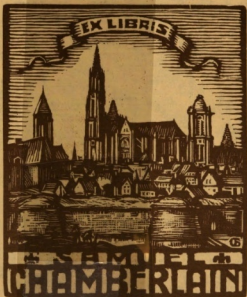


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THE  
**FRENCH COOK.**

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BY  
**LOUIS EUSTACHE UDE,**

CI-DEVANT COOK TO LOUIS XVI. AND THE EARL OF SEPTON,  
AND  
LATE STEWARD TO THE UNITED SERVICE CLUB.

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SEVENTH EDITION.

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LONDON :  
JOHN EBERS, 27, OLD BOND-STREET.  
1822.

641.64  
419.1

THE FRENCH COOK

BY J. H. COOK

IN TWO VOLUMES

VOLUME I

THE SECOND PART

LONDON

PRINTED BY S. & R. BENTLEY,

Dorset street, Salisbury square, London.



PREFACE.

TO THE  
GENUINE AMATEURS OF GOOD CHEER,

THE FOLLOWING PAGES

ARE

RESPECTFULLY INSCRIBED,

BY THEIR

VERY DEVOTED,

HUMBLE SERVANT,

THE AUTHOR.

GRATIAS AGITIBUS OF GOOD CHEER

THE FOLLOWING

THE AUTHOR

THE AUTHOR

## PREFACE.

---

UPWARDS of thirty years' practice and assiduous study of my profession, have undoubtedly given me a thorough knowledge of it; and it must be conceded, that to conquer all the difficulties attached to it, is not a trifling task. The patronage and encouragement I received in this country, at the hands of one of the best masters man ever served, co-operating with my experience, enabled me to succeed in all my undertakings; and my gratitude can cease only with my existence.

Many professional men have written on this subject; but very few of them have possessed at once the theory and practice of the art. I must own, that my severity towards my apprentices, and my unremitting care in keeping the inferiors who attended me, in a state of constant assiduity in what concerned the cleanliness of the kitchen as well as of the larder, has been of the utmost advantage to myself as well as to them: I have the satisfactory reward of seeing all my pupils held in the highest estimation by persons of the greatest distinction.

I shall in this edition, as I did in the former, say, that Cookery is an art appreciated by only a very few individuals, and which requires, in addi-

tion to a most diligent and studious application, no small share of intellect, and the strictest sobriety and punctuality: without the latter, the very best Cook is unavoidably deficient in the delicacies of his profession: there are cooks, and cooks, as there are painters, and painters: the difficulty lies in finding the perfect one; and I dare assert, that the nobleman who has in his service a thorough good one, ought to be as proud of the acquisition, as of possessing in his gallery a genuine production of the pencil of Rubens, Raphael, or Titian.

In England the few assistants allowed to a head cook, and the number of dishes he has to prepare, often deprive him of an opportunity of displaying his abilities; and after ten years of the utmost exertion to bring his art to perfection, he has the mortification of ranking no higher than an humble domestic.

As several noblemen and ladies of distinction have remarked to me, that my book contained too many French terms, I have endeavoured in this edition to meet their goodness and liberality towards me, by giving translations of such names as were translatable. But I must still observe, as I did in the preceding editions, that Cookery, like fortification, music, dancing, and many other arts, being of foreign origin, its nomenclature is, like theirs, in the language of the people who first cultivated it; and hence the impossibility of transferring by an equivalent, many terms into English, so as

to convey any intelligible meaning. In this case they have been unavoidably retained; but care has been taken to give at the bottom of the respective pages where the expressions occur, such elucidations as may be fully explanatory of their import to the practitioner.

As I shall explain the manner of dressing *entrées*, it is proper for me to observe here, that the word *entrée* has no equivalent in English. It is the name of any dish of meat, fowl, game, or fish, dressed and cooked for the first course; all vegetable dishes, jellies, pastries, salad, prawns, lobsters, and in general every thing that appears in the second course, except the roast, are termed *entremets*.

It is time for me to give the translation of such words as are of most immediate occurrence.

<i>French.</i>	<i>English.</i>
Potages, .....	Soups.
Entrées, .....	Made dishes. 1st course.
Entremets, .....	Made dishes. 2d course.
Jelées, .....	Jellies.
Marquez, .....	Mark, or put, &c.
Masqué, .....	Covered with, &c.
Sautez, .....	Fry lightly on the stove.
Reduire, ..	To reduce, or boil down.
Relevé, .....	Remove.

Most of the dishes retain their original name. In a former edition I enumerated the articles in season; but I find it useless in the present one, because, when in London, the markets and shop-keepers are always provided according to the season; the price

of the various articles is always the thermometer to be consulted: when in the country, the Cook must use in preference the produce of the farm and gardens. The futile search after novelty in Cookery, is the running after the philosopher's stone. Every thing is equally good when done in perfection. The sweet dishes that conclude this work, have no translation, any more than plum-pudding has in Paris; it bears the same name there which it does in London; so *Suédoise*, *Charlotte* of apples, or *Charlotte* of apricot, rice, and apples, *Chartreuse* of fruits, *applé fritures* glazed, *soufflées*, *miroton* of apples, *croquettes* of rice *farcie d'abricots*, *croquettes* of potatoe, *panequet*, are at once French and English: however, no difficulty can result from a dish bearing a foreign name, as the way of making it is explained in English, and the learner will be easily familiarized with their names. The various articles will be treated of in their respective classes, of which there are seven, viz. *soups*, *fish*, removes of either fishes and soups; *entrées*, *entremets*, roasts for the second course; in the first course there are always removes; and then the removes of roasts, called *soufflées*, or *biscuits à la crème*, or *fondus*, &c. &c. It is necessary to remember all these observations, as they teach the learner to serve with order; by taking a dish from the different classes, you may compose your dinner without any assistance but this book. Suppose you have eight persons at dinner, you cannot send up less than four *entrées*, a *soup*, and a *fish*; you must have two

1000

1000

1000

1000

First Course.

<p><i>Fricassée de Poulets aux Champignons.</i></p>	<p><i>Le Doye Britannien relevé avec La Poularde à la Montmorency.</i></p>	<p><i>Cotelette d'agneau sautee, avec des Herbes.</i></p>
<p><i>Tendons de Veau, sur herbes à l'Esence.</i></p>	<p>Dormant OF CENTER Stationary Dish.</p>	<p><i>Pilote de Poulet gras sautee au beurre.</i></p>
<p><i>Le Dindon, relevé par le Jambon de Westphalie, à l'Esence.</i></p>		

Second Course.

<p><i>Les Petits Pote à la Princesse.</i></p>	<p><i>Cailles, relevées avec un Sufflé.</i></p>	<p><i>Petite puite d'Amour, garnie de confitures.</i></p>
<p><i>La Jolie de fraises françoise.</i></p>	<p>Dormant du M i e u.</p>	<p><i>Brochettes aspergées en batonnets.</i></p>
<p><i>Chapon, relevé avec une Tarte.</i></p>		



removes, viz. for the second course two dishes of roast, next four *entremets*; and if you think proper, two removes of the roast.

Make the bill of fare, by choosing out of each chapter whatever you may want, namely, a soup, a fish, two removes, four *entrées* for the first course; then for the second course, two roasts, four *entremets*, and two removes of the roast.

By this I mean that you must take one article out of the chapter that relates to mutton, or lamb, or veal, or fowl, or fish, taking care, however, that no two dishes are to be alike, either in shape, colour, or taste. For the second course you must act on the same principle: the roasts must likewise not bear any resemblance to each other. In summer-time you will select two dishes from among the vegetables, one from among the jellies, and one out of the chapter of pastry; as for instance:

*Bill of Fare for a Dinner of Four Entrées.*

*Soupe printannière*, or spring soup.

Crimp cod and oyster sauce.

*Two Removes.*

Fowl à la *Montmorenci*, garnished with a ragout à l'*Allemande*.

Ham glazed with *Espagnole*.

*Four Entrées.*

*Fricassée* of chicken and mushrooms.

Lamb chops *sauté*, with asparagus, peas, &c.

Fillets of fat chicken, *sauté au supreme*.

*Petits pâtés* of fillet of fowl à la *béchamelle*.

## Second Course.

Fowls roasted, garnished with water cresses.

Six quails.

*Four Entremets.*

Asparagus with plain butter.

Orange jellies in *mosaiques*.

Cauliflower with *velouté* sauce.

*Petit gateaux à la Manon.*

*Two Removes of the Roast.*

Soufflée with lemon.

*Ramequin à la Sifton.*

From the above statement it will be easy to make a bill of fare of four, six, eight, twelve, or sixteen *entrées*, and the other courses in proportion. I have inserted a bill of fare for a dinner of twenty *entrées* that I served at the Right Hon. the Earl of Derby's at Knowsley-Hall, when the late Duke of Gloucester was in that part of England. The second course was in the same proportion, as it requires the same number of dishes for the second, that you have served in the first. Observe, that whenever there are more than four *entrées*, symmetry must always be attended to: the two flanks for a dinner of six *entrées* must be parallel, that is to say, if you place *petits pâtés* on one side, you must have *croquettes* on the other; if you have a *vol au vent* on one side, you must place a *pâté chaud* opposite, and so on; a judicious arrangement of dishes gives additional merit to a dinner.



## First Course.

*Soupe*  
à la Bonne Femme,  
relevée avec le Turbot,  
relevé avec le  
Mouton à la Périgour.

*Cotelettes*  
de Mouton  
à la  
Soubise.

*Salni*  
de perdreaux  
à  
l'Espagnole.

*Vol au vent*  
d'Escalopes  
de  
Cabillaud  
à  
la Gréno.

DORMANT

du

MILIEU.

*Casseroles*  
au ris  
d'un haché  
de  
Gibier  
au Romes.

*Escalopes*  
de filets  
de lapreaux,  
à la conti.

*Cotelettes*  
de filets de  
poulets gras,  
en Epigramme.

*Soupe*  
à la Beauveau,  
relevée  
avec le Dorey,  
relevé avec le porc.

## Second Course.

*Quatre*  
*becafree.*

*Les*  
*truffes entieres,*  
*au vin de Champagne*  
*dans une arriere.*

*La*  
*Jolie de vin de*  
*Madere,*  
*garnie de felie.*

*Les*  
*épinards*  
*au*  
*consommé,*  
*garnis*  
*de cretons.*

DORMANT

du

MILIEU.

*Les*  
*Cardons*  
*d'Espagne,*  
*à la*  
*mouelle,*  
*à l'efrenée.*

*Les gâteaux*  
*à la Polonoise,*  
*garnis*  
*de confitures.*

*La*  
*Salade*  
*de*  
*deux Homards.*

*Quatre*  
*Perdreux.*



The second course requires also a different arrangement when you have more than four *entrées*. At the two flanks you must have two dishes of vegetables, if approved of; and at the four corners, a jelly, a pastry, a lobster salad, and a cream jelly, &c.; if you have a different instruction, you may put two sweets in the flanks, two vegetables at each opposite corner, and an Italian salad, and a dish of prawns at the two other corners.

### *Bill of Fare of Six Entrées.*

Dinner for Twelve or Fourteen Persons.

#### *Two Potages.*

Good woman's soup, *dite flamande*, white and thick.  
Soup *à la bauveau*, brown and clear.

#### *Two Fishes.*

Turbot, with lobster sauce.  
Slices of crimped salmon boiled, same sauce.

#### *Two Removes.*

Turkey *à la perigueux*, *purée* of chesnut.  
Leg of mutton roasted.

#### *Six Entrées.*

Cutlets of mutton braized, with *soubise* sauce.  
*Salmi* of young partridges *à l'Espagnole*.  
*Vol au vent* of salt fish *à la maître d'hôtel*.  
Casserole of rice, with a *purée* of game.  
*Sauté* of fillets of fowl *à la Lucullus*, with truffles.  
Fillets of young rabbits *à la orlies*, white sharp sauce.

## Second Course.

*Two Roasts.*

Three partridges roasted.

Three woodcocks.

*Six Entremets.*Spinach with *consommé*, garnished with fried bread.Whole truffles with *champaign*.Lobster salad à l'*Italienne*.Jelly of *marasquino*.*Buisson* of *gâteau à la Polonoise*.*Charlotte* of apples with apricot.*Two Removes of the Roast.**Biscuit à la cream*.*Fondus*.

## Dinner for Sixteen or Twenty Persons.

*Two Potages.*Soup à la *Reine*.*Brunoise*, clear.*Two Fishes.*

Turbot, garnished with fried smelts, lobster sauce.

Slices of salmon, with *Genévoise* sauce.*Four Removes.*Fowls à la *Condé*, ragout à l'*Allemande*.Westphalia ham glazed, and *Espagnole* under it.

Saddle of mutton roasted.

Haunch of venison roasted.

*Eight Entrées.*Fillets of young partridges à la *Lucullus*, with truffles.Small *timballe* with a *salpicon*.*Croquettes* of fowls au *velouté*.





*Potage à la Reine,  
relevé  
d'une longe de Veau,  
en Surprise.*

*Petites  
Gambettes  
à la Salspice  
à la Hongroise*

*Filets de  
Perdreaux  
sautes  
à la Luculle.*

*Trois  
Perdreaux  
à la Barbaric,  
Italienne.*

*Carré de Veau  
à la Châlonz,  
Harricots,  
Viergez.*

*Turbot  
garni  
d'éperlans,  
relevé  
de deux  
Poulardes  
à la  
Cordé.*

**DORMANT**  
  
**du**  
  
**MILIKU.**

*Matelotte  
à la  
Royale,  
relevée  
d'un Sauton  
de Westphalie  
à  
l'Espagnole.*

*Cotelette  
de porc  
à la Brepois,  
à l'Espagnole.*

*Deux Boulets  
à la Reine, Apic  
liés, & pluchés  
de persil.*

*Filets mignons  
de Perdrix grise  
à la Brepois  
Italienne.*

*Filets croquants  
de filets de  
Volailles au  
Veleté.*

*Potage à la Brunois,  
relevé  
d'une Selle de  
Mouton.*

Second Course.

*Becassines,*  
relevées  
d'un soufflé à la  
fleur d'orange.

*Salsifis,*  
à la  
sauce  
blanche.

*Maccaroni*  
à l'italienne  
garni de  
pâtisserie.

*Partoules*  
à la  
Crème.

*Jelée*  
de vin de  
Madère.

DORMANT

du

MILIEU.

*Un*  
*Lievre,*  
relevé  
avec des  
fondus.

*Deux*  
*Filets gras,*  
un piqué  
relevés avec  
des ragoûts.

*Pain de*  
*Prunoyées,*  
à la Glace.

*Canapé,*  
garni de  
Mamelade.

*Des brochettes*  
ou  
mâtes garnis de  
croûtons de  
pain brûlé.

*Sarcelles,*  
relevées  
par les Biscuits  
à la Crème.

*Quatre de terre*  
à la  
Mère d'Hotel  
craquelée.



Small fillets of fowl *à la Pompadour*.  
 Three small partridges *à la Barbarie*, with truffles.  
 Two small chickens *poêlé*, with tarragon sauce.  
 Cutlets of pork *à la mirepoix*, brown sharp sauce.  
 Cutlets of mutton *à l'Italienne*.

## Second Course.

*Four Roasts.*

Five snipes.  
 A hare roasted.  
 Two wild ducks.  
 A capon, garnished with cresses.

*Eight Entremets.*

*Salsifis à la sauce blanche*.  
*Macaroni à l'Italienne*.  
 Poached eggs, with gravy of veal clarified.  
*Brocoli au velouté*.  
*Jelly de noyau rouge*.  
*Italian cheese à l'orange*.  
*Gateaux à la Madeleine*.  
 Little *bouchées*, garnished with marmalade.

*Four Removes of the Roasts.*

*Soufflé à la fleur d'orange*.  
*Ramequin*.  
*Biscuit à la cream*.  
*Petits choux à la cream*.

## Dinner for Twenty or Twenty-four Persons.

*Four Potages.*

Soup of rabbits <i>à la Reine</i> .	Soup <i>à la Carmélite</i> .
<i>Soup Julienne</i> .	Soup <i>à la Clermont</i> .

*Four Fishes.*

Turbot and lobster sauce.	Three slices of crimped cod,
Pike baked, Dutch sauce.	oyster sauce.
	<i>Matelotte of carp.</i>

*Four Removes.*

Rump of beef glazed <i>à la flamande.</i>	Boiled turkey, celery sauce.
Leg of pork garnished.	Saddle of mutton roasted.

*Twelve Entrées.*

Small <i>casserolettes</i> of rice, mince of fowl.	Small cases of sweetbread <i>à la Vénitienne.</i>
Scollops of fillets of fowls, with truffles.	<i>Grenade</i> of small fillets of fowls <i>à l'essence.</i>
Turban of fillets of rabbits.	<i>Attelets</i> of sweetbread, <i>Italienne.</i>
<i>Petits pâtés à la nelle.</i>	<i>Petits pâtés</i> of oysters <i>à la Sefton.</i>
Cutlets of fillets of partridges.	Partridges & cabbages dressed.
<i>Chartreuse</i> of palates of beef.	
Fillets of soles <i>à la ravigotte.</i>	

## Second Course.

*Four Roasts.*

Two fowls with cresses.	Two ducklings.
Five woodcocks.	Two young rabbits.

*Twelve Entremets.*

Spinach <i>à la cream.</i>	Cauliflower <i>au velouté.</i>
Asparagus with butter.	<i>Salsifis à l'Espagnole.</i>
Cream <i>au caffè</i> , white.	Jelly of Madeira.
<i>Sultane</i> with a <i>vol au vent.</i>	<i>Fromage Bavaurois au chocolat.</i>
Small <i>lozenges garnies.</i>	<i>Gateau praliné.</i>
<i>Meringues à la Chantilly.</i>	Jelly of <i>marasquino rose.</i>

*Four Removes.*

- Two dishes of *fondus.*
- One of *talmouse*, or cheese-cake.
- One of *choux en biscuit.*



*Potage à la Croûte:*  
relevé par un Turbot,  
relevé par une Cabotte de Bouff  
à la Flamande.

*Galethi*  
sur des œufs  
de volaille,  
au velouté.

*Pâté*  
Faité  
sur  
huitres.

*Le Harbot*  
de filets de  
lapin et  
l'Espagnol.

*Filet de*  
sur char,  
à la  
à l'Espagnol.

*Escalope*  
de filets  
de Perdreau  
au truffe.

*Filet de*  
de l'œuf  
à la  
Blanche.

VASE

VASE

DORMANT DU MILIEU.

With Room enough for Utensils

&amp; a Vase at each corner.

VASE

VASE

*Terrine de*  
de Bouff  
en Haricot,  
relevé par les  
Mortons très  
relevé par  
le Blaud en  
Chapelata.

*Terrine*  
relevé par  
un Beaufort  
au four;  
relevé par  
un filet  
de  
Fauz Roll.

*Assiettes*  
de ris de  
Veau, à  
l'Espagnol.

*Côtelette*  
de filets de  
Perdreau au  
saut char.

*Le Chervin*  
de l'œuf  
de volaille  
de Bouff.

*Le grand*  
de l'œuf  
de volaille  
à l'Espagnol.

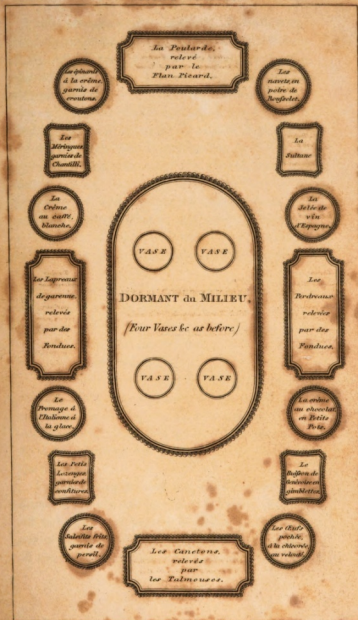
*Pâté*  
Faité à  
la  
au  
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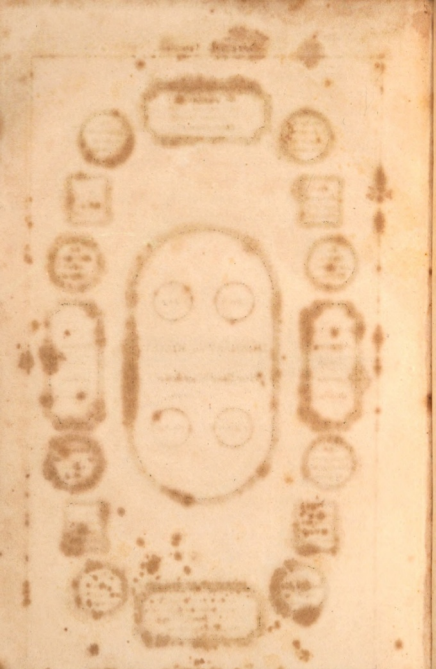
*Pâté*  
Faité à  
la  
au  
au

*Potage à l'Allemande:*  
relevé par les branches de Cibillon;  
relevé par le Cordon de Veau,  
au garnade.



## Second Course.





I have here given only a specimen of the form and general arrangement of a bill of fare; the selection of the articles rests with the Cook, or the persons who order the dinner. You may serve a good dinner without adhering to the identical dishes which I have selected, or rather mentioned as it were at random. I think it would be useless to go beyond sixteen *entrées*; for a multiplicity of dishes are easily made out. I shall only observe, that with twenty *entrées*, the counter-flanks must exhibit copious *entrées*; and that for the second course there must be introduced what we call *moyens d'entremets*, or ornamented dishes, or *brioche*s, or *biscuits*, or *babas*, either in the counter-flanks, or at the top and bottom of the table.

Eight large pieces of ornaments are not exactly wanted with twenty *entrées*; but when you have thirty-two *entrées*, you must put large pieces at the top and bottom, and the two flanks; and four smaller ones in the four counter-flanks.

Whenever a dinner consists of more than eight *entrées*, those huge pieces are indispensable; but it is then impossible for any Cook to dress them without assistants; by himself, he would be able to send up to table nothing but common dishes, to either of the courses.

I have not mentioned the second course for the dinner of twenty *entrées*; as it is known that there are to be the same number of dishes as in the first course; there must be also the same number of roasts in the room of removes, or of large *entrées*; two at

the top and bottom, two at the flanks, and four at the counter-flanks. If you have assistants enough to make the ornamented pieces, then remove the four roasts of the counter-flanks with *soufflés*, *biscuit*, *fondus*, &c.; and put four large pieces at the top and bottom, and on the two flanks.

I have added two cold pies, which are likewise served at a large dinner. I like them to be sent to table with the first course; and to remain there between the two courses. By this means the epicure and dainty eater will always have something before them. They are not at all in the way, but improve the look of the table.

N. B.—The pies may be either of game or poultry.





## ADVICE TO COOKS.

---

I TRUST that I shall not be accused of vanity, for seeking to enforce good precepts, as well as for giving good examples. Cooking is an art which requires a great deal of time, intelligence, and activity, to be acquired in its perfection. Every man is not born with the qualifications necessary to constitute a good Cook. I shall demonstrate the difficulty of the art by offering a few observations on some other arts. Music, dancing, fencing, painting, and mechanics in general, possess professors under twenty years of age, whereas in the first line of cooking, pre-eminence never occurs under thirty. We see daily at Concerts, and Academies, young men and women who display the greatest abilities; but in our line, nothing *but the most consummate* experience can elevate a man to the rank of Chief Professor. I must acknowledge, that there are very few good Cooks, though there are many who call themselves so. This disproportion of talent among them is the cause of the little respect in which they are held; if they were *all* provided with the necessary qualities, they would certainly be considered as artists.

What science demands more study than Cookery? You have not only, as in other arts, to satisfy the general eye, but also the individual taste of the persons who employ

you; you have to attend to economy, which every one demands; to suit the taste of different persons at the same table; to surmount the difficulty of procuring things which are necessary to your work; to undergo the want of unanimity among the servants of the house; and the mortification of seeing unlimited confidence sometimes reposed in persons who are unqualified to give orders in the kitchen, without assuming a consequence, and giving themselves airs which are almost always out of reason, and which frequently discourage the Cook.

In fact, a thousand particulars too tedious to detail, render this employment very laborious, and little honoured. Nevertheless, if you are extremely clean, if you are very sober, and have, above all, a great deal of activity, you will succeed one day or other, in acquiring that confidence, which these qualities always inspire. You have not the power which other artists and mechanics have, of putting off for another day what cannot be done in this; the hour imperiously commands, and the work must be done at the appointed time. Be careful then to have every thing ready for your work always by the time it is required, and above all without noise or confusion.

If you possess a thorough knowledge of your profession, or have the entire confidence of your employer, do not be so inconsiderately proud of it, as to treat any one with disdain, a practice too common among persons in place. Do not take any other advantage of your superiority, than



to be serviceable to the utmost of your power; although you ought not to be regarded merely as a servant, yet forget not that you have still a duty to fulfil; you are obliged to serve at the precise hour, to anticipate all that can give pleasure to your employer; to have every thing ready which he has ordered, and what he frequently will forget to order; and to watch strictly over those in your department.

If you confide any thing to persons under your controul, be careful always to have it done under your own eye; that you may be able to answer for the fault, if there is any. It often happens that the company who dine together, have not the same taste: try as much as possible to furnish them with what they like; and above all, never object to change any dish which is not approved of. Were you even the best Cook in the world, if you are obstinate in pursuing your old routine, without seeking to please those who employ you, you will merely exist, without acquiring either consideration, reputation, or fortune.

Great cleanliness is requisite in the utensils you make use of: entrust to no one but yourself the examination of the copper utensils of the kitchen, which are very dangerous. Every time you use a stew-pan or other utensil, see that it has been well scoured and cleaned. The scullery-maids scour the outside of their coppers, and scarcely ever give themselves the trouble to clean the inside; from which circumstance it will happen that the taste will be entirely spoiled, and the persons who eat what has been cooked in

dirty vessels, are often exposed to colics and other maladies, without knowing the cause of them. It is on a good first broth, and good sauce that you must depend for good Cookery; if you have entrusted this part to persons who are negligent, and if your broth has not been well skimmed, you can make but indifferent work; the broth is never clear, and when you are obliged to clarify it, it loses its goodness and savour. I have elsewhere said, that any thing clarified, requires great seasoning, and consequently it is not so healthy. A stock-pot well managed, [saves a great deal of trouble, for it would be ridiculous in a small dinner to make several broths. When you have put into the stock-pot the articles and ingredients as directed in the Chapter on that subject, the same broth will serve you to make the soup, and white or brown sauce, &c. Economy is most the order of the day, seeing the dearness of every thing used in the kitchen. You should be very careful to take off the fat, and skim the soups and sauces; it is an operation which must be repeated again and again: the smallest drop of fat or grease is insufferable; it characterizes bad cookery, and a Cook without method. The different classes of cookery, viz. the soup, the *entrées*, the fish, the *entremets*, the roasts, the jellies, the decorated *entremets*, the pastry, &c. all require the greatest attention. The theory of the kitchen appears trifling; but its practice is extensive: many persons talk of it, and yet know nothing of it beyond mutton-chops, and beef-steaks, or bubble and squeak, &c. Many writers have exercised their pen upon the subject, and yet know little about it;

for instance, the *Almanach des Gourmands*, la *Gastronomie*, a poem on the subject of Cookery, without treating of it; both excellent works to read after dinner, but giving no previous advice how to make it properly.

Cooks in this country have not the opportunity of instructing their pupils that we have in France, except at the Royal Palace, where every thing is, and must be, done in perfection, as neither hands nor expense are objects of consideration. The chief Cook must be particular in instructing his apprentices in all the branches before-mentioned; and that they may be certain of teaching them properly, not the slightest particularity of the art must be omitted. The difficulties to be conquered are a national prejudice which exists against French Cookery; and the circumstance of a young man coming to this employment from school, with his taste settled, and remaining a long time in a kitchen, before he will attempt to taste any thing that he has not been accustomed to; if he does not like Cookery himself, he never can be a good Cook. Cookery cannot be done like pharmacy; the Pharmacist is obliged to weigh every ingredient that he employs, as he does not like to taste it; the Cook, on the contrary, must taste often, as the reduction increases the flavour. It would be blind work indeed without tasting; the very best soups or *entrées* in which you have omitted to put salt, are entirely without flavour: seasoning is in Cookery, what chords are in music; the best instrument, in the hand of the best professor, without its being in tune, is insipid. I shall recom-

mend particularly to a Cook, to bestow great attention on the sauces; they are the soul of Cookery; all other parts are indispensable, but this is considered the chief part of it. A great difficulty in cooking is the name of the dishes; Cooks seldom agree upon this point: some names owe their origin either to the Cook who invented them, or to the first Epicure who gives them a reputation. Cookery possesses few innovators; I have myself invented several dishes, but been rather shy in giving them my name, for fear of being accused of too much vanity. I confess there are some ridiculous names; for instance, *soup au clair de lune*, *soup à la jambe de bois*, *la poularde en bas de soie*, *les pets de nonne* &c. &c. and many other names still more ridiculous, which I omit to mention in my Treatise.

As Cookery originated in France, it is not a wonder to find most of the names of French extraction—*soup à la Reine*, *à la Condé*, *à la bonne Femme*, &c. *entrées à la Richelieu*, *à la Villeroy*, *à la Dauphine*, *à la du Barri*. Why should we not see in this book the names of those true Epicures who have honoured good Cookery by their approbation, and have by their good taste and liberality elevated it to a great superiority in this country, over what it is now in France? I dare affirm, that Cookery in England, when well done, is superior to that of any country in the world. *Béchamelle* owes its name to a rich *financier* who was a great Epicure. I am surprised not to find in Cookery the names of those who have given a celebrity to that science, such as *Apicius*, *Lucullus*, *Octavius*, and those others who

patronized it under the reign of Louis the Fourteenth. Voltaire says in one of his works,

“ Qu'un cuisinier est un mortel divin :

“ Chloris, Eglé me verse de leur main,” &c. &c.

Why should we not be proud of our knowledge in Cookery? It is the soul of every pleasure, at all times, and to all ages. How many marriages have been the consequence of a meeting at dinner? How much good fortune has been the result of a good supper? At what moment of our existence are we happier than at table? There hatred and animosity are lulled to sleep, and pleasure alone reigns. It is at table that an amiable lady or gentleman shines in sallies of wit, where they display the ease and graceful manners with which they perform the honours of the table. Here the Cook, by his skill and attention, anticipates their wishes, in the happiest selection of the best dishes and decorations; here their wants are satisfied, their minds and bodies invigorated, and themselves qualified for the high delights of love, music, poetry, dancing, and other pleasures; and is he whose talents have produced these happy effects, to rank no higher in the scale of man than a common servant? Yes, if you adopt and attend to the rules that I have laid down, the self-love of mankind will consent at last, that Cookery shall rank in the class of the Sciences, and its Professors deserve the name of Artists.

If you follow my precepts you will never have any ill luck: never be afraid of doing too much for your employer; the idle very seldom succeed; take great care of the com-

pany you keep; a bad companionship is of the worst consequences to a man cook; it makes him take the habit of going out frequently, and returning home again too late to attend to his business: these bad principles will be always highly prejudicial to a Cook, and will prevent him from attaining the perfection required.

## ON COOKERY,

### AND ITS IMPUTED ILL EFFECTS ON HEALTH.

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MANY persons, but particularly Medical Practitioners, have from time immemorial been the declared enemies of Cooks and Cookery. The determination of the latter to keep mankind under their despotic dominion, has engaged them in a perpetual warfare against whatever might oppose their peculiar interests. But I dare affirm that good Cookery, so far from possessing any deleterious tendency, is, on the contrary, highly conducive to the preservation of health, inasmuch as it protects the appetite against the disadvantageous monotony of plain food. I will not, however, conceal, that, like every thing else, it must be used with discretion; but on what enjoyment, or even ordinary function of life, I would ask, is not discretion an indispensable attendant? the mischief then lies only in the abuse. A skilful and well-directed Cookery abounds in chemical preparations highly salutary to weak stomachs. There exists a salubrity of aliment suited to every age. Infancy, youth, maturity, and old age; each has its peculiarly adapted food, and that not merely applicable to digestive powers in full vigour, but to stomachs feebly organized by nature, or to those debilitated by excess.

