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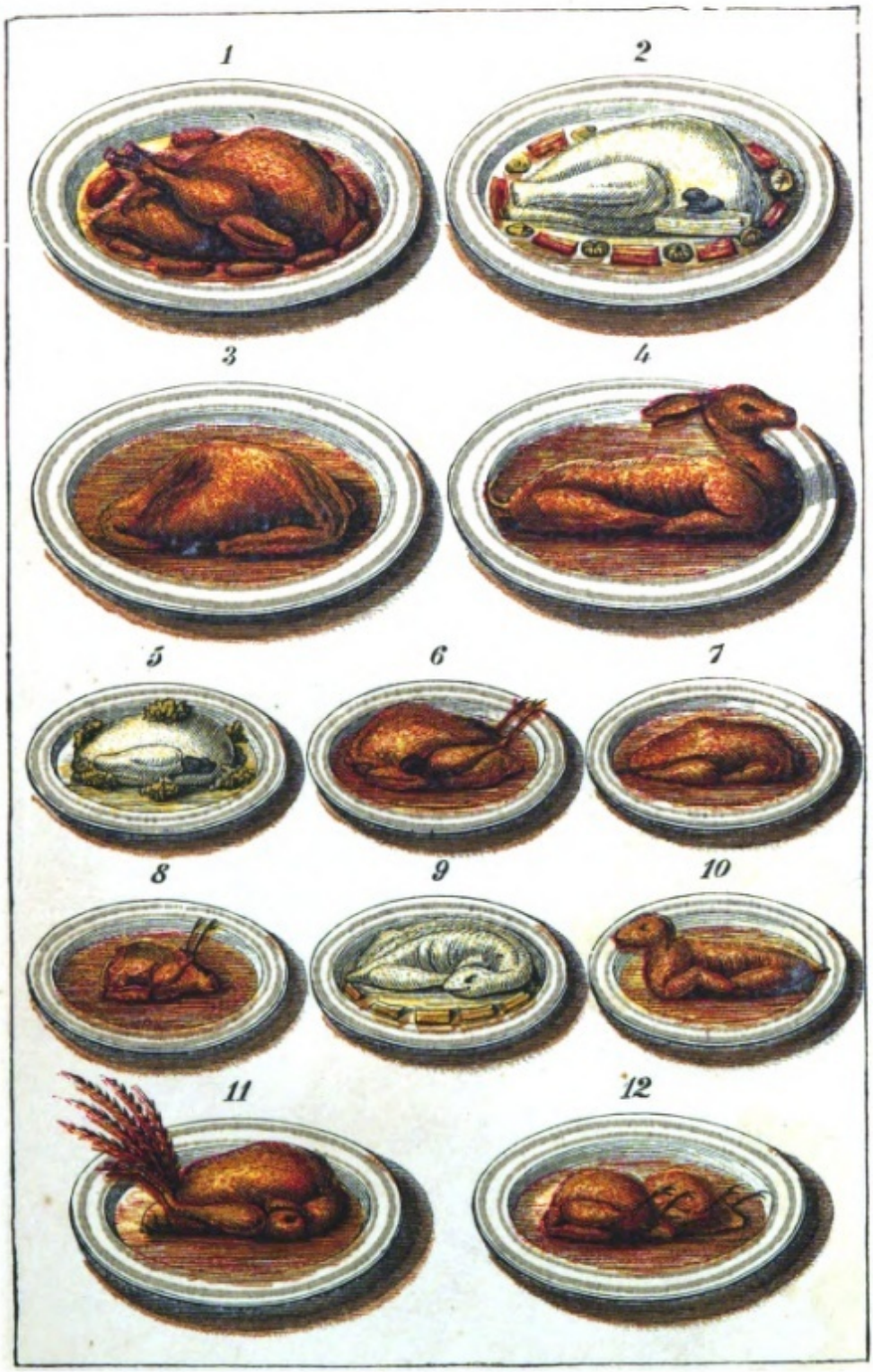

1. *Roast Turkey.*
2. *Boiled Turkey.*
3. *Roast Goose.*
4. *Hare.*
5. *Boiled fowl.*
6. *Roast Fowl.*
7. *Roast Duck.*
8. *Roast Pigeon.*
9. *Boiled Rabbit.*
10. *Roast Rabbit.*
11. *Roast Pheasant.*
12. *Partridges.*

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WARNE'S

EVERY-DAY COOKERY.

101078

CONTAINING

ONE THOUSAND EIGHT HUNDRED AND FIFTY-EIGHT DISTINCT RECEIPTS.

COMPILED AND EDITED BY

MARY JEWRY,

AUTHOR OF "WARNE'S MODEL COOKERY."

WITH ORIGINAL ILLUSTRATIONS PRINTED IN COLOURS.

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PREFACE.

THE receipts in the "Every-day Cookery Book" are chiefly intended for persons of moderate income; though amongst them will be found some few which are expensive and elaborate.

The instructions in cookery are given in very full detail for the convenience of inexperienced housekeepers and cooks. For the same reason the nearest possible approximation to the time required for cooking the various dishes has been given; while the coloured plates will educate the eye of the cook, and enable her to judge how her preparations should look.

That the book may answer the purpose for which it is intended is the earnest hope of the Editor.

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WARNE'S MODEL

COOKERY AND HOUSEKEEPING,

&c.

THE MISTRESS OF A FAMILY.

THE mistress of a family commands daily a small realm of which she is queen. Let her rule with justice, meekness, and quietness. The most self-governed person will always govern best, and we should have fewer bad servants if they were all under the firm and patient training of an employer who understood what their duties really were, and required the best fulfilment of them, compatible with the frailty of human nature.

Good temper, patience, and a knowledge of domestic matters, come first therefore in the list of requirements for a model housewife.

After these, we shall name *early rising*, which is very important.

A lady will find it best to give her servants orders for the day, *before breakfast*, if convenient, and, to do this well, she must visit the larder herself early that she may judge of what is required. Her cook should have a book-slate and pencil, and enter the orders for dinner on one leaf of it, that there may be no mistakes made in them. On the other leaf she should be ordered to enter daily the amount of milk, bread, &c., bought on the previous day, which the mistress should then transfer to her commonplace book, to be entered in the account-book at the end of the week.

She should pay all her bills, *if possible*, every week. If some few remain to be paid quarterly, she should not on that account delay to examine them weekly, and to make up the week's accounts. She will then be sure of her expenditure.

She must take care that the butcher always brings a ticket of weight with the meat; and have those weight tickets brought to her weekly in order that she may compare them with the entries in her book. All meat brought into the house should be weighed to see if the ticket is correct, and for this purpose a pair of scales should be kept in the kitchen; groceries, &c., should also be tested as to weight on receipt of them.

She should ascertain the price of every article of food in her neighbourhood; as prices differ with localities, and that which might be economical food in one place is frequently the reverse in another. In order to learn the prices, she must not disdain to market for herself, if she is her own housekeeper. She will thus be able by personal observation to learn which are the best shops for different articles, and what are the fair rates of payment for them. It is also essential that a housekeeper should know the average weekly consumption for food of each person in an ordinary family, that she may be able to check waste and provide provisions for any period she may desire. For this purpose we subjoin a list of the usual allowances, which will of course vary very much from differing circumstances; but it will give a general idea on the subject, which personal experience will modify :—

Food for one Person Weekly.

Tea, two ounces.

Coffee, a quarter of a pound (if for breakfast only).

Cocoa paste, a quarter of a pound, for breakfasts.

Sugar, half a pound.

Cheese, half a pound.

Butter, half a pound.

Milk, one quart; varying with the taste of the family.

Bread, eight pounds for a woman, sixteen pounds for a man or boy.

Meat, six pounds.

Beer, one gallon for a woman, seven quarts for a man.

Potatoes, three and a half pounds.

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Of course this estimate of quantities must be modified greatly by the habits and tastes of the family, and by the fact of residence either in the town or country.

A large supply of vegetables, fish, or puddings will greatly reduce the scale of meat; and making tea and coffee for numbers will reduce the amount of those articles. We merely give this general *idea* of quantity to guide, in a measure, the inexperienced housewife. We should have been thankful for such knowledge ourselves, as without it one invariably buys more than is actually needed for the consumption of the household.

With regard to meat, an allowance must be made for its waste in cooking (of which a table is given in this work), and also for the weight of bone found in every joint, except buttock of beef.

Having advanced thus far in our knowledge of housekeeping, the next step is how *to choose* meat.

An ox is divided by the butcher into the following joints:—*London style.*

1. Sirloin.
2. Top, or aitch-bone.
3. Rump.
4. Buttock, or round.
5. Mouse buttock.
6. Veiny piece.
7. Thick flank.
8. Thin flank.
9. Leg.
10. Fore rib (5 ribs).
11. Middle rib (4 ribs).
12. Chuck rib (3 ribs).
13. Shoulder, or leg-of-mutton piece.
14. Brisket.
15. Clod.
16. Sticking.
17. Shin.
18. Cheeks or Head.

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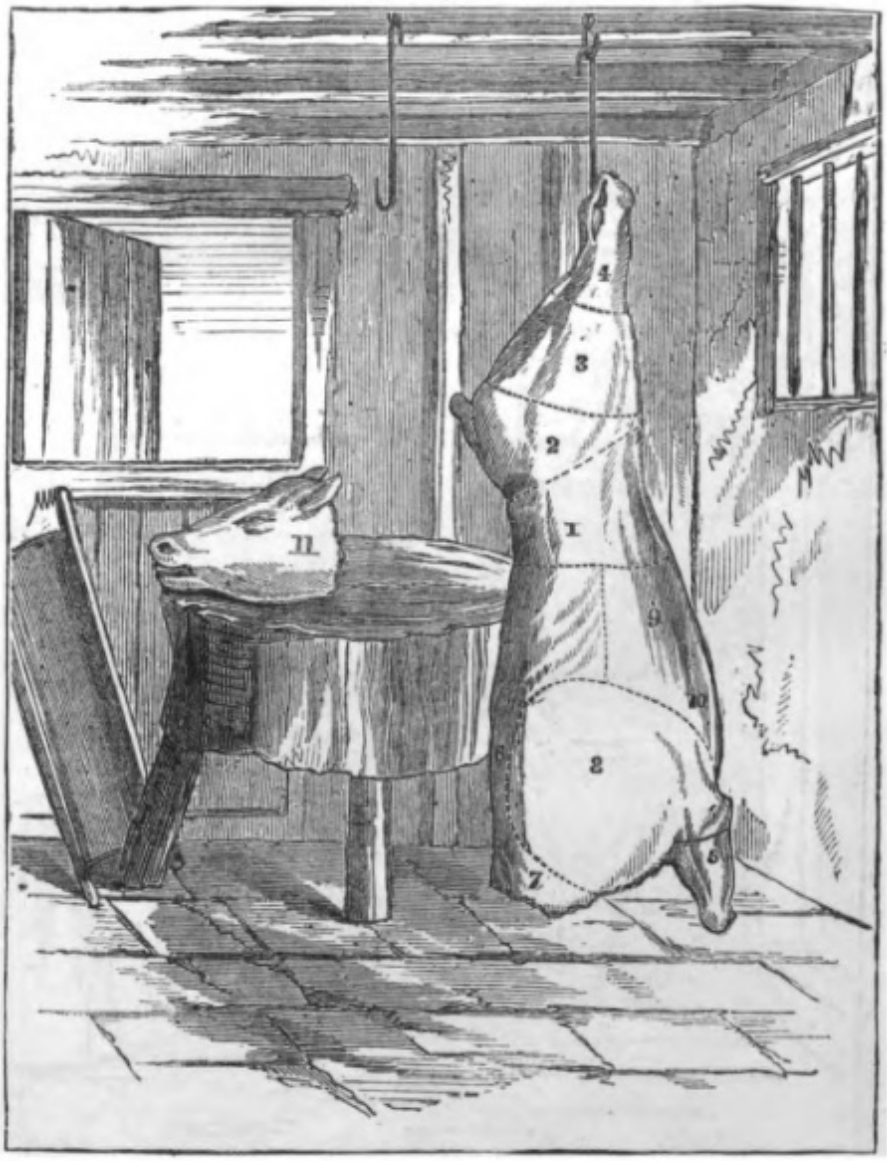
HOW TO MARKET.

We advise our lady housekeepers to market for themselves; but as some skill is required in a purchaser (if this duty is to be performed to advantage), we will endeavour to give directions by which inexperienced housewives may be enabled to choose good articles.

First in the list comes butcher's meat; of which beef is considered the best by the generality of English people. An ox should be kept five or six years before it is killed; it is then in its prime. *Ox-beef* is the best. It is a fine grained meat; the lean of a bright red colour, intermingled with grains of fat, when it is well fed and good. The fat should be white, not yellow, and the

A CALF is cut into the following joints:—



1. Loin, best end.
2. Loin, chump end.
3. Fillet.
4. Hind knuckle.
5. Fore knuckle.
6. Neck, best end.
7. Neck, scrag end.
8. Blade bone.
9. Breast, best end.
10. Breast, bris ket end.
11. Head.

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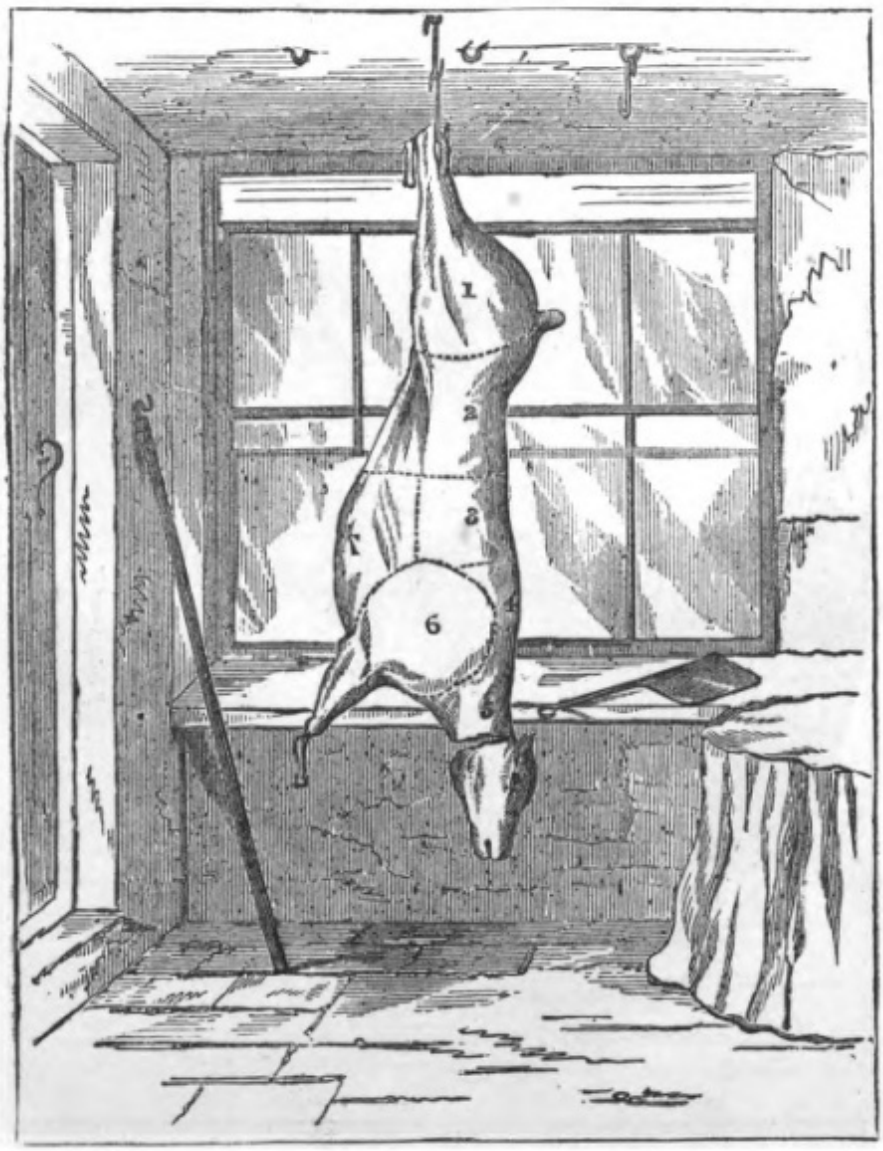
suet also white and firm. Beef should never be lean; it is tough and bad unless there is a good quantity of fat. Heifer-beef is paler than ox-beef, and closer grained; the fat whiter, and the bones, of course, smaller. Bull-beef is only described to be avoided. It is dark-coloured and coarse-grained; has very little fat, and a strong meaty smell about it.

Of these joints choose the rib or sirloin, for roasting. If you purchase ribs of beef, let them be the middle ribs. You may have one, two, three, or four ribs, as you will; but one rib is too thin to be economical, as it dries up in cooking. If, however, your family be small, a single rib, with the bones taken out, rolled and stuffed, will make a nice little roast. If you buy a sirloin, take care to have it cut from the chump end, which has a good under cut or fillet, as then, in addition to a roast joint, you will have another dish—*i.e.*, *fillets-de-bœuf*, one of the best dishes ever served.

The rump is preferred to the sirloin by

A SHEEP is thus divided:—



1. Leg.
2. Chump end of loin.
3. Best end of loin.
4. Neck, best end.
5. Neck, scrag end.
6. Shoulder. 7. Breast.

A saddle is the two loins undivided.
A chine is the two sides of the neck undivided.

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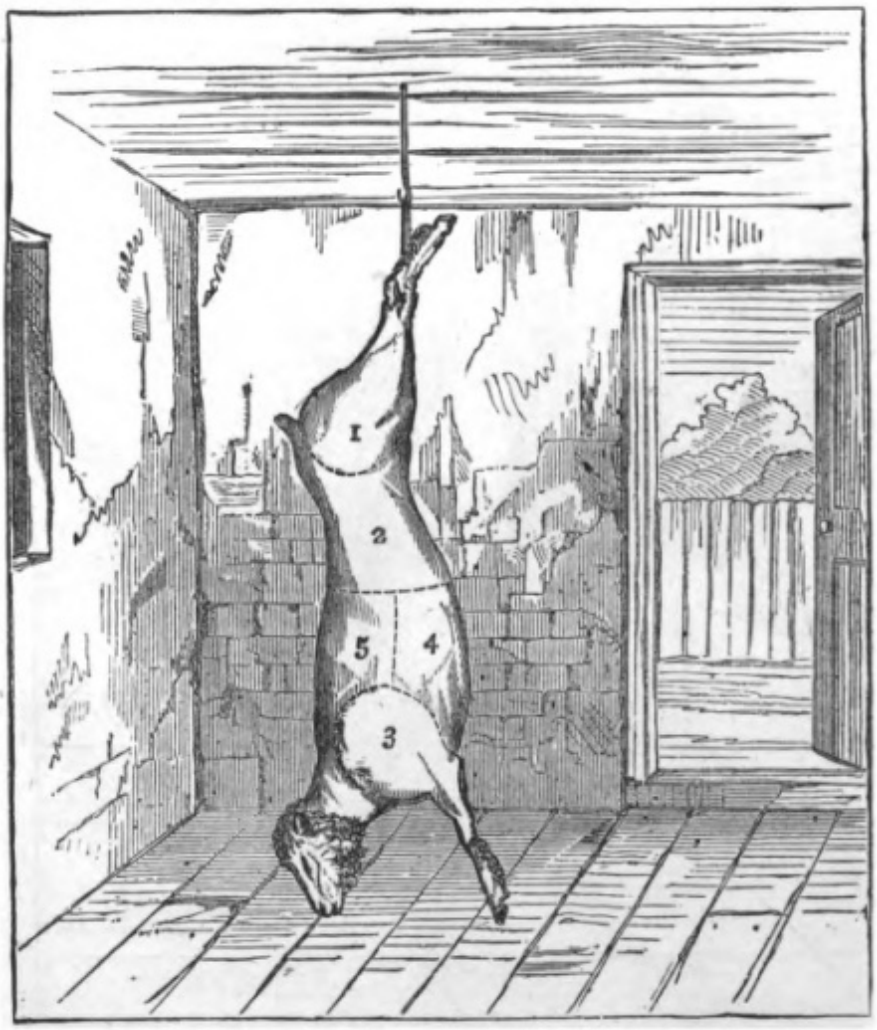
epicures; but it is too large to serve whole. A sufficiently large joint is cut from the chump end to roast.

For the servants' hall, or as a dinner for a large family where economy is essential, the buttock of beef is excellent, and very profitable. It is cheaper than the other roasting portions of the ox, has no bones, and affords quantities of rich gravy. But it should be hung for sometime until quite tender. The round, aitch-bone, and silver-side are usually salted and boiled. The neck is used for making soup or gravy—ask for it as "gravy beef;" the thin flank is the part to be collared. A "rumpsteak" is to be ordered for frying, &c. A "beefsteak" does for stewing, puddings, pies, &c. The inferior and cheaper parts of beef make excellent *bouilli*—a dish for which you will find directions in the body of the book.

VEAL should be small and pink, and the kidney well covered with fat. The calf should not be older than eight or ten weeks when it is killed, or the flesh will be coarse. If veal is large it should be cheaper, as it is less delicate. The flesh should be dry, closely grained, and pinky; if it is moist and clammy it is stale, and not fit for cooking.

The fillet, loin, shoulder, and best end of the neck, are the roasting joints. The breast is sometimes roasted in very small families, but it is usually stewed, as is also the knuckle; or the knuckle may be boiled, and served with parsley and butter. A calf's head is a delicacy. Calf's feet are



1. Leg. | 2. Loin. | 3. Shoulder. | 4. Breast. | 5. Ribs.
3, 4, 5, together, Fore-quarter.

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also valuable boiled, stewed, or used for jelly. Veal makes the best stock for rich soups and gravies. It is a most useful meat for made dishes of all kinds, on account of its delicate flavour.

MUTTON.—Wether mutton is the best. It may be known by its having a knob of fat on the upper part of the leg. It should be dark-coloured, and have plenty of fat. The colour is important, as it is a proof of age, and the older mutton is the better it is. It should, properly, be the flesh of a sheep four or five years old, to be in perfection, but such meat is rarely to be bought at a butcher's; one tastes it only at the houses of country gentlemen who kill their own animals.

All the joints of a sheep may be roasted. The saddle is the best. The haunch is next best to the saddle; it is the leg and loin undivided. The leg and neck are frequently boiled. The leg and loin, separated, are the best joints after the haunch. Chops are cut from the loin; cutlets from the thick end of the loin, best end of the neck, or middle of the leg. The leg is sometimes cured and smoked as a ham. The breast of mutton is often salted and boiled. The scrag end of mutton is very good stewed with rice.

LAMB should be small; of a pale-coloured

A DEER is cut up in four portions.

1. Haunch.
2. Neck.
3. Shoulder.
4. Breast.

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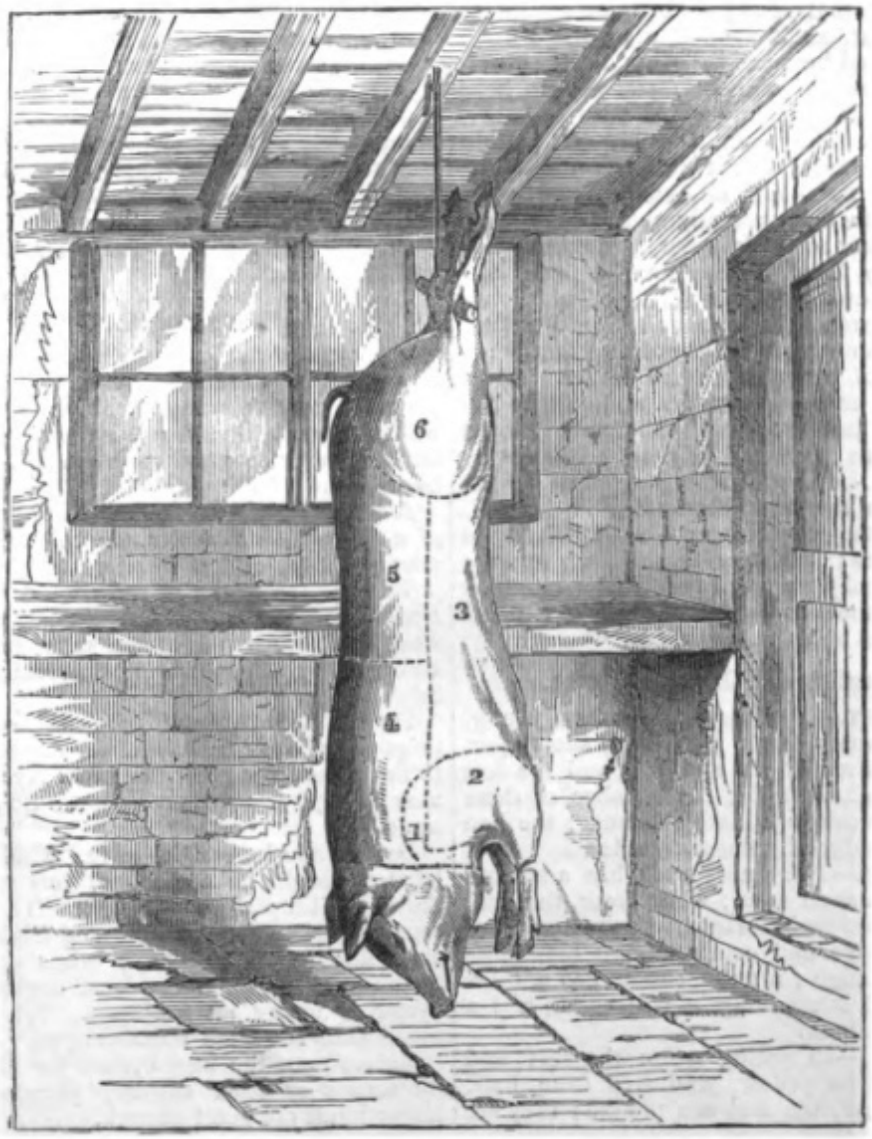
red, and fat. Lamb is generally roasted. The leg of "house-lamb" (which is in season just before Christmas), is sometimes boiled and served with white sauce.

