments to Mistress Dods, and say that Mr. Touchwood would be particularly obliged by the re-appearance of the excellent roast-beef he had had yesterday, and a few slices of *cold carrot*. The Nabob and the facetious Winterblossom, who, it may be remembered, was the most pleasant companion in the world, albeit he did not value at a pin's point any creature on its surface, were well accustomed to these high flings in the young man, and gave themselves no manner of concern ; but Dr. Redgill, who was really, as we have said, a good-natured man, and who—after dinner—had bowels even for an unpunctual fisher, took compassion on the gentleman-like young officer, and recommended the *braised* fowl, “hot yet, hardly touched,”—the pig the Doctor kept as a special preserve. It

would be admirable to-morrow, re-dressed *au Bechamel*. The young man was politely grateful, but invincible. Most elaborately did he mix up a relish, compounded of made-mustard, eschalot-vinegar, catsup, and horseradish, for his cold regale ; and plateful after plateful was swallowed, the Doctor looking on in silent admiration, not unmixed with envy, and resolving at supper to try this inviting beef, since, unfortunately, a man that lunches cannot comfortably eat two dinners in the same day. The toper certainly has here advantage of the gourmand.

And now the clash of plates had ceased, the ringing of tumblers was no more ; and as next in degree to the eating of a good dinner — the digesting is a different thing — comes the pleasure of talking of it, the merits of the several dishes were discussed at large. Winterblossom suggested “ a *very* little more currant-jelly to the venison-sauce ; ” and the Doctor hinted that, “ had the mustard been mixed one half-hour earlier, the amalgamation would have been complete : — but *freshness*, after all, was the good extreme ; it was very well.” Both were deep in the stewed trout, when Jekyl, his solitary meal finished, took the lead with his wonted easy, well-bred assurance ; and expatiated so knowingly on the mysteries of the French kitchen, unfolding the intricate combinations of the most complicated ragouts, “ familiar as his garter,” talking so learnedly of unique flavours, of *braises*, *daubes*, *matelôtes*, &c. the compositions of sauces, their inventors, and the names of Parisian restaurateurs of celebrity, damning this one and applauding the other, and quoting the maxims and proceedings of the *Caveau Moderne*, that the Doctor began to think that on the shoulders of a young life-guardsmen he had discovered the head of a Bishop. This was, however, rather a blow that staggered than

one which made a lasting impression. "Sir," said the Doctor to Touchwood next day, "the talk of half these young fellows is mere foppery. In reality they know little and care less about the matter—mere foppery and pretence, sir."

But on the present day the racy flavour of Meg's old claret completed the conquest of Dr. Redgill's affections; and he resolved, if possible, to abide in this land flowing with milk and honey. Moving his nose over his glass, like a beau smelling a nosegay, "Sir," said he, "I pronounce this *wine*:—sir, common wines have *taste*—*this* has *flavour*." Amid the smacking of green seals and red seals, the cracking of nuts and of jokes, the Nabob withdrew to sound Mistress Dods on the affair of Dr. Redgill's establishing himself in her house: which he did in a manner that evinced considerable knowledge of the trim of his hostess.

"Sick! d'ye say, sir? he doesna look like it," said Meg. "Fond o' a quiet, clean, weel-ordered house? Is there no that at the grand new hottle he gaed to? Dying! Deil a fears o' him—that I should ban! unless he smure in his creesh;* whilk is not unlikely.—A swalled, judgment-like Jeshurun, wi' eyne like to loup with clean fat," cried Meg, who had taken deep offence, first, at the Doctor going to the Opposition Hotel; and secondly, at the freedom with which he, a guest there, had entered her territories.

"But here he *shall* come, Luckie," returned Touchwood, "ay, this very night too. What, woman! would you turn the servant of the Lord—the stranger, from your gates?—An invalid too, that cannot get an hour of rest,

* Be smothered in his own grease.

nor a morsel he can swallow, poor gentleman, in their gilded-gingerbread pig-sty down yonder!"

"Say ye sae, say ye sae, Mr. Touchwood!" cried Meg, her features relaxing; "not a comfortable meltith o' meat, and him in a dwining way, ye say, Nabob?—though troth he does not look like it! But fat folk are often feckless. There was Mr. Matthew Stechy, St. Ronan's auld butler, that kept the first hottle in Glasgow—there was the cook, if ye speak of cooks! that is, for a man-cook, whilk is but a non-natural calling—there was Matthew, waxed fatter and fatter to a perfect mere-swine. Well, he broke, sir,—became dyvour—was roused to the door; took the Mill-craft down in the Haugh, wrought hard for his daily morsel, and is now as swack and clean-deliver a man, o' his years, as enters the kirk o' St. Ronan's."

"It will do, by Jupiter and Comus!" exclaimed Touchwood, who had been absorbed in a very unusual fit of musing. "The Cleikum Club—myself *President*,—must keep order amongst them—Redgill, *Vice*; Winterblossom, an old coxcomb, but deep in the mystery; Jekyl, a conceited fop, but has his uses; Meg for the executive, with this Stechy—a practical man—nothing like practical men in business—Meg with great practical skill and knowledge, the paragon of economy and cleanliness.—It will do, by the Boar and the Peacock!"

"And what will do, sir?" replied Meg. "The East chaumer for the Doctor, wi' the red Turk-upon-Turk bed. It can get a slaik o' paint, and the easy-chair brought frae Mr. Francie's room. Puir lad, little he sat in't. The bunker i' the window that looks down through the firs to the Shaws Place, was aye his seat in the e'ening. I'll ne'er ha'e a lodger like him!"

"That's all past and gone, dame," cried Touchwood,

impatiently; "other matters on hand, woman: but remember the rice-water to mix with your whitening, as I directed you in whitewashing the kitchen."

"As ready wi' your advice as your help," muttered Meg; "but I just took kirn-milk, as I used to do, and the same will serve this turn—but better fleich a fule than fecht him."

"Well, he enters to-night," said Touchwood; "Jerry Ostler must settle the bill, and bring over the baggage along with the Doctor's own man."

The defection of the great Dr. Redgill from the New Hotel, after a trial of twenty-four hours, was the most signal triumph Meg had yet obtained over that establishment. But she disdained to crimp a customer; and as Mr. Cargill was at this instant passing out, happier than ever, after this symposium, to escape to his burrow and his books, she called on him to witness the compact.

"He'll get the East chaumer," said Meg; "I cannot spare anither parlour,—breakfast his lane; and ye dine a' thegither,—the Club,—the Cleikum Club, ye ca' it: and better mess thegither than making as much ready for ae single gentleman as would serve six. I'll mak' ye a' comfortable, never fear it. But,—and hear me now!—it's no to be said, thought, or surmeesed, that by harbouring and resetting a rampant follower o' the Lethargy o' the Church of England, I'm to change my Kirk for the lucre o' trade and custom. Ye certify that, Nawbob, on saul and conscience; or a dish is no cookit for him in owre that door-stane."

"Keep yourself easy, Mistress Margaret," said Touchwood; "the Doctor is, I dare say, a true son of the Church of England, but he admires your practice too much to seek to shake your faith."

"Na ; wha made me a judge and a divine?" replied Meg, greatly mollified with the act of delivering her testimony ; "I'm no dooting but the Doctor has the root o' the matter in him, Maister Cargill."

"Ay, that he has," cried Touchwood ; "truffles and morels, onions and carrots, I'll answer for him."

"That's enough," said Meg.

"Go, woman, scour your saucepans. Send for Stechy ; have the kitchen like a Dutch paradise to-morrow morning ;—for then we take the field !"

By the time that Touchwood returned triumphantly from his negotiation in the kitchen, the good wine had done its good office in the parlour. Not that there were any symptoms of inebriation, either actual or remote ; but the prevailing mood was free, joyous, in short, highly convivial. The Doctor told prosy college stories of college feasts, and gave Latin toasts ; Winterblossom related anecdotes of the bon vivans of another generation, and hummed catches most vilely ; and the young man smoked his cigar and the whole party at once.

In this happy hour, on which favouring stars shed prosperous influences, was the **CLERIKUM** or **ST. RONAN'S CLUB** instituted. To conclude the entertainment, the Nabob produced a single bottle of choice Burgundy, Mont Ratchet ; and a special bumper was dedicated to the new comer. Coffee, four years kept, but only one hour roasted, was prepared by the Nabob's own hands — coffee which he had himself brought from Mocha, and now with a *souçon* of chiccory, made in a coffeepot of Parisian invention patronised by Napoleon.

Mistress Dods was afterwards courteously summoned to make tea ; and the plan of the proposed Club was submitted to her judgment. She startled a good deal at first,

and was several times in danger of bolting off the course. But once fairly engaged, her zeal was unbounded: and long experience rendered her finally the most efficient member of the convocation.

An extended correspondence was arranged with celebrated *amateur gourmands*, as well as practical cooks; and also with those Clubs, both provincial and metropolitan, of which the eating, rather than the erudite preparation of dishes, had hitherto been the leading business.

Meanwhile, as every thing requires time, while the kitchen stores and utensils were getting into order, the Nabob, aided by his friend, delivered what might almost be called a COURSE OF LECTURES on the science of cookery in all its branches, which we propose some day to extend and publish. For these, though exceedingly valuable from the curious facts they contained, as well as for their philosophical speculations, Meg had not patience.

“Let us to the wark!” she cried; “what business ha’e thae lang, ink-horn-tailed words wi’ teaching wives and lasses to make COCK-A-LEEKIE, or FRIAR’S CHICKEN?”

“Ay, there it is,” cried Touchwood, “the very names stamp truth on my theory.”

“Ay, there’s Friar’s Chicken, and Friar’s Fish-in-sauce, and Friar’s Balsam, too, Nawbob,” said Meg; “and my grand-dame, as ye say, was just as good a cook as mysel’, and may be a wee thought better at the jeelies and pastries; and for a Floating Island, or an Almond Hedgehog, we could never pretend to ony sic grandery at the Cleikum; mair especially in days when every farmer-child gangs yanking by on his bluid-horse, and keeps his bred cook, with her twal pound a-year and her tea-money. A bonny breed there is o’ them! Unless I get the jillets o’ my ain up-bringing, I wadna trust them to scour a pot-lid, Mr. Touchwood.”

“Meg shall deliver the lecture on the breeding and training of female cooks,” said the Nabob. “But a beginning must be made; and I have thrown together a few loose hints, which I submit to you, gentlemen. You know my object. It was the saying of a great prince, that he wished every one of his subjects ‘had a pullet in the pot.’ And why may not I, simple Peregrine Touchwood, do my best to instruct every fair fellow-subject of mine how to dress her pullet when she has got it? If a Dr. King, a Sir John Hill, a Dr. Hunter, a Sir John Sinclair, and a Count Rumford, have dedicated their time and talents to the service of their species, in this important department; nay, if a PARIS and PEREIRA have not disdained it, why should plain Peregrine Touchwood? No man cares less about what he himself eats than I do, gentlemen. A man who has shared horse flesh with the Tartar, and banqueted on dog’s flesh with the China-man, is not likely to be dainty of his own gab.”

Here the Nabob took from his pocket the Introductory Lecture,—which had been privately retouched by Winterblossom, as its garnish showed,—wiped his mouth with his ample Bandana, and proceeded:—

“GENTLEMEN,—Man is a cooking animal; and in whatever situation he is found, it may be assumed as an axiom, that his progress in civilization has kept exact pace with the degree of refinement he may have attained in the science of gastronomy. From the hairy man of the woods, gentlemen, digging his roots with his claws, to the refined banquet of the Greek, or the sumptuous entertainment of the Roman; from the ferocious hunter, gnawing the half-broiled, bloody collop, torn from the still reeking carcass, to the modern *gourmand*, apportioning his ingredients, and blending his essences, the chain is

complete! *First*, We have the brutalized *digger* of roots; then the *sly* entrapper of the finny tribes; and next, the *fierce, foul feeder*, devouring his ensnared prey, fat, blood, and muscle!"

"What a style o' language!" whispered Mistress Dods;—"but for a' that it's me maun look after the scouring o' the kettles."

"The next age of cookery, gentlemen," continued the orator, "may be called the pastoral, as the last was that of the hunter. Here we have simple, mild broths, seasoned, perhaps, with herbs of the field, decoctions of pulse, barley-cakes, and the kid seethed in milk. I pass over the ages of Rome and Greece, and confine myself to the Gothic and Celtic tribes, among whom gradually emerged what I shall call the Chivalrous, or rather Feudal age of cookery,—the wild boar roasted whole, the stately crane, the lordly swan, the full-plumaged peacock, borne into the feudal hall by troops of vassals, to the flourish of trumpets, warlike instruments, marrow-bones, and cleavers!"

"Bravo!" cried Jekyl.

"Cookery as a domestic art, contributing to the comfort and luxury of private life, had made considerable progress in England before the Reformation; which event, I speak it with sorrow, threw it back some centuries. We find the writers of those ages making large account of an art, from which common sense, in all countries, borrows its most striking illustrations and analogies."

"Only hear till him!" whispered Meg.

"The ambitious man 'seeks to rule the roast;'—The meddling person 'likes to have his finger in the pie;'—'Meat and mass hinder no business;'—The rash man 'gets into a stew,' and 'cooks himself a pretty mess;'—

'A half-loaf is better than no bread ;'—'There goes reason to the roasting of an egg ;'—'Fools make feasts, and wise men eat them ;'—'The churl invites a guest, and sticks him with the spit ;'—'The belly is every man's master ;'—'He who will not fight for his meat, what will he fight for ?'—'A hungry man is an angry man ;'—'It's ill talking between a full man and a fasting ;'—and, finally, 'It is the main business of every man's life to make the pot boil ;' or, as the Scots more emphatically have it, '*to make the pot play brown,*' which a *maigre* pot never will do."

"And that's as true," said Meg. "A fat pot boiling, popples and glances on the tap, like as mony bonny, brown lammer-beads."

"Hush, dame!—The science, as we noticed, gentlemen, had made considerable advances in England, when the Reformation not only arrested its progress, but threatened for ever to extinguish the culinary fire. Gastronomy, violently expelled from monasteries and colleges, found no fitting sanctuary either in the riotous household of the jolly Cavalier, or in the gloomy abode of the lank, pinched-visaged Roundhead ; the latter, as the poet has it, eager to

———' Fall out with mince-meat, and disparage
His best and dearest friend, plum-porridge,'—

the former broaching his hogshead of October beer, and roasting a whole ox, in the exercise of a hospitality far more liberal than elegant.

"But, gentlemen, in our seats of learning, the genial spark was still secretly cherished. Oxford watched over the culinary flame with zeal proportioned to the importance of the trust ! From this altar were rekindled the culinary fires of Episcopal palaces, which had smouldered

for a time ; and Gastronomy once more raised her parsley-wreathed front in Britain, and daily gained an increase of devoted, if not yet enlightened worshippers."

"Ay, that will suffice for a general view of the subject," said Dr. Redgill ; "let us now get to the practical part of the science,—arrange the dinners,—‘the proof of the pudding is the eating.’"

Touchwood had a high disdain for what he called "the bigotry of the stew-pan" in Dr. Redgill, who, like a true churchman, had a strong leaning to "dishes as they are." Jekyl was to the full as flighty and speculative as the Doctor was dogmatic. The young man had French theory,—the *beau ideal* of gastrology floating in his brains,—he could talk of Ude and Carême. His experience in the most fashionable clubs, and taverns, and bachelor-establishments about the metropolis, had indeed been great ; but it was fortunately modified by a course of Peninsular practice, under Wellington ; and, upon the whole, he was found a most efficient member of the Club in all that regarded modern improvements, though rather intolerant of Scottish national dishes.

The culinary lectures of Touchwood, whose eloquence for six long weeks fulminated over the Cleikum kitchen, extended to such unreasonable compass, that a brief syllabus of the course is all we can at present give, without unduly swelling this Manual, and losing sight of the purpose for which it was intended ; namely, a PRACTICAL SYSTEM of RATIONAL MODERN COOKERY and DOMESTIC ECONOMY.

SYLLABUS.

Lecture I. Importance of the science:—Its history.

II. ON COOKS.—The name clearly derived from Coquin.—Their self-conceit and prejudices.—Their ignorance.—May be propitiated by a printed Guide when they would disdain advice.—Sly peep into the Manual in the dresser drawer.—Books of receipts most useful to cooks who have already made some practical progress in the art.—Their elemental virtues, aptness to learn, order, and punctuality.

III. ON THE KITCHEN.—Of kitchens in general.—The Dutch kitchen.—The baronial kitchen, and the corridor communicating with the chambers, whence the lady surveyed the operations below.—The Vicar of Wakefield's kitchen.—Kitchen of a comfortable village inn.—The yeoman's hall-kitchen.—Dark kitchens of great cities.—Importance of light.—The construction and regulation of the fires.—Kitchen ranges, and new-invented culinary utensils: many of them sheer humbugs; the prudent housekeeper should see them in operation before buying, and adopt no new range of which actual trial is not first made.—Steaming; Ovens; Stoves.—Supply of soft hot water in kitchens.—Kitchen utensils.—Ought to be provided in proper quantity, as well as of suitable kinds.—Rather numerous than otherwise, to save the distraction and waste of time occasioned by a scanty supply.—A *digester*, *meat-screen*, *salting-trough*, *meat-safe*, *balnea maria*, and a few other small articles, indispensable in families where comfort and economy are studied.—Speedily pay themselves by the saving of fuel, labour, and provisions.—May be bought on the graduated scale suited to the size and circumstances of the family.—The price, to a young housekeeper, of one couch or looking-glass, would obtain all those kitchen articles so subservient to good cookery and economy.

IV. CLEANLINESS.—Its importance insisted on.—Considered the *first virtue* of a plain cook.—Difference of opinion among gourmands as to its relative importance.—Female cooks generally considered superior to those of the other sex in cleanliness.—1st, Cleanliness as applicable to all descriptions of culinary utensils.—All saucepans, grid-irons, spits, skewers, &c. to be laid away clean, and kept well tinned and free of rust.—Pickle-jars, casks, troughs, paste-pins, &c. to be laid aside clean.—Great attention to be given to keep pudding-moulds and cloths, tapes, jelly-bags, tammy-cloths, sieves, &c. clean, sweet, and dry.—Kitchen-cloths to be washed *every day* after dinner.—Wood-ashes recommended by French artists for this purpose, as soap gives a bad flavour to pudding-cloths, &c.—2d, Cleanliness as applicable to provisions about to be dressed.—Should all be thoroughly trimmed, washed, and wiped.—Attention to be given to careful skimming, straining, withholding the sediment and lees.—Neatness in dishing without sloping the ledges of the dishes.—Anecdotes of the slovenliness of cooks.—Nobleman who, visiting his kitchen, found the butter required for the made-dishes stuck over the kitchen fireplace.—Mr. F—— of C——, on a similar occasion, finds his man-cook employing the contents of a shaving-jug, which he had just been using, to liquify a dish of mince-collops!

V. EARLY TRAINING OF COOKS.—No receipts sufficient to qualify for duty.—Cooks, like surgeons, must first look on, and next put to their hands.—A mistress should, in preference to sending an intelligent young cook-maid to the kitchens of great hotels and Club Houses, procure her admission as a spectator and assistant in the kitchens of families who give handsome dinners, with some frequency; and where, consequently, good cookery and neat and *stylish* dishing are not only thoroughly un-

derstood, but practised daily. Let the cook do this, and study Meg Dods both before and after such days.—Ought to be duly impressed with the importance of the art, and above all, with her own individual responsibility.—Method: arrangement: forecast—The *days* before a great dinner.—The *day* of a great dinner: what to be done.—Soups, jellies, creams, and many made-dishes to be prepared beforehand—Vegetables cleaned: spices ready mixed: thickening prepared: poultry ready trussed: chops trimmed, &c.—*Rules for seasoning*.—Training of the palate of the cook—indurated by the use of snuff, tobacco, and spirituous liquors.—Gentlemen of forty-five and upwards generally found to require a double allowance of Cayenne, eschalot, garlic, salt, and flavoured wines or vinegars, compared with those under that age, unless the juniors have been bred at Oxford.—As a general rule, bachelors and sportsmen to be allowed a fourth more seasoning than sober married men:—nearly the same proportions hold between a military man and a civilian.—For West and East Indians, peppers and all stimulating condiments may be used *ad libitum*.

VI. ON FAMILY MANAGEMENT AND DOMESTIC ECONOMY IN GENERAL.—*1st*, Early rising, importance of, to mistresses and servants.—Where impossible or inconvenient, best substitute an early and diligent inspection and regular enforcement of the orders given the night before, for the employment of the morning hours.—*2d*, Marketing and laying in family-stores and articles that improve by keeping—as soap, sugar, starch, paper, spiceries, fruits, spring-made candles, &c.—Rice, pearl barley, macaroni, vermicelli, semoulina, tapioca, and such things, should be bought very fresh, and not in large quantities, as they soon spoil. All best preserved in cool, but dry places. No expense to be grudged that prevents insects and vermin from getting at

the stores.—*3d*, Choice of provisions.—The senses of sight and smell, with some experience, the best guides.—*Fish* of all sorts best when short and thick, well-made, bright in the scales, stiff and springy to the touch, the gills of a fresh red, the belly not flabby,—the eyes and fins to be looked at.—Meat speaks for itself.—The fat of *beef* to be white and pure; the lean smooth-grained, and of a healthy brownish crimson.—*Veal* should be fat, white, and young: the mode of feeding it of great importance. The kidney to be duly examined, the state of which will show the feeding and condition of all animals.—*Ram-Mutton* discoverable by the rank flavour and coarse texture of the flesh.—*Mutton* not eatable under three years old. Best about five, but seldom to be got in the market of that age. The black-faced or *hill sheep* best for the table, though as much depends on the pasture as on the breed.—*Lamb*.—The qualities of it may easily be known by the inspection of the head, neck, and kidney; let the neck be fat, the eyes not sunk, the kidney fresh and fat, the quarters short and thick.—*Pork* to be chosen by the colour, and the smoothness of the rind.—Measly pork easily known by the little lumps and kernels mixed with the fat, which looks clammy and greasy.—*All meat* known, if stale, by the eyes being sunk, the kidney tainted, the flesh clammy and livid. The best joints of the best meat cost most money at first, but are the most economical.—Utility of purchasing these.—*Venison*.—Should be thick and firm in the fat,—the lean pure.—The age of deer, hares, and rabbits, known by the *clefts* and *claws* being close and smooth in the young animal.—*Game* and *Poultry*.—The age known by the legs and spur.—When smooth in the legs and short in the spur, the animal is young.—Trick of poulterers to cut and shorten the spur.—Stale when the eye is sunk, the vent tainted.—Black-legged fowls

often the most juicy :—white-legged look better.—Attention to the breed and form. — Polanders. — The Dorking large breed recommended—though bad layers—best when short, plump, broad in the breast, and thick in the rump. —Game, if stale, known by the livid colour of the flesh about the vent. — *Hams* and *Bacon* good when the flesh adheres firmly to the bone, the smell fresh, the lean clear and not streaked with yellow. —Very good hams from Westmoreland, Yorkshire, Wiltshire, and other parts of England and Ireland :—if well fed and cured, quite equal to those of Bayonne and Westphalia. — *Brawn*. — If old, the rind thick and hard. — *Salt Butter* and *Cheese* to be probed and tasted. Fresh butter easily known by the taste. — *Eggs* not easily known when stale. Hold between the eye and a candle in a dark room, and if the yolk be unbroken the egg is not stale :—Rather a doubtful test this. — *Fish* of all kinds best when fresh caught ; but the flat fish, as turbot, skate, halibut, may keep a few days, and even ripen and mellow : salmon, trout, eels, herrings, and mackerel, and also haddocks and whittings, cannot be too fresh. The red fish the most rich, though oily ; the white the most digestible. Shell-fish of all sorts should be quite fresh to be wholesome or even safe. Lobsters often *underboiled* by fishmongers to make them keep longer. An eye of some experience and the sense of smell best determine the freshness of fish :—directions in the receipts, CHAPTER, FISH, for preparing, cooking, and preserving the several kinds. — *Anchovies* and *Pickled Salmon* known by the smell and fresh colour of the fish. — Their pickle-liquor should be pure and well-flavoured. — The red colour given to anchovy-liquor by artificial means, and no test of goodness. — ALL PROVISIONS SHOULD BE BOUGHT WITH READY MONEY ; OR THE BILLS SETTLED WEEKLY.—SHOWN TO BE A SAVING OF MANY PER CENTS.

VII. MISCELLANEOUS HINTS AND DIRECTIONS.—Straining to be done *twice* if necessary, or with a double tammy-sieve.—All jelly-bags to be moistened in hot water, and well wrung:—if used dry, will drink up a considerable quantity of the article strained.—Full supply of kitchen-cloths, — use of gauze-wire covers and cheese-cloths in preserving raw and cold provisions. Marble-slab for paste, — marble pestle and mortar.— SAUCES too much *thickened* can never afterwards be cleared of fat, as the fatty matter will not separate.—Sauces and broths must have time to cook; but if kept too long over the fire, will deteriorate both in colour and flavour.—This is peculiarly applicable to sauces of game.—All sorts of small cakes, pasties, and puffs, shortbread, Savoy cake, &c. may be renovated by being laid on paper, and heated on the hob, or hot-hearth, or before the fire when to be used.—Pastry, if kept for days, is so much refreshed by this process as to eat nearly as well as when newly baked, from the full flavour of the sugar, butter, and fruit, being again brought out.—Great care to be taken that *every* single egg used be fresh, as one stale egg will, in cooking, taint dozens.

VIII. PRESERVING OF PROVISIONS BY SALTING, DRYING, PICKLING, PRESERVING.—Importance of *sugar* and *molasses* in preserving meat, fish, and butter; — shown to do so most effectually with only a small proportion of salt.—The *pyroligneous* acid, or vinegar of wood, and chloride of soda, — their uses.—Late discoveries in curing provisions in consequence of the premiums given by the Highland Society.—Meat salts the better of having the bones taken out.—Bacon should always be *twice* salted or pickled, and be patiently rubbed both times.—All meat salted in pieces and packed must be fully covered with the brine. The process of salting accelerated by occasional rubbing with

fresh salt. This important subject more fully treated of in Part IV., Chap. III., of the MANUAL ; *Art. Salting*.

IX. PREMIUMS TO COOKS FOR DILIGENT DISCHARGE OF THEIR DUTIES, AND PROFICIENCY IN THEIR ART.—For neatness, economy, forecast, the preservation of provisions, invention or improvement of cheap family-dishes.—Establishment for decayed cooks, and prospectus of a NATIONAL GASTRONOMICAL BOARD.

X. CAUSES THAT RETARD THE PROGRESS OF THE ART.—Ignorance and prejudices of Cooks. Inattention of ladies.—Impudence and common tricks of culinary quacks and would-be gastronomers.

XI. ON FRENCH COOKERY.—The French, as a nation, allowed to be the best cooks in the world.—In what their superiority consists :—wherein worthy of imitation.—Their earthen stew-pans,—charcoal and wood embers,—small furnaces,—their fire applied *above* and *around* as well as *under* their sauce-pans.—Their cookery of vegetables, and of dishes of *desserte* (that is, of cold left things) peculiarly commendable. Reference made to Mistress Dods' MANUAL for the substance of French Cookery.

XII. VIEW OF COOKERY IN MODERN EUROPE.—A French dinner described.—Restaurateurs of Paris.—A word to Amphitryons,—to guests.—Petty differences of usages in different countries.—What would be considered *bon ton* at a dinner in Paris, reckoned low breeding in London.—Unctuous dishes of Germany.—Mingled barbarism and refinement of Russian cookery,—Russian *whets* and salads :—the *kistischi* or raw vegetables in quass : *vareniky* :—*buterinia*, or salad of salt-fish.—Spain behind all Europe in cookery : doubts on this head :—the *olla* or *puchero* :—the *guisado*.—Spaniards unshaken in their loyalty to garlic :—their taste for allspice traced to Christopher Columbus. See *Manual, National Dishes*.

XIII. ANGLO-GALLICAN COOKERY OF THE MIDDLE OF THE NINETEENTH CENTURY :—considered the best the world has yet seen.—Causes which retard its progress :—conceit of French cooks, and affectation of juvenile gastronomers. — Reciprocal influence of cookery and polite literature : attention given by the periodical writers and novelists of the day to this important subject creditable to their understandings. — The empire of cookery extended by late travellers.—What the science owes to the Jesuits : —to the White Friars :—to the Trappists :—to Mesdames Maintenon and Pompadour.—Eulogy on Vatel.—Praise of the late Mrs. Baron Hepburn, of Lord Sefton, Rothschild, Sampayo, and Sir George Warrender. — Carême, and a few more illustrious *chefs, decorative* cooks ; as much for the eye as for the palate ; relying too much upon ornamental vases, silver skewers and dishes, and the long purses of their original *parvenu* employers,

DIRECTIONS FOR CARVING.

CARVING has ever been esteemed one of the minor arts of polite life,—a test at first sight of the breeding of men, as its dexterous and graceful performance is presumed to mark a person trained in good fashion. In the times of chivalry, carving was the duty of the younger squire attendant on the knight. “To dance in hall and carve at board,” are classed together in the list of a young gentleman’s accomplishments; and Chesterfield, the great modern teacher of polished life, has made this qualification an object of his pupil’s peculiar study. Carving, like heraldry, hunting, hawking, and other sciences of a like important kind, had a language of its own. Treatises were composed to show how the heron was to be *dismembered*, the duck *unbraced*, the crane *displayed*, the swan *lifted*, the goose *reared*, and so forth. The GRAND CARVER was a functionary of some dignity in former times; and till the office is revived, or the oriental and continental custom, of having the principal part of the carving performed by the cook and servants, is adopted, it is necessary to acquire a knowledge of this art on principles of economy, as well as from respect to good manners.

To carve quickly and neatly requires a good deal of practice, as well as vigilant observation of those who perform the office well. There are awkward grown-up persons, having, as the French say, *two left hands*, whom no labour will ever make dexterous carvers; yet there is no difficulty in this humble but useful art, which young persons, if early initiated under the eye of friends, might not easily surmount, and thus save themselves much awkward embarrassment in future life. One objection to allowing juvenile practice is, that young people *haggle* provisions; but they might be permitted sometimes to try plain joints and cold game, which would soon bring in their hands. A lady, where ladies still carve at family dinners, requires an elevated seat, a light sharp knife, and the

for the most dexterous carver to proceed with ease or comfort if this be neglected. Clever cooks are beginning to *joint* game and small poultry, and to cut the sinews with scissors, before dressing. The dishes appear at table in the usual form, but are much more easily carved. Modern carvers cut diagonally as often as this is practicable, as it saves the joint, improves the grain, and gives a better distribution of fat and lean. In carving game or poultry for a large party, where many look for a share of the same delicacy, what is called "making wings," must be avoided; the first helpings should be cut the long way, and not made too large. Pour the sauce *beside* the meat or vegetables, not *over them*. One ladle of soup is a helping. Whatever accident occurs, preserve your self-possession.

Turbot.—The thick part is the best: the *fins* are *fancied*. Make a cross-cut in the thickest part down to the bone, then make lines from the centre to the fins, and take out slices with a fish-trowel, helping part of the *fins* with each slice, along with the appropriate sauce, unless it is handed round.

Salmon is easily carved, whether crimped, in slices, or boiled whole. At elegant tables, this fish is served on a napkin; a slice of the thick, cut so as to preserve the beauty of the flakes, and a smaller one of the thin, are given with the appropriate sauces; and a slice of lemon or cucumber is to be helped, if not objected to.

Fried Fish.—The thick part is reckoned the best. The fish are to be cut quite through. The choice is—"Shoulders or tail?" Neither *iron* nor *steel* should ever touch fish.

Sirloin of Beef.—This favourite joint is all prime. The fillet, or English side, as it is called in Scotland, is preferred by many. The Sirloin may therefore be turned over on the dish, or be made to rest on the chine bone, and slices of the fillet, cut crosswise, may be sufficient for the party, and the joint be left to present cold, apparently untouched. Many, however, prefer the upper part of the joint, in which case the carver should, with a very sharp knife, make an incision along the chine bone as far as he thinks slices may be required; then, cutting off the outside slice next himself, he may proceed to help thin slices, cutting

from the chine bone towards the end of the ribs, serving with each, part of the soft fat delicately cut, gravy, and horse-radish. Some at once carve out slices along the backbone. This last, however, is neither the most economical nor slightly method. If the meat is to be presented cold, this deep trench—this “forty mortal gashes on its side”—looks ill, while it drains the joint of its juices.

Edge-bone, or Aitch-bone of Beef.—In this, and all pieces of boiled meat, the outside slice, which becomes dry and hard in the salting and boiling, is to be laid aside or sent away. This done, cut handsome smooth slices of the lean, and with each give a very little of the marrow and firm fat, for which this joint is prized.

Round of Beef is carved as the above, with a large carver for the purpose. Begin at the fattest end. Many carve this joint slantwise; but more commonly it is cut horizontally, preserving a smooth, finely-grained surface.

A Brisket of Beef is cut down to the bone the long way in rather thin slices, as the piece is fatty and gristly; and all fat meat must be cut delicately thin.

Breast of Veal or Lamb.—Divide the gristly part from the ribs, as directed in carving a Fore Quarter of lamb,—then divide both the cross way. The choice is—“Gristles or ribs?” Cut the meat clean off ribs of veal, as the gristly bones only encumber the eater’s plate, and ought to be cut out, and dressed *à la Française* as *Tendrons de Veau*.

Fillet of Veal.—This is usually, and always ought to be, stuffed. Cut it in delicate horizontal slices; and help either the browned outside or the inside, as is chosen, with a little of the fat, a thin slice of the stuffing, and gravy, &c.

Gigot.—This delicate joint is familiar where veal is small. It is either cut in horizontal slices, or as a leg of mutton, but beginning nearer the broad end. *Shoulder* and *loin* of veal are cut as mutton. The kidney fat of the loin is prized, and sometimes sliced at table and kept hot over a lamp.

Saddle of Mutton.—Cut thin slices along the backbone, dividing them if too long, and helping fat and lean together. Many persons think that, besides being a more economical way of carving, all meat is more delicately grained, and

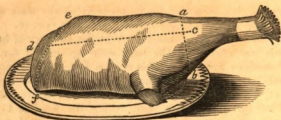
eats better, if a deep incision be made along the bone, and slices taken crosswise from thence. M. Ude does so.