I am greatly concerned at being obliged to combat a still more powerful, though amiable enemy to Cookery. The Ladies of England are unfavourably disposed towards our art; yet I find no difficulty in assigning the cause of it. It is particularly the case with them (and indeed it is so in some measure with our own sex) that they are not introduced to their parents' table till their palates have been completely benumbed by the strict diet observed in the Nursery and Boarding-Schools. Here then are two antagonists to Cookery—the Ladies and the Doctors, whose empire is as extensive as the universe, and who divide the world between them. However, in spite of the envious, the Ladies will still wield the sceptre of pleasure; while the dispensations of the Doctors will be sought for by us only when under the influence of pain.

Nature affords a simple remedy against the abuse of good cheer—**ABSTINENCE**.—If you have eaten too much, doubtless you will feel inconvenienced. In that case, have immediate recourse to some weak tea\*, which will speedily liberate your stomach from the superfluities which encumber and oppress it, without leaving those intestinal pains which are rather the result of the medicine than the effect of the disorder. Numbers of persons attribute the gout to the frequent use of dishes dressed in the French way. Many years experience and observation have proved to me, that this disorder has not its origin in good cheer, but in excesses of

\* Galen and Hippocrates said, that they left behind them two still greater Doctors than themselves—**WATER** and **ABSTINENCE**.



other kinds. Have we not seen, in years past, numberless individuals who have lived entirely on French Cookery, to very advanced ages, without being afflicted with that disorder? and do we not see daily, that the greater number of those who suffer the acute agonies of it, derive it from their predecessors, rather than from their own habits of life? A copious and sustained exercise is the surest preventive. It is true, the gout more frequently attacks the wealthy than the indigent: hence it has been attributed to their way of living; but this is an error. It is exercise only which they need; not an airing on horseback, or in a carriage, but that bodily activity which occasioning fatigue, would enable them to enjoy the sweets of repose. I do not attempt then, as empirics do, to prescribe ineffectually a remedy to *cure* the gout; but I have this advantage over them, that I afford a positive preventive against it; and thus withhold many a sufferer from falling under their dominion. If the Art of Cookery had been held in a little more estimation, there can be no doubt, but that among its professors many might have been found informed enough, and sufficiently devoted to the interests of the human race, to give prescriptions in Cookery as Doctors give them in medicine. *We* have this advantage, however, over *them*, that our compositions are always *agreeable to the palate*, while theirs are *horribly disgusting*. I therefore recommend a skilfully dressed dish, as in all respects more salubrious than simple fare. I do not mean to deny that a plainly roasted joint, well done, is food of easy digestion; but I peremptorily proscribe all salted and

underdone provisions. Pork, in whatever way it may be dressed, is always unwholesome; yet if dressed in the French fashion, the stimulant of a sauce makes it aperient, and it of course is less indigestive than when dressed plainly. Our manner of dressing vegetables is more various and extensive than in England, a circumstance which embraces the double advantage, of flattering the palate and being of easier digestion.

I recommend as a certain preventive against disorder, great bodily exercise—as tennis, shuttlecock, fencing, &c. for gentlemen; and for ladies, dancing, and such lively exercises as are suited to their sex: walking also, but not the grave and deliberate movements of a magistrate, but an active and accelerated pace, such as may occasion fatigue. Thus you may find health and appetite, which afford the pleasure of self-government, by keeping you from the power of Doctors and Doctor's stuff.

One more remark; and that on the disproportion of talent which exists among Cooks. A person who has never tasted made dishes, sits down for the first time, perhaps to indifferently dressed ones: hence arises at first setting out an impression, which I confess it is hardly ever possible to overcome. I myself prefer a thousand times, plain dishes, to a made dish that is badly seasoned, badly trimmed, and above all, dressed in an uncleanly manner, and served up with a disagreeable appearance. But the wealthy are able to vanquish these disadvantages, by engaging in their service persons properly qualified to be placed in the rank of ARTISTS.

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THE

FRENCH COOK.

CHAP. I.

SAUCES, BROTHS, AND CONSOMMÉS.

No. 1.—*First Broth.*

TAKE part of a breast or of a rump of beef, with some of the *parures*, or trimmings. Put the meat into a stock-pot with cold water. Set it on the fire, and watch the proper moment to skim it well. If this broth is not clear and bright, the other broths and sauces will also be spoilt. Be particular in skimming off the black scum; pour a little cold water into the above to raise up the white scum. When all the scum has been skimmed off, put in a few carrots, turnips, heads of celery, and leeks, four large onions, one of which is to be stuck with cloves; then throw a handful of salt into the stock-pot, and let the whole simmer for five hours. Strain the broth through a cloth, or a double silk sieve. Lay the piece of beef in some of the broth, to keep it hot. This first broth serves to moisten all the other broths, of which the different names are as follows:—

No. 2.—*First Consommé.*

MARK\* in a stock-pot a large piece of buttock of beef, with a knuckle of veal, and the trimmings of meat or fowls, according to the quantity of sauce you may wish to make. This broth will admit all sorts of veal or poultry. Let the meat stew on a gentle fire. Moisten with about two large ladles-full of the first broth; put no vegetables into this broth, except a bunch of parsley and green onions. Let them sweat thoroughly; then thrust your knife into the meat; if no blood issues, it is a sign that it is heated through. Then moisten it with boiling broth, and let it boil gently for about four hours. Use this *consommé* to make the sauces, or the *consommés* of either poultry or game. Skim off the fat and scum of all the various broths, and keep the pots full, in order that the broth be not too high in colour. When the broth remains too long on the fire, it loses its flavour, acquires too brown a colour, and tastes strong.

No. 3.—*Consommé of Poultry.*

BEEF is no longer required in the *consommés* either of poultry or of game. Put a few slices of ham in the bottom of a stew-pan, or of any other vessel, with some slices of veal. In France, we generally take the *noix* and the *contre noix*†. Lay over the veal the loins of fowl and trimmings. Then moisten about two inches deep with first *consommé*, and let it sweat on a fire, so confined that the blaze may not colour the exterior of the

\* *Mark* is a French word, which signifies, that all the ingredients requisite are to be put into the stock-pot.

† The leg of veal is divided into three different parts, *noix*, *sounoix*, and *contre noix*.



vessel. When the meat is heated through, (which you ascertain by thrusting your knife into it, as at page 2), cover it with the first *consommé*; season it with mushrooms, a bunch of parsley and green onions, and let the meat boil till it be done properly. The broths are more savoury and mellow when the meat is not overdone. Strain the *consommé* through a silk sieve, to use it when wanted.

#### No. 4.—*Consommé of Game.*

If you are to send up *entrées* of partridges, you must have ready a *consommé* of partridges. Put into a stew-pan a few slices of veal, the backs, &c. of partridges to be laid over them. If you moisten with a *consommé* containing ham, there is no occasion to put in any more; if not, a few slices of ham will not be amiss. If your *entrées* are with *truffles*, add the *parings* of your *truffles* and a few mushrooms. When the *consommé* is sufficiently done, strain it through a cloth, or silk sieve, and use it when you have an opportunity.

#### No. 5.—*Consommé of Rabbits.*

MARK\* the various *consommés* with the bones and trimmings of rabbits. Do the same as for a *consommé* of partridges; put in *truffles* if your *entrées* are to be with *truffles*.

#### No. 6.—*Blond of Veal, or Gravy of Veal.*

PUT a few slices of Westmoreland ham (the lean only) into a pretty thick stew-pan. Lay over them some fleshy pieces of veal. You may use rump of veal. Pour into the

\* *Mark* means, to make each *consommé* with the trimmings either of game or fowls.

stew-pan a sufficient quantity of first *consommé* to cover about half the thickness of the meat. Let it sweat on a stove, over a brisk fire. Watch the stew-pan and the contents, for fear of burning. When the broth is reduced, thrust a knife into the meat, that all the gravy may run out; then stew the glaze more gently. When the whole is absolutely *à glace*, of a good colour, you must let it stew till brown, but take care it does not burn, to prevent which put it on red-hot ashes. Keep stirring your stew-pan over the fire, in order that the glaze may be all of the same colour. Turn the meat upside down, that it may not stick. When your glaze is of a dark red colour, moisten with some hot broth; let the glaze detach before you put the stew-pan on the fire, for it might still burn. Season with mushrooms and a bunch of parsley and green onions. When the gravy has boiled for an hour, it is done enough. Take off the fat, and strain it through a silk sieve.

#### No. 7.—*Gravy of Beef.*

TRIM, with layers of fat bacon, the bottom of a thick stew-pan; cut four large onions by halves, lay the flat part over the bacon; take a few slices of beef, put them in the same manner as in the gravy of veal, moisten with the first broth only. Let this sweat, in order to get all the gravy out of the beef, and when the broth is reduced, thrust a knife into the meat; let it stew gently on a slow fire, till the gravy be of a light brown\*. Next moisten with some first broth, throw in a large bunch of parsley and of green onions, a little salt, and a pepper corn. Let the whole boil for one hour; take the fat off, and drain it through a silk sieve, to use it when wanted.

\* The browner the glaze is, the better, but care must be taken not to burn it, as it will then be bitter.

No. 8.—*L'Aspic.*

TAKE a handful of aromatic herbs, such as burnet, chervil, and tarragon. Boil them in white vinegar; when the vinegar is well scented, pour into your stew-pan some *consommé* of fowl reduced; season well before you clarify. When the *aspic* is highly seasoned, break the white of four eggs into an earthen pan, and beat them with an osier rod; throw the *aspic* into those whites of eggs, and put the whole on the fire in a stew-pan; keep beating or stirring till your jelly gets white, it is then very near boiling. Put it on the corner of the stove, with a cover over it, and a little fire on the top of it. When quite clear and bright, strain it through a bag or sieve, to be used when wanted.

N.B. If you should want to use it for a *mayonnaise*, or as a jelly in moulds, you must make sure of its being stiff enough. If it be not, add to it, either a knuckle of veal or a calf's foot; put it into a small mould in ice, for trial; when you may ascertain whether it may be used in large moulds, which, it is to be observed, require the jelly to be quite firm. You must use chiefly those parts which have tendons about them, as knuckles of veal, calves' feet, &c.

No. 9.—*Jelée of Meat, for Pies.*

THE *jelée* of meat for pies is not to be prepared in the same manner as the *aspic*. Neither aromatic herbs nor vinegar are to be used. The *jelée* is to be made as follows: Put into a stew-pan a good piece of beef, two calves' feet, a knuckle of veal, remnants of fowl, or game, according to the contents of your pies, two onions stuck with cloves, two carrots, four shalots, a bunch of parsley and green onions, some thyme, bay-leaves, spices, &c. and a small piece of ham. Sweat the whole over a very slow fire, then

moisten with some good broth, let the stew-pan be covered close, and those ingredients stew for four hours, but very gently. When done, taste it, season it well, and clarify it as you do the *aspic*. In order that it may keep the better, put it into ice.

No. 10.—*Le Suage, or l'Empotage*\*.

MARK† in a *marmite* twenty pounds of beef, a knuckle of veal, a hen, and if you have any remnants of fowl or of veal, you may put them in likewise. Moisten this stock-pot with two large ladles full of broth. Sweat it over a large fire. Let it boil to *glaze* without its getting too high in colour. Next fill it up with some first broth that is quite hot. Put some vegetables into this pot, which is intended for making soup only. But you must put very few into the *consommés* which are to be reduced, and would have a bitter taste if they were to retain that of the roots, and accordingly not be fit to be used in delicate cookery. *L'empotage* requires no more than five hours to be done; strain it through a silk sieve, and use it when you have occasion for it.

No. 11.—*Clarified Consommé*

Is to be clarified as specified for the *aspic*, and *jelée* of meat. You must not forget, that such articles as are to be clarified, require to be more highly seasoned than others, as the clarifying takes away some of the flavour.

No. 12.—*Clarified Gravy.*

GRAVY of veal, or beef, is to be clarified with whites of eggs. The gravy of veal is best suited for the table of

\* Remark, that this broth is to be made for a very large dinner only.

† *Mark*, must be understood as an abbreviation for putting in all the requisite articles.

the great. The gravy of beef may do for private families of the middle class.

No. 13.—*Le Bouillon de Santé.*

MARK or put into an earthen pot\* or stock-pot, six pounds of beef, one half of a hen, and a knuckle of veal. Moisten with cold water. Let it boil so that the scum rises only by degrees; skim it well, that it may be quite clear and limpid. When skimmed, throw into it two carrots, two leeks, a head of celery, two onions stuck with three cloves, and three turnips. Let the whole simmer gently for four hours. Then put a little salt to it, and skim off the grease or fat before you use it.

No. 14.—*White Rour* †.

PUT a good lump of butter into a stew-pan, let it melt over a slow fire; when melted, powder it over with flour, enough to make a thin paste; keep it on the fire for a quarter of an hour, fry it white; pour it into an earthen pan to use it when wanted.

No. 15.—*Brown Rour.*

PUT into a stew-pan a piece of butter proportionate to the quantity of *rour* you want to prepare. Melt it gently; then put flour enough to make a paste; you must fry it on a brisk fire, and then put it again over a very slow fire, till it be of a nice colour; but mind this is to be obtained only by slow degrees. When of a light brown, you pour it into an earthen pan, and keep it for use. It keeps a long while.

\* In France these broths are generally made in an earthen pot, but such pots cannot be found in England.

† We are unable to find an equivalent in English for the French term *rour*. It is an indispensable article in cookery, it serves to thicken sauces; the brown is for sauces of the same colour; and the colour must be obtained by slow degrees, otherwise the flour will burn and give a bitter taste.

No. 16.—*The Coulis.*

MAKE the *coulis* in the same manner as the gravy of veal, with slices of ham, and slices of veal, &c. When the *glaze* is of a nice colour, moisten it, and let it stew entirely. You must season it with a bunch of parsley and green onions, mushrooms, &c. Then mix some brown *roux* with the gravy of veal, but do not make it too thick, as you could not get the fat out of your sauce, and a sauce with fat neither has a pleasing appearance nor a good flavour. Let it stew for an hour on the corner of the stove, skim off the fat, and strain it through a tammy, &c.

No. 17.—*Grande Espagnole.*

BESIDES some slices of ham, put into a stew-pan some slices of veal. Moisten the same as for the *coulis*; sweat them in the like manner; let all the *glaze* go to the bottom, and when of a nice red colour, moisten with a few spoonfuls of first *consommé*, to detach the *glaze*: then pour in the *coulis*. Let the whole boil for half an hour, that you may be enabled to remove all the fat. Strain it through a clean tammy. Remember always to put into your sauces some mushrooms, with a bunch of parsley and green onions. It is time to observe to the professors of cookery, that the flavour comes from the seasoning: if you neglect to put into your dish the necessary articles to a nicety, the flavour will be deficient. Mind that the sauce or broth, when kept too long on the fire, loses the proper taste, and takes instead of it, a strong and disagreeable one.

No. 18.—*Espagnole of Game.*

THE same operation as above, except that in this you introduce the loins and trimmings of either young or old

partridges, in order that this sauce may taste of game. Put them to sweat: Remember that such sauces, if kept too long on the fire, lose their savour, and *fumet* of the game.

No. 19.—*Sauce tournée*.

TAKE some white *roux*, dilute it with some *consommé* of fowl; neither too thin nor too thick. I must repeat what I have already said, a sauce when too thick will never admit of the fat being removed. Let it boil on the corner of the stove. Throw in a few mushrooms, with a bunch of parsley and green onions. Skim it well, and when there is no grease left, strain it through a tammy, to use it when wanted.

No. 20.—*Sauce à l'Allemande*.

THIS is merely a *sauce tournée* as above reduced, into which is introduced a thickening \* well seasoned. This sauce is always used for the following sauces or ragouts, viz. *blanquette* of all descriptions, of veal, of fowl, of game, or palates, ragout *à-la-toulouse*, loin of veal *à-la-béchamel*, white *financière*, &c. &c.

No. 21.—*The Velouté*.

TAKE much about the same quantity of *consommé* and of *sauce tournée*, and reduce them over a large fire. When this sauce is very thick, you should have some thick cream boiling and reduced, which you pour into the sauce, and give it a couple of boilings; season with a little salt, and strain through a tammy. If the ham should be too salt, put in a little sugar. Observe, that this sauce is not to be so thick as the *béchamel*.

\* Thickening, is what is called in French, *liaison*; the yolk of two or four eggs.

No. 22.—*White Italian Sauce.*

AFTER having turned some mushrooms, throw them into a little water and lemon-juice to keep them white. Formerly it was customary to use oil for these sauces, as on account of its being much lighter, it would rise always to the top, whereas in thick sauces butter does not. Put into a stew-pan two-thirds of *sauce tournée*, and one-third of *consommé*; and two spoonfuls of mushrooms chopped very fine, and especially of a white colour, half a spoonful of shalots likewise chopped, and well washed in the corner of a clean towel. Reduce this sauce, season it well, and send it up.

No. 23.—*Brown Italian Sauce.*

IT is requisite in a kitchen to have what is commonly called an *assiette*, which is a dish with four partitions, intended for the reception of fine herbs. You must always have ready some parsley chopped very fine, some shalots the same; if the mushrooms were chopped beforehand they would become black; therefore only chop them when you have occasion for them; the fourth partition is intended for the reception of bunches of parsley and green onions. The chopping and mincing of the above is the business of the apprentice, if there be one under the head cook; if not, of the junior kitchen-maid.

Take two spoonfuls of chopped mushrooms, one spoonful of shalots, one ditto of parsley.\* Throw the whole into a stew-pan with two-thirds of *Espagnole* sauce, and one-third of *consommé*. Some people add white wine to the sauce. In France, where there is a choice of light white wines, it might be done easily, but in England, where Champaign is

\* This sauce will have a better taste, if you fry the finer herbs in a little butter, and moisten them after with the *Espagnole*, and *consommé*.



the only wine that can be used, it would be too dear; besides, the sauce may be made very good without any wine whatever, if you know how to work it well, to its proper degree, with a little salt, and still less pepper. Brown sauces are not to be made thick. When the sauce is done enough, you must shift it into another stew-pan, and put it *au bain marie*. If you were not to skim this sauce with particular care, you might skim off all the parsley, which must remain in it.

#### No. 24.—*The Sauce Hachée.*

THIS sauce, although seldom if ever used in good cookery, is frequently to be met with at taverns and inns on the road. Such as it is, it is to be made in the following way. Chop some girkins, mushrooms, capers, and anchovies, which throw into a brown *Italienne*, and that is what is called a *sauce hachée*. Why have I called this a tavern or common inn sauce? Because it is not requisite to have an *Italienne* well prepared. A common browning made with butter and flour, moistened with a little broth, or gravy, and some fine herbs in it, will answer the purpose of those who know no better.

#### No. 25.—*White sharp Sauce.*

POUR into a stew-pan four spoonfuls of white vinegar, to which add some tarragon (if you have no tarragon, use tarragon vinegar), and about twenty pepper-corns; reduce the vinegar to one-fourth of its original quantity; pour into the stew-pan six spoonfuls of *sauce tournée*, and two spoonfuls of *consommé*; then reduce this sauce over a large fire. Strain it through a tammy, and then put it again on the fire. When it boils, thicken it with the yolk of two eggs, work it with a small bit of butter. In case it should hap-

pen to be brown, pour a spoonful of cream into it, to restore the white colour, and put a little cayenne and salt.

No. 26.—*The Brown sharp Sauce.*

IN a small stew-pan, put a small bit of butter, a small carrot cut into dice, a few shalots the same, some parsley roots, some parsley, a few slices of ham, a clove, a little thyme, the half of a bay-leaf, a few grains of pepper-corn and allspice, with a little mace. Let the stew-pan now be put on a slow fire, till it begins to be of a fine brown all round; then keep stirring with a wooden spoon; pour into the stew-pan four spoonfuls of white vinegar, and a small bit of sugar. Let this reduce nearly *à glace*. Then moisten with some *Espagnole* and a little *consommé*, that you may be enabled to take the fat off from the sauce; season with cayenne and a little salt. Taste whether there be salt enough, but mind, it is not to be too acid; skim off the fat, and strain the sauce through a tammy, and serve up.

No. 27.—*The Aspic Lié.*

PUT into a stew-pan such herbs as are called *ravigottes*, namely, burnet, chervil, and tarragon. Add two or three spoonfuls of white vinegar, and let the herbs infuse on a slow fire for half an hour. Then moisten with eight spoonfuls of *Espagnole*: let the whole stew for ten minutes or a quarter of an hour. Season it well, and strain it through a tammy, to use when wanted.

No. 28.—*White Ravigotte.*

THE same as above, except that, instead of *Espagnole*, you use *sauce tournée*. Let it boil for half an hour, then strain this sauce through a tammy. Have the same herbs as above, chopped very fine, blanch them in a little salted water, lay them in a sieve to drain, and pour the *ravigotte*

into the sauce. Work it with a small lump of butter, season with salt and pepper, and send up. Never omit to taste the sauce, for occasionally, according to the palate of the host, some ingredients may be wanting, others too plentiful, which may be easily remedied; when too salt, a small bit of sugar corrects the briny taste.

No. 29.—*The Maître d'Hôtel.*

TAKE four spoonfuls of *Allemande*; work this sauce over a stove with a small lump of fresh butter. Take some parsley chopped very fine, throw it into the sauce with a little salt and pepper, and the juice of a lemon. Let this sauce be thick, if intended to *mask*\* any *entrée* whatever. At any rate it is easy to thin a sauce; but if too thin, it is a hard matter to thicken it, except with a lump of butter and flour, yet, let it be ever so well managed, it is but a sad contrivance.

No. 30.—*Maître d'Hôtel maigre*

Is nothing more than plain butter sauce with a little chopped parsley, salt, pepper, and lemon-juice. If shallots are acceptable, a few may be added, the same as to the *maître d'hôtel* above.

No. 31.—*Tarragon Sauce, or Pluche.*

See No. 25, *White sharp Sauce*. Blanch some tarragon, either in fillets, squares, or any other shape you may think proper, and put it into the sauce. It is then called *Tarragon Sauce*. In other *pluches*, tarragon must always prevail. You may make *pluches* of parsley, chervil, &c. with the sauce called white sharp sauce.

\* *Mask*, means to cover over with the sauce.

No. 32.—*The Bourguignotte.*

CUT some truffles into balls of the size of a nutmeg : take some small round mushrooms, and put about twenty of each into a small stew-pan : pour over them a pint of red wine, with a small lump of sugar. Let the wine be reduced to a glaze. Then throw into the stew-pan six spoonfuls of *Espagnole*, and two of *consommé*. Let the whole boil for half an hour, taste it, and if well seasoned, serve it up.

No. 33.—*The bon Beurre.*

TAKE some *Allemande*, (Vide No. 20) rather thick, into which put a bit of butter. Work the sauce well, season it, and serve up.

No. 34.—*The Béchamel.*

TAKE about half a quarter of a pound of butter, about three pounds of veal, cut into small slices, a quarter of a pound of ham, some trimmings of mushrooms, two small white onions, a bunch of parsley and green onions ; put the whole into a stew-pan, and lay it on the fire till the meat be made firm. Then put three spoonfuls of flour ; moisten with some boiling hot thin cream. Keep this sauce rather thin, so that whilst you reduce it, the ingredients may have time to be stewed thoroughly. Season it with a little salt, and strain it through a tammy, when it retains no taste of flour, and the sauce is very palatable.

No. 35.—*The Béchamel maigre\**

Is prepared as above, with the exception of the meat, which is to be omitted. If you have made any sauces

\* This sauce is only for those who practise the Roman Catholic religion.

from fish, put a little of the juice or gravy of the fish with the cream. When done, strain it through a tammy, and serve up.

No. 36.—*The Genoese Sauce.*

THIS sauce is made by stewing fish, yet it is natural enough that it should find its place among the other sauces. Make some *marinade* of various roots, such as carrots, roots of parsley, onions, and a few mushrooms, with a bay-leaf, some thyme, a blade of mace, a few cloves, and some spices; fry the whole white in some butter. Pour in some Madeira or other white wine, and let the vegetables stew. When done enough, use it to stew your fish in, and take some of the liquor to make the sauce. Then take a little brown *roux* and mix it with some of the *marinade*, to which add too or three spoonfuls of gravy of veal. Now let these stew gently on the corner of the stove; skim off all the grease, and season well. Then put to it two spoonfuls of essence of anchovies, and a quarter of a pound of butter kneaded with flour, and throw them into the sauce. When this is done, squeeze into it the juice of a lemon, and cover the fish with the sauce, which must accordingly be made thick and mellow.

No. 37.—*Sauce à Matelotte for Fish.*

MELT some brown *roux*, into which throw a few onions cut into slices: keep it stirring over the fire till the onions be dissolved in the *roux*. Then moisten with the wine in which your fish has been stewed, and which, by the by, must be red wine. Add some *parures*, or trimmings of mushrooms, with a bunch of parsley and green onions, well seasoned with spices; bay-leaves, thyme, sweet basil, cloves, allspices, &c. Let the flour be well done. Remember to throw in a few spoonfuls of gravy of veal. Now

taste whether the sauce be properly seasoned, and strain it through a tammy. Then take a few small glazed onions and mushrooms, ready done, likewise a few small *quenelles*, and put them into the sauce. When you are ready to serve up, you must add the juice of a lemon, and two spoonfuls of essence of anchovies. Work the sauce well, that it may be quite mellow. Then cover your fish with the sauce.

No. 38.—*Sauce à Matelotte for Entrées.*

SEE *Sauce Chambord*. It being the same which is used for the *matelottes* of brains, &c. The *matelotte* when not of fish, is made with a *ragout à la financière*, into which you introduce essence of anchovies and some crawfish, when you can procure them: this sauce must be highly seasoned with salt, cayenne, and lemon-juice.

No. 39.—*Apple Sauce for Geese and Roast Pork.*

PEEL some apples and cut them into quarters, put them into a stew-pan, with a little brown sugar, and a little water. When they are melted, stir them well with a wooden spoon, add a little butter to it, and send up.

No. 40.—*Purée of Sorrel.*

WASH and pick some sorrel, and then put it into a stew-pan with a little water: keep stirring with your spoon to prevent its burning; when melted, lay it in a hair sieve to drain, then put it on the table and chop it well with some trimmings of mushrooms. When chopped fine, put it into a stew-pan with a little butter; let it fry a long time on the fire, in order to drain the water it contains. When it is become quite dry, mix it with four spoonfuls of *Espagnole*, or more, if you have any occasion for a large quantity; and let it stew for a long while over a small stove. After it has

been continually boiling for an hour, rub it through a tammy. If it should happen to be too thick, dilute it with a little *consommé* or *Espagnole*. If too acid, put in a little glaze and sugar. You must always put some cabbage-lettuce with the sorrel, to correct its acidity. When you make *purée* of sorrel, if you have no sauce to put to it, put a spoonful of flour, and dilute with gravy of veal, and proceed then as before.

No. 41.—*Sorrel en maigre*.

PICK your sorrel, let it melt, drain it, and lay it on the table, as above. Mind that the table be very clean. Then chop the sorrel for a long time and very fine, fry it gently in a stew-pan with a little butter. When it has been kept for about half an hour on a slow fire, throw in a spoonful of flour; moisten with boiling hot cream, and let it stew on a slow fire for an hour. Then season it with a little salt. If your sorrel should be too acid, put a little sugar to it. Then thicken it with the yolks of four eggs, and serve up.

If you should prefer making a *Béarnoise*, you make a kind of pap with flour and cream or milk, and let it boil. When the sorrel is done enough, pour the *Béarnoise* into it, and let it boil ten minutes, then put the yolks of four eggs immediately after to thicken it. In this manner the sorrel will never curdle, whereas if you follow the other method, it most frequently will. If it be with broth that you wish to prepare your sorrel, instead of cream or milk, you mix some with it, and use the yolks of eggs in the like manner, and that is what we call *farce* \*.

No. 42.—*Purée of Céleri*.

CUT the whitest part of several heads of celery, which blanch in water, to take off the bitter taste. Let it cool,

\* A dish much used by the Roman Catholics; *Eggs à la farce*.

and drain all the water off. Then put it into a stew-pan with a little *consommé* and sugar. Let it stew for an hour and a half, and be reduced till there be no kind of moisture. Then mix it with four spoonfuls of *béchamel* or *velouté*, strain the whole through a tammy, and put it *au bain marie* \*. When ready to send up, refine the sauce with a little thick cream, to make it white.

No. 43.—*Purée of Onion, or Soubise.*

TAKE a dozen of white onions. After having peeled and washed them, cut them in halves, take off the tops and bottoms, mince them as fine as possible, and blanch them to make them taste sweeter. Then set them melting on a small stove, with a little butter. When they are thoroughly done, and no kind of moisture left, mix four spoonfuls of *béchamel*. Season them well, rub the *purée* through a tammy, and keep this sauce hot, but without boiling. You must also put a small lump of sugar with the sauce if necessary.

No. 44.—*Purée of Onion, Brown, and Lyonnaise.*

PEEL and wash twelve onions clean, then mince them, and fry them in a stew-pan with a little butter, till brown.

\* *Bain marie* is a flat vessel containing boiling water; you put all your stew-pans into the water, and keep that water always very hot, but it must not boil. The effect of this *bain marie*, is to keep every thing warm, without altering either the quantity or the quality, particularly the quality. When I had the honour of serving a nobleman in this country, who kept a very extensive hunting establishment, and the hour of dinner was consequently uncertain, I was in the habit of using *bain marie*, as a certain means of preserving the flavour of all my dishes. If you keep your sauce, or broth, or soup, by the fire-side, the soup reduces and becomes too strong, and the sauce thickens as well as reduces.

It is necessary to observe, that this is the best manner of warming turtle-soup, as the thick part is always at the bottom of the stew-pan; this method prevents it from burning, and keeps it always good.



Then moisten with some *Espagnole*, if you have any; if not, *singez*\* with two spoonfuls of flour, mixed with some gravy of veal. Now scum the fat, and season well with salt. Then strain the *purée* through an old tammy, for these sort of *purées* would destroy new ones

For the *Lyonaise* make a *purée* of onions likewise, but then keep the sauce a little more liquid. Take some very small white onions, cut them into rings, and fry them till they be of a light brown, then lay them on a clean towel to drain, and throw them into the sauce. Give them one single boiling, that the fat, getting at the top, may easily be skimmed off; and serve up.

#### No. 45.—*Purée of White Beans*

NEW white beans are the best suited for making a *purée*. Put them into boiling water if they be fresh, and in cold water if they be dry, with a little butter in either case, which makes the skin more mellow. When they are done, throw in a handful of salt, to give them a seasoning. Fry a few slices of onion in a little butter; when they are of a nice brown colour, *singez* them with half a spoonful of flour; moisten with gravy of veal, and season with a little salt and pepper, and skim off the grease. When the flour is done, mix it well with the beans, let them boil fifteen minutes, squeeze them well before you rub them through the tammy. Let your *purée* be rather liquid, as it gets thick when on the fire. A short time before it is sent up, mix with your beans a small bit of butter, and then serve up.

The *purée en maigre* is prepared in the same manner; but instead of *sauce grasse*, you use *jus maigre*, or milk. If you wish to make it white, you must sweat the onions gently and slowly, that they may not get brown.

\* *Singez*, is putting some flour into the stew-pan.

No. 46.—*Purée of Mushrooms, White and Brown.*

IF you wish to make a white *purée* of mushrooms, you must then turn the mushrooms white in a little water and lemon-juice: chop them; then put them into a stew-pan, with a very small bit of butter. When the mushrooms are what we call melted, moisten them with four or six spoonfuls of *velouté*. Do not let them boil long, for fear they should lose their taste and colour. Then rub them through a tammy. It is no easy matter, indeed, with regard to mushrooms, yet this sauce is called *purée* of mushrooms.

It is almost useless to observe, that for the brown *purée*, it is enough to moisten with some *Espagnole* only. If you were to fry the mushrooms brown, they then would turn black, and make the sauce of the like colour. Skim your sauce. Put a little sugar into both. All such sauces as are called *purée*, must be made thicker than others.

No. 47.—*Purée of Green Peas, new and dry.*

THE *purée* of green peas for an *entrée*, is prepared in the same manner as that described for *potage* or soup. You must only keep it thicker, and richer, which is done by mixing a little glaze with it. But if you were to put too much, the *purée* then would no longer retain its green colour; neither must you let it boil, for it will lose its green colour.