VENISON is not very often bought, but when it is you can tell as to its being "high" or not, by running a skewer into the shoulder, and observing the scent on it when withdrawn. The fat should be thick and clean. If the cleft of the haunch is smooth and close, the animal is young.

PORK. — Buy pork of a respectable butcher; or get it from some place where you know it has been carefully fed; from a dairy farm is the best place, or from a miller's, or even from some country neighbour, as diseased or bad pork is very dangerous food. The fat of pork should be firm, and the lean white, and finely grained. The rind or skin thin and smooth. If the flesh feels clammy to the touch, the pork is bad. If the fat has kernels in it, the pig has been measly, and the meat should not be eaten. Pork should be perfectly sweet to be good, therefore do not hang it long.

BACON.—If bacon is good the rind is

The PIG is divided thus :—



1. Spare rib.
2. Hand.
3. Belly.
4. Fore loin.
5. Hind loin.
6. Leg.

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thin, the fat firm and pinkish, the lean tender and adhering to the bone. Rusty bacon has yellow streaks in it.

HAMS are tried by sticking a knife or skewer into them up to the knuckle; if when drawn out it has a nice smell, the ham is good. A bad scent will be perceived if it is tainted.

The roasting joints of pork are the spare rib, loin, and leg; the other joints are salted; the leg may also be cured and boiled. The sides or flitches are made into bacon. The leg makes a ham.

Meat should be wiped with a dry, clean cloth as soon as it comes from the butcher's; flyblows should be cut out, and in loins, the long pipe that runs by the bone should be taken out, as it soon taints; the kernels also should be removed from beef. Never receive *bruised* joints. If you wish to keep your meat hanging longer than ordinary, dredge it well with pepper. Powdered charcoal dusted over it will also prevent its tainting, nay, will absolutely remove the taint from meat already gone. We have seen a pair of fowls quite green from unavoidably long keeping, made fresh and sweet as ever by being sprinkled with powdered charcoal for an hour before dressing. In hot summers it is very advisable to keep a lump of charcoal in the larder. Meat becomes more digestible and tender by hanging, but lamb and veal cannot be kept so well as beef and mutton. Remember that the best, and therefore the dearest joints are the most economical in the end, because they contain more solid meat than the others; but very large joints are not economical for a small family; nor are they as wholesome as our old-fashioned English prejudices once deemed them.

Poultry and Game, to Choose.

TURKEY.—The cock bird, when young, has a smooth black leg with a short spur. The eyes are bright and full, and the feet supple, when fresh; the absence of these signs denotes age and staleness; the hen may be judged by the same rules.

FOWLS.—The young cock has a smooth leg and a short spur; when fresh, the vent is close and dark. Hens, when young, have smooth legs and combs; when old, these will be rough; a good capon has a thick belly and large rump, a poll comb, and a swelling breast.

GEESE.—In young geese the feet and bills will be yellow, and free from hair. When fresh, the feet are pliable; they are stiff when stale.

DUCKS may be selected by the same rules.

PIGEONS, when fresh, have supple feet, and the vent will be firm; if discoloured they are stale.

PLOVERS, when fat, have hard vents; but like almost all other birds, may be chosen by the above rules.

HARES.—When a hare is young and fresh, the cleft in the lip is narrow, the body stiff, and the claws are smooth and sharp; old and stale hares will be the opposite of this. Rabbits the same. In order to ascertain whether a hare is young or old, turn the claws sideways; if they crack it is young. The ears also should be tender and capable of bending easily.

PARTRIDGES.—Yellow legs and a dark bill are signs by which a young bird may be known; a rigid vent when fresh. When this part is green the bird is stale.

PHEASANTS may be chosen as above; the young birds are known by the short or round spur, which in the old is long and pointed.

MOOR GAME.—Grouse, Woodcocks, Snipes, Quails, Ortolans, &c., may be chosen by the rules above given.

Choose white legged fowls for boiling, and dark for roasting.

To Choose Fish.

The eyes of fish, if fresh, are bright, the gills of a fine clear red, the body stiff, and the smell not unpleasant. Chloride of soda will restore fish that is not extremely fresh, but it is never so good as when it has not been kept.

A turbot should be thick; the under side of a pale yellowish white, the colour of rich cream.

The salmon and the cod should have a small head, very thick shoulders, and a small tail. The flesh of the salmon should be of a bright red colour, the scales very bright.

Do not buy herrings, mackerel, or whitings unless *quite* fresh, and do not attempt to keep them even till the next day. Cod may be kept twenty-four hours. Soles the same.

Eels should be bought alive. Crabs and lobsters should be heavy and very stiff: if they feel limp they are stale. They are often bought alive. Oysters, if fresh, will close forcibly on the knife when opened. If the shell gapes in the least degree, the oyster is losing its freshness. When the fish is dead the shell remains open. Small "natives" are the best oysters for eating; for sauces or other culinary purposes the larger kinds are good enough.

To Choose Eggs.

Shake the eggs; if they are bad they will

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rattle. But we think the best plan is to put them in a basin of water, and see if they lie on their side, down in it. If the egg turns upon its end, it is bad; if it lies obliquely, it is only *not quite fresh*, but may do for puddings, &c.

M. Soyer tells us that the "safest way is to hold them up to the light, forming a focus with your hand; should the shell be covered with small dark spots they are very doubtful." . . . "If, however, in looking at them you see no transparency in the shells, you may be sure they are rotten and only fit to be thrown away. The most precise way is to look at them by the light of a candle; if quite fresh there are no spots upon the shells, and they have a brilliant light yellow tint."

Eggs to be preserved for use should be *quite* fresh from the nest.

To Choose Vegetables.

Take care that they are fresh-looking and crisp.

POTATOES.—*We* think the best are the walnut-leaf kidney for summer and the regents for winter use. But tastes differ so much with regard to potatoes, that we can only advise buying them of the best and most respectable dealers.

To Choose Apples.

In choosing apples, be guided by the weight; the heaviest are the best, and those should always be selected which, on being pressed by the thumb, yield to it with a slight crackling noise. Prefer large apples to small, for waste is saved in peeling and coring them.

Apples should be kept on dry straw in a dry place, and pears hung up by the stalk.

The Store-Room.

Every lady should have a small closet for her stores if she has not a regular store-room. Groceries should always be bought in quantities, if possible; thus the turn of the scale and the weight of paper, &c., is saved. At certain seasons of the year some articles may be bought cheaper than at others. Advantage should be taken of any fall in the market.

A book should be kept in the store-room to enter the date when each store is bought, and at what price.

The store-room should be very dry, and furnished with drawers, shelves, and nails, with a few little nets suspended from them for hanging lemons in. It should contain also earthenware jars for sugars, and tins for keeping tea, coffee, and biscuits. The large or small tins in which biscuits are sold should be retained for these uses. Jams, pickles, and preserves should be kept in the coolest part of the room or closet. Coffee should not be bought in large quantities, because it soon loses its flavour; unless, indeed, it is roasted at home, which is a very economical plan for large families. It can be bought very cheaply unroasted; if purchased by the twenty-eight pounds it can be had at one shilling per pound; and there is a roaster (peculiar to Ireland) which is turned over the fire like a mop, that any one can use with ease, to prepare it whenever required.

Loaf sugar should be *very* white, close, heavy, and glittering; it is economy to buy the best, as the more refined the sugar is, the less the quantity required for sweetening.

Moist or brown sugar should have a crystalline, sparkling look, and should not be too powdery or sandlike.

Tallow candles should be bought in large quantities, if possible; and purchased in the winter, as they keep best when made in cold weather. They should be kept several months in a cool place before they are used. Soap should be bought by the hundred-weight for cheapness, and kept long before it is used. It should be cut in pieces fit for use, and then put in a drawer to dry and harden slowly, without being exposed to the air; for if it were to dry quickly it would be likely to break when used. Mottled soap is the most economical; the best yellow soap melts much more rapidly in water. Soft soap for washing linen is a saving of half the quantity; therefore it is economical, though dearer in price than hard soap. Soda, by softening the water, saves soap.

Starch should be left in a warm, dry place. Sugar, sweetmeats, and salt, must all be kept *very dry*.

Rice, tapioca, sago, &c., should be kept close covered, or they will get insects in them; it is better *not* to have large supplies of these articles.

Buy lemons in June or July when they are freshly imported, and hang them in separate nets, for if they touch they will spoil.

Onions, shallots, and garlic should be hung in ropes from a ceiling in an out-house (*not* in the store-room); and parsley, basil, savory, knotted marjoram, and thyme should be dried and hung up in paper bags, each bag containing only one description of herb. They should be dried in the wind, and not in the sun, and when ordered in a receipt should be cautiously used, as a preponderance of one flavour in any seasoning spoils it.

When oranges or lemons are squeezed for

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juice, chop down the peel, put it in small pots and tie it down for use.

Vegetables will keep best on a stone floor, out of the air.

Eggs may be preserved by brushing them all over the shell with a thin solution of gum and laying them in bran. Some persons brush them over with oil; in fact, anything which will render the shell impervious to the air suffices for the purpose of preserving them. Some friends of the author wash them with a solution of two quarts of quicklime, half a pound of saltpetre, and an ounce of cream of tartar; but this is troublesome, and not so good as a more simple plan.

Suet may be kept for a twelvemonth, thus: choose the firmest and most free from skin or veins, remove all trace of these, put the suet in a saucepan at some distance from the fire, and let it melt gradually; when melted, pour it into a pan of cold spring water; when hard, wipe it dry, fold it in white paper, put it into a linen bag, and keep it in a dry cool place; when used it must be scraped; it will make an excellent pie-crust, either with or without butter.

The trouble of housekeeping is much diminished by having a fixed day for giving out to the cook the tea, sugar, coffee, plums, &c., which are likely to be required during the coming week; weighing out the quantities in proportion to the number of the family. Every week she should account for these quantities, bringing back whatever may chance to remain over and above her use.

The spice-box in the kitchen should be occasionally replenished from the store-room.

Keeping Accounts.

So many good Housekeeper's books are now published that much need not be said as to the mode of entry. But we think daily expenses are too minute in small families to be entered under all the various headings in most of the books with printed lists. The housewife is advised to keep a tiny MS. book and pencil in her pocket, and enter *at the moment* everything she buys or receives in the course of the day. This little record may be examined once a week, and its contents (so far as they relate to housekeeping) entered in the family account-book. The cook should produce her slate to check the lady's accounts, and the amount should be carefully added up.

We prefer ourselves a plain-ruled account-book *without* printed items. Then on one side, the left, we enter whatever money we receive during the week; on the opposite page the outlay we have made, which, when added up, can be subtracted at the bottom of the left page from the money received; a weekly check is thus placed on the expenditure, which is continually compared with the means of payment.

It is well to have a fixed sum for housekeeping, which may not be exceeded. If any amount may be *left*, it is a good reserve fund for extra expenses, or for charity.

Ready reckoners * will be found of great use both to save time, and also to help those who are slow at figures. One of them should always be kept lying next to or on the housekeeper's book.

Butcher's bills require careful weekly supervision, even when not paid till the quarter has elapsed, as errors in weight, even of ounces, or of price, as of farthings,† come to a considerable item in the course of the year. The memoranda of weight should be also compared with the book. One morning every week will suffice for these accounts, and, if faithfully carried out, the practice will be attended with a constant improvement in economy and good housekeeping.

Do not allow dripping or bones to become a perquisite of the cook. Dripping is most useful in a moderate family. It is an excellent medium for frying; it will make good family pie-crust, and supply the place of suet in a dumpling. Bones are absolutely necessary for making gravies and stock for soup.

Take care that butter is kept in a cool place and covered from the air. In summer get some saltpetre, dissolve it in cold water, and *stand* the butter crock in it, so that the saltpetre water may reach well up the sides. Cover it over with a wet cloth, the ends of which resting in the saltpetre water will keep it constantly moist. This is nearly as good as icing the butter.

Milk should be kept in scrupulously clean vessels, and stale and fresh milk should never be mixed, or the good will be spoiled.

Set apart from your income yearly a small sum to be invested in replacing worn household linen. Buy occasionally a tablecloth, a pair of sheets, &c., &c. You will feel these purchases much less than having to supply a whole stock of linen at once.

House linen should be looked over every six weeks or quarter, and carefully repaired. We like lavender-bags among the linen, to give it a fresh, agreeable smell; but some persons assert that they bring moth.

If you observe iron-moulds on the linen, speak at once to the laundress on the sub-

* See Warne's "Model Ready Reckoner."

† "My Market Table."

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ject. It is possible she throws the washing cloths on a *brick floor*, which will cause iron-mould as soon as rusty iron does.

Ordering Dinner.

When economy is to be considered, ordering dinner requires some foresight and ingenuity in making one day tell into the next. Many very small families will have a large sirloin of beef on Sunday, say, and go on eating it cold and badly hashed day after day till it is gone. Now this need not be. Let the housewife choose the very same joint with a good undercut, and we will see how many different fresh dinners may be made from it in our bill of fare for a week.

1st. Let the cook turn back the fat and cut out the undercut, as it is called, leaving a little fat on it, and replacing the upper fat so as not to disfigure the joint. Cut off the flap (which will enable you to carve the joint more easily), and put it in pickle. Now cut the under part into *fillets-de-bœuf*, dress them according to our recipe, and you will have a delicious dish, No. 1.

The joint roasted, No. 2.

Cold, and a few slices of the least dressed parts cut up for beef olives, No. 3.

The flap-end nicely salted, boiled with a garnish of carrots, &c., No. 4.

But as we all object to dinners of "*toujours perdrix*," we advise the housewife to alternate these dishes thus :—

First dinner, Saturday—Fillets-de-bœuf, potatoes mashed in dish, also served fried in curled ribbons.

Sunday.—Roast beef, Yorkshire pudding, boiled potatoes or Brussels sprouts.

Monday—Roast loin of mutton, potatoes.

Tuesday—Cold beef and beef olives, potatoes, salad, stewed fruit or pudding.

Wednesday—Hashed mutton, or curry, vegetables.

Thursday—Rumpsteak, greens, potatoes.

Friday—Soup, any remains of cold meat curried, (or a little veal cutlet to make up), vegetables, &c.

Or if the inevitable leg of mutton be ordered (and it is unquestionably a good joint), it may be divided : the knuckle part boiled, the other end stewed with green peas ; but it does *not* roast well cut in halves, it is always spoilt as to flavour and juiciness.

We are writing now for those who are compelled to be economical. Therefore we may observe that the bones of the sirloin with a small addition of meat should be put into the stock-pot, and thus a nice soup may be obtained according to our recipes. And do not let the housewife (hampered by small means) be frightened at the name of a sauce. Some of the best and most appetizing are really not expensive, if carefully made, and they will often suffice to turn a "scrap dinner" into quite a *recherché* little repast.

Ingenuity, care, and taste will do much to remedy the want of means. But if the wife has not a first-rate cook, let her try to dress any especial dish herself. Cultivated intellect will help her much more than she would suppose in mastering difficulties never overcome by an ordinary servant. It is said that cooks, as well as poets, must be to the manner born ; but we think the inspiration of affection may supply the birthright of talent, and the desire to add to home-happiness be strong enough to help the unsteady and unpractised hand. "Where there is a will there is a way."

If means are abundant, there is no sort of excuse for an ill-kept table ; then the wife (still studying the matter) may fearlessly exert her taste and vary the home fare with equal delicacy and address. She may have her "*fillets-de-bœuf*" still, for they are "a dainty dish to set before the queen," but she may retain the rolled flap on the joint, and eat boiled beef in its best form, the round or silver-side. She may vary meat with poultry, add game to her second course, and should never be without good soup. Still there should be no waste ; economy should be practised *for the sake of the poor*, who should be in every rich wife's thoughts.

We will give a nice and economical bill of fare here for a week, for six or eight persons, for the wife who can command a liberal sum for her table :—

Summer.

Sunday—Julienne soup, a sirloin of beef, half a calf's head, greens, potatoes, and cauliflower ; *pudding*, either baked tapioca, gooseberry pudding, or ramekins.

Monday—Middle slice of salmon, cold beef, hashed calf's head, asparagus, potatoes, salad ; *pudding*, apple or cold tapioca.

Tuesday—Salmon pudding, or *boudin de saumon* (from the remains of day before), leg of lamb, green peas, potatoes ; *pudding*, boiled custards, or fruit tart (say currant and raspberry).

Wednesday.—Green pea soup, boiled chicken, cold lamb ; potatoes, salad ; *pudding*, Brazenose College pudding, or open jam tart (apricot).

Thursday.—Soles, fillet of veal, or bacon, asparagus, potatoes ; *pudding*, queen Mab's, or German pudding.

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Friday.—Small turbot, rolled loin of mutton, minced veal, potatoes, early carrots; *pudding*, slices of German pudding fried, or black currant pudding.

Saturday.—Curried turbot. rolled mutton (cold), roast duck,* green peas, potatoes; *pudding*, cherry tart, boiled or baked custard.

This bill of fare may be varied weekly a multitude of ways, and let the house-wife remember that *variety* has an especial charm for the appetite.

To the wife who has to provide on *very* slender means we will now resume addressing ourselves.

Take care that your table-linen is spotlessly pure and white, the cloth well pressed, and that you have table napkins and finger glasses for dessert. These little elegancies cost next to nothing, and add immensely to the air of comfort and refinement which your table should possess. In summer, manage, if possible, to have a centre ornament of flowers, if only a cheap vase. In winter, the lamp will supply its place. Let the plate be well cleaned, the glasses *very* clear—in short, exquisite cleanliness, and everything which can charm the eye, will help you to make a poorer dinner more welcome than a sumptuous one would be with these delicacies omitted. You will find the style of your table one of those unconscious home-influences which will form the taste and tone of your children's minds, and greatly act on their manner. If you have not a very good cook, study the art a little yourself. Practise on one dish rather more frequently than on others, till you can do it to perfection.

A *well-dressed* mutton chop, an inexpensive yet appetizing pudding, will be a good dinner in themselves. *Whatever* you have, let it be *well-dressed*, and you have the essential principle of a first-rate dinner.

Dinner parties in the present day are rendered much less expensive affairs than they used to be, by the fashion of serving them in the Russian style. But this mode requires a sufficient number of servants for waiters, and a good carver; also the table should be elegantly ornamented with fruit, flowers, &c. No one should attempt to give such dinners, who has not means to render them perfect. In fact, large formal dinner parties should not be given *at all* unless the host and hostess have good means. Evening parties are all that should be expected from people who are not rich, and they will be, in many instances, much better liked by the guests.

At the same time we would not suggest anything like inhospitality. A few friends —*really friends*—may meet round the home table with probably twice the pleasure of the regular diners-out; and the house-wife should take care that these gatherings are made pleasant and easy by her previous care. She should not attempt anything beyond her means, nor try any dishes which she is not sure of making successfully. If she is careful (as she ought to be) to make her parlour-maid wait properly, and lay the table nicely, *every day*, she will be sure of her performance of the daily routine correctly, and the guests will be spared the anxious glances, divided attention, frowns, and signals of the hostess at the head of the table momentarily expecting catastrophes, and looking wretched, like a skeleton at an Egyptian feast. Let us advise her to have an ordinary but VERY good soup, very hot; well-dressed fish; *few* made dishes—two will be enough, handed round before the top and bottom dish are uncovered, and let them be very nicely made or not made at all. The joint and poultry should be plain but well dressed; plates hot; salt, water, and bread, within reach of each guest. The tiny sixpenny glass salt-cellars sold now are very useful; one is placed between every two persons. A water caraffe covered with its glass should stand close by the plates of two guests, *i. e.*, one at each corner of the table, and one in the middle of each side will be essential. ¡We are speaking only of a small friendly dinner, but these are *essential* comforts, and save waiting if they are ready at hand.

Any lady may venture to give a *little* dinner party in a *modified* Russian style, *i.e.*, put an épergne of flowers in the middle of the table; arrange on each side of it a semi-circle of dishes of fruits and sweetmeats, every two fruit dishes, divided by small glass plates, containing on one side preserved ginger, on the other, damson cheese, or any other sweetmeat. At the top and bottom of the table, soup and fish. When they are removed, the joints and poultry. The two side dishes on the sideboard are handed before the removes are uncovered. This will save the delay of spreading the dessert after the dinner is over. The cloth may be swiftly brushed, the fruit dishes drawn forward, and two centre ones placed on the table. In this form you will require fewer, *i. e.*, only two entrées or side dishes, and time will also be saved—a great object when there is only a single waiter.

The regular dinner *à la Russe* is served

* Ducks are a second course dish at first-rate dinners.

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thus:—Either a silver or glass plateau runs down the centre of the table, or a handsome centre-piece of plate is placed in the middle of it, such as a silver tree, with figures or animals at the foot of it; or a raised centre dessert dish, containing fruit, flowers, &c. &c. (*See* engravings of Desserts towards the end of the volume.) Round this centre are small glass dishes of preserves; outside, alternate dishes of fruit, and vases of flowers with occasional bottles of sherry, and caraffes of water with their several tumblers on them, a finger glass holding a wine glass to each plate. In short, the table is made to look as handsome as possible with glass, plate, &c. &c. In each plate is a "carte" of the dinner.

The dishes are brought in and placed on the sideboard or on a side table. The soup is handed round, then the fish; then the side dishes or entrées. Next the removes, as turkey, roast saddle of mutton, &c. &c., ready carved, of course, and on the plate. Then comes the second course, *i.e.*, game, or duck, or artichokes, puddings, jelly, cream, tarts, &c.; next, cheese, maccaroni, celery, &c.

The butler goes round with the wine as usual—sherry, Champagne, hock, &c. &c.—between the courses.

Then the servants place the dessert plates, &c., and retire.

A much less number of dishes is required for this style of dinner, than were needed when it was usual to place them on the table. Dinner is more rapidly served; and each dish is handed *hot*, and at the moment it should be eaten.

THE COOK'S CALENDAR.

January.

Meat.

Beef
Doe venison
House lamb
Mutton
Pork
Veal

Poultry and Game.

Capons
Chickens
Ducks
Fowls
Geese
Grouse
Larks
Moor game
Partridges
Pheasants
Pullets
Snipes.
Tame Pigeons
Turkeys, hen
Widgeons
Wild ducks.
Woodcocks

Fish.

Barbel
Brill
Carp
Cod
Crabs
Crayfish
Dace
Eels
Flounders
Herrings
Lampreys
Ling
Lobsters
Mussels
Oysters
Perch
Pike
Plaice
Prawns
Salmon trout
Shrimps
Skate
Smelt
Soles
Sprats
Sturgeon
Thornback
Turbot

Vegetables.

Beet
Brocoli
Brussels sprouts
Cabbage
Cardoons
Carrots
Celery
Chervil
Colewort
Cresses
Endive
Garlic
Kale, Scotch
Leeks
Lettuces
Onions
Potatoes
Salsify
Savoys
Sorrel
Tarragon
Turnips
Winter spinach

Forced Vegetables.

Asparagus
Cucumber
Jerusalem artichokes
Mushrooms

Fruit.