Roasted Pig.—We could wish that the practice of having this dish carved by the cook were universal; for, in this fastidious age, the spectacle of a four-footed animal at table is any thing but acceptable. Like the larger poultry, pig is also very troublesome to the carver, who must have a sharp knife, with which the head is to be taken off in the first place: then cut down the back from neck to rump; afterwards remove the shoulder and leg on each side. The ribs are then to be divided into four portions, and the legs and shoulders cut in two. The ribs were esteemed the most delicate part of this dish; now the neck of a well-roasted pig is the favourite morsel. The carver must use his discretion in distributing ear and cheek, as far as these will go; and the cook should enable him to help stuffing and sauce liberally.

Hams are cut in various ways. You may begin near the knuckle, which is the most economical method; in the middle, taking out slices in a slanting direction, that the fat and lean may be fairly divided; or at the broad end. The chief thing to be attended to, after an incision is made, is the delicacy of the slices.

Tongue.—The best part is the thickest, and the meat is most delicate when cut across in very thin slices. Some leave a bottom or *sole* for the sake of appearance; others reckon it more economical to cut in thin slices the long way. Tongue and ham cannot be too delicately cut.

Cod's Head and Shoulders, if served plain or without a sauce in the dish, should be served on a napkin. If sufficiently boiled it is easily carved. Let the back of the fish be placed towards the carver. Enter the silver fish-slice within three inches of the head, and cut across down to the bone. Help from this opening right and left at convenience, taking care not to make a jagged surface by breaking the flakes. The gelatinous pieces about the neck and head are prized, and also a small slice of the *soufflé*. The palate and tongue may be got at with a spoon, but these are rather the fantastic than prime parts. Some cut the fish longwise; but the above is perhaps the fairer mode.

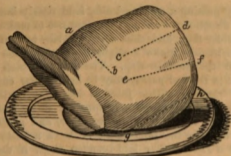


Haunch of Venison.— Make an incision quite down to the bone in the direction of the line *a b*, to let the gravy flow. Let the carver then turn the dish towards himself, and cut down to the bone from *c* to *d*. The most delicate slices lie to the left of the line *c d*, supposing the joint to lie endwise to the carver, and the broad end of the haunch, *e d f*, next him. From the incision, slices, not too thick, may be cut from "*the Alderman's walk*," which slices, if too large, can be divided. A thinner and smaller slice of fat must be given with each helping, and also gravy. As the fat of venison freezes very rapidly, the more expeditiously the carver gets through his task the better; or a dish with a spirit-lamp is sometimes brought to the table, to keep the gravy and fat quite hot. Sometimes the cook makes a *chart* of cloves on the joint, as a guide to the carver.

Haunch of Mutton is carved exactly as venison.

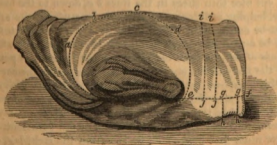
A Boiled Gigot or Leg of Mutton.— A boiled *gigot* or leg is often served with the inside uppermost; a roast leg or *haunch* always with the outside uppermost. The most juicy part of this favourite joint is about the thick of the thigh, or along the backbone. Let the knuckle lie to the carver's left hand, and let him cut down to the bone, through the *noix* or kernel, called the Pope's eye. Though the most juicy part of the leg is here, some choose the dry knuckle; and others the fatty part about the chump; others delicate slices that may be found along the backbone; even the tail of fat mutton is chosen by some. Some modern carvers give horizontal slices, and prefer this mode; others diagonal slices, which is better.

Shoulder of Mutton. This joint is served as shown. Cut into the thickest part down to the bone in a slanting line from *a* to *b*; and from this opening take slices of a

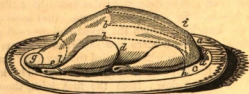


proper thickness. If more helpings are wanted, some delicate slices may be got on each side of the ridge of the blade-bone, in the direction *c d* and *e f*. The most delicate slices are to be found in that part which, in the living animal, lay next to the backbone; they are to be cut out rather thin, in the direction of the line *g h*. In almost all animals delicate fatty slices are to be found along the backbone. Good fleshy slices, full of juice, though not very delicate in the fibre, are to be got by turning the shoulder over, and cutting slantwise into the hollow part of the inside. So various are tastes, that some persons prefer the knuckle, though the driest and coarsest part of the animal. Some modern *straightforward* carvers prefer at once carving from what is called the "oyster," and right down from the knuckle to the broad end. The knuckle should be turned down from the first joint, though not thus shown in the above plate.

Fore Quarter of Lamb.—Separate the shoulder from the



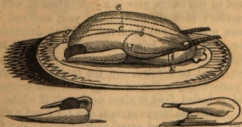
ribs, by passing a carving-knife, held nearly horizontally, in the direction *a b c d e*. Take care not to make too broad a shoulder-flap, and thus leave the ribs too bare. Some carvers merely make a slight incision into the skin, and tear off the shoulder-flap. The shank, which should be twisted in fringed paper, may be held in the carver's left hand. Squeeze a little juice of lemon or Seville orange over the parts separated, and sprinkle them with a little salt. They may also be laid together, and gently pressed down, to make the juice flow; or have a little plain or *Maître d'Hôtel* butter laid between them if deficient in juice. Next separate the gristles of the breast from the ribs, in the direction *e f*; carve them in the direction of *g h*, and the ribs in the direction of *i j*. The choice is — "Ribs, gristle, or shoulder?" The shoulder is to be carved as directed for shoulder of mutton; and if the joint is large, it will be found convenient to put the shoulder aside on a plate, while carving the ribs, &c. A *saddle* of lamb is carved as directed above, for a haunch of venison or saddle of mutton.



A Goose.— The carver may turn the dish towards him, and cut nice thin slices in the lines *b a*, down to the breast-bone, helping as he carves. If there be stuffing, the apron must be cut open in the circular line *f l g*, and stuffing may be served with each helping. If there be no stuffing, a glass of wine, a little orange-gravy, or vinegar, is poured into the body of the goose at the opening which the carver, for this purpose, makes in the apron. Orange gravy or red wine is also often poured over the sliced breast of goose or duck, before the slices are taken out. If the party be so numerous that the breast-slices are not sufficient, the carver must first help a slice or two from the right leg, and

then proceed to disjoint it; for which purpose he must put his fork through the small end, press it close to the body, and meanwhile, entering his knife at *d*, jerk the leg smartly back, and the joint will separate, when the leg may easily be cut off in the direction *d e*. The wing on the same side is next to be taken off. For this purpose, fix the fork in the pinion, press it to the body, and, entering the knife at *c*, separate the joint, and afterwards cut off the wing in the direction *c d*. Proceed in the same way to take off the other leg and wing. In helping a goose, the thigh, which is a favourite part, may be separated from the drumstick, and the fleshy part of the wing from the pinion. Fortunately for the carver the breast-slices are in general found sufficient; as dismembering an old goose or turkey is one of the most laborious and awkward of his duties. They order these things better on the Continent.

Turkey. — Where the party is not very large, and the dishes are numerous, a good many small delicate slices, with very thin portions of the stuffing, may be helped lengthwise from the breast. If this is not sufficient, proceed as above directed for a goose.



A Roast Fowl, with the wing and leg as cut off. — Fowls are carved in the same way, whether boiled or roasted. In a boiled fowl, the legs are bent inwards, and trussed within the apron; in a roasted fowl they are left out and skewered *en long*. The carver may remove the fowl from the dish to his own plate, particularly when two fowls (as is usual) are served in the same dish. The members and joints, as taken off, are to be placed in the dish, if not helped round as cut off, which is the best way, as the guests are not kept waiting, and the carver sees when he

has enough. He must fix his fork in the breast, and take off slices from the breast on each side of the merrythought, which are to be helped in the first place, or left till the whole is finished, as is chosen. Next separate the joint of the wing in the direction *a b*; then separate the muscles, by fixing the fork in the pinion, and smartly jerking back the wing towards the leg. Pass the knife between the body and leg, in the direction *b d k*, and cut to the joint clear; then, with the fork fixed, jerk the leg back, and the parts will give way. Turn round the fowl on your plate, and take off the other leg and wing; next cut the breast in the line *e c*, and turn the knife towards the neck under the merrythought, which it will easily lift from the breast. Take off the neck-bone, by putting in the knife at *g*; and having the fork well fixed, jerk it off from the part which adheres to the breast-bone. The members being thus disposed of, the breast must be divided from the body by cutting right through the ribs downwards to the rump on each side. This done, turn the back of the fowl upwards on your plate. Lay your knife firmly across it, as if to hold it down, and, with the fork fixed in the rump, give it a jerk, when it will easily divide across; turn the rump from you, and cut off the side-bones, and the fowl is carved. What demands most attention, is to hit the joint of the wing, so as not to interfere with the neck-bone. The prime parts of a fowl, whether boiled or roasted, are the breast, merrythought, wings, particularly a *livered* wing, and side-bones. The thigh of a boiled fowl is often preferred, if white, fleshy, and fat. Some dexterous carvers can take out a side-bone and leave on the leg and wing, which permits the fowl to be presented cold in good form.

A Pheasant or Blackcock.—Fix the fork in the breast,



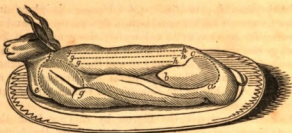
and cut slices in the lines *a b*. If more helpings are wanted, take off the legs and wings, as directed in carving a fowl, and be careful in taking off the wing to hit the exact point between it and the neck-bone. Next cut off the merrythought in the line *c d*, and then divide the other parts exactly as a fowl. The prime bits are the same as in a fowl. The brains are *fancied*. Of course, all skewers are removed before the birds are served.

Pigeons.—To divide the pigeon by carving from the breast downward, in the line *d e*, is esteemed the fairest way, as the thigh and rump are counted delicate; though many prefer the breast. Pigeons may also be divided in a triangular line, *b a c*, making two legs, and two wings, with the breast. Ducklings, or very young spring chickens, are carved in the same manner.



A Partridge.—A partridge is cut up as a fowl or pheasant. The prime parts are the same in them all; but in a partridge the wing,—and particularly the *tip* of the wing,—is reckoned the most dainty bit. Small game, where many helpings are required, may be carved by turning back the legs, fixing the fork in the back, separating the whole body from the back, and then dividing the bird into six portions,—namely, four helpings of a wing or leg, the breast, and the back.

A Roast Hare.—While roast hare is sent to table as represented in the plate, the carver must enter his knife at *g*, and cut fairly down in parallel lines on each side of the backbone to *h*. These slices are considered prime, and must be served first. The legs, as next best, are to be cut in the circular line *c b a*—which, if the animal be young, will not be difficult—and divided into proper helpings free of bones. The shoulders are then taken off in the circular



line *e f g*. Now divide the body or back into three, or, if a large hare, four pieces, going right through the spine at a joint. An old hare should, when it is practicable, have the backbone cut out before roasting. If the hare is old and tough, the carver should turn the dish towards himself, and cut off the legs, entering his knife about two inches below the backbone, trying to hit the haunch joint, and jerking it open as in carving a goose. If the whole hare is wanted, the head must be cut off and placed on a plate, the upper part divided from the under jaw, and then cut exactly down the middle. The slices may be either helped as carved, which we consider the best way, or left till the whole process is finished. They are helped with stuffing and gravy. During the process, the carver should frequently moisten the dry roast, and the parts cut off, with the hot gravy in the dish. The *ears* and *brain* are *fancied*; so that some care must be taken, by papering, to have the ears crisp; and before roasting they should be singed inside with a hot poker, or Italian iron-heater. No bone should be given with hare.

Rabbits are carved like *hare*; only, being much smaller, the head is not divided, and the back is cut into fewer pieces. The shoulders of rabbits are considered tid-bits.

The carver is permitted to turn every dish towards himself, when more convenient, and he generally cuts towards himself. From a dish presented in its customary position he cuts from left to right. Fowls and Turkeys boned, and stuffed with forcemeat, are cut in slices across like tongue. Things that are *larded* must be cut the cross-way of the *lardons*.

Every graceful carver will try to cover the unsightly gashes he must sometimes make—in fish particularly—by throwing the parsley, or other *garnish*, over the wreck. In ordinary circumstances, *garnishing* the *ledges* of dishes is rather losing ground. At highly dressed dinners, garnished by thorough-bred professors, all sorts of ornament are expected. For public breakfasts, collations, and suppers, *garnishings* of coloured jellies, and of sauces iced and moulded in the French style, have peculiar beauty and fitness. And even at small quiet dinners, brain-cakes, forcemeat-balls, small fried fish, or oysters fried, sippets, small sausages, pastry-borders, and those of potato, or rice, are always appropriate when served with the respective dishes to which the best usages of cookery have attached them; while the fried parsley, the spinage, sorrel, turnip, or other *purées*, on which *fricandeau*, tongue, or boiled mutton, &c. may be served, is a positive improvement, at almost no additional expense. But as it must ever be more convenient, it is also more agreeable, to see such things as sliced orange or lemon, beet, pickles, scraped horseradish, &c. placed on a small dish near the carver, than tossed awry, soused in the gravy, or sloping the edges of the dishes. Curled parsley is always *refreshing*, and generally appropriate; and still more so fresh water-cresses. There is one cheap and *comfortable* mode of imparting a look of fulness, finish, and neatness, in serving an otherwise insignificant dressed dish, when destined to occupy a principal place, which merits more general adoption,—namely, serving the dish on a larger one, within which a damask napkin is neatly puffed, or the fancy napkins which ladies now knit for such purposes, thus showing an agreeable framework or border, of which a light paste border round the dish with the viands, may form, as it were, the inner circle. But CAREME'S ornamented *silver vases* and *skewers* are the greatest modern discovery in mere garnishing. They are indeed superb.

PROTEST.—We hope to see the day when all large troublesome dishes will be taken to the side-table, after being presented, and carved by the *Maitre d'Hôtel*, the butler, or whoever waits on the company, as is now the general practice of France, Germany, and Russia, and the best houses in England. P. T., H. J.

BILLS OF FARE.

Tables should be like pictures to the sight,
 Some dishes cast in shade, some spread in light ;
 Some should be moved when broken, others last
 Through the whole treat incentive, to the taste.

KING'S *Cookery*.

As landmarks to the inexperienced housekeeper, as indicators rather than dictatorial guides, we subjoin a few bills of fare, premising that, in every instance, much is left to individual taste and discretion. Bills of fare may be varied in endless ways,—nor can any specific rules be given for selecting dishes for the table, which must depend wholly on fortune, fashion, the season of the year, local situation, and a variety of circumstances. Neatness and propriety are alone of universal obligation in the regulation of every table, from the humblest to the most sumptuous. To the credit of the age, modern fashion inclines more to a few dishes, well selected and elegantly disposed, than to that heterogenous accumulation of good things with which notable British housewives used to conceal their table-linen. The culinary tastes of our polite neighbours are imperceptibly undermining many points of our ancient national faith. At refined tables, *fat* puddings, very rich cakes, and fat meat-pies, have lost ground. Creams, jellies, and preserved and caramelled fruits or *compôtes*, take their place. Fish is more simply cooked than it formerly was. *Putrid* game is no longer admired ; and the native flavour of all viands is more sedulously preserved by a simpler and better style of cookery.

The manner of laying out a fashionable table is nearly the same in all parts of the United Kingdom ; yet there are trifling local peculiarities to which the prudent housewife in middle life must attend. A centre-ornament, whether it be a *dormant*, a *plateau*, an *epergne*, a *candelabra*, or a wine-vase, is found so convenient, and contributes so much to the good appearance of the table, that a fashionable dinner is now seldom or never set out without something of this kind, though a salad, or a cold ornamented raised pie may fill the space in the first course.

A very false taste is often shown in centre-ornaments.

Strange ill-assorted nosegays, or monstrous bouquets of artificial flowers, begin to look faded among those hot steams, which soon deprive even the more appropriate salad of its fresh and crispy appearance. The modern silver skewers and vases, or ornamental articles of family plate, carved, chased, or merely plain, but highly polished, can never be out of place, however old-fashioned, and are the only things of which this can be constantly affirmed. In the same manner we may assume, that in desserts, richly-cut and brightly washed *useful* articles of glass and china can never cease to be ornamental; though we would pause on the adoption of all *alum* or *wax* baskets, and all fruits of this last tantalizing substance, with many other things of the *counterfeit* kind. We are far, however, from proscribing flowers, and the foliage and moss in which fruits are sometimes seen lightly bedded. These, next to the native dew, and the bloom, are beautiful and appropriate. That sparkling imitation of frostwork, which is given to preserved fruits and other things, is also exceedingly beautiful; as are many of the trifles belonging to French and Italian confectionary. As we are disposed to give the Monks full credit for many of the best French dishes, and for our own excellent if antiquated national preparations, so are the fair recluses of France and Italy entitled to the merit of much that is elegant in confectionary, of which they long had, and still have, tasteful exhibitions on festivals. To their leisure and taste we owe caramelled and candied fruits, fruits *en chemise*, Chantilly, and caramel baskets, &c. &c., as really as we do the most delicate lace, needlework, and cut paper.

It may be assumed, that *utility* is the true principle of beauty, in affairs of the table, and, above all, in the substantial *First Course*. The first course may, therefore, consist mainly of English dishes; while French appear in the second.

Linen well done up, and overlays, or more cloths than one, with a scarlet baize between, give a table a *clad*, comfortable look. Though English gentlemen and gentlewomen do not slobber and bedaub their fingers, mouths, and clothes, like some of their continental neighbours, table-napkins are now in all but universal use at refined

English tables, even at those of persons in the humbler classes of middle life.

In all ranks, and in every family, one important art in housekeeping is to make what remains over from one day's entertainment contribute to the elegance or plenty of the next day's repasts. This is a principle understood by persons in the very highest ranks of society, who maintain the most splendid and expensive establishments. Their great town-dinners usually follow in rapid succession; one banquet forming, if not the basis, a useful auxiliary to the next. But as this has been elsewhere recommended to the attention of the reader, it is almost unnecessary to repeat here, that vegetables, ragouts, and soups, may be *re-warmed*; and jellies and blancmange *re-moulded*, with little deterioration of their qualities. Savoury or sweet patties, potted meats, croquets, rissoles, *vol-au-vents*, fritters, tartlets, &c., may be served with almost no cost, where cookery is going forward on a large scale. In the French kitchen, a numerous class of culinary preparations, called *entrées de dessert*, or made-dishes of left things, are served even at grand dinners.

At dinners of any pretension, it is understood that the first course shall consist of soups and fish, removed by boiled poultry, ham, or tongue, roasts, stews, &c.; and of vegetables, with a few made-dishes, or *entrées*, as ragouts, curries, hashes, cutlets, patties, fricandeaus, &c., in as great variety as the number of dishes permits; as a white and a brown, or a clear and a stew soup.* For the second course, or *entremêts*, where there are only *removes* and not a third, roasted poultry or game at the top and bottom, with dressed vegetables, omelets, macaroni, jellies, creams, salads, preserved fruit, and all sorts of sweet things and pastry, are employed, — endeavouring to give an article of each sort, as a jelly and a cream, as will be exemplified in the bills of fare subjoined. This is a more sensible arrangement than *three courses*, which are attended with so much additional trouble both to the guests and

* In some noble private eating-houses, it is now customary to hand round oysters before the soup, as a whet or preparative. This is a Parisian custom, which we cannot admire. In *stylish* modern dinners, the *hors d'œuvres* and *flying-dishes* (*assiettes volantes*) appear usually during the First Course, before the *removes*, — although latitude is allowed in this matter.

servants. In France, where the table-cloth is never withdrawn, the dessert forms the Third Course.

But whether the dinner be of two or three courses, it is managed nearly in the same way ; and for the advantage of servants, as well as of their juvenile employers, a few particulars may be detailed. In the centre, there is generally some ornamental article, as an epergne with flowers, real or artificial, or a decorated salad, or cold raised game pie. [An ornamental stand, containing cruets and pepper dishes, if plainer, is equally appropriate for a small party.] Two dishes of fish, dressed in different ways, should occupy the top and bottom ; and two soups, a white and a brown, or a mild and a high-seasoned, are best disposed on each side of the centre-piece : the fish-sauces are placed between the centre-piece and the dish of fish to which each is appropriate ; and this, with the decanted wines drunk during dinner, forms the First Course. When there are rare French or Rhenish wines, they are placed in the original bottles, uncorked, (except champagne,*) in ornamented wine-vases, between the centre-piece and the top and bottom dishes ; or, if four kinds, they are ranged round the plateau. If only one choice bottle, at a bachelor *tête-à-tête* dinner, it may be placed in a vase in the centre.

The Second Course, if there are three, consists of roasts and stews for the top and bottom ; turkey or fowls, or fricandeau, or ham garnished, or tongue, for the sides ; with small made-dishes for the corners, served in covered dishes ; as palates, stewed giblets, currie of any kind, *ragoût* or *fricassée* of rabbits, stewed mushrooms, &c. &c. Two sauce-tureens, or glasses with pickles, or very small made-dishes, may be placed between the epergne and the top and bottom dishes ; vegetables (*assiettes volantes*) on the side-table are handed round. If the epergne is taken away with this course, then the small table-cloth or *overlay*, which is often placed across, to keep the cloth neat for the third course, is also removed.

The Third Course consists of game, pastry, confectionary,

* If not found very troublesome, it is well the corks be left in all the bottles :—at least they must be returned loosely. A genuine gourmet detests previous uncorking and decanting.—H. J.

the more delicate vegetables and salads dressed in the French way, iced puddings, compôtes of fruit, creams, jellies, &c.

Water-bottles, and often finger-glasses, are placed at proper intervals.

Malt liquors, and other common beverages, are called for ; but where hock, champagne, &c. are served, they are usually offered round between the courses. When the Third Course is cleared away, cheese, butter, a fresh salad, or sliced cucumber, are usually served, in respectable English families, who do not affect foreign manners ; and the finger-glasses precede the dessert. At many tables, however, of good fashion, it is customary merely to hand quickly round a glass, or silver vase or two, filled with simple or simply perfumed tepid water, made by the addition of a little rose or lavender water, or a home-made strained infusion of rose leaves or lavender spikes. Into this water each guest may dip the corner of his napkin, and with this (only when needful) refresh his lips and the tips of his fingers. At some refined tables, an antique silver or gilt vase, filled with perfumed water, and furnished with a gilt ladle, is placed on the table, from which each guest supplies himself into a sort of china plate or saucer fashioned for this use. This is quite oriental, and a decided improvement on the finger-glasses. Foreigners of the old *regime* cannot reconcile the use of finger-glasses with the boasted excessive delicacy of the domestic and personal habits of the English ; yet the custom is now adopted even on the Continent ; whence again some of our young fashionables and veteran men of travel have caught the filthy practice of eating with their fingers ; not merely salads and cheese, but oysters, devils, macaroni, &c. in this disgusting trick far exceeding their French and Italian masters ; what in foreigners is an unpleasant habit, being in their imitators bad taste, if not deliberate ill-breeding and effrontery. During the old *regime* the French moved from table to the ante-room to refresh their lips and fingers immediately after the substantial part of their repast. Madame the Comtesse de Genlis considered the abandonment of this practice, and the introduction of finger-glasses, as one of the most flagrant innovations of *parvenu* manners.

The Dessert may consist merely of two dishes of fine fruit for the top and bottom; common or dried fruits, or filberts, &c. for the corners or sides, and a cake for the middle, with ice-pails in warm weather. Liqueurs are at this stage handed round; and the wines usually drunk after dinner are placed decanted on the table along with the dessert. The ice-pails and plates are removed as soon as the company finish their ice. Where there is *preserved ginger*, it usually follows the *ices*; being then eaten to heighten to the palate the delicious coolness of the dessert wines. This may all be better understood by noting the following exact arrangement of what is considered a fashionable, though not very sumptuous, English dinner of three courses and a dessert.

A Fashionable Dinner of Three Courses, with
Cheese-Course and Dessert.

FIRST COURSE.*

Wine.	Turbot boiled.	Wine.
Wine.	Lobster Sauce.	Wine.
Wine.	Wine Vase.	Wine.
Wine.	<i>Epergne.</i>	Wine.
Wine.	Wine Vase.	Wine.
Wine.	Shrimp Sauce.	Wine.
Wine.	Soles Fried, or dressed two Ways.	Wine.

* The table may receive a fuller appearance from removes, and greater variety of fish-sauces, if wished for; but it must be kept in mind, that all our directions rather *exceed* than fall short of the proper; retrenchment being left to individual discretion. Besides the butler, who has his bill of fare before him on the side-board, lady hostesses sometimes have one on a china slate to refresh their memories. This is a clumsy device, besides making a toil of a pleasure to the presiding lady.

SECOND COURSE.

Turkey boiled or roasted with Truffles.

Wine.	Sweetbreads.	Stewed Mushrooms.	Currie in Rice border.	Wine.
	Chickens boiled.	Wine Vase	Ham glazed.	
Wine.		<i>Epergne.</i>		Wine.
		Wine Vase.		
Wine.	Cutlets, or Tendrons of Veal.	Venison Sauce.	Patties.	Wine.
		Haunch of Venison or Mutton.		

THIRD COURSE.*

Soufflé.

Apricot Jelly.

Sauce Tureen.

Small Pastry, or Omelet.

Macaroni Pudding.

Wine Vase.

French Salad.

Trifle ornamented.

Wine Vase.

Dressed Lobster.

Cranberry Tart.

Tartlets.

Sauce Tureen.

Pine-apple Cream.

Pheasant,
or other Game, roasted.

* In the above COURSE the jelly and the cream may be placed at the sides. The salad and a dish of prawns at opposite corners,— or asparagus, pease, or any nice appropriate vegetable dishes, dressed à la Française, at the other corners. There is no end to the ways in which tables may be varied.

Directions for placing the Cheese, &c. after Dinner.*

Shred Cucumber, or in ribbons.	British Parmesan, or Stilton, on a napkin.	
	Cheese Biscuits.	
	Butter, in forms, slices, or pats.	Salad.
	Cheese Rusks, or Toasts.	

Parmesan rasped, and
in a covered glass dish.

(Next come the *Finger-glasses*.)

THE DESSERT.

Lemon Ice.

Grapes.

Sugar Basin.

Cut Glasses.

Rose Soufflé Cakes.

Savoy Cake,
on an elevated Stand.

Wafers.

Cut Glasses.

Water Jug.

Melon.

Raspberry Ice.†

* See another way of setting out a Cheese Course, p. 71, or there may be two small dishes with butter on each side, and a silver bread-basket in the centre, in which rusks or cheese biscuits are served on a damask or fancy-netted napkin, which it is ever agreeable to see under bread.

† Ice is also handed round before the dessert. This dessert may be made more full by a few small dishes of wafers, brandy-scrolls, filberts, or dried small fruit. The French often serve cheese plain or grated, along with a plain dessert of fresh or dried fruits; and it is a good fashion.

BILLS OF FARE
FOR PLAIN FAMILY DINNERS.

DINNERS OF FIVE DISHES.

Pease Soup.

Potatoes browned
below the Roast.

Apple Dumplings,
or Plain Fritters.

Mashed Turnip
or Pickles.

Roast Shoulder of Mutton.

Haddocks baked, in a *Potato or Paste Border*.

Potatoes, or Mashed
Turnip.

Newmarket Pudding.

Rice or Pickles.

Haricot, Currie Hash, or Grill,
Of the Mutton of the former day.

Knuckle of Veal Ragout, or with *Rice*.

Parsnips.

A Charlotte.

Potatoes, or Turkey
or other beans.

Roast of Pork or Pork Chops.—*Sage Sauce*.

Boiled piece of Cod, with Oyster Sauce,
and Crab-pie, introduced as an *hors d'œuvre*.

Potatoes.

Barley Broth.

Carrots or Turnips.

Scrag of Mutton,
with Caper Sauce, or Parsley and Butter.

Cod Currie, a Fish-Pie or Fish *rechauffé*, of the Fish
of the former day.

Scalloped Oysters.

Rice-Pudding.

Mashed Potatoes, or
dressed Parsnips.

Roast Ribs of Beef.

Bouilli, garnished with Onions.

Marrow Bones, or a Bread Pudding.	Soup of the Bouilli.	Beef Cecils, of the Roast Ribs of the former day.
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Lamb Cutlets, with Cauliflower or Potatoes.

Vegetables on the Side-Table.

Potage of Rice.

(Remove—Fish in Brown Sauce.)

Stewed Celery.	Fruit Pie.	Spinage.
Fillet of Veal stuffed.		

Boiled Fowl, or Fricandean of Veal on Sorrel.

Currie of Mutton in Rice Casserole.	New England Pancakes.	Pease Pudding or Greens.
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Pickled Pork or Salted Beef.

Crimped Cod.

Shrimp Sauce.

Pigeons Ragout.	Soup.	Carrots or Turnips.
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Small Round of Beef with Greens,
or Breast of Beef à la Flamande.

Skate,
with Caper Sauce, or Parsley and Butter.

Cauliflower in Sauce blanche.	Hotch-potch.	Potatoes or Parsnips.
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Loin of Veal, Stuffed and Roasted.

*Good Family Dinners of Seven Dishes.**

Crimped Salmon.

Lobster Sauce.

Mashed Potatoes, in
small shapes, or sliced
Cucumber.Mince Pies or *Rissoles*.

Winter Hotch-potch.

(Remove—Apple-Pie.)

Oxford Dumplings.

Bubble and Squeak of
Veal of the former day.

Pickles.

Roast of Beef.

Irish Stew, or Harricot of Mutton.

Chickens.

Vegetables.

Fritters.

Apple-Sauce.

A Tongue on Spinage,
or a Piece of Ham.

Stubble Goose.†

Fried Soles.

Savoury Patties.

Onion Soup.

Salad.

(Remove—A Charlotte.)

Macaroni.

Sliced Cucumber.

Veal Sweetbreads.

Saddle of Mutton Roasted.

* Dinners may be served in two courses where there are so many good dishes; and where there is a high-bred cook many of the things may be served *en croustades*, *en timballes*, or as *vol-au-vents*.

† The cook must not forget to have fried or glazed onions on the side-board, notwithstanding the apple-sauce for the goose.—REDGILL.

Scotch Fish and Sauce.

(*Remove*—Cutlets à Chingara.)

Beetroot.

Apple-Puffs.

Marrow-Pudding.

Tartlets or Sweet Patties. Mashed Turnip or Green Pease.

Gigot of Mutton Boiled, and Caper Sauce.

(*Remove*—Roast Ducks.)

A Small Dinner in Courses, with Dessert, &c.

FIRST COURSE.

Mock Turtle-Soup.

Turbot.

Oyster, Lobster, or Fennel Sauce, and Cucumber sliced thick, disposed either on the Table or Side-board; and the Fish and Soup, with the Sauces and Wines, form the whole of the Course.

SECOND COURSE.

Pheasant.

Turnips shaped like Pears,
and glazed à la Française.

Calf's Brains.

Haunch of Mountain Mutton.

THIRD COURSE.

Macaroni.

Apricot Tart.

Vanilla Cream.

Orange Jelly.

Omelet Soufflé.

CHEESE-COURSE.

Stilton Cheese, on a napkin.

Butter in Ice,
or Moulded.

Silver Breadbasket.

Small Cheese Biscuits,
or Sliced Roll.

A Cream Cheese, or grated Parmesan,
in a covered cut-glass dish.

SECOND COURSE.

Sweetbreads fricasseed.
 Ginger Cream. Calf's- Feet Jelly
 Tourte, or Roasted Pheasant, or Game of any kind.

FIRST COURSE.

Civet of Hare as Soup.
 Stewed Giblets. Savoury Patties,
 or Calf's Ears.
 Breast of Mutton grilled.
Vegetables on the Side-Table.

SECOND COURSE.

Small Ham, *glazed and ornamented.*
 Asparagus, Victoria Pudding,
 with Butter Sauce. or Gateau de Riz. Stewed Celery.
 Small Turkey roasted.

Good Dinners of Seven Dishes—Two Courses.

FIRST COURSE.*

Oyster-Soup.
 (*Remove—Slices of Salmon with Sauce Matelote.* †)
 Small Fricandeau with Spinage, Sorrel, or Tomata Sauce. Tongue,
 or Small Ham glazed.
 Ducks in Ragout. Partridge Pie. Portuguese
 Mutton-Cutlets.
 Stewed half Rump or Fillet of Beef.

SECOND COURSE.

Moor Game.
 Dressed Lobster. Orange Sauce. Macaroni.
 Lemon Cream.
 Cauliflower in White Sauce. Mint Sauce. Apricot or Marmalade
 Tart, or Pudding.
 Fore Quarter of Lamb roasted.

* Many will prefer this dinner served in Three Courses. In Three it will still for a small party be a very plentiful dinner.

† Sliced Cucumber (which is eaten with Salmon, Cod, &c.) on the side-board, and also other vegetables.

BILLS OF FARE.

FIRST COURSE.

Fish.—*Pike, à la Isaac Walton.*
Sauce.

Veal Cutlets,
or Veal Olives.

Chicken and Ham Patties.

Cod-Sounds,
fried in Batter.

Giblet Soup,
or Crecy-Soup.

Curried Rabbit in
Casserole of Rice.

Sauce.
Roast Goose.

SECOND COURSE.

Veal Sweetbreads.

Snowballs, or Castle
Puddings.

Asparagus, with Butter.

Omelet.

Trifle, or Ornamented Cake.

Cheesecakes.

Roasted Birds.

FIRST COURSE.

Mullagatawny Soup.
(*Remove—Dressed Fish.*)

Macaroni Pudding.

Sauce.
Plateau.

Savoury Patties.

Potato-Balls,
or Jerusalem Artichokes.

Currie of Chickens
in Rice Casserole.

Sauce.
Roast Pig.

SECOND COURSE.

Green Pease.
Custards in Glasses.

Vegetable Marrow.

Plateau.

Jelly, with Apricots.

Cranberry Tart.

Cream in Glasses.
Ducklings, or Game.

Omelet, or *Œufs
pochés au jus.*

Dinner of Nine Dishes.

FIRST COURSE.

Ox-Tail Soup.
Sauce.

Dressed Turnip.
Boiled Turkey Poul.
Palates.