The *purée* of dry peas is made as follows. Stew the peas with a large piece of bacon, the breast part, a few carrots and onions, a bunch of parsley and green onions, a little thyme, and bay-leaves, and some cold water. Let them boil four hours. When quite done, pound them in a mortar, and then rub them through a tammy, with the liquor they have been boiling in. Let it be properly

seasoned, and a short time before you send up, pour in a *verd de persil*, or *verd d'épinards*, to make it green.

No. 48.—*Purée of Chestnuts.*

TAKE some fine new chestnuts; slit the peel with your knife, and put a little butter into a frying-pan. Fry the chestnuts till the peel comes off; then boil them in a little *consommé* and sugar. When done, add four or six spoonfuls of *Espagnole*, and rub the whole through a tammy. Keep this sauce rather liquid, as it is liable to get thick.

No. 49.—*Les Nouilles.*

*Nouilles* are nothing but a French paste, which the cooks prepare themselves. Lay flat on your table, or dresser, half a dozen spoonfuls of flour; make a hole in the middle, and put in a small pinch of salt, a little water to melt the salt, the yolks of three eggs, a lump of butter of the size of a walnut; mix the whole well, flatten the paste with a roller, about one line thick, cut it into slices of about an inch broad, and next cut your *nouilles* nearly as thick. Blanch them in boiling water to take off the flour that sticks around, and when they are blanched, drain them and let them cool, that they may not stick together. Put them to boil in some good *consommé*. When done enough, drain them, and put them into whatever sauce you may fancy, either a *blanquette*, an *Allemande*, or a *velouté*. If they are to be served with a fowl, use *velouté*; and Parmesan cheese, if served for an *entremét*. But if for soup, serve them in the broth in which they were boiled. This soup is very good with Parmesan cheese; have the cheese scraped, and serve it separately in a plate.

No. 50.—*The Macédoine.*

THIS sauce can never be good but in the spring season, as green peas, asparagus, French beans, and artichoke-

bottoms, are indispensably requisite, besides carrots, turnips, heads of celery, and small cauliflower sprouts. As it is very difficult to procure those various vegetables and roots at the same time of the year, you must contrive to do your best, and put as many as you can procure. Cut some carrots in the shape either of olives, of balls, or small thin corks. Blanch them in a little water, then set them to stew with a little sugar and a few spoonfuls of *consommé*, over a large fire, that they may glaze without breaking. Stew the turnips in the like manner, but separately. Mind that the glaze of your roots be not made too high in colour. The other vegetables are to be boiled in salt and water. Lay them on a clean towel to drain; mix them with the carrots and turnips, and three spoonfuls of *béchamel*. Toss them gently, not to destroy the shape of the ingredients. If you are short of other vegetables, you may use cucumbers and mushrooms; be cautious however in using them, as they would make the sauce too thin, if you did not pay particular attention.

No. 51.—*Sauce d'Attelets*.\*

TAKE a spoonful of fine herbs, such as mushrooms, parsley, shalots, and a little butter, which fry slightly in a stew-pan. When the herbs begin to fry, without however being too dry, *singez* with a little flour, and moisten with broth or *consommé*. Reduce over a large fire, without skimming off the fat. Season with pepper and salt. When the sauce begins to thicken, take it off the fire. Then throw in the yolks of two or three eggs, well beaten: keep stirring, and pour the sauce over whatever it may be intended for.

\* This sauce is generally used to stick the crumbs of bread round whatever you may wish to put in crumb, instead of butter. It is made use of for *attelets* of palates of beef, sweetbreads, fillets of rabbits, &c. &c.

No. 52.—*Sauce for Sturgeon:*

WE call *sauce d'esturgeon* a *marinade*, that which has served either to baste the sturgeon whilst roasting, or serves as a sauce when baked. Take part of this *marinade*, which reduce with some other sauces either brown or white, and when it begins to get thick, put in a good lump of butter kneaded with flour, a little *glaze*, some essence of anchovies, and the juice of a lemon. Mind, do not put too much salt, as a very little is required when you use anchovies. Besides, you are always at liberty to add salt if required.

No. 53.—*Red Sauce Cardinal.*

REDUCE some *sauce tournée* with a few spoonfuls of *consommé* of fowls. When the sauce is sufficiently done, take a butter of craw-fish\*, which throw in. Work it well, with a small lump of fresh butter, to prevent the other butter from turning to oil. Give it a good seasoning, and add to it the juice of a lemon.

No. 54.—*Lobster Sauce.*

A HEN lobster is indispensable for this sauce. Put some of the spawn of the fish into a mortar, to be pounded very fine; add to it a small bit of butter. When very fine, rub it through a hair sieve, and cover it till wanted. Break the lobster with great care, cut all the flesh into dice, but not too small; dilute some of the red spawn in some melted butter, two spoonfuls of essence of anchovies, a little salt and Cayenne pepper, two spoonfuls of double cream, and mix it all well before the meat is put to it, as the meat must

\* Butter of craw-fish:—In England they use the spawn of lobster instead: it should be well pounded.

retain its dice-like form. Do not let this sauce boil. It must be very red.

No. 55.—*Sauce à la Lucullus.*

LUCULLUS was one of the most renowned epicures of ancient Rome; it is very natural of course to assign the name of a man who has brought the art of cookery into so high a repute, to a sauce which requires so much pains, attention, and science for its production, and which can only be sent up to the table of a wealthy and true connoisseur. After having worked the fillets, as indicated at the *entrées*, you have the legs and loins left to make the sauce, which is to be proceeded in as follows. Put into a small stew-pan a few slices of ham, about one pound or two of veal, and the legs and rump of a partridge on the top of the former, moisten with about a wine-glass of good *consommé*, put the whole on a slow fire, in order to sweat it through; thrust your knife into the partridge, if no blood comes, moisten with boiling *consommé*, enough to cover the meat; season with a bundle of parsley and green onions, a few blades of mace, one clove, a little thyme, half a bay-leaf, four or five allspice, the trimmings of truffles and mushrooms; let your *consommé* boil till the partridge is well done, then strain through a silk sieve; reduce the *consommé* to a very light glaze. Then take a sufficient quantity of *velouté*, and mix a spoonful of glaze of game with it; but as this glaze would make the sauce of a brown colour, you must have a few spoonfuls of thick cream to mix with it. You must have for your *sauté*, some truffles cut into the size of a penny. Put them separately into clarified butter with a little salt.

When you are going to send up the dinner, *sautez* or fry gently the truffles, and when done drain the butter off: put them separately into a small stew-pan with a little essence

of game and truffles. As you are to mask those parts only which are not decorated, take up the fillets and dip them into the sauce, but no deeper than the part which you have glazed slightly, in order to render the truffles blacker. When you have dished a large fillet and a small one alternately, you mask the *filets mignons* with the remainder of the sauce, and put in the middle the truffles, cut to the size of a penny, which have been lying in a sauce like that which has been used for the fillets\*.

No. 56.—*Velouté, a new Method.*

As it is not customary in England, as it is in France, to allow a principal cook six assistants or deputies, for half a dozen or even ten *entrées*, I have thought it incumbent on me to abridge, to the best of my abilities, the various preparations of sauces, &c. Put into a stew-pan, a knuckle of veal, some slices of ham, four or five pounds of beef, the legs and loin of a fowl, and all the trimmings of meat or game that you have, and moisten with boiled water, sufficient to cover half the meat; make it sweat gently on a slow fire, till the meat is done through; this you can ascertain by thrusting your knife into it; if no blood flows, it is then time to moisten with boiled water, enough to cover all the meat; then season with a bundle of parsley and green onions, a clove, half a bay-leaf, some thyme, a little salt, and some trimmings of mushrooms. When the sauce has boiled long enough to let the knuckle be well done, skim off all the fat, strain it through a silk sieve, and reduce† this *consommé* till it is nearly a glaze; next take four spoonfuls of very fine flour, dilute it with three pints of very good cream, in a stew-pan big enough to contain

\* When this sauce is made with great care, it is certainly the *ne plus ultra* of the art.

† *Reduce*, means to boil down till reduced.

the cream, *consommé*, flour, &c. ; boil the flour and cream on a slow fire. When it boils, pour to it the *consommé*, and continue to boil it on a slow fire if the sauce be thick, but on a quick fire if the sauce be thin, in order to thicken it. Season with salt, but put no pepper. No white sauce admits pepper, except when you introduce into it something chopped fine, pepper appearing like dust should therefore be avoided ; this sauce should be very thick. Put it into a white bason through a tammy, and keep it in the larder out of the dust.

This sauce is the fundamental stone, if I may use the expression, of all sorts of little sauces ; especially in England, where white sauces are preferred. On this account I have relinquished the former method. In summer time I was unable to procure any butter fit for use. I accordingly was forced to do without, and discovered that my sauce was the better for it. You must always keep this sauce very thick, as you may thin it whenever you please, either with *consommé*, or with cream. If it were too thin, it could not be used for so many purposes.

No. 57.—*Common Rémoulade, and Green Rémoulade.*

○ TAKE TWO OR FOUR eggs, boil them hard, then pound the yolks in a mortar, add a spoonful of mustard, pepper and salt, three spoonfuls of oil, one spoonful of vinegar, and break the yolk of a raw egg into it, to prevent the *rémoulade* from curdling ; rub it through a hair sieve, and serve it up.

○ The *rémoulade verte* is the same as the other, only you have a *ravigotte*, composed of chervil, burnet, tarragon, and parsley. Pound all these, and rub the *rémoulade* and *ravigotte*, in the state of a *purée*, through a tammy. Throw a little *verd de persil* into the *rémoulade*, to make it look quite green. Add likewise a little Cayenne pepper. If



approved of, you may put a few chopped shalots. Should you want more sauce, double the quantity of your ingredients.

No. 58.—*Mayonnaise*.

TAKE three spoonfuls of *Allemande*, six of *aspic*, and two of oil. Add a little tarragon vinegar that has not boiled, some pepper and salt, and chopped *ravigotte*, or some chopped parsley only. Then put in the members of fowl, or fillets of soles, &c. The *mayonnaise* must be put into ice; but the members must not be put into the sauce till it begins to freeze. Dish up the meat or fish, cover it with the sauce before it be quite frozen, and garnish the dish with whatever you think proper, as beet-root, jelly, nasturtiums, &c.

No. 59.—*Egg Sauce*.

CHOP two hard eggs, and throw them into melted butter, and serve up.

No. 60.—*Verd d'Épinards, or Green Extract of Spinach*.

PICK and wash two large handfuls of spinach; pound them in a mortar to extract all the juice. Then squeeze the spinach through a tammy, and pour your juice into a small stew-pan, which put *au bain marie*\*, that it may not boil. Watch it close, as soon as it is poached lay it in a silk sieve to drain, and when all the water is drained, use the *verd*, to green whatever may be required.

No. 61.—*Verd de Persil*.

THE same operation as above. Parsley is a necessary ingredient in many sauces, it gives them an agreeable flavour. The *verd d'épinards* is without savour, so that it

\* See *Bain marie*, page 18.

may be used for *entremets*; but the *verd de persil* is intended for *entrées* and sauces.

No. 62.—*Sauce à la Pompadour.*

FRY or sweat white a few chopped mushrooms and shalots in a little butter. When well melted add to them six spoonfuls of *sauce tournée*, and two spoonfuls of *consommé*. Stew them for three quarters of an hour on the corner of the stove, and skim off the fat: you must keep your sauce rather thin; then throw in a thickening made of the yolks of three eggs. Moisten with a spoonful or two of cream; add a little pepper and salt; work your sauce well. When it is done, have a little parsley chopped very fine, blanch it, drain it, and let it cool, that it may look quite green; mix it with the sauce, and serve up. A little lemon-juice may not be amiss, but be aware that acids will always alter the taste of good sauces to their disadvantage, except when highly seasoned.

No. 63.—*La Dusselle.*

THIS sauce is only used for *panures*\* and broilings. Put a little butter into a stew-pan with an equal quantity of rasped bacon, together with some fine herbs, parsley, shalots, mushrooms, pepper and salt, and stew them on a slow fire. When the fine herbs are done, beat the yolks of four eggs, moisten with the juice of a lemon, and pour that thickening into the *dusselle*. Mind your fine herbs must not be too much done, for in that case the eggs would not thicken the sauce. The *dusselle* is generally used for *cotelettes à la Maintenon*, sweetbreads, and fat liver *caisses*, &c. &c.

\* I call *panures*, every thing that has crumbs of bread over it.

No. 64.—*Les Pointes d'Asperges.*

PICK some nice asparagus, not however of the finest, but all of an equal size. Cut off the tops only, about an inch long, and blanch them in water with a little salt, but do not boil them too much. Then put them with whatever you choose, but only at the last moment, and that for two different reasons; the first, because they are liable to turn yellow; the other, because they would give a bitter taste to the sauce. If you wish to serve any thing up with asparagus tops, you must put them into a little *velouté*, or *Allemande*. They do not look well in a brown sauce. For this reason they are seen in *Macédoines*, *Chartreuses*, *pâtés de légumes*, *vol au vents*, &c. If intended for soups, never put them in but at the moment you send up.

No. 65.—*L'Haricot brun.*

CUT some turnips into the shape of heads of garlic, wash them clean, and stew them with a nice *Espagnole*, without frying them in butter, as many persons do. If your sauce be of a fine brown colour, the turnips will acquire the same. Add a little sugar. With regard to salt, it is needless to say that not a single dish, or sauce, can be prepared without it. When you have no *Espagnole sauce*, take the trimmings of the chops of which you intend to make your *haricot*, and put them into a stew-pan with carrots, turnips, an onion, a little thyme, and a bay-leaf; moisten with a ladle of broth, let it all sweat till the broth is reduced to a glaze of a good colour; then moisten with some boiling water; season with a bunch of parsley and green onions; let it boil for an hour, and strain it through a sieve. Fry the turnips of a good colour, dust them with a spoonful of flour, and moisten with the liquor; skim off all the fat, and cover the chops with the sauce.

No. 66.—*L'Haricot vierge.*

CUT small turnips into the shape either of corks, or olives, or into any other shape according to your fancy. Blanch them with one single boil in water; drain them; next stew them with a little sugar, and two spoonfuls of good *consommé*. Mind they must stew over a large fire, that they may be reduced speedily, for otherwise they would be too much done. When they are *à glace*, or reduced, take them off the fire. Pour in three or four spoonfuls of *velouté*, according to the new method. If the sauce be too thick, put to it a spoonful of thick cream; do not forget a little salt. This sauce must always be white, and is generally required with glazed articles, which have a sufficient degree of substance.

No. 67.—*Hollandoise verte, or Green Dutch Sauce.*

TAKE a couple, or four spoonfuls of *sauce tournée*, reduced with a little *consommé*. Give a good seasoning to it; add a *verd de persil*, and work the sauce well. When you send up (and not before), add a little lemon-juice, for otherwise the sauce would turn yellow.

No. 68.—*Dutch Sauce.*

PUT into a stew-pan a tea-spoonful of flour, four spoonfuls of elder vinegar, a quarter of a pound of fresh butter, the yolks of five eggs, and a little salt. Put it on the fire, and keep continually stirring it. When it has acquired thickness enough, work it well, that you may refine it. If it should not be curdled, you have no occasion to strain it through a tammy; season well, and serve up.

No. 69.—*Sauce Blanche, or French melted Butter.*

Put into a stew-pan a quarter of a pound of fresh butter, a spoonful of flour, a little salt, half a gill or glass of water, half a spoonful of white vinegar, and a little grated nutmeg. Put it on the fire; let it thicken, but do not allow it to boil, for fear it should taste of the flour. Serve up.

*Melted Butter. English manner.*—Put into a stew-pan a little flour, a small quantity of water, and a little butter: when the butter is melted, and the sauce quite thick, without having boiled, serve up.

No. 70.—*Ragoût à la Financière.*

You must procure cock's combs, cock's kidneys, fat livers, and a few fowls' eggs. The combs are to be scalded in the following manner. Put the whole of them into a towel, with a handful of salt that has not been pounded. Then lay hold of the four corners of the towel, and dip the part containing the cock's comb into boiling hot water. Leave it in for a minute, and then take it out, and rub the whole well together, to take off the first skin that is about the combs, and open your towel; if the combs be not skinned sufficiently, dip them into the boiling water a second time; but mind they do not get too firm, because that prevents them from whitening. When they are well skinned, or scalded, pare the little black points, that the blood may be extracted. Next put them into a pint of water, and lay them on the corner of your stove for two hours; in which there must be but a very little fire. Then blanch them, and put them into a little *blanc*, by which is meant butter, salt, water, and a slice of lemon. Try them frequently, lest they be too much done. The kidneys are not to boil, for then

they would break. The eggs are to boil a little, in order that the first skin may come off. This being done, throw the whole into the *blanc*. As soon as the combs are done, have ready a nice *Espagnole* reduced, with large mushrooms turned, and some small *quenelles*, which have been poached separately. Mix together, and drain the *ragoût*, the combs, the kidneys, and the eggs. Put the whole into the sauce with the *quenelles*; stir gently, not to break the latter; season well, and use it as occasion may require.

No. 71.—*La Godard*.

THIS is the same *ragoût* as the *financière*, only it serves to garnish a surloin of beef. You then add *pigeons gautiers*, and larded sweetbreads; keep your sauce thin, as you have nothing to mask.\*

No. 72.—*La Chambord*.

THIS is a *ragoût* like the *financière*, with this difference, that you must first reduce a pint of Madeira wine, and mix it with the *Espagnole*. Add to the above garnish, soft roes of carp, some good-sized craw-fish, and two spoonfuls of essence of anchovies. The *quenelles* are to be poached in a spoon. This, to be performed properly, requires two spoons: fill one with the *farce*, which has been levelled all round, with a knife dipped into boiling water. With the other spoon, which is lying also in boiling hot water, take the *quenelle* out, and put it into a buttered stew-pan. When you have thus marked your *quenelles*, pour some boiling water into the stew-pan, and boil them for a quarter of an hour. A small quantity of salt is required in the water. Some people poach the *quenelles* in broth. In my opinion it is wasting the broth to no purpose.

\* *Mask* signifies to cover; when you do not mean to mask, the sauce must be thinner.

No. 73.—*Salmi Sauce à l'Espagnole.*

CUT four shalots, and a carrot into large dice, some parsley-roots, a few bits of ham, a clove, two or three leaves of mace, the quarter of a bay-leaf, a little thyme, and a small bit of butter. Put the whole into a stew-pan over a gentle fire; let it fry till you perceive the stew-pan is coloured all round. Then moisten with half a pint of Madeira wine, and a very small lump of sugar. Let it reduce to one half. Put in six spoonfuls of *Espagnole* and the trimmings of your partridges. Let them stew for an hour on the corner of the stove. Skim the fat off, taste whether your sauce be seasoned enough; strain it over the members, make it hot without boiling; dish the *salmi*, and reduce the sauce, which strain through a tammy. Then cover the *salmi* with the sauce.

No. 74.—*Butter of Crawfish.*

POUND the shells and lesser claws, &c. in a mortar with a good lump of fresh butter, till made into a paste. Put this into a small stew-pan *au bain marie*. When it is quite hot, strain it through a tammy over a tureen, or earthen pan, containing cold water. The butter will rise on the surface. Take it when entirely cold, and use it as occasion may require.

No. 75.—*Butter of Anchovies.*

To make this butter you must have young anchovies. Take them out of the pickle and wash them well. Take off the bones and head; then pound them in a mortar with fresh butter, till very fine; rub this through a hair sieve.

No. 76.—*Glaze.*

*Glaze* is very seldom made on purpose, except on particular occasions. Lay on the fire a stock-pot, with plenty of veal, and a small quantity of beef and ham; moisten with broth; when stewed for a proper time skim it well. The glaze of sweated broth is not so bright. Season the broth with carrots and onions, a large bunch of parsley, and green onions; but no turnips nor celery, for they give a bitter taste. If you should have a grand dinner, and wish to glaze of a nice colour, put more veal into your *Espagnole*. The moment it comes to a glaze, put part of it into a small stew-pan, for the purpose of glazing only. The most common glaze is made of remnants of broth, the liquor of *braize*, or *fricandeaux*, &c. which are to be reduced on a brisk fire. If you keep your reduction too long, it will become black and bitter. Always warm your glaze *au bain marie*, that it may not get too brown\*.

No. 77.—*La Sauce Robert.*

Cut some onions into small dice, fry them of a fine brown, moisten them with some *Espagnole*, or *singez* †, and moisten with some gravy of veal. Skim it, that the sauce may look bright; put in a little pepper and salt, and just before you send up, mix a spoonful of mustard.

No. 78.—*La Livernoise*

Is a *Macédoine*, which you make with some *Espagnole*, instead of *béchamelle*. Reduce some carrots and turnips *à glace*, then put them into the *Espagnole*, which must not boil. Mind that the sauce does not taste of the roots.

\* *Bain marie*.—See note to No. 42.

† *Singez* means, put flour to it with the dredging-box.



No. 79.—*Le Hochepot.*

TURN some carrots, and in winter-time blanch them. When they are young, that operation may be dispensed with. Boil them in a little broth and sugar; when done, reduce the broth, and put the whole into a good *Espagnole*. Give them a good seasoning, skim the fat off, and serve up.

No. 80.—*La Polonoise.*

TAKE some of the liquor in which a pike has been boiling. Make a little white *roux*, moisten with the liquor, and reduce it over a large fire. Take a pint of thick cream, boil it, and whilst boiling keep turning it constantly, to prevent a kind of skin from rising. Mix the whole with the sauce, which is to be kept thick. Have ready some small turnips cut into corks or sticks, that have been boiled in a little water with salt and sugar; drain them well; add them to the sauce; taste whether it be duly seasoned, and *mask*, or cover the fish.

No. 81.—*Cucumbers, or Blanquette.*

CUCUMBERS are good only when quite young; you must take care, however, that they have not a bitter taste. Those are the best that have a rough shaggy coat. Cucumbers are cooked in various ways, either for sauces or for *entremêts*. It is useless to fry them white in clarified butter, (as practised in France). As soon as they have been pared, stew them in a little *sauce tournée* and sugar, but do not let them stew too long. Lay them in a hair-sieve to drain, reduce the liquor in which they have been stewing, and thicken it with the yolks of four eggs. Do not put the cucumbers into the sauce till you are going to send up, for the sauce would get too thin.

No. 82.—*Essence of Cucumbers.*

PEEL your cucumbers as above, and keep the *parings*, which are to be made into a *purée* with a little butter. When entirely melted, drain the butter, and moisten with the *sauce tournée*, in which you have stewed the cucumbers, and which have been drained upon a hair-sieve, and covered with a round of paper. Reduce this *purée* to a state of great consistence, and mix with it four large spoonfuls of *velouté*. You must also put a little sugar when you stew the cucumbers in the *sauce tournée*. After having thrown in the *velouté*, and reduced it, strain the *purée* through a tammy. Put in the scollops, and toss them in the sauce. If the sauce should happen not to be white enough, pour one or two spoonfuls of thick cream into it. A short time before you send up, throw the cucumbers into the sauce. Serve hot, and well seasoned.

This *entrée* is in high estimation amongst the epicures, but it requires the greatest attention, or it will turn out to be but a very indifferent dish.

No. 83.—*Green Peas in White Sauce.*

You must procure some very young peas. Do not take those which have a kind of kernel, for they are liable to break, and thicken the sauce. Put the peas into an earthen pan, with a small bit of butter, and plenty of fresh water. Handle and shake the peas well in the water, and then drain and put them to sweat on a little stove, with a small bunch of parsley and green onions. When they are nearly done, pour in four or six spoonfuls of *sauce tournée*; reduce it over a large fire, thicken it with the yolks of two eggs, and send it up. If the sauce be intended to *mask* or cover the *entrées*, it must be kept thicker.

No. 84.—*Green Peas à l'Espagnole.*

PREPARE as above; the only difference lies in using *Espagnole* instead of *sauce tournée*. Be particular in skimming the fat before you reduce the sauce. Whenever there are peas in a sauce, you must always put a little sugar.

No. 85.—*Les Pois au Lard, or Peas and Bacon.*

CUT about a pound of bacon (the breast part), fat and lean, into square pieces of about an inch; which boil in water for about half an hour to take off the salt, drain them, and fry them till they are quite brown. Then throw them among the peas, that you have previously handled in butter, as above. Let them sweat with a bunch of parsley and green onions. When well sweated, take the parsley out and put in a spoonful of *Espagnole*, with a little sugar and salt. There must be very little sauce, if intended for *pois au lard* only; but, if intended for sauce, it must be thinner.

No. 86.—*La Sauce au pauvre Homme, or Poor Man's Sauce.*

THIS sauce is generally sent up with young roasted turkeys. Chop a few shalots very fine, and mix them with a little pepper, salt, vinegar and water, and serve it in a boat.

No. 87.—*Love-Apples Sauce.*

MELT in a stew-pan a dozen of love-apples, one onion, with a few bits of ham, a clove and a little thyme, and when *melted*, rub them through a tammy. With this *purée* mix a few spoonfuls of good *Espagnole*, a little salt and pepper. Boil it for twenty minutes, and serve up.

No. 88.—*Sauce à la Bigarade, or Bitter Orange Sauce.*

CUT off the thin rind only, and quite equally, of two bitter oranges. Blanch it. Have ready a rich *Espagnole* reduced, and throw the rind, with a small bit of sugar into it, and season it well. When you are going to send up, add the juice of one of the oranges and a little lemon. The sauce must be made strong, on account of the acids.

No. 89.—*La Sauce au Céleri.*

CUT off the stalks of a dozen heads of celery. Pare all the heads, and let them be well washed. Blanch them. Stew them in a *blanc*, with some beef-suet, some fat of bacon, a small bit of butter, a little salt, and some lemon-juice. When they are done, drain them well, cut them about an inch in length, and put them into some *velouté*, according to the new method (Vide No. 56). This sauce is not to be too highly seasoned, but kept thick for the purpose of *masking*.

No. 90.—*The Pascaline.*

THIS sauce is most particularly sent up with lamb or mutton trotters. Make a white *Italienne* (Vide No. 22), keep it rather thin. Thicken it with the yolks of two eggs mixed with the juice of a lemon. A short time before you send it up, throw in a little chopped parsley that has been blanched.

No. 91.—*Sauce à l'Aurore.*

POUND the spawn of a lobster with a little butter, and strain it through a hair sieve. Take the straining, and mix it with a *sauce tournée* reduced, and the juice of a

lemon. This sauce must be highly seasoned with pepper and salt, &c. It is generally sent up with fillets of trout, or fillets of soles.

No. 92.—*The Toulouse.*

HAVE an *Allemande* ready (Vide No. 20), and rather thick. Throw into it a *ragoût* of cocks' combs, kidneys, fat livers, the choicest mushrooms, small *quenelles*, &c.

No. 93.—*La Wasterfisch.*

WHEN you have boiled the perch with roots of parsley, a few slices of onions, as many shreds of parsley, and some pepper and salt, drain through a silk sieve part of the seasoning which has been reduced, with four spoonfuls of *velouté* or *béchamelle*. Then take some roots of parsley and some carrots, cut in the same manner as for the *julienne*, and let them stew with a little pepper and salt, and water. Drain them and throw them into the sauce. You must mix a little chopped and blanched parsley with this sauce, and a small bit of butter, some pepper and salt, and a very little lemon. Mask the perch, or fillets of soles with it.

No. 94.—*Oyster Sauce.*

BE careful in opening your oysters to preserve the liquor. Put them into a stew-pan over a stove on a sharp fire. When they are quite white and firm, take them out of the water with a spoon, and drain them on a hair sieve; then pour off the liquor gently into another vessel, in order to have it quite clear. Put a small bit of fresh butter into a stew-pan, with a spoonful of flour, fry it over a small fire for a few minutes; dilute it with the oyster-liquor; add to it two spoonfuls of milk; let it boil till the flour is quite

done, then add the oysters, after having taken off the beards. Season with a little salt, and one spoonful of essence of anchovies.

No. 95.—*L'Italienne with Truffles.*

CHOP some nice black truffles. Sweat them in a little *consommé*, and mix them with the *Brown Italian Sauce* (Vide No. 23). If you should have no *Italienne* ready, stew them for half an hour in an *Espagnole* only. Let this sauce be kept thin and highly seasoned.

No. 96.—*La Manselle.\**

MAKE a *salmi* as indicated above, with this difference, that you pound all the parings and bones, &c. which you put into the sauce when it is done. Rub this *purée* through a tammy, and pour it over the members of game or fowls. This sauce is to be kept hot, without boiling, otherwise it will curdle.

No. 97.—*Sauce à la Maréchalle.*

TAKE a handful of green tarragon, and boil it for ten minutes in four spoonfuls of white vinegar. Put in a very small lump of sugar with a little salt. When the vinegar is half reduced, pour in four large spoonfuls of *sauce tournée* reduced, and give it one single boil. Strain your sauce through a tammy, and add to it a quarter of a pound of fresh butter. Work your sauce well, and pour it over the meat or fish, quite hot. This sauce is to be kept rather thick, that it may adhere either to the meat or fish.

\* This sort of *salmi* is generally used for woodcocks or partridges, if requisite.

*Observations relative to the Sauces.*

AMONGST the number of sauces that have been mentioned, many may be found that are not to be used. But I thought it incumbent upon me to introduce them all, for fear of incurring censure. If four *entrées* only are to be sent up to table, it would be ridiculous to make preparations that would answer the purpose of a grand dinner. Instead then of using a great many sorts of *broth*, *suage*, *coulis*, &c. merely prepare a stock-pot the preceding day, if you have leisure, with twenty pounds of beef, a knuckle of veal, and a hen; do not season with too much vegetable. As this is to be used for sauces, the vegetable would give a disagreeable taste to some of them when reduced.

When you are to send up a dinner of six or eight *entrées*, with a view of not carrying the expense to an extreme, take a nice rump of beef, and about twelve pounds of buttock, a leg and knuckle of veal, and, as there must be no waste, the rump is used to make a remove; make *grenadins*, or *fricandeau*, or *quenelles*, with the *noix* of veal. By this means the expense is reduced. On the preceding evening put into a stock-pot twelve pounds of beef, with the bones and trimmings of the rump, a knuckle of veal, and a few other parings, if you have any. Set the pot to skim, and season it with two large onions, one of which is to be stuck with four cloves, three carrots, four large leeks, as many turnips, a head of celery, a little salt, and leave the whole to stew on a slow fire for five hours. Strain the broth through a silk sieve, and skim the fat; for if the broth of any description be not thus skimmed, it will turn sour in the course of the night. On the next day mark your sauces with this broth; and the day on which you are to serve the dinner, make another stock-pot with the rump, a knuckle of veal, and a hen, seasoned in the same manner as above. This broth is used for *potages*, and to moisten the *braizes*.

Mark\* in a stew-pan some thin slices of ham, and a few slices of veal, moistened with some of the broth, which reduce to a glaze. When it begins to thicken, so as to stick, put the stew-pan on a very slow fire, in order that the glaze may get a good colour without burning; then moisten with the broth, to which you add a bunch of parsley and green onions, and a few mushrooms; let them stew for an hour. Next make a *roux*, and moisten it with part of the gravy of veal; and keep some of it for the gravy of the roasts; skim all the grease off, and use it when occasion may require.

For the white sauces, put some slices of ham in the stew-pan with a few pieces of veal, the bones and remnants of fowl, which moisten with the same broth you have used for the *coulis*, or *Espagnole*. When the meat is sweated through, cover it entirely with boiling hot broth, season with a bunch of parsley and green onions and a few mushrooms, and stew the whole for an hour and a half; skim off the fat. This *consommé* is used to make either the *velouté* No. 56, or *la sauce tournée*, which is the key to all other thick sauces, &c.

The stock-pot must be put on the fire at an early hour. The rump of beef must be kept hot. Reduce to glaze the broth that you have left after having made every article. This glaze may serve either to strengthen or to glaze. If you are frequently set to work, you must always have a little glaze ready. By this means you have no occasion to reduce your liquor till the following day, and it will serve for the morrow.

\* Mark, or prepare.



## CHAP. II.

## POTAGES AND SOUPS.

No. 1.—*Soupe de Santé, or au Naturel.*

TAKE some broth well skimmed, and the fat taken off. Take thin slices of crust of bread, cut round, of the size of a shilling. Soak them separately in a little broth. As you are going to serve up, put the whole into a tureen without shaking, for fear of crumbling the bread, which would spoil the look of the broth, and make it thick; add some of the vegetables that have been boiled in the broth.