Almonds
Apples, *i. e.*:
French pippin
Golden pippin
Golden russet
Kentish pippin
Nonpareil.
Winter pearmain
Pears:
Bergamot d'Holland
Bon Chrétien
Chaumontelle
Colmar
Chestnuts
Grapes
Medlars
Nuts
Oranges
Walnuts

Especially in Season.

Fish.

Haddocks
Tench
Whiting.

Poultry and Game.

Hares
Rabbits.

February.

Meat.

Beef
House lamb
Mutton
Pork
Veal

Poultry and Game.

Capons
Chickens
Ducklings
Fowl (wild)
Green geese
Hares
Partridges
Pheasants
Pullets
Poults
Rabbits (tame)
Snipes
Turkeys
Woodcocks

Fish.

Barbel
Brill
Carp
Cockles
Cod
Crab
Crayfish
Dace
Eels
Flounders
Haddocks
Herrings
Lampreys
Ling
Lobsters
Mussels
Oysters
Perch
Pike
Plaice
Prawns
Salmon
Shrimps
Skate
Smelt
Soles
Sturgeon
Tench
Thornback
Turbot
Whiting

Vegetables.

Beet
Brocoli
Cabbage
Cardoons
Carrots
Celery
Chervil
Cresses
Endive
Garlic
Leeks
Lettuces
Mushrooms
Onions
Parsnips
Potatoes
Salsify
Shallots
Sorrel
Spinach
Sprouts
Tarragon
Turnips
Winter savory

Forced Vegetables.

Asparagus
Cucumbers
Jerusalem artichokes

Fruit.

Apples:
French pippin
Golden pippin
Golden russet
Holland pippin
Kentish pippin
Nonpareil
Wheeler's russet
Winter Pearmain
Pears:
Bergamot de Pasque
Winter Bon Chrétien
Chestnuts
Oranges

Especially in Season.

Poultry.

Ducklings
Green geese
Turkey poults

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March.

Meat.
Beef
House lamb
Mutton
Pork
Veal

Poultry and Game.
Capons
Chickens
Ducklings
Fowls
Green geese
Grouse
Leverets
Moor game
Pigeons
Snipes
Tame rabbits
Turkeys
Woodcocks

Fish.
Brill
Carp
Cockles
Cod
Conger eels
Crabs
Dory
Eels
Flounders
Lobsters
Ling
Mackerel
Mullet
Mussels
Oysters
Perch
Pike
Plaice
Prawns
Salmon
Salmon trout
Shrimps
Skate
Smelts
Soles
Sturgeon
Turbot
Tench
Whiting

Vegetables.
Artichokes (Jerusalem)
Beet
Brocoli
Brussels sprouts
Cabbage
Cardoons
Carrots
Celery
Chervil
Cresses
Endive
Garlic
Sea and Scotch kale
Lettuces
Mushrooms
Onions
Parsnips
Potatoes
Spinach
Turnips
Turnip tops

Forced Vegetables.
Asparagus
Beans
Cucumber
Rhubarb

Fruit.
Apples:
French pippin
Golden russet
Holland pippin
John apple
Kentish pippin
Nonpareil
Norfolk biffin
Wheeler's russet
Pears:
Bergamot
Chaumontelle
St. Martial
Winter Bon Chrétien
Chestnuts
Oranges

Forced Fruit.
Strawberries

Especially in Season.

Fish.
Mackerel
Mullet

April.

Meat.
Beef
Grass lamb
House lamb
Mutton
Pork
Veal

Poultry and Game.
Chickens
Ducklings
Fowls
Green geese
Leverets
Pigeons
Pullets
Rabbits
Turkey poults
Wood pigeons

Fish.
Brill
Carp
Chub
Cockles
Cod
Conger eel
Crabs
Dory
Eels
Flounders
Halibut
Herrings
Lobsters
Ling
Mackerel
Mullets
Mussels
Oysters
Perch
Pike
Plaice
Salmon
Shrimps
Skate
Smelts
Soles
Sturgeon
Tench
Trout
Turbot
Whitings

Vegetables.
Asparagus
Beans
Brocoli
Chervil
Cucumbers
Endive
Fennel
Lettuce
Onions
Parsley
Peas
Radishes
Rhubarb
Sea kale
Sorrel
Spinach
Small salad
Turnips
Turnip tops

Fruit.
Apples:
Golden russet
John apple.
Nonpareil
Wheeler's russet
Nuts
Oranges
Pears:
Bergamot
Pears, *cont.*
Bon Chrétien
Carmelite
St. Martial
A few strawberries (if early).
Walnuts

Forced Fruit.
Apricots
Cherries
Strawberries

Especially in Season.
Grass lamb

May.

Meat.
Beef
Grass lamb
House lamb
Mutton
Pork
Veal

Poultry and Game.
Chickens
Ducklings
Fowls
Green geese
Leverets
Pigeons
Pullets
Rabbits
Wood pigeons

Fish.
Brill
Carp
Chub
Cod
Conger eels
Crayfish
Dace
Dories
Eels
Flounders
Gurnet
Haddocks
Halibut
Herrings
Ling
Lobsters
Mackerel
Mullet
Perch
Pike
Prawns
Salmon
Shrimps
Skate
Smelts
Soles
Sturgeon
Tench
Trout
Turbot
Whitings

Vegetables.
Artichokes
Asparagus
Beans, kidney
Cabbage
Carrots
Cauliflowers
Chervil
Cucumbers
Lettuce
Onions
Peas
Potatoes, new
Radishes
Rhubarb
Salad of all kinds
Seakale
Sorrel
Spinach
Turnips

Forced Vegetables.
Artichokes
Asparagus
Kidney beans

Fruit.
Apples:
Golden russet
John apple
May duke
Winter russet
Cherries
Currants
Gooseberries
Melons
Pears:
L'Amozette
Scarlet Strawberry
Winter green

Forced Fruit.
Apricots
Cherries
Nutmeg-peaches
Strawberries

Especially in Season.
Crabs
Lobster
Prawns
Salmon
Skate

June.

Meat.
Beef
Grass lamb
House lamb
Mutton
Veal
Pork

Poultry and Game.
Chickens
Ducklings
Fowls
Green geese
Leverets
Pigeons
Plovers
Pullets
Rabbits
Turkey poults
Wheatears
Wood pigeons

Fish.
Carp
Cod
Conger eels
Crabs
Crayfish
Dace
Dory
Eels
Flounders
Gurnets
Haddock
Herrings
Lobsters
Mackerel
Mullet
Perch
Pike
Plaice
Prawns
Lobster
Salmon trout
Skate
Smelts
Soles
Sturgeon
Tench
Trout
Turbot
Whitebait
Whitings

Vegetables.
Artichokes
Asparagus
Beans:
French
Kidney
Windsor

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June—*continued.*

Cabbages
Carrots
Cauliflowers
Chervil
Cucumbers
Endive
Leeks
Lettuces
Onions
Parsley
Peas
Potatoes, new
Radishes
Salads
Spinach
Turnips
Vegetable marrow

Fruit.

Apples:
John apple
Golden russet.
Apples, *cont.*
Stone pippin
Cherries:
Bigaroon
Blackheart
Duke
Currants
Gooseberries
Melons
Pears:
Winter green
Strawberries

Forced Fruit.

Grapes
Nectarine
Peaches
Pines

Herbs for Drying.

Burnet
Mint
Orange Thyme.
Tarragon

For Pickling.

Garlic

Especially in Season.

Grass lamb
Crabs
Lobsters
Prawns
Salmon
Salmon trout
Skate
Whitebait
Vegetable marrow

July.

Meat.

Beef
Buck venison
Grass lamb
Mutton
Veal

Poultry and Game.

Chickens
Ducks
Fowls
Green geese
Leverets
Pigeons
Plovers
Tame rabbits
Turkey poults
Wheatears
Wild rabbits

Fish.

Barbel
Brill
Carp
Cod
Conger eels
Crabs
Crayfish
Dace
Dory
Eels
Flounders
Gurnet
Haddocks
Herrings
Ling
Lobsters
Mackerel
Mullet
Perch
Pike
Plaice
Salmon
Skate
Soles
Tench
Thornback
Trout

Vegetables.

Artichokes
Asparagus
Beans of all kinds
Carrots
Cauliflowers
Celery
Chervil
Cucumbers
Endive
Lettuces
Mushrooms
Peas
Potatoes
Radishes
Salad
Salsify
Sorrel
Spinach
Turnips

Fruit.

Apples
Codling
Jenneting
Margaret
Summer pear-main
Summer pippin
Apricots
Cherries
Currants
Damsons
Gooseberries
Melons
Nectarines
Peaches
Pears:—
Catherine
Green Chisel
Jargonelle
Musk
Oranges
Pineapples
Plums
Raspberries
Strawberries

For Pickling.

French beans
Red cabbage
Cauliflowers
Garlic
Gherkins
Nasturtiums
Onions

For Drying.

Knotted Marjoram
Mushrooms
Winter Savory

Especially in Season.

Grass lamb
Crabs
Dace
Green geese
Plovers
Wild pigeons
Damsons

August.

Meat.

Beef
Buck venison
Grass lamb
Mutton
Veal

Poultry and Game.

Chickens
Ducks
Fowls
Green geese
Grouse
Leverets
Moor game
Pigeons
Plovers
Rabbits
Turkeys
Turkey poults
Wheatears
Wild ducks
Wild pigeons
Wild rabbits

Fish.

Barbel
Brill
Carp
Cod
Conger eel
Crabs
Crayfish
Dace
Eels
Flounders
Gurnets
Haddocks
Herrings
Lobsters
Mackerel
Mullet
Oysters
Perch
Pike
Plaice
Salmon
Skate
Soles
Tench
Turbot
Whitings

Vegetables.

Artichokes
Beans of all kinds
Carrots
Cauliflowers
Celery
Cucumber
Endive
Leeks
Lettuces
Mushrooms
Onions
Peas
Potatoes
Radishes
Salads of all kinds
Salsify
Scarlet runners
Shallots
Spinach
Turnips

Fruit.

Apples
Codling
Summer pippin
Cherries
Currants
Damsons
Figs
Filberts
Gooseberries
Grapes
Melons
Mulberries
Nectarines
Peaches
Pears:—
Jargonelle
Summer
Bon Chrétien
Windsor
Plums:—
Greengages
Orleans
Raspberries
Alpine Strawberries

For Drying.

Basil
Sage
Thyme

For Pickling.

Red cabbage
Capsicums
Chillies
Tomatoes
Walnuts

Especially in Season.

Dace
Mackerel
Perch
Pike
Prawns
Turbot
Grouse, from the 12th inst.
Figs
Filberts
Mulberries
Greengages

September.

Meat.

Beef
Buck venison
Mutton
Pork
Veal

Poultry and Game.

Chickens
Ducks
Fowls
Green geese
Grouse
Hares
Larks
Leverets
Moor game
Partridges
Pigeons
Plovers
Rabbits
Teal
Turkeys
Turkey poults
Wheatears
Wild ducks
Wild pigeons
Wild rabbits

Fish.

Barbel
Brill
Carp
Cockles
Cod
Conger eels
Crabs
Dace
Eels
Flounders
Gurnets
Haddock
Hake
Herrings
Lobsters
Mullet
Mussels
Oysters
Perch
Pike
Plaice
Prawns
Shrimps
Soles
Tench
Turbot
Whitings

Vegetables.

Artichokes
Jerusalem ditto
Beans; French and Scarlet
Cabbages
Carrots
Cauliflowers
Celery
Cucumbers

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September—*Continued.*

Endive
Leeks
Lettuces
Mushrooms
Onions
Parsnips
Peas
Potatoes
Radishes
Salad
Shallots
Turnips

Fruit.

Apples:—
White Caville
Pearmain
Golden rennet
Morella cherries
Damsons
Figs
Filberts
Grapes;—
Muscadine
Frontignac
Red and black Hamburgh
Malmsey
Hazel nuts
Medlars
Peaches
Pears:—
Bergamot
Brown beurré
Pineapples
Plums
Quinces
Walnuts

Especially in Season.

Dace
Oysters
Perch
Pike
Grouse
Hares
Moor game
Partridges
Wild ducks
Grapes
Pineapples

October.

Meat.

Beef
Doe venison
Mutton
Pork
Veal

Poultry and Game.

Chickens
Dotterels
Ducks
Fowls
Green geese
Grouse
Hares
Larks
Moor game
Partridges
Pheasants
Pigeons
Rabbits
Snipes
Teal
Turkeys
Wheatears
Widgeon
Wild ducks
,, pigeons
,, rabbits
Woodcocks

Fish,

Barbel
Brill
Carp
Cockles
Cod
Conger eels
Crabs
Dace
Dory
Eels
Gudgeon
Haddocks
Hake
Halibut
Herrings
Lobsters
Mussels
Oysters
Perch
Pike
Prawns
Salmon trout
Shrimps
Smelts
Soles
Tench
Turbot
Whiting

Vegetables.

Artichokes
Jerusalem ditto
Brocoli
Cabbages
Cauliflower
Celery
Endive
Leeks
Onions
Parsnips
Peas
Potatoes
Radishes
Salad
Savoys
Shallots
Tomatoes
Truffles
Turnips
Winter Spinach

Fruit.

Almonds
Apples:—
Pearmain
Golden pippin
Golden rennet
Royal russet
Black and white bullace
Damsons
Figs, late
Filberts
Grapes
Hazel nuts
Medlars
Old Newington peaches
October peaches
Pears:—
Bergamot
Beurré
Chaumontelle
Bon Chrétien
Swan's Egg
Quinces
Services
Walnuts

Especially in Season.

Hake
John Dory
Pike
Pheasants
Partridges
Widgeon
Brocoli
Tomatoes
Truffles
Hazel nuts
Grapes
Medlars

November.

Meat.

Beef
Doe venison
House lamb
Mutton
Pork
Veal

Poultry and Game.

Chickens
Dotterels
Ducks
Fowls
Geese
Grouse
Hares
Larks
Moor game
Partridges
Pheasants
Pigeons
Rabbits
Snipes
Teal
Turkeys
Wheatears
Widgeon
Wild ducks
Woodcocks

Fish.

Barbel
Brill
Carp
Cockles
Cod
Crab
Dace
Dory
Eels
Gudgeon
Gurnets
Haddock
Hake
Halibut
Herrings
Ling
Lobsters
Mussels
Oysters
Perch
Pike
Plaice
Prawns
Salmon
Shrimps
Skate
Smelts
Soles
Sprats
Tench
Turbot
Whiting

Vegetables.

Artichokes (Jerusalem)
Brocoli
Cabbages
Chard Beets
Cardoons
Carrots
Celery
Chervil
Colewort
Endive
Herbs of all kinds
Leeks
Lettuces
Onions
Parsnips
Potatoes
Salad
Savoys
Shallots
Tomatoes
Turnips
Winter Spinach

Fruit.

Almonds
Apples:
Golden pippin
Holland do.
Kentish do.
Nonpareil
Winter pearmain
Wheeler's russet
Bullaces
Chestnuts
Grapes
Hazel nuts
Medlars
Pears:
Bergamot
Berry de Chaumontelle
Colmar
Spanish Bon Chrétien
Services
Walnuts

Especially in Season.

Dace
Dory
Hake
Pike
Sprats
Geese
Grouse
Hares
Snipes
Teal
Woodcocks
Chestnuts

December.

Meat.

Beef
Doe venison
House lamb
Mutton
Pork
Veal

Poultry and Game.

Capons
Chickens
Dotterel
Ducks
Fowls
Geese
Grouse
Guinea fowl
Hares
Larks
Moor game
Partridges
Peafowl
Pheasants
Pigeons
Rabbits
Snipes
Teal
Turkeys
Wheatears
Widgeon
Wild ducks
Woodcocks

Fish.

Barbel
Brill
Carp
Cockles
Cod
Crabs
Dory
Eels
Gudgeon
Gurnets
Haddocks
Hake
Halibut
Herrings
Ling
Lobsters
Mussels
Oysters
Perch
Pike
Plaice
Salmon
Shrimps
Skate
Smelts
Soles
Sprats
Sturgeon
Tench
Turbot
Whiting

Vegetables.

Artichokes (Jerusalem)
Beets
Brocoli, white and purple
Cabbages
Cardoons
Carrots
Celery
Endive
Forced Asparagus
Herbs
Leeks
Onions
Potatoes
Scorzonera
Shallots
Spinach (winter)
Truffles
Turnips

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December—*Continued.*

Fruit.	Apples *cont.*	Medlars
Almonds	Winter pear-	Hazel nuts
Apples:	main	Oranges
Golden pippin	Golden russet	Pears:
Nonpareil	Chestnuts	Bergamot

Pears *cont.*	*Especially in*	Skate
Beurré d'hiver	*Season.*	Turbot
Colmar	Cod	Capons
Holland	Dory	Giuneafowl
St. Germains	Hake	Peafowl
Walnuts	Ling	Turkey

KITCHEN UTENSILS.

The young and inexperienced housekeeper will, we believe, be glad of some guidance in the selection of the utensils needed in her kitchen, so that she may not be at the mercy of those who desire more than is really required, or who are ignorant of the necessity and use of many articles of the first importance in the art. With a view to helping our readers to decide in this matter for themselves, we offer them here three lists of the articles absolutely essential in the kitchen. The first list is for a first-rate kitchen, the second for a medium one, the third for the cottage home. Of course any one of the three lists may be added to, as required; but they will be a guide in the matter as they now stand.

Modern science has greatly aided the cook in the implements of her art, and in order to be able to recommend the newest and best cooking utensils we have solicited and received the aid of some of the first manufacturing and furnishing ironmongers in London.

The more expensive list will seldom be required by persons of moderate income, but they may select from it with profit some one or two articles, such as the Bain Marie pan, Sauté pan, &c., which will add immensely to the cook's resources, and enable her to keep her dinner hot, or perform certain delicate culinary performances much more certainly than she could without them.

We believe that the subject is worthy of the housekeeper's attention, as, though some cooks are so ingenious and fertile in expedients that they will make few utensils suffice, still there are others who would *well* fulfil the duties of their position if supplied with all the mechanical aids they have a right to expect, but who fail utterly without them; and it is surely unfair to expect a cook to prepare a good dinner without allowing her the needful implements.

Some of the recent inventions, as Carson's Patent Salting Apparatus, Kent's Patent Soup Strainer, and the Patent Mincing Machine, will be found to afford an immense saving of labour and time; while the worst cook amongst "general servants" can scarcely achieve the feat of spoiling the joint, if it be cooked in Captain Warren's Everybody's Pot.

We have not given an engraving of every separate article named in the lists; some few are too well known to require illustration. All that are new or least known in ordinary kitchens have been presented to the eye pictorially as well as verbally, and will, we hope, suffice for the full information of the inexperienced housekeeper.

Kitchen Utensils absolutely required by a good Cook.

Set of 6 wrought-iron saucepans.
1 wrought-iron stock-pot.
1 Bain-marie pan.
1 wrought-iron teakettle.
1 oval boiler.
1 digester, 1 saucepan digester, 1 stewpan digester.
6 enamelled stewpans.
1 Sauté pan, 1 French do.
1 potato steamer.
1 salamander and stand.
1 oval frying pan.
1 round do.
1 fluted gridiron.
1 bachelor's frying-pan.
1 omelet pan.
1 omelet soufflé pan.
1 braising pan.
1 preserving pan and spoon.
1 flour dredger.
1 sugar do.
1 brass bottle jack.
1 dripping pan and stand.
1 basting ladle.
1 wooden meat screen.
1 coffee mill.
1 meat chopper.
Meat saw.
1 colander.
Pestle and mortar.
2 gravy strainers.
1 bread grater.
2 sets of skewers.
1 fish slice.
1 egg slice and ladle.
1 pair of steak tongs.
1 egg whisk.
1 beef fork.
1 French cook's knife.
1 steak beater.
Fish kettle.
Mackerel saucepan.
Turbot kettle.
Salmon and jack kettle.
1 pair of fish scissors.
Double hanging gridiron.
Sliding toaster and trivet.

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Toasting fork.
Carson's patent salting apparatus.
Kent's patent soup strainer.
Mincing machine.
Weighing machine.
Spice box.
Herb stand.
Box of paste cutters.
12 patty pans.
3 tart pans.
3 Dariol moulds.
Marble slab for making paste.
Rolling pin—American, with revolving handle.
1 paste jigger.
"Piston" freezing machine.
1 cheese toaster.
3 larding pins.
2 cook's knives.
1 mushroom mould.
1 star fritter mould.
1 scroll fritter mould.
1 vegetable cutter, or "the French vegetable cutter."
1 vegetable mould.
3 pudding moulds.
6 jelly moulds.
3 cake moulds.
2 wooden spoons, and mashed potato fork.
Ice closet.
Sugar spinners.
Sugar moulds.

The cost of the above would be £38 10s.

Medium Set.

1 teakettle.
1 toasting fork.
1 bread grater.
1 wooden meat screen and bottle jack.
1 dripping pan and stand.
1 meat chopper.
1 colander.
3 block-tin saucepans.
5 iron saucepans.
1 do. and steamer.
1 large boiling pot.
4 enamelled stewpans.
1 butter saucepan.
1 stock pot.
1 fish and egg slice.
2 fish kettles.
1 flour dredge, and pepper and salt do.
2 frying-pans.
1 omelet pan.
1 double hanging gridiron.
1 salamander.
2 sets of skewers.
1 pair of steak tongs.
1 box of larding pins.
2 pudding moulds.
2 jelly do.
1 rolling pin.
1 paste board.
1 paste jigger.
12 patty pans.
2 tart pans.
1 pan for Yorkshire pudding.
Warren's Everybody's Cooking pot.
Warren's Everybody's curry pot.
1 spice box.

The cost of the above would be £10 15s.

Small Cottage Set.

Slack's patent digester.
1 teakettle.
1 toasting fork.
1 bread grater.
1 tin meat screen and bottle jack.
1 set of skewers.
1 meat chopper.
1 block tin butter saucepan.
1 colander.
2 iron saucepans.
2 iron stewpans.
1 enamelled saucepan.
1 iron boiling pot.
1 fish slice.
1 fish kettle.
1 flour dredge.
2 frying pans.
1 gridiron (hanging).
Salt and pepper dredgers.
1 rolling pin.
1 pasteboard.
12 patty pans.
1 pan for Yorkshire pudding.
1 pair of scales.
1 spice box.

The cost of the above would be £4 5s.

Saucepan. Braising-pan. Stewpan.

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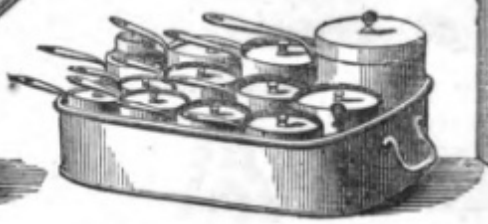
Saucepans of several sizes are required for every kitchen. The cook should be careful to keep them always clean and fresh. The moment she has ceased using one she should pour boiling water into it to wash it, and she should *never* put one away dirty.

Preserving Pan, for making jams, jellies, marmalades, &c.



Bain-marie Pan and Pots, for keeping sauces and entrées hot, &c.

Stock-pot.

Braising Pan.—The food to be braised is put into the lower part of the pan. The lid is covered well with red-hot ashes or charcoal. Full directions for braising are given farther on. The stewpan is a valuable utensil; it will in case of need serve as a braising-pan, if the lid be made to go a little into the edge of the pan as some are made.

Stock Pot.—The stock pot receives in it bones, trimmings of meat, remains of cold game, &c., &c., in short everything available for ordinary or good soup. It is to be wished that every English artizan's wife possessed one; it is the *pot-au-feu* of the French workman, who thus obtains nourishing soup and well-dressed meat at the same time.

Saucepan Digester.

Digester.

Stewpan Digester.

Slack's Patent "Digester" cannot be too warmly recommended to those who have need to practise economy. The mode of using it is simple and easy. Care must be taken in filling a digester to leave room enough for the steam to pass off through the valve at the top of the cover. This may be done by filling the digester only three parts full of water and bruised bones or meat, which it is to be noticed are all to be put in together. It must then be placed near a slow fire, so as only to simmer (more heat injures the quality), and this it must do for the space of eight or ten hours. After this has been done, the soup is to be strained through a hair sieve or colander, in order to separate any bits of bones. The soup is then to be put into the digester again, and afterwards whatever vegetables, spices, &c., are thought necessary are added, the whole is to be well boiled together for an hour or two, and it will be then fit for immediate use. In putting on the lid of the digester, take care that a mark, thus (X) on the lid, is opposite to a similar one on the digester. The digester may also be obtained to contain from four quarts to ten gallons. The saucepan and stewpan digesters hold from one to eight quarts.