Curried Fish.
Sauce.

Boiled Rice.
Ham glazed.
Brocoli.

Haunch of Mutton Roasted.

SECOND COURSE.*

	Black Cock.	
Small Pastry.	Sweet Sandwiches.	Calf's Feet Jelly.
French Beans.	Trifle.	Lobster Salad.
Ginger or Lemon Cream.	Vol-au-vent of Fruit.	Meringles,
	Hashed Hare, or Venison.	

Dinner of Eleven Dishes.

FIRST COURSE.

	White Soup,—à la Reine.	
Stewed Pigeons.	(Remove—Fish.)	Lamb Chops and Cucumbers.
	Oyster Patties.	
Tongue glazed.	Plateau.	Boiled Chickens.
	Lobster Patties.	
Mutton Rumps and Kidneys, or Beef Palates.		Sweetbreads grilled.
	Mullagatawny.	
	(Remove—Loin of Veal, Vegetables handed round.)	

SECOND COURSE.

	Iced-cake with Preserved Fruits.	
Wine Jelly.		Dressed Lobster.
	Small Pastry.	
Stewed Mushrooms.	Plateau.	Buttered Apples.
	Small Pastry.	
Prawns in Jelly, or Plain.		Pistachio Cream.
	Partridges Roasted.	

* If the party is rather large, and the table long, the same number of expensive dishes may do; but they must be arranged down the middle, and at the sides, while a few trifling articles of pastry fill up the corners.

*Bill of Fare for St. Andrew's Day, Burns' Clubs, and
Curlers', Golfers', or other Scottish National Dinners.*

FIRST COURSE.

Friar's Chicken, or Scotch Brown, Leek, or Hare Soup.

(Remove — Braised Turkey,)

Brown Fricassee
of Duck.

Potted Game.

Minced Collops.

Salt Cod,
with Egg Sauce.

Haggis.
(Remove—Chicken Pie.)

Crimped Skate.

Smoked Tongue.

Tripe in
White Fricassee.

Salt Caithness Goose, or Solan Goose.

Sheep's Head Broth.

(1. Remove — Two Sheep's Heads and Trotters.)

(2. Remove — Haunch of Venison or Mutton, (with
Wine Sauce and Currant Jelly,) or a Salted Round with Greens.

SECOND COURSE.

Roast Fowls, with *drappit* Egg, or

Calf's Head dressed.

Buttered Partans.

Small Pastry.

Stewed Onions.

Calf's Feet Jelly.

Rich Eating Posset,
in a China Punch Bowl.

Blancmange.

Apple-puddings in skins.

Small Pastry.

Plum-Damas Pie.

Two Blackcocks, or Three Ptarmigan.

Public Dinner of Two Courses, of from Thirty-five to Forty Dishes, arranged in the French Style.

FIRST COURSE.

Were this extended to double the number, the dishes are to be extended in the same manner, and large joints introduced accordingly. The centres marked by the asterisks may have another remove according to circumstances, and different sauces may be added. This ought to be attended to throughout the courses.

	Rice Soup.	
Hot Savoury Pie.	(1. <i>Remove</i> —Turbot.)	Oyster Patties.
	(2. <i>Remove</i> —Turkey.)	
	Lobster Sauce.	Partridge Salmi.
Veal Sweetbreads.	Cold Ham Pie, decorated.	Fowl Pie, or <i>Chartreuse d'un†</i> <i>Salpicon de Volaille.</i>
Vegetable Pie.		Truffles.
Beef Palates.		Chickens, with Cucumbers.
Fricassee of Chickens.		Fillets of Mackerel, <i>à la Maître d'Hôtel.</i>
Veal Cutlets.		Brown Soup.
Green Spring Soup.		<i>Remove</i> —
<i>Remove</i> —		Stewed Beef.
* Roasted Lamb.		
Soles, <i>à la Ravigote.</i>		Mutton, <i>à la Ste. Menchould.</i>
Stewed Pigeons.		Ducklings Ragout.
Mutton Cutlets, <i>à la Soubise.</i>		Pork Cutlets.
	Game Pie, decorated.	
Fowl or <i>Capon</i> <i>aux huîtres.</i>	Caper and Currant Jelly Sauces.	Mixed Ragout.
Fillets of Partridges, <i>à la Portugaise.</i>		Boudins, <i>de Richelieu au Velouté.</i>
Patties.	Ox-tail Soup.	Larks, <i>in Vol-au-vent.</i>
	(1. <i>Remove</i> —Salmon. 2. Haunch of Venison.)	

† In arranging thirteen dishes upon one side, attention must be had to centres, which may be formed by larger or different-shaped dishes: attention must also be paid to their contents.

SECOND COURSE OF FROM THIRTY-FIVE TO FORTY COVERS.

Partridge Pie.

(Removed by a Cake.)

Spinage in Crust Border.

Jelly of Oranges.

Chickens
with White Sauce.Green Pease,
dressed.

Smoked Tongue.

Cherry Fritters.

Tartlets.

Olives.

Salad Herbs.

Rabbits.

Poached Eggs
in Gravy.*Perches au vin.*

Fried Soles.

Stewed Lettuce, or
*Laitues à
l'Espagnole.*

Young Pease.

Calf's Brains.

Remove—

Dish of Crawfish.

Plateau of Silver,
to be covered with Vases and Crystal Dishes
filled with Flowers, Confections, or crystallized
Fruits and Flowers.

Savoy Cake.

*Remove—*Mullet in Aspic
Jelly.

Young Beans.

Haricots,
à la Lyonnaise.

Smelts.

Small Pigeons.

Small Biscuits.

Ramakins.

Salad Herbs.

Olives.

Apples in Rice.

Stuffed Cucumbers.

Cauliflower or Sea Kale,
with Butter.Asparagus,
with Butter.

Rice Fritters.

Blancmange,
in small glasses.Artichokes,
*en Canapes.*Glazed Ham.
(Remove—Soufflé.)

DESSERT.

Preserved Pine Apple.

Preserved Oranges.

Nectarines.

Cherries.

Olives.

Preserved

Magnum

Bonums.

Cake Ornamented,
on a Silver Stand.

Pages.

Green.

Preserved

Olives.

Apples.

Preserved Citrons.

Peaches.

Melon Preserved.

This dessert, which by some may be reckoned scanty, by others profuse, and which we submit rather than recommend, may, at little expense, be enlarged by four small dishes, consisting of Macaroons, White Currants, Walnuts, Filberts, Wafers, &c. &c. nor does it preclude Ices and Preserved Ginger.

DESSERT OF FRESH FRUIT.

Grapes.

Sugar.

Apricots.

White Currants.

Cream.

Almond Biscuits.

Macaroons.

Sugar.

Red Gooseberries.

Nectarines.

Strawberries.

Though a dinner divided into courses is to be recommended, both for elegance and comfort, there are public occasions when convenience and economy make it necessary to place almost all the dishes at once. To arrange them so as best to distribute the several things served up, is all that a dinner of this substantial kind admits of. The soups may be placed either at the top and bottom or at the sides of the table; though, when there are large dishes of fish, the latter arrangement seems the more eligible. At a very long table four soups may be placed at the top, bottom, and sides, and the four corners be each furnished with a dish of fish; in which case the stews, boils, and roasts, are to be placed in change for the soups. Such an arrangement will better ensure to each guest a ready supply. The French call this sort of dinner an *Ambigu*;—at such dinners they remove only the soups to give place to the roasts, removes, and stews.

COMPANY SUPPERS.

THE ingenuity of the genteel economist is as often taxed to contrive supper things as in arranging dinners, which admit of less temporizing. Economy, good taste, and neatness, can however do much, even with slender means, where the chief organ to be propitiated is the eye ; for the lateness of modern dinner-hours has now, almost universally, changed suppers from a solid meal into a light showy refreshment.

It is said that ladies are the best critics in suppers, while gentlemen are better qualified to decide on the more substantial business of the dinner-table. Ladies are unquestionably more conversant with the things on which the elegance of a supper depends, — namely, the beautiful shapes and arrangement of china, glass, linen, fruits, foliage, flowers, colours, lights, ornamental confectionary, and all the other natural and artificial embellishments of the table. Articles, so beautiful in themselves, cannot fail, if tastefully disposed, to gratify the eye, however slender the repast with which they are intermixed.

When a formal substantial supper is set out, the principal dishes are understood to be roasted game or poultry, cold meats sliced, ham, tongue, collared and potted things, grated beef, Bologna sausage, Dutch herring, kipper, highly-seasoned pies of game, &c. &c. with occasionally soup — an addition to modern suppers which, after the heat and fatigue of a ball-room, or large party, is found peculiarly grateful and restorative. Minced white meats, lobsters, oysters, collared eels, and crawfish dressed in various forms ; sago, rice, the more delicate vegetables, poached eggs, scalloped potatoes, are all suitable articles of the solid kind. To these are added, ices, cakes, tarts, possets, creams, jellies in glasses or shapes, custards, preserved or dried fruits, pancakes, fritters, puffs, tartlets, grated cheese, butter in little shapes, sandwiches ; and the catalogue of

the more stimulating dishes, as anchovy toasts, grilled bones, Welsh, English, and Scotch rabbits, roasted onions, salsmagundi, smoked sausages sliced, many of the things the French name *hors d'oeuvres*, and those other preparations which are best adapted to what among ancient *bon-vivants* was called the *rere-supper*, or "supper next morning."

A supper table should neither be too much crowded nor too much scattered and broken with minute dishes. Any larder moderately stored will furnish a few substantial articles for supper on an emergency; and a few sweet things readily prepared, or purchased, with patties, shellfish, and fruits, will do the rest, if the effect of contrasted colours, flavours, and forms, be understood; and that light and graceful disposition of trifles which is the chief art in setting off such entertainments. Where small apartments, and crowded parties introduce the custom of standing suppers, the same *cold* dishes are suitable, served on high tables, and eaten on one's knee, or standing.

French wines have become an article of ambitious display at fashionable suppers, even in families of the middle rank. Where they can be afforded in excellence and variety, nothing can be more appropriate to a light, showy, exhilarating repast.*

DES DÉJEUNERS À LA FOURCHETTE.†

THAT change of manners which has introduced late dinners, and superseded hot suppers, has very much im-

* Solid supper articles will generally answer for luncheons or comfortable collations—and for that refreshment affectedly termed TIPPIN.

† THE DEJUENER A LA FOURCHETTE.

AN ODE.

There are the sausages, there are the eggs,
 And there the chickens with close-fitted legs,
 And there is a bottle of brandy,
 And there 's some of the best sugar-candy,
 Which is better than sugar for coffee.
 There are slices from good ham cut off,—he
 Who cut them was but an indifferent carver,
 He wanted the delicate hand of a barber.
 And there is a dish
 Buttered over ~~h~~ and fish, trout, and char
 Sleeping are
 The smooth ice-like surface over,
 There's a pie made of veal, one of widgeons,
 And there 's one of ham mixed with pigeons.

F

proved the modern breakfast. Besides the ordinary articles of eggs, broiled fish, pickled herrings, Sardinias, Finnan haddocks, collared eels, beef, mutton, and goat hams, rein-deer's and beef tongues, sausages, potted meats, cold pies of game, &c. &c. a few stimulating, hot, dressed dishes are, by a sort of tacit prescription, set especially apart for the *déjeuner à la fourchette* of the gourmand and the sportsman. Of this number are broiled kidneys, calf's and lamb's liver fried with fine herbs, mutton cutlets *à la Venetienne*, *Oxford John*, and many kinds of broiled and fried fish, and other *piquant*, and yet solid preparations. Receipts for these stimulating preparations of poultry, game, &c. will be found under the proper heads. In France, where it is the practice to take a cup of coffee either in bed, or in the bed-chamber the moment of rising, the breakfast, later than with us, is a sort of luncheon, or lighter dinner, but served *sans ceremonie*, and usually without a tablecloth; cold and hot dishes are served, the repast often beginning with oysters, and ending with a dessert of the fruits in season, with coffee, tea, and chocolate, and wines of course. When the *déjeuner à la fourchette* is in England an entertainment for company, the articles provided, with the addition of tea, coffee, chocolate, and all kinds of breakfast bread, &c. do not materially differ from those of a fashionable supper. And it is served in two courses. The following is an example:—

Marriage, Christening, or Public Breakfast, à la fourchette.

- | | | |
|--|---|-------------------|
| | Tea Urn. | |
| | Lemon Cakes. | |
| Potted Salmon decorated. | Butter in Ice. | Ham in Jelly. |
| Partridges. | Caramel Basket of Bon-bons, containing Mottoes, &c. | Potted Char. |
| Perigord. | | Anchovy Butter. |
| Preserved Ginger. | Preserved Pine, melon, or Cucumber. | Strawberry Jelly. |
| Ginger Cream. | | Meringles. |
| Pastry Sandwiches, with Marmalade, Jams, &c. | | |

Chocolate.

Water Urn.

Platenn ornamented; or if for a Marriage or Christening Breakfast, a Bride's Cake or Christening Cake, with Flowers, &c. &c.

Water Urn.

Milk Coffee.

- | | | |
|---------------------------------------|--|-----------------------|
| Tartlets. | Preserved Oranges, or West India Fruits. | Perfumed Biscuit. |
| Almond Butter, or piece of Honeycomb. | | Preserved Greengages. |
| Wine Jelly. | Caramel Basket, filled with Confectionary. | Coffee Cream. |
| Potted Pigeons. | | Potted Lobster. |
| Tongue in Jelly. | Butter in Ice. | Turkey in Jelly. |
| | Orange-flower cakes. | |
| | Coffee Urn. | |

N.B.—Cream and Sugar, in cut glass jugs and dishes, may be presented in proper places. Game and lobster salads may make part of the dishes, and venison is an appropriate luxury. Ice-pails may, in hot weather, be placed on the table. Plovers' eggs hot, in a napkin, or cold, laid in moss, are pretty: Gulls and other wild birds' eggs often supply their place. At such entertainments, the lighter Dessert Wines are used, and also Liqueurs. Those useful if vulgar commodities, buttered toast, rolls, muffins, cutlets, eggs, &c., may find a place on the side-table. The articles above, with the addition of fresh fruits, pastry, preserves, and more wines and liqueurs, will afford an elegant cold collation. At the *déjeuner* of the sportsman, the tea and coffee are not expected to make their appearance till the solids, namely, the broiled kidneys, fish, steaks, cold game, &c. &c. are removed.

PART SECOND.

CHAPTER I.

BOILING AND STEAMING.

O! for some forty pounds of lovely beef
In a Mediterranean sea of brewis!

Spanish Curate.

[When studying the receipts of this Chapter, read along with them those for made-dishes, and French dishes, of the same kind of meat, fish, or game.]

BOILING, though not the first invented, is certainly the easiest of all culinary processes; and for this reason, it is often the worst performed. After what has been said in the Introduction, we would disdain to waste words on the careless housewife or greasy Joan, who requires again to be told, that order, arrangement, thorough-going cleanliness, and neatness all but finical, is indispensable in this, as in every other branch of Cookery. Taking it for granted, then, that the fire burns clear, that the hearth is neatly swept, that the pots and stew-pans, of cast-iron, in preference to copper, (the *Carron goblets* of Scotland and the saucepans of England and Ireland,) are of proper size, clean, well-tinned, and covered with close-fitting lids, we proceed with a few general rules for *boiling*.

All meat, whether fresh or salted, smoked or dried, is best put in with cold water. For fowls or white meats, the water may be a little heated, and also for salted meat when there is danger of it freshening over much in coming slowly to boil. Gradual heating softens, plumps, and whitens the meat, and facilitates the separation of the scum, on the removal of which the goodness, as well as beauty of soup and boiled meat so much depends. Salt facilitates the separation of the scum. Carefully watch

when the first thick scum rises; take the pot from the fire, if necessary, to remove the scum completely; throw in a little cold water, which will check the boiling and throw up what scum remains. — *This is the first step by which Soups, Gravies, and Sauces are best cleared and refined.* — When the skimmed pot must be *eked*, let it be with boiling water. Milk, and floured cloths as wrappers, are often employed in boiling white meats and poultry, to make them look whiter. The practice is questionable. Soaking in cold or lukewarm water, or, according to circumstances, *blanching*, careful skimming, and slow boiling, especially at first, are equal to any other method. Yet a leg of mutton, or fowls, may sometimes, with advantage, be boiled in a floured cloth. No certain rule can be given for the length of time necessary to boil meat or fish. Dried tongues, for example, or hams, will take double the time to *simmer* which will boil a fresh leg of mutton; and, again, these will differ from each other, from hardness, while a piece of pork, though a little salted, will take longer to boil than either veal or lamb. Of all meat the hind-quarter, from the solid and compact texture of the fibre, will require longer boiling or simmering than the fore-quarter. The state of the weather, so important in roasting, less affects things that are boiled. As a general rule, liable however to many exceptions, from 15 to 25 minutes of time, and a quart of water, (less where strong soup is wanted,) is allowed by cooks to the pound of fresh meat; and from 25 to 35 minutes for salted meat, with a fourth more water.* But no length of boiling will ever make dried meats fit to be eaten, without sufficient previous soaking. This is emphatically true of goat and pork hams, rein-deer tongues, dried fish, &c. Capital blunders are often performed in this department; and provisions which excel all others for relishes, breakfasts, and luncheons, are made good for nothing but to

* There is palpable absurdity in this universal culinary rule. A quarter of an hour will not be nearly enough of time to boil one pound of meat, nor a half hour to boil two, still less three quarters of an hour for three pounds. But, again, twelve hours' boiling would destroy forty-eight pounds. It must be kept in mind that large joints expose corresponding surfaces to heat, whether in pots or on spits.

try the temper, and break the teeth of the eater, who might as well diet upon "spur leather whang." Smoked and dried meats and dried fish sometimes require to be soaked from one hour to four or five days, changing the water often; or, what is better, where there is a run of fresh water, steeping the meat in it, or in the trough of a pump. In some circumstances, salted or spiced meat should be left to soak for hours in the liquor in which it was boiled. Some good cooks like the subsequent steep better than much previous soaking.

Meat must have time to imbibe salt; but frequent rubbing and a warm temperature will hasten the process.—In brief, well-tinned clean pots,—thick in the bottom to aid in maintaining an equal temperature,—a clear fire, well washed, and if salt, soaked viands, gentle boiling, and most careful skimming, are all the rules that can be given to ensure well-dressed boiled dishes; for the length of time in previous soaking, and subsequent boiling, or rather *simmering*, must in almost every case be determined by the size, the condition, and the nature of the provisions.—*Obs.* What goes under the general name of *pot-liquor*, particularly that in which fresh meat or poultry has been boiled, may be applied to many useful purposes, for which directions will be given.

Professed cooks, and works which treat of Gastronomy, uniformly enter a protest against any sort of vegetables being boiled with meat to be served at table, except carrots,—a rule this which the Cleikum Club thought more honoured in the breach than the observance. Watery vegetables, boiled in water and served in wateriness, find no favour in the French kitchen. Common sense, and indeed common practice, discards them.

There is an adaptation, a *natural affinity*, between certain vegetables and roots, and certain pieces and kinds of meat. A cook who would excel in her profession, ought, day and night, to study this doctrine of *coherence* and *natural affinity*. Who would dissever from the round of salted beef, the carrots, greens, or cabbage, which become part and parcel of it as soon as it reaches the pot? If, however, from reasons of economy, it is wished to pre-

serve the liquor for other purposes, a quantity of it may be put into a separate vessel, and the greens boiled there. The pot may have the top-fat taken off to enrich the water in which the greens are boiled, without any loss of pot-liquor for soup; and the cook's objection, that green vegetables spoil the meat, may be thus obviated.

Salted or spiced beef, with suitable roots and vegetables, is one of those cut-and-come-again family dishes, which, from November till March, every sensible man hails with pleasure, whether on his own or his friend's table. To dress it in the best manner is therefore well worth the attention of the cook, the economist, and the judicious epicure.—See *Salting*.

Steaming.—In large families and large establishments, *steaming* is found a very convenient way of preparing food; and to a limited extent it is useful and practicable in every kitchen, for small steamers may be attached to any range; and at all events every body may have a saucepan with a Rumford steamer to fit it, or a large kettle inserted over the boiler of the range, in which small saucepans with drainers and close-fitting lids may be inserted, in which to place the meat. But an apparatus of this kind, of different forms, may now be seen at the ironmongers; and as we have said of new-fashioned ranges, frying-pans, gridirons, &c. &c., let them first be carefully examined, and tried, and get the opinion of those who have used them for some time. Steaming has much to recommend it to the cook, were it only that it saves her much trouble and also from being scorched by a furious fire. Yet good cooks do not like the process; and there are grave doubts whether dishes *steamed* are as savoury as when cooked by the old method. The cooks at Buckingham Palace, the City Club, the Albion Tavern, &c., allege that neither meat nor fish are so well cooked by steam as by boiling in water. This does not apply to many preparations, such as jugged hare, stuffed oyster of veal, &c. &c. And steaming in numerous cases has much to recommend it. In small families, a *bain marie*, or a piece of hot plate over the grate, with a few embers below, will be found useful for small sauce-pans, in which are sauces and ragouts, and generally for articles

that would *stew* to advantage, and which are not apt to be overdone, as kidneys, jugged hare, and salt tongues. Where steam is employed on any scale, the steamers must, of course, be kept thoroughly clean, and the fire must be so managed as to keep the water in the boiler of the range boiling strongly. Things to be *steamed* are cleaned and prepared exactly as for boiling or stewing. Several articles may be cooked in the same steamer, as veal with pickled pork under it; or pease-pudding tied up, and carrots laid to one side. The same steamer may have small saucepans fitting into the lid, in which apple-sauce, for example, or parsley may be cooked, or butter melted. If the steamed meats are of suitable kinds, the liquor which must occasionally be drawn off by the tap of the steamer, will make good soup when it is allowed to cool and the cake of fat is taken off. Steaming requires as long time as boiling.

Cooking by Gas.—Some years since we had great hopes of the success of cooking by *gas*, which must have been of immense convenience to small families where gas is used for lighting. We regret to say that no progress has been made: gas cookery is still not only unsatisfactory, but expensive.

CHAPTER II.

1.—TO BOIL A ROUND OF BEEF.

A ROUND or rump of salted beef may be boiled whole, or the round may be divided into two or three pieces, according to the size of the joint, and the number of the guests or family. [For *salting it*, see No. 1183.] It is a common error to boil too much of a large ham or round at once. If boiled whole, the bone may be cut out; if divided, it is desirable to give each piece an equal proportion of the fat; the *tongue*, or *silver* side is the best. Wash the meat, and, if over salt, soak it in one or more waters till it be sufficiently freshened. Skewer it up tightly, and of a good

shape, wrapping the flap or tongue-piece very firmly round; and then bind it with strong tape, or fillets of linen. The pot should be roomy, and the water should just cover the meat. A fish-drainer is convenient to boil this and other large pieces on. Heat gradually; take off the scum, (of which a great deal will be thrown up,) till no more rises, and throw in cold water to refine the liquor farther, and scum again; cover the pot close, and boil slowly, but at an equal temperature, allowing about three hours to from 12 to 16 pounds, and from that to four or five hours for a weightier piece. Turn the meat once or twice in the pot during the process. Put in carrot and turnip about two hours after the meat. If the liquor is to be afterwards used for pease or potato soup, the roots instead of hurting will improve the flavour. Greens may be boiled in the same pot, but much better separately in some of the pot-liquor. When the meat is dished, ladle up some of the liquor to wash it, and with a clean sponge, or a cloth moistened in the pot-liquor, take off any scum or films which will often hang about salted meat; replace the skewer that holds the flap with a plated or silver one; garnish with large sliced carrots (or with greens or cabbage instead,) and serve greens in separate dishes.

Obs. The dry outside slices are to be laid aside by the carver; the meat must be cut in smooth, thin, horizontal or diagonal slices, keeping the surface level. The soft fat eats best when the meat is warm, the firmer fat when it is cold; but the taste of the guests must be the carver's guide. By good management this meat will in cold weather keep for a fortnight or more. Cover it with several folds of soft cloth. Cut off a thin slice from the outside before it is at any time presented at table, or on the side-board. If underdone, the meat, after keeping some time, may be put into pot-liquor, and get from 15 to 35 minutes' slow boiling. This receipt is equally applicable to every piece of salted beef, whether ribs, brisket, edge-bone, or heuckbane. In England a few suet or plain flour-dumplings, or what are provincially called *dough-boys*, are often boiled with the round and served with it "hot and hot." The Reform Club authority suggests that when to be presented cold, the round taken from the boiling pot should be plunged into *ice*, or several courses of spring water to freeze the surface and retain the juices.

2. BOILED BEEF, OR BOUILLI ORDINAIRE.

THIS is another plain family dish,—boiled fresh beef;

but as economy, good sense, and, what is the same thing, good taste, reject this mode of dressing beef but in conjunction with the soup, which forms the better part of it, we leave the *Bouilli* till we give it along with *Bouillon*, though obliged, for connexion's sake, to notice it here. See No. 389, and *Obs.*

3. TO BOIL LEG OF MUTTON WITH TURNIP, &c.

A LEG OF MUTTON—the *gigot* of the French and Scottish kitchen—may be kept from two days to a week before boiling. The pipe, as it is technically called, must be cut out, and the mustiness which gathers on the surface, and in the folds and soft places, daily rubbed off. It is whitest when quite fresh, but most delicate when hung a week in the larder, though not so long as to allow the juices to thicken, and the flavour to deteriorate. Mountain-wether mutton, from four to five years old, is by far the best, whether for boiling or roasting. Choose it short and thick in the knuckle, and of a pure, healthy, brownish red. Chop but a very small bit off the shank; if too much is taken off, the juices will be drained by this conduit. If you wish to whiten the meat, blanch it for ten minutes in warm water, or boil it in a floured cloth if you like. Simmer it in an oval-shaped pot that will just hold it, letting the water come very slowly to boil. Skim carefully. Boil sliced carrots and turnip with the mutton, and the younger and more juicy they are the better they suit this joint. Be sure never to run a fork or any thing sharp into the meat, which would drain its juices. *All meat ought to be well done*, but a leg of mutton not *overdone*, to look plump and retain its juices. About two hours of slow boiling will dress it. Garnish with slices of carrot. Pour caper-sauce over the meat, and serve mashed turnip or cauliflower in a separate dish. Some good country cooks serve the turnip as a *purée*, that is, a thin mash made with cream, under the mutton; and as, in carving, the native juices are all caught by the vegetable sauce, the practice, though not general, is commendable; but where it is followed, the caper-sauce, if served at all, must be kept in a sauce-boat. Turnip-sauce, *i. e.* a very thin *purée*, or mash, is sometimes poured *over* the joint. If chickens or

fowls are wanted for the same dinner, they will boil in a cloth with great advantage along with the mutton, before the roots are put to it, or in some of the liquor in a separate pot.—*Obs.* This joint, above all others, should be boiled slowly to eat well. The liquor in which fresh mutton is boiled is valuable for broth; and it is a common family practice in Scotland, to make barley or rice broth at the same time the leg is boiled. When broth is to be made put in the barley at first; lift out the meat after an hour and a half's boiling; cover it up to keep warm; take the lid off the pot, and suffer the liquor to evaporate by rapid boiling, till what remains is strong and good, and the broth of a proper consistence. Cut some of the roots into small dices, and put these, with a head of celery cut in fillets, and a little shred parsley, to the broth; return the mutton, and boil gently for a half-hour longer. A *gigot* is an excellent and most economical joint, capable of being turned to many purposes. It may be dressed as chops, and the best balmy, mellow, barley or rice broth made of what remains. It may also be roasted, or baked, or cured as ham, or, if a large gigot, a fillet may be stuffed and roasted, and the knuckle used for barley or rice broth. In French cookery, parsley, onions, and sometimes a clove or two of garlic, are boiled with this favourite joint. It is then glazed and served on a Sauce *Espagnole*.—See *French Cookery*, Part III. Chap. ii.

4. TO BOIL A SMALL SCRAG OF MUTTON, OR BACK RIBS,—
An Economical Dish.

WASH, trim nicely, and simmer from five to seven pounds of the neck slowly for two hours, making broth as in last receipt. Use the trimmed-off bones. The scrag may be taken up and finished with egg and bread crumbs, in the American oven, like dressed lamb's head, thus making a nice cheap family dish, and soup also. Garnish the dish with carrot, or turnips cut; and pour over the meat caper-sauce, or parsley and butter. Serve mashed turnip or cauliflower.—*Obs.* Pouring the sauce over boiled dishes, besides improving their appearance, is often to be preferred, because, in carving, the juices of the meat,

the natural sauce, flow out and mingle with the prepared relish, "each improving each."

This joint, in point of economy, comes next, if not before the gigot. The scrag (Captain Booth's favourite dish—*vide Fielding's Amelia*) or the neck alone, makes excellent barley or rice broth, or it will stew. The ribs will do the same; or make Chops, Currie, Haricot, Irish Stew, or Pie.—See *Made Dishes of Mutton*.—French cooks take two necks for this dish, but their mutton, lamb, and veal, are generally smaller than ours. They saw off the bones; steep the meat in olive oil, pepper, salt, and sliced onion, and lard it with blanched minced parsley. A boiled *shoulder* of mutton, or of veal, is very good with white onion-sauce poured over it. A scrag of lamb is done as above.

5. TO BOIL A LEG OF LAMB.

LAMB must be boiled slowly to look plump and white; and is served with brocoli, spinage, turnip, or cauliflower. Garnish with sprigs of cauliflower. The loin may be cut in steaks and nicely fried, and served round the boiled leg with crisped parsley.—See *Made Dishes of Lamb*.

6. TO BOIL VEAL.

VEAL, save the gristly parts, when plainly boiled, is too insipid to be much relished. But variety, economy, and veal broth or gravy, sanction this mode of cookery. Boiled veal looks detestable when slobbery and red-coloured; and to prevent this, particular attention must be paid to the boiling. It is eaten with bacon, or *sausage*. *Sauce*—Parsley and butter, onion-sauce of young onions, or any favourite *piquante* sauce.—See *Made Dishes of Veal*.

7. TO BOIL VENISON.*

A NECK, and even a haunch, is sometimes boiled. Let it hang from three days to ten. Boil it as mutton. It is eaten with turnip or cauliflower, with which last garnish. *Sauce*—Melted butter, and a little of any of the flavoured vinegars you choose.—See *Venison Soup*; see also *Civet de Chevreuil*.

* It is only in the hunting-grounds of America that one could bear to hear of venison so scandalously cooked; but when very plentiful it may be made into soup, which possesses the *wild* flavour so prized by *les hommes de bouche*.

8. TO BOIL POULTRY.*

In picking, be careful not to break the skin. Let the fowls hang from two to five days ; for the most delicate fowl will be tough and thready if too soon dressed. When to be used, draw, singe without blackening, and wash thoroughly, passing a stream of water again and again through the inside. Boiled fowls must be very neatly trussed, as they have small aid from skewers ; and nothing can be more indecorous than to see unfortunates on the table—

Whose dying limbs no decent hands composed !

Put them on with plenty of water, a little warmed, in a floured cloth if you like. Having, as usual, skimmed very carefully, simmer by the side of the fire from thirty-five minutes to an hour and half, according to the age and size of the fowl. A small tureen of very good barley or rice broth, seasoned with shred parsley and young onions, may be made at the same time, if a shank, or small cutlets of neck of mutton be added ; which last may be frugally served in the broth. Some good cooks put fresh suet and slices of peeled lemon to boil with fowls if lean, but larding is better. White-legged fowls are most worthy of attention, whether for eating or appearance.

The St. Ronan's sauce for fowls was either the national

* So little is the proper keeping of fowls previous to dressing attended to in country inns and families, that, warned by experience, the arrival of a stranger is the signal for the whole poultry in some places to run off and burrow among the nettles, to eschew their fate for yet another day. The bounty of a penny sterling, which travellers have sometimes heard offered on the head of "the old cock to make brandered *chickens* for the gentleman's dinner," is often earned with the sweat of his brow by the gallopin loitering about the inn-door, so knowing do those old stagers become.—As a house for the wayfarer, and the solitary chance-traveller, poultry was at all times a main article in the larder of the *CLERKUM*, where great dinners and numerous dishes were seldom required. So plump, so white, so tender were the fowls, whether boiled or roasted, and the chickens, whether *brandered*, or dressed as *hou-tou-die* or *Friar's Chickens*, that Mr. TOUCHWOOD, so tenacious on other points of the art, gave up this department entirely to MEG herself, reserving only some practical directions for curried fowls, and the feeding and fattening of young poultry, which will be found in another section of this erudite work. "Take the fattest and youngest *eerocks*," (yearlings,) said MEG, "and the whitest, — for a white skin is a good sign, whether of beast or body."

“drappit egg,” *egg-sauce*, parsley and butter, or, if the fowls were of a dark complexion, *liver-sauce*, as a veil of their dinginess. TOUCHWOOD chose *celery-sauce* for fowls, and *oyster-sauce* for turkey; JEKYLL preferred *lemon-sauce*, but often joined the Nabob. The best sort of stuffing or forcemeat for poultry was the cause of many disputes. MEG long stood out for sweet stuffing for her turkeys, orthodox *apple-sauce* for her goose, and a sweet pudding in the belly of her sucking pig. After a feud which lasted three days, the belligerents came to a treaty on the old basis of the *uti possidetis*, though the best stuffing for boiled or roasted poultry or veal was agreed to be this,—

SAUCE AND STUFFING FOR BOILED TURKEY, FOWLS, OR VEAL.

“CRUMBS of stale bread, two parts; suet, marrow, or fresh butter, one part; a little parsley, boiled for a minute, and very finely shred; the quarter of a nutmeg grated, a tea-spoonful of lemon-rind grated, allspice and salt,—the whole to be worked up to a proper consistence, with two yolks of eggs well beat.” If for *roasted or boiled* turkey, pickled oysters chopped, ham or tongue grated, and eschalot to taste may be added. MEG’s sweet stuffing was made by discarding the parsley, ham, oysters, and tongue, and substituting a large handful of currants, picked, rubbed, and dried, as for puddings.