No. 2.—*Potage consommé of Fowl.*

TAKE some *consommé* of fowl, and clarify it, after having mixed with it some gravy of veal, to give it a good colour. Prepare the bread as above.

No. 3.—*Potage à la Clermont.*

TAKE some good broth, mixed with a little gravy of veal, in order to give a nice brown colour to the broth. Take a dozen of small white onions, cut them into rings, and fry them in clarified butter. When they are of a fine colour, drain them on a sieve, throw them into a little broth made hot, to rid them of the butter that might remain; then mix them with the clarified broth, and let them boil for half an hour. Put in thin bits of bread, as in No. 1, and some salt. Remember that the bread would spoil the look of the broth, if put in whilst the latter is boiling.

No. 4.—*Potage à la Julienne.*

TAKE some carrots and turnips, and turn them ribband like, a few heads of celery, some leeks and onions, and cut them all into fillets thus: — Then take about two ounces of butter and lay it at the bottom of a stew-pan, and the roots over the butter. Fry them on a slow fire, and keep stirring gently; moisten them with broth and gravy of veal, let them boil on the corner of the stove; skim all the fat off, put in a little sugar to take off the bitter taste of the vegetables: you may in summer time add green peas, asparagus-tops, French beans, some lettuce, or sorrel. In winter time the taste of the vegetables being too strong, you must blanch them, and immediately after stew them in the broth: if they were fried in butter, their taste would also be too strong. Bread as above.

No. 5.—*The Julienne, with consommé of Fowl.*

THE same as above, only you moisten it with *consommé* of fowl and put in, the back of a roasted chicken, which stew with the roots, and send up with the bread as above.

No. 6.—*Cressi Soup.*

TAKE the red part of eight carrots, two turnips, the white of four leeks, two onions, three heads of celery, all washed very clean. Mince the whole small, put a bit of fresh butter at the bottom of a stew-pan, and the roots over it; put it on a slow fire. Let it sweat a long while, and stir it frequently; when fried enough to be rubbed through a tammy, add a small crust of bread, moistened with some broth; let the whole boil gently. When done, skim all the fat off, and rub the whole through a tammy. Put it to boil on the corner of the stove in order to skim off all the grease, and

the oil of the vegetables; then cut some crumbs of bread into dice, fry it in butter till of a good colour, and put it into the soup when you send up.

No. 7.—*Soupe à l'Aurore.*

TAKE some carrots, the reddest that are to be met with, scrape them well; wash them clean; then take off the outside till you come to the middle part. Sweat it in about a quarter of a pound of fresh butter, on a very slow fire. When the carrots are soft enough, put in a crust of bread well rasped, and moistened with some good broth. Let the whole boil for about an hour, and rub it through a tammy, then pour a little more broth in, that it may boil again. Skim it; when you have taken off the fat, it will be of a reddish colour. Put in some bits of soft bread cut into dice, that have been fried in butter till they are of a light brown.

No. 8.—*La Brunoise* \*.

TAKE some carrots, turnips, &c. cut them into dice, and in summer time fry them in butter; but in the winter season blanch them. When fried without having lost their original colour, moisten them with rich broth, seasoned with salt and a little sugar, and let the whole boil for about an hour. You may add green peas, asparagus-tops, &c. Skim off the fat, and put bits of crust of bread, the same as No. 1. soaked separately in broth. These you put in only at the moment of serving up, that the bread may not crumble.

No. 9.—*Soupe à l'Allemande.*

MAKE a *pâte à nouilles* (see *pâte à nouilles*), cut into dice, blanch and drain it, and then let it cool. Boil them

\* This soup has the same flavour as the *Julienne*, the only difference is in the shape of the vegetables

in rich broth. When thoroughly done, take them out of the broth, and throw them into a good rich *consommé* of fowl well clarified. When you take them out of the liquor in which they have boiled, you must use a skimmer, and drain them in a clean napkin, then put them into the *consommé*, and serve up.

No. 10.—*Soupe à la Condé.*

TAKE about a pint of red beans, well washed, let them soak in soft water for about a couple of hours : then put them into a small pan with a pound of the breast part of bacon, a knuckle of veal, and the legs and back of a roasted fowl, if you have any such thing by you. Put the whole together with an onion stuck with two cloves, a carrot, and a couple of leeks. Moisten with soft cold water, and let the beans boil till they are quite soft. Then take the beans, pound them, and rub them through a sieve ; moisten with the liquor sufficiently thin to admit the fat being skimmed off. Slices of bread prepared, as in No. 6.

No. 11.—*Soupe à la Faubonne.*

PREPARE the vegetables and roots, as in No. 6. Mince some cabbage lettuce and sorrel, and sweat them separately ; throw them into the soup when you have skimmed off the fat. Slices of bread as above.

No. 12.—*Soupe à la Carmélite.*

TAKE some lentils *à la reine*, which prepare as the beans above : when stewed, rub them through a tammy ; moisten the *purée* with a little gravy of veal, and rich broth. When well skimmed throw in the bread. Send up rather thin, as it is liable to thicken when getting cold\*.

\* This soup is very good to make when you have *soupe à la reine* left ; mixed with it, it is excellent.

No. 13.—*Purée of Green Peas.*

TAKE three pints of large peas of a nice green colour, sweat them with a quarter of a pound of butter, and a handful of parsley and green onions, over a slow fire, till they be thoroughly stewed, then rub them through a tammy, and pour over the *purée* some very good broth. Leave it on the corner of the stove; for if it were to boil, the peas would lose their green colour. Just at the moment of sending up, put in square slices of bread nicely fried.

No. 14.—*The same, made very green.*

TAKE three pints of large green peas, which mix with a little butter in two quarts of water, then drain the water from them, and add a large handful of parsley and young green onions: let it sweat over a slow fire till quite soft. Pound the whole and rub it through a tammy, moistening at the same time with strong broth. Season with sugar, salt, &c. Let it merely be made hot. The bread, cut into squares, is to be imbued separately with a little broth.

No. 15.—*Macaroni with consommé.*

TAKE a quarter of a pound of Naples macaroni, and boil it in water and a little butter, till it is nearly done. Strain it well, and put into a rich *consommé* to boil. Let it be well done; rasp some Parmesan cheese, which send up separately in a plate.

No. 16.—*Lazagnes au consommé, or Flat Macaroni.*

TAKE Naples *Lazagnes*; boil them as the macaroni (Vide No. 15), and serve up in the same manner, with cheese in a separate plate.

No. 17.—*Rice Soup.*

TAKE half a quarter of a pound of Carolina rice, picked clean, and washed in two or three different waters, till no smell or dirt remain. Blanch it in boiling water, and drain it. Then take some rich broth, season it well, throw the rice in and let it boil, but not so as to be too much done, for then it breaks and does not look well.

No. 18.—*Rice with different sorts of purée.*

THE rice is to be prepared as above: only mix it with the *purée*-you have chosen an hour before you send up, in order that the rice may retain the taste and colour of the vegetables. The *purées* intended for soups are not to be so thick as those that are intended for sauces. Those that are most generally used are, *purée* of carrots, turnips, celeri, white beans, red ditto, lentils, green peas, the *cressi*, &c. The mode of proceeding is the same with all the various kinds of *purée*; they only differ in the taste and colour of the particular vegetable used. All the various vegetables being mixed together, take the name of *cressi*. When used separately, each retains its own respective appellation, and is made as at No. 6, p. 44.

No. 19.—*Vermicelli Soup.*

FOR eight people take a quarter of a pound of *vermicelli*, which blanch in boiling water to take off the taste of dust. Strain it and throw it into some broth that is boiling, otherwise the *vermicelli* would stick together, and could not be diluted unless crumbled into a thousand pieces. All *purées* used as above. Mind, the *vermicelli* must be boiled in broth before you mix it with any of the *purée*.

No. 20.—*Italian Pastes.*

TAKE Italian pastes, and prepare them as above (Vide No. 19), and as follows (Vide No. 21).

No. 21.—*Vermicelli à la Reine.*

BLANCH the *vermicelli* in boiling water, drain it, and throw it into some rich *consommé* well seasoned. When done, a short time before you send it up thicken it with the yolks of eight eggs, mixed with cream, and pour the *vermicelli* into the tureen for fear the thickening should get too much done, which would be the case if it remained on the corner of the stove.

No. 22.—*Turnip Broth*

Is made with about a dozen of turnips, peeled and cut into slices. Blanch them for a short time in water; drain them, and put them with a knuckle of veal, a small piece of beef, and the half of a hen, into a stew-pan; and pour some rich boiling broth over the whole. Let the whole stew for about two hours. Then strain it through a double silk sieve, and use it with rice, *vermicelli*, &c. &c.

No. 23.—*Potage à la Reine: a new Method.*

FOR twelve people take three fat chickens or pullets, which are generally cheaper and better than fowls: skin them, take out the lungs, wash them clean, and *mark* them in a pan with a bunch of parsley only; moisten the whole with good boiling broth: let it stew for an hour, then take out the chickens: soak the crumb of two penny loaves in the broth; take off the flesh of the chickens, and pound it with the yolks of three or four eggs boiled hard, and the crumb of bread which has been sufficiently soaked in the

broth. Rub the whole through a tammy; then put a quart of cream on the fire, and keep it stirring continually till it boils. Pour it into the soup. It is not liable to curdle as when the other method is used, and it tastes more of the chickens. If you think proper to add either barley, rice, or vermicelli, let it be stewed in broth beforehand, and pour it into the soup only when quite done. When you have a great dinner, and fowls are very dear, you must use the fillets for *entrées*, and make the soup with the legs only; the soup is as good, but not quite so white, as when made with the fillets.

No. 24.—*Semolina with Consommé.*

BOIL some *consommé* and throw the *semolina* into it. If you are inclined to mix a *purée* with it, keep the *semolina* thinner. You may use any *purée* you please, the same as with rice, No. 18.

No. 25.—*Cream of Rice.*

THIS is flour of rice, which you make yourself, in the following manner. Take a pound of rice, well washed in different waters, and drained and wiped with a clean towel. Let it get quite dry; then pound and shake it through a sieve. Take one or two spoonfuls of this flour, and dilute it with broth, rather cold than hot. All this time you have some broth on the fire; throw the flour of rice thus diluted into the broth, and keep stirring till you find the soup is not too thick and may boil without the rice burning. This same kind of rice flour, may serve for *soufflés* of the second course.

No. 26.—*The Garbure, with Brown Bread.*

TAKE a knuckle of ham, perfectly sweet, a knuckle of veal, and about six pounds of flank of beef, which put into



a pan, with an onion stuck with two cloves, a few carrots, &c.; pour over the above two ladles of broth, and let the whole sweat over a slow fire. When the meat is done through the middle, cover it entirely with boiling broth, and let the whole stew for three hours. Then take one or more cabbages, which are to be washed clean and blanched. *Braize* them between layers of bacon, and moisten them with the liquor in which the sweating has been made, strained through a silk sieve. You must observe, that if the cabbages are not made rich and mellow, they are good for nothing. Add to the above, either sausages, bacon, or stewed legs of geese if you have any: mind above all things, that the cabbage be not too briny, for the soup then would not be eatable. When the cabbage and broth are stewed enough, cut very thin slices of rye-bread: drain the cabbage in a cloth, so that there be no fat left; then take a large deep silver dish, lay a bed of bread, and over that, one of cabbage, and moisten them with a little broth; let them *gratiner* on a slow fire. When the cabbage and bread are sufficiently moistened, lay on six or eight beds more of each, and let it simmer on the stove. Send up with the ham on the middle; the bacon, the legs of geese, and sausages on the borders, and some broth separately.

No. 27.—*Potage with Cabbage.*

TAKE four cabbages, with curling leaves; wash them clean, blanch and *braize* them with a little seasoning; observing however, that for a soup they are not to be so highly seasoned as for an *entrée*. Your soup may be prepared as in No. 1. Cut the cabbages into quarters, and put them into the soup when the latter is in the tureen. This broth is to be prepared plain, and kept clear, as the cabbages, being *braized*, are very tasty; cut them nicely on the top of the tureen.

No. 28.—*German Cabbage Soup.*

TAKE a white cabbage, mince and wash it well, and let it sweat on a slow fire in a little butter. When it begins to get tender and to be a little reduced, moisten it with half broth and half gravy of veal very clear; skim off the fat, and when the soup gets of a fine brown colour, throw in slices of bread cut the size of a penny thus ( ), and send up.

No. 29.—*Soupe à la Bonne-Femme; or good Woman's Soup.*

TAKE two handfuls of sorrel; after having taken off the stalks, put the leaves one above another and mince them. Take the hearts of two or three cabbage-lettuces, which mince likewise. Wash the whole well, then take about two ounces of fresh butter, and put the herbs to melt in a small stock-pot. When so, moisten with broth\*, and let it boil for an hour. Skim off the fat, and throw in a little sugar, to take off the acidity of the sorrel. Then thicken the soup with the yolks of eight eggs, mixed with a little cream. Remember to keep a little broth to soak the bread in, for this could not be done in broth after it is thickened.

No. 30.—*Potage aux Nouilles.*

TAKE a handful or two of flour, with which mix a little salts, the yolks of three eggs, a little water, and a small bit of butter. Let this paste be as compact as possible. Spread it very thin on the table, next cut it into small slices as a *Julienne*; then blanch it in water, drain it, and let it cool, in order to get rid of the flour, which might spoil the

\* If you have in the larder, the back and legs of a roast fowl, put them into a stew-pan with a few carrots, turnips, and celery; a little parsley and chervil, &c.; moisten with some good broth; let the whole boil till thoroughly done, and skim it well, strain it, and moisten the sorrel with this.

appearance of the soup. Throw the paste into some rich broth, and let it stew till it is mellow. You may introduce either turnip broth, or *purée* as above.

No. 31. — *Soupe à la Borgosse.*

THIS soup, although a *potage de desserte*, has some admirers even amongst the first epicures. If you should have left in your larder a small quantity of rice soup or peas soup, or good woman's soup, mix and make them hot, but without boiling, as the thickening would most undoubtedly curdle. Rub the whole through a tammy, and put it into a stew-pan *au bain marie*. Then boil some green Windsor beans; when done, skim them, and throw them into the soup; when you are going to send up, put in some bits of bread cut into dice, fried in butter, and well drained of the butter.

No. 32.—*Milk Soup, with Almond Laurel.*

BOIL in a quart of milk, a leaf of almond laurel, some sugar, and a little salt. Thicken it with the yolks of six eggs just as you are going to send up. As to the bread, crumb only is used in this instance, which is to be shaped of the size of a penny, and glazed in the oven with sugar. Lay it in the tureen, and pour the soup over when you send up.

No. 33.—*Potage au Lait d'Amande.*

BOIL a quart of milk as above, seasoned with a little salt. The bread as in No. 32. Put a quarter of a pound of sweet almonds and a dozen of bitter ones, into hot water, peel them, and pound them in a mortar; moisten with a little milk, to prevent their turning into oil. When sufficiently fine, rub them through a tammy, and throw them into the soup instead of a thickening. They must not boil.

No. 34.—*La Tortue. Turtle Soup.*

IF you wish to make turtle soup with less difficulty, cut off the head the preceding day. In the morning open the turtle: this is done by leaning heavy with your knife on the shell of the animal's back, whilst you cut it off all round. Turn it upright on its end, that all the water, &c. may run out. Then cut the flesh off along the spine, with your knife sloped towards the bones, for fear of touching the gall, which sometimes might escape your eye. When you have obtained all the flesh that is about the members, wash them clean, and let them drain. Have ready a large vessel full of boiling water on the fire, put in the shells, and when you perceive that they come off easily, take them out of the water, and prick all the shells of the back, belly, fins, head, &c. Boil the back and belly in water till you can take off the bones, without, however, allowing the softer parts to be done enough, as they will boil again in the sauce. When these latter come off easily, lay them on earthen dishes singly, for fear they should stick together, and put them to cool. Keep the liquor in which you have blanched the softer parts, and let the bones stew thoroughly in it, as this liquor must be used to moisten all the sauces.

All the flesh of the interior parts, the four legs and head, must be sweated in the following manner. Lay a few slices of ham on the bottom of a very large stew-pan. Lay over the ham two or three knuckles of veal, according to the size of your turtle, and over the veal the inside flesh of the turtle, and the members over the whole. Then partly moisten it with the water in which you are boiling the shell, and sweat it thoroughly. Then moisten it again with the liquor in which the bones, &c. have been boiling, put in a large bunch of all such sweet herbs as are used in the

cooking of a turtle : sweet basil, sweet marjoram, lemon thyme, winter savory, two or three bay-leaves, common thyme, a handful of parsley and green onions, and a large onion stuck with six cloves. Let the whole be thoroughly done. With respect to the members, probe them, to see whether they are done, and when done, drain and send them to the larder, as they are to make their appearance only when the sauce is absolutely completed. When the flesh is also completely done, drain it through a silk sieve; make a white *roux* very thin, for turtle soup must not be much thickened; when the flour is sufficiently done on a slow fire, moisten it with the sweating. By this time all the softer parts are cold enough; cut them about an inch square without waste, mix the whole with the sauce, which must simmer gently. Then try them again, for if done enough, they are not to be kept on the fire. Skim all the fat and froth. Next take a small quantity of the herbs, which are to be chopped fine. For a turtle of 120lbs. weight, take four bottles of Madeira, which must be reduced to two. Let the sweet herbs boil in the wine with a little sugar, to take off the tartness of the wine and herbs: then rub them through a tammy, and pour that over the turtle sauce, and let the whole boil for a short time. Then make some *quenelles à tortue*, which being substitutes for eggs, do not require to be very delicate. They are made in the following manner: take the fleshy part of a leg of veal, about one pound, scrape off all the meat, without leaving any sinews or fat, and soak in milk about the same quantity of crumbs of bread. When the bread is well soaked, squeeze it, and put it into a mortar, with the veal, a small quantity of calves' udder, a little butter, the yolks of four eggs boiled hard, a little Cayenne pepper, salt, and spices, and pound the whole very fine. Then thicken the mixture with two whole eggs, and the yolks of another.

Next try the *farce* in boiling hot water; and if too thin, you add the yolk of an egg. When the *farce* is in perfection, take half of it and put into it some chopped parsley. Let the whole cool, in order to roll it of the size of the yolk of an egg; poach it in water, and put it into the turtle. Before you send up, squeeze the juice of two or three lemons, with a little Cayenne pepper, and pour that into the soup. The fins may be served as a *plat d'entrée* with a little turtle sauce; if not, on the following day you may warm the turtle *au bain marie*, and serve the members entire, with a *matelotte* sauce, garnished with mushrooms, cocks' combs, *quenelles*, &c. When either lemon-juice or Cayenne pepper have been introduced, no boiling must take place. It is necessary to observe, that the turtle prepared a day before it is used, is generally preferable, the flavour being more uniform.

Some people require besides, *fricandeaux*, *blanquettes*, &c. all of which are prepared in the same manner as veal. (See *fricandeaux*, *blanquettes*.)

#### No. 35.—*Spring Soup*.

TAKE carrots, turnips, heads of celery, and small onions, cut into the shape of olives, blanch them, in winter; but in summer, fry them with a little butter, and put them to boil in clear broth, with a little sugar. Have ready the green tops of asparagus, and French beans cut into lozenges, which have been boiled separately in water very green, put them into the soup, when you send up, with slices of bread cut of the size of a penny, and soaked separately in a little broth; if you have any peas ready, you may put in some likewise.

#### No. 36.—*Potage à la Jardinière, or Gardener's Soup*.

THIS is like all other Spring soups, only add leaves of sorrel and lettuce, without the stalks.

No. 37.—*Mutton Cutlet Soup.*

TAKE a neck of mutton, cut off all the ribs to put into the soup, which is to be made in the following manner: put all the trimmings of the chops, with a knuckle of veal, into a stew-pan, with leeks, a few turnips, and shreds of parsley. Moisten the whole with good boiling broth. Let it stew for two hours; then put the chops to boil thoroughly in that broth, in order that they discharge no scum. Have some pearl-barley boiled in water. Drain it well, put it into a stew-pan with some of the broth strained through a silk-sieve. You must likewise have a few turnips, cut into dice, which you put with the pearl-barley, when the turnips are nearly done enough. Lastly, drain the chops from the broth, and give them a few boils with the barley and turnips; skim all the fat, and serve up the chops, ribs, or cutlets, as you please to call them, in the soup, and put in a little parsley chopped very fine.

No. 38.—*Hochepot Soup.*

CUT some carrots, turnips, and a few heads of celery, into the shape of small corks or otherwise. Blanch them, and put them into some nice brown clear broth. Let them boil for about an hour. You must have a few mutton chops done separately, that they may not make the broth look white. Throw them into the soup, with the bread as in No. 1. Serve up hot, and without any fat.

No. 39.—*Mock Turtle, English Fashion.*

TAKE a calf's head very white and very fresh, bone the nose part of it; put the head into some warm water to discharge the blood. Squeeze the flesh with your hand, to ascertain that it is all out. Blanch the head in boiling water; when firm, put it into cold water, prepared *blanc*

in the following way to boil it in : cut half a pound of fat bacon, a pound of beef suet, an onion stuck with a clove, and two slices of lemon ; put all this into a vessel, with water enough to contain the head ; boil the head in this, and leave it in to cool, then make the sauce in the following manner.

Put into a stew-pan a pound of ham cut in slices, put over the ham two knuckles of veal, a large onion, and two carrots, moisten with some of the broth in which you have boiled the head, to half the depth of the meat only, cover the stew-pan, and put it over the fire to sweat through, let the broth reduce to a very good colour, turn up the meat, for fear of burning. When you have a very good colour, moisten with the whole broth from the head, season with a large bundle of sweet herbs, viz. sweet basil, sweet marjoram, lemon thyme, common thyme, two cloves, a bay-leaf, a few allspice, parsley, and green onions, and a few mushrooms ; let this boil together for one hour, then drain it. Put into a stew-pan a quarter of a pound of very fresh butter, let it melt over a slow fire ; put to this butter as much flour as it can receive ; let it go gently over a slow fire, till the flour has acquired a very good brown colour ; moisten this gradually with the broth, till you have employed it all ; add half a bottle of Sherry or Madeira ; let the sauce boil, that the flour may be well done ; take off all the scum and fat ; cut the calf's head into square pieces of about an inch each ; put them to boil in the sauce ; season with salt, Cayenne pepper, and lemon-juice, and add some *quenelles*.—(See *farce à quenelle*).

Observe, that you must not have the *quenelles* too delicate, for they would break in the soup, and spoil the look of it ; the calf's head must not be too much done ; thrust your knife into the skin, and if the knife enters and detaches itself easily, the meat is done enough. Some gen-



tlementen will have their mock turtle green; in that case, you must do as follows: put into a stew-pan a quarter of a pound of fresh butter, mince one onion or two, add a handful of each of the herbs described above, and sweat it all gently over a slow fire. When the herbs are well done, moisten with some of the sauce, and rub it through a tammy; lastly, mix this with the sauce, and the turtle will be green, without any alteration in the flavour.

No. 40.—*Potage à la Baudeau.*

TAKE some turnips, peel them, and use a cutter with which you cut out a few balls as round as possible, but very small. Blanch them, and boil them in some *consommé*, well clarified, with a little sugar. Serve up with bits of bread as in No. 1. It must appear very bright; put to it two spoonfuls of gravy of veal.

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*Entrées that are to be served as Soups, or which want much Sauce, and are consequently to be served in deep Dishes.*

No. 1.—*Macaroni with Parmesan Cheese.*

BOIL some Naples macaroni in water, salt, and butter. When it is done, put into a stew-pan a quarter of a pound of butter, some rasped Parmesan cheese, some *Gruyère* or Swiss cheese likewise, a little pepper, and a spoonful of cream. Then drain the macaroni, and toss it till the cheese be well mixed with it; then pour it into a dish; sprinkle some rasped cheese over it, baste it with a little butter, and use the salamander to make it brown, for the butter would turn to oil if you were to bake it in the oven.

No. 2.—*Breast of Lamb with Green Peas, brown.*

BRAIZE the whole breast; when it is done take out the small bones, flatten it between two dishes, and let it cool. Next cut it into the size of small chops, and warm it in some of the liquor in which the breast has been braized; lastly, drain and glaze it, and cover it with your peas in the following manner.

Take some very fine peas, which you handle in water with a little fresh butter; drain them, then sweat them over a very slow fire, with a small slice of ham, and a bunch of parsley and green onions. When they are nearly done, take out the ham, and the parsley and onions; reduce them with two spoonfuls of *Espagnole* and a little sugar. They are used to *mask* the meat. If you have no *Espagnole*, put a tea-spoonful of flour with the peas, moisten with some of the liquor which has braized the breast of lamb or mutton; reduce it, and season with salt and pepper; mind that the sauce must be very short.

No. 3.—*Breast of Lamb with Peas, white.*

TAKE a breast of lamb, which braize as above. Stew the peas also in the same manner; but instead of using the *Espagnole* you must use the *sauce tournée*. When you have no *sauce tournée*, a small bit of butter, and a tea-spoonful of flour, will answer the same purpose; moisten with broth only. Thicken your sauce with the yolks of two eggs, that it may look whiter. (See *Sauces*.)

No. 4.—*Tendons of Veal with Peas.*

(SEE *entrées de Veau*.) I mention them here, only because they are sent up in deep dishes. The peas are prepared as above. (See *Sauces*.)

No. 5.—*Tendons of Veal, en Haricots Vierges.*

BRAIZE them as indicated (*entrées of Veal*), and mask them with an *haricot vierge*. (See *Sauces*.)

No. 6.—*Tendons of Veal en Chipolata.*

BRAIZE the *tendons* as above. The *chipolata* is made in the following manner. You have some chesnuts ready peeled and boiled; take a few small sausages, some small onions stewed very white, likewise bits of bacon, the breast part, cut into corks, and also stewed white, and some mushrooms, which you stew with some *sauce tournée*. When the sauce is in a proper state of forwardness, thicken it; put in all the ingredients, and after having dished the *tendons* in the shape of a *miroton*, or one upon another round the dish, put the *chipolata* into the middle, but keep some of the sauce to mask the *tendons*. You may add some cocks'-combs, &c. It is almost unnecessary to observe, that all the ingredients of the *chipolata* must be done separately, and put into the sauce when ready to serve up. When you want to serve the *chipolata* white, you must use white sauce instead of brown; the motive for having two colours is, that sometimes in spite of your endeavours to keep the *tendons* very white, as well as all the other ingredients, you can only succeed in obtaining a darkish colour; in that case, you must make the *chipolata* brown.

No. 7.—*Green Peas with Bacon, French Fashion.*

THESE may be served without any other meat; but they may also serve as a sauce for *tendons* either of veal or of lamb, members of fowl, and giblets of turkey. It is to be observed, however, that those articles which are served in a deep dish, must be cut up, as you could not carve them in

so much liquid. Take some bacon, the breast part, cut about an inch square, boil it in water to extract the salt, then fry it in a little butter till it is of a fine brown. Next handle some fine peas and a little fresh butter in cold water. After having drained them, put them into a stew-pan with the bacon, and a bunch of parsley and green onions. Let the whole sweat over a slow fire. When nearly done, moisten with two or three spoonfuls of *Espagnole* and a little sugar. Boil them a few minutes. Send up either with or without any other meat.

No. 8.—*Breast of Mutton en Haricot.*

BRAIZE the breast of mutton as you would do any other meat; when done, take out the small bones and let the breast cool. Then have the meat cut into hearts; warm them again separately in a little of the liquor, and after having drained them, mask them with the haricot. (See *Sauces*.)

No. 9.—*Breast of Mutton en Hochepot.*

BRAIZE\* it as above, and mask it with a *hochepot*. (See *Sauces*.)

\* *Braizes in general.*—It is necessary to observe, that every thing which has the name of braize, must be done thoroughly, and must likewise be seasoned with vegetables, spices, sweet herbs, &c. Braizes belong rather to a common style of cookery, but to be made in their perfection, they are one of the difficulties of the art; they require so much care and such constant attendance, as to be very often neglected in a gentleman's kitchen. I shall name those things that are in most frequent use, and are of the class of braizes, viz. *Fricandeaux*, sweet-breads, mutton à *la soubise*, tendons of veal in all their styles, *galantines*, *cotelettes à la dreux*, ditto à *la chalon*, partridges with cabbage, pheasants ditto, rump of beef, breast of ditto, leg of mutton, &c. &c. are all braized. Every thing that is termed *poêle*, must have its proper time to be done; and as the *poêle* must preserve the colour of the fowl, and sometimes even whiten it, it is not an easy matter to make it in perfection.

No. 10.—*Lamb's Pluck à la Pascaline.*

TAKE the head, trotters, liver, lights, &c.; bone the head and trotters as well as you can. Set them to disgorge, and blanch them. Then boil them in a *blanc* as you would do a calf's head. When thoroughly done, drain them and cover them with the *pascaline*, which is no other thing than a white *Italienne*, that you have thickened. (See *Sauces*.)

No. 11.—*The Civet of Hare*

Is only mentioned here, to imply that it is sent up in a deep dish. (See *entrées of Game*, and *Hare Soup*.)

No. 12.—*Duck, with Sour-Crout.*

SOUR-CROUT is sold ready pickled. Drain some, and put it into a braizing-pan with a piece of bacon (the breast part), a bunch of parsley and green onions, spices, bay-leaves, thyme, and mace; put also a little whole pepper. Next put the duck in the middle of the sour-crout, cover the whole with layers of bacon, and moisten with some liquor of *braize*, or top-pot\*, strained through a silk sieve. If you should have a knuckle of ham, you may put it in after having blanched it. You may add a German sausage, together with some English sausages, observing that the small sausages must not be added till half an hour before serving up, otherwise they would be too much done. Three hours are required for the above to be done over a slow fire. When the sour-crout is done, put it into a large hair sieve to drain; then dish it, that is, put it into a deep dish with the duck in the middle, the sausages and bacon, &c. being put round it. The duck will be better if cut into

\* Top-pot, is the fat that comes over the broth.

four, as it is difficult to carve any thing that has so many other things with it.

No. 13.—*Members of Duck, with French Sour-cROUT.*

BRAIZE the duck in the same manner as that with the *purée* of green peas, and mask it with the sour-cROUT, which is made as follows:—Take off the stock of a white cabbage, mince the whole nearly as is done for sour-cROUT; cut some bacon (the breast part) into small squares of about an inch; fry it a little, and then take it out to put the cabbages into that grease, in which they are to sweat. When nearly done, put the bacon in again, and moisten with some thin *sauce tournée*, because if it were thick you could not get the fat off. Skim off all the fat, reduce the cabbage, and use it to mask the duck. You may also put in some sausages that have been braized with the duck.

No. 14.—*Haricot of Turkey Giblets.*

WE call giblets of turkey, the pinions, the neck, the liver, the gizzard, &c. When all those parts have been washed clean, put them into a stew-pan. Wrap them up in layers of bacon; moisten with good broth, a little salt and pepper, and a bunch of parsley seasoned. When done, drain them, and after having placed them in the dish, cover them with the *haricot*.

No. 15.—*Haricot of Turkey Pinions.*

TAKE the pinions of half a dozen turkeys; bone them as far as the middle joint, and let them disgorge in warm water: next blanch and singe them, mark them well wrapt up in layers of bacon, and moisten with a *braize*, if you have any; if not with a small bit of butter, a little broth and salt, an onion and two cloves, and a bunch of parsley and green onions. When done, drain them and mask with the *haricot*.

No. 16.—*Legs of Fowls with Nouilles.*

WHEN you have a large dinner to send up, you necessarily have a vast quantity of fillets of fowl, and as many legs. You must use them in preference for a deep dish. Bone the thighs, season well inside, and sew them up so as to give them a good shape. Next braize them as white as possible, and sauce them with the *nouilles*. This dish is most excellent. For a family dinner, the day after company, you may make a soup of it; instead of sauce put broth, and let there be less *nouilles*.

No. 17.—*Eggs à la Tripe.*

TAKE a dozen of eggs boiled hard, cut them into thick round slices, and put them into the sauce, which follows. Cut three large white onions into dice; fry them white in butter; when they are nearly done, powder them well over with flour, and moisten with some good milk, and a few spoonfuls of cream. Keep stirring with a wooden spoon to prevent their burning. When the sauce is done, grate a little nutmeg into it, and season with a little salt and pepper, &c. then throw the eggs in and send up.