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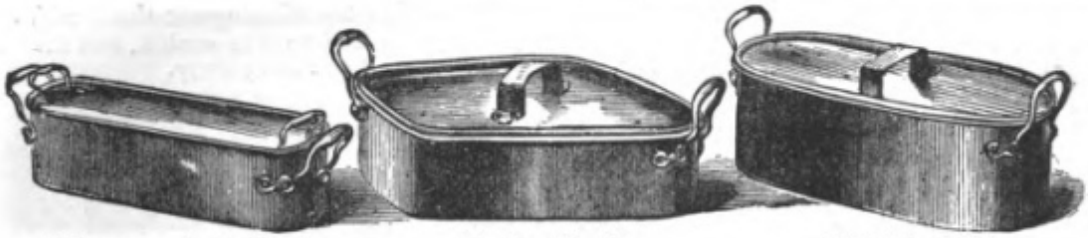


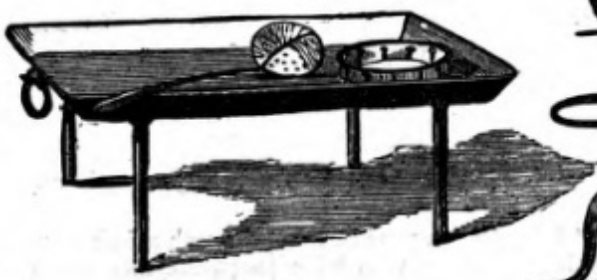
Salmon or Jack Kettle. Turbot Kettle. Fish Kettle.

Saucepan, with loose Earthen Lining, for boiling milk, custards, &c., without burning.

Bottle Jack and Screen, for roasting without a spit and wooden screen.

Saucepan, with Lip, for melted butter, gravy, &c.

Double Hanging Gridiron.



Dripping-pan and Ladle.

Toaster and Trivet.

Wire basket, for frying vegetables.

Meat Chopper, for chopping and disjointing bones.

Gravy Strainer.

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There is a new and better Gravy Strainer recently invented, in the form of a jelly bag, perforated at the sides, which is more convenient, we think, than the ordinary one.

Captain Warren's Everybody's Cooking Pot.

This new and admirable utensil we have tested ourselves, and can warmly recommend to the housekeeper. Meat is cooked in it by means of *heat only*, without being touched by any liquid, save its own juices, or even wetted by steam. The joint is put, *without water*, into the *inner* saucepan, B. This is put over the lower saucepan, A, which is filled with boiling water, the steam from which ascends round the sides of the inner pot and passes into the *lid*, which is also thus filled with steam. The meat remains cooking in its own juices alone for the period named in the following table :

Captain Warren's Curry Pot.

Time for Dressing Meat by Warren's Everybody's Cooking Pot.

	H.	M.
A leg of mutton, 10lbs.	3	0
Beef, 10lbs.	3	30
Goose.....	2	30
Turkey	3	0
Ham, 20lbs.	9	0
Hare	2	0
Rabbit	1	30

"Another and upper portion of the cooking pot will at the same time dress vegetables, &c., over the meat. They have, of course, to be put in some time after the joint. The meat, thus dressed, is taken out (in spite of an inferior cook) succulent, and scarcely at all reduced in weight; as it wastes two ounces *less* in dressing than by the ordinary system of boiling. The flavour is much better than when the meat is boiled, as it cannot, of course, absorb any water. For sick cookery this pot is admirable, as overboiling, scorching, or smoking, are impossible; and the meat is very digestible and nourishing from the juices being retained, and the fibre made tender. It makes nourishing soup at a temperature of 210 degrees, which Baron Liebig says should never be exceeded. The "Pot" may be used for either boiling or roasting. For the use of the "Cooking Pot," the inventor gives the following directions :—The water in the saucepan or pot should be high enough to touch the bottom of the enclosed pot. Meat to be dressed must be placed in the inner pot, B, *without* water, and the cover put on, with the *pipe* inserted in the tube; or if C be used, then the steam tube at the bottom must be care-

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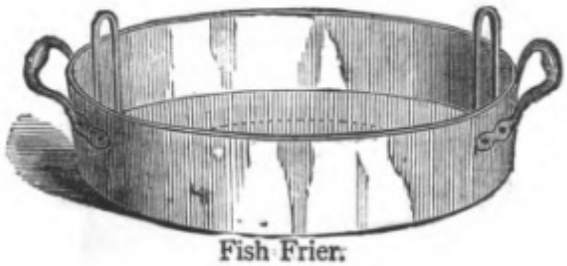
fully inserted in the tube of B. After bringing the water to the boil, the saucepan must be placed at the side of the fire, near enough to *keep it boiling*. The pot, when not in use, to be kept perfectly dry and uncovered. Meat may be kept for two hours in this pot, at the side of the fire, without being spoiled.

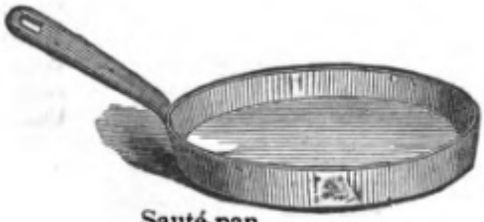
Salt beef, dressed in Captain Warren's Cooking Pot, requires one-third longer to do than fresh, and to be cooked with sufficient *water in the inner vessel* to cover it. The liquor in which it has been boiled will make superior stock for soup.

Frying-pan.



Fish Frier.

Fish Scissors.



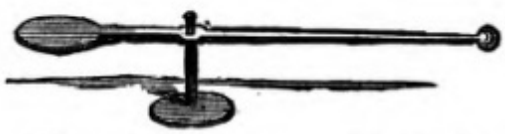
Sauté-pan.

Beefsteak Tongs, for handling steaks, &c. during the grilling process.

Omelet-pan, with sloping sides.

Sauté-pan.

Pestle and Mortar.



Salamander for browning puddings, &c.

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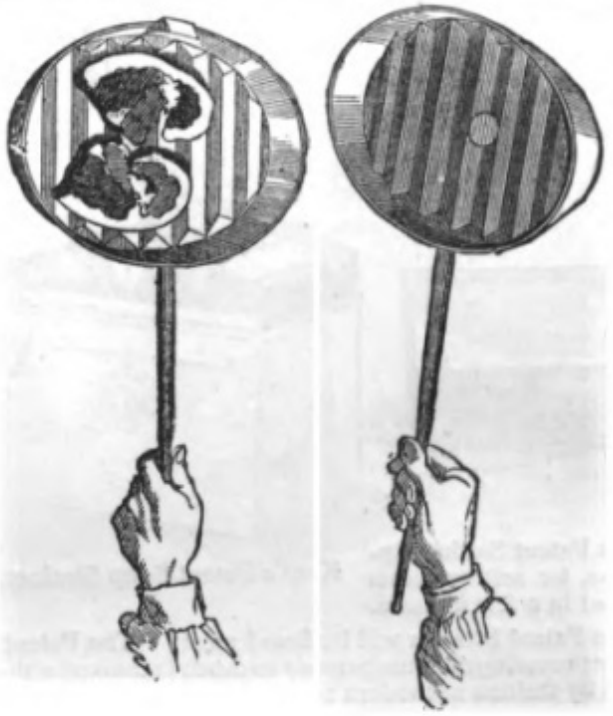
Captain Warren's Bachelor's Frying-pan, closed.



Bachelor's Frying-pan, open.

This frying-pan, invented by Captain Warren, is, we think, preferable to the ordinary frying-pan. It retains the heat better from being fluted instead of plain, and renders it unnecessary to touch the steak with the beef tongs. It shuts (as shown in the engraving) over the steak or chop, and can be turned over from one side to the other, as the cook pleases, till the meat is dressed.

Trussing Needle, for trussing poultry.

Meat Saw, for sawing bones in parts of meat where the chopper cannot be used.

Paste Jigger.

Larding needle, made with split ends, like a cleft stick, to receive strips of fat bacon, which by its means are grafted into the flesh of turkeys, poultry, &c.

Egg Whisk for beating eggs.

Beef fork, for lifting large joints in the pot or saucepan.

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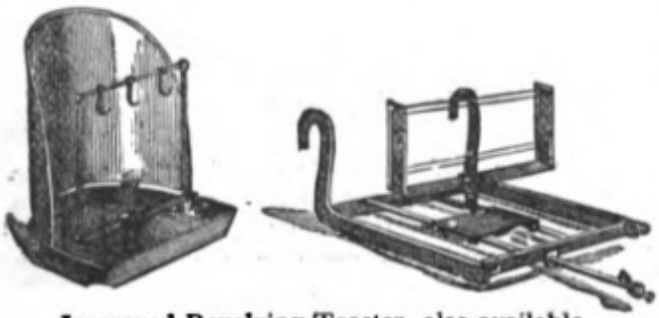
Carson's Patent Salting Apparatus, for salting joints of meat in a few minutes.

Kent's Patent Soup Strainer.

Patent Mincing Machine

Kent's Patent Strainer will be found most useful for procuring the transparency so much required by fashion in modern soups.

The Patent Mincing Machine will greatly economize the cook's time.



Improved Revolving Toaster, also available as a hanging Trivet, for Kettle Saucepan, or Plate.

Egg Poacher, with a loose inside frame, and ladles to hold the eggs.

French Vegetable Cutters for cutting carrots and turnips in various shapes, for soups, haricots, garnishing, &c.

When you use this machine, lay the disc or plate you have selected in the place prepared for it in the machine, with the sharp or cutting side upwards. Cut the vegetables into thin slices; lay a slice on the disc and press down the handle of the machine, which will force the vegetable on the disc. Then lay a second slice on the disc, pressing down the handle as before, and the slice first laid on will be forced through, cut into small pieces of the required shape. This may be repeated as often as necessary till the quantity is sufficient; the pieces remaining in the disc should be pushed out with a fork.

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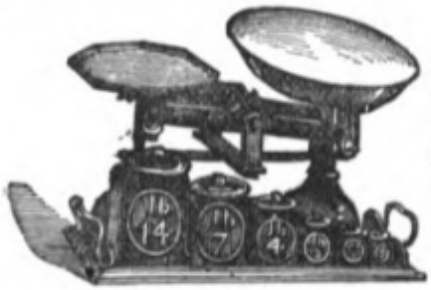
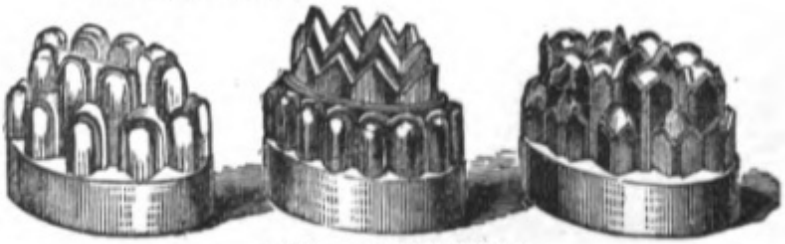


Scales and Weights.

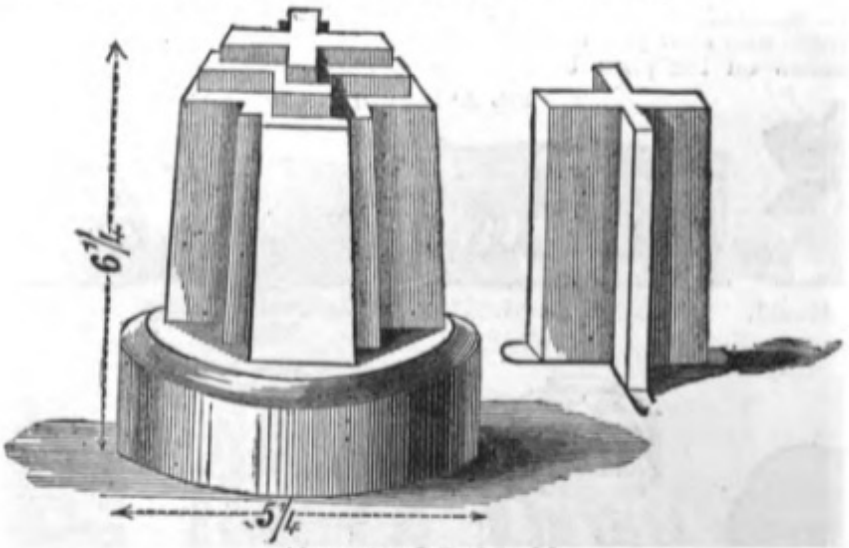
Scales.—As one of the great elements of success in cooking is precision in the proportions of ingredients, the cook should never be without a good pair of scales, and she should keep them in thorough order. In delicate dishes an unequal proportion of an article inserted only to impart a certain flavour, will ruin the dish. The necessity as well as use of scales is therefore obvious.



Ordinary Jelly Moulds.

Jelly Bag, used for Straining Jelly.

The newest and most fashionable moulds now are the two following shapes, in which an opaque interior is seen through the outer jelly, which is transparent.



Alexandra Jelly Mould.

Directions for using the Alexandra Jelly Mould.—Place the mould in ice, then whip a little jelly till it becomes white, and fill the small cross on the top of the mould; when set, fill the second cross with a little pink jelly, then place the lining in the centre of the mould, and fill the outside space with very clear pink jelly up to the level of the plain band of the mould, allow this to set and then pour a little warm water into the lining; it will then draw out easily, leaving a hollow space the form of a cross; this should be filled with white whipped jelly or blancmange. When set, fill up the circular band of the mould with clear gold jelly, and when the whole is turned out it will present a very beautiful representation of the Danish Cross in proper colours, upon a golden base.

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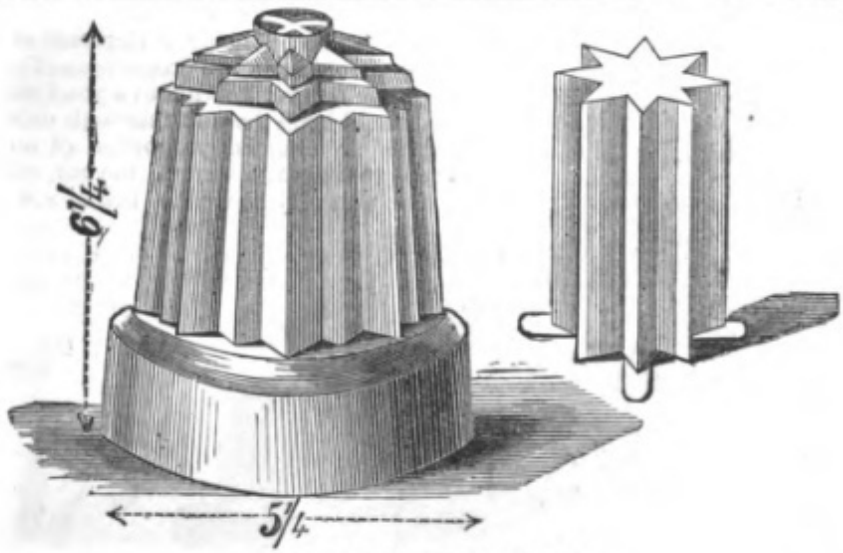
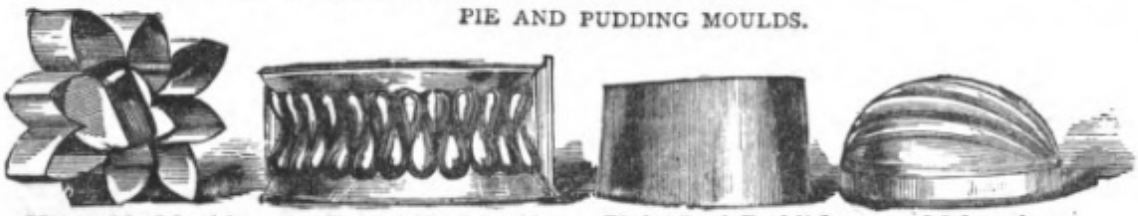


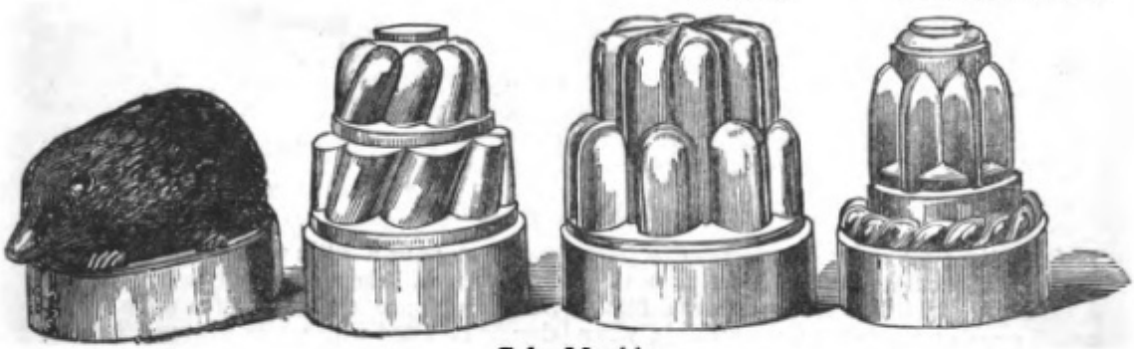
Brunswick Star Jelly Mould.

Directions for using the Brunswick Star Jelly Mould.—Place the mould in ice, then colour a little clear jelly with cochineal, with which fill the circle at the top of the mould ; when set, fill the smaller star with clear jelly, in which a little silver leaf has been broken ; when this is set, fill the second or larger star with red jelly, then place the lining in the centre of the mould, and fill the outside space with clear jelly up to the level of the hollow on the plain band of the mould ; allow this to set firmly, and then pour a little warm water into the lining, which may then be drawn out easily, leaving a hollow space. This should be filled with white whipped jelly or blancmange, which will form the interior star. When firmly set, fill up the circular band of the mould with red jelly, and when turned out it will present a very beautiful appearance, the main body of the jelly being surmounted by a Brunswick Star.

PIE AND PUDDING MOULDS.



Vegetable Mould. Raised Pie Mould. Plain Oval Pudding Mould. Melon-shpe Pudding Mould.



Cake Moulds.

We give these few specimens of the moulds required in large kitchens for pies, puddings, cakes, &c. A very great choice in such matters is afforded at the great ironmongers shops in the present day.

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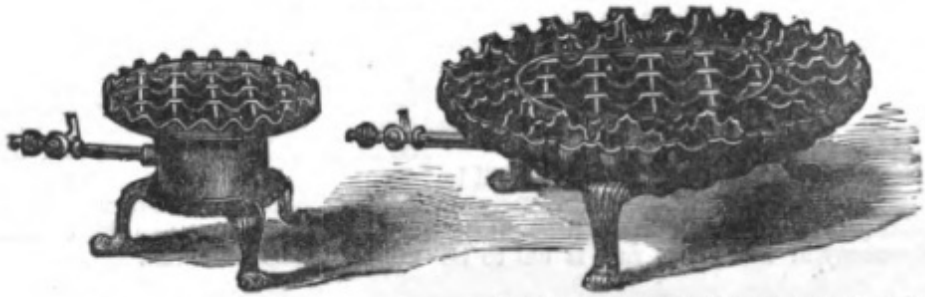
Gas Cooking Apparatus.



For boiling water.

For boiling or stewing at top, and frying or toasting underneath.

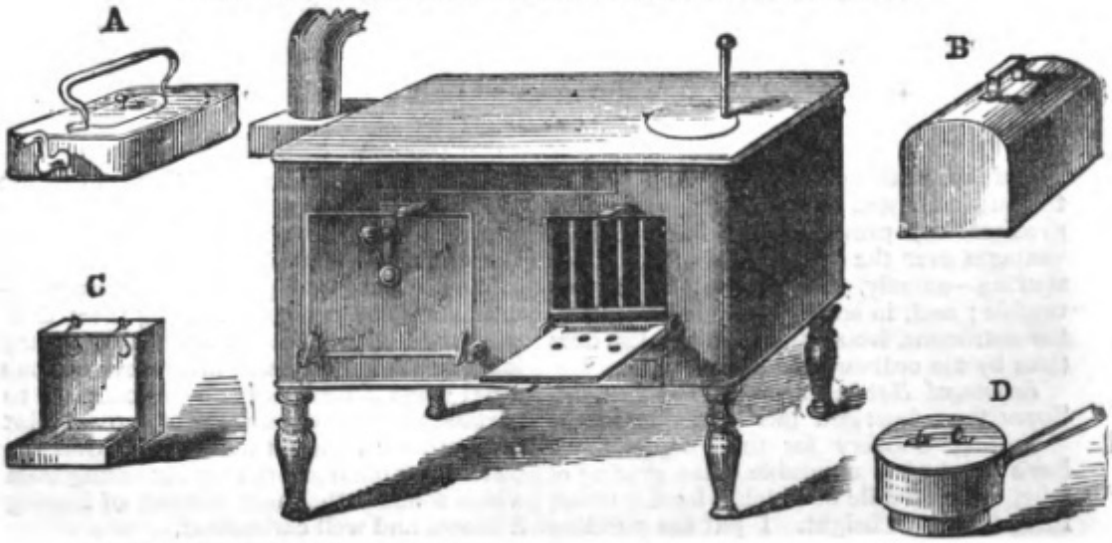
Gas Cooking.

Gas cooking finds favour in many kitchens on account of the great economy of fuel obtained by it. In small kitchens, in the heat of summer, the stove here represented will (in cases of early dinner) allow the cook or general servant to let her fire go out and enjoy a cool apartment. The stove should be placed, if possible, in the back kitchen or scullery.

Gas Cooking Stove.

"The Cottager's Stove."

WHICH REQUIRES NO BRICKWORK TO FIX IT.



A a Tin Kettle, holding seven quarts.
B an Iron Cover, which forms an additional oven on the top of the hot plate.
C Toaster. D Saucepan to fit the top.

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Directions.—When coal is used, the front and bottom gratings will be required.

When wood is used these may be removed.

To improve the Draught, if necessary.—Carry the flue-pipe a few feet up the chimney, or enclose the fireplace with an iron plate, in which cut out a round hole for the pipe to pass through.

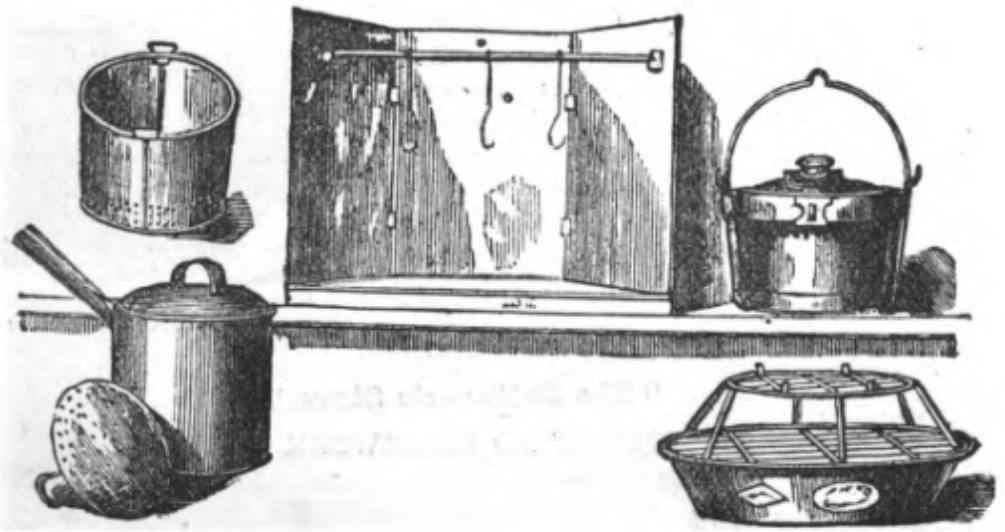
To use the Stove in the open air, it will be necessary to have about ten feet of perpendicular pipe, to ensure a proper draught.

Economy in the use of fuel is not to be neglected by the housekeeper. Cinders should be carefully sifted. The grate (if the ordinary one alone be possessed) should be screwed in as soon as the fire for cooking is no longer required. The fire *at the back* of the open range may then be made of small coals, wetted and left to cake. Cinders may be used for ironing stoves, and for heating ovens.

The Cottager's Stove will be found an economical assistant to the common open range in small kitchens.

Soyer's Patent Culinary Utensils.