[A common and an approved smuggling way of boiling a pullet or *how-toddie* in Scotland, was, in a well-cleaned haggis-bag, which must have preserved the juices much better than a cloth. In the days of Popery and good cheer,—and they were certainly synonymous,—though we do not quite subscribe to the opinion of Dr. REDGILL, that no Presbyterian country can ever attain eminence in Gastronomy,—in those days of paternosters and venison pasties, stoups of untaxed claret and oral confession, a pullet so treated was, according to waggish legends, the secret regale provided for Mess John by his fair penitents.—Vide ALLAN RAMSAY’S “*Monk and Miller’s Wife*,” or “*Friars of Berwick* ;” also, “*Traditions of the Cleikum*,” and “*Bughrigg’s Wife’s Receipt for ‘Ane capon stewed in brewis.*” —Butter, shred onions, and spice, were put in

the bag along with the fowl, and formed the sauce, or else oysters with their liquor strained.]

9. TO BOIL BACON.

BRING slowly to boil, and simmer for at least two hours. When ready to serve, strip off the rind, and dry the meat with a red hot shovel, or salamander, or set it in the oven to dry up the oozing fat. Dredge bread-raspings over it.

10. TO BOIL A HAM.*

A LARGE ham is seldom boiled at once, but whether in whole, or in part, it must be treated in the same way. Pork is so well adapted to salting that though kept for years, it does not become so hard or tough as beef or mutton would do in half the time. The main point is the *soaking*, which the discretion of the cook must proportion to the hardness and saltness of the meat. If *very old*, briny, and dry, it will require from three to four days, in and out of the water, to soften and become mellow. The night before it is boiled, pour lukewarm water over it, scrape it very well, trim off all rusty ill-looking bits. Put it in an oval kettle with plenty of water. Let it soak for an hour or two before coming to the boil,—then quicken the boil, and skim. Then let it simmer slowly by the side of the fire for from two to five hours, according to the weight. When done, pull off the skin neatly and keep it to cover the ham when set by cold; strew bread-raspings (and many pour spirits) over it, and place it on a hot dish set over the pot before the fire, to brown and crisp. It will crisp easier if put in an oven to dry up the oozing fat. Twist a fringe of writing paper neatly round the shank, if not sawed off, which is much better. Garnish if you choose with old-fashioned greens, or strew raspings in little heaps on the ledge of the dish; or dish it over dressed Windsor beans.—See *Glazing*. We have seen fresh ham admirably done by a quick boiling of one hour, and then toasting in the American oven, after it is skinned.

* A Hamburg or Westphalia ham requires longer soaking than one of Bayonne, or one home-made.—We back a Westmoreland or Yorkshire, a Gloucester, Wiltshire, or Dumfries-shire ham, well fattened and properly cured, against all the hams in the world.—P. T.

11. HAM WITH MADEIRA.—*The French Jambon Braisé.*

TAKE a small fresh North of England ham. Saw off the knuckle, or the ham may be boned if wished. Let it soak if likely to be briny, and simmer it for an hour; then drain, trim, and dry it. Lay it in a *braising* pan, or oval-shaped stew-pan that will just hold it, and in which you have previously laid slices of veal, carrots, onions, parsley, and spices. Pour in some good broth, (about a quart,) and a bottle of Madeira. When done for an hour take off the lid, and let the *braise* reduce. In a half-hour more, probe to try whether the ham is done. Drain and skin, and dry it in the oven. Glaze with *veal glaze*; serve the *braise* liquor, well reduced, and skimmed as sauce. — *Obs.* Ham may be *glazed* enough by sifting fine sugar over it, and holding a red hot poker above; but *sweet glaze* is, in our opinion, not suitable to meat dishes. The French often serve *braised* ham over spinage, or mashed, *i. e.* a *purée* of turnips, or other vegetables; but it is seldom served in England save with Windsor beans.

12. HAM WITH WINDSOR BEANS.

BOIL the ham as directed in No. 10, and serve it trimmed and skinned, over Windsor beans, boiled in salt and water, and tossed up in melted butter.—*Obs.* This, which is just the French ham à l'essence, will keep longer than a round of beef, and is an excellent and serviceable article at all hours. When cold, keep as directed for a salted round of beef, using the skin instead of cloths. The outside slices pared off before the meat is served, can be kept for culinary purposes. The liquor in which the ham was boiled may be strained; and if you manage to have fowls or a knuckle of veal dressed on the following day, both liquors may be rapidly boiled down together, with pepper, mace, eschalot, and sweet herbs, when the result will be a rich and highly-relishing gravy for culinary purposes. Or plain pease or carrot soup may be made of these mixed liquors. — See *Potted Meats, Pease Soup, Ham roasted, and Sandwiches.*

JEKYLL was intolerably eloquent on *ham sauce*, and astounded even Touchwood by anecdotes of a *grand*

gourmand, a man of *ultra gout*, who, pursuing THE SCIENCE as one of the fine arts, soaked his Westphalia hams in Rhine-wine, and baked them in French wine, with aromatics. "It was a fine thing," as the Irishman said, "to be a pig in them times." If a ham is tolerably fresh, it will bake very well. It must be soaked as for boiling. The colour will be better than when boiled, and the flavour higher. But Mistress Dods, who detested that new and unnatural practice, said it was "dried to a dander;" and TOUCHWOOD dropped the point, as he could not think of bestowing a libation of Rhine-wine on a Porker of Westphalia, (see Ham with Madeira;) and distance from the metropolis made it impossible to procure *Essence of Ham*, a high-flavoured commodity sold at the London Eating-houses, which he not irrationally concluded might make an admirable substitute for wine, and be afterwards applicable to every purpose for which *Essence of Ham* is used. His experiment is worth trying.—*French Mode*. In France, hams are boiled deliciously, wrapped in a cloth with carrots, onions, garlic, cloves, bay-leaves, parsley, thyme, and basil. When enough done, the cloth is tied more firmly, and when cool, the ham is dressed as in No. 11, and served on a napkin. The French also roast hams, and have the *Paté de Jambon*.

13. BOILED BACON OR PORK.

ALL pork to be boiled should lie in salt at least two days previous to dressing. Pork requires more boiling than other meat. Small pork is the most delicate to boil fresh. Pork throws up a greasy scum during the whole process, which must be constantly removed. *Serve* with pease-pudding or bean pudding, or parsnips, boiled in the same pot.*

* Dr. REDGILL, professionally devoted to benevolence and Christian charity, made a long oration on the value of pork liquor for soup to the poor; *charitable soup*, *economical soup*, dealt out in copious libations to old women, as often as very salt or very fat pork was boiled in the Doctor's kitchen. The idea was nauseous to every other member of the Committee. TOUCHWOOD asserted, that even COBBETT, that enthusiast for hog's flesh, disclaims *pork broth*. REDGILL, on this hard push, brought forward his battle-horse, Dr. KITCHINER, — in vain, — was left in a minority of one, and the hogs got their natural perquisite. The liquor of young pork not long in salt will, however, make tolerable pease-soup, to which a strong subduing relish of celery and onion should be given. Cabbage and greens of all sorts may be boiled with advantage in pork liquor. Also bean or pease pudding.

14. A LEG OF PORK TO BOIL.

CHOOSE a nice, small, compact, *well-filled* leg. Salt it, rubbing hard, lay it in pickle for a week; and boil and serve along with pease-pudding, boiled with it, and savoy's or green cabbage.

15. TO BOIL RABBITS, PARTRIDGES, PHEASANTS, SNIPES, WILD DUCKS, AND OTHER GAME.

BOIL as directed in No. 8; or in fresh veal or mutton-broth. For Partridges, Pheasants, &c. use the same *sauces* as directed for them when roasted; garnish with crisp parsley, slices of lemon, or green pickles. — *Obs.* Though game of all sorts is occasionally boiled, the Committee of the Cleikum did not patronise this mode of dressing, except for rabbits. Stewed rabbits, which must be neatly trussed, are best smothered with a thick, mild onion-sauce, though sometimes a *liver-sauce* is made thus: Boil and bruise the liver; add veal or other gravy to some of the liquor in which the rabbits were boiled. Thicken with flour, and a good piece of butter, and some parsley shred very fine. Season with mace and allspice. Garnish with sliced lemon. *Onion-sauce* is also often used for boiled goose and ducks, in preference to less piquant compositions. Rabbits will take a full hour of slow boiling; birds according to their size.—*Study page 93.*

16. TO BOIL TRIPE AND COW-HEELS.

UNLESS in country places, or where families kill their own beef, tripe is usually bought from the butcher, or else ready-boiled at the *Tripe* or *Cow-heel* shops. It requires very long boiling—from six to nine hours of *simmering* by the fire, or, as is very good practice where kitchen-fires are *gathered*, it is left over a slow fire for a whole night. Tripe requires endless cleaning, and is best managed at a river-side. Afterwards, to assist in the cleaning and blanching, a piece of quicklime may be dissolved in the water in which it is scalded and scraped; but tripe so blanched will become ill coloured in the boiling. Tripe, like chickens, veal, &c. may be whitened by rubbing it with lemon-juice, where expense is no object. The scalding must be frequently repeated. When bought in the shops, choose it thick, fat, and white, and see that it be

fresh. The best way of keeping tripe after it is boiled, is to allow it to jelly in the liquor in which it was boiled. When to be dressed, pare off the fat and films, and wash it with warm water. Cut it into pieces about the size of small cutlets, and simmer in milk and water till it is quite soft and tender, and the sauce thickish. Peel and boil a dozen white, firm button onions. Dish the tripe in a deep steak-dish or small tureen, and put the onions to it, taking off the surface-skin if they look black.* Many persons prefer tripe boiled plainly in water, and served with *onion-sauce* and mustard; others boil it in veal broth, or put a fresh beef-bone or veal-shank to the water, and some bake it in milk, and serve onion-sauce separately.—See *Glasgow and Birmingham Tripe*. No. 56.

French Mode.—In modern French cookery, tripe, after being boiled and whitened with lemon-juice, is cut in strips and stewed in white sauce, or strong white broth, for four hours. It is then served either in a sauce à la Poulette or in sauce Italienne blanche. In old French cookery, the tripe, when boiled and cut in bits, was stewed in cullis with all sorts of herbs, onions, and chives, a glass of wine, and a little tarragon. When the sauce was thickened, a little made mustard was added, and the whole strained, heated, and poured over the tripe.

Cow-HEELS are generally cleaned before they are bought. They require from five to six hours' boiling. If to be dressed, cut them into neat bits, egg and crumb these, brown them, and serve round slices of Portugal onion fried, and laid in the middle of the dish. *Sauce*,—melted butter, a tea-spoonful of made mustard, and a very little vinegar, or parsley and butter.—See *Potted Heels, Fried and Fricasseed Tripe, &c.*; also *French Cookery, National Dishes, and Kelly's Sauce*.

The fat skimmings of Cow-heels and Cow-head are the best adapted, for frying or basting, of all boiled fats. They, indeed, afford a very rich oil, which is sometimes even

* Dr. REDGILL, to the above, added a bit of butter rolled in flour, and put into the sauce, half an hour before it was taken off the fire, a large tea-spoonful of made mustard, or the same quantity of mushroom-catsup, and the onions, previously parboiled, or fried in butter. This original variation was highly approved of.

burned; and the perfumers draw largely upon them for commodities of high name. Calves' feet jelly, so named, is often made both of Cow-heels and Tripe; indeed the former affords a much stronger jelly than the article whose name it usurps. A good glaze is made of Cow-heels, which also afford a good cheap soup, if properly seasoned.

CHAPTER III.

ROASTING.

“For what are your soups, your ragouts, and your sauce,
Compared to the Beef of Old England?—
And O, the *Old English Roast Beef!*”

In a voice between whistling and singing, accompanied by the flourish of the carving-knife, and an occasional rub against the steel, it was with the above appropriate stave that our brisk old Nabob hailed with high satisfaction the *lordly sirloin*, of a delicate pale brown, frosted as if with seed-pearls, a labour of love which had occupied him for five hours, and now smoked in savouriness on the board of the Committee. In the evening of the same day, and while the process was still fresh in his head, after sundry disputes with DR. REDGILL on the *underdone* and the *overdone*, the Nabob dictated something like the following discourse on roasting:—

No printed rules can make a good Roaster. Practice and vigilant attention alone can produce that *rara avis* of the kitchen. In the French kitchen this is a department by itself. He who *rules the roast* attends to that only.

Choose your meat well: but even then no meat will roast to advantage that is not kept the proper length of time; and this in every case must be determined by the weather and the age of the animal. Two days of hot weather are equal to a week of cold in rendering meat fit for the spit, or *bien mortifie*.

Londoners often roast their beef too soon. In the North of

England, and other places, the roasted sirloin is frequently salted, and eaten with vinegar and mustard. A salted sirloin, or leg of mutton, eats tolerably well; but they are undeniably a relic of those days when the squire or yeoman killed his own beef and mutton, and his lady found it necessary to keep the holiday joint, however long, to grace the holiday.

Even in summer, by proper attention, meat will keep much longer than is generally supposed. Have the roast properly jointed, which saves much mortification to the carver, and much haggling and mangling of the meat. Let it be spunged with salt and water, and dried. See that the spit, when used, be brightly clean. If not, scour with sand and water, or Bath brick, and wipe dry with a clean cloth. If there is too much fat, some of it may be previously cut off for paste or puddings. Cover the fat for the first hour with kitchen-paper, fastened on with twine.* A good cook can manage to handle meat very little in the spitting and balancing. In many joints, the spit will run along the side of the bone without piercing the flesh. Tie it, or fix with screw skewers. If much handled, baste the joint with salt and water, and dry the dripping-pan, suffering the meat to drip and dry (which it will do in a few seconds by the heat of the fire) before basting. If the joint is not accurately balanced, no horizontal spit will work well.†

In roasting, the management of the fire is half the battle. Let the kitchen grate be thoroughly raked out in

* REDGILL insisted upon a warning post here, as the worthy gentleman, in the eagerness of his appetite, had one day a large *bottle-pin* fixed in his gullet, like a salmon-hook, for a good half-hour; which some of MEG's queans had used in skewering (new reading, *securing*) the paper.

† A smoke or a wind-up jack, or a cradle-spit, was considered the best by the Nabob; but Yorkshire jacks, bottle-jacks, Dutch ovens, and Gipsy jacks, *i. e.* a nail and a string, and many other contrivances, may all be employed with success, if the *fire be adapted* to the peculiar construction of the implement. Experience shows that the bottle-jack, with or without a tin screen as may be found suitable, is the one best adapted to private families in middle life. A substitute for a spit-screen is easily contrived, from an old large tea-tray, or a clothes-horse. Smaller light tin screens with one or two shelves are now generally substituted for the huge block-tin and timber frame-work of the jack.

the morning. An hour before the roast is put down, make up a fire suited to the size of the joint; let it be clear and glowing, and free of ashes and smoke in front. A *backing* of wetted cinders or small coal helps to throw forward and sustain an equal radiant heat in front. Place the meat at a due distance, that it may heat through without the outside becoming shrivelled and scorched. To prevent this, baste diligently for the first half-hour. The larger the joint the greater at first must be the distance from the fire, so that it be not so great as to make the meat tough and sodden by the slackness of the process. A radiant fire, due distance, and frequent basting, can alone ensure a well-roasted joint, of that fine amber-colour, crisp, and lightly frothed, which speaks a language that all men understand. A quarter of an hour to the pound of meat is the time usually allowed for roasting, bearing in mind that fat meat takes longer than lean, and pork and veal longer than other kinds of meat. But, as we have said of boiling, this must in almost every case be determined by circumstances. Fillets and legs take rather longer than loins or breasts. A meat-screen, the state of the weather, the kind of fuel, and a thousand things, must be taken into account. A meat-screen, with shelves, contributes so much to good roasting, and is so generally useful, that something of the kind ought to find a place in every family that aspires to comfort. It saves fuel, keeps plates and dishes warm, and, above all, by warding off draughts of air, preserves the temperature in the region of the spit in a state of equality. Once, or, if the roast be very large, twice during the process, withdraw the spit and dripping-pan, and stir the fire, clear away the ashes, and bring forward the clear burning coals,* supplying their place

* In all departments of domestic life, save the management of kitchen-fires, there is at least a plausible show of attention to economy among servants. There the waste is wanton, wilful, and enormous, whether cooking be going forward or not. "The waste of fuel," says Count Rumford, "which arises from making liquids boil unnecessarily, or when nothing more is necessary than merely to keep them boiling hot, is enormous. I have not a doubt, that half the fire used in kitchens, public and private, in the whole world, is wasted precisely in this manner." What would Count Rumford have said to *great fires* for doing nothing? To convince a regular cook, or even a kitchen-maid, that

with fresh fuel. When the meat is nearly done, which will be known by the length of time, and by the steams, in the language of the kitchen, "drawing to the fire," the paper is to be removed, a little salt sprinkled lightly over the roast, and the spit so placed, that the ends of the roast may be browned. The meat must now be carefully basted, and may be placed a little nearer to the fire, if the surface is not yet of a fine, clear, brown colour. The roast is then frothed, where this is liked, by dredging it very lightly with well-dried flour shaken from a dredging-box, smaller in the holes than those generally employed.* Fresh butter makes a delicate froth, but does not improve the flavour of the skin or the appearance of the gravy, which ought at this stage to be sparkling in the dripping-pan, bright, brown, and transparent as a Caledonian topaz. If much flour is dredged on, let it at least have time to get crisp.

Fashion and luxury have introduced stall-fed oxen and overgrown sheep, which are better fitted for the tallow-chandler than the cook. They are indeed good for nothing, save to obtain premiums at cattle shows, and deluge dripping-pans with liquid fat. "Our prize oxen," says D'Israeli, "might astonish a Roman as much as one of their crammed peacocks would ourselves. Gluttony produces monsters, and turns away from nature to feed on unwholesome meats." When meat of this description is to be dressed, it is an object of economy to save the superfluous fat, which makes so much of the weight. Besides what is cut off, the dripping-pan, during the first hour of roasting, may be emptied of its oily contents once or twice, and abundance remain for basting. Dripping put aside in this manner will be much fitter for all culinary purposes, whether for pease-soup, pie-crust, or for frying fish, than that which has acquired an empyreumatic taste, either from burning cinders, or being exposed to the action of a fierce heat. This disagreeable flavour and the

she does not know how to manage her fire, is, we confess, quite hopeless; but surely something might be made, by proper instruction, of young girls, in economizing an article of such serious consequence in all families.

* The calibre of TOUCHWOOD'S best dredging-box and that of his pepper-box were precisely the same.

unsalutary qualities which it betokens, makes an epicure reject all dripping with abhorrence, for any use except making coarse pastry, or frying fish, common fritters, patties, and rissoles. The improved Cleikum dripping-pan, from a drawing by WINTERBLOSSOM, was made of ample dimensions, and with high sloping ledges. It was furnished with a covered fountain, and a conduit to allow the superfluous dripping to be easily taken away. In the Cleikum kitchen, the dripping was immediately clarified for future use, [See No. 44.] If meat is at all of good quality, and roasted with care, it will afford a plentiful supply of good gravy, the natural and best sauce that can accompany it. To the gravy which flows from the meat, the best addition, as we have found after repeated experiments, is a very little boiling water (a large cupful for ten pounds) and salt, poured through the hole from which the spit is withdrawn, and then gently laved on the browned outside *under* parts of the roast. Some good frugal cooks remove the roast, and wash and melt down all the crisp crust, which forms in the dripping-pan, in boiling water, which is again boiled, strained, and poured as above over the roast, thus making an excellent gravy with much of the *osmazome*, the charm of the roast, in it. To the gravy of venison and veal, when found scanty, which will sometimes be the case, a little thin melted butter may be added in preference to drawn gravies. The dishes for roasts should be furnished with a gravy-fountain, for utility as well as neatness. The jelly gravy that flows from young meats, the very *essence* of meat, ought to be carefully preserved, as it forms the most delicate of all gravies to enrich sauces, ragouts, and hashes. Of this, veal gravy is the most delicate, and it is accordingly in great requisition among good cooks; but beef gravy is fit for almost all purposes.

The Nabob, in the course of his discursive readings, though he was more a practical man than one of research, discovered that many things had been anciently used for bastings which the simplicity of modern practice rejects. Sweet herbs and seeds pulverized, butter and claret, yolks of eggs, pounded biscuit and spiceries, have all been

employed. But these antique refinements were all rejected, except butter and claret, which, for venison, and all the dry meats that sometimes go under that generic name, were used at the Cleikum with unanimous approbation. Much more did our Nabob, in the fulness of his heart and stomach, on this day of his triumph, say on the subject of roasting in general, and on this his *Essay roast* in particular, which we must take the liberty to skip, and come at once to the receipts for roasting.

17. TO ROAST A SIRLOIN OF BEEF.

STUDY well the above discourse, and bear in mind that, next to *broiling*, roasting is the most difficult of all elementary culinary processes: and, when well done, is valued accordingly. Instruction may teach even a bungler to compound a tolerable *made-dish*, which, if faulty, may be improved, disguised, or altered. But care alone, and a little practice, can make a dexterous roaster. Give a large sirloin from four to five hours to roast; and then

The great Sirloin of Beef, august he stands,
 In his pure native splendour full array'd!
 No knife hath touch'd him; never mortal hands
 Have dared his majesty of form invade.
 For thee he lives: his death-pang it will sweeten
 First for thee to be carved—first by thee to be eaten!

ROAST BEEF is garnished with plenty of horseradish, finely scraped, and laid round the dish in light heaps; and it is served with Yorkshire pudding, or potato pudding and horseradish-sauce.* The fillet, *tender-loin*, or English side, † as it is commonly called in the northern division of the island, is by some esteemed the most delicate part. To this the carver must attend, and also to the equitable distribution of the fat. Cold roast beef is generally liked; and it may

* DR. REDGILL, who rather relished a joke after the serious business of dinner was despatched, holding it as a maxim that a moderate laugh aided digestion, was wont to say, that Yorkshire Pudding was the true squire of Sir Loïn, and Horseradish his brisk, fiery page, without which attendants he looked despoiled of his dignity and bearing. Yorkshire pudding is nearly the same as the *Panade* with which it was the ancient custom to baste roasts till they gathered a crust before the fire.

† The French distinguish the different parts of the *aloyau* or sirloin as "the lawyer's bit and the clerk's."

be warmed in various ways. Slices may be warmed in a Dutch oven, and served with some of the gravy also warmed, and seasoned rather highly with pepper and salt, anchovy, eschalot, or a tea-spoonful of eschalot vinegar. Cold beef may also be dressed as Olives, or as a Fricassee, Cecils, Sanders, Bubble and Squeak, &c.—See *Made Dishes of Beef, and French Cookery of Beef.*

* 17. TO ROAST THE RUMP, OR PART OF IT.

CUT from the rump, chump-end, a handsome roast of from seven to ten or twelve pounds. Bone and roll it up nicely like a fillet of veal. It will take from three to five hours to roast, according to its thickness.

N.B.—French cooks saw off the large bones, sprinkle the sirloin with olive oil, and lay sliced onions and bay leaves over it, and leave it thus some days before roasting. They serve it, when roasted, with *sauce-hachée*, that is, chopped gherkins, mushrooms, capers, and an anchovy, all thrown into a brown sauce. Sirloin is, we think, better ordered at home. The French also *braise* the sirloin, but their beef is sometimes so lean as to require a process which would ruin English fed beef.

18. TO ROAST RIBS OF BEEF.—P. R., ESQ.

THIS piece of beef is garnished, and served with the same accompaniments as the Sirloin. Both the ribs and the inside part of a large Sirloin may be dressed in a more elaborate way as follows:—Cut out the ribs; beat the meat flat with a rolling-pin; lay it to soak in vinegar and wine for a night; cover it with a rich forcemeat, made of minced veal, suet, grated ham, lemon-peel, and mixed spices. Roll it tightly up, fixing it with small skewers and tape, and roast it, basting constantly with wine and butter. Froth with fresh butter, and serve with *Venison-sauce*.—*Obs.* A fillet of the loin, larded, marinaded, and roasted, makes a handsome French dish, served with Tomata-sauce, or some fit substitute, as cucumber-sauce.

19. TO ROAST A LEG, HAUNCH, OR SADDLE OF MUTTON.

(See *French Cookery of Mutton, which is well worth attention.*)

MUTTON intended to be roasted may be kept longer than mutton for boiling, as the colour is of less importance.

Cut out the pipe that runs along the back-bone, which taints so early ; wipe off the mustiness that gathers on the surface, and in the folds and doublings of the meat, and below the flap. This and every other piece of meat may be lightly dusted with flour or with pepper, which, by excluding the external air and keeping off flies, helps to preserve the meat, and can be taken off in the washing previous to roasting. A *leg*, a *chine*, a *saddle*, a *loin*, a *breast*, a *shoulder*, and the *haunch* or the *gigot*, are the roasting pieces of mutton. Joint the roast well, whatever be the piece. Most of the loose fat should be cut from the loin, which may be stuffed, and should be papered at first, to preserve the kidney-fat. A modern refinement is to put *laver* in the dripping-pan, which, in basting, imparts a high *gout* ; or a large *saddle* may be served over a pound and half of *laver*, stewed in brown sauce with catsup and seasonings.

This roast requires a rather quick fire to concentrate its juices ; *onion-sauce*, *cucumber-sauce*, and *currant-jelly*, are ordered in most Cookery Books to be served with roast mutton ; but a juicy leg of mutton requires little sauce save its own gravy, to which the French add a squeeze of lemon, and pepper. A *SADDLE* is roasted as above. A double *saddle* has been introduced at the Reform Club, which is well adapted to large parties. It consists of the entire middle of the four quarters, leaving more of the shoulder than in a *shoulder* saddle, and more of the *gigot* than in the *loin* saddle. It is trimmed by the butcher. Some French cooks serve roast mutton on French beans stewed in good stock, with a couple of onions cut in dice and fried. The crowberry or red bilberry, and even the berry of the mountain-ash, as a thick jam, makes a rustic sauce for venison or mountain mutton. Some modern gourmands consider sweet jellies eaten with animal food as not merely among the vulgarities but the obsolete barbarisms of cookery ; others consider *red currant* jelly indispensable : and when will an Englishman give up the currant jelly of his boyhood ?

N. B.—Potatoes browned in the dripping-pan, or a plain potato-pudding placed below the dripping roast, are

favourite accompaniments to this dish at our Club. Mashed turnip is another approved accompaniment.—See *Made Dishes of Mutton*.

20. TO ROAST A SUCKING FIG.—BY DR. REDGILL.

A SUCKING FIG! *un cochon de lait!* France and England, natural enemies on the relative merits of ragouts and roast beef, are in brotherhood here. The age for killing, on which every *gourmand*, whether insular or continental, has set his seal, is from ten days to double that number. Unlike the ways of other flesh, in this delicate creature—this “ortolan with four feet,” as a corresponding member calls him—there is but one step between the *gully* of the butcher and the carver’s knife. In short, he must be killed; but that done, the sooner he is roasted and eaten, the better is he relished by those in the secret. The ordinary way, after he has received the *coup de grace*, is to take off the hair by scalding.* When cleaned from the hair, the entrails taken out, and the nostrils and ears well

* DR. REDGILL, though apt to be somewhat violent in his prejudices, and entertaining a loyal and laudable hatred of COBBETT and all his ways, paused when TOUCHWOOD communicated to him the method which that demagogue—infallible in hog’s flesh, and unequalled in bolting—recommends for removing the hair of grown porkers: “And why not,” said the Nabob, “of sucklings?” “The first method” (scalding,) says COBBETT, “slackens the skin, opens all the pores of it, and makes it loose and flabby, by drawing out the roots of the hair. The second (singeing) tightens the skin in every part, contracts all the sinews and veins,” &c. This is said in reference to bacon, no doubt; but it was for talent like DR. REDGILL’S to apply it to young pigs. In a roast pig, where *crackling* is all in all, this burning process is surely worthy of trial. The President, with a meanness of jealousy of which the good Doctor was incapable, where pig of which he was himself to partake was concerned, had indeed kept this important information secret till the scalded *élève* of his rival was smoking in the platter; he then referred, with malicious triumph, to the singeing of sheep’s head, reasoning on what a *wersh*, *fusionless* morsel it would make if scalded. The moisture which had overflowed the Doctor’s chops as he viewed his savoury charge reposing, as ——— might say, “in the crispness of his beauty,” was arrested in its course. But between a singed pig in prospect, and a scalded pig on the table, ready roasted, sauce, *crackling*, stuffing, all alike inviting, the Doctor did not long hesitate.

N.B.—Every cook should be made aware, that, by singeing chickens and fowls, she not only removes the downy feathers, but gives firmness to the flesh, and tenacity to the skin; and that the chickens, if for fricassee, broiling, &c. will cut up much cleaner when well singed.

cleaned, the pig must next be washed in cold water. Cut off the feet at the first joint, loosening and leaving on the skin to turn neatly over. He is now ready for the stuffing. For this, take a half ounce of mild sage, and a couple of young onions parboiled; chop these very fine, add a cupful of grated bread-crumbs, two ounces of good butter, and a high relish of pepper and salt. Sew the slit neatly up, (this the Doctor did with his own hands,) and baste first with brine, then with the best fresh butter or salad oil, if you would have the *crackling* crisp, which is the true and only test of a well-roasted pig. Some cooks tie up the butter in a bit of muslin, and diligently rub the crackling with this; others anoint that substance with a bunch of feathers or a paste-brush to keep it constantly moist; others again smear it with beat white of eggs. A pig-iron, or some ingenious substitute, must be placed in the centre of the grate, part of the time, to prevent the middle regions of the animal from being scorched before the extremities are enough done. The legs must be trussed back to allow the inside to be roasted, and —

“ You 'll see when he 's enough, when both eyes out,
Or if he want the nice, concluding bout;
For if he lie too long, the crackling's palled,
Not by the dredging-box to be recalled.”

For *sauce* — clear beef or veal gravy, with a squeeze of lemon, and, if approved, a little of the stuffing stirred into the sauce-tureen. — *Obs.* Apple-sauce and currant-sauce are still served with roast pig; but sweet sauces for animal food are losing favour, if not place. Even currant-jelly sauce with mutton and venison, which were heretofore considered one-and-indivisible, are now often seen disjoined. The taste of the age is decidedly either for the pungent, the sharp, the piquant, or the sub-acid. Another favourite sauce is the liver and brains, the forcemeat, and a few sprigs of sage, chopped and boiled up in the gravy. In Scotland, where the pig is too often dished whole, the brains cannot be obtained to enrich the sauce, which, along with the trouble given to the carver, was considered by the Club a capital objection to this mode of dishing.

*20. ROAST PIG.—ENGLISH MODE.

In England the pig is generally cut off the spit down the middle on both sides; the head is cut off and divided, and the jaws are stuck up on each side for ornament, instead of the pippin, which was wont of old to be stuck in the grinning chops of the savoury cherub. Roast pig, when not liked cold, should be cut into neat fillets, and warmed in a strained sauce made of thin melted butter, flour and sweet herbs, chopped mushrooms, and a bay leaf, or in broth so seasoned, or in *Bechamel*. He may be baked, which is an excellent and convenient mode, only the cook or baker must baste him liberally. — See No. 37.

For an excellent way of dressing pig, see *French Cookery*; * also Scotch receipt, *National Dishes*.

21. TO ROAST A HAUNCH OR SHOULDER OF VENISON IN THE ENGLISH MODE.—BY H. J., ESQ.†

THE meat may be kept from ten to twenty days by proper care, and by observing the precautions recom-

* The illustrious members of the *Caveau Moderne*, the most distinguished *gourmet* and *gourmand* association in the world (previous to the establishment of our *CLEIKUM* Club, the *CITY*, and the *REFORM* Clubs,) steep their pig in fresh water for four hours; baste him with a *bouquet* of sage dipped in olive oil; and for forcing use fine herbs minced, steeped in lemon-juice, and about a pound of fresh butter. This, though French, is no bad receipt.—P. T.

† *WINTERBLOSSOM* and *JEKYLL*, both men of family and fashion, the former of whom had for forty years, by one means or other, contrived "to sit at good men's feasts," took the lead here. "Nothing," said *JEKYLL*, "can be more delicious than a fat buck from an English park, a 'hart of grease,' in the proper season. It is food for heroes and princes; but, with the good leave of our hostess, this 'doe or roe, or hart or hind' of the Caledonian forest, would please me fully better bounding on its native hills than smoking on this board. For the greater part of the year these wild animals are as sinewy, lean, and dry as the stalkers who pursue them. Roast it will not,—this meagre hard meat. With all appliances to boot, it makes but indifferent pasty; but after a long morning of shooting, or for a *déjeuner à la fourchette*, I have found a fricasee of it cleverly tossed up—what you Scots call venison collops, *Mistress DODS*,—very tolerable eating."

"And what you Englishers lick your lips after," said *MEG*, not a little offended. "I have had but little handling of English fallow deer; but as gude venishon, haunch and shouther, neck and brisket, has been roasted in my father's kitchen as e'er coost horn or cloot in an English policy (park)—set them up!"

"For my own private eating," said *TOUCHWOOD*, "a leg of five-year-old heath wether mutton before all the venison in the world; but

mended for preserving mutton. When to be used, clean it without much wetting, with a sponge dipped in luke-warm water. Unless venison is *fat* it is useless to roast it: and in roasting, the main object is to preserve the *fat*. For this purpose, butter or rub over with salad oil a large sheet of writing paper, tie it over the fat, and butter it on the outside once more. Have ready rolled a paste of flour and water, to the thickness of a half inch, on another sheet of paper, and with this cover the first paper. Tie the whole firmly on, and pour plenty of melted butter over the outside paper, to prevent it from catching to the fire. Baste constantly, and keep up the fire, which must be a strong, solid *sirloin* fire, to penetrate through the incasements, and roast the haunch. Venison is rather preferred underdone than overdone, a little *red* but not *blue*. A large haunch may be allowed from four to six hours, when wrapped in paste. A half hour before it is ready it must be carefully *unswaddled*, placed near the fire, basted with fresh butter, and lightly dredged with flour, to brown and froth. For *sauce*,—Currant-jelly melted in port wine, or jelly roughed in a sweetmeat glass, is still usually served.—*Obs.* A glass or two of claret, with three times that quantity of gravy made of venison or mutton, and a small glassful of raspberry vinegar, all very hot, was the sharp sauce most relished by our Club; or a plain sharp sauce made of white-wine vinegar or lemon-juice and the finest lump-sugar, heated together in a stone jar.