No. 18.—*Eggs à la Crème en Surprise.*

TAKE a dozen of eggs boiled hard, and cut them in two. Then take out the yolks and rub them through a hair sieve. Chop the whites very fine, and make a *sauce à la crème*, which is marked the same as melted butter, except that you moisten it with cream. When the sauce is well done, add to it a lump of butter, throw the chopped whites into the sauce, and season it well. Lastly, pour the sauce and whites into the dish, and cover the whole with the yolks, which you baste with a little butter, and make them brown with a red hot shovel or salamander.

No. 19.—*Hochepot of Rump of Beef.*

BEEF tail is very good eating, but in general it is seldom sent up as an *entrée*, although *en hochepot et en haricot* (see *Sauces*) they may be served in a deep dish. The beef tail is to be cut in the joints, and left to disgorge in water. It must next be blanched. You then let it cool, and put it between layers of bacon, to prevent its getting black. Moisten and season it with carrots, onions, &c. When done, drain it, and serve up with the sauces above-mentioned. Observe that this dish must be well done, as the meat must detach itself freely from the bones.

No. 20.—*The same, en Haricot brun.*

BRAIZE as above, and cover with *haricot brun*. (See *Sauces*.)

No. 21.—*The same, with Green Peas.*

THE same as above; mask with green peas, No. 7, page 61.



## CHAP. III.

## REMOVES OF THE SOUPS AND FISH.

No. 1.—*Rump of Beef glazed.*

THE rump is undoubtedly the best part of the beef, and particularly for French cookery; it is necessary to select for this dish, that which is most covered with fat; cut out the small fillet first; then take out the bone, and tie it round of a good shape; put it into the stock-pot in which you make the broth. When done, drain it a quarter of an hour before dinner-time, that you may trim it well and glaze it several times. Dish it with green parsley all round. It is necessary to observe, that as the best eating part is that which is most covered with fat, the cook must be particular in trimming the fat, and leaving only what is necessary to receive the glaze. The manner of cutting the meat is a great advantage to the savour; the cook must mark the place with chopped parsley, as was my constant practice when I had occasion to serve the rump of beef.

Several people *braize* the rump of beef, a practice of which I do not approve, as it gets too highly seasoned for people who have so many other things to eat. The sauces and *garnitures* that are served at the same time are sufficiently seasoned, without the beef being so likewise. Besides, the first method is the most economical, as the braized rump furnishes too rich a liquor to be used in delicate cookery. Moreover, when boiled in the common way, the rump is more wholesome, makes more broth,

and therefore deserves the preference. However, not to disappoint such as might like it, I shall proceed to treat of

No. 2.—*Rump of Beef braized.*

TAKE a rump of beef well covered with fat; bone it, tie it up with packthread. Then put layers of bacon at the bottom of a braizing-pan; lay the rump of beef with its top part upwards on the bacon: next cut into slices a large quantity of veal, which serve to wrap up the beef; then cover the whole with layers of bacon, put in some carrots, onions, parsley, green onions, thyme, bay-leaves, mace, cloves, spice, salt, and pepper. Moisten with a little broth; then close the braizing-pan as hermetically as possible, and let the meat stew on a slow fire for four hours; when done, reduce some of the liquor, and glaze it with the same. Then take some carrots that have been braized with the beef, and trim them of a nice shape. They must be served up glazed. Add likewise some glazed onions and braized lettuce, and put all those roots and vegetables round the rump in small heaps, then send up with some of the liquor that you have thickened with brown sauce; if you have no sauce, put half a quarter of a pound of butter into a small stew-pan, mix with it a tea-spoonful of flour, moisten with some of the liquor; add a little gravy to give it a good colour, and when well done, put it over the rump.

No. 3.—*Breast of Beef, à la Flamande.*

TAKE that part of a breast of beef which contains the gristle, and season it the same as the rump. Put to it some carrots and turnips cut into the shape of corks, and some braized cabbage. When done, drain the vegetables, and dress them round the beef in the same manner as in the preceding article (the Rump). The sauce also the same. You should also have some small vegetables boiled to glaze,

which spread over after having poured the sauce. This breast of beef may be sent up whole, the same as the rump, No. 1 and 2, garnished with glazed onions, cabbage and sausages, *hochepot*, petty patties *à la Mazarine*; lettuce glazed *à l'Espagnole*, artichoke bottoms ditto, cauliflowers, &c. &c.

No. 4.—*Surloin of Beef roasted.*

THE principal observation and direction required with regard to this article, is, that it is of all the parts the most delicate; and when the piece is very big, the fire must be more moderate, as it is very long before the middle can be warm. If your fire is sharp, the meat will be burnt on the outside, and quite raw in the middle. Another necessary observation is, that when you put the spit too low, the meat loses a great deal of the heat, receiving it only from the top: to keep down the colour, it is better to cover it with a few sheets of white paper, and uncover it only when the meat is nearly done.

No. 5.—*Leg of Mutton roasted.*

THIS joint is with reason the great favourite of an English epicure, and the one that makes its appearance oftener than any other at his table: the Welsh mutton is in very great repute; but I have frequently dressed some Leicestershire, equal to any mutton in the world. This joint does not allow of being covered with paper. It must be cut in the joint, that it may be bent round when put on the spit: this operation makes the meat carve better; as the sinews have been cut, they don't shrink, and the gravy remains more in the meat. A leg of mutton shews its goodness when the sinews are very small, and the back of it appears very brown: it is never in that state till three or four years old; and it must have that age to be in perfection.

The leg must be roasted by a pretty sharp fire, to keep the gravy round it.

No. 6.—*Saddle of Mutton roasted.*

THIS joint is likewise a great favourite, and possesses a very delicate meat, particularly if carved in the proper way; the only objection is the great weight of the joint, considering how very little meat may be cut out of it; you must procure for this joint a proper skewer, give a little nick with the chopper to separate the bone near the tail, and put the skewer through; then tie the saddle on the spit, and roast it the same way as the leg, before a sharp fire, otherwise it is not so tasty.

To carve it well, you must make an incision about three inches along the bone, then cut it sideways as a cutlet; in this way the meat is better. Those persons who dislike the fat, may leave it on their plates. By this mode of carving, you may serve twelve people instead of six.

No. 7.—*Braized Leg of Mutton, otherwise Gigot de Sept Heures*

PUT the leg of mutton into a braizing-pan; trim it with a little veal, a few carrots, onions, and a bunch of parsley and green onions, properly seasoned. Cover the whole with thin slices of bacon, to prevent its being burnt. Let it stew for about four hours; then strain the liquor through a silk sieve; reduce it to glaze, and then glaze the leg of mutton which you send up, with glazed onions, or white beans *à la maître d'hôtel*, or *à la Lyonnaise*.

No. 8.—*Loin of Veal roasted.*

TAKE a fine loin of veal, which cut quite square. Introduce *attelets*, or skewers, in the flank which you have

rolled up. Then fix it on the spit, and cover it with buttered paper. Take the paper off about a quarter of an hour before you send the joint up, that it may be of a nice brown colour. Gravy alone is requisite under the joint.

No. 9.—*Loin of Veal à la béchamel.*

WHEN you have served a loin of veal, and very little has been eaten of it, take off the fillet, cover the whole with some buttered paper, and put it to warm in the oven; when well warmed, make a *blanquette* with what you have taken out; replace it in the fillet, and serve up very hot. This is as good as a new dish, and looks as well.

No. 10.—*Loin of Veal à la Crème.*

THE same as the first, No. 8. As soon as it is done, take off the fillet and cut it in scollops, which throw into the *sauce à blanquette*. (See *Sauce à blanquette*.) Put this *blanquette* into the aperture, and send up with the same sauce under it.

No. 11.—*Calf's Head plain.*

TAKE a nice calf's head and bone it, that is to say, take off the bones of the lower jaw, and of the nose, which you cut off as close to the eyes as possible. Then put all this into a large vessel with warm water, to wash off the blood, or otherwise the head would look reddish. Then blanch it thoroughly and let it cool. Now make a *blanc* in the following manner: one pound of beef suet, cut into dice, one pound of fat bacon, also cut into dice, half a pound of butter, the juice of a lemon, salt and pepper, one or two onions, a bunch of parsley, seasoned with thyme, bay-leaves, cloves, mace, allspice, and water enough to cover the calf's head. When the *blanc* has boiled for an hour,

fold the head up in a clean towel, let it boil in that *blanc* for about three hours. When done, drain it. Take out the tongue, flay it, and then replace it. A calf's head must be served up quite hot, with a sauce called *au pauvre homme*, namely, minced shalots, parsley ditto, vinegar, salt and pepper, and the brains well minced.

No. 12.—*Calf's Head, with Love-Apple Sauce.*

THE same as in No. 11; with this difference only, that it is to be covered with love-apple sauce.

No. 13.—*Calf's Head bigarrée.*

TAKE a nice calf's head, which prepare as in No. 11; drain it whilst hot, that you may be able to give it a good shape; then divide it into two parts, which squeeze hard between two dishes, and let them cool. When quite cold, dip one half into the yolks of four eggs well beaten up with butter, and a little salt and pepper, then into crumbs of bread. This is to be repeated twice. Do the same with the other half, only add plenty of chopped parsley to the crumbs of bread, that it may be made quite green. Next put both halves into an oven till they are of a nice brown colour, and serve up with either a sharp sauce, an *Italienne*, or a love-apple sauce. When you have no other sauce by you but a little glaze, make some good melted butter, and put to it some blanched and chopped parsley, some salt and Cayenne pepper, and the brains chopped. Add a small bit of glaze or portable soup, and you will find this sauce as good as many others.

No. 14.—*Calf's Head du Puits certain.*

BONE a calf's head. Make a *farce* or force meat with veal, fat bacon, and sweet herbs, chopped fine and highlv

seasoned. Add to it two or three yolks of eggs. When made, stuff the calf's head with it, and sew it up all round, to prevent the stuffing from falling out, then wrap it up in a cloth, and stew it *à la braize*; that is to say, put it into a braizing-pan with an abundance of slices of veal and layers of bacon, seasoned with carrots, a bunch of parsley, thyme, bay-leaf, and spice; moisten with a glass of white wine, and a ladle-full of broth\*. Let it stew for four hours, and serve up with a *financière*.

No. 15.—*Calf's Head à la Chambord.*

DRESS it as indicated at No. 13. When done and drained, take pieces of pickled cucumbers and truffles cut into the shape of nails, with which symmetrically stick the head; then sauce it with a *financière*, garnished with larded sweetbreads, large *quenelles*, pigeons *à la gautier*, and some craw-fish.

No. 16.—*Farm-Yard Turkey à la Montmorenci.*

TAKE a large fat farm-yard turkey: truss it up as if it were to be *poëlé*; dip the breast into boiling hot water to make it firm, which will enable you to lard it nicely; then *braize* it with a good fire on the cover of the pan, that the bacon may get dry and retain the glaze better when you glaze it. Take care not to do it too much; drain it, and serve up with a *financière* of a fine light brown colour and well seasoned.

No. 17.—*Turkey and Celery Sauce.*

TRUSS it nicely, wrap it up in layers of bacon; then boil it in plain water with a little salt, butter, and lemon-juice. Drain it, and *mask*† it with celery sauce. (See *Sauces*.)

\* Some of the liquor in which you have boiled the calf's head reduced with some of the sauce.

† *Mask*, means to cover it with the sauce.

No. 18.—*Turkey à la Périgueux, with Truffles.*

TAKE a nice fat turkey the moment it has been killed ; empty it, and put plenty of salt inside of the body, to draw the blood out. Then let it cool, and prepare some truffles in the following manner : take two or three pounds, peel them, and smell whether they are all of a good flavour. Then pick out the smallest from amongst them, and chop them very fine. Take some fat white bacon, and rasp it so as to obtain the fat only, without any of the sinews. When you have thus rasped a sufficient quantity to fill the body of the turkey, stuff the turkey with the chopped truffles, together with the whole ones, and bacon seasoned with salt, spices, pepper, and Cayenne pepper, well mixed together. Sew the turkey up, and keep it in the larder long enough for it to obtain a fine flavour of the truffles. Then roast it well, wrapped up in layers of bacon, and covered with paper, &c. Serve up with a *purée* of chestnuts *à brun* \*.

No. 19.—*Fowls à la Condé.*

TAKE a couple of fine white fowls, empty them, take off the bone of the breast, and the sinews of the legs, then truss them, and put into the body a little butter, seasoned with lemon-juice and salt, which will make the fowls look well and whiter. Next *mark* them in a stew-pan trimmed with layers of bacon, cover them well, and pour over them a *poêle*, which is made in the following manner : take a pound of veal, a pound of fat bacon, and a little fat of ham, all cut into dice. Fry the whole white in half a pound of butter. Moisten the whole with boiling water ; season

\* This dish is one of the best in cookery, if it is well seasoned and roasted. It is necessary to observe, that the carver must serve the inside with the fillet, as that is one of the best parts of the dish.



with a bunch of parsley, salt, and pepper, a little thyme, half a bay-leaf, and a clove, and when sufficiently stewed, strain it through a hair-sieve over the fowls, which stew for three quarters of an hour over a slow fire, but keep a brisk fire on the cover of the stew-pan. When done, drain and dish them with a tongue à l'écarlate in the middle, and the sauce à la financière under it.

No. 20.—*Fowls à la Montmorenci*

ARE prepared the same as fowls à la Condé, with this only exception, that the breast of these is to be larded, and glazed of a fine colour: garnish with larded sweet-breads, quenelles à la cuillère, &c. and a ragoût à l'Allemande for sauce\*.

No. 21.—*Capons à la Turque.*

TAKE two white capons, empty them, and put them into warm water that they may disgorge the blood, which would otherwise produce a great deal of scum. Have ready some rice which has boiled till soft in rich consommé, put this rice well seasoned into the body of the capons; then truss them, cover them with layers of bacon, wrap them up in paper, and spit them; they must be an hour roasting. When done, dish them with a garnish of soft rice, and a velouté for sauce.

No. 22.—*Westphalia Ham à l'Essence.*

TAKE a small Westphalia ham, and trim it well. Be particular in sawing off the knuckle, in order not to break the bone into splinters. Keep it one day in water, to take

\* Observe, that the difference of ragouts is in their colour only; financière is brown; Allemande, or Royal, or Toulouse, are white. In general, you must put white sauce with glazed entrée, and brown with white.

out the brine, and boil it in plain water for four hours. When done, drain it, take off the rind, and give it a nice round form. Then put it in the oven for a few minutes to dry the fat, which otherwise could not be glazed properly. When quite dried, glaze it of a fine colour, and serve under it an *essence*. (See *Sauces*.)

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*Receipt to make a Ham better than those of Westphalia.*

As soon as the pig is cold enough to be cut up, take the two hams, and cut out the round bone, so as to have the ham not too thick; rub them well with common salt, and leave them in a large pan for three days; when the salt has drawn out all the blood, throw the brine away and proceed as follows: for two hams of about eighteen pounds each, take one pound of moist sugar, one pound of common salt, and two ounces of saltpetre, mix them together, and rub the hams well with it, then put them into a vessel large enough to contain them in the liquor, always keeping the salt over them; after they have been in this state three days, throw over them a bottle of good vinegar. One month is requisite for the cure of them; during that period they must be often turned in the brine; when you take them out, drain them well, powder them with some coarse flour, and hang them in a dry place. The same brine can serve again, observing that you must not put so much salt on the next hams that you pickle.

No. 23.—*Ham with Madeira.*

TAKE in preference a Bayonne ham, which prepare in the same manner as directed above: but it need not be left so long in water, as it is not so briny as the Westphalia hams are. Blanch it in water only during two hours. Then drain it and put it into a braizing-pan, trimmed with thin slices

of veal at the bottom, seasoned with carrots, onions, parsley, bay-leaves, spices, &c. Pour over these two glasses of rich *consommé* and a bottle of Madeira, let it boil for about a couple of hours. When done, pour some of the liquor, after having skimmed off the fat, to reduce to an *Espagnole*, which is the proper sauce.

*N.B.*—When the ham has boiled for two hours in the water, you must trim it instantly, before you put it with the wine, that you may send it up the moment you take it out of the braize. Reduce the liquor to make the glaze for it.

No. 24.—*Ham with Windsor Beans.*

Boil the ham as in No. 22, glaze it in the same manner, and serve under it Windsor beans, dressed as follows :

Take some very small Windsor beans, boil them in water with a little salt ; when boiled enough, take a little *velouté*, into which throw a half quarter of a pound of fresh butter, a little chopped parsley and savory, toss the beans in that sauce after having drained them, and dish the ham over the beans.

No. 25.—*A Roast Beef of Lamb.*

TAKE the saddle and the two legs of a lamb, cut on the middle of each leg a small *rosette* which is to be larded, as also the fillets. Roast the whole, and glaze the larded parts of a good colour. In France we serve it up with *maître d'hôtel*, but in England you send up with gravy under it, and mint sauce in a boat.\*

\* The appellation of roast beef of lamb, must sound very extraordinary to an English ear, but the singularity of the name will be as nothing, when compared with the importance and necessity of the dish. At a very great dinner, it is essential to have some dish of magnitude. This one exhibits a very good appearance, and is truly excellent. I beg to recommend the trial of a *maître d'hôtel* under, as the butter, parsley, salt, pepper, and lemon-juice, agree well with the gravy of the meat ; those who make the experiment will certainly approve of it.

No. 26.—*Saddle of Mutton, or Roast Beef de Mouton.*

THE same preparation as above. This is sent up in particular cases only; when large dishes are wanted to cover a table of extraordinary magnitude, or to display the magnificence of the host.

No. 27.—*Saddle of Fawn, or Chevreuil.*

THE same as No. 26. When larded, put it into a very large vessel with salt, pepper, and onions cut into slices, parsley, vinegar, spices, &c. Leave it to pickle for two or three days, taking great care to turn it frequently on every side. Then roast it, and serve with a *poivrade* under it. Mind that the fillets and both legs must be larded.

No. 28.—*The Haunch of Venison\**.

IT was customary in France to cut off a small *rosette* from the leg, lard it, and then pickle it. In England it is customary to put it on the spit, then make some paste with flour and water only, and case the venison with it, securing it with a few sheets of paper. It cannot be done thoroughly in less than four hours. It is usually served up with red currant jelly made hot with a little port wine.

No. 29.—*The Neck of Venison*

Is also to be roasted; but as it is not by far so thick as the haunch, the paste may be dispensed with, if you take great care to stop the spit in the under side of the neck.

\* The great point in roasting venison is to keep as much as possible the fat from melting; the paste put over it, is to prevent the heat of the fire from wasting it.

No. 30.—*Leg of Pork.*

TAKE the leg of a porket, and rub it over with salt, and put it well covered with salt also in a vessel, where it is to be left ten days. Then boil it in water, and send it up with green cabbage all round, and a peas-pudding which is made as follows :

Take a quart of dry peas, wash them clean, wrap them up in a clean towel, and throw them into the same vessel as the leg. When the peas are done, strain them through a sieve, put in a good lump of butter, some salt, two eggs, and poach them, wrapped up in a clean towel, to make the pudding.

No. 31.—*Fowls à la Mirepoix.*

TAKE a couple of white fowls, which empty and truss with the legs bent down. Then make a *mirepoix* in the following manner: take a few slices of ham, some rasped bacon, butter, salt, bay-leaves, parsley, and lemon-juice: let the whole fry white on a very slow fire. When the rasped bacon and butter are well mixed together, put the fowls into an oval stew-pan trimmed with layers of bacon, which moisten with the *mirepoix* and a spoonful of broth, to prevent their frying. They must stew for an hour\* on a very slow fire; then drain them well, and serve up an *Espagnole*, or a *ravigotte*.

N.B.—All voluminous *entrées* may be served as a *relevé* (remove); as for instance, a large *noix* of veal à la *bourgeoise*, a large *carée* of veal garnished with vegetables, and, in short, whatever is of too great a magnitude for an *entrée*.

\* You must however proportion the time to the size of the fowl. A small one will of course require less time, as a very large one would demand more.

No. 32.—*Boiled Turkey with Oyster Sauce.*

THIS is to be boiled in the same manner as in No. 18. (See *Oyster Sauce*, No. 94, page 39.)

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*Fish sent up with the Soups; or as a Remove of the Soup.*

No. 1.—*Turbot and Lobster Sauce.*

CHOOSE a very white and fine skinned turbot; three quarters of an hour before dinner, or an hour if the turbot is very large, put it into boiling water and salt, with lemon slices over it; start it very quick, when it begins to boil draw the pan on the side of the fire. If the turbot boils too fast, it will be woolly; when you have ascertained with your knife that it is quite done, serve with green parsley on the broken places; and put round the dish some horse-radish scraped fine; serve the lobster sauce separately in a boat. Observe that you must make an aperture on the back of the turbot; it will by that means be sooner done.

*Lobster Sauce.*

TAKE a hen lobster, cut the flesh into small dice, keep the eggs, which pound with a quarter of a pound of fresh butter, and strain through a hair sieve. You then make some melted butter; let it be rather thick: mix the eggs of the lobster with it, and throw into it a little essence of anchovies, a small quantity of cavice\*, and a little cream. Take care that the sauce does not boil, for it would curdle, and lose its colour.

\* Mackay, in Piccadilly, sells the best, that is to say, the only genuine cavice.

No. 2.—*Broiled Turbot.*

MARINADE the turbot in sweet oil, salt, pepper, &c. and broil it on a slow fire: but it cannot be sufficiently done in this way in less than an hour. You must accordingly put it on a slow fire in due time. Then cover it with capersauce, which is to be made as follows: make some melted butter with a little glaze in it; when melted you throw in some essence of anchovies, capers, and vinegar. Then give a good seasoning, and *mask*, that is, pour the sauce over the fish.

No. 3.—*Boiled Salmon with Lobster Sauce.*

PUT the salmon into boiling water, the same as the turbot, with salt only. Serve up with lobster sauce.

No. 4.—*Slices of Salmon broiled, with Caper Sauce.*

MARINADE your slices of salmon in oil and salt, broil them on a slow fire, and cover them with caper sauce.

No. 5.—*Crimped Salmon.*

THE Thames produces the best salmon, but its price allows it to make its appearance at the table of the rich only, or at that of the extravagant. I have occasionally bought some at sixteen shillings per pound, which brings the price of one dish only to more than four pounds; it requires to be boiled quickly in salt and water. Serve up with lobster sauce. Fifteen minutes is sufficient to boil it. If you leave it too long in the water, it loses all its taste and colour.

No. 6.—*Salmon with Genévoise Sauce.*

TAKE a few shalots, some roots of parsley, a bunch ditto, seasoned with spices, thyme, bay-leaves, and a few carrots. Let the whole be lightly fried in a little butter. Then moisten with white wine (Madeira in preference). Let it boil for three-quarters of an hour. When the *marinade* is done, drain it through a tammy over the fish, which stew in that seasoning. As soon as the fish is sufficiently stewed, drain it, pick off all the scales, and return it into the vessel where it has already boiled, with some of the liquor to keep it hot, and mind to cover it to prevent it from drying. Now reduce some of the *marinade* with a good *Espagnole*, skim off all the fat, throw in a good piece of butter, well kneaded with flour, a little essence of anchovies, the juice of a lemon, some Cayenne pepper, and a little salt. When you have drained the fish, cover it with the sauce, and send some likewise separately in a sauce-boat.

N. B.—Salmon is also served *au court bouillon*. (See No. 27, page 89.)

No. 7.—*Cod with Oyster Sauce.*

Boil the fish in boiling water and plenty of salt; mind that if the fish is very large, you must not boil it too fast, as it then becomes woolly; be careful before sending up, to ascertain with your knife whether it is well done. Serve with oyster sauce, as described No. 94, page 39.

No. 8.—*Slices of Crimp Cod.*

Boil the slices in the same manner as the fish when whole, and send them up with the same sauce; mind that ten or fifteen minutes are sufficient to boil them.

If you are obliged to wait after the fish is done, do not



leave it in the water, but take it out, and cover it with a clean cloth, and when you are to serve, dip it again into the warm water, and by this method you preserve its flavour, and are able to serve it hot.

No. 9.—*Crimp Cod with Cream Sauce.*

THE same as above. The sauce à la crème is made in the following manner: take a quarter of a pound of butter, a little flour, some cream and a little salt, mix them together, and turn them on the fire, but do not let the sauce boil. Then cover the fish with it.

N. B.—It is not served up so in England.

No. 10.—*The John Dorey, with Lobster Sauce.*

BOIL it in the same manner as you do turbot. (See No. 1.) Send it up with lobster sauce. (See *Lobster Sauce*, No. 1, page 80.)

No. 11.—*Ditto, broiled with Anchovy Sauce.*

MARINADE in oil, and broil it in the same manner as you do turbot. The same sauce also, but without capers.

No. 12.—*Soles fried or boiled.\**

BOIL the soles in boiling water with a little salt and vinegar. Fried soles are to be covered with crumbs of bread, which is done in the following manner: break two eggs,

\* *Observations on Fish in general.*—It is necessary to have the fish well cleaned from all the blood, as the least redness left in it is very prejudicial. When the soles or whittings are large, it is natural to conceive that they will be longer frying or boiling than when small. Pay proper attention to the following observation: fish not well done is not eatable; and served up in that state, it would prejudice the company against the rest of your dinner. By this want of attention, you lose all chance of pleasing your employer.

which beat with a little salt : dip the soles into this *omelette* first, then into crumbs of bread. Fry the fish till it is of a fine colour. Shrimp sauce is made as follows : make some melted butter, with which mix a little essence of anchovies ; throw in the shrimps, some cavice, and send up in a sauce-boat.

No. 13.—*Broiled Soles.*

DIP them into beaten eggs and crumbs of bread as above, but twice, using melted butter the second time. Broil them till they are of a light brown, and send up with shrimp sauce.

No. 14.—*Fried Whittings.*

TAKE very fresh whittings, empty them well, and flay them. Then fasten the tail in the mouth with a small skewer, and dip the fish into an *omelette*, the same as the soles, then into crumbs of bread, and fry them till they are of a light brown. (See *Shrimp Sauce*, No. 12 above.)

No. 15.—*Fried Whittings, French fashion.*

LET the whittings be very fresh, and of an equal size : empty and scrape them well all over ; then wash them in different waters. When quite clean, slit them equally on the back, and dip them into flour only. Next fry them in very hot oil, and over a large fire, otherwise when you put them in, they might cool the dripping. When of a light brown, send them up with shrimp sauce in a sauce-boat.

No. 16.—*Boiled Whittings.*

I THINK it useless to explain what is generally known, about boiling whittings, or fish of any other sort ; I shall

therefore only mention a particular or two, which might have escaped the memory of some of my brethren, who are desirous of displaying variety. When you want to boil the whittings, it is better not to open the belly, as they have a better appearance on the table. Mind to keep the skins whole, otherwise they will look very bad.

No. 17.—*Boiled Mackarel.*

Boil the mackarel as you would any other fish, and make a fennel sauce. The fennel is to be boiled in boiling water with salt; then it is to be chopped very fine, and thrown into melted butter; and serve up.

*N. B.*—It is necessary to observe, that in England it is the custom to send up this fish with the fennel sauce, and garnished with fennel round.

No. 18.—*Broiled Mackarel.*

Pick out in preference mackarels with soft roes, which are the most delicate. Gut them, open them at the back, and *marinate* them in oil \*, salt, and pepper. Next broil them, but unless they are done enough they are never good. The *maitre d'hôtel* sauce is to be made separately, and served in a boat. Those who wish to have the mackarel dressed in the French fashion, must have some parsley chopped very fine, mix it with some fresh butter, salt, pepper, and lemon-juice, put this into the aperture of the mackarel's back, and when well broiled, serve very hot.

The fillets of mackarel are to be cut from the bone, and trimmed of a good shape; put them into a *sauté* pan with some clarified butter and a little salt over them till dinner time, then put them to do into the oven, or on the stove;

\* The oil is to prevent the fish from drying, and sticking to the gridiron.

drain them upon a clean sheet of paper; dress them on the dish, and cover them with the *maitre d'hôtel* sauce.

N. B.—All other methods of dressing fish, will be found in the chapter of *entrées*.

No. 19.—*Boiled Haddocks.*

THEY are boiled in the same manner as soles, and served up with shrimp sauce. You may use haddocks for *quenelles*, or *filets*, as well as whittings.

No. 20.—*Skate with Shrimp Sauce.*

SKATE must be boiled in water with a little salt and vinegar. The sauce is sent up separately in a boat. Skate may be served up also with caper sauce.

No. 21.—*Boiled Pike with Dutch Sauce.*

EMPTY and scale the pike, wash it well after it has stood for an hour in cold water, to disgorge all the blood; then boil it like any other fish, and serve up with a Dutch sauce.

No. 22.—*Baked Pike.*

SCALE and empty the pike, without injuring the skin of the belly, into which introduce a *farce*, which would drop out if not well secured. This *farce* is made of two handfuls of crumbs of bread, one handful of chopped beef-suet, a little lemon-peel chopped likewise, parsley ditto, salt, pepper, and spices, two whole eggs, and a little fresh butter. Mix the whole together, and pound it in a mortar: then stuff the pike with it, and turn the pike with its tail fastened in its mouth by means of a skewer; next dip it, first into an *omelette*, and then into crumbs of bread, and again into crumbs of bread; then baste it over with butter, before

you put it into the oven. If you are to send up two, one of them is to be made of a green colour, by means of a quantity of chopped parsley being mixed with the crumbs of bread. Mind the oven must be well heated. When the pikes are of a fine brown, cover them with paper, and let them be well done through. Serve up with a Dutch sauce. (No. 68, page 30.)

No. 23.—*Pike à la Genévoise.*

SCALE and wash the pike, and stew it in the same manner as the salmon, No. 6, page 82.

No. 24.—*Pike à la Polonoise.*

WASH the pike clean as above, then cut it into slices as if you wanted to make a *matelotte*; then fry in a quarter of a pound of butter the following herbs: a few carrots cut into dice, a few roots of parsley, a bunch of parsley and green onions, seasoned with mace, cloves, thyme, and bay-leaves, and a little ham. When fried, moisten the whole with a sufficient quantity of boiling water, and let it boil for one hour. When the *marinade* is well stewed, drain it through a silk sieve over the slices of pike, and let them stew, but not too long, for they would break. When the fish is done enough, take the liquor in which it has boiled, to moisten a *béchanelle maigre*, which you make in the following manner: take a few bits of ham, some mushrooms, a bunch of parsley, and green onions, a small white onion, which fry white in butter, then put to it a large handful of flour, let it fry a little, and moisten with the liquor in which the pike has been boiling. Stir this with a wooden spoon; let it boil till the flour is well done, throw in a pint of thick cream, that has already been boiled, and reduce the whole, till the sauce is thick enough to cover the fish. Next take some turnips, cut into dice, that have been stewed in some

of the broth and sugar; drain them and throw them into the sauce, after the latter have been drained through a tammy. Drain the pike also, and cover it with the sauce, and the turnips.

*N. B.*—This sauce requires a little sugar, on account of the turnips. Mind the sauce is well seasoned.

No. 25.—*Pike à la Chambord.*

SCALE the pike, and let it disgorge in water for an hour or two. Then lard it in different places on one side of the back, and bake it in a *marinade au vin*, as you would do in the *marinade à la Genévoise*. That part which has been larded must stand uppermost, to prevent the part which is not larded from getting dry. Cover this with layers of bacon, and be particular in basting frequently with the seasoning. When the fish is done, glaze the parts that have been larded, and *mask* the others with a *ragoût à la Chambord*. Observe that the *quenelles* must be made of fish. The garnish is generally composed of large *quenelles*, small pigeons (squab pigeons,) larded sweetbread of lamb, &c. Take a little of the *marinade*, skim off the fat, reduce it nearly to glaze, and mix it with the *Chambord*, which is no other thing than a *financière* with the addition of a little essence of anchovies, the juice of a lemon, and a little Cayenne.

No. 26.—*Pike au Court Bouillon.*

TAKE a large pike, which empty, without scaling it. Then wash it clean, and drain it. Next boil some vinegar, and when boiling, pour it over the scales of the pike, which will turn blue, and the scales will curl up if the vinegar is hot enough. Wrap the pike up in a towel, and let it boil in the *court bouillon*, which is prepared as follows: \* (No. 27.)