It would be unjust to the memory of a great cook if we omitted from our list the culinary utensils invented by the late M. Soyer, to whom our gratitude as a nation is due. They consist of the Baking Stewing Pan, the Improved Baking Dish, the Vegetable Drainer, and the Portfolio Meat Screen.



Baking Stewing Pan.—By this pan all the nutriment and flavour of the various ingredients are preserved. It has great advantages over the old method of boiling or stewing—namely, that it gives hardly any trouble; and, in addition to its retaining all the nutriment, it cooks in one-third less time than by the ordinary mode.

Improved Baking Dish.—The late M. Soyer thus described this invention in the "Shilling Cookery for the People"; "I have attached a moveable false grating of wire, to the middle of which is fixed a trivet, three inches in height. I put the pudding at the bottom of the dish, then put in the grating, on which I place the potatoes; then on the trivet I put the meat. By this means the surplus fat, which would otherwise fall in the pudding and prevent its setting, descends on the potatoes, making them delicate and crisp. This is applicable to any joint, and the meat being more elevated than usual when placed in the oven, causes it to partake more of the flavour of a roast joint than it does when put immediately over the pudding or potatoes; the vapour arising from which soddens the meat, instead of leaving it brown and well carbonized.

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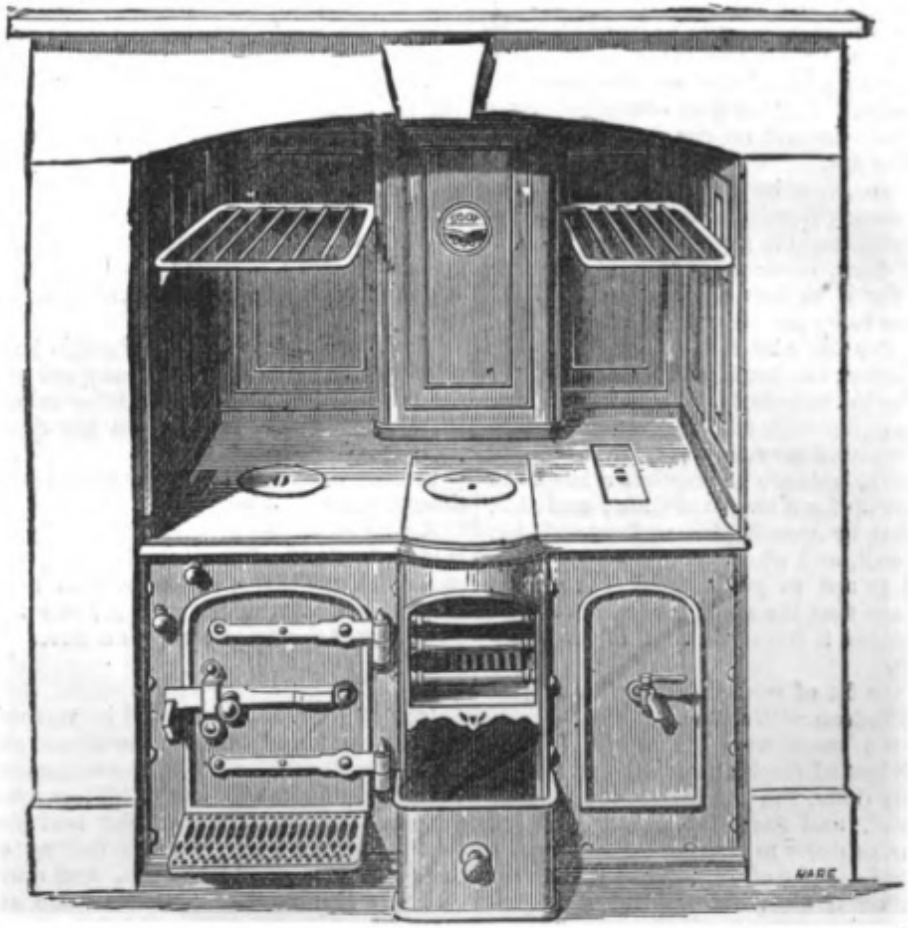
Vegetable Drainer.—This is a saucepan fitted with a perforated pan and a vegetable drainer, and is one of the most economical cooking utensils ever put before the public; it ought to have a place in every kitchen.

Portfolio Meat Screen.—The portfolio meat screen may be folded up when not required, and put away in a dresser drawer till wanted.

Ventilating Kitchener.



This new range is made from three feet to five feet wide; it has a wrought-iron roaster on one side of the fire, with moveable shelves, double dripping-pan and meat-stand, thoroughly ventilated by means of air-tubes and valves (by closing which the roaster becomes an excellent oven). Strong wrought-iron side boiler, on the other side of the fire, with steam pipe and brass tap. Gridiron for broiling. Ash-pan, hook, key, and raker; dampers, register door, &c.

The top consists of a hot plate, on which boiling, stewing, &c., may be done without injuring and soiling the vessels in use, and which may also be used as an ironing stove.

The advantages offered by this stove are that it requires no brickwork to fix it; it roasts, bakes, boils, and steams with one fire, and supplies a bath if required; it carries off the heat and smell of the kitchen; and it can be fixed in its place in a few hours, after the fireplace is cleared out and prepared for it, by local workmen if preferred. It can be removed, in the event of a change of residence, being quite detached and independent. It is not more expensive than the ordinary kitcheners; whilst the cost of fixing it is much less.

Plain Directions for Roasting, &c.

How to Roast.—Roasting meat, though one of the commonest modes of dressing it, is by no means an easy task. Roast meat is too often sent to table nearly raw, or dried up till there is scarcely any gravy in it. Now *good* roasting consists in dressing the

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joint thoroughly, and yet retaining its juices in it.

The cook should prepare her fire some little time before she puts the meat down. The grate should be let out sufficiently wide to take in the whole size of the joint, with a margin to spare on each side, and the fire should be *so* good as not to require making up during the time the joint is roasting. It should be sufficiently large to be of an equal strength all the time the meat is dressing, aided by a large coal put on the top of it occasionally. A great deal of the success in roasting will depend on the heat and goodness of the fire.

Begin roasting by placing the meat at some distance from the fire (about twelve inches), and baste it from the first. When it is half done, move it gradually nearer to the fire for it to be well browned. If the meat were to be put close to the fire at first, it would dry up, and the outside would be dressed before the heat had penetrated the mass; the juices being thus shut in, the joint would be under-dressed. Some persons prefer meat roasted *very* slowly. That method is expensive, because it requires a large fire to be kept up for a length of time; and also, unless done by a cook who understands her business well, and who makes a fire fit for it, the meat is apt to get sodden. We need scarcely say that the meat screen should be placed behind it from the first of its being put down.

Cover the fat of veal or lamb with a piece of paper tied on with twine.

Baste the meat very frequently, for the more it is basted the better it will eat. When it is nearly done, the paper over the fat may be removed, and the joint lightly dredged with flour, in order to give it a savoury brown appearance called frothing. Sprinkle a *very* little salt on it also, but not till it is just ready to dish up, as salt draws out the gravy.

The usual time allowed for roasting is a quarter of an hour or twenty minutes for each pound of meat. But this rule does not always answer. Meat fresh killed takes longer to roast than when it has been kept long; and in warm weather it takes less time than in cold. Brown meats require less time than white meats do. In frosty weather it is better to lay the joint before the fire to thaw before it is put on the spit, as, if frozen, it will be impossible to calculate the time required for dressing it, and in fact it will never be dressed through. The cook should always be careful that the spit, and also the hook used in the bottle-jack, be wiped before they are used. She should also be careful how she hangs the meat, so as to avoid disfiguring it by running the spit through the prime parts.

Cradle spits are much the best for large kitchens; for small families, the bottle-jack in a tinned screen does very well, or, better still, the improved spring-jack and roaster.

Let the butcher chop the joints of necks and loins of mutton and lamb before they are dressed, or they cannot be well separated by the carver when they are sent to table.

When the roast meat has been taken up, the fat which has dripped from it into the pan should be poured into a basin, previously dipped in cold water. It must be left till the next day, when beneath the fat at the top will be found a fine meat jelly fit for gravies, &c. The cake of dripping should be melted and strained into cold water, from which it can be removed in cakes for future use.

Veal, pork, and lamb should be thoroughly done, not retaining any red gravy; at the same time, care should be taken not to dry them up, or roast them till the flesh parts from the bones.

Mutton does not take quite the length of time to roast that beef does.

A very economical way of making gravy is to skim the fat from the dripping in the pan under the meat, and pour two or three spoonfuls of hot water into it; stir it, and pour it over the meat through a sieve.

How to Boil.

Joints to be boiled should be washed extremely clean and skewered into good shape, then they should be put in the saucepan and covered well with *cold* water. They must be set over a moderate fire and let boil *slowly*. Just before the water reaches boiling point the scum will rise to the top, and must be carefully skimmed off; if not done at the moment of ebullition it will fall back on the joint boiling and disfigure it. The pot will require skimming every time the scum rises. The saucepan must be kept covered all the time, however, the lid being only removed for the cook to skim the pot.

Gentle simmering, not fast boiling, is most desirable for meat, as by quick boiling the outside is hardened before the joint is done, and the meat becomes hard and tough, from the chemical reasons already given.

Salted meat requires longer boiling than fresh meat; when smoked and dried it takes longer still. Pickled or salted meat should be soaked before boiling in cold water, for a longer or shorter time as its saltness and size may require. Take care that the joint, if large, does not adhere to the bottom of the pot. To prevent this possibility cooks some-

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times put a few wooden skewers at the bottom under it.

The time allowed for boiling is from a quarter of an hour to twenty minutes for each pound, supposing of course that the fire is kept up to an equal temperature all the time. Quick boiling is very much to be avoided, but the pot should never be allowed *to stop simmering*.

First-rate cooks preserve the whiteness of their boiled meats, and save them from insipidity, by *not* boiling them in water, but using instead a sort of broth called *poêle*, or another called *blanc*. But these preparations are very expensive, and are not required for ordinary use; however, we give them amongst the sauces in case they should be needed. For people who cannot afford expensive cooking, a well-floured cloth wrapped round the meat to be boiled will make it white; but the cloth must be kept very clean, and should be boiled in pure water after each time it is used; moreover, it must not be suffered to get damp, or it will give a musty flavour to the meat.

How to Broil.

Many kinds of fish, steaks, chops, and cutlets are far better broiled than fried; but much care, niceness, and skill are required to broil properly. First, the fire should be perfectly free from smoke, though brisk, and giving out a good heat; secondly, the gridiron should be scrupulously clean, well heated, and rubbed over with mutton suet before the meat is put on it. If the fire be too fierce, the meat will be hardened and scorched; if it be too dead, the gravy will escape and the meat will be flabby. The gridiron should be held slopingly over the fire in order that the fat may run off to the back of the grate, for if it dropped on the coals it would create a blaze, and blacken and smoke the meat. If by chance a blaze should spring up during the time the steak, &c., is broiling, the gridiron must be caught off the fire and held on one side till the blaze is gone; a little salt thrown on the fire will make it clear again. Fish should be wrapped in a piece of well-buttered letter-paper before they are placed on the gridiron, to keep them from smoke, and prevent their becoming too dry; the gridiron may be rubbed with a little chalk first. Cutlets which are covered with egg and bread-crumbs, must be dipped in a little clarified butter before they are put on the gridiron. The best way however, is to season the cutlet with pepper, and brush it over with a little butter before it is broiled. Steaks and chops should be turned often in order that they may be done in every part, but the fork used for this purpose should never be stuck into the lean of the steak, as it would let the gravy escape; it must be put into the outer skin or fat. All kitchens ought to be provided with steak-tongs for this purpose.

Birds when cut asunder and broiled, must be laid with the *inside* first to the fire.

Most people prefer broiled mutton chops or beefsteaks rather lightly dressed, but lamb and pork chops should be thoroughly cooked. Everything broiled should be served the moment it is done, very hot. The dish should be kept ready to receive it in front of the fire.

When fish are broiled without paper, great care should be taken to have the gridiron very hot before they are put on it, and to rub the bars with grease. To preserve the skin of the fish entire when broiled, it should (after being washed and cleansed) be rubbed well with vinegar, dried in a cloth, and floured. The flour will keep it from adhering to the bars. A cinder or charcoal fire is best for broiling fish. While you are broiling slices of cold meat, put into a hot dish a piece of butter the size of a walnut and a teaspoonful of ketchup—melt them together, and lay the meat from the gridiron on the gravy made by these ingredients, as soon as it is done.

How to Stew.

Stewing is a wholesome, excellent, and economical mode of cooking. Very little fuel is used for it, and meat so prepared is both digestible and delicious. But *boiling* is not *stewing*, and we warn our readers that all we have said in praise of it may be reversed if they let the stew-pan do more than simmer very gently. Stewing is best done over a regular stove; but when a cook can command only an old-fashioned kitchen range she must place her stew-pan on a trivet high above the fire, and constantly watch it, and move it nearer to, or further from the fire. Stewing must of course always be done over a slow fire, and the stew-pan lid should shut quite closely. It should be kept at a gentle simmer, without letting it boil, and it must stew for several hours, according to the weight of the meat, which is not considered done until it is quite tender. Sometimes the cook stews the meat in a jar, placed in a stew-pan full of water, and thus extracts the pure gravy unmixed with water. We have also a recipe for stewing meat and vegetables together, without water being put in the jar with them, thus making an excellent soup from the union of the pieces of the meat and the water contained in the vegetables.

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How to Fry.

Cooks should always have two frying-pans, and a third, not much bigger than a large plate, for omelets, fritters, &c., if they have no sauté-pan. The pan must be kept delicately clean and nice; the butter, dripping, lard, or oil in which the fish, meat, &c., is fried must always be *boiling hot* before the meat is put into the pan. The rule is that a sufficient quantity of fat must be heated thus in the pan to *cover* the steak, chop, or whatever is to be fried—frying being actually boiling in fat instead of water. Mutton chops do not require any fat in the pan with them: they have enough in themselves, but they must be often turned and moved about to prevent them from burning. Of course we speak only of chops cooked quite plain, *i.e.*, without being egged and bread-crumbed. Cut and skin the chop nicely, and season it with a little pepper before putting it in the pan.

Lamb cutlets, and lamb chops, must be egged and bread-crumbed twice, in order to look well.

Steaks should be cut three quarters of an inch thick for frying, and should be peppered, but not have salt put on them before they are dressed, as it makes them hard. When done, a little salt is sprinkled lightly over them.

Cutlets, *à la maintenon*, and mullet are fried in buttered paper covers.

The first process in frying is to put enough dripping or butter in your pan, to cover the chop or steak when the butter is melted. Then the fat must be made to *boil* in the pan, and when at its greatest heat the substance to be fried must be plunged into it. The pan must then be lifted from the fire for a minute or two, to prevent the outside from getting black before the inside is dressed.

Fish must be well dried before frying, in a cloth well sprinkled with flour; or first they may be wiped well, thoroughly dried and dredged with flour. Then an egg is well brushed over them, and finely-grated bread, or biscuit, is sprinkled over them. The fat should be *quite* at boiling-point (when it will no longer hiss or bubble) before the fish is put in, and it should be well covered by the liquid butter, or oil, the latter is much the best for frying fish in, but of course it is expensive. Hog's lard and dripping are also used in economical kitchens. The frying-pan should never be left for a moment till the fish is done.

In kitchens where strict economy is demanded, it is usual when liver and bacon are to dressed to fry the bacon *first*, which will leave enough fat in the pan for the liver to be put in without either butter or dripping, but this mode, though economical, is very coarse, and we do not recommend it. The liver will be more delicate if it be fried *before* the bacon.

To Glaze.

Glazing is done by boiling down good rich beef stock till it is reduced to the consistence of a thin, bright brown paste. Of course, all fat and sediment must first be removed from the stock before it is boiled down for glaze. It should be done over a quick fire, boiled fast till well reduced, then changed into a smaller stew-pan, and should continue boiling till it is made. It must be kept in a jar well covered, and when required for use should be put into a stew-pan and let stand in boiling water till the jelly is melted. It must be brushed over the tongue, chicken, or beef with a glazing brush once or twice till the operation is finished.

Boning, Larding, and Braising.

The three most difficult operations to achieve well in cookery are boning, larding, and braising. Boning is so little understood by inferior cooks that it is best, if your servant is not first-rate, to have it done by the poulterer with whom you deal. Nevertheless, it is an art which tends so much to economy, that it would quite repay the mistress of a family to pay for a few lessons for her domestic from a good poulterer or cook. The bones of poultry and hares are most useful for making gravies, and hares are more easily carved, and look better when boned. Any butcher will bone joints when required. Although we cannot hope that our readers will be able to achieve the boning of a fowl, &c., from any verbal discription, we, nevertheless, give a few directions on the subject, from an excellent recipe of Miss Acton's for the performance of the operation. Turkeys, fowls, hares, &c., are boned, as well as joints.

To bone a Turkey or Fowl.—Miss Acton's.

"Cut through the skin down the centre of the back, and raise the flesh carefully on either side with the point of a sharp knife until the sockets of the wings and thighs are reached. Till a little practice has been gained, it will, perhaps, be better to bone these joints before proceeding further; but after they are once detached from it, the whole of the body may easily be separated from the flesh, and taken out entire. Only the neckbones and merrythought will then remain to be removed. The bird thus pre-

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pared may either be restored to its original form, by filling the legs and wings with forcemeat, and the body with the livers of two or three fowls, mixed with alternate layers of parboiled tongue, freed from the rind, fine sausage meat, or veal forcemeat, or thin slices of the nicest bacon, or aught else of good flavour, which will give a marbled appearance to the fowl when it is carved, and then be sewn up and trussed as usual; or the legs and wings may be drawn inside the body, and the bird being first flattened on a table, may be covered with sausage meat and the various other ingredients we have named, so placed that it shall be of equal thickness in every part, then tightly rolled, bound firmly together with a fillet of broad tape, wrapped in a thin pudding cloth closely tied at both ends, and dressed."

Larding.

The cook should be provided with larding needles of various sizes.

Cut small smooth strips of the length required, off the firmest part of a piece of bacon fat. Put these bits of bacon fat into a larding needle (*see* page 23), they are called lardoons. Pierce the skin and a very little of the flesh of the meat, fowl, sweetbread, &c., you may wish to lard with it, leaving the bacon in, and the two ends of equal length outwards. These punctures for lardoons are made in rows at any distance from each other the cook pleases. The flavour of larding may be obtained by raising the skin of the meat, and laying a slice of fat bacon beneath it; this mode is not ornamental, but gives an excellent flavour to the flesh, even better than when larded with the needles. It requires a little practice to lard neatly, but as it is really an easy operation, any cook may learn to do it with care. Cut the bacon in slices, lay them one on the other, and cut strips through them the size you require, in order that they may be all of the same size.

Lardoons (as these pieces of bacon are called) should be two inches in length, and one-eighth of an inch in width, for larding poultry, game, and fricandeaux; for fillets of beef and loin of veal they should be rather thicker. We owe, besides many another invaluable lesson, the following admirable description of larding to Soyer:—"Have the fricandeau trimmed; lay it lengthwise upon a clean napkin across your hand, forming a kind of bridge with your thumb at the part you are about to commence at. Then with the point of the larding needle make three distinct lines across, half an inch apart; run the needle into the third line at the further side of the fricandeau, and bring it out at the first, placing one of the lardoons in it; draw the needle through, leaving out a quarter of an inch of the bacon at each line; proceed thus to the end of the row. Then make another line half an inch distant; stick in another row of lardoons, bringing them out at the second line, leaving the ends of the bacon out all the same length. Make the next row again at the same distance, bringing the ends out between the lardoons of the first row, proceeding in this manner until the whole surface is larded in chequered rows. Everything else is larded in a similar way, and in the case of poultry, hold the breast over a charcoal fire for one minute, or dip it into boiling water, in order to make the flesh firm."

Braising.

Braising is a mode of cooking by the action of heat *above*, as well as *below*, the article cooked. A braising-pan has a deep cover (*see* engraving at Kitchen Utensils) on which live charcoal is placed. The pan is air-tight, and as all evaporation is thus precluded, the food braised imbibes whatever flavour the cook may wish to give it; in order to effect which, she must place in the pan with it whatever vegetables, &c., her recipe may direct. The ingredients should be very well proportioned, and the stewing should go on very slowly.

We will give here one recipe for a braise, as an example of what is meant,

A fowl braised.—Peel and wash a large Portugal onion, and one large turnip: cut them in thin slices, with a little celery, a few sprigs of parsley, and a bay leaf. Lay a few slices of fat bacon at the bottom of the pan, place the bird trussed for boiling on it, cover the breast with slices of fat bacon. Lay the vegetables round it with a few bones or trimmings of fresh meat. Add a pint and a half of stock, and seasoning to your taste. Cover the pot closely, set it over a slow stove, put live charcoal at the top, and let it cook slowly.

When it is done keep the meat hot while you strain the gravy and take off the fat, which you can do quicker by plunging the basin partly into cold water; this will make the fat coagulate. Boil it up very quickly again till it thickens. Some cooks let the gravy adhere to the meat; this is done by boiling it down till it is reduced just to the quantity required for the purpose.

Sauté-ing.

To "Sauté" anything means to dress it quickly, in a small pan, with a *very little*

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butter, oil, lard, or dripping, doing one side at a time. Two spoonfuls of oil will be enough to *sauté* a small chicken in.

The art of sauté-ing well consists in doing it quickly, to keep the gravy and succulence in the meat. It is an economical mode of dressing small things of every kind of food. It is, you see, very different from frying, which is really boiling in hot fat, and requires a far greater quantity of the butter, oil, &c., for its performance.

Steaming.

Steaming is an admirable mode of dressing bacon and hams. It preserves the flavour in them, and quite saves waste. Any one who has once eaten steamed bacon will never again, we think, order it to be boiled, so tender and succulent will it be found.

In "Kitchen Utensils," page 21, will be found the engraving and description of a new steam saucepan, which promises to be a great addition to the kitchen.

In it the meat or fowl is cooked without being touched by either water or steam. It appears to us to be a cheap and easy mode of *braising* in a new form. It is styled "Everybody's Cooking Pot." The novelty of the process consists in cooking without the viands coming into actual contact with water or steam; the meat, kept from water entirely, is cooked in an inner cylinder, the outer one containing the water being kept at boiling-point. The food thus prepared is cooked in its own vapour, and none of its nutritious properties wasted. The well known fact, that meat cooked by the ordinary methods of roasting or boiling, loses a large portion both in bulk and weight, as well as some very important chemical qualities, is of itself sufficient to stamp with the seal of approbation any invention that avoids these evils. We have proved, by personally trying it, that meat, fish, and poultry, when cooked in this pot, retain those nourishing juices which, if cooked in the ordinary method, would have been thrown off in vapour, but by this mode become condensed and are returned in moisture at a temperature sufficient to cook in the most perfect manner. To the poor as well as the rich, this invention will therefore prove a great boon.

A Vocabulary of Cooking Terms.

A Bouquet of Herbs—Parsley, thyme, and green onions, tied together.

Allemande—Reduced white velouté sauce, thickened with cream and yolks of eggs, seasoned with nutmeg and lemon-juice.

Angelica—A plant preserved in syrup, and used for decorating pastry, &c.

Aspic Jelly—A transparent jelly made from meat, and used for garnishing, &c.

Au-bleu—Fish dressed so as to present a bluish appearance.

Baba—Very light plum-cake.

Bain-marie—A square tin cooking utensil, with a loose bottom. A kind of very shallow cistern, to be placed on a hot hearth. It contains hot water in which vessels containing soup, sauces, &c., are placed, that they may be kept warm without being longer subject to the action of the fire, which would reduce or thicken them.

Bard—A substitute for larding, when the assistance of fat is needed in dressing any substance—*i. e.*, *bard* is a thin slice of bacon fat which is put over the breasts of birds, back of hare, &c.

Béchamel—French white sauce.

Beignet—A fritter.

Bisque—A shell-fish soup.

Blanc—A white broth used instead of water for boiling chickens, &c., to make them white in appearance.

Blanch—To put the substance to be done into cold water, boil it, strain it, and plunge it into cold water. Also to remove the outside skin of almonds.

Blanquettes—Thin slices of white meat warmed in white sauce, thickened with the yolk of eggs.

Boudin—An *entrée* prepared with quenelle forcemeat.

Bouilli—A stew of beef, served with sauce.

Bouillon—Broth.

Braise—A compound used for giving flavour to braised meats, and for keeping poultry, &c., white, while braising.

Braising—A mode of stewing with bacon.

Brioche—A spongy cake resembling Bath buns.

Callipash—The glutinous meat of the upper shell of the turtle.

Calipee—The glutinous meat of the under shell of the same creature.