This is the best mode of roasting venison where expense is not grudged. In ordinary cases the paste may be dispensed with,—a double paper will be sufficient. The shoulder, breast, and neck, are each roasted; but the latter is much better dressed as a pasty or as soup.—See *Venison Pies*.

At small genuine gourmand parties, as the venison fat freezes, it is not unusual to cut off small slices of *fat* and

on occasions of high festival, this aristocratic dish is indispensable to the fools who preside and the knaves who partake:—so about it, Captain. The *dulce* we leave to you and WINTERBLOSSOM; the *utile* is my own peculiar province.”

lean, and heat them in a silver dish over a spirit-lamp. Venison is thus kept warm to perfection. And where luxury or joint-stock Gourmand Clubs afford silver dishes, these, besides retaining their heat long, when once thoroughly heated, are placed on the table on concealed heaters filled with hot sand, and keep any dish hot.

22. TO ROAST RED DEER OR ROE.

SEASON the haunch highly, by rubbing it well with mixed spices. Soak it for six hours in claret and a quarter pint of the best vinegar, or the fresh juice of three lemons; turn it frequently, and baste with the liquor. Strain the liquor in which the venison was soaked; add to it fresh butter melted, and with this baste the haunch during the whole time it is roasting. Fifteen minutes before the roast is drawn remove the paper, and froth and brown it as directed in other receipts. For *sauce*,—Take the contents of the dripping-pan, which will be very rich and highly flavoured; add a half pint of clear brown gravy, drawn from venison or full-aged heath mutton. Boil them up together; skim, add a tea-spoonful of walnut-catsup, and pour the sauce round the roast. Instead of the walnut-catsup, lemon-juice or any of the flavoured vinegars most congenial to venison, and to the taste of the gastronome, may advantageously be substituted. After the third venison dinner, it was the recorded opinion of the Club, that it is downright idiotcy, a wanton and profligate sacrifice of the palate and the stomach to the vanity of the eye, to roast venison when it is not *fat*, while so many more nutritious and palatable modes of cookery may be employed, in soup, pasty, or civet.—See *Made Dishes of Venison*.

23. TO ROAST VEAL.

THE fillet, the loin, the shoulder,* or what of it is called the *oyster*, and the breast, are roasted; the back ribs are best used for pie or cutlets; and the scrag should be either cut to pieces and stewed, and served in thick stew-soup, or made into rice-broth. Stuff the flap of the fillet with forcemeat made as directed for boiled turkey, but with rather more

* The *noix*, or large muscle bedded in firm fat near the neck, is a tid-bit of the Parisian epicure.

lemon-peel. Sew in the stuffing.—See *Sauce, and Stuffing for Turkey*, No. 8, or No. 27. Some of it may be worked up with yolk of egg into the shape of pigeon's eggs, then fried, or parboiled and browned below the roast, and drained, and served as a garnishing, or made into a small accompanying dish.* Be careful to brown the outside nicely, which can only be well done by attention to the state of the fire.† The *tendrons* are often cut out of a breast of large veal, and dressed separately, as *Tendrons de veau*, No. 629.

24. LOIN AND BREAST OF VEAL.

A LOIN is roasted and served in the very same way, only the kidney fat, which is so delicate, must be papered, and the roast should be more constantly basted.‡ The flap should be rolled in and skewered firm, and the bones chopped off, to give the dish a handsome shape. If a large loin, the kidney must be skewered back for a time to roast thoroughly. The SHOULDER should always be stuffed; and the stuffing for this piece requires more suet, marrow, or butter, whichever is employed, than the forcemeat for the fillet. The breast must be roasted with paper or the caul, on

* Forcemeat must be left in a great measure to the genius and invention of the cook. Like spiceries and seasoning, it may, in the exercise of good discretion, be used *ad libitum*, bearing in mind, that it is intended to enrich and give piquance to the more insipid meats. Relishing ingredients of all kinds enter into the composition of forcemeat, such as grated ham or beef, sausage, pickled oysters, caviare, anchovy, sweet herbs, eschalots, mushrooms, truffles, and moreills, currie powder, cayenne, &c. "Plodding perseverance," said JEKYLL, "may make a good roaster, and careful observance of rules a tolerable compounder of a made-dish; but the true maker of forcemeat, like the true poet, must be born."

† "A bit of the brown" is esteemed the most delicate part of this roast. It was with this, liberally supplied from Mr. STRAHAN'S veal, that the demagogue WILKES not only overcame the prejudices, but actually gained the heart, of Dr. JOHNSON,—a success which far outdoes that of RICHARD over Lady ANNE. But then he helped a slice of the lemon or bitter orange, which formed the garnishing, along with the browned outside. Ever, as you would gain the heart of a judicious epicure, garnish your roast veal with slices of lemon.—P. T.

‡ ON BASTING.—Cooks like Doctors differ on many points, and among others on basting. We consider that both *basters* and *non-basters* may be right or wrong according to circumstances. To baste mutton too much, for example, would *stew*, not *roast* it; but veal cannot be too much basted. In cooking much is left to the intelligence of the cook.

H

till nearly enough done, which both preserves and enriches the meat. Serve these roasts with their own gravy only.

25. TO ROAST A LEG OR SADDLE OF LAMB.

A SADDLE is now considered a *stylish* joint for a small party. Whether Leg or Saddle, place it at some distance from a sharp clear fire, and baste well; paper if needful: It will take from one hour and a half to two hours. Young lamb, and none other, is fit for the use of a gastronome of high *gout*,—a hobble-de-hoy between lamb and mutton being even coarser than a three months' pig. Lamb, like pig, and indeed all young meat, should not be long kept, if the flavour and juices are to be obtained in perfection; time to *cool* is considered quite sufficient by knowing gourmands. It is true, the fibre may be *thready*, but the juices and flavour will be infinitely superior to that of lamb killed for days. In roasting the hind-quarter, the flap of the loin may be stuffed, using the superfluous fat for the forcemeat.* House lamb requires more roasting than pasture or hill lamb.

Sauce.—The gravy which flows from the meat after the dripping has been poured out, with about a wine-glassful of boiling water and a little salt, run through the spit-hole, and cucumber or *Mint-sauce*. Serve spinage, French beans, cauliflower, or green pease with lamb; garnish with crisp parsley, or sprigs of cauliflower, and always serve a salad. The fore-quarter should be lightly jointed. Lamb must be well done. This and the knuckle of all roasts, or of a

* This is an old Scottish practice, which MEG DODS called "Makin' a pouch." Dr. REDGILL, who patronized all receptacles for forcemeat, wheresoever placed, vowed that a "hind-quarter of lamb should never again be roasted in his kitchen without a pouch." This protuberance must not be too large, else it might prove offensive to the eye,—an organ that ought to be diligently consulted in all matters connected with the table. "Open the mouth, and shut the eyes," the maxim of a great modern gastronome, had certainly, WINTERBLOSSOM said, been stolen from the luxurious picture of the Gude Wife of Auchtermuchty's Sow:—

"And aye scho winked and aye scho drank."

Both TOUCHWOOD and REDGILL rebuked the old beau for this irreverent sally against an authority for which the latter entertained the most profound respect,—to wit, Dr. KITCHINER. On my recommendation, try for once the Scotch practice of delicate young mashed cabbage below roast lamb.—H. J.

ham, ought to have a fringe of writing paper twisted neatly round it. When the shoulder is removed, the carver is expected to squeeze a lemon, and to sprinkle a little salt over the ribs, or, if necessary, to put in a little melted butter; and to press the parts together to obtain gravy. N. B.—A friend, who admires French cookery, recommends *Maître d'Hôtel butter* to be put under the shoulder. In Parisian cookery the lean parts of the lamb have thin slices of bacon papered over them while roasting. When done, the shoulder is lifted from the breast so as not to be perceptible, and a *Maître d'Hôtel sauce* is slipped in. A clear gravy is served in the dish, and the larded parts are glazed. British lamb does not require larding.—See *Made Dishes, and Pies, of lamb.*

26. TO ROAST PORK.

PORK takes more of the fire than any other kind of meat. Choose it young, short in the knuckle, fine in the grain, and thick but smooth in the skin.* Cut a hole in the knuckle, widen it with the finger, and stuff it with sage and onions parboiled and chopped fine, pepper, salt, grated crumbs, a piece of butter, a tea-spoonful of made mustard, and an egg to cement the whole. With a bunch of feathers rub the skin with salad oil, or fresh butter tied up in a muslin rag. Do this frequently to prevent the *crackling* from blistering, and to make it crisp and brown. The crackling must be scored into diamonds twenty minutes before the roast is done; but unless it look *hide-bound*, and scorched or shrivelled, the scoring need not go deep. The roast *loin* should, however, be scored in *stripes*, with advantage both to the eating and to the appearance. Some cooks add pulverized sage to the basting. We only recommend this in roasting the griskin. Pork requires a more pungent sauce than sucking pig; yet apple-sauce is occasionally used. *Onion-sauce* we like better, or *Sauce Robert*; and confidently

* If pork is fed in sties at dairy farms, that which has fattened on potatoes and buttermilk we consider much better, both in flesh and flavour, than that which has been fed on drenches of barley-meal and kitchen slops. The rationale of *scoring* pork is to increase the surfaces—in other words, the delicious *jaune croquante*, therefore we say—*score* away.—P. T.

recommend Dr. REDGILL's *sauce* for *pork, goose, duck, or rabbit*. (See No. 292.)—French beans or pease-pudding are served with roast pork. The French serve a *poicrade* under a roast chine.—*Obs.* *Sham House Lamb*, when the real is scarce and high-priced, is made by skinning a half-grown porker, and cutting it of a proper shape.—N.B. *The Cleikum Club countenanced no counterfeits.*

27. TO ROAST TURKEY, FOWLS, AND GAME.

A TURKEY will keep a fortnight, a fowl a week. By care they will keep longer; that is to say, if drawn, hung in a cool, dry air, wiped often, and seasoned with pepper in the inside.* The sinews of the legs must be drawn:

* STUFFING FOR TURKEY.—So dexterously, and with such an air of conscious superiority, did Mistress DODS carry herself, that, except for the new lights which had dawned upon REDGILL in the composition of *stuffings*, and an affected dandy squeamishness which overcame the young Guardsman about *trussing*, in this important branch of the art, the Club would, unquestioning, have submitted to her judgment as to an oracle; but these causes produced open discontents, and vehement debate, and—

"I say sweet stuffing is an abomination for roast turkey," cried REDGILL, as the knife of WINTERBLOSSOM gave to view MEG's savoury composition, mottled with Zante currants, and fragrant with what she termed "a scrape o' a nutmug,"—an immense grater furnished with this spicy fruit being, instead of a lady's essence-bottle, generally lodged in the depths and labyrinths of those strong, blue cloth pockets, with scarlet welting, of whose multifarious contents JEKYLL one day made a catalogue. "Oysters! oysters! madam; there is no other turkey stuffing worth the attention of a Christian eater."—"Or *Dinde aux Truffes et à la broche*," said TOUCHWOOD, animated by the spirit of contradiction, and the ambition of displaying his science. "A pound of fresh truffles chopped, the same quantity of rasped fat white bacon. Soak the mixture in the stew-pan, with spiceries and a bay leaf. Stuff the turkey, and give him three days to take the flavour; covering him with slices of bacon:—or *chestnuts*," continued he. "Roast a quarter hundred and peel them;—leave out ten or a dozen; pound in a mortar, with the liver parboiled; a quarter of a pound of ham, or of pork sausage well grated or pounded, a little basil and parsley, mace, pepper, salt, our friend MEG's *nutmug*, and a good piece of butter; stuff and tie the bird at neck and vent:—roast him, and tell me how you like him. For sauce, the remaining chestnuts chopped and stirred in a thickened strong gravy, with a glass of old Sherry or Maderia. Garnish with sliced orange. This, sir, is a turkey for you; or, better still, a roast turkey, with rolls of sausage fried, or sausage balls served with it,—an Alderman in chains, as those waggish rogues, the London sturdy beggars, call it,—their favourite regale at the close of a prosperous day." REDGILL despised the chestnut receipt; but turkey and sausage, the ambrosia of the *bousing ken*, seemed worthy of

(those of fowls, pheasants, &c. should all be drawn, especially when the birds are old.) Press down the breast-bone even more than in a fowl, to make the bird look plump: be careful, in drawing, to preserve the liver whole, and not to break the intestines. For *stuffing*, take a breakfast cupful of bread finely grated, two ounces of minced beef-suet, or marrow, a little parsley parboiled and finely shred, a tea-spoonful of lemon-peel grated, two sprigs of lemon-thyme, a little nutmeg, pepper, and salt. Mix the whole well in a mortar, with a couple of eggs. Do not stuff too full; and, with another egg, work up what remains into an epicure's serious investigation; so the next bird was ordered to be dressed beggar-fashion.

"And why, Dame," said JEKYLL, as, thrown back in his chair, he eyed the roasted turkey with a languid air of half-affected disgust,— "Why produce the unhappy *bubbly-jock* with his head—forty mortal gashes upon it—tucked under his wing, while his gizzard and liver, larger than life, grace his other fin? This affair of dining, after all, has its *bêtise*. Or why those rough-footed Scots," pointing to a brace of moorfowl, "in their spurs and pantaloons, with their pretty innocent heads tucked under their arms, like that of St. Denis in the pictures of a book of miracles?—nay, worse, I protest," and he lifted his eyeglass,— "here too are ducks, if I don't mistake; but indeed there is no mistaking—miserable amphibians! their saffron web-feet drawn up, and spread in such goodly sort, as if in act to swim. . . .

. . . Our refined patrons, Drs. KITCHENER and TRUSSLER, direct that the feet be roasted *delicately crisp*, as some people are very fond of them."

"Cut off a turkey's head, Captain Jackall!" broke forth MEG, with indignant astonishment,— "A roasted turkey! Do you tak' us for born ignoramus on this side of the Border?"—"Cut off the heads," responded REDGILL, "of turkey and wildfowl! Surely, my young friend, you forget yourself." The Doctor, a loyal hearty-dining churchman, had, since the beginning of the French Revolution, seen but too much of this innovating "off-with-his-head" spirit abroad. "There was no knowing," he said, "where its devastations were to stop; it began with *anointed kings*."—"And may safely end with *basted turkeys*," rejoined JEKYLL; and he continued—"At all *tonish* tables, Mr. WINTERBLOSSOM, though I do not pretend to think better of mankind than my neighbours, it would be but a well-bred stretch of faith, to take for granted that turkey was not goose, nor pigeon grouse, without such testimony as those bloody heads and feathered heels afford. Why, the panache of his own tail-feathers, which my respected grandmother was wont to stick into the rump of her roasted pheasant, or even the surtout of his entire goodly plumage with which our ancestors invested the lordly peacock, was not more barbarous than this absurd fashion." Loud rose the clamour of cooks, scullions, and amateurs, as this new heresy was broached; and the refined JEKYLL, if not convinced, was at least silenced.

balls, to be fried and served with the turkey. To this stuffing, parboiled sausage meat may be added, or grated ham, or oysters chopped. (The same stuffing is suitable for a large fowl, and in both cases the meat may be omitted.) Paper the breast. Score the *gizzard*. Season it highly with pepper, salt, and cayenne, and dip in melted butter, and then in bread crumbs; cover the gizzard and liver with veal or lamb caul, or buttered paper, and roast them, fixing them under the pinion, and basting liberally. A very large turkey will take nearly as long to roast as a sirloin. These are not the most delicate kind. A moderate-sized turkey will take from an hour and a half to two hours. The fire must be clear and sharp; dredge with flour when laid down. (Fresh butter is always best for basting white-meats; but salted butter may be washed.) Keep the turkey far from the fire at first, that the stuffing and breast may be done through, and fifteen minutes before it is finished, remove the paper that the breast may be delicately browned. *Sauce*—Bread-sauce, with gravy in the dish, oyster-sauce, celery-sauce, egg-sauce. Hen turkeys are the most delicate, and the whitest; they are consequently preferred for boiling.—See to *Hash* and *Devil* turkey; also *Made Dishes of Poultry*, and *French Cookery of Poultry*.

An excellent Stuffing for a Turkey or Hare, French fashion.—Chop, and afterwards pound in a mortar, half a pound of beef-suet, equal bulk (but not weight) of soaked bread crumbs, lemon peel, parsley, and a sprig of thyme chopped, pepper, salt, two beat eggs, and a little milk or broth. This makes an excellent stuffing. (See also *Quenelles, French Cookery*.)—French cooks are celebrated for their skill in forcemeat; one half of their merit in this department consists in their patience at the mortar. Turkey and other poultry are now often served or garnished with fresh water-cresses; which often suits better than raw parsley, if it could be as easily got.

N.B.—A test of turkey, pheasant, fowl, &c. being ready for the spit, is their falling down when suspended in the larder by a few of the tail feathers left for this experiment when the birds are picked. For roasting, choose full-fed, white-legged, large fowls—smaller ones may do for boiling.

23. TO ROAST A GOOSE.

A GOOSE, if well cleaned and seasoned inside with pepper, will keep in cold weather for a fortnight or more, and improve. Geese are in perfection from Michaelmas to Christmas. In Scotland, a goose is often rubbed with salt for ten days before roasting. In England, in rural situations, it is often first parboiled. Where geese are *rank* this may be advisable, but not otherwise, as it dries the flesh. After the goose is carefully picked and singed, let it be well washed and dried with a cloth. *Stuffing*—Four well sized onions, about fourth their bulk of sage undried, and half the liver; parboil slightly, and chop these very fine: add a bit of butter, yolk of egg, and a cupful of grated bread;—or, *à la bourgeoise*, an equal quantity of mashed potatoes, and season rather highly with pepper and salt. With this stuff the goose. All stuffing, containing bread-crumbs, should be allowed room to swell, and indeed all forcemeat whatever, as it expands more or less in the dressing. Spit the goose; fasten tightly at the neck and rump. Paper the breast, but remove the paper when it has swelled. A goose requires a brisk fire, well kept up; and will, according to size, take from one hour to two hours to roast. The breast must not be allowed to sink. *Apple-sauce* is, by *prescription*, served with goose. For delicate cookery, this bird requires a drawn gravy in the dish, its own being often rank and oily.—*Obs.* To apple-sauce the Cleikum Club preferred onion-sauce; better still, REDGILL's sauce for roast pork, duck, or goose, and *Sauce Robert*.—Nos. 292, 293. The gravy may either be poured into the goose by the carver making, for this purpose, a slit in the apron, or served in a tureen in thick melted butter; a glass of port or (better) claret is by knowing gourmands poured into the goose: if so let it be hot. In Scotland, it was customary to garnish with slices of raw onion, but the practice is obsolete. GREEN GESE are roasted in the same manner; but for these thready younglings less sage and onion is required. Season them with pepper and salt, and put a piece of butter into the inside as an interior basting. Froth and brown nicely. The gravy is preserved and served, but more gravy must generally be added. *Gooseberry-sauce*, or. REDGILL's sauce. (See

Sauces.)—Garnish with grated crust of bread.* Salted geese are, in some parts of Ireland and Scotland, served with a cabbage-sauce, or cabbage stewed in good broth. The French roast geese with chestnuts, as in the receipt for Turkey, (*Note*, p. 116.) The liver is chopped with the chestnuts, and both are fried together in lard before the goose is stuffed with them.† Onions, fried in the goose fat, is a favourite accompaniment with some old-fashioned provincial eaters. Rings of large onions cooked in strong *consommé* are more delicate, but not better.

29. TO ROAST DUCKS, TEAL, AND WIDGEONS.

KEEP ducks three days: if young they are ready when killed. If a pair are to be roasted, one may be stuffed as directed for a goose, with less than half the quantity of stuffing; and to suit all tastes the other may be done plain, only seasoning with pepper and salt. From three quarters of an hour to a whole hour will roast ducks. Baste well, and dust lightly with flour to make them froth, and look

* The livers of geese and poultry are esteemed a great delicacy by some *goutmands*; and on the Continent great pains are taken to procure fat overgrown livers. The methods employed to produce this diseased state of the animals are as disgusting to rational taste as revolting to humanity. The geese are crammed with fat food, deprived of drink, kept in an intolerably hot atmosphere, and fastened by the feet (we have heard of nailing) to the shelves of the fattening-cribs. The celebrated *Strasburg pies*, which are esteemed so great a delicacy that they are often sent as presents to distant places, are enriched with these enormous livers. It is, however, a mistake that these pies are wholly made of this artificial animal substance.

In England, the goose is sacred to St. Michael; in France, to St. Martin; in Scotland, where dainties are not going every day,

“ ’Twas CHRISTMAS sent its savoury goose.”

The Michaelmas goose is said to owe its origin to Queen Elizabeth's dining on one at the table of an English baronet on that happy day when she received tidings of the dispersion of the Spanish Armada; in commemoration of which she ordered the *Goose* to make its appearance every Michaelmas. In some places, particularly Caithness, geese are cured and smoked, and are highly relishing. Smoked Solan geese are well known as contributing to the abundance of a Scottish breakfast, though too rank and fishy-flavoured for unpractised palates. Slices are eaten as whets, or relishes.

The *goose* has made some figure in the English history. The churlishness of RICHARD CŒUR DE LION, a sovereign usually good-natured, and distinguished for an insatiable appetite and vigorous digestion, in an affair of roast goose, was the true cause of his captivity in Germany.

† A young salted goose answers very well dressed as duck in *sour croute*.—P. T.

of a rich, warm brown. Green pease are indissolubly allied with ducklings.—*Sauce*, Apple-sauce, onion, or sage sauce, or Dr. REDGILL'S sauce for goose, duck, &c. (See Nos. 292, 293.)—WILD DUCKS are roasted in the same way, but made very crisp; and as they are smaller, they take less time, from twenty-five minutes to half an hour.—*Sauce*, PLEYDEL'S sauce for wild fowl; Orange Gravy-sauce; or No. 295—The above receipt is also applicable to *Teal* and *Widgeons*.—*Obs.* Some epicures prefer all wild fowl underdone, to have the flavour in perfection; and to secure this, they eat it without sauce. All sorts of wild fowl require to be longer kept than your "tame villatic fowl," because they are drier in the flesh, for the same reasons that a city Alderman is more abounding in juices than a Backwoodsman or an Indian hunter.—See *Hashed Duck*, *Made Dishes*, &c.

30. TO ROAST PHEASANTS AND PARTRIDGES.

THESE birds are trussed in the same manner: the craw is drawn out by a slit in the neck, the head is left on, and the legs of the partridge are tucked across each other. Put a little fresh butter inside; baste frequently, and dust with flour to froth; the fire must be brisk and clear. A partridge will take from twenty to twenty-five minutes; a pheasant from thirty to forty-five. Make a round of toast; having pared off the outer crust, moisten it in hot water or broth, press and butter it; and soak it in the dripping in the pan, and serve the partridges on it. This is lighter than fried bread-crumbs which many good cooks use for these birds. Pheasants require made gravy. It may be made of scrag of mutton, or knuckle of veal, but is better of beef, and best of all of game, when that is in plenty. (See *Brown Gravy-sauce*, *Bread-sauce*, or *Rico-sauce*.)—*Obs.* We do not recommend the ornament of the pheasant's best tail-feather stuck in his tail; though such things are still heard of. *Guinea* and *pea fowl* are dressed and served exactly as pheasants; and by a fiction of cookery, when a brace cannot be procured, a fowl is, on occasion, converted into a *pheasant*.

ON KEEPING GAME.—Necessity, and the vanity of producing at a dinner what is rare and far-travelled, must first have

introduced among cleanly, civilized nations, the custom of *over-keeping* game, till in time it came to be considered as essential to its perfection that it be kept till putrid, and that what has not flavour may at least have *fumet*. It is at the same time indispensable that game be kept till *tender*, and the flavour brought out. The same principle applies here as in keeping pears and plums to mellow, after they are gathered. Game, as we have said before, must be longer kept than domestic fowls, to be in proper condition for the table. A great deal has been said on preserving provisions of late years; but we are afraid little has been done. We are certain that very few of the practices recommended have been adopted, and chiefly because that, when tried, they were found wanting. Form, colour, and material may be preserved; but flavour, and even nutritious qualities, have fled before the pyroligneous acid, and the genius of Appert; and mummy partridges, and embalmed green pease, survive to please the eye and fill the table—and this so far is highly desirable—but sadly disappoint the palate. Game—we speak not of giving pheasants and grouse to immortality—may be kept good a long while, by drawing, cropping, picking, and (without washing) rubbing with equal parts of salt, pounded loaf-sugar, and a little pepper. It is a great mistake to wet, much less to wash, any fresh thing intended to be kept. Charcoal and chloride of soda, may also be employed to retard putrefaction. Lay a thin muslin cloth over the birds, and place lumps of charcoal under them and over the cloth. Charcoal baskets and closets may be had on the scale adapted to small establishments. We have no faith in charcoal doing much good in the way of restoring what is much tainted, though this is often confidently asserted. The knife applied to the worst parts, scraping and constantly removing the mustiness, and, when to be used, washing with hot water, is the preferable method. Game, when it is wished to be kept to grace a gala day, besides the above precautions, may be parboiled or par-roasted; in short, kept for ten minutes in boiling water, or laid to the fire for *seven* minutes, which must be made to touch all parts. Then dry thoroughly, and to keep, use salt, sugar, and pepper,

as above. Before roasting, cleanse from this seasoning, and season with a little fresh pepper. But the preservation of game depends as much on the sportsman as on the cook. A bird or hare much mangled by shot will taint far more quickly than one killed in a "gentlemanly way;" and what has fallen into the water, than that which drops on land. For some seasons back the southern sportsmen, who frequent the Highland moors, have paid great attention to preserving and packing their game. Stuffing with and packing in *hops* is found to answer better than any other method yet employed, and is now generally resorted to. The date of shooting is written on a card tied to the birds; so that the cook cannot be led astray.

31. TO ROAST WOODCOCKS, SNIPES, FLOWERS, RAILS, AND
ORTOLANS.

KEEP them till tender. They must not be drawn, as the intestines are considered a delicacy. (This rule admits of exceptions. The proverb says, "what is one man's meat is another man's poison.") Hook to your bottle-jack or tie them on a bird-spit, which fix to the spit, and lay down to a clear brisk fire. Lay slices of moistened toast in the dripping-pan, to catch the *trail*. These birds and moor-game require to be deluged with butter in roasting. Dish them on the toasts, pour clear brown beef or game gravy very hot into the dish, and set it on a hot table, or over steam, or a spirit lamp. These birds will take from twenty-five to thirty minutes, in proportion to the size.—*Sauce*, PLEYDEL'S sauce for wild fowl. Garnish with slices of lemon, or bitter orange, and fried bread-crumbs. *Obs.* French cooks stuff woodcocks with chopped truffles, and either roast them, or stew them with fire *under* and *over* the pot. The *trail* is sometimes cooked in gravy and butter, and poured over the toast.

French cooks lay slices of lemon over the breasts of the partridges, on these slices of lard, and above all fasten paper. Dr. Hunter recommends a stuffing of minced beef or veal for a cock-pheasant, the flesh of which is rather insipid to English palates. This may be more acceptable to some than the French practice of enriching these birds by larding.

32. TO ROAST GROUSE, BLACK COCK, AND PTARMIGAN.

TRUSS with the head under the wing. They require a sharp, clear fire, must be well basted, and not overdone. Serve on a buttered toast soaked in the dripping-pan, and put brown beef gravy in the dish. In this and the above receipt we recommend plain melted butter instead of meat-gravy, to those who wish to retain the native flavour of the birds.—*Rice-sauce*, or PLEYDEL'S *Sauce*; also *Orange-gravy*.—*Obs.* The French often soak the toasts in lemon-juice before they are laid in the dripping-pan, an elegant practice.

M. Soyer, an *artiste* of some authority, gives many receipts of his own invention for grouse. His grouse à la *Rob Roy*, is in one sense *piquant*. He wraps the birds, when to be roasted, in fat bacon and sprigs of heather, moistened with a glass of whisky! His grouse à la *Bonnie lassie*, will be a favourite with young sportsmen, though, except the name, it has no particular claim to notice. His grouse salad, however, the *Salade de Grouse à la Soyer*, is *magnifique*. The recipe may be thus abridged: Put a thin rim of butter round a dish, and on this stick a high border of hard boiled eggs cut into four lengthwise, with a bit cut off to make them stand. Fill the centre with a nice fresh salad, and tastefully ornament the egg border with fillets of anchovies, cut beetroot, or gherkins; cut three under-roasted grouse into neat small pieces; and have prepared a sauce made of two table-spoonsful of finely chopped eschalots; two of pounded sugar, the yolks of two eggs, two table-spoonsful of chopped tarragon, and chervil, a salt-spoonful of white pepper, and two of salt: with these, gradually mix twelve table-spoonsful of salad oil, and three of Chili vinegar: mix all well and put the mixture on the ice. "When ready to serve," continues our authority, "whip half a pint of cream rather stiff, and add to the sauce: pour a little over the salad, upon which lay first the worst pieces of the grouse, over which pour more sauce, dressing them pyramidically." This salad, M. Soyer confesses, is better adapted to gentlemen than ladies. It was first served in Paris at a competition of the most celebrated *artistes* of the Stove, on whose head certain English noblemen and gentlemen had bets. What cook can fail to envy the *Chef* of the Reform Club, when he is able to say, "My first course, being full of novelty, gained the approbation of the whole party;" but the *salade* created such an unexpected effect, that in brief the inventor was invited to the honour of the sitting, and over several *rosades* of exquisite Lafitte, it was christened by General Sir Alexander Duff, who presided over the noble party, "SALADE DE GROUSE À LA SOYER!" These are moments which occur but once in a man's life. This was M. Soyer's *Waterloo*, or *Trafalgar*; his Bridge of Lodi; his Austerlitz.

33. TO ROAST PIGEONS.

LET them be cropped and drawn as soon as killed, and wiped inside as well as possible. They will be ready for the spit in from six to forty-eight hours, according to age and the weather; and are in high season from June to November. If kept long, they lose their flavour. When to be dressed, they must, (when drawn,) be well washed in several waters; and great care must be taken (as in all birds) not to break the intestines in drawing them. Stuff with parsley parboiled and chopped, and about the size of a nutmeg of butter for each bird, with a few bread-crumbs, and the liver chopped, if it is liked. Season rather highly with pepper and salt. Twenty to twenty-five minutes will roast them. Dust with flour, and froth, (if you like frothing,) with fresh butter. Parsley and butter, or plain melted butter, is served in the dish, and is more suitable for mild-flavoured birds than meat gravy, which has so strong a predominating flavour of its own.—*Bread-sauce*, *Orange Gravy-sauce*, or *Rice-sauce*.—Serve with dressed French beans, asparagus, or cucumber. Garnish with fried bread-crumbs, or slices of bitter orange.

34. TO ROAST LARKS AND WHEATEARS.

WHEN well cleaned, dip them in beat yolk of egg, and roll them in bread-crumbs. Put a small bit of butter in each bird. Spit on a lark-spit, and fasten that to the spit, or hook to your bottle-jack. Baste with plenty of good butter, which is most essential in roasting all the smaller birds. Strew sifted bread-crumbs over the birds as they roast. From twelve to fifteen minutes will do them. Serve fried bread-crumbs, and garnish with fried crumbs or crisp parsley.—*Obs.* Some good cooks put a thin small slice of bacon between the birds when they are spitted, to nourish them. *This is good practice.*

35. TO ROAST HARE, FAWN, OR KID.

A HARE will keep from a fortnight to three weeks, if properly managed; and is seldom fit for roasting before eight days, though for *soup* it should be used nearly as soon as killed. A hare keeps best when not opened for some days; and the vent and mouth may be tied, to prevent the air from hastening the process of putrefaction. When kept

four days in this state (if the object is to keep it as long as possible,) it may be paunched, and the heart and liver taken out and scalded. Wash and soak it in water when to be dressed, changing the water several times. Make a little slit in the neck, and in every part where the blood has gathered, to let it out. Drip dry, and truss it. An old hare is not fit for roasting. Even a young hare makes but a dry roast, so that a rich and relishing stuffing is a *sine qua non* when dressing it in this manner. — For *stuffing*, take the grated crumbs of a penny-loaf, a quarter of a pound of beef suet, or three ounces of marrow, a small quantity of parsley and eschalot, a boned anchovy,* a tea-spoonful of grated lemon-peel, and the same quantity of nutmeg; salt and pepper to taste, a little cayenne, and the liver parboiled and chopped, if in a sound state,—and no liver should be used if unsound. Mix the ingredients with the yolk of an egg, and the crumbs soaked in a very little red wine. Put this in the hare, and sew it closely up. Baste well with plenty of butter for three quarters of an hour; then drain the dripping-pan into a basin; and baste with cream and yolk of egg well beat, and flour lightly. It will take from an hour and a half to two hours. For sauce, venison sauce, or the drippings of the hare mixed with cream, or with claret, a squeeze of a lemon, some thin slices of bread, and a bit of fresh butter, boiled up with the skimmed drippings strained and highly seasoned; also currant jelly. (See *Hashed Hare, Hare Collops, Made Dishes of Hare, &c.*)—*Obs.* In France a roasted hare is always larded on the back; but the French seldom roast this *dry* animal from choice.—For an excellent method of dressing hare, see *Civet* and *Lièvre en daube, French Cookery*.

By a fiction of cookery, the lean inside of a large sirloin is cut up, stuffed as a hare, skewered, tied with tape, and roasted. It requires to be highly seasoned, and *in truth eats much better than most roasted hares*. In rural situations, a hare is often stuffed with mashed potato, grated

* We do not like anchovy to meat dishes ourselves, but tolerate it as a relish admired by some contemporary authorities.

ham, suet, and onion, and highly seasoned with pepper and allspice; nor, though a plain, is this a bad fashion.

36. A young FAWN is treated precisely as a hare, but must not be kept above one day. When somewhat grown, it may be roasted in quarters, or in a haunch or a saddle. Cover with veal or lamb caul in roasting, or slices of fat bacon, and baste well. Froth in the usual manner, and serve with *venison-sauce*, and a good gravy in the dish. A KID is roasted as a hare.—*Obs.* These are all, at least hare and kid, dry meats, and are better dressed, the former as soup or collops, the latter as collops or stew, or both in the French fashion. A RABBIT, when large, may be stuffed and roasted as a hare; a leveret is not stuffed. A hare's ears are reckoned a dainty by some affected epicures;—they must be singed and cleaned. We hold them in equal respect with duck's feet, but are very tolerant of those who admire them. Baste and dredge as in roasting poultry, and make a sauce of the chopped liver and chopped parsley, stirred into melted butter.