\* If you should be in the country, where there is plenty of pike, you may make fillets of them, for they are as good as any other fish for that. They

No. 27.—*Court Bouillon for Fish au bleu.*

TAKE two of each of the following roots: carrots, onions, roots of parsley, leaves of ditto, thyme, bay-leaves, mace, cloves, spices, which fry in butter without their getting too much colour. Then pour into it two bottles of white and a bottle of red wine with salt, &c. This *marinade* being stewed properly, will serve several times for stewing the fish, but remember each time you use it, it requires a little water; besides, it would become too strong in the course of time. Take some of that liquor to make the sauce *matelotte, Génévoise, &c. &c.*

No. 28.—*Trout à la Génévoise.*

THIS fish is the most delicate that can be prepared *à la Génévoise*. The *marinade* to be made the same as in No. 6, for salmon, page 82; or above, No. 27.

No. 29.—*Roast Sturgeon.*

SPIT the sturgeon: make a *marinade* with white wine, with which baste the sturgeon. Next take some of the *marinade* that you reduce with four large spoonfuls of good *Espagnole* sauce. When the sauce is of a good consistency, put about half a pound of fresh butter kneaded with a little flour, salt, and Cayenne pepper, the juice of a lemon, and a spoonful of essence of anchovies. If you have no *Espagnole*, make a little *roux*, with flour and butter, and moisten with the *marinade*; add to it a little glaze.

must be dressed in the same way as filets of soles or whittings, *à la maître d'hôtel*, or *ravigotte*, or *à la orlies*.

No. 30.—*Baked Sturgeon.*

MAKE a *marinade* the same as above, and bake the fish with that *marinade*. The sauce as above.

No. 31.—*Sturgeon plain boiled.*

BOIL the sturgeon as you would any other fish. Send up with Dutch sauce; mind that this fish is very firm, and requires more time to boil.

No. 32.—*Carp au bleu, without Sauce.*

TAKE a fine carp, which empty without injuring the belly. Take off the gills, and after you have washed it clean, pour over it some boiling vinegar, by which means the scales will curl up, and the fish get a blue colour. Then wrap the carp up in a towel, and stew it in the *court bouillon*. (See No. 27, page 89.)

No. 33.—*Carp farci, baked.*

TAKE a fine carp, scale and empty it. Then detach one side of the fillets, without injuring the head. Take this flesh, and that of another carp of a smaller size, and make a *farce* in the following manner: take the crumb of two penny loaves, soak it in cream or milk, then squeeze it, and put it into a mortar, with an equal quantity of the flesh of the carp, nearly as much fresh butter, with a little chopped parsley, a few mushrooms fried in a little butter, salt, pepper, and spice. When all these ingredients have been pounded in a mortar, add a couple of eggs, and continue pounding for a long time, then take a little, which throw into boiling water, and taste. If it be too *delicate*, which means too thin, add one egg more, pound it again, and



then rub it through the sieve à *quenelles*; and fill up the cavities in the fillets of the carp, giving it the shape of a fish. Take care however to give it a good shape. Next let it be done thoroughly in the oven, and serve it with caper sauce under it.

No. 34.—*Carp, Sauce à Matelotte.*

TAKE a fine carp, scale and empty it. Then let it stew in wine enough to cover it. After having drained it well, take that wine to make the sauces, and send it up covered with *sauce à matelotte*. (See *Sauces*.)

No. 35.—*Broiled Carp, with Caper Sauce.*

SCALE and empty the carp. Wash it, and wipe it quite dry. Then *marinate* it in oil, salt, and pepper; broil it and send it up with caper sauce as follows:

No. 36.—*Caper Sauce for Fish.*

TAKE some melted butter, into which throw a small bit of glaze, and when the sauce is in a state of readiness, throw into it some choice capers, salt and pepper, and a spoonful of essence of anchovies.

No. 37.—*Tench.*

TENCH, in England, are eaten boiled, with a Dutch sauce, yet they are far better *en matelotte*.

No. 38.—*Perch.*

THESE likewise are sent up boiled, with Dutch sauce; but you will find a different way to dress them in the following *entrée*.

then rub it through the sieve & pass it  
 No. 39.—*Perch au Water-Suchet.*

**SCALE** and clean the perch as much as possible; then cut some parsley roots into small fillets; put them to boil with some parsley tied up in a bundle, and some salt, in a quantity of water sufficient to boil the perch. When the roots are done, put in the perch; ten minutes are sufficient. Have some parsley leaves blanched very green in salt and water, drain the perch from all the liquid, and put it into a tureen; put the roots and parsley leaves to it, and throw the liquor over it through a silk sieve. Send up slices of bread and butter in a separate plate.

## CHAP. IV.

## FARCES, OR FORCED MEAT.

No. 1.—*Quenelles of Veal.*

TAKE the fleshy part of veal, cut it into slices, and scrape it with your knife till you have got off all the meat without the sinews. About half a pound of this rasped meat is sufficient for an *entrée*. Boil either in your stock-pot, or in plain water, a calf's udder. When it is cold, trim all the upper part, cut it into small pieces, and pound it in a mortar till it can be rubbed through a sieve. All that part which has been thus strained through the sieve, you make into a ball of the same size as your meat, which you have also rolled into a ball; you then make a *panade* in the following manner: you must have three balls, one of udder, one of meat, and one of *panada*.

*Panadas for Farces in general.*

SOAK in milk the crumb of two penny rolls for about half an hour; then take it out, and squeeze it to draw out all the milk. Put that crumb into a stew-pan with a little *béchamelle*, a spoonful of *consommé*, some fine herbs, that is to say, a little parsley, and a few mushrooms, and if approved of, a few shalots or very small green onions chopped very fine. Stew these herbs in a little butter for a moment, to take away their rawness. Then set them to reduce with the *panada*, which you must keep stirring constantly with a wooden spoon. When the *panada* begins to

get dry in the stew-pan, put in a small lump of butter, which helps to dry the *panada* without its sticking to the pan. When it is quite firm, take it off the fire, and mix with it the yolks of two eggs. Then let it cool, to use it when wanted. The *panada* must always be prepared beforehand, in order to have it cold, for it cannot be used when hot, or even warm. When the *panada* is cold, roll it into balls, the same as the two other articles, but let the balls be all of a size. Pound the whole in a mortar as long as possible, for, the more *quenelles* are pounded, the more delicate they are. Then break two eggs, whites and yolks together, which you pound likewise; now season with pepper, salt, and spices in powder; when the whole is well mixed together, try a small bit, which you roll with a little flour; then poach it in boiling water with a little salt. If it should not be firm enough, put another egg without beating the white, which only makes the *quenelles* flat, and hollow inside. When you have made the *farce*, rub it through a sieve. If you are in a hurry, you may use only crumb of bread soaked in milk without *panada*, but the *panada* is most tasty.

Many persons who use the same ingredients as I do, but not in the same way, will perhaps feel inclined to censure my method; yet such as will adhere to it, will derive great benefit from it; the materials are to be well pounded and seasoned.

#### No. 2.—*Quenelles of Fowl.*

THE *quenelles* of fowl are made with the fillets only, all other parts being too full of sinews. Take the fillets of young chickens, for you must never use those of an old fowl, as they are tough and thready. Veal when very white, is much better than tough fowl. Cut this meat into dice and pound it in a mortar, till it can be rubbed through a

sieve. Next make three balls, as you have done for the *quenelles* of veal. Then pound, season, and try them in the same manner as directed above, as they must be made firm, or soft, according to the use they are intended for. *Quenelle au consommé clarifié*, for instance, must be very delicate and soft. If they are to be served in a *ragoût*, either white or brown, they must be made firmer, and so on. The *farce à quenelles* is much used in cookery. With it alone you may make various good *entrées*; and it serves besides to garnish *ragoûts*, *matelottes*, *godards*, *chambords*, *pâtés chauds*, &c. &c. Observe particularly, that when you use the *quenelles* very small, the *farce* may be very delicate, but if you make any *boudin*, or *turban*, or any other different kind of *entrée*, in proportion to the size of it you must keep the *quenelles* firm, which depends solely on their having more eggs; this addition makes the *farce* softer when raw, but increases its firmness when poached.

### No. 3.—*Quenelles of Rabbits.*

THE best *quenelles* are made with fillets only. If you are engaged by a nobleman who has game in abundance, take the fillets for the *quenelles*; with the legs and shoulders make a *giblotte*, or a pie English fashion for the servants, and with the remaining bony parts you make the *consommé*. When you lift up the fillets, you must leave the sinews about the carcass. Pound the meat, and make a *panada* as for other *quenelles*. Take a calf's udder likewise, which prepare as directed above. *Quenelles* differ in flavour and appellation, only in consequence of the meat of which they are made. Remember that the *panada* and calf's udder are indispensable articles. Follow what I have prescribed at No. 1, for the *quenelles* of veal, which I have mentioned the first, as being more frequently used than all others.

They are very good and likewise very cheap, as veal is always requisite for sauces and broth. Half or three quarters of a pound of veal is no great drawback, neither can it weaken the sauce, although of service to make several good *entrées*, as will be shewn hereafter.

No. 4.—*Quenelles of Partridges.*

TAKE the fillets of three young partridges. Take off the skin and the sinews ; cut the meat into dice, and pound it as directed above ; rub this through a sieve. Scrape the bottom of the sieve, and make a ball of the same size as those of the *panada* and udder. When you have mixed the three ingredients together, add two whole eggs, and the yolk of a third. Then season with pepper, salt, and allspice. Try the *quenelle* as directed above. This *farce* will serve for different *entrées*, which are all to be found under their respective names in the article *partridges*.

No. 5.—*Farce of Fowl à la Cream.*

MAKE use of the *panada* and udder as mentioned above, but no herbs are required in the *panada*, instead of which put a little cream. Take the white flesh of a fowl that has been roasted ; take off the skin and sinews, chop the meat very fine ; then pound it as you do for other *farces*. Put in the yolks of four eggs, after the *farce* has been pounded, and well seasoned. Beat the whites of the eggs, and mix them gently with the rest, stirring the whole with a wooden spoon. Use this *farce* when requisite. It is generally used for the *fowl à la cream* ; if you have in the larder a cold roast fowl, you may make that *entrée* with it ; empty the fowl, by cutting a square hole in the breast, the white flesh you make the *farce* with, and then replace it in the cavity, as directed farther on.

No. 6.—*Farce à Gratin of Partridges, Rabbits, and Fowls.*

THE *farce à gratin* is made in the same manner as the *farce à la Crème*, with the only difference, that you must not beat the whites of the eggs, and that this *farce* is to be kept delicate and soft. Take the flesh of roasted chickens, or young rabbits, or young partridges, &c. The manner of using it is explained in its proper place. This *farce* is intended for the stuffing of such articles as are not to be put on the fire again; such as calf's ears, calf's feet, sheep's trotters *en canelon*, and *risolles*, as also quails, tongues, and larks *au gratin*. There are some *gratins* that are also *émincés*, and are treated of in their proper places. Observe that this *farce* is indispensable in good cookery.

No. 7.—*Boudins à la Richelieu.*

As soon as you have rubbed the *farce à quenelles* through a sieve, have some onions cut sideways into dices or *filets*, and that have been sweated white, which you must mix with the *farce* before it gets firm, to prevent the onion from breaking. The *boudins à la Richelieu*, are a *farce à quenelles* either of fowl or of veal; they are never made of game\*.

No. 8.—*Boudins à la Sefton*

ARE made with *quenelles* the same as those above, only instead of onions sliced sideways, put mushrooms, sliced in the same manner, and sweated white in butter. When you drain your mushrooms, preserve the liquor, which

\* The *boudins à la Richelieu*, are most excellent eating. In France, they are always ordered for delicate constitutions; the general observation, that French cookery is too rich, is here particularly out of place, for there is neither fat nor sinews, and very little seasoning in this dish, and it is of very easy digestion.

pour into the sauce that serves for the *boudins*. The flavour of mushrooms must prevail in these *boudins*, the same as that of onions prevails in the *boudins à la Richelieu*. This *entrée* is very preferable to that with onions.

No. 9.—*Quenelles of Whittings.*

TAKE the fillets of four whittings. If in a Roman Catholic family on a fast-day, instead of an udder use butter. The *panada* however is far superior. In either case you must soak the crumb of bread in some good milk, and squeeze it well in a towel. Do not put the same quantity of butter as you would of udder, as the butter would not remain in. In every other respect these are made like other *quenelles*.

No. 10.—*Farce of Carp.*

TAKE the flesh of two carps, which you must chop, pound, and rub through a sieve. Soak some crumb of bread in some good milk; have a few mushrooms and a little parsley chopped very fine. Set the herbs to sweat in a little butter, over a very slow fire. Then let them cool in a hair sieve. Next put the bread, that has been soaked and squeezed properly, with the flesh of the carp that has been rubbed through a tammy, into a mortar, with a lump of butter of about the same bulk as the flesh of the carp, and season with pepper, salt, allspice, three or four eggs, whites and yolks together: *farces* with butter, require more eggs than those with udder. Yet before you put more than three, you must try to roll some of the *farce* in a little flour, and to poach it in boiling water. You then taste, and add to the seasoning if required. When completely done, rub it through a sieve, and let it cool in the larder, and use it when you have occasion. This *farce* is used for petty patties of carp. We also make *quenelles* for *matelottes*, &c.



No. 11.—*Farce de Godiveau, for the Pâtés à la Mazarine, &c.*

TAKE three-quarters of a pound of very white veal, a pound and a half of beef suet, which you strip of all the sinewy skins; chop the suet separately, and the veal the same. When you have chopped them both, take some herbs, such as parsley, shalots and mushrooms, which chop also very fine, and sweat in a little butter; mix the whole together, veal, suet, and herbs, and season with pepper and salt. Then chop them again. Break two eggs, yolks and whites, and if the *godiveau* appears to be well mixed, put a little piece into the oven in a small tart mould. If it rises well, and is properly seasoned, that is a sign of its being done: if not, put it into the mortar again with a little milk or water.

By dint of great practice, you acquire the facility of observing accidents which cannot be properly explained. In the summer season, for instance, the suet being very soft, you find more difficulty in using it. If you have any good ice, put some small pieces into the *godiveau*, to make the meat and suet combine the better.

No. 12.—*Green Marbled Farce.*

MAKE a *farce à quenelles* as directed above. Take part of it, and mix it with a *verd de persil* (See *Sauces*) which you have drained, in order that the water may not make the *farce* thinner. If you wish to use it quite of a green colour, you mix it with the whole; but if you intend to *marble* either *galantines*, or fillets of soles, you put on slightly a part white, and another green. Then roll and poach them, and when they are cut they look like marble. It is easy to conceive, that if you wish to make it marble-like, you must

alternate the green and white by laying on the green at occasional distances.

No. 13.—*Red Marbled Farce.*

THIS is much the same as the former. In France we make use of butter of craw-fish, for fowls à la *Cardinale*, or red and marbled *farces*. In England the eggs of lobsters are more frequently used, which are not amiss for *farces* of fish, and fowls, &c.

No. 14.—*Stuffing for Hare or Turkey.*

TAKE half a pound of beef suet, chopped very fine, some parsley, a little thyme, pepper, salt, the same quantity of crumbs of bread as of suet, lemon-peel chopped very fine, an egg or two, and mix the whole with a little milk. It would not be amiss to pound the whole in a mortar for a short time. This *farce* may be used with baked pike, or with either roasted or boiled turkey, roasted hare, &c.; in short, with all such articles as will be mentioned in this work.

No. 15.—*Farce for Pies.*

TAKE an equal quantity of veal and of fat bacon; chop them together, season them with pepper, salt, and allspice, but no herbs, which only prevent the pie from keeping. If it is however to be eaten immediately, you may introduce some savory herbs, a little chopped parsley, and shalots, and make a *pâté aux truffes*, or chop some truffles, which mix with the *farce*. In pies made of game you may chop some ham, but in those made of fowl, the saltpetre gives a red colour to the meat, which can never look too white.

No. 16.—*Farce for Sausages.*

SAUSAGES are composed of only hog's flesh ; but as it is not amiss to stuff turkeys with this *farce*, I have thought proper to mention it here. Take all the tender parts of the meat, the sinews being left aside when the hams and breasts are cured, which will be found treated of in a separate article. Cut the whole of the meat into small dice ; then cut nearly about the same quantity of fat into small dice also. Chop and mix them very fine together, fat and lean ; season with pepper and salt, allspice, and a little mint chopped very fine. All these ingredients give the sausages a very pleasing taste. When you use the sausages *directly*, you must moisten them with a little water or milk ; they will keep two or three days, but then they must not be moistened. They are however not so good when kept.

## CHAP. V.

## ENTRÉES OF BUTCHER'S MEAT.

## BEEF.

No. 1.—*Blanquette of Palates of Beef.*

TAKE six or eight palates of beef, rub them over with salt, and stew them in a *blanc*, till you can take off the upper skin. When the palates are thus skinned and done, cut them into the size of shilling pieces, and throw them into the *sauce à blanquette*, which is a *sauce tournée* reduced, that you have thickened. The palates of beef *en blanquette* are sent up to table either in *casserole au ris*, or a *vol au vent*, or a *timbal*.

No. 2.—*Blanquette of Palates of Beef with Peas.*

THIS is made nearly in the same manner as that above; but previously to putting in the thickening, you take a few spoonfuls of sweated peas intended for *entremets*, and reduce them with the sauce, that it may give the savour of the peas. Add a little salt and sugar. *Entrées* of this sort should be sweet, and not briny.

No. 3.—*Blanquette of Palates of Beef with Cucumbers.*

PREPARE the palates of beef as for other *blanquettes*. Pare some cucumbers and cut them into the size of shilling pieces. Keep the *parings* to make a *purée*, which you throw into the sauce, to give it a taste of the cucumbers.

Put the cucumbers into a good *sauce tournée*, a little sugar, and let them do; then drain them, and reduce the sauce separately. When done, and the sauce is thickened, put the *liaison* to it\*; throw into the sauce the cucumbers that are entire, and the palates of beef, and serve up in a deep dish, or in a *vol au vent*.

No. 4.—*Blanquette of Palates of Beef with Truffles.*

THE palates to be prepared as above. Only in this case cut the truffles into the size of shilling pieces, and put them in butter and salt. *Sautez* them on a brisk fire, till done. Let them have one single boil in the sauce, before you throw in the thickening, then mix the palates and truffles together.

No. 5.—*Attelets of Palates of Beef à l'Italienne.*

PALATES of beef are always prepared as directed at No. 1. The only difference consists in the cutting of them, and in the sauce with which they are sent up to table. Take some *sauce d'attelets* (See *Sauces*), and after having cut the palates into square pieces of whatever dimension you may think proper, let them cool in the sauce. When quite cold, run a silver skewer through them in a row, and cover all the meat with some of the sauce. Make the *attelets* as smooth as possible with your knife. Next dip them into crumbs of bread, and make them quite square. Mind that both extremities are well covered with the crumbs; dip them a second time, into an *omelette*; and again into the crumbs of bread; let both ends of the skewers be remarkably clean. Then fry the palates to a fine brown colour, and serve them up with a brown Italian sauce under it.

\* As the cucumbers will always thin the sauce, do not put them in till you serve up. This *entrée* requires a little sugar.

No. 6.—*Palates of Beef au gratin, otherwise en Paupiette.*

HAVE a good *farce à quenelles* ready; cut the palates in slices of about an inch broad; spread some of the *farce* over the rough side of them; then put part of the *farce* into the middle of the dish, and erect all the slices of palates in the shape of a turban, after having stuffed and rolled them. Cover the whole with layers of bacon, and put the dish into the oven, without allowing the contents to get brown. When the *farce* is done thoroughly, drain all the fat, take off the layers of bacon, clean the dish well, and *mask* the meat with a thick *Espagnole*, well seasoned.

No. 7.—*Miroton of Palates of Beef, à la Ude.*

USE a cutter both for the palates of beef and truffles, which are thus made into pieces of an equal size. Dress them *en miroton*. Then take a sufficient quantity of mushrooms, also of the same size, to make a border round the dish: put in the middle a *salpicon* of truffles, mushrooms, and palates of beef, and sauce the *miroton* with a pretty thick *Espagnole*. Before you use any of the preceding articles, they must be all done, and then put a palate and then a truffle alternately, to the very top of it. Keep the dish covered very warm, to prevent its drying.

No. 8.—*Croquettes of Palates of Beef au velouté.*

TAKE all the trimming from the *blanquettes*, *mirotions*, &c. and chop them very fine. Have some mushrooms cut into small dice, which fry white in a little butter. Then moisten with a little thin *sauce tournée*, and let them boil gently on the corner of the stove, that you may skim off the grease. Next reduce this sauce with a pint of cream: when it is got thick enough, throw the palates into the sauce, and

let them boil for a moment, that they may taste of the sauce. Let this preparation cool in a plate. When quite cold, roll the whole into *croquettes*, either round or oval; dip them once into crumbs of bread, then into an *omelette*, and into crumbs of bread again: then fry them till they are of a fine brown, and serve up with fried parsley. If you should not have quite enough of the palates, a sweet-bread, or the trimmings of fowl, will match the other ingredients very well. It is not extravagance in cookery that makes it better; you may give a capital dinner at a small expense, if you employ every thing in its proper place.

No. 9.—*Beef's Tongue, Sauce hachée.*

TAKE a tongue that is quite fresh; let it disgorge, blanch it to take away the tripy taste it may have retained; then stew it in a good braize\*. When done, flay it, cut it in two, spread it open, and *mask* with the *sauce hachée*. (See *Sauces*.) This is but a very common *entrée*.

No. 10.—*Miroton of Tongue with Turnips.*

LET the tongue be stewed as above, and then get cold. Next cut it into scollops, dish it *en miroton*, and place the dish covered at the mouth of the oven. A short time before you send it up to table, glaze it with a light glaze, and pour into the middle *Pharicot brun*. (See *Sauces*.)

No. 11.—*Miroton of Tongue with Sorrel Sauce.*

PREPARE the tongue as above, No. 10, only glaze it a little more, and lay thicker. Pour into the middle the *purée* of sorrel.

\* You must remember that every thing which is called *braize*, must be seasoned with carrot, onion, parsley, thyme, bay-leaf, and clove. (See *Braize*.)

No. 12.—*Miroton of Tongue with Spinach.*

THE same preparation as above, only use spinach, and let them be richer and more liquid than for an *entremets*. It is necessary to observe, that when spinach is used as sauce, it must be more tasty and liquid, than when it is used for garnishing round a tongue or ham. When for sauce, put a little more broth and seasoning, as it is to give taste and relish to whatever it is used with.

No. 13.—*Miroton of Red Tongue with mashed Turnips.*

THIS is not a French *entrée*; I only mention it here, because I have seen it sent up to well-known epicures. Take the remnants of a tongue *à l'écarlate* that is quite cold; cut it into round slices, dress it in a dish, and put it into the oven for a moment. Then glaze it, and serve it up with mashed turnips in the middle.

No. 14.—*Pickled Tongue, glazed and bigarrée.*

THIS is a remove which is frequently used for family dinners. Take a large tongue *à l'écarlate*, boil it well, then flay it, glaze it, and, after having made it look quite neat, send it up with mashed turnips on one side, and mashed carrots, or carrots and spinach, on the other, &c.

*Mashed Turnips or Carrots.*—Peel some turnips, wash and boil them with salt and water; when properly done, press all the water out, and pound them well in a mortar, then put them into a stew-pan with a quarter of a pound of fresh butter, a little salt, half a pint of cream, and a tea-spoonful of flour to prevent the water from running out;



mix and warm very hot, and use them when wanted. The same method exactly for carrots.

Never rub them through a sieve, for they then become a *purée*, and not a mash.

No. 15.—*Filets Mignons of Beef sautés à la Lyonnaise.*

TAKE the inside fillet of a sirloin of beef, and scollop it of about the size of the palm of your hand. Mark them in clarified butter, with a little salt and pepper, in a *sautez* pan; when dinner-time is come, *sautez* them and turn them over; when done on both sides, drain the butter and put a little glaze in its stead. Keep stirring the meat in the glaze with a little lemon-juice, and a small bit of fresh butter. Dish it *en miroton*, and pour the *Lyonnaise* in the *sautez* pan with the glaze. When you have mixed that well, put that sauce in the middle of the *filets mignons*, and serve up quite hot. You must give that dish only when you have a rump of beef; the small fillet left to that part is sufficient; it would be extravagant to spoil a sirloin.

No. 16.—*Filet of Beef marinaded à la broche.*

TAKE the same part as above, and take off the sinews. Then lard it, and pickle it raw with an onion and a shalot cut into slices, a little parsley, salt, pepper, vinegar, &c.; let it *marinade* one day. Then roast and glaze it. Serve up with a *poivrade*. This dish is dressed in this way for those who like vinegar. You must sometimes omit the vinegar, and put instead of it a little sweet oil; it prevents the meat from drying, and makes it tender.

No. 17.—*Ox-Tail in Hochepot.*

THE beef-tail being a very plain and common dish, is seldom sent up otherwise than as a tureen. (See No. 19, *Deep Dishes*, page 66.)

No. 18.—*Miroton of Beef.*

WHEN you have some cold rump of beef left, cut it neatly into slices, and put them into a *sauté* pan, with a little *Espagnole*, or *brown Italienne*, some salt and pepper, and a little broth. Give them a few boils, and serve up quite hot.

No. 19.—*Kidney of Beef with Champaign Wine.*

TAKE some kidneys that are of a nice light colour; take off a little of the fat, mince it, and fry it white in a pan with a little chopped parsley, shalots, salt, pepper, &c. When it is done enough, powder a little flour over it, and moisten with a glass of Champaign, and two or three spoonfuls of *Espagnole*. It must not boil any more, for it would get hard. But you must keep it hot, and serve it up the same. We send this *entrée* up to table for breakfast only.

No. 20.—*Beef-Steaks with Potatoes, French fashion.*

TAKE some thin slices of rump of beef, flatten them, and season them with a little salt, pepper, &c. Dip those slices into a little butter, that the gravy may not drop out whilst broiling. You must have some parsley chopped very fine with butter, salt, pepper, lemon, &c. When your beef-steaks are done, put the above ingredients under the steaks, and all round fried potatoes of a fine brown colour. Beef-steaks are also served with oysters. (See *Sauces*.)

No. 21.—*Sirloin of Beef braized.*

TAKE that part of the beef that is between the rump and the first ribs. Turn it over on the *filet mignon*, and dress it in a good shape. *Mark* it in a large braizing-pan with plenty of parings of veal, a large piece of the breast part of bacon, a small bit of ham, a few carrots, onions, some par-

sley-roots, a bunch of parsley and green onions, seasoned with thyme, bay-leaves, spices of all sorts, and a ladleful of good broth. Cover the sirloin with bacon first, and then with two sheets of white paper, to prevent the fire that you are to lay over it making the meat look brown. When you have closed the braizing-pan, stick some slips of paper all round, and stew the sirloin for four hours on a very slow fire. A moderately heated oven would be preferable. The braizing-pan must have boiled before you put it into the oven. (See *Sauces for the Godard.*) You are to garnish with pigeons *à la gautier*, large *quenelles*, larded sweet-breads, and especially large cocks'-combs, which slit into the fillet, when you are going to send up to table.

#### No. 22.—*Roast Beef.*

IN my former edition, I said very little on this subject, but I consider it now a part of my work that requires much attention, as well for the cooking part, as for the manner in which it is sometimes spoiled at table. I recommend to the cook, first to chuse a well-covered sirloin, not weighing more than twenty or twenty-four pounds; a larger piece is never well roasted, the time which it requires causes the outside to be too much done, while the middle remains quite raw. The meat must be covered for one hour only with paper, to prevent its taking too much colour; it is necessary to observe, that for large pieces the fire must not be too sharp, or the meat will be burned, before it is warm through; just before you take it off the spit, spread some fine salt over it, and send it up very hot with gravy only. This joint is often spoiled for the next day's use, by an injudicious mode of carving. If you object to the outside cut, take the brown off, and help yourself to the next; by thus cutting it only on one side, you preserve the gravy in the meat, and the goodly appearance likewise: by cutting it, on the contrary,

down the middle of the joint, all the gravy runs out, and it remains dry and void of substance, besides exhibiting a most unseemly aspect when brought to table a second time.

No. 23.—*Brisket of Beef, à la Flamande.*

SEE *Removes*, No. 3, page 68.

No. 24.—*Rib of Beef braized en Hochepot.*

TAKE about four ribs of beef: pare the thick part, lard them with thick bacon, and *braize* them in the same manner as you would do the rump. Send up with glazed onions, or cabbages, or *hochepot*, or a *sauce hachée*, round it. Observe that you are not to detach the ribs, which are to be served flat, as if they were mutton chops.

No. 25.—*L'Entre-Côte of Beef broiled, Sauce hachée.*

TAKE the slice which lies between two ribs of beef, flatten it well in a good shape, and broil it. If it be thick, you must have a gentle fire to heat it through; if it be thin, the fire must be brisk, or it will not get a good colour, nor eat so well. The *entre-côte* is a most tender eating.

## CHAP. VI.

## ENTRÉES OF MUTTON.

## MUTTON AND LAMB.

IT is necessary to observe to the junior cook, that almost every thing which is made with mutton, may be made also with lamb; with this only difference, that lamb being the tenderest meat, it requires less doing. If you make *haricot* of lamb, you must *sauter* the cutlets first, and then boil them in the sauce of *haricot* (See *Haricot*): the *epigram* is always made with lamb, as it requires *à blanquette* in the middle of the chop. Mutton is too highly coloured for it.

No. 1.—*Mutton Cutlets à la Soubise.*

TAKE a neck of mutton, and cut the chops one by one without flattening them; cut off some of the flat bone at the extremity of the chops. Put them into a stew-pan with all the parings, together with the parings of the onions for the *soubise*. Season the whole well with carrots, a bunch of parsley and green onions, salt, and a very small quantity of spice, &c. throw in four or five spoonfuls of good broth, to braize them. When done, drain them, and let them cool. Strain the liquor through a silk sieve. Then reduce it to glaze. Next pare the chops nicely, and put them with the glaze. This being completed, dish them *en miroton*, and pour the *soubise* into the middle.

Some persons take two necks of mutton, cut two bones to each chop, lard them with bacon, and *braize* them as above; but mutton being in general fat, is better without being larded. With regard to the two bones, you must flatten them as above, for if they are too thick you cannot dish them well.

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*Another, and a much better Method of preparing Cutlets  
 à la Soubise.*

CUT the mutton chops a little thicker than when you wish to broil them. Pare them nicely, and put them into a stew-pan, where they may all lie flat. Put an onion or two, a few carrots *tournées*, a little salt, a bundle of parsley and green onions seasoned, four or five spoonfuls of good *consommé*\*, and sweat the whole till it is entirely done. Then take out the roots, put in a little glaze, and reduce over a large fire. When entirely *à glace*, lay them on a cover to drain the fat, and serve up before they can get dry. This method is preferable to the other. You must not in either case lard your chops with bacon.

No. 2.—*Cutlets en Haricot Vierge.*

PREPARE the chops as above. Braize them in the same manner. As many people object to onions, serve them with a *haricot vierge* instead of a *soubise*. (See *Sauces*.)

No. 3.—*Cutlets à la Minute.*

TAKE the best part of a neck of mutton that has been kept for a while. Cut the chops one by one, and pare them as nicely as you can. Season them with pepper and salt,

\* Be on your guard against using old broth: if you have no fresh broth, put water. Old broth turns the cutlets red.

dip them into some clarified butter, and broil them over a brisk fire. Serve up with a very strong gravy of veal, well seasoned. Observe that cutlets *à-la-minute*, to be good, must not be too much trimmed, and you must leave a little fat to them; they are dipped in clarified butter to prevent them from drying.

No. 4.—*Cutlets à l'Italienne*

ARE prepared as above, but are to be dipped into crumbs of bread. After having dipped them once into the crumbs, repeat the same operation in clarified butter and crumbs a second time, and then broil them. Lastly, press them between two sheets of brown paper to take out all the fat, and serve up with brown *Italienne*. (See *Sauces*.)

No. 5.—*Lamb Cutlet Epigram*.