Caramel—Sugar boiled till the water is all evaporated; used for ornamentation.

Cassarole—A stew-pan.

Cassarole—A rice crust made in the shape of a pie.

Chartreuse of Vegetables—A preparation of vegetables arranged in a plain mould, the interior garnished with game, fillets, tendons, &c.

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Compote—Stewed fruit and syrup ; or stewed pigeons, &c.
Consommé—A strong gravy left from stewing meat.
Coulis—A rich brown gravy.
Croquantes—Bright mixtures of fruit and boiled sugar.
Croquettes—A savoury mince of fish, meat, &c., formed into shapes of various kinds and fried.
Croustade—A kind of patty.
Croûton—A sippet of bread used for garnishing hashes.
Daubes—Meat or fowl stewed in sauce.
Desosser—To bone.
En papillote (in a paper)—Putting a cutlet into an oiled or buttered paper.
Entrée—A side dish for the first course.
Entremet—A corner dish for second course.
Escalopes—Collops.
Espagnole—A brown sauce, the foundation of most other sauces.
Faggot—A tiny bunch of parsley, thyme, and a bayleaf, tied together.
Farce—Forcemeat or stuffing.
Flancs—Side dishes.
Foncer—To lay ham, veal, or bacon, at the bottom of the saucepan, under meat.
Fricandeau—A made dish of boned and larded veal.
Galette—A peculiar French cake.
Gâteau—A cake.
Glaze—Stock boiled down to a thin paste.
Godiveaux—Different kinds of forcemeat.
Jardinière—A preparation of vegetables stewed down in their own sauce.
Lardoon—The piece of bacon used in larding.
Leason—A mixture of egg and cream.
Lit—A layer.
Luting—A paste to fasten the lids on pie-pans for preserving game.
Maigre—Dishes for fast-days made without flesh.
Marinade—A liquor for boiling or stewing fish or meat in.
Matelote—A rich stew made of fish and wine.
Mayonnaise—Cold salad dressing.
Mignonnette Pepper—Pepper-corns ground coarsely.
Miroton—Pieces of meat not larger than a crown piece made into a ragoût.
Nougat—A mixture of almonds and sugar.
Nouilles—A kind of vermicelli.
Paner—To put breadcrumbs.
Poêlle—A kind of broth made of veal, bacon, &c., used to boil fowls in.
Pot-au-feu—The stock-pot.
Profiterolles—A light kind of pastry creamed inside.
Purée—A thick soup.
Quenelles—Forcemeat of meat, fish, &c., formed into balls, and fried.
Ragoût—A very rich sauce or made dish.
Rissoles—Balls of minced meat covered with egg and breadcrumbs, and fried.
Roux—A thickening made of butter and flour.
Salmis—A hash of half-roasted game.
Sauce Piquante—An acid sauce.
Sauter—A mode of frying.
Seasoning—Three bay leaves, six cloves, a blade or two of mace, pepper, and salt.
Soufflé—The very lightest of puddings ; a "puffed up" pudding is the meaning of the word.
Stock—The essence extracted from meat. It is the foundation of soups of all kinds.
Tamis or Tammy—A very fine strainer of woollen canvas.
Tourte—A tart baked in a shallow tin.
Turbans and Mazarines—Ornamental *entrées* of forced meat, and fillets of poultry, game, or fish.
Velouté—A white sauce.
Vol-au-vent—Very light puff paste formed into cups, and filled with ragoût or mince.

CARVING.

One of the most important acquisitions in the routine of daily life is the ability to carve, not only well, but elegantly. It is true that the present fashion of Russian dinners is fast banishing the necessity for promiscuous carving from the richly-served boards of the wealthy ; but in the circles of middle life, where it is not adopted, the necessity of skill in the use of a carving-knife is sufficiently obvious.

Ladies ought especially to make carving a study ; at their own houses, and at the family dinner, they should be enabled to perform the task allotted to them with sufficient skill to prevent remark, or the calling forth of eager proffers of assistance from good-natured visitors near, who probably would far rather not be so employed.

Carving presents no real difficulties ; it simply requires knowledge. All displays of exertion or violence are in very bad taste ; for if they are not an evidence of the want of ability on the part of the carver, they present a very strong testimony of the toughness of a joint, or the more than full age of a bird : in both cases they should be avoided. A good knife of moderate size, sufficient length of handle, and great sharpness is requisite; the carving-knife for a lady should be light, and smaller than that used

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by gentlemen. Fowls are very easily carved; and of joints, such as loins, breasts, fore-quarters, &c., the butcher should have strict injunctions to separate the joints.

The dish upon which the article to be carved is placed should be conveniently near to the carver, so that he may have full control over it; for if it is placed far off, nothing can prevent an ungracefulness of appearance, and a difficulty in performing that which if it were in its proper place could be achieved with ease.

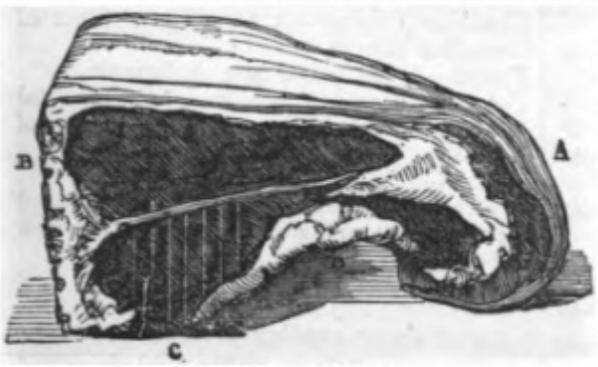
In helping fish, nicety and care must be exercised; lightness of hand and dexterity of management are necessary, and can only be acquired by practice. The flakes which, in fish like salmon and cod, are large, should not be broken in helping, for the beauty of the fish is then destroyed, and it becomes less inviting to the appetite.

In the following directions, accompanied by diagrams, we have endeavoured to be as explicit as possible; but practice alone will enable any person to carve with skill and facility.

Aitch-Bone.

RIBS OF BEEF.—There are two modes of carving this joint; the first, which is now becoming common, and is easy to an amateur carver, is to cut across the bone, commencing in the centre, and helping fat from A, as marked in the engraving of the sirloin, or it should be carved in slices from A to B, commencing either in the centre of the joint or at the sides. Occasionally the bones are removed, and the meat formed into a fillet; it should then be carved as a round of beef.

AN AITCH-BONE OF BEEF.—This is a simple joint to carve, but the slices from it must be cut quite even, and of a very moderate thickness. When the joint is boiled, before cutting it, remove a slice from the whole of the upper part, of sufficient thickness (say a quarter of an inch) to arrive at the juicy part of the meat at once. Carve from A to B; let the slices be moderately thin—not too thin—help fat with the lean in one piece, and give a little additional fat which you will find below C; the solid fat is at A, and must be cut in slices horizontally. The round of beef is carved in the same manner.



Sirloin of Beef.

THE SIRLOIN OF BEEF. — The under part should be first carved, as indicated in the engraving across the bone. In carving the upper part the same directions should be followed as for the ribs, carving either side, or in the centre, from A to B, and helping the fat from D.

FILLET OF VEAL.—Cut a slice off the whole of the upper part in the same way as from a round of beef, this being, if well roasted, of a nice brown, should be helped in small pieces with the slices you cut for each person. The stuffing is skewered in the flap, and where the bone comes out there is some placed; help this with the meat, with a piece of the fat.

Fillet of Veal.

NECK OF VEAL.—Were you to attempt to carve each chop, and serve it, you would not only place a gigantic piece upon the plate of the person you intended to help, but you would waste much time, and should the vertebræ not have been jointed by the butcher, you would find yourself in the position of the ungraceful carver, being compelled to exercise a degree of strength which should never be suffered to appear; very possibly, too, splashing gravy in a manner not contemplated by the

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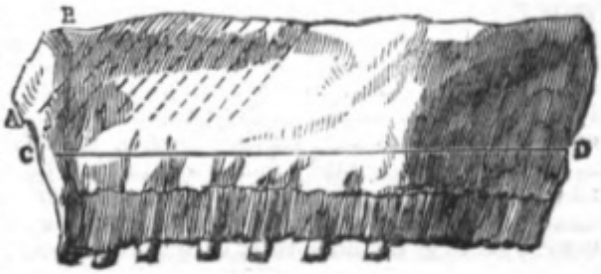
person unfortunately near enough to receive it. Cut diagonally from B to A, and help in slices of moderate thickness; you can cut from C to D in order to separate the small bones, divide and serve them, having first inquired if they are liked.

LOIN OF VEAL.—This joint is sent to table served as a sirloin of beef. Having turned it over, cut out the kidney and the fat, return it to its proper position, and carve it, as in the neck of veal, from B to A; help with it a slice of kidney and fat. The kidney is usually placed upon a dry toast when removed from the joint.

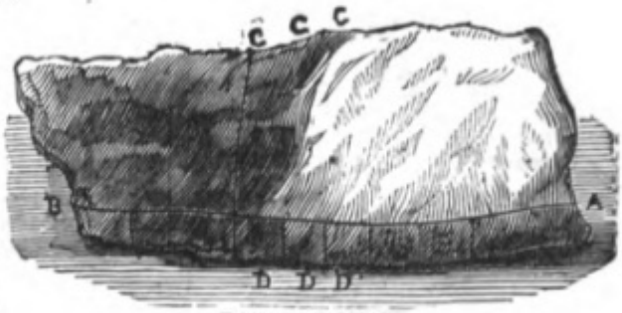
SHOULDER OF VEAL is sent to table with the underpart placed uppermost. Help it as a shoulder of mutton, beginning at the knuckle end.

THE BREAST OF VEAL.—Separate the ribs from the brisket, cutting from A to B; these small bones are the sweetest, and are mostly preferred; you will cut them as at D D D, and serve. The long ribs are divided as at C C C; and having ascertained the preference of the person, help accordingly; at good tables the scrag is not served, but is found, when properly cooked, a very good stew.

CALF'S HEAD.—There is much more meat to be obtained from a calf's head by carving it one way than another. Carve from A to B, cutting quite down to the bone. At the fleshy part of the neck end you will find the throat sweetbread, of which you can help a slice with the other part; you will remove the eye with the point of the knife and divide it in halves, helping those to it who profess a preference for it; there are some gelatinous pieces around it which are palatable. Remove the jawbone, and then you will meet with some fine-flavoured lean; the palate, which is under the head, is by some thought a dainty, and should be proffered when carving.



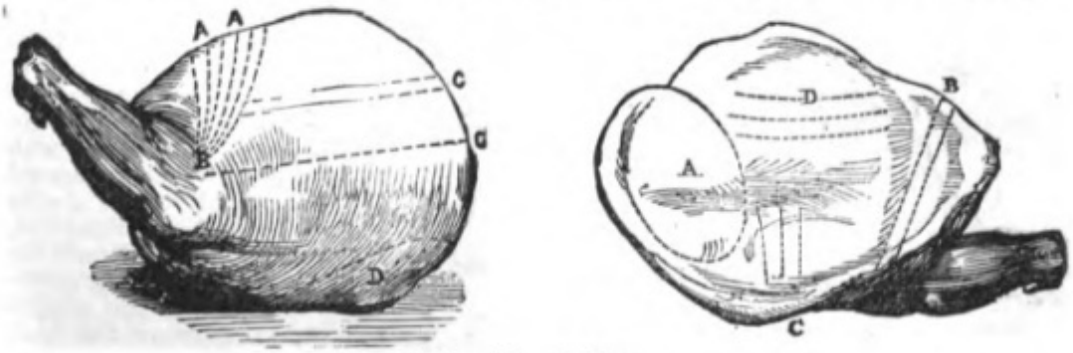
Neck of Veal.



Breast of Veal.

Half of Calf's Head.

A SHOULDER OF MUTTON.—This is a joint upon which a great diversity of opinion exists, many professing a species of horror at its insipidity; others finding much delicacy of flavour in certain parts. In good mutton there is no doubt but that, if pro-



A Shoulder of Mutton.

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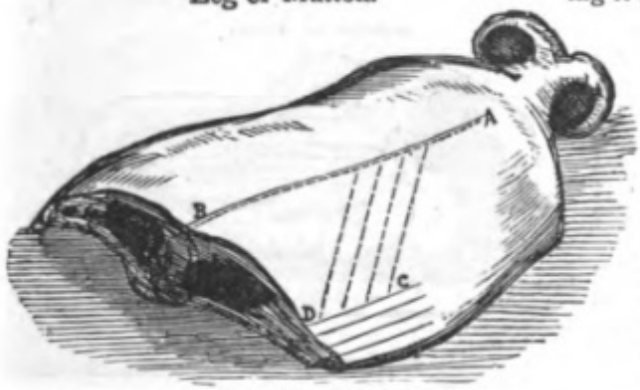
perly managed, it is an excellent joint, and if judiciously carved, will give satisfaction to all who partake of it. It should be served and eaten very hot. It is sent to table lying on the dish as shown in the annexed engraving. Commence carving from A to B, taking out moderately thin slices in the shape of a wedge; some nice pieces may then be helped from the blade-bone, from C to B, cutting on both sides of the bone. Cut the fat from D, carving it in thin slices. Some of the most delicate parts, however, lie on the under part of the shoulder; take off thin pieces horizontally from B to C, and from A; some tender slices are to be met with at D, but they must be cut through as indicated.

The shoulder of mutton is essentially a joint of tit-bits, and therefore, when carving it, the tastes of those at table should be consulted. It is a very insipid joint when cold, and should therefore be hashed if sent to table a second time.

Leg of Mutton.

LEG OF MUTTON.—The under or thickest part of the leg should be placed uppermost, and carved in slices moderately thin, from B to C. Many persons have a taste for the knuckle, and this question should be asked, and, if preferred, it should be sent to the guest. When cold, the back of the leg should be placed uppermost, and thus carved. If the cramp bone is requested, (some persons regard it as a dainty) insert your knife at D, passing it round to E, and you will remove it.



Saddle of Mutton.

SADDLE OF MUTTON. — The tail end is divided in the engraving, and the kidneys skewered under each division; this is a matter of taste, and is not always done. Carve from A to B in thin slices, help fat from C to D. You may help from the vertebræ on both sides of the loin, and then carve crosswise as marked in the engraving, which gives you both fat and lean; help a slice of kidney to those who desire it.

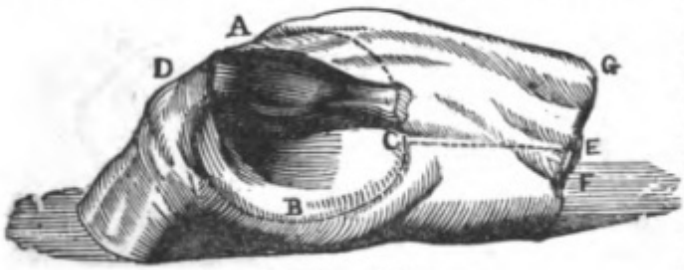
THE LOIN OF MUTTON, if small, should be carved in chops, beginning with the outer chop; if large, carve slices the whole length. A neat way is to run the knife along the chine bone, and under the meat along the ribs; it may then be cut in slices as shown in the engraving of the saddle of mutton. By this process fat and lean are served together; your knife should be very sharp, and it should be done cleverly.

NECK OF MUTTON, if the scrag and chine bone are removed, is carved in the direction of the bones.

THE SCRAG OF MUTTON should be separated from the ribs of the neck, and when roasted the bones sent with the meat.

HAUNCH OF MUTTON is carved as haunch of venison.

FORE QUARTER OF LAMB.—Place your fork near the knuckle, and cut from A to C, to B, and on to D; pass your knife under, lifting with your fork at the same time. The juice of half a lemon or Seville orange which has been sprinkled with salt and pepper, is then squeezed under the shoulder, and a slice of fresh butter placed there also, the parts are re-united until the butter is melted, and the shoulder is then placed upon a separate dish; separate the neck from the ribs, from E to D, and then help the breast, G, or the neck, F, according to the taste of your guest.



Fore Quarter of Lamb.

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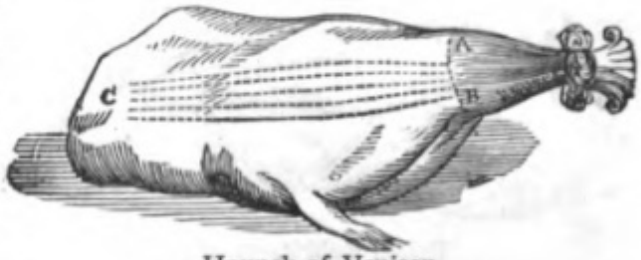
HAUNCH OF VENISON.—Have the dish placed before you so that the loin is nearest to you, and the knuckle farthest; then cut from A to B, sufficiently near the knuckle to prevent the escape of any gravy; then make your first cut from A to C, with a slanting cut, and then let each succeeding slice be sloping, so that all the gravy may be retained in the hollow thus formed; the fat will be found at the left side, and must be served with the meat.

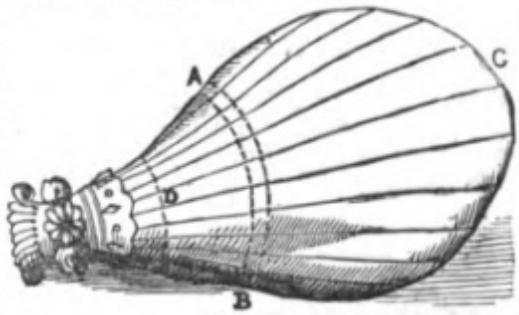


Haunch of Venison.

KID, if kept until the age at which lambs are killed, is served and carved in the same manner; if killed at a month or five weeks, it is roasted whole, and carved in the kitchen.

PORK.—The leg when sent to table should be placed with the back uppermost and the crackling be removed; if sufficiently roasted this may be done with ease. The meat should be cut in thin slices across the leg, the crackling being served with it or not, according to taste. The loins are cut into the pieces scored by the butcher.

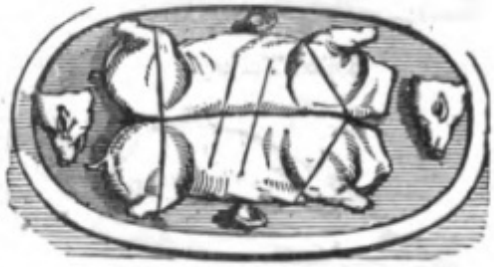
Ham is served as placed in the engraving, and should come to table ornamented. Carve from A to B, cutting thin slices slantingly, to give a wedge-like appearance. Those who prefer the hock carve at D, in the same direction as from A to B, then carve from D to C, in thin slices, as indicated in the diagram.



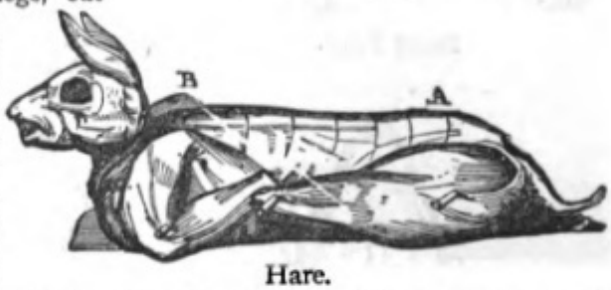
Ham.

BOILED TONGUE. — Carve across the tongue, but do not cut through; keep the slices rather thin, and help the fat and kernels from underneath.

ROAST PIG. — The cook should send a roast pig to table as displayed here, garnished with head and ears; carve the joints in the direction shown by the lines in the diagram, then divide the ribs; serve with plenty of sauce. Should one of the joints be too much, it may be separated. Bread sauce and stuffing should accompany it. An ear and the jaw are favourite parts with many people.


Roast Pig.

HARE.—Cut slices from B to A of moderate thickness. When the hare is young you can, after removing the shoulders and legs, cut across the back, and divide it into several pieces. This is not practicable with a full grown hare, unless it is boned. The shoulders and legs are easily removed by placing the knife between them, and turning them back; the joint will disclose itself, and can then be separated. The head should not be removed until the last; divide it from the neck, remove the lower jaw, then cut through the division which appears from the nose to the top of the skull, and lay it open. The stuffing should be given with whatever portion may be helped.



Hare.

ROAST RABBITS are carved in the same manner.

BOILED RABBIT.—Remove the legs and shoulders, they very easily separate. Divide the back into two parts, and by holding the fork firmly in the back, and passing the knife underneath, near the middle, and bending it back, this is accomplished readily.

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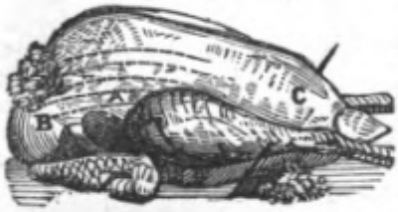
Boiled Rabbit.



Roast Turkey.

The most tender part is on the loins; the meat there is of a very delicate flavour. Liver should be helped with it.

POULTRY.—Poultry requires skilful carving. The requisites are grace of manner, ease in the performance, a perfect knowledge of the position of the joints, and the most complete mode of dissecting, so as to obtain the largest quantity of meat. In no case is this ability more demanded than in carving a roast turkey. Unless this is done well, there is not only much waste, but the appearance of the turkey is spoiled. You will commence by carving slices from each side of the breast, in the same direction as the lines marked in the engraving, cutting from A to B. Then remove the legs, dividing the thighs from the drumsticks, and here an instrument termed a disjointer will be found serviceable, for unless the turkey be very young, and the union of the joints very accurately taken, carving becomes difficult. The disjointer effects the separation at once, and it possesses also the advantage of enabling the carver to divide a thigh into two, thus permitting a less bulky portion to be served. The pinions and that portion of the body removed with it are always a delicacy, and care should be taken to carve them nicely. The joint of the pinion will be found at B. The stuffing, if it be of truffles, you will obtain by making an opening at C. Ordinary forcemeat is found in helping the breast.

Boiled Turkey.

BOILED TURKEY is trussed in a different fashion to the roast, but the direction given for carving the former applies to the latter. The legs in the boiled turkey being drawn into the body may cause some little difficulty at first in their separation, but a little practice will soon surmount it.

Roast Fowl.

ROAST FOWL.—This operation is a nice and skilful one to perform; it requires both observation and practice. Insert the knife between the legs and the side, press back the leg with the blade of the knife, and the joint will come apart if judiciously managed, it will require but a nick where the joints unite. Remove the wing from D to B, cut through and lay it back as with the leg, separating the joint with the edge of the knife, remove the merrythought and neck bones next; this you will accomplish by inserting the knife and forcing it under the bones; raise it and it will readily separate from the breast. You will divide the breast from the body by cutting through the small ribs down to the vent, turn the back uppermost, now put the knife into about the centre between the neck and rump, raise

Boiled fowl (breast).

Boiled Fowl (back).

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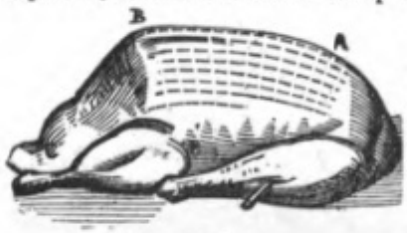
the lower part firmly yet gently, it will easily separate, turn the neck or rump from you, take off the side bones, and the fowl is carved.



Roast Goose.

In separating the thigh from the drum-stick, you must insert the knife exactly at the joint, as we have indicated in the engraving; this, however, will be found to require practice, for the joint must be accurately hit, or else much difficulty will be experienced in getting the parts asunder. There is no difference in carving roast and boiled fowls, if full grown; but in a very young fowl when roasted, the breast is served whole. The wings and breast are preferred, but the leg of a young fowl is an excellent part. Capons when very fine and roasted should have slices carved from the breast, like a turkey.

Pheasant.

GEESE.—Follow with your knife the lines marked in the engraving, A to B, and cut slices; then remove the wing, and if the party be large, the legs must also be removed, and here the *disjointer* will again prove serviceable. The stuffing will be obtained by making an insertion at the apron, C.

PHEASANT.—Clear the leg by inserting the edge of the knife between it and the body, then take off the wings, B to A, but do not remove much of the breast with them, you are thus enabled to obtain some nice slices; the pheasant is then carved as a fowl. The breast is first in estimation, then the wings, and after these the merrythought; lovers of game prefer a leg.

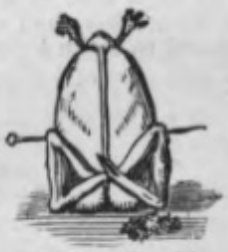
Partridge.