37. ON BAKING MEAT.

THE baker's, or the family *oven*, may often be substituted for the spit, with greater economy and convenience; and for some particular joints and kinds of viands it is even more suitable. A baking dish ought to be in form of a trough, and at least six inches deep, that the meat, covered if possible, may in fact stew in its own juices, as it gets little or no basting. But a pig must be baked in a shallow tin dish for sake of the *crackling*. The dripping-pan of a *Bachelor's* or *Dutch oven* will answer very well. Prepare things to be baked as for roasting, but season more highly. A *fillet* or *breast of veal*, if not very high fed, will bake as well as it will roast. The oven is equally suitable to a LEG of pork, but a *loin* requires to be *sweated* in roasting—it is too *greasy* when baked. A pig, if not very old, and if the baker is careful to anoint the *crackling*, as in roasting, bakes very well. His ears and tail must be put in buttered papers, if you would hope ever to see them return from the oven. Geese and ducks may be baked, if not old and *rank*; in which case, they must either be first parboiled or *sweated* in roasting before the

fire, to overcome the flavour. *A leg of mutton*, with potatoes peeled, and an onion shred, makes, when baked, an excellent plain family dish, the mucilage of the potatoes combines so kindly with the fat of the meat.* The noble *Sirloin* disdains to be cribbed in the oven; but a *rump of beef*, salted for a few days, washed, highly seasoned, and baked with plenty of butter in a deep covered vessel, eats short, and is esteemed a delicacy. A *hare* or *rabbit* may be *baked*, allowing plenty of butter in the dish, and putting a large piece, or a rich stuffing into the inside of the animal. *Herrings, sprats, salmon, haddocks, and eels*, may all be highly seasoned and baked with advantage. Bakers' ovens have one great drawback;—they are accused of being sad suckers in, indeed real sponges for gravy; so that they largely indemnify the bakers' apprentices for the trouble saved to the cook. Besides, meat is seldom got home in season from those wholesale receptacles for all manner of joints; and about the dinner hour, what dismay is often created by the face of the maid,—

“Who comes with most terrible news from the baker,
 —————That insolent sloven!
 Who shut out the pasty when shutting his oven.”

Hams are often soaked and *baked*, where they are used in great quantity, and where the object is to cut thin.† Fish, if *baked*, must have plenty of butter. Since our Seventh edition was published, it has been ascertained by experiment that meat loses less weight in *baking* than by any other mode of cookery. But, alas! it loses flavour.

* We have doubly admired this homely dish, the happy artisan's social Sunday dinner, since reading the life of the poet Crabbe.

† A few years since the proprietor of Vauxhall Gardens lost his celebrated carver of hams, when he advertised for a new operator in that department of harmless anatomy. One of notoriety applied, when the worthy proprietor asked him how many acres he could cover with one fine ham; upon which he replied, “He did not stand upon an acre or two more or less, but could cover the whole of his gardens with one ham.” On this he was instantly hired, and told he was the very fellow for this establishment, and to cut away for the benefit of the concern and of mankind at large.

To grow a shoulder or leg of mutton.—This art is said to be well understood by London and other bakers. Have a very small leg or shoulder; change it upon a customer for one a little larger, and that upon another for one larger still, and by the dinner-hour, you will have a heavy excellent joint grown out of your original very small one.—P. T.

CHAPTER IV.

BROILING.

I have no dainties for ye, gentlemen,
 Nor loads of meat to make the room smell of 'em;—
 Only a dish to every man I dedicate.

BEAUMONT AND FLETCHER.

BROILING is the most delicate manual office which the common cook has to perform, and one which requires the greatest practical facility and the most unremitting vigilance. She may turn her back on the *stew-pan* or the *spit*, but the *gridiron* can never be left with impunity.

A valuable and large portion of society is interested in this culinary process. It is the simple mode of cookery, best suited, and generally the most acceptable, to the sickly, fickle appetite of the invalid and valetudinarian. It is also recommended by comfort and economy to solitary diners and small families, as by this means the smallest morsel of meat can be dressed *hot* as delicately as the largest quantity; and few grown persons relish cold provisions, if they could help themselves. The French are admired for their skill in blending flavours, heightening relishes, imparting *sapid* qualities to what is dry or harsh, and giving piquancy to what is naturally insipid. But, as a nation, they are more entitled to praise for that *graduated scale* of cookery which descends to the very lowest class of society, and gives comfort and relish even to the meal of the Parisian tub-woman. Every French man and woman is something of a cook. Hence the proverb, "As many Frenchmen as many cooks." This they owe in some measure to the scale of their utensils, and to the tiny furnaces and chafing dishes, and the patience and skill which enable them to deal in all manner of ways with the smallest bit of meat, while their contemporaries in London have too often but the one resource—the Sunday oven—for the large expensive joint, which loses both its flavour and succulence in baking, and, at all events, must be eaten cold by the family till it is finished. Such

families know nothing of the *pot au feu*; they seldom see *soup, roots, or vegetables*, save perhaps a few potatoes on the *hot day*. The cottage cookery of both rural and urbane Scotland is superior to that of its neighbours, from the *canny* skill of the Scotch in the *potage*, and in the use of roots and vegetables; and this they manage with no additional expense of fuel.

BROILING is not, however, the cookery of the cottage economist, and it is of Broiling we now treat. The state of the fire is the primary consideration. It must be *clear and radiant*, consequently free of smoke. A fire half burnt out is best. The gridiron should rather be over long than too short, and ought to be so contrived that it can be placed at the distance of three, four, five, or six inches above the fire. If a gridiron is well polished at first, there can be no good cause for the bars ever becoming black. Let it be always rubbed when put aside, not only bright on the top of the bars, but clear of soot and grease between them. The bars should be narrowest at top, that they may not intercept the heat of the fire. It is well to have one gridiron for fish, and another for poultry and steaks. The gridiron must be hot through (which will take five minutes) before any thing is put on it. It must then be rubbed with a piece of fresh suet, to prevent the meat from being *branded* or sticking to the hot bars. If for fish, *rub with chalk*. Great care must be taken to keep broiled dishes hot, as the smallness of the articles exposes them more to the action of cold than meat cooked in large pieces.

There is great convenience sometimes in the *perpendicular gridirons*; and there is a trifling kind made double of strong wire, with a hinge, and small dripping-pan and hooks, which permits the steaks, bacon, or fish to be turned by merely turning the implement. On the small scale of cookery, these are very convenient. They hang before the fire, or lie over it.

P.S. We have been so often taken in with wonderful newly-invented frying-pans and infallible gridirons, that we do not venture to recommend any form. We have

collected half a garret-full of those and other culinary inventions, and on trial found nearly the whole useless, or no improvement on the old-fashioned utensils.

38. TO BROIL BEEF-STEAKS.—P. T., ESQ.

IN England, the best steaks are cut from the middle of the rump. In Ireland, Scotland, and France, steaks which are thought more delicate are oftener cut, like chops, from the sirloin or spare-rib, or edge-bone, trimming off the superfluous fat, and chopping away the bone. Beef for steaks must be killed for from three to five days, or more, to eat *tender*; but it does not require to be kept so long as a large piece to be roasted. Cut the steaks of equal thickness, (about three quarters of an inch,) beat them out to a level—though much beating is not recommended, as it expresses the juices from the meat. Let them be from three to four inches in breadth, and from four to six in length. *Sirloin* steaks shape themselves. Trim off the bone. When the gridiron is hot, rub the bars with suet, sprinkle a little salt over the fire, and pepper and lay on the steaks. Turn them frequently with steak tongs, to do them equally and keep in the juices. When the fat blazes and smokes very much, remove the gridiron for a second, till the blaze is past. From ten to twelve minutes will do a steak. Have a hot dish (rubbed with eschalot if you like) placed by the side or over the fire, near the edge of the gridiron. When turning the steaks with the tongs, if there be on the top any gravy that would fall in turning, drop it quickly into this dish to preserve it. Steaks are generally preferred rather *underdone*. Sprinkle them with a little salt just before they are dished in the hot dish, in which a little eschalot, finely shred, may be put, with a bit of fresh butter, and a spoonful of catsup laid to heat in the dish, if liked. Turn the steaks over with the tongs once or twice in the dish, squeezing them to express the gravy. In Scotland, shred raw onion is still sometimes employed instead of eschalot. Garnish with pickled red cabbage or cucumber, or horseradish scraped as for roast beef.—*Oyster-sauce, Eschalot-sauce, Brown onion-sauce, Eschalot-wine, Carach-sauce, General's-sauce, or Miser's sauce.*—Those who relish

a well-dressed beef-steak* discard all sauces, save the native juices of the meat, with the addition of pepper, salt,

* "Ask a dozen healthy men under thirty," said TOUCHWOOD, "what was the very best dinner they ever made in their lives, and I bet from eight to ten of them answer, 'a beef steak,'—and they give you the history of this *unique* regale, generally found on a journey, a pedestrian tour, or fishing excursion. Yes, gentlemen! England may well pride herself on a *bonne bouche* which her rival exhausts herself in vain endeavours to imitate, though she has never yet succeeded in even spelling its Christian name. The *rum'-stik* and *bif'-stik de mouton*, are not more unlike in orthography than in quality, to the juicy, delicately-browned, hot, tender rump-steak, which has immortalized the name of the "CLUB" and of DOLLY. But I am sorry to say that *beef-sticks*, literally so, are too often met with even in our own island. I have calculated that in the cities of London, Liverpool, Edinburgh, and Glasgow alone, upwards of a hundred thousand young men dine on beef-steaks every day of the week,—students, apprentices, clerks, '*gentlemen of the press*,' and so forth. What a clattering of gridirons here! Now, if our receipt, by instructing the thousands of slip-shod wenches who dress those messes, tends to keep said youths from taverns and ordinaries, true to the old sober habits of their country—*home-dinners*, I shall not think this page ill bestowed, Dr. REDGILL; though you hint that too much space is occupied by simple elementary processes."—The Doctor assured his friend, that he held no such opinion, and suggested that the girls attending the *National Schools* ought to be early initiated into these mysteries, as in the admirable French institution at Ecouen, near Paris, which would be conferring a real kindness on those they were destined to serve in future life.—"No spot on earth once," said WINTERBLOSSOM, "like the OLD FLESH MARKET CLOSE of Edinburgh, for a spare-rib steak; and I believe it has not yet quite lost its ancient celebrity. I never ate one in perfection but there:"—and the old beau related, with much vivacity, the adventures of a night on which he had accompanied to this resort the eccentric Earl of Kellie, and a party of Caledonian *bon-vivants* of the last age.—"But the receipt?" inquired REDGILL, with grave earnestness, corresponding to the magnitude of the subject. "O! neither more nor less than that those taverns were, and are kept by butchers' wives, so that the primest of the meat found, and finds its way there. In the darksome den into which we dived—Luckie MIDDRETT'S of savoury memory—hungry customers consumed beef-steaks by wholesale, at all hours of the night and day, or rather of the perpetual night. The coal fire was always in prime condition, and short way between the *brander* and the mouth, Doctor,—served *hot and hot*,—no distance between the kitchen and the hall: before the collop-tongs had collapsed in the hands of the cook, in rushed the red-legged waiting-wench with the smoking wooden platter. Every man held his weapon ready, and his teeth set; trencher after trencher followed.—Ay, this is to eat a steak in perfection. It can be known but once!"—The listening Doctor compressed his lips, and sighed in accordance with this melancholy view of life. There were times—hours of *crudities* and incipient evil digestion—when the hand of a child could have staggered the

and at most a particle, *à soupçon*, of minced eschalot or onion.

39. BEEF-STEAKS WITH POTATOES OR BEANS.

An Excellent French Dish.

FLATTEN and season with salt and mixed spices neatly-cut rump-steaks. Dip them in melted butter to keep in their native gravy whilst broiling. Have ready, in a dish by the fire, a very little parboiled and finely-shred parsley, with butter, pepper, and salt, in the hot dish. When the steaks are broiled, as directed in the last receipt, lay them on this, and turn them quickly over once or twice, and arrange very hot fried potatoes around them, or potato fritters; or serve beans.

40. TO BROIL MUTTON AND LAMB CHOPS, &c.

MUTTON and LAMB CHOPS, RABBIT cut in quarters, SWEETBREADS and KIDNEYS, may be broiled as above; but particular care must be taken that the fat which drops from mutton does not smoke the chops,—to prevent which, turn them frequently, and remove or place the gridiron aslant when the smoke rises. Kidneys must be stretched on a skewer to prevent their curling with the heat. Each of these things may be higher dressed by dipping them in egg, and then in a mixture of bread-crumbs and savoury herbs, which may farther be strewed

strongest principles of his culinary belief. The vision of some three pounds of steaks, consumed at a country inn in Somersetshire, with all the vigour and relish of youthful appetite, sharpened by exercise, rose between him and the well-replenished board that now courted his advances; and the Doctor moralized on the vanity and nothingness of all sublunary pleasures, while he handed round the mock turtle soup.

“No beef-steak, after all, equal to that of my friends the Abyssinians,” said TOUCHWOOD. The Doctor anathematized the savage and bloody process:—“Nor any receipt to that of Macbeth,” said WINTERBLOSSOM—“not he of the hotel, but of Shakspeare, Doctor;” and he spouted,

“If it were done, when 'tis done,
Then 'twere well that it were done quickly!”

“Stolen from the *New Monthly*,” said JEKYLL, only half-aside: and the Doctor, more than ever convinced that little assistance for the *Great Work* could be obtained either from the finical Guardsman or the flighty Old Beau, gave himself in seriousness to the serious business of dining.

over them as they broil. — *Sauces* for mutton-chops the same as for beef-steaks. For *Lamb*, the *Catsup* is better omitted, and *Cucumber* or *Maitre d'Hôtel sauce*, substituted. *Sweetbreads* and *Kidneys* are better fried than broiled.

41. TO BROIL PORK CHOPS.

PORK-CHOPS should be delicately cut from the neck or loin, and trimmed from part of the fat. Dust them with white pepper, with which is mixed a *spice* of cayenne. Broil them for from fifteen to twenty minutes over a clear sharp fire, strewing over them a little salt when they are nearly cooked. They must be served *broiling* hot and with a hot gravy, with which a tea-spoonful of made-mustard, and a little dry sage pulverized, may be mixed. *Redgill-sauce* or *Sauce Robert* possesses still more *gusto* for thorough-bred pork-eaters.* Stewed cabbage is served with them. *Bacon*, in thin slices, may be nicely broiled over a slow fire, in a sheet of paper, tucked up in form of a small dripping-pan; or on a toaster before the fire.

N.B. We would, unless the fire is temptingly radiant and the cook dexterous, recommend that pork-chops be dressed in the American oven before a brisk fire, which will prevent their becoming black, and having the smeary appearance which those dressed on the gridiron too often exhibit; or they may be half-fried, crumbed, and then broiled brown.

42. TO BROIL YOUNG CHICKENS AND PIGEONS.

A BROILED chicken or pigeon is thought lighter than one roasted, and is at least more expeditiously cooked. It is therefore preferred for the sick, or the hungry and hasty.

* PORK-CHOPS.—It is related that FUSELI, when he wished to summon Nightmare, and bid her sit for her picture, or any other grotesque or horrible personation, went to prime himself for the feat by supping on about three pounds of half-dressed pork-chops.

Though that accommodating Prince, RICHARD CŒUR DE LION, could, as has been seen, eat any thing, all being fish that came in the net when he was sharp-set, he had, like other epicures, his favourite dish, which was *Porkified Saracen, curried*. On recovering in Syria from an ague, his first violent longing was for pork, which is said to approach nearer to human flesh than any other sort of meat. Pork is indeed "a passionate" food. It tolerates no medium. It must be idolized or detested, whether as sitch or gammon, souse or sausage, brawn or griskin.

Singe as directed, *Note* page 103. Pick and truss, wash and dry it, and cut down the back; season with pepper and salt, and place the inside on a gridiron previously heated, and put at a greater distance from the fire than for a steak. This dish will take a full half-hour to cook perfectly. The gridiron should occasionally be taken off the fire, and the birds rubbed with butter tied in a muslin rag. Probe with a knife to see if they are done. Place your chickens or pigeons in a hot dish. For chickens, serve parsley and butter, or gravy with mushrooms, or sauce *à la Tartare*. Garnish with slices of lemon, and the liver and gizzard (the latter scored) highly seasoned with pepper and salt, and also broiled. For pigeons—the *sauce* is melted butter, flavoured with mushroom-catsup, or parsley and butter in the dish.

Pigeons may be broiled without splitting. Truss as for boiling, and flatten the breast-bone. Stuff each pigeon with a bit of butter rolled in chopped parsley, and season pretty high with pepper and salt. Tie them close at both ends, and turn them frequently over a clear fire that they may be nicely browned and equally done; or they may be rubbed with egg, and afterwards rolled in bread-crumbs and chopped parsley, and dredged with this mixture while broiling.—*Obs.* Pigeons are not so light, but more savoury, when broiled whole. When a chicken is broiled for an invalid or convalescent, it may be proper to skin it, as the skin is the most indigestible part of any bird, and to use as little butter as possible. A chicken for an invalid may be *par-roasted*, cut up, and then broiled.—It will sometimes be more convenient to dress chickens as directed for partridges, in the next receipt.

43. TO BROIL PARTRIDGES OR MOOR-GAME.

HAVING prepared, make them firm in the frying-pan, turning them once. Finish on the gridiron; and serve them in a hot dish, with *Poor Man's sauce*.—*Another good way.* French cooks, after trussing the fowl or chicken, often cut down the back, flatten the breast, break the leg-bones, *simmer in butter with white pepper and salt*, and finish on the gridiron.

CHAPTER V.

FRYING.

Passion, O me! how I run on,
 Here 's that which should be thought upon
 The business of the kitchen's great
 And it is fit that men should eat,
 Nor was it e'er denied.

SUCKLING.

FRYING, if not the lightest, is a very convenient mode of cookery to those who wish to unite comfort with economy; and, certain things premised, it is not difficult of management. The frying fat, be it lard, oil, butter, *dripping*, or top-pot, must not be stale, much less rancid; the fire must not be smoky, and the frying-pan, but not the *sauté-pan*, (which our cooks corrupt into the *sooty-pan*,) ought to be thicker in the bottom than frying-pans are usually made. Fresh butter, clarified from all foreign substances, pure "British oil," is the most delicate substance in which meat can be fried, as it communicates no predominating flavour. Oil, lard, or what answers equally well, clarified fresh suet, or dripping (the "kitchen-fee" of the Cleikum,) are better adapted than butter for fish, eggs, or any thing watery. When butter for frying is clarified, it is not nearly so apt to *burn*, which effect is produced by the water or milk it contains. Fritters and sweet things must have either good butter, or good lard, or, where it can be afforded, good oil. The fire must not be too fierce, nor yet too slack, as fat is susceptible of that intense degree of heat which will scorch whatever is placed in it before the substance to be fried could be heated through; and, on the other hand, if not hot enough, the *fry* will be merely sodden in fat, stewed and not fried. If fish, they would be limber, apt to break, of a bad colour, and have no crispness. Fish are more difficult to fry than meat, from the softness of the fibre. They consequently require a greater degree of attention. Have an oval-shaped frying-pan for fish, as

this form requires much less of the frying material than one of a round shape. A wire-frame fitted to the size of the pan, and raised about a quarter inch from its bottom is coming into general use for fish: lay the fish on it; covered with the frying material. Ascertain the heat of the fat, which must completely cover the fish, by throwing a bit of bread into it, as you try the heat of an oven by a bit of wet paste placed in it. Fat that has fried veal-cutlets, lamb-steaks, &c., may be used afterwards for fish, if allowed to settle and poured clean from the sediment; but what is used for fish would spoil any sort of meat, though it will answer repeatedly for fish, especially of the same sort, if strained when used. Frying fat becomes richer from having meat fried in it; and if carefully taken up, may be used repeatedly.—See *Fritters, Omelets, &c.*

44. TO CLARIFY BUTTER FOR POTTING OR FRYING, AND SUET,
AND DRIPPING FOR FRYING.

CUT the butter in slices; put it into a jar, which set in a pan of boiling water till it melt. Skim it, take it out, and when it has cooled a little, pour it gently off, holding back the curdy sediment. Mutton and beef suet and lard may be roughly chopped, have all the skin and fibrous parts taken out, and either be gradually melted over a slow fire, or before the fire in a Dutch oven, taking away the fat as it drops. In this last process there is less danger of the fat acquiring a burnt taste than when rapidly melted into tallow over the fire. *Another good way.*—Boil down the suet in water, and when cold take off the cake of fat. In each case strain the fat and keep back the sediment. Dripping and melted suet* are used for pie-crust, and for basting and soups, as well as for frying. Their suitability for all these purposes depends, in a great measure, on the way in which they have been melted and preserved. When dripping is to be kept for soup it may be seasoned, not otherwise. It may be very highly purified by twice clarifying. A bit of

* For an excellent way of using beef suet, see *Paste of Beef suet for Pies, &c.* No. 774.

charcoal or a charred toast thrown into it will help to remove a rancid taint.

45. TO MELT LARD FOR FRYING, &c., AND TO MAKE LARD.

EITHER melt it as in last receipt, or skin, beat, and boil the hog's caul slowly, and lay it in a little water, working it with the hand. When it will easily break with the fingers, let it cool, and rub it through a sieve. Hang the lard in bladders or nets in a cool place. *Another way.*—Melt the lard in a stone jar set in boiling water; pour it carefully from the sediment, and keep it in bladders or small jars. *LARD for larding.*—Rub the lard when taken from the pig with pounded salt. Lay two pieces together, put a heavy weight over them. Let it lie from four to six weeks, then skewer and hang it to dry, in a dry, cool, airy place. It cannot be used *for larding* till it get firm. See Nos. 57, 58.

46. TO FRY BEEF STEAKS.—DR. R.

FRY in butter, for twelve or fifteen minutes, pieces cut from the best part of the rump or any good joint, of the same size as for broiling. Fry them of a fine brown. The pan may be covered after the steaks are browned, which will render them more juicy. When done place them in a hot dish by the fire; add to the gravy in the pan a small glass of red wine, and, if you like it, a small anchovy boned, pepper, salt, and a minced eschalot. Give it a boil up, and pour it over the steaks, which, like every fry and broil, must be served hot. Or fried steaks may be eaten with brown gravy, or onion-sauce, or fried onions, served very hot along with them. *Garnish* with pickles or scraped horseradish. The *wine* may be omitted. Potato-fritters or plain dumplings are a good accompaniment.

47. SCOTCH BEEF COLLOPS WITH ONIONS, OR COLLOP IN THE PAN.—M. D.

CUT the meat rather thinner than for broiling; make the butter hot, and place the collops in the frying-pan, with about the proportion of a couple of middle-sized onions sliced to each half-pound. If the butter be salt, pepper is used, but no additional salt. Brown, and then cover the pan with a close lid. When done, the collops may be drawn aside, and a little oyster-pickle or walnut-

catsup and boiling water added to the onion-gravy sauce in the pan. Dish, and serve hot.* Ten minutes will dress them.

48. TO FRY VEAL CUTLETS, ENGLISH AND FRENCH WAY.

CUT slices about half an inch thick from the fillet, back-ribs, or loin. If not equally cut, level them with a cutlet-bat, and shape round, about the size of the mouth of a large tea-cup. Have plenty of lard or fresh butter to fry them in, not dripping, which is unsuitable to white meats. Keep the pan at a good distance from the fire, if the cutlets be thick; when browned on both sides of a light golden-tinged brown, the pan may be held higher above the fire and covered. Have ready some gravy made thus: A quarter-pound of the skins, bones, or trimmings of the cutlets, a blade of mace, the head of a young onion, a sprig of parsley, a good bit of lemon-peel, six white peppercorns, a bay leaf, if the flavour is liked, and a pint of water, which may boil down one-half; add fresh butter, the size of a large walnut, rolled in flour, or white *roux*. When this gravy is thickened, strain, boil again, and pour it hot over the cutlets, which must be served very hot. This sauce may be made *brown*, by the addition of a little walnut or mushroom catsup. *Another way.*—*Veal cutlets* may be more highly dressed by brushing the slices with beat egg, and strewing over them a mixture of bread-crumbs, parsley, and lemon-peel chopped very fine, and a scrape of nutmeg. They must be fried in plenty of butter. When the *cutlets* are done, place them before the fire in a hot dish, covered, and to the gravy in the pan add veal broth or gravy, and white *roux*, or a few little bits of butter separately rolled in flour; let it boil and thicken; add a little lemon-juice and white pepper, skim the sauce, and pour it over the cutlets. Where the flavour of lemon-thyme is liked, a sprig of it makes a grateful addition to sauce for veal cutlets. *French way*, which the French call

* This national dish possessed rather too much *gusto* for JEKYLL; but the Doctor admired it exceedingly, and even suggested that, independently of the collops, this was an excellent method of preparing *onion gravy*, which only required the addition of a little red wine and lemon juice, to those who like an acid relish, to be a complete sauce.

the English:—Cut nice small cutlets from the neck, skinning and trimming them from fat. Egg, crumb, and fry them. In another pan fry as many delicate slices of bacon as you have cutlets. Dress round on a very hot dish, a cutlet and a slice of bacon laid edgeways on each other, and pour hot mushroom gravy in the centre. See Nos. 640, 641, 642, and Scotch collops, in Chap. *National Dishes*.

49. LAMB OR PORK CHOPS

ARE fried in same manner as veal, and either plain or egged,* rolled in bread crumbs, and, when dished, *garnished* with slices of *lemon*, or *crisped parsley*. PORK-CHOPS may be fried as above, dipping them after they are egged in a mixture of chopped onion, sage, and bread-crumbs.—*Obs.* Care should be taken to have all *chops, steaks, and cutlets* of a good shape, neatly *trimmed*, and beat out to equal thickness, when not at first cut smoothly and equally.

50. TO FRY FRESH SAUSAGES.—DR. R.

WHETHER pork, veal, or beef sausages, they are best fried in the same way, viz. slowly, that they may heat to the heart without bursting. Sausages ought to be dressed fresh, more especially those that are bought at cooks' shops, where it is the practice to put the crumb of fresh roll soaked in a certain proportion of water into them, which immediately ferments and turns the sausage-meat sour. Very little butter or lard is required to fry pork or beef sausages; veal must have more. If in danger of bursting they may be pricked with a darning-needle; but if gradually heated, unless they are fermenting, this precaution will not be necessary. They must be lightly dredged with flour to froth them, and drained from the fat, by lying on a dish before the fire. They are sometimes boiled, and frothed before the fire.—*Obs.* Sausages were wont to be fried with apples, pared, cored, and quartered; and garnished and served with the same: the practice is nearly obsolete. Poached eggs and fried bread, mashed, roasted, or scalloped potatoes, or stewed red cabbage, are more

* "To egg,"—to smear with beat egg, or dip in egg,—is an approved kitchen verb, from which TOUCHWOOD derived the Scotch phrase, to "egg up," or "egg on," *incite, urge, or stimulate*—the appetite. Dr. REDGILL had grave doubts as to this etymology. "To onion" is another buttery verb, which deserves to be more generally known.

suitable to this rich and savoury dish. With *Turkey, fowl,* or *veal,* sausage is often more acceptable than even tongue or ham. To make *sausages,* see the Index.

51. TO FRY EGGS WITH BACON-HAM OR SAUSAGE.—P. T.

BUT for this homely dish many an honest traveller would go without his dinner. The general fault is, that the bacon is often too hard, and cannot be cut into proper slices; to steep the slices even for a few minutes in luke-warm water would tend to remedy one defect; they must then be dried in the folds of a cloth. The colour of eggs is very easily hurt; so be sure that the frying-pan is delicately clean. This, in all cases, is best known by melting a little fat in it, pouring it out, and wiping hard while the pan is still hot. Let the bacon be nearly fried, draw it aside, and if the fat look in the least dark or burnt, pour it off, and, if nice cookery is wanted, let fresh material get hot before the eggs are broken and gently slipt in. Ladle the frying fat over them with an iron tinned spoon. When the eggs are done on the under side, dish the bacon in a hot dish, and either turn them or hold the pan before the fire a minute, or use a salamander, to take the *raw* off the upper side. Trim them as they lie in the pan; then take them up with a slice, and drain the grease off, before dishing them with the bacon. They are dished either on the slices of bacon, or laid in the dish, with the bacon placed neatly round them. In very nice cookery a separate pan should be used for frying the eggs, and some good cooks broil the ham, and fry the eggs only.

52. TO FRY SWEETBREADS.

LET sweetbreads always be slightly parboiled when they come from the butcher. When to be dressed, cut them into oblong slices, and either flour and fry them in butter, or egg them, then roll in bread-crumbs; add a seasoning of lemon-peel, pepper, and a sprig of basil chopped. Garnish with crisped parsley: *anchovy-sauce,* or melted butter, with a small tea-spoonful of walnut or mushroom catsup stirred into it. Serve with them small slices of crisped bacon, or slices of sausage done in a cheese-toaster or Dutch oven. For *Sweetbreads,* see *French Cookery.*

53. TO FRY LAMB'S LIVER AND PIG'S HARSLET.

CUT a sound fat liver into long thin slices. Soak in water, dry in a cloth, and flour these. Fry them of a fine rich brown, in plenty of fresh butter or lard. Eschalot, or young onions, and pepper, may be added to the fry. Serve with hot gravy and stewed cucumbers, or cucumber-sauce. Garnish with fried parsley. — *Obs.* When liver is found either livid, black, or lumpy, it is surely unnecessary to notice, that, whether for sauce, stuffing, or frying, it is alike to be rejected. Liver may be *parboiled*, and finished by frying. *Pig's Harslet.*—Clean and parboil the lights, liver, sweetbread, and heart; slice, dredge with flour, season with pepper and salt, and fry with chopped onion and sage, in butter or lard, with a bit of bacon. The French make this dish *fine* by serving it with a sauce of claret and mustard. Harslet may be stewed, a good way, or roasted, skewered up in a caul.

54. TO FRY CALF'S LIVER AND BACON.

CALF'S liver is fried as above. When nearly done, or else in a separate pan, fry the bacon. Dish with a slice of bacon laid on each slice of liver; or they may be dished separately. Serve a little thickened gravy with a squeeze of lemon. Garnish with crisp parsley.—*Obs.* Sound ox-liver and bacon, done as above, make a good, *cheap*, but coarse dish. So do chopped potatoes, with fat bacon fried.

55. TO FRY VENISON COLLOPS, SCOTTISH.

CUT nice steaks from the haunch, or slices neatly trimmed from the neck or loin. Have a gravy drawn from the bones and trimmings, ready thickened with butter rolled in lightly-browned flour. Strain it into a small stew-pan, boil, and add a squeeze of lemon or orange, and a small glass of claret: * pepper to taste, a salt-spoonful of salt, the size of a pin's head of cayenne, and a scrape of nutmeg. Fry and dish the collops hot, and pour this sauce over them. A still higher *gout* may be imparted to this sauce by *eschalot wine*, *basil wine*, or *tarragon vinegar*, chosen as

* Claret, of all the red wines, is that, in general, best adapted to the use of the cook: for higher flavour, Burgundy is preferred, yet white wines are those generally used; Champagne, Madeira, and Sherry especially, which are best suited to white meats and fish.

may suit the taste of the eater. If those flavours are not liked, some old venison-eaters may relish a very little pounded fine sugar and vinegar in the gravy, and currant-jelly may be served in a sauce tureen. *Garnish* with fried crumbs. This is a very excellent way of dressing venison, particularly when it is not fat enough to roast well.—For *Venison Minced Collops*, see *National Dishes*.

56. TO FRY TRIPE AND COW-HEELS.

TRIPE must be boiled as in No. 16, cut in pieces not too large, and dipped in a batter made of flour and eggs, with a little salt and minced onion, if you like, and fried for seven minutes of a rich light-brown.—*White Onion-sauce*.—*Obs.* Cow HEEL is cut into neat pieces, egged, rolled in crumbs, fried, and served in the same manner. The Club were not partial to these fries. They to a man preferred plain boiled tripe, or tripe fricasseed with a white sauce.—See *Potted Heel*, *Irish*, *French*, *Birmingham* and *Glasgow Tripe*.

57. TO PREPARE CRUMBS FOR CRUMBING AND FRYING, AND TO FRY CRUMBS AND PARSLEY.

TOAST carefully in an American oven, thin slices of bread with the crust off; or, better, place it for a night in a cool oven to be *bis-cuit*, i. e. twice baked; when very crisp, crumble and roll or rub down into fine crumbs for things fried, or to dredge hams, bacon, or fish with. To fry parsley, have the frying-pan well filled with very hot dripping or lard. Have young parsley nicely picked, washed, drained, and then rubbed lightly between the folds of a cloth to dry. It must be fried quickly to get crisp. The moment it is done lift it with a slice, and place it before the fire on a sieve reversed, to drain and become more crisp; or it may be crisped in a Dutch oven before the fire. There is now a useful wire basket, for holding parsley while frying. Parsley fried is used for garnishing lamb-chops, liver, or any meat dish to which the flavour of parsley is suitable. Many things are served on fried parsley. (See *Dried Herbs*.)—BREAD-CRUMBS are fried and drained in the same manner, taking care that the fat is perfectly clear and transparent, and that the bread is

not burned. Sippets may be stamped with pastry stamps in the form of stars, the Maltese cross, triangles, diamonds, paper-kites, cocks'-combs, &c. &c. and nicely fried and drained before the fire to serve for *garnishings*. Fried bread and crumbs are most useful articles for garnishing, as they never fail, when well done, to be eaten with the dish they are employed to ornament.

Another Way.—Fry in a wire basket; or, as a substitute, in a colander held among the frying fat. Crumbs will thus be easily lifted when dry and firm. Parsley fried may be afterwards dried in the oven.

58. TO FRY HERBS TO SERVE WITH BACON AND EGGS, OR CALF'S LIVER.

TAKE two handfuls of spinage, a bunch of parsley, and a few chives or young onions. Pick, cut, wash, drain, and stew them slowly in a very little broth and butter, taking care they do not burn. They may be fried in a net, or wire basket, placed in the frying fat.