THESE are nearly the same as in No. 3. Only you serve in the middle a *blanquette* of lamb, cut out of the shoulder or any other part of the lamb.

No. 6.—*Cutlets en Haricot brun*.

MANY people braize and glaze them, and put the *haricot brun* in the middle, but I will explain the manner in which they are to be prepared, in order that they may taste of the turnips. Cut the chops as in No. 1, pare the bones nicely, then fry them in a little butter, of a nice brown colour, drain the butter, and make a *roux* very *blond*; that is to say, put into the same stew-pan a small bit of fresh butter and a spoonful of fine flour; put this over a moderate fire, and turn it with a wooden spoon till the flour is of a very nice brown colour, then moisten with some gravy of veal of a fine colour, well seasoned. When the sauce boils, throw in the chops, and the trimmings of the turnips; let them stew gently on the corner of the stove. Skim the sauce

frequently: when the chops are nearly done, drain them in a clean stew-pan. Have ready some turnips turned in whatever shape you think proper, but they must not be too small for this *entrée*; drain the sauce through a tammy over the turnips and chops, which stew in this sauce with a little sugar; continue skimming frequently. When the turnips are done as well as the chops, keep them warm *au bain marie*, till you serve up.

*N.B.*—Some people fry the turnips in butter to make them brown, which is useless, as they will look very well, provided the gravy of veal is of a fine colour.

No. 7.—*Cutlets sautées à l'Essence.*

*PARE* them as in No. 3, *mark* them in a cutlet-pan with clarified butter. *Sautez* them over a brisk equal fire. Drain part of the butter; put one or two spoonfuls of *Espagnole* and a little glaze into the cutlet-pan with the juice of a lemon. Keep stirring the whole over the fire, but do not let it boil. Dish and send up instantly.

*N.B.*—If these are kept waiting, they are spoiled. They are fine eating however for such people as like their meat under-done; but if they are over-done, they have no more savour than cork or leather.

No. 8.—*Cotelettes à la Maintenon.*

*PARE* the chops as in No. 3. Chop fine some sweet herbs, such as parsley, shalots, and mushrooms, which fry in a little butter. When they are done, fry the chops a little in that seasoning till nearly done, let them cool, then wrap them up in paper, and broil them over a slow fire. This *entrée* I cannot much approve of, on account of the greased paper which is to appear at the table. But some persons like them.



No. 9.—*The inside Filets à la Maréchale.*

THE inside fillets of mutton are to be taken off from under the sirloin; take off all the fat; flatten the fillets with the handle of your knife, and dip them into crumbs of bread and salt and pepper, and then into clarified butter, and crumbs again. After having broiled them of a fine colour, sauce them with the *maréchale*. The *maréchale* for this is tarragon vinegar reduced in a small stew-pan, and moistened with three or four spoonfuls of *Espagnole* sauce, and a little Cayenne pepper.

No. 10.—*The inside Filets marinated.*

You must have the fillets of four saddles of mutton, which of course produce eight *filets mignons*. Lard them in the same manner as fillets of rabbits, next pickle them in a *marinade crue*, such as thyme, parsley, bay-leaves, onions, salt, pepper and vinegar. When they have been lying for two or three hours in this *marinade*, mark them in a *sauté*-pan between two layers of bacon, and bake them. When done, glaze them, and serve them up with a *poivrade* under them. Observe, that this *entrée* is only to be served in a family, where you give saddle of mutton to the nursery, or to the servants; in that case, you take off the inside fillets. You may leave the fat to the saddle, and only take off the fillets.

No. 11.—*The inside Filets with purée of Sorrel.*

THESE are to be pared and larded as in No. 10. Mark them as a *fricandeau*, by which is meant, that you must make a bed of roots in a stew-pan; these you cover with a second bed of layers of bacon; then lay the larded fillets on the bacon, and powder them over with a little salt.

Moisten but little. They only require one hour to be done, between two fires, one on the top, another at bottom. When they are done, reduce the liquor and put the fillets into that glaze. Serve under them the *purée* of sorrel.

*N.B.*—They are also sent up with endive, or with the *Soubise*, or *Macédoine*.

No. 12.—*Necks of Mutton en Aigrettes.*

TAKE the best part of two necks of mutton, pare the fillet, lard it as a *fricandeau*; take off the upper skin of the flank: then take a piece of cold veal, or a piece of cold *bouilli* beef, which cut round, a little larger than your hand. Wrap this beef up in a very thin layer of bacon. Next turn the mutton with the larded fillets downwards, and the fat upwards: mark this in the same manner as the inside fillets with vegetables. When they are done, glaze them of a nice colour, then take out the beef and the bacon, and in the middle pour a *Macédoine*, or any other sauce.

No. 13.—*The Neck of Mutton with Parsley.*

TAKE the same two parts as above; after having taken off the bones, take off also the sinews, as if you were going to lard them. Have in readiness a few branches of parsley, quite green, with which you lard the fillet only, but very thick, for when well done the parsley is diminished considerably, as it gets dry. Before you split the mutton it must be marinaded in oil and salt, an onion cut into slices, &c. The oil makes the parsley crisp, and preserves its green colour. Send up with a *poivrade*, or an *Espagnole*. (See *Sauces*.)

No. 14.—*Les Carbonades à la Jardinière.*

TAKE a saddle of mutton, and cut off the skin that is over the fat without stripping the fillet. Cut the saddle in

two, and each of these two into three; braize them as the mutton *à la Soubise*; do not leave too much fat, glaze them of a nice colour, and serve them with the *haricot*, or the *jardinière*, or endive, &c.

*N.B.*—This *entrée*, although frequently sent to table in France, is not often introduced in this country. It may be sent up with sorrel, or with any sauce whatever.

No. 15.—*The Breasts of Mutton à la Ste. Menoult.*

THESE are to be braized with carrots, onions, spices, &c. When they are well done, drain them. Take out the bones and let the meat cool between two dishes, that it may be kept flat. When cold, cut them into the shape of hearts, rounds, or into chops, just as you like. Brush them over with the yolk of an egg, and then dip them into crumbs of bread; next dip them into clarified butter, and give them another coat of bread crumbs. Put them into the oven to give them a fine brown, and serve them up with a *sauce hachée*, or an *Italienne*, or *en haricot*. This is also a common dish.

No. 16.—*Musette of Mutton with Endive.*


TAKE a shoulder of mutton that has been kept for some while; bone it without taking off the thin skin that is found near the joint; powder it over with a little pepper and salt. Then pass a piece of packthread round, as tailors do round a button, fasten the packthread, and mould the shoulder of mutton quite round. You must preserve the knuckle so that it may resemble a bagpipe. Braize it, and season it well. After having drained and glazed it, send it up with either endive or sorrel.

*N.B.*—It may also be stuffed and larded, and a flowret larded in the top part, and sent up with white beans *à la Lyonnaise*.

No. 17.—*Sheep's Tongues with Turnips.*

TAKE eight tongues of an equal size; let them disgorge in a little water and flour, and next blanch them. When thoroughly blanched, mark them in a stew-pan, to *braize* them. In case you should have a *braize* of beef, or of mutton, or any others, as they will all equally answer the purpose for sheep's tongues, when they are done, peel them and cut them in two. Dish them *en miroton*, and *mask* them with the sauce of the *haricot*, the turnips of course being put in the middle.

No. 18.—*The same with Cabbage Lettuces.*

THE tongues are to be braized as above, the same as those you wish to cook in any way whatever. Take a dozen and a half of good cabbage-lettuces, wash them very clean, and blanch them. When they are cold, and you have squeezed all the water out of them, open them in two, take off the stalks, powder a little salt and pepper over them; then shut them and give them a good form; mark them in a stew-pan, surrounded with layers of bacon; moisten them with a little *braize*, or a *poële*, or any thing to give them a good taste; otherwise take the pot-top, with a little broth and salt. When the lettuces are quite done, drain them, and squeeze them in a cloth to extract the grease. Dish them *en rosates*,  namely, a tongue, a lettuce, and so on successively. Put a large tongue in the middle, to improve the look of the *rosate*. Another time, cut the tongues in two, and dish them *en miroton*, that is, one half of a tongue, and a lettuce alternately. In this case, put a *jardinière* in the middle, and *mask*\* both the tongues and the lettuce with the *Espagnole*.

\* *Mask* signifies, cover with the sauce.

No. 19.—*Sheep's Tongues au gratin.*

CUT as many bits of bread in the shape of cocks'-combs, as you have tongues. Take some *farce fine*. (See Chap. IV. No. 6.) Erect a little dome in the centre of the dish, and dress the tongues in the said *farce*, leaving however room enough between to place one of the toasts; then put the dish into the oven. When the *farce* and tongues are done, take them out of the oven, and drain all the grease; they must be covered with bacon, in order that they may not get dry (unless a mould may be procured to close hermetically); you then put your toasts, fried of a fine brown colour, between each tongue, and the sauce with a thick *essence*. Mind that the tongues must be *braized* before, with whatever sauce you serve them.

No. 20.—*Sheep's Tongue à la Maintenon.*

THE tongues are to be cut in two, and put into a *dusselle*, or in fine herbs, the same as chops *à la Maintenon*. When you put any meat *en papillotes*, you must use as great a quantity of fine herbs as possible, (as No. 8.)

No. 21.—*Hashed Mutton.*

WHEN you know that you will have hashed mutton to make, be careful to keep some good gravy, then cut the skin off, and the sinews; leave as much fat as you can find in the inside of the leg; cut the meat into small flat bits, season with a little salt and fine pepper, spread a little fine flour over the meat, mix all very well, then moisten with the gravy; if you have no gravy, you must have a little broth and a small bit of glaze or portable soup; do not let it boil, for it will make the meat very tough.

No. 22.—*Minced Mutton with Cucumbers.*

ROAST a leg of mutton that has been kept for a long time. When under-done, let it cool; when quite cold, pare the sinews, skin, fat, &c. &c. next make a mince, which throw into the sauce with cucumbers à l'*Espagnole*. (See *Sauces*.)

No. 23.—*Minced Mutton with Endive.*

THIS is to be prepared in the same manner as all other minces of mutton. Only observe that minces of black meat, as we call them, require brown sauces; and that the meat must never boil a second time, as it would become tough.

No. 24.—*Sheep's Tails with purée of Green Peas.*

DISGORGE the tails in water to draw out the blood; next blanch them, and *braize* them in an old *braize*; otherwise they are to be seasoned with carrots, onions, spices, &c. When done, drain and glaze them. Then let them get a little dry in the oven. Put the *purée* of green peas under them; the same if you use the *purée* of sorrel.

No. 25.—*Sheep's Tails à la St. Laurent.*

BRAIZE them in the same manner as those above; drain them and let them cool. Mind to give them a pleasing shape. Next brush them over with the yolk of an egg, and dip them into crumbs of bread. Then dip them into clarified butter and crumbs of bread again. Put them into the oven till they are of a fine brown, if your oven is hot enough; if not, broil and send them up with rich gravy, or an *Italienne*.

N. B.—The *entrées* of mutton, from No. 17 to this last number, are not very frequently sent up to table in England, but in France they are held in high estimation. The tails are served in different ways, but the most commendable is with green peas, and *purées* of all sorts.

No. 26.—*Sheep's Brains en Matelotte.*

DETACH the brains from the head without breaking them. Put them into a large vessel with some luke-warm water; take off the skin and let them disgorge for two hours. When they are become quite white, boil them in water, vinegar, and salt; and when they are done, serve them up with a sauce that is called *matelotte*, which is to be made as follows. Have a good *Espagnole*, glaze some small white onions (See *oignons braisés*) and a few mushrooms in the sauce, together with a few cocks'-combs. Dish the brains in flowrets, with some bits of fine bread in the shape of a cock's-comb between each; then mask with the sauce, and let the ingredients, or *ragoût*, be put in the middle. Observe, that any *ragoût* of this sort must be well seasoned; a little Cayenne is not amiss.

No. 27.—*Sheep's Trotters à la Poulette.*

TAKE a dozen of sheep's trotters well scalded. Wash them in boiling water, and stew them in a *blanc*. (See a *blanc* calf's head.) When well done, take some *sauce tournée* well reduced, to help the thickening, into which you have put a little chopped and blanched parsley, with the juice of a lemon; then throw the trotters into this sauce after having them well drained. If you should happen to have no *sauce tournée*, make a little white *roux*, moisten it with good *consommé*, seasoned with a bunch of parsley and small onions, and a few mushrooms. Let this sauce stew on the corner of the stove; skim the grease,

and after having reduced it to a proper state for the thickening to be thrown in, drain the sauce through a tammy, and put the trotters into it.

No. 28.—*Sheep's Trotters en Canelons.*

TAKE some sheep's trotters as above, and stew them in the same manner; but do not let them be over-done, as they are to be stuffed with a *farce*, which could not be done in the latter case. Introduce the *farce à quenelles* in the room of the bones. When the trotters are well stuffed, put them between layers of bacon, and moisten them with a *poêle*. Stew them for half an hour only, on account of the *farce*. Drain them, and *mask* them with a sauce well seasoned, either white or brown, according to your taste. As these are to be served whole, when you bone them, mind you do not injure the skin, for they would not hold the forcemeat that you must put in. Observe, that this is a most excellent dish, as well for the taste as for health. It is particularly good for weak stomachs.

No. 29.—*Sheep's Trotters fried*

ARE to be prepared in the same manner as the preceding. Make a *marinade cuite*, and leave the trotters in it to *marinade*. Then drain them, and dip them into a paste; fry them of a fine brown, and when well drained send them up, with parsley fried green in the middle.

For a *marinade cuite*, take carrots, onions, a little parsley roots, a clove, a little thyme, a bit of bay-leaf, and a shalot, which mix together. Fry them a little, but not brown, in a little butter. When the roots begin to colour, moisten with half water and half vinegar; let the roots and vegetables get quite done; season with pepper and salt, and drain it through a silk sieve over whatever you may choose to *marinade*.



*Paste for frying, or batter.*—With regard to the batter intended for frying *marinades, fritteaux, &c.* put about four spoonfuls of flour into an earthen-pan, with a little salt, a little olive oil, and moisten with a sufficient quantity of water or good beer, that the paste may not cord. When the flour is well mixed, beat the whites of two eggs, which mix with the paste, and then put in, whatever you may wish to fry; let it be done instantly, however. This method is preferable to any other, except perhaps such as may be recommended for artichokes, orlies, &c. &c. &c.

No. 30.—*Sheep's Kidneys broiled.*

TAKE some kidneys that have been kept for a while, cut them in two, and use a small skewer to keep them open, in imitation of two shells; powder them over with a little pepper and salt, dip them into a little melted butter, and broil them just as you are going to serve up. Broil the side that you have cut open first: when you broil the other side, the whole of the gravy issues on the upper part. Mind when you take them off the fire, that the gravy does not drop off. Have some parsley chopped very fine, mixed with fresh butter, the juice of a lemon, pepper, and salt; put a little of that mixture over each kidney, and send up to table in a hot dish.

N. B.—Kidneys are an excellent breakfast for sportsmen, but are seldom sent up to dinner. They must be eaten directly, as they lose their goodness by waiting.

No. 31.—*Sheep's Kidneys with Champaign*

ARE prepared in every respect as at No. 19, *Entrées* of Beef.

No. 32.—*Leg of Mutton braized, called generally de Sept Heures.*

SEE *Removes of Soup*, No. 7, page 70.

No. 33.—*Leg of Mutton, farcie or stuffed.*

TAKE a leg of mutton, bone it without damaging the skin, cut off all the fat; then take some fat bacon, about one third of the quantity of the inside meat: chop the bacon and the meat together, season the whole well, with chopped parsley in the *farce*, or force-meat; next stuff the skin of the leg of mutton, sew it underwise, wrap the whole in a cloth, and braize it as a *gigot de sept heures*. Drain it a short time before you serve up, in order to be enabled to take off the packthread. Then glaze and serve up with the *Lyonaise*. The *Lyonaise* is as follows: take one quart of white haricot beans, put them into soft water for three hours, then put them into cold soft water, to boil with a very small bit of butter; when done, mince one very large white onion, and fry it in half a quartern of fresh butter; when the onion is well done, put to it a spoonful of flour, moisten with some good gravy, and leave the flour to be well done; then put a few haricot beans with it, and rub it through a sieve or tammy; after this drain the haricot beans well, and put them into that *purée*, well seasoned with salt and pepper.

No. 34.—*Boiled Neck of Mutton.*

TAKE from the best part of a neck of mutton, the skin and the bones, which are unsightly. Boil it for an hour and a half. Then send it up with turnips mashed with a little butter and cream.

No. 35.—*Boiled Leg of Mutton.*

THE same as the above, only boil longer according to the size : and mind, not to boil it too fast, as it will be tough, and white ; but if you boil it gently, it will be always good.

## CHAP. VII.

## ENTRÉES OF VEAL.

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IT is necessary to observe, that the veal you intend to serve for dishes must always be very white and fat; what you use for sauces is not of so much consequence; but I am sure that very white veal is more healthy than common veal; red veal will disorder a great many stomachs, white never does.

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No. 1.—*Veal Cutlets broiled, à l'Italienne.*


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TAKE the best part of a neck of veal; cut the ribs one by one, flatten them, and pare them nicely. Next dip them into butter, and broil them on a slow fire, that they may get a fine brown colour. Do not forget to powder them with a little pepper and salt before you dip them into the butter, and send them to table with a brown *Italienne*, or *Espagnole*, or gravy.

No. 2.—*The same, à la Vénitienne, dites aux fines Herbes.*

TAKE the same part as above; when the cutlets are well pared, take a quarter of a pottle of mushrooms, a few shalots, a little parsley, chop the whole very fine, separately, rasp a little fat bacon, and a small bit of butter, and stew these fine herbs on a slow fire. As soon as they are done, put the cutlets with them, and stew them over a small stove. When they are done, and well seasoned with

salt and pepper, skim off as much fat as you can, put in a spoonful of *sauce tournée*, and thicken your sauce with the yolk of three eggs, mixed with a little cream, and the juice of a lemon: add a little Cayenne pepper to it.

No. 3.—*The same, à la Dauphine.\**

TAKE six fine cutlets of veal, and pare them on one side only, but all on the same side: lard them like a *fricandeau*, only let the bacon be cut finer; let them be *braized* also in the same manner as a *fricandeau*; then reduce the liquor in which they have been stewed, with which you glaze them. Serve up with either endive or sorrel.

No. 4.—*The same, à la Mirepoix.*

PUT a little fresh butter, a few small shreds of ham, a little thyme, the half of a bay-leaf, a few stalks or a bunch of parsley, into a stew-pan. Then put the cutlets, which have been pared and seasoned as above, over the ham and butter. Next sweat them on a very slow fire. When they are done, drain the grease; pour in two spoonfuls of *Espagnole*, and one spoonful of *consommé*, to detach the glaze, and the juice of a lemon. Send up the cutlets covered with this sauce, after having taken out the thyme and bay-leaf. If you choose to serve up the ham cut into fanciful figures, you may.

No. 5.—*Veal Cutlets à la Maintenon.*

THESE are to be prepared in the same manner as described at No. 2. When they have been stewed for a short

\* Observe, that part of the veal is always the best for *fricandeau*, which is intermixed with fat. I never had any other *fricandeau* served at the United Service Club. The other way of making *fricandeau* is thready and dry.

time with the fine herbs, let them cool; then cut some bacon into hearts, which you put on each side of the cutlets, to prevent the paper from catching fire; then wrap them well in the paper, and rub the paper with oil, and broil them on a very slow fire.

No. 6.—*Veal Cutlets à la Chingara.*

PAKE six cutlets as above. Sweat them with a little butter and ham; when they have been well seasoned, and are done, cut some slices of *tongue à l'écarlate* of the size of the cutlets, which you glaze, and with which each cutlet is to be covered. Serve them up with an *essence* detached from the glaze of the cutlets.

No. 7.—*Veal Cutlets à la Dreux.*

THESE are to be cut very thick, and larded with large slips of ham. Season and *mark* them wrapped up in bacon and carrots, onions, thyme, cloves, bay-leaves, &c. Lay the trimmings on the top, and moisten with two spoonfuls of good broth; let them stew over a very slow fire. When they are done, lay them in a dish to cool. Next pare them of an agreeable shape, and put them into the glaze of the liquor which you have reduced. When dinner-time is at hand, glaze them of a fine brown, and serve up with an *Espagnole*, or sauce *hachée*, or any other sauce.

No. 8.—*Veal Cutlets à la Châlons.*

THESE are prepared in the same manner as those above, No. 7. The only difference is, that they are larded chequer-like, with pickled cucumbers, ham, and fat bacon, and that the former are larded with ham alone. Serve them up with a *sauce hachée*, or *purée* of sorrel.

No. 9.—*Veal Cutlets à la Financière.*

THESE are to be prepared, larded, done, and glazed as those *à la Dauphine*; put under them a *ragoût à la financière* (See *Sauces*), and between each cutlet a large *quenelle* (See *Sauces*).

No. 10.—*Neck of Veal à la Cream* \*.

TAKE the same part as is used for the cutlets; cut the bones short enough to be enabled to roll the flanks underneath: give it a square shape; and *marinate* it for a couple of hours, with oil, parsley, sliced shalots, pepper, salt, thyme, and bay-leaves. Fasten it on the spit, so that the shape is not altered, and then wrap it up in buttered paper. When roasted for about an hour and a quarter, take off the paper. Have ready a *velouté* reduced, which you pour over it, and with which you baste it till the sauce adheres all round; then serve up with a *velouté* under it.

No. 11.—*Neck of Veal à la Mirepoix.*

MAKE a *mirepoix* as follows, with rasped bacon, butter, bit of ham, thyme, bay-leaves, pepper, salt, &c. Fry the whole on a slow fire. When that is done, put the necks of veal fried with it; only stew it a little, and let it cool. When cold, take two sheets of white paper, butter one of them, and trim it with layers of bacon. Then lay the *mirepoix* over the bacon, and close the paper hermetically. Wrap the whole up in several sheets of paper, and bake it in an oven, which, however, must not be too hot. It will be done in an hour and a half's time. When done, take off the paper, and send up to table with an *Espagnole*, or an

\* *A la cream* will sound very bad to an English ear; but as this sauce gives its name to the dish, it must retain the French appellation.

*Italienne*. As *mirepoir* is the name of the seasoned fat substance put round the meat to prevent its drying, and also to give it taste, you must remember to make no more than is wanted for the size of the *entrées* you intend to make. Half a quarter of a pound of butter, the same quantity of ham, thyme, bay-leaves, salt, pepper, &c. are sufficient for this.

No. 12.—*Neck of Veal à la Barbarie*.

TRIM the neck of veal as above. Cut some black truffles into nails, and with these lard the meat. Put them so as to represent a draft-board. *Braize* the meat as you would do a *fricandeau*, but it requires bacon on the top, that the veal may retain its white colour, and the truffles their black one. When done, glaze it slightly, and serve under it an *Italienne* with truffles, or the *sauce hachée*.

No. 13.—*Neck of Veal à la Ste. Menhoulte*.

BRAIZE a neck of veal as above, but without larding it. Send it up glazed with any sauce you may fancy. If it is returned untouched, make a *sauce d'attelets*, with a little *sauce tournée*, and a little white *Italienne* (See *Sauces*), which reduce on the fire. When the sauce is quite thick, throw into it the yolks of two eggs. Spread this sauce over the neck of veal, cover it likewise with crumbs of bread; then have a little melted butter, and strew some more crumbs over it, and moisten it by using the brush, dipped in the butter. When the meat is thus well soaked, put it into the oven to give it a good colour, or use the salamander. Send it up with a *sauce hachée*.

N.B.—All the *entrées* of veal, such as *carrés*, *fricandeaux*, *côtelletes*, sweetbreads, &c. are served up with all sorts of *purées*, and *la Macédoine*, in the summer season. It is useless to multiply these articles when they may be ex-



plained more briefly: by changing the sauce, you change the appearance of the dish.

No. 14.—*Le Fricandean aux différentes Purées.*

FRICANDEAU is a very good *entrée* when made with due care and attention, but it is seldom dressed to that degree of perfection which it requires.

To make a good *fricandean*, the veal must be of the best quality, which you may know by the meat being white, and not thready. Take off the skin of a *noir de veau*\*, flatten it on a cloth or a clean towel, then at one stroke level it with your knife, for a *fricandean* that is cut off at several times never looks so well. When you have pared the top part, turn it round, make slits in the middle, that it may taste more of the seasoning. Next lard it very thick, which in general is not properly done in England. The consequence is, that the bacon not being laid sufficiently cross-wise, the shreds shrink, and cannot be properly glazed. Never blanch the *fricandean* after it has been larded, as some people do, but mark it in a stew-pan large enough to contain the *fricandean*, besides plenty of roots cut into slices, such for instance as two carrots, two large onions, and some roots of parsley, besides a small quantity of mace, allspice, thyme, bay-leaves, and whole pepper. Put all these on the bottom of the stew-pan, with layers of very fat bacon on the top of the vegetables, as lean bacon gives a red colour to the *fricandean*. When you have thus well covered the roots, erect a small dome in the centre, lay the *fricandean* over the bacon, powder a little salt over it, and moisten with a sufficient quantity of broth to cover the roots

\* *Noir de Veau*—the leg of veal is divided into three distinct fleshy parts, besides the middle bone; the larger part, to which is attached the udder, is what is called *la noix*, the flat white part under it, *sous noir*, and the side part, *contre noir*. For these three parts the English have no name by which the French appellations may be rendered.

without reaching the said *fricandeau*. Then put a great deal of fire on the cover of the stew-pan, keeping very little beneath the stew-pan. It is not amiss to observe, that the *fricandeau* being done in this way, retains a good shape, and all its gravy.

If you should wish to cook it as I am farther going to direct, the moment it is *parti* (which signifies, when it begins to boil) put it over a very slow and equal fire, for three hours and a half, if it is not very large. Baste it frequently with the liquor: then take a needle *a brider*, which run through the middle: if it gets in and comes out easily, the *fricandeau* is done enough. Now put a great deal of fire over it to make the bacon firm, which otherwise would break when you glaze it. The liquor must be reduced to be used as glaze for the *fricandeau*; it being more tasty than any other glaze. Serve up with it such *purée* as the season will afford, or the *Macédoine*, &c.

*N.B.*—The *fricandeau* may vary with regard to the shape, but the savour is always the same, if it is done properly. If for instance a *fricandeau* is to be served when there is a grand party, it is requisite to give it another shape than for a family dinner. Though an expensive dish when served alone, it becomes rather cheap if there is a grand dinner, as veal in abundance is wanted to make the broths and sauces. The *noir de veau*, besides glaze, will supply a very elegant and good *entrée*. In the summer season give it the shape of a turtle. Cut off part of each extremity of the *fricandeau*, take the tops of asparagus, which you lay beneath, after having poured the *Macédoine* into the dish. Have four braized lettuces ready, put one at each corner, as sham claws. Asparagus and lettuce eat well with a *Macédoine*, and of course they may be used without any danger of their being disapproved of. In the winter season make *quenelles* of veal, which place instead of the above-

mentioned articles, and serve up with an *Espagnole*; but the proper sauce is sorrel.

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*Another Method.*

WHEN the *fricandeau* is fully larded, split it through the middle. Take a very large turnip, or a piece of cold veal, which has been used to make a sauce, cut either round or oval, wrap it up in bacon, and thrust it within the cleft, as you have done in the *fricandeau*. Mark this as the other, and let it be done in the same manner. You must observe that it will be done sooner, that is, in less time. Glaze it. Now take either French beans or asparagus; place them erect inside of the two extremities of the cleft, and pour a *Macédoine* between, with a very large sweetbread larded and glazed over the middle, which produces a very pleasing effect.

The same may be done for a *fricandeau en puits*, with a *blanquette* in the middle.

No. 15.—*The Grenadins of Veal with the purée of White Celery.*

WE call *grenadins* small fillets of veal larded as a *fricandeau*, cooked and sauced in the same manner. Out of a *noir* of veal you may make two or three *grenadins*, according to its size. It is no easy matter to explain the manner of cutting them; let it suffice to say, that being much thinner than a *fricandeau*, they naturally are done in less time. They are served up with a *Macédoine*, or with all sorts of *purées*.

No. 16.—*The Noix of Veal en Bédeau.*

IT is so called, because in France the parish beadies wear gowns of two colours, one half of one colour, the other half of another.

Take the *noix* of a young heifer, and trim it as follows. If intended for an *entrée*, choose the smallest you can procure; if for a *remove*, the largest that can be got. Flatten it a little, retaining the udder. Form a crescent on the border of the fat, and pare that part where there is no fat. Lard it as a *fricandeau*; let it be done in the same manner, only cover with bacon the part that is not larded, in order to keep it white, and glaze it slightly when done. Being done in the same style as the *fricandeau*, it is served up with the same sauces.

No. 17.—*Veal à la Bourgeoise.*

THE only part which I could wish to recommend in this case is the *cassis*\*, which is fat, and a luscious eating. It is not generally sent up when there is a grand dinner; but for a family dinner it may prove very acceptable indeed. The plain way of cooking this I reckon the best, and will explain it accordingly. Take a stew-pan large enough to make the veal firm in a little butter, by frying; when it is of a fine brown colour all round, put in a few carrots, onions, spices, a little lean bacon, and two calf's feet, seasoned with pepper, salt, thyme, &c. Moisten with two spoonfuls of broth or water, and let the whole stew for a couple of hours on a very slow fire. When done, drain the fat, take out the spice, and serve up the veal with the roots and the gravy all round.

No. 18.—*Sweetbreads à la Dauphine.*

If you use round dishes, you must have four sweetbreads; if a long dish, three large ones will be sufficient. Mind, at any rate, to select them of a large size and very

\* I call *cassis*, that part which is attached to the tail end of a loin of veal; the same part of beef is called the rump.

white. Pare the sinews and the fat; throw them into warm water to draw out the blood, and make them as white as possible. When thoroughly disgorged, blanch them a little in boiling water to make them firm, that you may lard them with greater facility. As soon as they are larded, rub a stew-pan all over with butter, cut a few carrots and onions over the butter; cover this with some fat bacon, lay the sweetbreads over the bacon, powder them over with salt, and stew them with a great deal of fire on the top, and very little beneath. When they are of a fine brown, cover them with a round of paper, and lessen the fire on the top. If they are large, it will require three-quarters of an hour to do them. If they are too much done, they become soft, and are not so palatable. When properly done, drain them, and put them in a pan with some glaze, and the bacon beneath. Leave them in the glaze till dinner-time; then drain them afresh, and glaze them of a fine brown. Serve them up with sorrel or endive.

No. 19.—*Sweetbreads à la Financière.*

THESE are to be larded and done in every respect as those above. Send up with a fine *quenelle* between or in the middle, and under them the *ragoût à la financière*, or the *ragoût à l'Allemaude*.

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No. 20.—*Sweetbreads à la Dreux.*

LET the sweetbreads disgorge till they are quite white. Then blanch them thoroughly, which is known by their becoming quite firm. Then set them to cool in cold water. Lard them with ham, chequer-like, very close to the level of the sweetbreads, mark the sweetbreads between layers of bacon; moisten with a good braize if you have any, if not, the same as the other, and stew them for three-quarters of an hour. Next drain and glaze them, and serve up either

with a *velouté*, or *Espagnole*, or *purée* of sorrel, endive, or *Macédoine*.

No. 21.—*Blanquette of Veal with Cucumbers.*

ROAST a neck, or a loin of veal. The leg part is tough and dry, as every one must know. When cold, cut it into scollops and put it into the *sauce blanquette*. (See *Sauces*.) Take six fine cucumbers, cut them into quarters, pare them about the size of the scollops: then take the parings and some other pieces, which mince with a little onion. Fry the whole together in a little butter; when the cucumbers are entirely melted, moisten with a *sauce tournée*, and stew them on the corner of the stove for an hour; skim off the grease, and rub the sauce through a tammy. Put the other whole cucumbers into some *sauce tournée*, and let them boil till done. Then lay them in a hair sieve to drain. Put together the *purée* of cucumbers and the *sauce tournée* in which you have boiled the cucumbers; being sufficiently reduced, thicken it with yolks of eggs well beaten, and seasoned with salt and a very little sugar. When the sauce is well thickened with the aforesaid articles and a little thick cream, put in the meat and cucumbers, and keep the sauce hot, that the meat may have a better savour. This *entrée* must be sweet, not too much so, but the sugar must predominate.