PARTRIDGE.—Separate the legs, and then divide the bird into three parts, leaving each leg and wing together. The breast is then divided from the back, and helped whole, the latter being helped with any of the other parts. When the party consists of gentlemen only, the bird is divided in halves by cutting lengthwise right through from the centre.

Pigeon (breast).

QUAILS, LANDRAIL, WHEATEARS, LARKS, and all small birds are served whole.

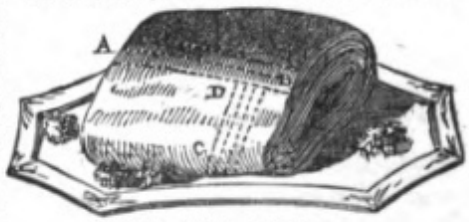
WILD DUCKS AND WIDGEON.—The breast of these fowls being the best portion, is carved in slices, which are removed, and a glass of old port wine is poured in: the half of a lemon seasoned with Cayenne and salt should then be squeezed in, the slices relaid in their places, and then served, the joints being removed the same as in other fowls.


Pigeon (back).

PIGEON.—Like woodcock, these birds are cut in halves, through the breast and back, and the half is sent to the person helped.

FISH.

Fish should never be touched with a steel knife. Fish slices, or a silver fish knife and fork, are used for carving it. It requires more care than knowledge to help fish—the principal thing is to avoid breaking the flakes. In carving a piece of salmon as here engraved, cut thin slices, as from A to B, and help with it pieces of the belly in the direction marked from C to D; the best flavoured is the upper or thick part.



Middle Cut of Salmon.

TURBOT.—Cut flat pieces as marked in the engraving without moving the bone; the fin, which is esteemed a delicacy, is always served with it.

All flat-fish, such as plaice, brill, Johndory, &c., are carved in the same manner; soles are cut either into halves, or, if very large, are divided into three, cutting them across right through. Flounders are served whole.

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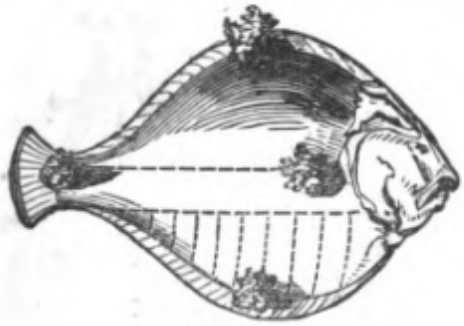
COD'S HEAD AND SHOULDERS.—Carry the knife from A to B, and then along the line to C, help slices accompanied by some of the sound, which is to be found lining the back,



Turbot.

Cod's Head.

and which you may obtain by passing the knife under the backbone at C; send also a piece of liver.

MACKEREL.—Mackerel should always be sent to table head to tail. Divide the meat from the bone by cutting down the back lengthwise; the upper part is the best. All small fish, such as pilchards, herrings, smelts, &c., are served whole.

A Dish of Mackerel.

WHITINGS when fried have the tail curled as in the engraving. They are helped whole.

Fried Whiting.

PIKE are served in many ways. When baked, the back and belly should be slit up, and each slice gently drawn downwards; by this means fewer bones will be given.

Remember that constant practice is required to make a good carver. With it and a little care and observation, it will become easy and even pleasant to you to carve; and will greatly add to the comfort and nicety of the home dinner-table.

BREAKFAST RECIPES.

To Roast Coffee.

1. Have either a Patent Roaster, or the Irish mop roaster. To every three pounds of coffee you put in the roaster add a piece of good fresh butter, a little larger than a marble, and two tea-spoonfuls of powdered sugar; then roast the berries. This little addition develops the aroma of the berry. Many people prefer having chicory added to their coffee—the proportion is about a quarter of a pound of chicory to a pound of coffee.

Excellent Coffee for Three Breakfast Cups.

2. Four tablespoonfuls of roasted coffee berries; three teacupfuls of boiling water.

Take four tablespoonfuls of roasted coffee berries and put them in the oven till well warmed through; then grind them. Put the coffee in the pot, which should have a piece of tin over the middle strainer to prevent the coffee from filling up the holes; pour in three teacupfuls of boiling water. The breakfast-cup should be filled up with boiling milk.

Soyer's Mode.

3. Soyer's mode of making coffee was to warm the powder over the fire first, then to pour the boiling water over it; cover it closely for five minutes, strain it and boil it up again for use. This is a good way, but the easier plan is to make it in the percolator; *first* warming the powder in a covered cup before it is put into the coffee-pot to be made.

French coffee is made by adding a pint of *made* coffee to a pint of boiling milk, and warming both together, but not letting them boil too long.

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Chocolate.

Time, a quarter of an hour.

4. One cake of chocolate; one pint of water.

Cut a cake of chocolate in very small pieces; boil a pint of water. When it is at boiling point, add the chocolate; mill it off the fire until quite melted. Then place it on a gentle fire till it boils. Pour it into a basin, and it will keep for eight or ten days, or more. When it is required, put a spoonful or two into fresh milk, boil it with sugar, and mix it well. Mill it to a fine froth and serve.

Cocoa Nibs. (Dr. Todd.)

Time, five hours.

5. A quarter of a pound of cocoa nibs; three quarts of water.

A quarter of a pound of cocoa nibs to three quarts of water, to be boiled down to two quarts and a half. The nibs to be strained after five hours' boiling. If they are allowed to remain in the cocoa, it becomes bitter and unpalatable.

Cocoa—Paste or Powder.

Time, two or three minutes.

6. One and a half teaspoonful of cocoa; one cup of boiling milk; a very little sugar.

Put the cocoa in a breakfast-cup, add by degrees a little boiling milk, mix it slowly to a paste, then fill the cup with milk and add the sugar; or

One and a half teaspoonful of cocoa; three quarters of a cupful of boiling water; sugar to taste; quarter of a cupful of milk.

Bread and Milk.

Time, eight minutes.

7. Two or three ounces of bread; half a pint of milk.

Cut the bread into small dice; put them into a breakfast cup or basin; boil the milk; and when boiling, pour it over the bread. Cover the cup over for about five minutes. Add the sugar to taste.

Oatmeal Porridge.

Time, half an hour.

8 Two ounces of oatmeal; one pint of water; half a pint of cold milk.

Put a pint of warm water into a stewpan over the fire and as it boils dredge in the oatmeal with your left hand, and stir with the right. When it is made, turn it into a soup-plate, adding a little salt or a little sugar, according to taste. Send it to table with a jug of hot milk, which should be added to it by degrees for eating.

To Toast Muffins.

9. Pull open the sides of the muffin exactly in the centre, about half an inch in; put the toasting-fork in it and toast it carefully. When it is done, and it should only be *lightly* toasted, pull it apart, lay a little butter on each side, and close the muffin. Put it on a hot plate and cut it in four. If more than one are required, lay them on the first done, but do not send in a great pile of muffins, as they are better served *hot*. A hot-water plate with a cover,—a regular muffin plate,—should be used, and *two* at the most only be sent in at a time.

Crumpets.

10. Do not open crumpets; toast them carefully and very quickly; butter them on both sides, and serve them separately on a hot-water plate, if you have one; if not, send them in hot and hot, as they are not nice lukewarm. *Never* put one crumpet on the top of the other, as the under one would become heavy.

Bread.

Everybody is, I believe, of opinion that home-made bread is cheaper, sweeter, and more wholesome than that bought at the baker's, *unless* it is badly made. Heavy, close, bitter bread is only too well known in many households where it is home-made; this is not economical, as it cannot nourish the eaters as good bread does, and it is, generally speaking, wasted. Let us see if it is not possible to teach how to make bread of all kinds, which shall be good, light, sweet, and appetizing. The oven plays an important part in this manufacture.

A brick oven heated with wood is the right one for economy. It is possible to bake bread in the iron oven attached to a range, but the author, from personal experience, can assure her readers that home-made bread thus baked is more expensive than bakers', on account of the quantity of fuel it takes to heat the oven for bread-baking, and the necessity of making it up in small loaves, which are not economical.

The brick oven is heated by faggot wood; after it is cleared out, the door should be shut very closely for half an hour before you put in your loaves. The oven will then be thoroughly heated, and the heat will last for some time.

A brick oven for baking bread should be as hot as you can bear to hold your hand in (without touching the bricks of course) whilst counting twenty; this is an established rule in most farmhouses.

Bread is longer baking in an iron oven than in a brick one. Next to the oven in

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importance comes the yeast. We have used, and like, both German and patent yeast, but as many persons prefer their own, and it is always well for the house to be independent of external helps in this matter, we give receipts for making yeast, for the goodness of which we can answer.

FLOUR should be purchased of a miller; it will be less likely to be adulterated than if it passed through a second hand. The best flour is generally used in gentlemen's kitchens; nevertheless, we know several county families (and one nobleman's family) famous for excellent household bread, in which the "best seconds" are always used.

There is no doubt that more nutrition is contained in brown bread than in white, and that the *whiter* the bread the less is the nourishment derived from it. Brown bread is excellent for weak digestions, and for many other reasons should be eaten alternately with white bread in all families; moreover, it is less adulterated than the very white bread when purchased from the baker's.

The flour of "hard wheat," as it is called, is the most nutritious; it is not so white as that procured from soft wheat, but has more gluten in it.

Flour when kept in store should be placed in a warm dry room, as, if at all damp, it will make the bread or cakes for which it is used heavy. It is safest to put the quantity of flour you are about to make into bread before the fire in a large dish or pan for an hour or two, in order to have it warm and dry for use.

Great cleanliness is required for making bread—a clean trough or brown earthenware pan; *very* clean hands and arms, and nice fresh yeast. The fresher the yeast, the less you will require of it.

Never leave the dough half made, nor allow it to get cold before it is finished; if you do, it will be heavy. Too small a proportion of yeast will make the dough heavy.

If the sponge or the dough be permitted to overwork itself it will become sour in warm weather. Do not put it *too* near the fire, but keep it warm at a gentle and equal degree of heat.

Bread baked in tins will be lighter than when made into ordinary loaves, and is best for toast or sandwiches.

Too little water will spoil the bread; too much will make it too slack. If by accident the latter fault is perceptible, make the bread up in tins, and it will not much matter.

The proportions given in the numerous recipes contained in this book, may of course be modified according to the quantity of bread required.

How to make your own Yeast.

Time to boil, half an hour; to make, four days.

11. Two ounces of the best hops; four quarts of water; one pound of flour; three pounds of good potatoes.

Monday morning boil two ounces of the best hops in four quarts of water for half an hour; strain it, and let the liquor cool down to new milk warmth; then put in a small handful of salt and half a pound of brown sugar; beat up one pound of the best flour with some of the liquor, and then mix all well together. On Wednesday add three pounds of potatoes, boiled and then mashed, to stand till Thursday; then strain it, and put it into seltzer-water bottles, and it is ready for use.

N.B.—It must be stirred frequently while it is making, and kept near the fire. Before using, shake the bottle well up. It will keep in a cool place for two months, and is best at the latter part of the time. The beauty of this yeast is, that it ferments spontaneously, not requiring the aid of other yeast; and, if care be taken, it will ferment well in the earthen bowl in which it is made.

To make Bread.

Time, one hour to bake loaves of two pounds weight each.

12. Seven pounds of flour; two quarts of warm water; a large tablespoonful of salt; half a gill of yeast.

Put the flour into a deep pan, heap it round the sides, leaving a hollow in the centre; put into it a quart of warm water, a large spoonful of salt, and half a gill of yeast; have ready three pints more of warm water, and with as much of it as may be necessary, make the whole into a rather soft dough, kneading it well with both hands. When it is smooth and shining, strew a little flour on it; lay a thickly folded cloth over it, and set it in a warm place by the fire for four or five hours; then knead it again for a quarter of an hour; cover it over, and set it to rise again; divide it into two or four loaves, and bake in a quick oven. It will take one hour to bake it if divided into loaves weighing two pounds each, and two hours if the loaves weigh four pounds each. This bread need only rise once, and if made of the best superfine flour will be beautifully white and light.

In cold weather bread should be mixed in a warm room, and not allowed to become cold while rising.

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If there is any difficulty as to its rising, set the bowl or pan over boiling water.

It is best to mix the bread at night, and cover it close, in a warm room should the weather be cold, till the morning.

Of course, if the family be large, the quantities may be increased or doubled in proportion.

American Mode.

Time to bake, one hour to a loaf of two pounds weight.

13. Two quarterns of flour; four tablespoonfuls of fresh yeast; one tablespoonful of salt; one pint of water.

Mix four tablespoonfuls of good fresh yeast with a pint of lukewarm water; stir the salt well into the flour; make a hole with your hand in the centre, and pour the yeast into it, and stir it thoroughly until you have made it into a rather thin batter; dredge some flour over it; cover the pan with a thick cloth, and set it near the fire for an hour; then add a quart of water just warm, and knead the whole well together until it passes clean through your hand; then let it stand, not too near the fire, for another hour; divide it into loaves, and bake it.

German Yeast Bread.

Time, one and a half to two hours.

14. Two quarterns of flour; one tablespoonful of salt; two ounces of dried German yeast; a cupful of water; a pint and a half of warm water.

Dissolve the yeast in a small cupful of cold water, and then add it to a pint and a half of warm water. Put the flour well mixed with the salt into a deep bread pan; make a hole in the middle of the flour, and pour in the water and yeast; knead it up quickly, and let it stand near the fire covered over with a thick cloth for one hour; then divide it into loaves, and bake them according to their size. You may make up a much larger quantity of flour, and bake the loaves two or three at a time, if care is taken not to keep the dough too warm.

Potato Bread.

Time, to bake, one and a half to two hours.

15. Two and a half pounds of mealy potatoes; seven pounds of flour; a quarter of a pint of yeast; two ounces of salt.

Boil two pounds and a half of nice mealy potatoes till floury; rub and mash them smooth; then mix them with sufficient cold water to let them pass through a coarse sieve, and any lump that remains must be again mashed and pressed through. Mix this paste with the yeast, and then add it to the flour. Set it to rise, well knead it, and make it into a stiff tough dough.

To make Brown Bread.

Time, one or two hours, according to weight.

16. Three parts of second flour; the fourth part of rye; a little milk; and the right proportion of water.

Take three parts of second flour, and the fourth of rye, lay it one night in a cool place, and the next morning work it up with a little milk added to the water. Set it at a proper distance from the fire to rise, and then make into loaves and bake.

Rice Bread.

Time, one and a half to two hours.

17. Half a pound of rice; three pints of water; six pounds of flour.

Boil half a pound of rice in three pints of water till the whole is quite thick; with this, and yeast, and six pounds of flour make the dough. This will make as much as eight pounds of flour without the rice.

American Recipe for Light Breakfast Bread.

Time, to bake, half an hour.

18. One quart of milk (it may be skimmed); three-quarters of a pint of flour; one teacupful of hop-yeast; half a tablespoonful of salt; a small piece of butter.

Heat one-third of the quart of milk and scald it with half a pint of flour. If you use skimmed milk, add a small piece of butter.

When the batter thus made is cool, add the remainder of the milk, a teacupful of hop-yeast, half a tablespoonful of salt, with flour enough to make it quite stiff. Knead it on a paste-board till it is very fine and smooth. Leave it to rise all night.

This will make two small loaves and half a dozen biscuits.

French Rolls.

Time, half an hour.

19. One pound of flour; one egg; one ounce of butter; one spoonful of yeast; a little salt, and some milk.

Well beat the butter into the flour, adding a little salt; beat an egg, and stir it into the flour with the yeast, and a sufficient quantity of milk to make the dough rather stiff. Beat it well without kneading it; set it to rise, and bake it on tins. This quantity will make about six rolls, and when done rasp them before serving. Rolls (or any sort of bread) may be made new by dipping

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into water, and putting them into the oven to warm for a short time.

Tea Cakes or Loaves.

Time, half or three-quarters of an hour.

20. One egg; two ounces of butter; half a pound of flour; two or three knobs of sugar.

Rub the butter into the flour, add the sugar pounded, and mix it with one beaten egg.

It will make two small loaves for tea or breakfast.

Water Cakes.

21.—Take one pound of fine flour and a piece of butter the size of a nut, rub it well into the flour, mix it with cold water, and one pinch of salt. Roll it out very thin, cut it into cakes, and bake them in a quick oven.

American Muffins.

Time, till the outside blisters.

22. One pint of warm milk; half a teaspoonful of melted butter; half a gill of yeast; a teaspoonful of salt; a bit of saleratus the size of a pea; and sufficient flour to make a thick batter; two eggs.

Mix with a pint of warm milk two well-beaten eggs, the melted butter, salt, and the saleratus dissolved in a little hot water; then stir into it sufficient wheat flour to make a thick batter; set it in a warm place to rise, for three hours in warm weather, or longer in the winter; put a gridle over the fire; when it is hot, rub it over with some butter, grease the inside of the rings, set them on it and half fill them with the batter, or they may be done without rings. When one side is done turn the other; bake them a light colour. When they are done, *break* them open, put a bit of butter into each, and set them before the fire until served. They must never be cut. If cold they must be picked open, toasted on each side lightly, and butter put into them.

Crumpets.

Time, five minutes after the top has blistered.

23. One and a half ounce of German yeast, or half a gill of common yeast; a quart of warm milk; a cupful of melted butter; a little salt.

Make the milk warm, and stir it into the yeast with a little salt. Add a sufficient quantity of flour to make it into a batter. Set it to rise for half an hour; then add a cupful of melted butter. Stir it well in, and pour it into iron rings previously placed on a hot plate, and bake them very lightly on both sides. When required, toast them on each side, taking care they do not burn; butter them nicely, cut them across, and put them upon a hot plate; serving them quickly, hot and hot.

Devilled Biscuits.

24. Get some *very* thin plain biscuits, pour over them a little clarified butter, and let them stand for a short time; then dredge over them on each side a little pepper, salt, and Cayenne; press it lightly over with a knife, and toast them on a gridiron over a clear fire.

A thin layer of sardines, salmon, or anchovies may be placed on the biscuits, and browned with a salamander, or in the oven, and will make a delicious relish; but they are extremely nice without, served plain.

Fadge—Irish Receipt.

Time, one hour.

25. Half a pint of new milk; three ounces of butter; one pound of wheaten meal flour; a little salt.

Take half a pint of new milk, put three ounces of butter into it, and melt it on the fire in the milk, shaking it continually *one way*, in order that it may not burn. Put one pound of wheaten flour into a bowl and a little salt. Make a hole in the middle of the flour and pour the milk into it, stirring it well as you do so. Put it on the paste-board, flour a roller, and roll it out to about three quarters of an inch thick. Cut it out into cakes, and lay them on a gridle, turning them often to prevent them from burning.

Sir Tatton Sykes' Water Cakes.

Time, fifteen minutes.

26. One pound of flour; a piece of butter the size of a nut; a quarter of a pint of cold water; one pinch of salt.

To Boil Eggs for Breakfast.

Time, three minutes, or very soft, two minutes and a half.

27. Fill a pint saucepan with water, set it over the fire and let it boil. Then, as it boils, put in with a spoon two or three fresh eggs. Take care not to crack the shells, or to boil them too fast. Serve them in egg-cups on a stand.

N.B.—Do not use a fresh egg till it has been laid ten hours. The albumen, or white, will not be set before that time has elapsed.

Poached Eggs.

Time, two minutes.

28. One pint of water; one tablespoonful of vinegar; one saltspoonful of salt: as many eggs as required.

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Put the vinegar and salt into the water, let it boil, then break the eggs carefully into it, let them boil gently three minutes. Take them out with a slice, let them drain, and put them on a slice or round of thin buttered toast. If the yolk separates from the white, the egg is not fresh. The egg may also be done in a regular egg-poacher.

Eggs and Bacon.

Time, three to four minutes.

29. Six eggs; a quarter of a pound of dripping or butter; some slices of ham or bacon.

Break five or six fresh eggs into cups, and slip them into a delicately clean frying-pan of boiling dripping or butter. When the whites are set, take them up with a slice, trim off the rough edges, and drain them from the grease. Then place them in the centre of the dish, and the slices of fried bacon round the edge, or the eggs may be served on the bacon, whichever you prefer.

Baked Eggs.

Time, five minutes.

30. A piece of butter; five eggs; pepper and salt.

Well butter a dish, and break five eggs very carefully on it; put on the top of each a little pepper and salt and a bit of butter, and put them into a slow oven until well set. Serve them up hot.

Devilled Eggs.

Time to boil, from ten to twelve minutes.

31. Four eggs; half a teaspoonful of salt; one full teaspoonful of anchovy sauce; a little Cayenne.

Boil four eggs; lay them in fresh water until they are cold. Cut them in halves; flatten the ends a little to make them stand upright. Take out the yolks and mix them with the anchovy, Cayenne, and salt. Replace the mixture in the eggs, and place them in a round dish, with small salad round; either mustard and cress, or lettuces chopped very fine.

Eggs a la Bonne Femme.

Time, ten minutes.

32. Three eggs; two or three slices of beetroot; a slice or two of cold chicken, or any cold meat; three heads of coss lettuce.

Boil three fresh eggs for ten minutes, roll them to break their shells on the table; shell them, cut them in halves, and just cut off the point of the white so that they may stand well. Take out the yolks and fill the white cup, thus; two with beetroot (already boiled) cut into tiny dice; two with cold chicken or meat cut into dice; two with tiny dice of the yolks, piled up in them. Cut up some coss lettuce very nicely; lay it on the dish, and place the eggs on it.

Brawn.

Oxford brawn is considered the best to purchase. The following recipes, especially the first, will be found excellent for family use.

Brawn.

Time, three nights; six hours to boil, three hours to get cold.

33. Pickled porker's head; two tongues; two feet, and two extra ears; four fried sausages; some slices of boiled ox tongue; dried sage, pepper and salt, one teaspoonful of each for seasoning; three tablespoonfuls of salt to cover the head.

Cut the porker's head in half, and soak one night; cover it with salt for one night, boil slowly six hours. Let it get cold. Take out the bones. Boil the two tongues, feet, and ears one hour and a half; remove the bones and gristle. Cut all the meat into small pieces; season with sage, pepper, and salt, well mixed. Cut the sausages into slices. Place slices of ox tongue, which should be of a nice red colour, in a pattern round the mould or tin; put in the meat, and press it firmly down with a weight on the top. Let it stand one night.

The tongues may be put in whole, if preferred, about the middle of the mould.

Plovers' Eggs.

Time, two minutes.

34. Plovers' eggs must be boiled hard and served either hot or cold. For breakfast, line a little basket with moss and lay them in it. If you have no basket, serve them on a folded tablenapkin, or shell them and pour Béchamel sauce over them.

You may manufacture a satisfactory basket for plovers' eggs, by lining one of the round baskets in which strawberries are sold with moss, both outside and inside, and bending a twig or wire over it for a handle.

This basket of eggs is a great ornament to a breakfast table.

Ham Toast.

Time, two minutes.

35. Slices of toasted bread; two eggs; one ounce of butter; some cold ham or tongue, grated.

Cut some thin slices from a stale loaf, toast them as for breakfast, and then cut them into square pieces. Put the yolks and whites

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of two beaten eggs into a stewpan with an ounce of butter; stir them two minutes over the fire; spread them over the toast, and lay over them a sufficient quantity of cold ham or tongue, grated or minced, to cover the eggs; serve it up very hot.

Plain Grated Ham and Toast.

Time, about four minutes,

36. Five ounces of grated ham; five square pieces of toast.

Toast and nicely butter two or three slices of bread, cut them in five squares. Heap in a little pile on each of them, one ounce of finely grated ham.

Birds' Nests.

Time, fifteen minutes, ten minutes to boil eggs.

37. Four eggs; half a pint of rich brown gravy; a quarter of a pound of forcemeat—for which you will require about one ounce of beef suet, chopped *very fine;* one ounce of bread crumbs; half an ounce of chopped parsley; powdered thyme and marjoram; a little grated rind of a lemon and half its juice; one egg to bind it.

Make your forcemeat by chopping up the beef suet very fine; grating the bread, chopping the parsley, and mixing the whole; grate in a little lemon peel, season it with pepper and salt. (Soyer was wont to say that seasoning could not be sufficiently accurate unless it was *sprinkled* in by the cook's fingers.) Beat the yolk of an egg and bind the forcemeat with it; let four eggs boil for ten minutes. Warm half a pint of rich brown gravy. When the eggs are boiled hard take them from their shells, and brush them over *thickly* with the forcemeat. Put a little butter in a stew-pan; fry them a light brown, dish them up, cut them in halves (first cut off also the top of the white that they may stand), and serve them hot with rich brown gravy poured over them.

Huitres au Lit.

Time, ten minutes.