N.B. *For Frying Fish*, see No. 136.

CHAPTER VI.

BROTHS, SOUPS, AND GRAVIES.

C'est la soupe qui fait le soldat.

French Proverb.

SOUP has been aptly termed the vestibule to a banquet. We call it the safest foundation to the principal repast of the day, whether it be a Cottage or a Cabinet dinner. With this belief we hold as maxims, that the French take the lead of all European people in *soups* and *broths*; that the Scotch rank second, the Welsh next; and that the English, as a nation, though with many honourable exceptions, are at the very bottom of the scale; and, farther, that if soup be the foundation of a good dinner, it is equally true that good *beef* is the best foundation of the best *soup*. Whether brown or white, plain or rich, the

basis may still be beef,—fresh-killed, juicy ripe beef, and soft pure water.*

* “We of Scotland,” said WINTERBLOSSOM, “probably owe our superiority in this department to our long and close alliance with that nation which has ever been most profoundly skilled in the mysteries of the soup-pot. That Scotland is indebted to France for the proficiency she has attained in cookery, is abundantly evident from the culinary nomenclature of the nation. Kitchen—*Cuisine*—the word with us comprehends every kind of viand or preparation which may add to the relish of the coarse cake, and decoction of oatmeal and coleworts, which formed the staple of the daily meal. A peasant’s butter, cheese, fish, meat, and so forth, are all his ‘*kitchen*.’ Then we have the *hachi*—the soup *Lorraine*, and *à la Reine*, the *veal Flory*—or Florentine pie—our *broche* and *turn-broche*, and our culinary adage, ‘*Hunger is gude kitchen*.’”

—“If you go on at this rate, you will soon reduce your nation to their original brose and haggis,” said JEKYLL; “for you recollect that your skill in cabbage and coleworts is attributed to Cromwell’s soldiers.”

“Little or mickle,” put in Mistress DODS, a true-bred Border Scot, who would not yield an inch of the kitchen-floor to France or England, “we mak’ better use o’ what little skill is accorded to us, it’s like. I have heard them say that should know, and that’s the Nawbob himsel’ there, that there is thousands upon thousands o’ working men’s houses in Lunon whar they ne’er saw a broth-trencher, let-a-be a pot o’ fat kail:—Cauld, comfortless, wasterfu’, gude-for-naething gangings on, for man, wife, and wean. Their roast joint,—set them up!—scourthered to a cinder in a baker’s oven,—a hunger and a burst,—dear bought at first, and a short outcome for a working man’s family, compared with two or three pots fu’ o’ gude barley-broth from the same joint of meat.”

“Even too true, Luckie,” interrupted the Nabob; “this must be cared for. The Scots may, or did fail in a grand dinner, Doctor,—no doubt of it; but as a *nation* they manage better than most of their neighbours,—three hot meals of broth and meat for about the price of one roasting joint, perhaps. Then ‘*second day’s kail*,’—said I right, dame?—something to warm up to-morrow for the gudeman and the bairns, the *pot-au-feu* of France?”

“And gude enough too,” rejoined Meg; “sae ye need not cast up puir Scotland, Captain JAYKILL. A week’s hunger and a Sunday burst—their *hot* roast joint—set them up! We may be easily put by; and the Gude forbid we were belly-gods and pock-pudding Eppycurryeans; though at a Christening, or a Kirn, or on a Sacrament Monday, we may like a bit roast as weel as our nice-gabbit neighbours.”

“Ay this it is to clip and crib the gluttonizing joys of honest John Bull, to some high festival of once a-year,” said JEKYLL.

“Call you a wholesome nutritious soup four times a-week, clipping the gormandizing joys of John Bull,” cried the Nabob, “instead of his Sunday roast and dilution of porter?—no, sir, soup is the best as well as the most economical fare for dinner a mechanic’s family can consume. But I will give him a thousand preparations.”

“Besides the elegant variety of Mr. GEORGE ROSE’s salt-herring, and COBBETT’S *toujours* fat—*Very fat*—bacon,” said JEKYLL, who scented a long prosing harangue and wished to cut it. “But let

K

The essential qualities of soup are, that it be nourishing and restorative. It is the food of childhood and extreme old age, of the declining and the debilitated, for whom the soup-pot performs half the offices of the digestive organs. With these invigorating and salutiferous qualities, the mildest, the richest, and the most poignant *relishes* may be combined, by the judicious employment of the numerous ingredients which go to the composition of *soups*. The capital defect of soups is not in general so much the want of meat as of the time necessary to the due concoction of a rich fluid composed of so many ingredients. The defects of soups are vainly attempted to be concealed by the excessive use of pepper and herbs. The following elementary rules, from the French of the chemist Parmentier, were assumed by the Club as practical directions to the cook :—

RULES FOR MAKING NOURISHING BROTH.

- I. Sound, healthful, fresh viands.
- II. Vessels of earthenware in preference to those of metal, as a less degree of heat keeps them boiling; and once heated, a few hot cinders will maintain that slight degree of ebullition which is all that is wanted.
- III. Double the weight of water to that of the meat used.
- IV. A sufficient quantity of common salt to facilitate the separation of the blood and slime that coagulate under the form of scum.
- V. In the early stage of the process such a degree of heat as will throw off the whole scum.
- VI. Afterwards a lower, but an equal temperature, that the soup may *simmer* gently till the substances employed, whether nutritive, colouring, or flavouring, are perfectly combined with the water, according to their several degrees of solubility.

Besides observing these rules, use the softest water, and let the cook read the observations prefixed to the Chapter

Mistress DODS proceed with her discourse," he added. Here, however, the Doctor called the party to Order, and resumed the real business of the day—Gravy-soup. . . . For many excellent, cheap Scotch soups, see *National Dishes, and Cookery for the Poor*.

on Boiling, and attend to the following hints:—Some soups are very good when made the day before they are to be eaten, as the top-fat can be removed in a cake, and they can be cleared more effectually, and also attain more complete consistence, where a thick body is required, (*Scotticè*, lithiness,) without losing their flavour; but they need not be seasoned till wanted, and should then be slowly heated to the boiling point. If permitted to boil, most re-warmed soups will lose part of their flavour; and in stew-soups the meat will harden. Excellent judges differ on this point. Many think every hot preparation best when fresh-cooked,—and soups of the number. Of the kinds that will keep, and that may be prepared beforehand, are brown-soup, hare-soup, soup of game of any kind, gilet-soup, and generally all soups made of the meat of animals of mature growth. Soups into which vegetables and young meats enter in any quantity, are best when fresh-made, as these things have a tendency to ferment. This also holds especially of veal and fish soups. This tendency may be partly checked by boiling them up, and changing the vessels. In re-warming all previously-made soups, broths, sauces, and gravies, if they cannot be heated by steam, or by the vessel containing them being completely plunged into a stew-pan of boiling water, or a *bain marié*, particular care must be taken that they are not smoked. The fire must be clear, and the lids close; for things re-warmed are more liable to be smoked than during their first preparation. Soups and gravies are best kept in earthen or stoneware vessels. They must not be covered till quite cold; and when cold and covered, vegetable soups, &c. may be plunged into a trough or large vessel of spring water. Where there is no ice-house this is a good way to keep cream or milk sweet. The wicker-work boxes or baskets, lined with charcoal, used in hot climates, might often be useful at home to preserve meat, ices, &c. When soup is to be finished or warmed, take off the cake of fat which settles on the top, strain, and hold back the lees or sediment.

Give all soup ample time in making. From four to six hours is not too much; but the finer flavouring ingredients for soups, gravies, or made-dishes, need not be

added, save for the length of time necessary to blend the various *zests* into one harmonious *relish*, without exposing them to that degree of continued heat which drives off their subtle essence. This observation is peculiarly applicable to catsups, aromatic spices, wines, flavouring vinegars, lemon and orange juice, &c.; and a much smaller quantity of these costly ingredients would answer the purpose if it were attended to. In certain cases it is proper to put in the half of these ingredients at an early stage of the process, that the flavour may be intimately blended with the preparation, adding what remains to give *piquance* near the conclusion. In English books on cookery there is often too much wine ordered for soups, and sometimes too little meat. The former error is the less dangerous, as what is levied from the cellar may not always find its way to the soup-pot. Roots, bread-raspings, or barley, for plain common soups, ought to be put in as soon as the pot is skimmed, when the roots are merely intended to thicken and flavour the soup. When to be cut in pieces and served in the broth, an hour's boiling is fully enough for carrots, turnips, onions. Many things are used to thicken and give consistency to common soups; not the worst is the mucilage of oatmeal: but rice-flour, or rice, potato-flour, pearl-barley, and bread, are each excellent. When the soup or gravy is too much *boiled* down, the waste must be supplied with *boiling* water or broth; and though in general we strenuously recommend close-covered pots, yet when the soup is watery and weak, the lid may be taken off till the watery particles evaporate, for *thickening* gives consistence but not strength. It facilitates the operation, if meat for soup or gravy be cut into pieces of about a half-pound each; and it improves both the flavour and colour, if the meat, onions, and carrots be browned with a bit of butter at the bottom of the soup-pot or digester, before the water is added to it.* The only objection is, that by these means the removal of the scum is

* To this previous drawing out of the juices without much or any water, we are inclined to attribute much of the superiority of French soups and stews. Some French cooks, to regulate the flavour of soups more exactly, boil the roots, herbs, and vegetables separately to a mash, and then squeeze them and add the juice, till the desired flavour is obtained.

not so complete as is necessary to the rock-crystal transparency of clear soups. SCOTCH BROTH made of fat meat may have a larger proportion of greens, leeks, cabbage, or whatever *green* vegetable is used, than leaner meat. The best plain *browning* for high-flavoured soups, sauces, gravies, &c. is red wine, soy, or mushroom or walnut catsup. Where these are not admissible, use crusts of bread well browned, browned *flour* or browned oatmeal where thickening is required, the meat browned in the pot before putting in the water, and the onions fried a fine deep brown. But a more elegant because paler tint is simply got by the carrots, the black peppercorns, and the skins of the onions, which should be topped, tailed, and washed, but not peeled before being put to the soup. (See *Browning for Soups and Made Dishes*.)—To improve the colour, many cooks sacrifice the flavour of their soups. *Burnt* meat or bones, *burnt* sugar or treacle, are all condemned by us.

The cook is entreated to bear in mind, that the beauty of all clear gravy *brown* soups consists in *transparency*, united with richness and flavour,—to obtain which skim carefully and simmer slowly; and of *white* soups, and fish and vegetable soups, in the goodness of the desired colour, and in fulness or *selectness* on the palate.

Soup may be made in an infinity of ways. There is no end to the combinations of meat, game, fish, herbs, roots, spices, and mucilage, with water; but the basis of the best soup, whether expense is either an object or no object, is, as we have said, beef,—fresh, full of juices, mature, succulent, but not too fat,—the lean parts of an equally fattened animal. For this *Primary* soup we give the following tried and approved receipt:—

59. PLAIN STOCK BROTH.

The Basis of many Soups and Sauces.

In large families, or if the cook is to have a large dinner, let her, on the previous day, prepare the *Stock broth*.—To every pound of fresh juicy beef, or a shin broken, allow a quart, or, if wanted very strong, a *third* less of soft water, and to this add any fresh trimmings of lean mutton, veal, poultry, or game, which the larder affords. An

old fowl, a rabbit, or a knuckle of veal, are excellent additions, and with these less meat will serve,—a good fresh bone, *sawed*, is a cheap help to any stock-pot. When the broth is rendered pellucid by boiling, skimming, and clearing, as directed in the observations on boiling, put to it an ounce of salt, the same of black peppercorns, and a half ounce of pimento corns, two carrots, two turnips, four large onions in their skins, four cloves, some good leeks, if you like the flavour, a fagot of herbs, and a head or two of celery. There are, however, some purposes for which stock is wanted to which this quantity and kind of vegetables may be unsuitable; and this is left to the judgment of the cook. Half the quantity specified will do for one large tureen. Let the soup boil for from four to six hours, according to the quantity. If left too long on the fire, the flavour of the vegetables will deteriorate, the colour will spoil, and the broth become ropy. When a good soup merely is wanted, without regard to the meat, boil quickly with the lid aslant to reduce. When done, let it settle, skim off the fat, (which will be useful for moistening *braises*, enriching vegetables, &c.) pour it from the sediment; strain it through a tammy, and set by for use.

Obs. As our object is to unite judicious economy with good cookery, it is proper to mention, that each of the material ingredients of the stock-pot may be turned to good account. The *meat* may be put on early on the day of the dinner, and may be kept hot to serve at the servants' table, while it affords stock for the soups, sauces, and braises. Or it may be served in the first course as beef *garni de choux*; or *garni de racines*, or as plain *bouilli*, as directed for that dish, by taking it up when just enough done, and placing it in a stew-pan, with a few ladlefuls of the top of the broth, to serve as a sauce. If a fowl is boiled in the stock-pot, let it be trussed before boiling, and it may be served with rice, or any suitable sauce, or *au gros sel*; so may a knuckle of veal, a rabbit with onions, or a brace of partridges with a proper sauce. In large private establishments, where broth for soups and sauces is constantly required, these articles, of which Stock is best formed, may be served at the different tables, or on different days.* The Stock being made, the Cook is now in possession

* For hotels, clubs, regimental messes, &c. these hints are valuable; for each of these dishes, besides causing no loss, will actually

of a *floating capital* subservient to many purposes.—See Nos. 582-3-4.

60. STRONGER STOCK, *the Consommé of the French Kitchen.* 1

THIS is the same thing, only stronger than the former broth. Take a large old fowl, or a cock, a large knuckle, or a good piece of the leg of veal, a piece of juicy beef, and any game you have to spare; put four ounces of butter in a stew-pan, and then the cut meat; moisten with a pint of stock, No. 59; let it catch the fire till the juices are drawn; then add more first stock in the proportion of a pint to the pound of meat; skim, season with a carrot, two or three onions, two cloves, some parsley, and a head of celery. Let the fowl only boil till enough done for the table, and the knuckle of veal only till done. Then again skim and carefully strain this *consommé* through a fine sieve.—N.B. Ham is often ordered for these Stock broths; but unless for gravies, to enrich ragouts, or to make certain sauces, it is seldom employed. Indeed, it is more suitable to savoury gravies than to the bland, elementary broth, from which mild soups and sauces are to be made.

61. RICHER HIGH-FLAVOURED STOCK.

LINE a well-tinned stew-pan with slices of good ham, over this place slices of veal from the thick of the knuckle, and a fowl or brace of game cut to pieces. When the meat has been *sweated* over a slow fire till the juices have formed a *glaze*, moisten the whole with a quart and a half of strong stock, and season with chopped mushrooms, parsley, green onions, a blade of mace, and two cloves. Strain and thicken it, when stewed, with white or brown thickening, and keep to use in cooking.

62. VERY STRONG STOCK, *the Grand Consommé of the French Kitchen.*

MAKE this exactly as Second Stock, but use more veal and poultry and less beef, if convenient. This is the basis of many French sauces, and clear gravy-soups.*

be more rich boiled in the stock-pot, than if cooked separately. A fowl *au gros sel*, means one sprinkled when dished with grains of large bright salt.

* French cookery is imagined to be a very complicated affair. It is, in fact, more easily understood than our own, because its principles are more fixed, and its language more *scientific*. The Beauvillierian, the

63. CLEAR GRAVY-SOUP, *the Basis of many of the Soups mentioned afterwards.*

HAVE eight pounds of a shin of beef, chopped across, a knuckle of veal, or a scrag of mutton, with any fresh trimmings the larder can furnish, and a piece of lean ham, if the ham-flavour is admired. Heat and rub hard a nicely-tinned stew-pot; melt in it some butter, or rub it with marrow. Let the meat, with a carrot, a head of celery, three onions, and a turnip, each sliced, *catch*, but not burn, over a rather quick fire; then add five quarts of soft water. Carefully skim, as formerly directed. When skimmed, throw in a pint of cold water to refresh it, and take off what more scum is detached till it become quite limpid. If the soup is not sufficiently transparent, it may be clarified by the whites and broken shells of two eggs being boiled up with it, for a few minutes, before it is strained a second time; but careful first cookery is much better than second processes, which hurt the flavour. Let the stew-pot simmer slowly by the fire for four hours, (without stirring it any more from the bottom,) till all the strength is obtained, but not so long as to cause the soup to become ropy. Take it off and let it settle; skim off the fat, and strain off gently what flows freely through a tammy. — *Obs.* This clear soup, (for it must be very clear,) is served under many different names; as, *Vermicelli*, if with this paste separately boiled and put to it, when ready to serve; *Carrot-soup*, if with the red of boiled carrots cut in straws; *Turnip-soup*, with turnips

Udean, and *Veryean* systems are laid down as clearly as the Linnæan. Modern French professors have a few grand sounding names which they bestow on elementary gravies and sauces, as *Espagnole*, *Grande Espagnole*, *Espagnole Travaillie*, *Italienne Blanche*, *Italienne Rouse*, &c. and these, once defined and properly understood, remain ever the same. Our sauces, like our native melodies, are so overlaid with every body's variations, that it is difficult for the most correct ear or the most discriminating palate to recognise them. And along with all our culinary deficiencies, our cookery-books give double the number of transmogrified and unintelligible receipts that are to be found in the bulkiest French systems. On their comparative value I do not pronounce.—H. J. We must add, that, of late, French cooks, like French milliners, have become most perplexingly inventive of fine names; as the same dish will have twenty different names though it remains the self-same preparation.

scooped; *Celery-soup*, *Asparagus-soup*, *Green Pease-soup*, &c., by adding the ingredient which gives the name.—N.B. All these additions are usually separately cooked. When all or the greater part of these vegetables, stewed and carefully rubbed through a tammy sieve, are added to a strong gravy-soup, you have exactly the French *Crecy-soup*. A good French cook would, however, after chopping the roots, &c., first stew them in top-fat or butter. The French generally have their turnip-soup *white*, their carrot-soup *brown*. Sippets are requisite to the *Potage à la Crecy*. With chopped lettuce and sorrel this *Crecy-soup* makes *Soupe à la Faubonne*.

64. FRENCH BROWN SOUP, or *La Brunoise*.

To clear amber-coloured gravy-soup put carrots and turnips, cut in dice, straws, or like very small pears, with a root-cutter, and first fried and drained, if young, but if old parboiled. Soak toasted sippets in a basin of broth, and slip them into the tureen after the soup is dished, lest they crumble down and destroy the brightness of the soup. This is proper whenever bread is used. Skim off any film of fat from the tureen, and serve.—*Obs.* Cut boiled leeks and celery in fillets like very fine straws, of an inch and half in length, and cooked turnips and carrots in the same shape, or the red of the carrots in thin straws and the turnips in thin slices, stamped with small pastry stamps, the whole boiled in the soup for a few minutes, and you have *Julienne* soup. The roots cannot be too delicately cut, and many are considered vulgar. A cupful will do for a large tureen.

SPINAGE SOUP—A very elegant and favourite mild soup *à la Française*, is made by gently slipping a few balls of spinage, the size of small eggs, into a tureen of clear golden brown soup: the sparkling emerald green of the spinage contrasting beautifully with the brilliant topaz hue of the soup. See from Nos. 607 to 618, *French Soups*.

65. THE OLD SCOTCH BROWN SOUP.

MAKE the stock as directed for clear gravy-soup, but brown the meat a little more, and, when the stock is ready, put to it two pounds of rump steaks, cut rather small, and nicely browned in the frying-pan, but drained from the frying fat. Simmer the steaks in the soup for an hour; strain

it; add a small glassful of catsup, with salt, pepper, and cayenne; slip toasted sippets into the tureen, and skimming off any filmy fat, serve the soup with the steaks in it. Without the steaks, which one now rarely sees, this is plain *brown soup*.

66. PLAIN WHITE STOCK *for several kinds of Soup—the French Blonde de Veau, or Veal Broth.*

HAVE a large knuckle of veal broken, and to this put any poultry trimmings you have, and a few slices of lean ham, a carrot, three onions, and a blade of mace. Moisten these, (when laid in a nice stew-pan over which butter has been rubbed,) with a little good broth or water. When the jelly is partly drawn out, and the meat tinged a little, prick it all over with a sharp knife to let the juices flow, and add more clear broth or water till you have enough. Add a bunch of parsley and onions, and a large tea-spoonful of white peppercorns; boil and skim, and when the soup is ready, skim again and carefully strain it. Cooked rice or vermicelli is put to this soup. If a white colour is wished, thicken with arrow-root, and add gradually, before serving, a pint of sweet cream.—N.B. Always boil cream before putting it to any soup or sauce, and stir carefully till it again boil. Keep the soup hot in a *bain marié*, or pot of water.

67. THE OLD SCOTCH WHITE SOUP, *or Soup à la Reine.**

TAKE a large knuckle of veal, well broken and soaked, a nice fowl skinned, or two chickens, a quarter-pound of well-coloured, lean, undressed bacon, two sprigs of lemon-thyme, three onions, a carrot, celery, a white turnip, and a few white peppercorns, and two blades of mace. Boil for about two hours; skim repeatedly and carefully during that time. When the stock is well tasted, strain it off. It will form a jelly. When to be used, take off the surface-fat, clear off the sediment, and put the jelly into a stew-pan nicely tinned; boil for a half-hour, and serve on a couple of rounds of a small French roll; or with macaroni previously soaked, and stewed in some soup till perfectly soft; or rice or vermicelli. *This is plain White Soup.* It is raised

* This soup was introduced, or rather revived in Scotland by Hume the historian, after his residence in Paris; see his letters to Adam Smith on his culinary experiments.—*Burton's Life of Hume.*

to LORRAINE soup as follows:—Take a half pound of sweet almonds, blanched, (that is, scalded and the husks rubbed off in a cloth,) the hard-boiled yolks of three eggs, and the skinned breast and white parts of a cold roast fowl; beat the almonds to a paste in a mortar, with a little water to prevent their oiling; mince very finely the fowl and eggs with some bread-crumbs. Add to this *hash* an English pint or more of the stock, a bit of lemon-peel, and a scrape of nutmeg; bring it to boil, and put to it a pint of boiling cream, and the rest of the stock. Let it be for a considerable time on the very eve of boiling, that it may thicken, but take care it does not boil, lest the cream curdle. Strain through a sieve. Two yolks of eggs beat will do for half the cream.

68. POTAGE À LA REINE, OR VICTORIA SOUP, *the fashionable White Soup.*

TAKE a couple of large or three small fat pullets; clean and skin them: take also two pounds or more of veal cut into pieces, and a half pound of lean ham; put these together into a very nice stew-pan, with a bunch of parsley, and moisten them with clear boiling veal-broth. Let this stew softly for an hour; then soak in the broth the soft part of a penny loaf; cut the flesh off the breasts and wings of the chickens; chop and pound it to a paste in a mortar with the hard yolks of two eggs, the soaked crumbs, ten sweet almonds and three bitter, all blanched. Rub the compound into the soup; strain the whole; and add gradually a quart of sweet cream brought to boil by itself; boil it up, stirring till served. It may be farther thickened with arrow-root. The seasoning should be mild; and a bit of sugar is an improvement. COW-HEEL or CALF'S FEET make a good *White Soup* stock. Rabbits may be economically substituted for chickens, and beef for veal.

69. PLAIN ONION-SOUP.

CHOP a dozen large mild onions, and stew them in a small stew-pan with butter; stir them about with a wooden spoon, let them cook very gradually and not get brown. Put to this some very strong stock-broth, well-seasoned; add pepper, cayenne, and salt, and, if nicer cooking is wanted, strain the soup, and put to it a pint of boiling cream.

70. SUPERLATIVE ONION-SOUP.

HAVE a proper quantity of well-seasoned, clear brown gravy-soup, in which a double proportion of onions and a fagot of seasoning herbs have been boiled. To this, when strained, put a dozen middle-sized onions, sliced and nicely fried; let these stew gently in the soup, not to crumble the slices; season with pepper and cayenne, and serve with toasted sippets in the tureen. Button onions, cooked as for garnishing *bouilli*, No. 262, &c., may be used instead of large ones fried; and for those who like a full-tasted soup, this may be thickened with rice-flour, or the pulp of peas. It may, if liked, be simmered till the onions, both in substance and flavour, are thoroughly blended with the soup.—*Obs.* The *gusto* may be heightened and the flavour varied to suit the palate of the consumer. Currie-powder was a favourite addition of the Nabob, and also a spice of ginger, which made a sort of imitation Mullagatawny superior to the original, to those who dislike *fork-soups* and *stew-soups*. Dr. REDGILL heightened the flavour of his onion-soup with mushroom-catsup, or eschalot. As the taste for onions and garlic, * like that for olives, piquant sauces, and peppers, increases with age, we do not, in any case, fix the precise quantity to be used, but merely give the medium. Some cooks thicken onion-soup with a *liaison* of the yolk of

* Onions are supposed to possess a considerable quantity of nourishment. It is even asserted, that no substance of only equal bulk affords so much. This is at least doubtful. Onions in their raw state are much relished by some persons, while others find them wholly indigestible: they are very generally acceptable in soup or sauce. They used to form the favourite *bon-bons* of the Highlander, "who, with a few of these and an oat-cake, would," says Sir JOHN SINCLAIR, "travel an incredible distance, and live for days without other food." The Egyptians adored the Onion nearly as much as the Ox; and the Spaniards have the same fondness for this pungent root, whether to give savour to their rich dishes, or to relish the crust from the wallet, and the draught from the brook, which form the gay repast of the poor and light-hearted sojourners one likes so much to meet with in the Spanish novels. The Scotch peasants seasoned their *chappit* potatoes with shred onion, and sometimes their *brose*; and the grave and high authority of Mrs. HANNAH MORE recommends "an onion from their own garden, which makes every thing savoury and costs nothing" to the poor of England. "Soupe a l'oignon" is thought highly restorative by the French. It is considered peculiarly grateful, and gently stimulating after hard drinking or night-watching, and holds among soups the place that Champagne, soda-water, or ginger-beer, does among liquors.

two or three eggs well beat and whisked into the soup before it is dished, or with cream, as in last receipt.

71. ONION-SOUP MAIGRE,—*good.*

CHOP and fry in butter a dozen large onions, two heads of celery, and a large carrot and turnip sliced. Pulp the roots through a tammy, and put them to two quarts of boiling water thickened with six ounces of butter kneaded up with rice flour, and seasoned with salt, mace, and white pepper. The crumb of two penny loaves may be boiled in the water instead of the rice flour, but it must then be strained. Add bread-sippets fried, and thicken with the beat yolks of four eggs.

72. POTAGE À LA CLERMONT, *an elegant Onion-soup.*

BROWN a dozen small silver onions cut in rings, of a nice golden tinge, and drain them; cook them lightly in a little broth, and stew them for twenty minutes in clear gravy-broth, coloured with veal jelly-gravy, which is an excellent material for colouring soups or sauces. Serve with toasted sippets previously soaked in the tureen.

73. VEGETABLE MARROW, JERUSALEM ARTICHOKE, AND OTHER VEGETABLE SOUPS.

TRIM and slice nice young Vegetable Marrow. Stew it in veal or fowl broth. [The liquor in which a young turkey is boiled is excellent for vegetable and paste soups.] When boiled almost to a mash, press the marrow through a sieve: add boiling cream or yolk of egg when nearly cooked. Grated cocoa-nut is an excellent addition. Add white pepper and salt to taste. It may be dished on toasted sippets. Under the head Vegetable Soups, or *Potages*, the French comprehend an endless variety of preparations, many of them *maigre*. Under it might also be included the Welsh *Leek-porridge*, and the *Scottish Nettle Kail*, and *Pan-kail*. But those mild, wholesome, and even elegant *potages* are, as we have seen, not necessarily *maigre*. In preparing them, the main object of the cook is to have the soup of a fine clear, pale-green colour, which is obtained by the expressed juice of spinage, parsley, green onions, or pea-shell liquor, using the colouring ingredient most suitable to the nature of the soup. Vegetable soups require a good deal of pepper, and are improved

by a *spice* of cayenne. They will not keep. If the vegetables are bitter, a bit of sugar will help to correct that quality, and is a good addition.—See No. 75. These *maigre* vernal compositions found little favour in the eyes of the elder members of the Cleikum Club, who thought them only fit for sickly girls and young Cockney poets. They, however, afford an elegant and wholesome variety, and are now well prepared at the shops, like richer soups.

74. MACARONI AND OTHER PASTE SOUPS.

THIS elegant class of soups are coming fast into general favour and use, and are easily prepared. They are *Macaroni*, *Vermicelli*, *Semolina*, *Nouille*, and *Cagliari*, and other paste soups, and with them may be classed sago and tapioca soup, and the varieties of rice and arrow-root soups, also what is thickened with the Canna starch called *Tous les mois*.

VERMICELLI SOUP.—Break two ounces of vermicelli into minute bits: soak, blanch, and drain it; drop it lightly, and by degrees, into two quarts of clear boiling gravy soup; scum and stew it gently for from five to ten minutes, but not so long as to get into lumps: the French put a great deal of vermicelli, and other pastes into their *potages*. To vermicelli soup they sometimes add dressed young peas or asparagus tops.

Macaroni Soup.—Throw three ounces of fresh ribbon macaroni into boiling water: boil for eight minutes or ten if hard; when it is done drain and cut it into thin delicate rings, and drop it into two quarts of clear gravy stock: serve grated Parmesan with this, and all soups made with Italian pastes.

Cagliari Soup, is made precisely as the above; but as the paste is here ready prepared in stars, rings, Maltese crosses, &c. &c. it needs no cutting, and looks very pretty.

Semolina Soup.—Semolina is an excellent preparation of the finest wheat. Make the soup as Vermicelli above; but more of the Semolina may be used, and it must also be dropt carefully and by slow degrees, not to get into lumps; to prevent which stir diligently till it is ready, which will be in from twenty to thirty-five minutes. *Semolina* makes an excellent pudding: *Soujée* and *Manna*—

roup are very similar to *Semolina*, but are chiefly used for the food of infants and invalids. These soups form elegant *potages*, if made with clear, colourless gravy, or thickened, and boiling cream gradually added when about to be served.

Sago and Tapioca.—Potages are sometimes made of these substances: wash, drain, and stew them in gravy soup, or what sort of stock you choose; good fresh broth in which beef, mutton, or veal has been boiled, answers very well. Sago must be simmered for an hour, and Tapioca rather longer. If a thick *potage* is wanted, give two ounces to every quart of soup; if a fine soup, add wine and sugar to taste to the usual seasonings.

Obs. All of the above soups may be made in a *high style*, with rich and very clear veal or fowl gravy soup: or cheap and plainly with any kind of fresh broth that would otherwise be lost. The French often serve *Quenelles* of chicken, &c. in them. Grated Parmesan should accompany all the paste soups.

Imitation of Italian pastes and Nouille: if not so fine as the original pastes, these have the advantage of being much cheaper, and are sure to be *fresh*. Make a paste with the yolks of half-a-dozen eggs, and the whites of two, and as much of the very finest dry flour as it will take to knead, and roll out smoothly. Work it well, that it may be tenacious; roll out as thinly as possible; cut into fillets about an inch and a-half wide; dust and rub the strips with flour: and laying them on paper, four or five above each other, cut into the thinnest straws or fibres; or it may be stamped out like the *Cagliari* paste with fine pastry cutters. Separate the strips or shapes of paste, and dry them till pretty firm, when drop gently into boiling soup, (like broken vermicelli,) and taking care they do not run together, boil for ten minutes and serve the soup. Some French cooks put nutmeg and pepper to the paste. Rased *cocoa-nut* we consider a fine ingredient in these soups if made as white *potages*; and if cocoa-nut is used in white soup, made of veal or fowl stock, it takes a name from the nut, and is *Cocoa-Soup*. Cream *should* be added, and wine *may*, with sufficient cayenne, and a bit of sugar.

75. GREEN PEASE-SOUP,—*Maigre*.

HAVE shelled fully three pints of fresh-gathered marrowy peas. In shelling, separate the old from the young. Melt half a pound of fresh butter in a stew-pan, put to it four imperial pints of boiling water, a slice of bread, a quart of shelled peas, using the old ones, some roughly-chopped green onions, spinage, and green lettuce, salt, and two dozen corns of white and Jamaica pepper. Stew till the peas will pulp back into the liquor from which they are strained; or they may be pounded in a mortar. To this add a pint more of young peas, the white of a lettuce chopped, and, if approved, a sliced cucumber, first sprinkling the slices with salt, soaking, and draining them. If the soup is thought too thin, add rice-flour; if too *maigre*, allow more butter; if not green enough, add a little spinage chopped, or a glass of green spinage-liquor, made by parboiling and squeezing the vegetable. Stew for half an hour, but do not let the soup boil, or the green colour will become a tawny yellow. Green shred mint in a very small quantity may be added to flavour the soup five minutes before it is dished. Serve with dice of fried bread.—*Obs.* This summer soup may be made *gras* from the liquor in which chickens, fowl, veal, mutton, or lamb have been boiled. If the peas are not quite young and sweet, a little sugar may be employed, and consequently less salt. Peas, fresh gathered and quickly cooked, are as superior to those exposed in the market as is a fresh-caught herring or mackerel from one a day old. *Chantilly Soup* is made by boiling for a minute or two a *purée* of these delicate peas in seasoned stock.

76. GREEN ASPARAGUS-SOUP.

MAKE this as No. 75. Slice and pulp the thick part of the cooked asparagus; put the other part, cut into nice points, and dressed, into the strained soup before serving; or substitute fried bread cut into dice.—*Obs.* Adding *consommé* to cold dressed peas (*petits pois*) or asparagus, will, with thickening and seasoning, make a good and economical *potage*.

77. AN EXCELLENT SOUP MAIGRE.

MELT a half-pound of butter very slowly, and put to it

four onions sliced, a head of celery, and a carrot and turnip cut down. When the vegetables have fried in the butter for a quarter of an hour, and are browned on all sides, put to them nearly three quarts of boiling water, and a pint and a half of young peas, with twelve white and Jamaica peppercorns. When the vegetables are quite tender, let the soup stand to clear from the sediment, and strain it into a clean stew-pan. If not yet sufficiently transparent, let it stand an hour, and turn it carefully over. When it boils, put to it three onions shred, or five young ones; a head of celery cut in fillets, carrots sliced, and cut as wheels or stars, and turnips scooped of the size of marbles. When the vegetables are enough done, without the soup getting ropy from their dissolution, the soup is finished. This and all vegetable soups are the better of a *spice* of cayenne.