No. 22.—*Blanquette of Veal à la Paysanne.*

ROAST the veal as above; cut it in the same way; reduce the *sauce tournée*, season well, put the veal into the sauce before the thickening; chop some parsley very fine, and put it in with the juice of half a lemon before you mix it with the thickening; stir the stew-pan round without using a spoon, and send up to table quite hot.

N.B.—This is a very good method; but if you can cut

your veal whilst quite hot, it will be a great improvement, as the sauce will then be better imbibed by the meat.

No. 23.—*Scollops of Sweetbreads with Green Peas.*

TAKE four fine sweetbreads, let them disgorge, and blanch them thoroughly. Next cut them into scollops, as large as possible. Mark them in a *sauté* pan with clarified butter and a little salt. A quarter of an hour before you send up, *sautéz* them over a stove, with a clear fire, turn them round, and when done, drain the butter, and put a little glaze into the *sauté* pan. Keep stirring the sweetbreads in the glaze; dish them *en miroton*, and send up the peas in the middle.

When you have sweetbreads of *desserte*\*, cut them into scollops, make them hot in a little light glaze, and after having dished them *en miroton*, mask them with the peas. Scollops of sweetbreads are easier to dress, when you put between them a slice of fried bread cut round, and the green peas in the middle; without the fried bread they do not keep the shape in which you dish them.

No. 24.—*The Attelets of Sweetbreads à l'Italienne.*

TAKE some fine sweetbreads, as white as can be procured. Blanch them, and stew them in a well-seasoned liquor of braize. When done, drain them; and when cold, cut them into squares of about an inch. Put those squares into a *sauce d'attelets*, and let them cool. When the sauce is cold, skewer the squares, alternately, with a bit of calf's udder ready done, using silver skewers, and give them as nearly as possible a square shape, all of a size. Then, moistened with the sauce, dip them into crumbs of bread only. Now give them a complete square shape, and dip

\* *Desserte*, is when left from the table.

them into an *omelette* of four eggs, whites and yolks beaten together with a little salt, cover them over again with crumbs of bread, which level with a knife. Next powder some crumbs of bread on the cover of a stew-pan, and lay the *attelets* over them. The moment you are going to send up to table, fry them of a fine brown, and sauce them with a brown or white *Italienne*, according to your fancy.

No. 25.—*Small Cases of Scollops of Sweetbreads.*

LET the sweetbreads disgorge and be blanched as above. When they have been lying for a time in cold water, make small scollops of them, and mix them with a *dusselle*, which is to be made in the following way:—

Take half a pint of mushrooms; four or five shalots, a little parsley, and chop the whole very fine separately. Next rasp a little fat bacon, put a small lump of fresh butter. Stew the fine herbs over a slow fire, and put the scollops with them, seasoned with salt, pepper, and a little pounded spice. When done, drain all the fat; then put the scollops into small paper cases fried in olive-oil, and put to them a deal of seasoning, I mean plenty of fine herbs. Then strew over a few crumbs of bread fried in butter. Lay the paper cases for a moment in the oven, and when you are going to serve up, pour into each of them a little thin *Espagnole*, and squeeze the juice of a lemon; but contrive to drain all the fat.

No. 26.—*Croquets of Sweetbread.*

TAKE such sweetbreads as have already been served, cut them into as small dice as possible. Have a good *velouté* reduced ready. Throw the dice of sweetbreads into the *velouté*, and give them a boil, that they may taste of the sauce. Then lay them on a plate to cool. When cold,



roll them into any shape you like, round, oval, or long. Of all things avoid giving them the shape of pears, as some persons do, for in that case they must be more handled, without at all improving the quality. Serve up with parsley, fried green, in the middle. Sometimes you may spread a very thin puff paste, and wrap some of the meat of *croquette* in it; put some crumbs of bread over it, and fry it of a very good colour. This is what is called *risole*. The *risole* differs in this particular only, that one is wrapped up in crumbs of bread, and the other in paste.

*Risolle*

No. 27.—*Calf's Brain en Matelotte.*

TAKE three brains of an equal size. Strip them of the upper skin, let them disgorge in water; then boil them in water, salt, a little vinegar and butter. When done, drain and dish them, serve them up either with *la sauce matelotte*, or *la financière*. Cut each of them in two, and when you serve them on the dish, put between each a bit of bread, of the shape of a cock's-comb, that has been fried of a nice colour.

No. 28.—*Calf's Brain à la Maître d'Hôtel.*

LET them be prepared as above. Cut some bread into the shape of cocks'-combs, which fry in butter till of a fine colour. Dish them between each half of the brains, which you have divided, and *mask*\* the brains with a *maître d'hôtel*.

No. 29.—*Calf's Brain with fried Parsley.*

THE same as above with regard to the stewing. Fry separately some parsley very green, and likewise some butter in a frying-pan, till such time as it ceases sparkling. Then put the brains into a dish, with the parsley in the middle, and for the sauce, put with the brown butter a spoonful of vinegar, some salt and pepper, and pour it under the brains.

\* *Mask* means to cover with the sauce.

No. 30.—*Marinade of Calf's Brain.*

IN case you should have any brains of *desserte*, make a *marinade cuite*, and give a boil to the brains in it. Then drain them and wrap them up in paste. (See *Paste for frying*, page 123.)

No. 31.—*Calf's Brain, Love-Apple Sauce.*

THESE are to be prepared and done as those above. Cut slices of bread in the shape of cocks'-combs, fry and glaze them, and dish them between the brains, with the love-apple sauce under them.

No. 32.—*Tendrons of Veal à la Jardinière.*

TENDRONS are found at the extremity of the ribs. Previously to your detaching them, *pare* them from the dry bone which is next to them; then part them from the bone, and scollop them in the shape of oysters. Set them to disgorge, that they may be made very white. Next blanch them through. Let them cool. When cold, *pare* them of a good form, and *mark* them in a stew-pan wrapped up in layers of bacon. Put in a carrot, an onion, a bay-leaf, a few branches of thyme, and salt and pepper; moisten them with good broth, or with a *poële* if you have any, and let them stew for four hours as gently as you can. When they are done, drain them, and put them into a *sauté* pan with a little glaze. Keep stirring them over the fire, that they may get the taste of the glaze. Dish them *en miroton*, and serve *la jardinière* in the middle\*.

\* *La jardinière* means the gardener's wife: by this is understood, that any vegetable of a good appearance may be used for that dish; those most particularly used are carrots, turnips, asparagus, green peas, heads of cauliflowers, artichoke-bottoms, mushrooms, French beans, Windsor beans, &c They are, however, to be used only in the spring.

No. 33.—*Tendrons of Veal with Green Peas, brown.*

WHATEVER sauce you may wish to serve the *tendrons* of veal with, they must always be done as directed above. They may be served in different ways, that is, either white or brown, which is explained in the article of Sauces. The *tendrons à l'Espagnole* are to be drained an hour before you send them up. When you are sure there is no more fat left, put them with the peas, that they may get the taste of them; give them one or two boils, then dish them *en miroton*, and *mask* them with the peas *à l'Espagnole*.

No. 34.—*Tendrons of Veal with Green Peas, white.*

BRAIZE the *tendrons* as above. When they are done, drain them, and glaze them in a *sauté* pan. Dish them *en miroton*, and put the peas in the middle. (See the articles green peas, *white*, or *brown*.)

No. 35.—*Tendrons of Veal with Cabbage Lettuce,  
à l'Espagnole.*

BRAIZE and glaze the *tendrons* as above. Then take some braized lettuce. (See *Entrées of Mutton*, No. 18, page 118.) Dish the *tendrons en miroton*, that is, a *tendron* and a lettuce alternately, and *mask* \* with an *Espagnole*.

No. 36.—*Tendrons of Veal en Marinade, dites au Soleil.*

IF you have any *tendrons* that have been sent to table, and are returned untouched, you cannot send them up a second time dressed in the same manner, as they no longer retain their fine colour. Put them into a *marinade cuite*, and then in paste. (See *Paste for frying*, page 123.) Fry them of a nice colour, and serve them up with a *poivrade*.

\* *Mask*, means to cover with the sauce.

No. 37.—*Tendrons of Veal en Chipolata, white.*

(SEE *deep Dishes*, No. 6, page 61.) They may also be served as *entrées*. Glaze them, and put the *chipolata* in the middle.

No. 38.—*Tendrons of Veal en Chipolata, brown.*

(SEE *deep Dishes*, No. 6, page 61.) They are also served as *entrées*, provided you have some deep dishes to contain all the ingredients and the sauce; for otherwise you had better not send them up.

No. 39.—*Tendrons of Veal with the purée of Chestnuts.*

THE *tendrons* are served with all sorts of *purées*, either of peas, celery, sorrel, onions, mushrooms, &c.; but it is useless to repeat similar observations. *Tendrons* with a *purée* must always be glazed, and dished *en miroton* when served as *entrées*, with any sort of *purée* in the middle.

No. 40.—*Calves' Ears farcies and fried.*

TAKE six or eight calves' ears, and let them disgorge. Blanch them, and be particular to clean away all the hair they have inside; then stew them in a *blanc*. (See *Calf's Head*, No. 10, *Removes*.) When the ears are done enough, that is, when they can stand upright, drain them; let them cool; then introduce a *farce fine* (See *Farces Fines*, *Entrées* of Fowl à la *crème*) into the hollow part. Give the ear the shape of a horn. Dip it into an *omelette* and crumbs of bread twice successively, and then fry them till they are of a fine brown. Serve under them a *maître d'hôtel grasse*, or love-apple sauce.

No. 41.—*Calves' Ears, Love-Apple Sauce.*

THESE are to be done the same as above, and particularly when they are very white, otherwise serve them fried.

Slit with your knife the part of the horn all round. Cut the thickest side very flat, that they may stand upright. Dish them *en fleurons à blanc*, over the love-apple sauce.

No. 42.—*Calves' Ears with green Dutch Sauce.*

As above, very white, and the Dutch green sauce under it. The green Dutch sauce is a *sauce tournée* reduced, and a *verd de persil* in it, with the juice of a lemon and a little Cayenne.

No. 43.—*Calves' Ears with the Ravigotte Sauce*

ARE to be done as those above, and slit in the same manner, and served up with a *ravigotte*.

No. 44.—*Calf's Liver larded and roasted.*

TAKE a fine calf's liver of a light colour. Lard it as a *fricandeau*, and pickle it in vinegar with an onion cut into slices, some stalks of parsley, salt, pepper, thyme, and a bay-leaf. When it has been marinaded for four and twenty hours in the pickle, fasten it on a spit, roast it, and baste it frequently. Then glaze it with a light glaze, as it is naturally of a black colour. Serve under it a brown *poivrade*.

No. 45.—*Scollops of Calf's Liver aux fines Herbes.*

TAKE a nice calf's liver, very white, and cut it into slices, which *pare* in the shape of hearts. Then take some fine herbs, parsley, shalots, and mushrooms, and stew them a little on the fire. Then *sautez* the calf's liver with the herbs over a gentle fire. When it is done on one side, turn it round and season it with pepper and salt. Dish the liver. Put a little flour with the herbs, moisten them with a little

gravy and broth, and let them stew for ten minutes. Next squeeze the juice of a lemon; and with this sauce *mask* the liver that you have dished *en miroton*.

This to be sure is a common *entrée*, yet it is very palatable. You may put the liver in the sauce; but mind that it does not boil. It is a dish for a breakfast *à la fourchette*.

No. 46.—*Les petites Noir d'Epaules de Veau with Sorrel.\**

THE *petites noir* in Paris are generally sold at the rate of half a pound of meat. Ten or even twelve are required for an *entrée*, which is a very dainty dish for those people who know how to eat it. In general they are very fat, for which reason you are forced to send them up to table with the fat, as it keeps the *noir* mellow. Set them to disgorge as you did the *tendrons*. Trim a stew-pan with layers of bacon, put in the *noir* after having blanched them, and give them a pleasing shape. Then moisten with a *poële*, and stew them for an hour on a very slow fire. Next drain them, and glaze them at two different times. Dish them *en cordon*, and put the sorrel in the middle.

No. 47.—*The Noir of Shoulder of Veal with Endive.*

THESE are dressed exactly in the same manner as those above; but you put endives, either white or brown, instead of sorrel.

No. 48.—*Calf's Feet plain.*

TAKE some nice white calf's feet, bone them as far as the joint; set them to disgorge, and stew them in a *blanc*. (See *Calf's Head*.) When they are done, drain them and send them up quite hot, with parsley and butter in a sauce-boat.

\* These are to be found on the side of a shoulder of veal.

No. 49.—*Calf's Feet Marinade.*

PREPARE the feet as above. Make a *marinade cuite*, and some paste for frying. Serve them up with fried parsley or a *poivrade* in the middle. (See *Sauces.*)

No. 50.—*Calves' Feet, farcis en Soleil.*

STEW a few calves' feet as above. When they are done, drain them. Then take a little *farce fine*, that is to say, a *farce* made of all sorts of dressed meat, &c. eggs excepted, which serve to make the whole stick together. (In order to prevent too frequent repetitions in a work of this kind, I have shewn the manner of making the different *farces* in a separate chapter.) When you have stuffed the middle of the calf's feet with the *farce*, give them a round shape, then dip them into an *omelette* seasoned with pepper and salt, and into crumbs of bread twice over; and fry them till they are of a fine brown. Serve them up with fried parsley very green, and send up the brown sharp sauce in a boat.

No. 51.—*Calf's Feet, à la Poulette.*

STEW them in a *blanc*, like those above. Dish them, and pour the sauce over them. (See No. 27, *Entrées of Mutton*, for the sauce.) If you were to put them in the sauce, they would not look so well. Mind, drain them well before you put them into the dish.

## CHAP. VIII.

## ENTRÉES OF FOWL.

*Observation.*—When you have an opportunity of buying the fowls yourself, choose always white-legged ones; their flesh is finer, and the skin tender; they also look better at table. The manner of fattening fowls is, to separate them from the other chickens; mix together some oatmeal, milk, boiled potatoes, and bread, if you have any left from the table; add to the whole of it a little dripping; mind not to give them too much at a time, and not more than twice a day; above all, keep them very clean. When they are sufficiently fattened, kill them, or they will fall ill and die.

No. 1.—*Fowl au Consommé, generally termed au gros Sel.*

TAKE a fine fat fowl, the flesh and skin of which are perfectly white; empty the fowl without making too great an aperture, singe it gently and scald the legs, which are to be turned inside of the body; then lay on it a pretty thick layer of fat bacon; fasten it tight, and let it be boiled in broth, which must boil before you put it in, otherwise the fowl would lose its white colour. If the fowl is of a larger size, it will require an hour and a quarter before it is done enough: if it is of a common size, one hour only will do. Next drain it in a dish, wipe off all the fat, and send it up with a little of the liquor in which it was boiled, with the addition of a little salt and glaze.



No. 2.—*Fowl, or gros Sel.*

THE same as above, with the only difference, that you lay both over and under the fowl some crystallized salt, that has not been pounded.

No. 3.—*Fowl à la Villeroi.*

TAKE a fine fowl, which may be known by the connoisseurs by a skin of bluish hue marbled with grey: it is to be emptied and singed in the same manner as directed No. 1. Let it be trussed, the legs turned down outwards: inside of the body introduce a small quantity of butter kneaded with salt and lemon-juice. The fowl to be put into an oval stew-pan, with a layer of fat bacon: next pour some *poële* over it. (See *Sauces, poële.*) Those articles which are *poëlez*\*, requiring to preserve their whiteness, are not to be kept on the fire so long as others. It requires only three-quarters of an hour for a fowl to be done in this style. A capon would require full an hour. To be served with *sauce à la financière*.

*Observation to be particularly attended to by the Cook.*—As the *poële* has no translation, it retains its name; it is indispensable in fine cookery, and is made as follows:—Take one pound of beef-suet, one pound of very fresh butter, and one pound of very fat bacon; cut the suet and the bacon into very large dice, put them into a stew-pan with two pounds of veal cut in the same manner, fried till the veal becomes very white, and then moisten with about three pints of boiling clear water, a handful of salt, one bay-leaf, a few sprigs of thyme, one onion stuck with


\* *Poëlez* is almost the same operation as *braizing*; the only difference is, that what is *poëlé* must be underdone, and a *braize* must be done through.

three cloves, and a great bundle of parsley and green onions; let the whole boil gently till the onion is done, then drain it through a hair-sieve, and use it for any thing that may want *poële*. The use of *poële* is to make every thing boiled in it very white and tasty: in the winter it keeps for a week, and is very useful in the larder.

No. 4.—*Fowl à la Montmorenci.*

THE same care and attention are requisite in this case as in the former. The fowl being trussed up, you have some boiling water ready, then laying hold of the fowl by the saddle, dip the breast only into the water in order to give additional firmness to the skin and flesh: next dip it into cold water. When the fowl is quite cold, lard the whole breast in the same manner as a *fricandeau* of veal, and put it into an oval stew-pan, trimmed all round with fat bacon, and moisten with the *poële*, but none at the top. There must be a brisk fire over it, and a slow one under it, the same as for a *fricandeau*, and it will be done within three-quarters of an hour at most. Dry the bacon with a salamander, glaze of a good colour, and send up with *sauce à l'Allemande*.

No. 5.—*Fowl à la Condé.*

PROCURE a nice fowl, singe and truss it up as above; slit the breast, and introduce small slices of truffles cut into the following shape  into the slits that you have made: cover the whole with slices of bacon, and let it be stewed as above. Care must be taken, however, when you pour out the bacon, not to derange the symmetry. This dish requires to be garnished in imitation of a *chambord* with larded sweetbread, cocks'-combs, pigeons *à la gautier*, large *quenelles à la cuillère*, and *sauce à la financière*.

No. 6.—*Fowl à la Turque.*

EMPTY a fine fowl, and be particular in washing the inside of it with very hot water; if you leave any blood in it, the rice would be full of scum. Your rice having boiled a sufficient time in rich *consommé*, season it with salt, and introduce some into the body of the fowl, which you next roast, well wrapped up in layers of bacon, and in paper; it requires an hour to have it sufficiently done. Send it up with rice round the fowl, the same as you have used to put inside, only add to it two spoonfuls of very good *bé-chamelle*, well seasoned; do not let it be too thin, and pour a little *velouté* over the fowl. Take particular care to keep the fowl white.

No. 7.—*Fowl à la Dreux.*

THE fowl to be singed and trussed up as above. In order to give it additional firmness, use boiling water, as in No. 4. Cut some ham into long squares; lard the breast of the fowl in imitation of a small draft-board, put it into the stew-pan, as above, and moisten with *poële*. The same time, and no longer, is requisite for the fowl to be completely done. To this must be added the *sauce à l'Allemande*.

No. 8.—*Fowl, with green Oysters.*

SINGE and truss a nice fowl, and put it into a stew-pan, the same as in No. 3. When done enough, drain it, and send it up with oyster-sauce as follows.

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*Oyster-Sauce for Fowl or Turkey.*—Take two dozen of oysters; and take care to preserve all the liquor when you open them. Put the oysters into a small stew-pan with the liquor, and add to it a spoonful of water. When the liquor

boils, the oysters are done; stir them with a spoon, and put them to drain in a hair-sieve as you take them from the stew-pan with a spoon; let the liquor settle, and pour it off clear into another vessel; beard the oysters, and wash them again in the liquor, in order to remove all grit and sand; then put a half quartern of fresh butter into a stew-pan, with a spoonful or two of very fine flour; when the flour is fried a little, moisten with the oyster liquor, and a pint of cream: let this boil fifteen minutes; and add to it two spoonfuls of *béchamelle*: if you have no *béchamelle*, put a small bit of glaze, or portable soup, well seasoned. Mind, this has no essence of anchovies, as for fish: it is the only difference.

No. 9.—*Fowl aux Olives.*

SINGE, &c. &c. a fine fowl as above: then take some olives, which are to be blanched till they are no longer briny. Next boil them in a thin *Espagnole*. Skim the sauce and add a little lemon-juice, and pour it under the fowl. Serve up with some stuffed olives, without stones. Turn the olives with your knife, so as to take out the stone, and leave the olive whole.

No. 10.—*Fowl à la Crème.*

THIS dish is made out of a cold fowl, either roasted or stewed: you take off the breast and fleshy part of the fowl, by cutting it square all through; with a little bread, toasted and dipped in butter, stop the aperture; then have the *farce à la crème*, as directed in No. 5, with which fill the fowl; then make a kind of wall round the fowl with buttered paper, cover the same with bacon, in order that the fowl may not get too much colour. If this dish be placed on the flanks, some of the same *farce* may be served on toasts cut in the shape of hearts or lozenges, which are

called *témoins*. These are to be baked in the oven, the same as the fowls, and the fat to be well drained. Send up with a thin *Espagnole* sauce, or *velouté*. The toast must be fried before you put the *farce* over it.

No. 11.—*Fowl à la Monglas*.

THIS is likewise a cold fowl of *desserte*; take off the breast as above. You must have ready either an *émincé*, or a *salpicon* pretty thick, which is to be introduced cold, into the body of the fowl. Beat the yolks of two eggs, with a little fresh melted butter; then cover the breast of the fowl only with crumbs of bread, basted with clarified butter; next give it a colour with the *salamander*, but you must be careful that it does not get a brown colour too soon: now baste it with a little butter again; take the red-hot shovel to give the fowl a good brown colour on all sides; serve a brown sauce under it, if you have applied a *salpicon*; and a *velouté* if you have used an *émincé*; it may also be called a *poularde en surprise*.

*Emincé* or *salpicon* may be made with the same sauce; *salpicon* is a composition of different ingredients, and *émincé* is all of one sort.

*Salpicon*.—Cut into small dices, some mushrooms, tongue, truffles, and *filets* of fowl; the truffles and mushrooms must be ready done, as well as the tongue and fowl; put all this into a very reduced *béchamelle*, and when cold, use as directed.

*Emincé*—is only the fleshy part of either fowl or game, minced and put into some *béchamelle* well seasoned; the difference between mince and dice is, that when you have a short allowance of meat, you are obliged to mince, as it requires no shape. *Salpicon* is in general brown; minced fowl always white.

No. 12.—*Fowl à la Dubaril.*

THIS must likewise be a fowl of *desserte*\*, but yet very white. Take off the breast, as in No. 11. Then take the fleshy part of a nice white roast fowl, which you cut into small square pieces of an equal size; you also cut some tongue the same: put these slices of fowl and tongue into a *béchamelle* pretty thick. Keep your fowl very hot. The moment you are going to serve it, pour the *émincé* inside the body of the fowl; thin slices of tongue, cut of the shape of cocks'-combs, should be put round the mince on the top of the fowl; serve under it a *ragoût à l'Allemande* and poached eggs on the top of the mince.

No. 13.—*Fowl à la Mirepoix, otherwise à la Cendre.*

TRUSS the fowl as in No. 1. Next mark a *mirepoix* without its being melted, that is to say, scrape some bacon, a little butter, a few slices of ham, with a little thyme, bay-leaves, salt, and pepper. Then spread the whole on a sheet of white paper: wrap the fowl up in this sheet of paper, and cover it with several other sheets: let the whole be closed hermetically, lest the grease should be lost; then put it into the oven if not too hot; if it should happen to be so, let the fowl be then covered with hot ashes, and over these have some live burning coals, but not too vivid, for fear of the paper catching fire, which would spoil the fowl. It requires two hours for the fowl to be sufficiently done; when so, drain it well, and send it up with an *Espagnole* under it, or *poivrade*, or a *sauce hachée*. This dish is seldom served, as it gives great trouble in the making.

\* *Desserte* means what comes from the table.

No. 14.—*Fowl à la Cardinal.*

TAKE a nice white fowl, singe it, and take out the bones without destroying the skin. Next have a *farce à quenelles*\*, wherein you introduce a little lobster spawn well pounded, to make it very red. This *farce* being made rather liquid, is to be injected, first between the skin and the flesh of the fowl, and then inside of the body. You then mould the fowl into an agreeable shape: next put it into an oval stew-pan well trimmed with slices of bacon, and pour some *poële* over it; leave it on the fire for an hour and a half. As it has no bones left, it requires more time before it is done. Serve it up with a *sauce à l'Allemande*, to which you add some of the red to dye the sauce, or some love-apple sauce.

No. 15.—*Fowl à Campine, with raw Onions.*

TRUSS the fowl with the legs outwards, and roast it. It must be of a good colour. When done, slit the breast, cut raw onions in slices, which you introduce into the slits you have made, and send it up with a brown *poivrade* highly seasoned, and very hot.

No. 16.—*Fowl à la Tartare.*

TAKE a fine fowl, turn in the legs as usual, then cut it in two, take the bones off from the back, cut the breast-bones off, break those of the legs, flatten the fowl with the back of your knife, and season it with salt and pepper: then dip it into clarified butter, and next into crumbs of bread, equally on all sides. Next broil it up to a fine colour, on

\* *Farce à quenelles*; the necessity of preserving this appellation, arises out of the multiplicity of different *farces* which are made, and are called in England, *forced-meats*. As this is a particular one, the professor must retain the proper name.

a slow fire, that it may be done thoroughly. Send it up with the brown *Italienne*. Thrust your knife into it, to ascertain if it is well done; it requires an hour, or at least three-quarters, to be done properly.

No. 17.—*Fowl à la Chingara.*

TAKE a nice fowl of a fine white colour, singe and pick it well; then cut it into four equal parts, well trimmed. Next cut some thin slices of ham of a very good shape, put them into a buttered stew-pan, and put the four quarters of the fowl over them; let the whole simmer for a while on red-hot ashes: when the fowl is done, drain off the fat, and powder a little salt and pepper over it; you then detach the glaze made out of the gravy of the fowl and slices of ham; pour a little *Espagnole*, with the juice of a lemon, and send it up with the slices of ham over the four quarters, and four large fried pieces of bread between, of the same dimension as the slices of ham. Mind, this is to be highly seasoned.

No. 18.—*Fowl with Tarragon Sauce.*

TAKE a fine fowl, truss it and *poïle* it as in No. 3. When you are going to send it up to table, mask it with tarragon sauce, made as follows: put into a small stew-pan, a few branches of green tarragon, and a wine-glass of white vinegar; let it boil for ten minutes, then add four spoonfuls of *sauce tournée*, and thicken with two yolks of eggs. Strain the whole through a tammy, and put to it a small pat of fresh butter, a little lemon-juice, some salt and pepper, and some leaves of tarragon blanched very green; cover the fowl with this sauce.

All other *pluches*, such as leaves of parsley, chervil, &c. &c. are served up with whole *entrées*, by which is meant,



that the fowl has not been cut in pieces. Then use any sauce you may fancy.

No. 19.—*Fowl with Cauliflowers.*

THE same as in No. 18; the only difference is, that you boil some cauliflowers in water with a little butter and salt. This you put round the fowl, and then *mask* both the fowl and cauliflower with a *velouté*.

No. 20.—*Cutlets of Fillets of Fowl, with Crumbs of Bread à la Maréchale.*

TAKE four small fowls; cut off the fillets, without injuring the *filets mignons*; cut the merry-thoughts in two. Take off the *filets mignons*; pare them in the shape of hearts; and stick the merry-thought bones into the point of the hearts, to give them the appearance of chops: and do the same for all the rest. Season them with pepper and salt; then brush the fillets over with yolks of eggs, and dip them into crumbs of bread; next dip them into clarified butter, and then into crumbs again. Use your knife to level the bread, and broil those fillets over a brisk fire. The fillets being very thin, require only to be lightly browned. Serve under them some thin *Espagnole* sauce well seasoned. I must here observe to young or inexperienced cooks, that when they have something thin to broil, the fire must be very sharp; and when something thick, the fire must be moderate, as it takes more time to be done through.

No. 21.—*The Wings of Fowls à la St. Laurent.*

TAKE three fowls, divide the breasts into two parts, take off the sinews and small bones, season with salt and pepper, &c. brush them as above with yolks of eggs, then

dip them into bread, then in clarified butter, and bread again; next broil them in the same manner as above, well seasoned, and send them up with a thin *Espagnole*.

No. 22.—*Fillets of Fowls sautés au suprême.*

TAKE off the fillets of three fowls, which will produce nine fillets, as two of the *filets mignons* are used to make a large fillet. You then prepare them all alike, and put them into a *sauté*-pan with some clarified butter and salt, covered with a round of paper buttered, to prevent the fillets from drying, and getting dusty. When you have *sautéz* the fillets on a sharp fire, drain the butter, but be careful to preserve the gravy of the fowls with a small quantity of the butter: put four spoonfuls of *béchamelle* and two spoonfuls of double cream. Let them warm gently without boiling, or the fillets would get tough: put likewise a spoonful of *consommé*, and taste if the seasoning is palatable. You must mind that this dish is a fine *entrée*, and must not be too highly seasoned. Send up with sliced bits of bread, fried in butter, and glazed over, which are to be placed between the fillets. The sauce to be poured over the fillets only.

No. 23.—*Scollops of Fowls with Cucumbers.*

TAKE off the fillets of three fowls, cut your scollops of the size of a half-crown piece, dip them into some clarified butter, in a *sauté* pan, *sautéz* them over a brisk fire on both sides, and throw them into sauce of cucumbers.

No. 24.—*Scollops of Fowls with Essence of Cucumbers.*

THESE scollops are prepared in the same manner as those above, but the sauce is not the same; cut the cucumbers of the same shape and size as the scollops; keep the parings

or trimmings of the cucumbers, to make a *purée*. As this sauce must have a positive taste of cucumbers, put the cucumbers into a basin with a little salt, and a glass of vinegar, let them *marinade* for one hour, then drain them upon a clean cloth, put them into a stew-pan with a small bit of butter, let them fry a little without colour, sprinkle a spoonful of flour over them, then moisten with *consommé* enough to let the fat rise on the top. Put a small bit of sugar. When the cucumbers are sufficiently done, drain them in a stew-pan, and put them by covered. Now take the parings, fry them in a stew-pan with a little butter, moisten with the sauce in which you have boiled the cucumbers, skim off all the butter, reduce the sauce quite thick, and then put three spoonfuls of good *béchamelle* with it; rub this through a tammy; keep this sauce very thick. Next *sautez* the scollops on both sides, but mind, as soon as they appear white they are done; lay the dish on its side in order to drain off all the butter; put the fillets into the sauce, drain the cucumbers again, and put them to the fillets. If your sauce is quite thick, put to it a spoonful of double cream, a little salt, and serve in a deep dish with some *fleurons* of pastry round the dish; observe that this dish must be rather sweet. You must put a small bit of sugar into it.

No. 25.—*Scollops of Fowls with Truffles.*

THESE are prepared as above, but at the moment when you throw the scollops into the butter, the truffles must be ready peeled, and cut of the same round form and dimension as the scollops. Season with a little salt; *sautez* the truffles and scollops a few moments before dinner-time; and put them into a *velouté*, to which you have added a little reduction of truffles. This reduction is made as follows: the trimmings of truffles are to be reduced in

a little *consommé*, introduce some of this glaze into the scollops, and as it is always brown, add three or four spoonfuls of thick cream to the *sauté*, to make the sauce white; season it according to your palate. Do not forget to put the sauce through a tammy to have it very bright.

*Observation relative to Sautéz in general.*—Mind, you must never let the *sauté* be too much done; these *entrées* are very difficult to make in perfection. When they are too much done, they are not eatable. It is this point of perfection in the management of cookery which distinguishes the *good* from the *bad* cook.

No. 26.—*Scollops of Fowl à la Conti, with Truffles.*

THE same quantity of fowls as No. 25, the only difference is, that you keep the *filets mignons*, which you lard, one half with bacon and the other with truffles. You must take care that the *Conties* are not over-done. Those that are larded with bacon, must be well covered with fire, and those that are decorated with truffles must be wrapped up in bacon, and afterwards glazed. Give them the shape you please when you put them into the *sauté*-pan, either of garlands, *rosasses*, &c.

No. 27.—*Scollops of Fowls with Green Peas.*

THESE scollops are prepared, and done in the same manner as those above. When they have been *sautéz*, put them into *sauce à blanquette* with green peas.

No. 28.—*Fillets of Fowls à la Chingara.*

TAKE the fillets of three fowls, which you divest of the skin and sinews. Mark them as the above, with clarified butter in a *sauté* pan, together with some slices of boiled