78. THE BEST YELLOW PEASE-SOUP.

To a pound and a half of split* peas, soaked and floated, to separate the bad ones, and, if very hard, soaked again for two hours in a quart of lukewarm water, add three quarts of very soft water, and three pounds of neck or shin beef, or of any sinewy, lean, gelatinous piece, or trimmings of meat or poultry; a slice of bacon, or a knuckle of either a bacon or mutton ham scalded (the root of a tongue salted a little, and well soaked to draw out all the slime, does very well;) two well-sized carrots, two turnips, and four large or six smaller onions. When this has been skimmed, and has simmered slowly for about an hour and a-half, taking care that it does not stick to the bottom of the pot, add another quart of boiling water, or any fresh pot-liquor in which poultry or meat has been boiled. Simmer again till the peas are completely dissolved.

* Whole peas are often sweeter and better than those which are split. In country families that study economy, peas of the gray kind are often shelled at the mill, and used as white boilers. The colour is not so fine, but the soup is equally good, if not better. Peas will mellow better in the pot, if first soaked a night, and then allowed to dry. They may be broken in a mill. New and excellent kinds are coming into use. We have seen the "*Glasgow Brose Meal*," used to advantage in thickening Pease and even Mullagatawny soups. It is a high-toasted, very fine flour.

Pour the soup into a sieve, set over an earthen pan or stew-pot, and pulp the peas through with a wooden spoon, taking back some strained soup to moisten what remains till the whole mash is pulped through. Add salt, white pepper, and the onions well pulped, to the strained soup, a head of fresh celery shred roughly, or a small dessert-spoonful of the bruised seed (which communicates the flavour in a strong degree) tied up in a muslin bag, and which (we need not say,) must be lifted out before the soup is dished. Simmer it for a half-hour or three-quarters, if too thin. Pour it into the tureen, and either throw in toasted bread cut into dice or diamonds, or serve the dice on a plate: many, as in onion-soup, like currie seasoning. Stir up the soup the moment before it goes to the table. Butter fried with flour may be used to enrich this soup. For PEASE-POTTAGE double the quantity of peas is required.—*Obs.* This, though neither the most expensive nor elegant of soups, is a favourite family-dish for nine months of the year. It can be made of an inferior sort of any thing that is wholesome. A rump-bone, the bones of meat used for pies, trimmings of a roast, &c., are all excellent. Roast beef-bones, if not stale nor charred, a hock of ham, or fresh dripping, answer very well; also the liquor in which salt meat is boiled—or part of it—with the exception of that of fat rancid pork, which, save in cases of stern necessity, cannot be tolerated by us. When pease-soup is made of shreds and patches of meat, more onion or celery and spice should be used to overcome the flavour of what constitutes the basis of the soup. The grated *red* of carrot we think a great improvement to this soup. A very convenient way of making a common pease-soup is, to have pease-pudding without eggs, boiled, ready to mix with the liquor in which meat or fowls are dressed. The above seasonings are then to be added, and the soup may be enriched with butter, or clarified fresh dripping, thickened as above directed, and finished in an hour. Dried mint or dried parsley is sometimes rubbed and strewed into this soup, or chopped spinage. Withholding the onions and celery, and substituting asparagus points, makes pease-soup an excellent

plain asparagus-soup. By the addition of Currie-powder, Dr. HUNTER, the author of *Culina*, made CURRIE PEASE-SOUP. Dr. REDGILL added square bits of fried bacon, cayenne, fried onions or cucumber, and concocted a soup of the Composite Order, which, in compliment to the inventor, was named by the Club, REDGILL'S *Pease-Soup Haut Gout*.

79. PEASE-PUDDING.

MARROWY *melters*, whether whole or split, are far the best peas for the cook. Soak a pint the necessary length of time: boil them in the softest water, tied loosely in a cloth till they will pulp through a colander. Add salt, pepper, two beat eggs, a good piece of butter: tie up firmly in a floured cloth, and boil (with pork if boiling) for another half hour; hang the cloth before the fire till the pudding gets firm, then turn it out.

80. POTATO-SOUP.

THIS cheap and favourite soup may be made of the same materials as *Pease-soup*, or of any liquor in which meat has been boiled, or of roast-beef bones, &c.; a hock of ham, or shank of mutton-ham, or any thing of this kind, may be advantageously used to flavour and enrich it. Season with onions, celery, or parsley, and either thicken with mashed potatoes, or suffer the potatoes, previously pared and parboiled, to fall to a mash in the soup.

N.B.—Where small families kill a sheep now and then for winter-store, what is salted, though it would not make even tolerable broth, will make a very palatable pease or root soup, with any of the above seasonings.

81. TO GRILL CRUSTS FOR SOUPS AND CHEESE.

PUT the cut crusts upon a small wire gridiron over hot cinders to crisp. When done, wet the inside with top-fat, and sprinkle a little salt over them, and put them into the tureen; or crisp them over a furnace, wetting with good stock. *Crusts for Toasted Cheese*.—Pull rough pieces from a *quite new* loaf, brown them in the oven or before the fire.

N.B.—If you put untoasted bread into *boiling* soup, it will swell, crumble, and spoil the appearance of the soup.

SOUP AND STEW, OR MOUTHFUL SOUPS.

By the above names the reader is to understand all soups in which meat, fowl, or fish, cut in mouthfuls, is dressed and served. Such, for example, are Mock Turtle-Soup, Kidney, Ox-tail, Lobster-Soup, Oyster-Soup, &c. This is a division which we think was wanted in books that treat of the culinary art. This important class, be it noticed, comprehends not only the Oriental Mullagatawny and the oleaginous Ox-rump, but even the spicy and luscious Turtle.

[We give no receipt for dressing Turtle, an affair on which a volume might be written, so complicated and various are the processes. ROUSSEAU tells of a German who composed a whole volume on the zest of a lemon. What then might not be said on that which comprehends all zests.—“The Sovereign of Savouriness,” the Olio compounded “of every creature’s best!” As none but thorough-bred men of science are ever intrusted with dressing a Turtle, the Cleikum Club did not presume to instruct them, and thought the receipts found in cookery books for this article merely so many make-bulks. Female cooks are excellent in their own way; but no woman ever yet succeeded in writing an Epic or dressing a Turtle.—P. T.]

82. MULLAGATAWNY-SOUP.

BREAK and wash a knuckle of good veal, and put it to boil in nearly three quarts of water, with a quarter-ounce of white and Jamaica peppercorns. Place wooden or tinned skewers in the bottom of the stew-pan, to prevent the meat from sticking to it. Put also a few slices of Bacon, if the flavour of this meat is admired. Skim this stock carefully when it comes to boil, and let it simmer an hour and a half before straining it off. Cut three pounds of breast of veal into cubes of about an inch and fourth, and add trimmings, bones, and gristles of the breast, to the water in which the knuckle is put to boil. Fry the cubes of veal and six sliced onions in a deep stew-pan, of a delicate brown. Put the strained stock to them; skim carefully, and when the soup and meat have simmered three quarters of an hour, mix two spoonfuls of

currie powder, and the same quantity of lightly-browned flour or Glasgow *brose-meal*, to a smooth batter; add these to the soup, with salt, and cayenne, and lemon-juice, to taste, and stew and simmer till the meat is quite tender. — *Obs.* This soup may be made, still more expensively, of chickens cut in pieces, of rabbits, or small mutton cutlets all browned; but is best when made of well-fed veal. For East Indian palates, eschalots, mace, and ginger, may be employed, and, more elegantly, pickled mangoes and grated cocoa-nut: the quantity must be left to the discretion of the cook.—See *Mullagatawny*, as made in India, Nos. 757-8-9; also No. 98.

N.B. *Currie*, or Mullagatawny soup may be varied in fifty ways. Calf's head, for example, prepared as for Mock Turtle, and treated as above, makes admirable Mullagatawny. Boiled rice is always served with this dish. A *Vegetable Mullagatawny* is made *maigre* with butter, or *gras* with veal stock, by boiling and pulping chopped vegetable-marrow, cucumbers, onions, and tomatoes; and seasoning with currie powder, and cayenne. The good stocks, nice bits of meat, and the currie seasonings, are the essentials.

82. MOCK-TURTLE, or Calf's Head Soup.

SCALD the head of a middle-sized, well-fed, cow-calf, with the skin on; split it and take out the brains and the gristles and bones of the nose, blanch it well in several waters, to draw out the slime. Place it in a stew-pan, and cover it with cold water; bring it to the boil, and skim without intermission while any scum continues to arise. When the head has boiled gently for three quarters of an hour, take it out, and as soon as cold enough to cut, carve the skin and fat parts, laying aside the fleshy, into small neat pieces, in the shape of diamonds, dice, triangles, &c. Peel the tongue, and cut it into cubes of an inch square. Meanwhile, put the broken bones and trimmings of the head into your stock-pot, with a large knuckle of veal well broken, and three or four pounds of a shin of beef well soaked. Let this boil very slowly, having carefully skimmed it, for at least four hours, and take care it does not stick to the bottom of the pot; then strain for future

use, and lay aside a quart of the stock for gravy. This much may be done the evening before the soup is wanted. When the soup is to be finished, take off the cake of fat which will have formed on the top, and put the stock, holding back the sediment, into a large stew-pan. If the stock is good it will be a jelly, or nearly so. When it is again skimmed, put to it a dozen onions sliced, and browned in the frying-pan, with a half-dozen sprigs of fresh mild sage, also chopped and fried. Thicken the soup with butter kneaded in browned flour, or with brown *roux*; and season highly with white and Jamaica pepper, a little cayenne, two blades of mace, an eschalot, four leaves of fresh basil, and the parings of one large or two small lemons. When the soup is strong and well coloured, strain it through a hair sieve gently into a fresh stew-pan, and put the hash of the head to it. Add Madeira when it is nearly finished, in the proportion of a half-glassful to the quart.* When to be dished, slip in two dozen of small forcemeat balls, made of veal or veal-kidney, minced parsley, crumbs, and the seasonings directed for *Quenelles* (See *French Cookery*), well fried, and drained; also a dozen hard-boiled yolks of eggs made into egg-balls, No. 86, and the juice of two lemons squeezed through a strainer.

Obs. A small piece of bacon used to be put into the stock-pot; and a fagot of sweet herbs, and mushrooms are still occasionally added to this soup. The imitation of the real Turtle-soup was formerly thought nearer, when the soup abounded in bits of the fat double tripe, gristly bits of veal, or veal sweetbread parboiled, or the belly-piece of pickled pork cut in mouthfuls, the soft part of oysters, pickled tongue parboiled and cut down, the meat of lobsters, &c. These cloying substances are now very generally discarded. Simplicity is the taste of the day, though much is left to the discretion of the cook in making Mock Turtle, and all soups of the *Composite Order*. The quantity made by the above directions is fully more than will be wanted for an ordinary dinner, as it will fill two tureens; but part of the stock may be laid aside for gravy or sauces; and if there is too much *hash*, some of it may be highly seasoned and dressed as a *ragout* or *pic*. Mock Turtle may be *greened*, if that is wished, by

* Madeira or Sherry are the wines commonly employed; but Burgundy or Claret may be used, where more depth of colour is wanted.

stewing a large handful of chopped spinage or green herbs, in butter and putting some of the soup to them; then rubbing this green liquor through a sieve and putting it to green the soup. We do not recommend it.

84. A CHEAPER AND VERY EXCELLENT MOCK-TURTLE SOUP.

THIS is made of calf's feet or cow-heels, gently stewed, the broth strained, and the best of the meat cut down as above, and put to it, with a seasoning of white pepper, allspice, onion, cayenne, a little mushroom or walnut catsup, a squeeze of lemon, and a glass of Madeira. Or the wine and expensive seasonings may be withheld, and the soup be very good without them.

85. BAKED MOCK-TURTLE SOUP.

THIS is good, easily prepared, and generally liked. Put a broken knuckle of veal, or the gristly ends of two knuckles, into a deep earthen pan, with two cow-heels, the half of a calf's head broken, four onions, a dozen of peppercorns, three blades of mace, and a few sprigs of lemon-thyme, an eschalot, or any other flavouring substance that is best relished by those for whom the soup is prepared. Fill up the dish with water or weak broth; tie several folds of paper over the mouth of it, and set it in an oven for upwards of two hours. When it is cold take off the fat from the jelly, cut the meat into mouthfuls, and stew it with the clear jelly till perfectly tender. Wine, spiceries, catsup, forcemeat balls as in the former receipts, or whatever is approved of, may be added, if a soup of *haut gout* be wanted; or it may be seasoned with only a little mushroom-catsup, and served plain. The French often make their Mock-Turtle soup stock of the trimmings of fish and mutton knuckles, &c., using meat full of gelatine. They clarify the stock, and boil it so much down that, when cool, it will bear the Madeira on its surface. They cook the parboiled head in white sauce, and then proceed as above directed, only using more hard-boiled yolks of eggs.

86. TO MAKE EGG-BALLS FOR MOCK-TURTLE SOUP.

POUND a sufficient quantity of the yolks of hard-boiled eggs in a mortar, with as much raw yolk and flour as will bind the composition. Add salt, and make up in the form

of balls the size of a marble. Put at least two dozen to a dish of soup.

87. SCOTCH HARE, RABBIT, OR GAME SOUP,—*excellent.*

SKIN and clean the hare thoroughly, saving the blood. Cut a dozen or more of small chops from the back, shoulders, and rump. Put what remains of the hare and the bones into a pot, with four pounds of fresh shin or neck of beef, four quarts of water, a couple of turnips, two carrots, six middle-sized onions, a half ounce of black and Jamaica peppercorns, an ounce of salt, a fagot of sweet herbs, and a large head of celery. Boil for four hours and strain. Brown the small chops nicely in a *sauté*-pan, and add them to the strained stock, and simmer for an hour and a half; strain the blood; rub it with a half pint of the soup as if making starch, add more hot soup, and put the whole into the soup, which must be kept only at the point of boiling for ten minutes, or longer if you choose, lest the blood curdle. The soup may be farther thickened with the parboiled liver, pounded in a mortar with the pieces of hare boiled for stock; with browned flour rolled in butter, or rice flour, or arrow-root. When enough done, skim, put in a glass of catsup, and one or more of red wine, what more salt, pepper, and cayenne is required, and also essence of celery. Serve with the hare-steaks in the tureen.—*Obs.* Red wine, in the proportion of a quarter-pint to a tureen of soup, is reckoned an improvement by some gourmands; and those of the old school still like a large spoonful of currant-jelly dissolved in the soup. *Hare-Soup* may be made by cutting down the ingredients and placing them in an earthen jar, in a kettle of boiling water, for four hours, and then managing as above. Cold roast hare, not overdone, cut to pieces and stewed for an hour in good and highly-seasoned broth, will make an excellent, but not the highest flavoured *Hare-Soup*. (See *Civet of Hare*, No. 617.) You may lay aside as much of the fleshy part of a good hare as will make a handsome dish of hare-cakes, or minced collops, garnished with sippets, or as will make forcemeat balls for the soup.—Cold roast *hare*, *game*, or *veal*, will all of them, if cut down, and slowly stewed for an hour in broth, or in a gravy drawn from their bones, or

even in boiling water, thickened with brown flour kneaded in butter, and rather highly-seasoned with onions, pepper, and cayenne, make a very palatable *Stew-Soup*. Many prefer this mode of re-dressing cold meat to either *hashing* or *fricasseeing*. The burnt outside, skins, and every thing unfit for the tureen, should first be trimmed away; or, if these are boiled to make the gravy or stock, it must be strained before the hashed meat to be served is added to it.

88. MODERN OR ENGLISH HARE-SOUP.

IN England the blood is not generally used: cut down the hare into nice pieces, and stew them with a pound of good lean of ham, four onions, stuck with four cloves, four blades of mace, a bay-leaf or two, a fagot of parsley, with two or three sprigs of basil, thyme, marjoram, and a head of celery. Simmer slowly in a little strong stock-broth; and when the juices are well drawn out, put more stock, till two quarts are in. Simmer for another hour at least, and strain the soup. Take the best of the meat from the bones, pound it, moistening with a little of the soup. Pound also some soaked crumb of bread, or rice flour, and put this to the soup, which must now be seasoned to your taste with pepper, salt, cayenne, catsup, and red wine; or, keep the best pieces, if the hare be large, to serve in the tureen, cut into mouthfuls, and pound and pulp the others, which added, will make the soup have quite enough of consistence; more celery may be added, or a seasoning of the seed bruised, and tied in a muslin bag. The best pieces to serve are fillets cut off along the backbone, which need not be boiled quite so long as the other parts, if to be thus served.

89. PIGEON-SOUP, OR GAME-SOUP.

MAKE a clear gravy-stock of four pounds of lean beef, or scrag and shanks of mutton, two turnips, celery, two onions, and four quarts of water boiled down to three. Put to this stock the gizzards, crops, and livers of four or five pigeons or partridges, or a pheasant. The birds must be neatly trussed as for boiling, seasoned inside with ground white pepper and salt, and flattened on the breast. We prefer them divided, using the trimmings for stock. Dredge them with flour, and brown them nicely in a

frying-pan. Thicken the stock with butter kneaded in browned flour; strain and season it with white pepper, salt, and a little mace, and let the pigeons stew in it for twenty-five minutes, taking off the scum as it rises. Throw a few toasted sippets into the tureen before dishing the soup. Either of the above receipts apply to joints of rabbits, which make a good soup, with suitable seasonings.

90. SUPERLATIVE GAME-SOUP, OR VENISON-SOUP.

THIS soup is made of all sorts of black or red game, or of venison or wild rabbits. Skin the birds, carve and trim them neatly, and fry the pieces along with a few small slices of ham, sliced onions, carrots, and turnips, a little of each. Strain, and stew this meat gently for an hour in good fresh veal or beef stock-broth, with a head of celery cut in nice bits, a little minced parsley, and what seasonings you like.—Very small steaks of venison may be fried, as the birds, and stewed in the broth; and if the stock is made of any venison trimmings, it will be an advantage both in flavour and strength.—*Obs.* Jamaica pepper and cloves are suitable seasonings; celery, from its nutty flavour, is a proper vegetable for hare and game-soups. Take out the ham before dishing. Carême likes turkey and turkey-giblets better for game-soup, than either pheasants or partridges. The pot-liquor of boiled turkey is too often wasted in English kitchens.

91. OX-HEAD-SOUP, called *Hessian Soup and Ragout*.*

CLEAN, rub with salt, and afterwards soak in salt and lukewarm water for four hours, the half of a fat bullock's head and the root of a tongue, or a cow-heel. Wash them well and break and put them into a large pot with seven quarts of water and a spoonful of salt. Skim very carefully, and retard the boiling by throwing in a quart of cold water, which will throw up more scum. When the meat is tender, but not overdone, take it out and strain the broth. When cold take off the cake of fat,† and the

* This is the preparation on which Young Mrs. Roberts was wrecked at the first of her famous "THREE CHRISTMAS DINNERS."—See *Edinburgh Tales*.

† This will keep for frying, make a cheap soup, or Scotch *kail-brose* or *brewis*.

oil below it, and put to the soup a pound of peas. When it has boiled an hour, add six carrots, four turnips, half a dozen onions, a bunch of parsley, and a dessert-spoonful of celery-seed tied up in muslin. Season with pepper and salt, or cayenne, and boil till the vegetables are tender. This makes a very excellent broth, nutritious and palatable, and the meat may either be served in it or as a *ragout*. But a little more trouble fits this dish to appear at any family-dinner, and entitles it, made thus, to the appellation of *Hessian Soup and Ragout*:—When the peas and vegetables put in the soup, as above described, are soft enough to pulp, strain it, and rub them through a sieve to the soup, which will now be nearly of the consistence of thin pease-soup. If not thickened enough, add rice-flour well mixed, and heat the soup, adding white pepper and cayenne to taste, and a head of celery sliced. The *ragout* or *hash* is made by cutting into mouthfuls the best parts of the head and root of the tongue, or cow-heel, seasoning highly with mixed spices, a little walnut-catsup, and a tea-spoonful of made-mustard, with a pint and a half of the clear stock of the head, saved for this purpose when the soup is strained.—*Obs.* Soy, forcemeat-balls, wine, &c., are all ordered for this ragout in some approved books of cookery; but we consider such expensive ingredients quite out of place in a preparation which is cheap, good, and savoury, but never can be elegant. The meat of the head and root of tongue that remain may either be eaten as a plain stew, added to the soup, or else *potted*, in the Scotch fashion, and used either cold or heated, as a stew-soup.

92. CALF'S-HEAD-SOUP.

RUB the half of a large head with salt, soak it for some hours, and, when thoroughly clean, put it on with as much fresh water or fresh pot-liquor as will cover it, and with an onion stuck with cloves, and some parsley. When well skimmed and boiled for an hour, take out the head and strain the soup. Cut the head into nice mouthfuls, about two inches long and one thick, and dress it as a ragout, or put it to stew in the soup. Season with white pepper, mace, and herbs. Currie-powder and other fit seasonings

make this very good Mullagatawny.—See *Dressed Calf's Head*, Nos. 83 and 84.

93. A PEPPER POT.*

THIS is now understood to be a sort of *clear larder*, or wash-day's family dinner-dish, composed of all sorts of shreds and patches. It ought properly, if fine cookery is sought, to be an *Olio*, composed of a due admixture of meat, fish, fowl, vegetables, and roots. To three quarts of water put a couple of pounds, cut, of whatever vegetables are plentiful (a good proportion being onions,) and a couple of pounds of mutton-scrag cut into three or four pieces; or a fowl, or a piece of veal, or lean bacon, and a little rice. Skim it; and, when nearly finished, add the meat of a lobster or crab, cut in bits, or the soft part of a few oysters, or hard-boiled yolk of eggs. Take off all the fat that rises, and season highly with pepper and cayenne. Serve in a deep dish.

94. KNUCKLE OF VEAL SOUP, an excellent Scotch Soup.

TAKE a large knuckle, or if small add a piece of the scrag. Wash it, and break the bones; place skewers in the stew-pan to keep the meat from sticking; cover it and no more with water; put in a head of celery, a sprig of lemon-thyme, three onions, a carrot, a turnip, a bunch of parsley, and a dozen white and Jamaica peppercorns; simmer till the knuckle is tender. Strain the soup. Cut the gristly parts of the knuckle and all that is good into mouthfuls, and put to it a seasoning of white pepper, and mace in powder, and rice-flour to thicken, if it is wished.—*Obs.* This soup may be made with rice or vermicelli; or the stewed uncut knuckle may be served in the soup or separately; for many like to pick the gristles, a "pleasing toil," instead of having the meat cut for them by the cook. Some gourmands admire veal stew-soup made of the Irish *Staggering-Bob*,—that is, an *infant calf*, whose bones are still gristle, and his flesh a jelly. The breast, knuckle, and shoulder-blade, are best for this purpose, and the soup

* "Where every thing that every soldier got,
Fowl, bacon, cabbage, mutton and what not,
Was thrown into one Bank, and went to pot."

is seasoned with mace, and, when finished, thickened with a *liaison* of the yolks of three eggs.

95. GIBLET-SOUP.*

TAKE from two to three pounds of shin of beef, or of shanks and scrag of mutton, or knuckle of veal, or a part of each, as may be found most convenient; a small fagot of sweet herbs, carrots, turnips, and a little parsley; a quarter ounce of black or Jamaica peppercorns, and three quarts of water. When this has simmered for an hour, put to it two pair of goose giblets, or four pair of duck-giblets—but turkey if you can—scalded and cleaned, and previously browned in the frying-pan, if you choose, with minced onion. When the giblets are stewed delicately tender, but not soft and insipid, take them up, and cut them neatly into mouthfuls. The soup must now be thickened with butter kneaded in a large spoonful of flour or with *roux*, or with the top-fat gradually mixed with flour, and strained into a fresh stew-pan, into which put the giblets. Boil, skim, and season with a large spoonful of mushroom catsup, salt, and a little cayenne. Serve with the cut giblets in the tureen. Beans, lettuce, and celery, separately boiled, may be added at pleasure; and we especially approve of celery.

96. OX-TAIL AND KIDNEY SOUP.

Two tails, or, if small, three, will make a large tureen of soup. Let the butcher divide them at the joints. Rub them with salt, and soak them well in lukewarm water. Place the tails in a stew-pan, with a pound of ham, four onions or more, a bunch of parsley, celery, two dozen of Jamaica and black peppercorns (or a half-ounce, if high peppering is wanted,) a turnip and a carrot or two sliced,

* This was one of those *pretending* dishes of which Mistress Dons emphatically said, "Boil stanes in butter, and the broo will be gude." When plainly made, as directed in the above receipt, it affords an agreeable variety for a family-dinner, and is an economical way of using what might otherwise be wasted. Wine is ordered for giblelet-soup in the most approved cookery books; and we have no wish to restrain the fancies of a gourmand, however extravagant; but Mistress Dons strongly protested against bestowing Madeira on goose-horns and pinions. French cooks dress giblets as a haricot, wrapping them in layers of bacon, in which they are stewed. When done and drained, the bacon is of course laid aside, and the sauce is skimmed, thickened, and poured over the giblets.

and three quarts of water. When the meat is tender, which will take three hours, lift it out, and cut it into small mouthfuls. Thicken the soup with a little browned flour, rubbed up with a ladleful of the top-fat; strain it into a fresh stew-pan, put in the cut meat, boil up, and skim; and finish with a spoonful of mushroom catsup, and pepper and cayenne to taste.—*Obs.* Ox-tails make a very excellent onion-soup, by adding to it, when strained, a dozen fried onions pulped, and thickening it with rice-flour. The tails cut to bits may be put to boil at once. Some cooks add red wine; then less catsup is needed.—See No. 400.

KIDNEY SOUP: prepare Scotch kidney collops as directed, using two ox-kidneys. When cooked for two hours, add sufficient stock to make the stew and soup, adding cayenne and catsup to taste, and thicken with browned flour rolled in butter.—See No. 398.

97. POACHER'S SOUP,

Or Soup à la Meg Merrilies,—admirable.

THIS savoury and highly-relishing sylvan stew-soup may be made of any or every thing known by the name of game, if fresh. Take from two to four pounds of the trimmings or coarse parts of venison, shin of beef, or knuckles or lean scrag of good mutton—all fresh. If game is plentiful, use no meat. Break the bones, and boil this in five pints of water, with celery, a couple of carrots and turnips, four onions, a bunch of parsley, and a quarter-ounce of peppercorns, the larger proportion Jamaica pepper. Strain this stock when it has simmered for three hours. Have ready cut down a black-cock, or wood-cock, a pheasant, half a hare, or a rabbit, a brace of partridges or grouse, or one of each (whichever is obtained most easily—a mixture is best,) and season the pieces with mixed spices. These may be floured and browned in the frying-pan; but as this is a process dictated by the eye as much as the palate, it is not necessary in making this soup. Put the cut game to the strained stock, with a dozen of small onions, a couple of heads of celery sliced, half a dozen peeled potatoes, or an ounce of rice-flour, and, when it boils, a small white cabbage quartered; black

pepper, allspice, and salt, to taste. Let the soup simmer till the game is tender, but not overdone; and lest it should, the vegetables may be put in half an hour before the meat.—*Obs.* This soup may be coloured and flavoured with red wine and two spoonfuls of mushroom catsup, and enriched with forcemeat balls; but we think it best plain. Forcemeat balls are getting out of favour: they are considered indigestible, not without reason.* Soups in which catsup is mixed should not be fully salted till the catsup is added, as it contains so much salt itself.†

* The Club were at variance on the above original receipt. JEKYLL declared for the simple racy flavour of the rude sylvan cheer; WINTERBLOSSOM liked the addition of forcemeat-balls and catsup; and the Doctor—hovering between the tureens, like Macheath between his rival charmers—laid his ears deeply in both, but when compelled to decide, from habitual reverence to soups as *they are*, voted for the *plain soup*, as originally swallowed with so much unction by Dominic Sampson.

† STEW-SOUPS, when not made cloyingly rich nor over-seasoned, as they always are by those whose trade it is to compound cordials to stimulate and pamper palled appetites and indurated palates, are, for common and general purposes, the most easy, economical, wholesome, and nutritious form in which food can be prepared. This is that combination of fluids and solids, animal and vegetable substances, with condiments, which forms a mixture well fitted to the human stomach, and calculated to promote health and impart strength. The prejudice which exists in England against soups as not promotive of strength, ought to give way before STEW-SOUPS. It has been gravely contended of late, that human life cannot be supported on soups, however rich, without solid animal food; and experiments are quoted where a dog kept on the richest soup died, while another which was fed on meat boiled to chips, and water, retained health and strength. To these experiments may be opposed the living example of the peasantry of Ireland and Scotland, and other countries who hardly ever see animal food in any form, and yet enjoy health and strength. "The greatest heroes of antiquity," says Sir JOHN SINCLAIR, "lived on broth." The liquor in which their mutton or venison was boiled, thickened with a little oatmeal, and seasoned perhaps with a few wild herbs, formed the morning tea and coffee in the hall of the Highland Chief, before the introduction of these commodities. It is impossible to say on what men *not* live,—ay, and enjoy health too;—shell-fish, Iceland moss, mushrooms, snails, and an endless variety of substances, have been known to sustain life and health,—not to mention fricassees of old shoes and leather breeches, to which shipwrecked mariners have often had recourse. Our readers cannot have forgotten Sir BEVIS of Hampdoun in his dungeon, of whom—

"Rats, and mice, and such small deer,
Was the food for full seven year."

This to be sure is solid animal food, and favours the theory of the

98. A CHEAP RICE AND MEAT OR CURRIE-SOUP.

BOIL from three to four pounds of a good ox-cheek, very well soaked and cleaned, in three quarts of water, with four onions, and a small fagot of pot-herbs. Strain it; cut the meat in small pieces, and stew it with six ounces of blanched rice, adding pepper and salt. This cheap stew-soup may be seasoned with *currie-powder* and *mace*; or made after a finer fashion with fowls, knuckle of veal, or two cow-heels.—See No. 82.

99. SCOTCH BARLEY-BROTH, WITH BOILED MUTTON OR BEEF,
as Bouilli Ordinaire.

To from three to six pounds of beef or mutton, according to the quantity of soup wanted, put cold water in the proportion of a quart to the pound,—a quarter-pound of Scotch barley, or more or less as may suit the meat and the water, and a spoonful of salt, unless the meat is already slightly salted. To this put a breakfast-cupful of soaked white or split peas, unless in the season when fresh green peas are to be had cheap, a larger quantity of which must be put in with the other vegetables, using less barley. Skim very carefully as long as any scum rises; then draw aside the pot, and let the broth simmer slowly for an hour, at which time put to it two young carrots and turnips cut in dice, and two or three onions sliced. Ten minutes before the broth is ready, add a little parsley, picked and chopped,—or the white part of

modern experimenters; but again, we have Dr. FRANKLIN'S old Catholic lady, who lived solely on water-gruel, and yet enjoyed health. There has lately started up in England, we are told, a newfangled religious sect, who, from an absurd reading of the commandment "Thou shalt not kill," renounce the use of animal food, and enjoy high health on their vegetable regimen. It is indeed great presumption to limit the powers of the human stomach, in assimilating and turning to healthful chyle whatever is, in discretion and without violent and sudden change, submitted to its action. Of this important organ, "the master of the family," it holds as strongly as of the palate, that "What is one man's meat is another man's poison:"

Chaque pays, chaque coutume.

The Tartar feeds on horse-flesh, the Chinese on dog's, the Greenlanders on fish garbage, with the luxurious sauce of train-oil. The Frenchman and German feast on frogs and snails, and the ancients valued *asafetida* as much as the moderns do currie-powder, or Burgess's fish-sauce.—P. T.

three leeks may be used instead of onions, and a head of celery sliced, instead of the parsley seasoning; celery requires longer boiling. For beef-broth a small quantity of greens roughly shred, and the best part of four or five leeks cut in inch lengths, are better suited than turnip, carrot, and parsley, which are more adapted to mutton. If there is danger of the meat being overdone before the broth is properly *lithed*, *i. e.* thickened, it may be taken up, covered for a half hour, and returned into the pot to heat through before it is dished. *Garnish the bouilli* with carrot and turnip boiled in the broth, and divided; or pour over it caper-sauce, parsley and butter, or a sauce made of pickled cucumbers, or nasturtiums heated in melted butter, or in a little clear broth, with a tea-spoonful of made mustard and another of vinegar. Parsley, par-boiled for two minutes and minced, may also be strewed over *bouilli*, — or a sprinkling of boiled carrots cut in small dice.

Obs. This is the comfortable *Pot au feu* of Scotland, which still furnishes the Manse and the Farmhouse dinner, and the "pot-luck" of homely and hearty old-world hospitality. The pieces of fresh beef best adapted for barley-broth are the shin, the brisket, the flank, and the veiny piece, — of mutton, the neck, the ribs, and the leg. In some parts of the "Land of Kail," broth made of fresh beef would scarcely be tolerated, — the meat not at all; and unquestionably the brisket or flank, when salted for a week, makes excellent broth, while the meat eats much better. Many, however, prefer *fresh* meat. An economical way of managing where beef is salted for winter provision, is to boil a piece of fresh and a piece of salt meat together, by which method the broth is not *grouty* nor yet over-salt, which it will be if made wholly of salt meat. In some parts of rural England, *lean* fresh beef and salt pork are still boiled and eaten together. The improved management of stock (*cattle*, not *broth*,) will soon supersede this necessity. Turkey beans, stripped of their blackening outer husk, are admirably adapted for *lithing* barley-broth.* If

* Mistress DODS, with her usual sagacity, stated with great plausibility of reasoning, that one capital defect of barley-broth cooked by "Englishers" and other unqualified persons, is produced nine times out of ten by the bad quality of the pot-barley often used in England. Nor does *pearl-barley* give the same consistence as *pot-barley*. *Rice*, with mutton, or veal, or fowl broth, is an excellent substitute for barley. Were it equally cheap it would be better liked than the principal. Both are best when quite fresh.