38. Eight oysters; four thin slices of fat bacon; a round of toasted bread.

Take two oysters from their shells and roll them in a *thin broad* slice of fat bacon; fasten them with a small silver skewer (or steel one), and toast the tiny roll before the fire in a Dutch oven. Make four of these rolls, roast them at the same time, and serve them hot on a round of nicely toasted bread. *See* engraving.

Egg Toast.

Time, five minutes.

39. Four ounces of clarified butter; four eggs well beaten; one table-spoonful of anchovy paste; one round of toast.

Put the yolks of four eggs and the whites of two with four ounces of clarified butter; beat them well together, then stir it over the fire in the same direction till mixed. Make a round of thin delicate toast, spread anchovy paste over it, then put on the mixture with a fork. Cut the toast into pieces and serve very hot.

Kegeree for Breakfast.

Time, six minutes, fifteen after the rice is boiled.

40. One teaspoonful of rice; four hard boiled eggs; any white fish previously boiled; a lump of *fresh butter*, pepper and salt.

Boil a cupful of rice very tender, boil four eggs very hard, and when cold chop them small; take the remains of any white fish that has been previously boiled, mince it fine, and mix all well together, and put the mixture into a stewpan with a lump of fresh butter; stew it till thoroughly hot, stirring it constantly to prevent its burning; season it with pepper and salt, and serve it up very hot. Take care not to make it too moist. Cold salmon answers very well for this dish; but haddock, turbot, soles, or pike are generally preferred.

Omelet.

Time, eleven minutes.

41. Four eggs; two dessertspoonfuls of milk; two ounces of butter; a sprig of parsley, and a few chives.

Beat four whole eggs with two dessertspoonfuls of milk, a sprig of parsley, and chives, and a seasoning of pepper and salt. Put the butter into an omelet-pan, and set it over the fire for five or six minutes, beating the herbs and eggs all the time; then pour them into the pan, and let them stand for a few minutes over the fire, but taking care to separate the omelet gently from the bottom of the pan, and shaking it to prevent its burning; fry it for about five minutes on one side, and serve it doubled over.

Ham or Tongue Omelet.

Time, four or six minutes.

42. Five ounces of butter; six eggs; a little pepper and salt; three dessertspoonfuls of grated ham or tongue.

Grate a little ready dressed ham or tongue very fine, and fry it for two or three minutes

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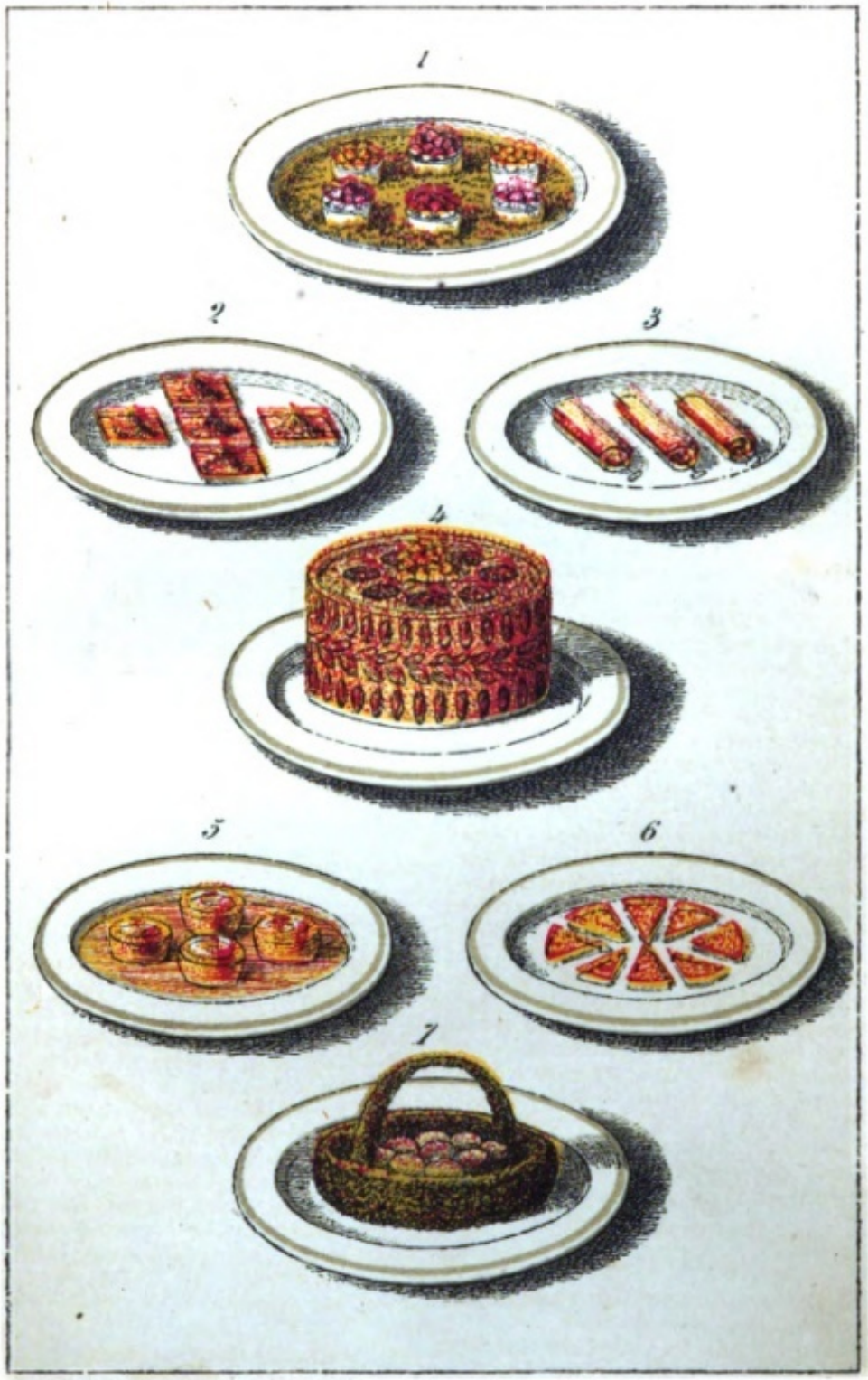

1. *Eggs a la bonne femme.*
2. *Grated Ham and Toast.*
3. *Huitres au lit.*
4. *Brawn.*
5. *Birds' Nests.*
6. *Egg Toast.*
7. *Plovers Eggs in a Basket.*

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in a piece of butter; put the yolks of six and the whites of three eggs into a plate, season with a little pepper and salt, and beat it well till very light and smooth; stir in the grated ham or tongue. Put some butter into an omelet-pan, and when it just begins to bubble, whisk up the mixture, and pour it into the pan, stir it with a spoon one way until it thickens and becomes warm, and then fold the edges of the omelet over in an oval form. Brown it nicely, and serve as quickly as possible, as the lightness of an omelet is spoilt unless it is served immediately. It may be browned on the top with a salamander.

Pigs' Kidneys.

Time, fifteen minutes.

43. Pigs' kidneys are prepared exactly as sheep's kidneys are; they are nearly divided, fastened flat open with a tiny skewer, and broiled over a clear fire. They are served quite plain, or with maître d'hôtel sauce, if preferred.

Pigs' Feet and Ears.

Time, to boil, one hour and a half; to broil, ten minutes.

44. Two onions; one teaspoonful of made mustard; two ounces of butter; one teaspoonful of flour.

When you have cleaned and prepared the feet and ears, boil them; then split the feet in halves, egg and bread-crumb them, and broil them. Cut the ears into fillets, put them into a stew-pan with two sliced onions, two ounces of butter, and a teaspoonful of flour. When they are browned, take them up, add a teaspoonful of made mustard to the *purée*, and lay them on a hot dish. Put the feet on the top of them, and serve.

Or Fried in Batter.

Time, twenty minutes.

45. One egg; one tablespoonful of flour; one and a half gill of milk; a pinch of salt; a little lard for the pan.

Clean the feet and ears carefully; boil them gently, then take them up and lay them aside for the morning. Make a nice batter of an egg, a tablespoonful of flour, a gill and a half of milk, and a pinch of salt. Split the feet in halves, and dip them and the ears into the batter. Fry them a nice brown, and serve on a table-napkin.

Pigs' Feet Soused.

Time, one hour and a half.

46. Two feet; one teaspoonful of salt; three-quarters of a pint of vinegar; a quarter of a pint of the water in which they are boiled; six pepper corns; a little allspice; four cloves; a little mace.

Scald the feet and scrape them clean; if the covering of the toes will not come off without, singe them in hot embers, until they are loose; then take them off. Some persons put the feet in weak lime-water to whiten them. Having scraped them clean and white, wash them and put them into a pot of warm, but not boiling water, with a little salt. Let them boil gently till by turning a fork in the flesh it will easily break, and the bones are all loosened. Take off the scum as it rises. When they are done take them out of the water and lay them in vinegar enough to cover them, adding to it a quarter of a pint of the water in which they were boiled. Add whole pepper and spice with cloves and mace. Put them in a jar, and cover them closely.

Soused feet may be eaten cold from the vinegar, split in two from top to toe; or they may be split in two, dipped in flour, and fried in hot lard; or they may be broiled and buttered.

But, in the latter case, they should be nicely browned.

Anchovy Toast.

47. Six or eight anchovies; one and a half ounce of butter; slices of toast.

Bone and skin six or seven anchovies. After washing them very clean pound them in a mortar with an ounce and a half of butter, and then rub them through a sieve; take some thin slices of bread, and cut them out with a tin cutter, into squares or rounds; fry them brown in a little butter, and spread over them (when cold) the anchovy mixture. Wash some anchovies, cut them in four, and put a piece on the top of each slice of toast; serve on a napkin garnished with crisped parsley.

Madras Anchovy Toast.

48. A piece of butter the size of an apple; yolks of two eggs; Cayenne pepper to taste; half a teaspoonful of white wine, or a teaspoonful of anchovy paste.

Put a piece of butter upon a very hot plate; add the well-beaten yolks of two eggs; Cayenne pepper to taste; half a teaspoonful of white wine, or a teaspoonful of anchovy paste; mix well, soak hot toast in it, and serve very hot. The toast should not be cut too thin.

This is the receipt by which the officers of the Madras army prepare their celebrated anchovy toast.

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To Broil Sheep's Kidneys.

Time, eight to ten minutes.

49. Take a sharp knife and cut each kidney open, lengthwise, down to the root, but do not separate them; skin them, and put a very small skewer under the white part of each, to keep them flat. Make the gridiron warm, and rub it over with butter; place the kidneys with the inside downwards, and broil them over a clear fire. When sufficiently done on one side, turn them on the other; remove the skewers, season them with a little pepper and salt, put a piece of butter in the centre of each, and serve them with a small piece of well buttered toast, cut into squares, under each. They must be sent to table as hot as possible.

Mr. Dodd's Relish.

Altogether about two hours.

50. One kidney; one large onion; salt; pepper; one ounce of butter.

Take a large onion, parboil and drain it; cut out a piece from the flat side like a lid; scoop out as much of the inside as will suffice to leave a hollow big enough to hold a sheep's kidney; then cut the kidney in quarters, without quite separating it; put in some butter, pepper, and salt; close it, and place it in the scooped-out onion. Put the lid on again, and lay the onion in a dish with a little butter. Bake in the oven. Brown it, before serving, in the Dutch oven before the fire.

Broiled Mushrooms.

Time, eight minutes.

51. Sufficient flap mushrooms for a dish; pepper and salt; a piece of butter.

Wipe the mushrooms very clean with a piece of flannel, and salt; peel the tops, and cut the stalks partly off. Put them over a very clear fire, and broil them lightly on both sides. When done, arrange them on a dish; dust a little pepper and salt over them, and put a piece of butter on each mushroom. Place them before the fire for a few minutes to melt the butter, and serve them up quickly.

Devilled Chicken.

Time, ten or twelve minutes.

52. A cold fowl, or part of one; three tablespoonfuls of mustard; two saltspoonfuls of salt; one teaspoonful of pepper; half a saltspoonful of Cayenne pepper.

Take off the wings and legs of the fowl; make incisions in them, and fill these cuts with made mustard. Season them highly with salt, white and Cayenne pepper. Grill them over a clear fire, and serve them very dry on a hot table-napkin.

Oyster Loaves (America).

Time, to stew the oysters, five to six minutes.

53. Four small round breakfast rolls; two dozen of oysters and their liquor; four ounces of butter; one large teaspoonful of salt: half a teaspoonful of pepper; one teaspoonful of essence of anchovies; half a teaspoonful of pounded mace.

Have ready four small round breakfast loaves; take a circular piece neatly out of the top of each, and carefully scoop out the crumb. Put two dozen oysters into a stewpan with their liquor, four ounces of butter, one teaspoonful of salt, half a teaspoonful of pepper, one teaspoonful of essence of anchovies, and *half* the crumbs from the loaves. Let them gently simmer for five or six minutes; stir in a tablespoonful of cream, and fill directly the holes in the loaves. Fit in the tops again, and put them into an oven to crisp. To be served on a napkin.

The small rolls may in like manner be filled with nicely minced veal, or remains of game or cold chicken.

Cold turbot minced in a little cream is also nice when thus dressed and served up.

To Cook Kippered Salmon for Breakfast.

Time, about five minutes to broil the salmon.

54. Half to three-quarters of a pound of kippered salmon; a little pepper.

Have ready a well-heated gridiron, the bars of which should be greased, and a nice clear fire. Cut the salmon into narrow bars of convenient size, wrap them in buttered writing-paper, and broil, turning them once or twice. Serve on a very hot dish, laying the pieces across each other.

Kippered Salmon Toasted.

Time, ten minutes.

55. The salmon; boiling water; one ounce of butter.

Toast the salmon; place it in a basin with the outside downwards; pour boiling water over it; if salt be objected to, repeat the process. Place it on a dish the right side upwards, and spread butter on it before the fire.

Finnan Haddocks.

Time, about ten minutes.

56. These fish, which are much esteemed, are dressed open on account of one side being thicker than the other. They are

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generally bought prepared for cooking, and only require a little soaking before they are put on the gridiron. When done, lay the fish on a hot dish, and put a little cold fresh butter on it.

To Cook Red Herrings and Bloaters.

Time, five minutes.

57. Scrape them and wipe them nicely; cut them from head to tail: lay them open; broil them on a greased gridiron for about six minutes, turning them as required. When they are done, lay them open on a hot dish, and put a little butter on them.

Herrings *too* dry may be rendered fit for use by soaking them for half an hour or so in warm water.

To Broil Black Puddings.

Time, five minutes.

58. Make little diagonal cuts in the skin of the black pudding with a knife. Broil it over a brisk fire, turning it often. Serve it *very* hot.

Sausages.

Time, twenty minutes.

Cambridge sausages are thought the best for breakfast. But we advise our readers, *if possible*, to make their sausage meat at home, as they may then be sure of the materials of which they are made. If they cannot be home-made they should be purchased at a *very* respectable shop, so that no doubts may be entertained of them.

Prick the sausages with a large needle or fine skewer all over, this will prevent the skin from cracking, broil them over a gentle fire for about twenty minutes. Serve very hot on toast. We prefer putting them into hot water for one minute before dressing, to extract the oil from the skin. Directions for making sausage meat will be found under the head of PORK.

FISH.

FISH is a delicious adjunct to the dinner-table, and in some families may suffice for a good dinner by itself; but it requires nice and careful dressing. What can be more unappetizing than a fish brought to table broken all to pieces, as we have seen it, or not half done—salmon red with blood—cod nearly raw—or mackerel not properly cleaned? It is a wicked waste of the provision God has made for his creatures to thus spoil it, when a little attention and study may preserve it for us.

And first, let great care be taken to well clean the fish before it is dressed. It is better to let the fishmonger clean it for you; but if you are compelled to do it yourself, take care that you slit it *low* enough, so as not to leave any blood, &c., on the backbone. We have been obliged to send fish from our own table untasted in consequence of a careless cook neglecting this part of her duty.

In almost all kinds of fish the portions to be removed are the gills, the alimentary organs, and the settlement of slime and other impurities inside and outside the fish. Dexterity must be used to cleanse the inside thoroughly without making too large an incision, which disfigures the fish when it comes to table, and may make it, if it is for boiling, watery. The sound, which adheres to the bone, must be left undisturbed, but cleansed; the hard and soft roe must also be left in their places; and care must be taken not to injure the liver, but, with most fish, to replace it. Especial care must be taken not to break the gall, as that renders the fish very bitter.

As a medium in which to fry, there is nothing better than pure oil, but it is expensive, because the fish must have abundance in the pan or it will not turn out well, and wear the bright gold hue that should characterize fried fish.

If it be found inconvenient to use oil, plenty of good dripping or lard will do as well. Butter is apt to burn fish black, and make them soft.

It is utterly useless, however, to provide fine oil or clear fat for frying, if the pan be soiled or smoked, for that will spoil the colour and the flavour too of the fish, be it dressed as carefully as it can be in other respects. Fish-kettles, with plates, of convenient sizes, and kept scrupulously clean, are likewise necessary; also a gridiron for broiling. These utensils are requisite for the methods of dressing fish which are generally most popular.

For fricassees and stews, good stewpans of different sizes will be needed; stewpans lined with enamel are best, and if they are of first-rate quality, and cleaned with care, they will last a great number of years. Stewpans are most convenient made of an oblong shape, and with the handle set on at one end. These are much more convenient to handle when full, than those with the handles on the broad side; and they are likewise more easy to place on the fire or

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stove, from standing on any narrow space at liberty, instead of requiring a good width of fire. Placed on the wide way, one stewpan will occupy a range of medium size; whereas those which can be placed the narrow way can stand several side by side on the same space. Engravings of the fish-kettles now used are given in Kitchen Utensils.

Apparatuses for cooking *au gratin* should have a place in every kitchen. The principle of cooking *au gratin* is to place fire both above and below the food to be so dressed, which of course effectually keeps in the juices of the viands, and their full flavour. The utensil used for the purpose in France is a *four de campagne*, a kind of long-handled chafing-dish with a flat bottom—for holding hot charcoal. The thing which has to be dressed *au gratin* is put in a deep dish which will stand fire, and in which also it is served; this is placed on a stove where the under side of the fish or meat in it will cook slowly, and the *four de campagne* is placed on the top of the dish, when the heat from the hot charcoal at the same time cooks the upper surface of the fish. The manner in which the steam is kept in renders the flavour excellent.

Boiled fish should always be washed and rubbed carefully with a little vinegar, before they are put into the water, except salmon and trout.

Put the fish into cold water, in which you have thrown a good quantity of coarse salt (about four ounces to one gallon of water). Allow for time of cooking about ten minutes for each pound of fish; but when a fish weighs a good many pounds, allow six minutes a pound for the whole—*i. e.*, a fish of ten pounds may be dressed in an hour; or you may *try* if it be done by passing a knife next to the bone. If the fish parts easily from it, it is done; if it adheres *at all* to the bone, it is not done. Under-dressed fish is very unwholesome.

Take the fish from the water the moment it is done, or it will become woolly. If it is dressed before you are ready to serve it, take it out of the water, set the drainer across the kettle, and lay a folded napkin over the fish.

Supposing you chance not to have a fish-kettle, and yet wish to dress fish by boiling, you may manage thus: put the fish in a circle on a dinner-plate, and tie a napkin over it; then put it in a large saucepan. When it has boiled long enough, take it up carefully *by the cloth*, drain off all the water, and slide the fish on a white napkin neatly folded on a dish. Garnish and serve.

Fresh-water fish have often a muddy taste and smell, which may be got rid of by soaking them in strong salt and water before they are cooked.

Salt fish should be soaked in water before boiling according to the time it has been in salt. When it is hard and dry, it will require thirty-six hours soaking before it is dressed, and the water must be changed three or four times. When fish is not very salt, twenty-four hours, or even one night, will suffice.

Crimped fish must be put into *boiling* water, and when it has been placed on the fire and re-boils, pour in a teacupful of cold water to check it, and let it simmer a few minutes. Salmon is put into warm water to be dressed.

Cod, whiting, and haddock are better if kept a day before boiling; just putting a little salt on them the night before dressing.

But some great cooks have advocated dressing cod *quite* fresh; from our own experience we prefer it kept for twelve hours.*

To Fry Fish.

59. Cleanse them thoroughly, dry them on a folded cloth, dredge flour lightly over them, brush them with a well-beaten egg, then dip them in fine bread-crumbs.

Have ready enough fine oil, or melted lard or beef dripping (clarified), to entirely cover the fish. Place the frying-pan over a clear fire. Let the lard reach boiling-point, and then immerse the fish in it. You may try whether the fat is hot enough by letting a drop of cold water fall into it from the end of your spoon. If the hot fat spits it is ready for use. Then fry, turning the fish (when one side is browned) to the other. When it is done lay it on a cloth, or on white blotting-paper, to drain off all the fat; or put it on a reversed sieve for a little while. Serve it extremely dry on a white cloth or embossed fish paper.

To Broil Fish.

60. A clear fire is required.

Rub the bars of your gridiron with dripping or a piece of beef suet, to prevent the fish from sticking to it. Put a good piece of butter into a dish, work into it enough salt and pepper to season the fish. Lay the fish on it when it is broiled, and with a knife blade put the butter over every part. Serve very hot.

Batter for Frying Fish.

61. One egg; a little flour; pepper and salt; mace and nutmeg; butter or oil.

* For a great variety of modes of dressing fish, see Warne's "Fish, and How to Dress Them," by E. Watts.

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Beat up an egg until it thoroughly froths, and then beat in flour enough to make the batter very thick, so that a sufficiency of it will adhere to the fish dipped into it before frying. To make the dish savoury, season the batter with pepper, salt, and add mace and nutmeg in powder, if the flavour of spice is liked. Dip the fish into this batter, and put each piece as dipped into the boiling butter or oil.

Boiled Turbot.

Turbot is the finest of the flat fish. It is very expensive, but can sometimes be bought cheap, if it happens to be disfigured by having red spots on the under side. But these can be removed by rubbing salt and lemon on them; and in the new way of sending up turbot with the dark side garnished, they would not matter in the least degree.

It has been celebrated from the days of ancient Greece and Rome. Its usual weight is from five to twenty pounds. A good fish should be thick; the flesh is firm, and the fish stiff when it is fresh.

In season from March till August.

Time, one hour, for ten pounds, more or less according to weight.

62. Empty the fish, wash the inside, rub a little salt over the outside to help remove the slime. Put it in water to cleanse it, change the water several times. Pour plenty of cold spring water into a fish-kettle, add to each gallon of water four ounces of salt, and a quarter of an ounce, *or less*, of saltpetre. Let this dissolve while you prepare your turbot. Make an incision in the skin of the back nearly to the bone, to prevent the skin of the white side from cracking. Do not cut off the fins, these are considered a delicacy. Place the turbot on the fish plate, and put it into the water, which should quite cover it. Let it boil slowly and skim the water very carefully. Then let it simmer gently for about half an hour if it is of great size, according to the proportionate weight.

When it is done lift up the fish plate and let it drain; keep it very hot while you garnish it with lobster coral (which must be rubbed through a fine hair sieve); then slide it gently on a hot dish, on which a folded damask napkin or an ornamental fish paper has been placed previously.

It is usual to serve the under or *white* part of the turbot uppermost, and certainly the contrast of the pure white skin with the lobster coral ornamentation on it, makes it the most inviting-looking fish served. But epicures have lately preferred it served with the dark side or back upwards, on account of some supposed superiority of the flesh of the fish on that side. It is given in our engraving in the newest mode of serving it; but not being an epicure ourselves, we prefer the old and more picturesque fashion. Garnish with sprigs of curled parsley and slices of lemon alternately.

Sauce.—Lobster, shrimp, or anchovy, in a tureen.

Twice-laid Turbot.

Time, twenty minutes.

63. The remains of a turbot boiled the day previously; two tablespoonfuls of flour; one quart of milk; a small bunch of parsley; a bay-leaf and a little thyme; a spoonful of salt, and a saltspoon (not quite full) of pepper; a quarter of a pound of fresh butter.

Pick the fish from its bones and warm it gently in salt and water. While it is doing make a sauce of the ingredients given above by mixing the flour and milk very smoothly, adding the herbs and seasoning, and stirring it over the fire till it is tolerably thick. Then lift it to the side of the fire, stir in a quarter of a pound of butter, and pass it through a sieve. Cover the bottom of the dish with this simple white sauce, lay on it some of your fish, sprinkling it with white pepper and salt, then put more sauce, then more fish, till the whole is used up. Sprinkle breadcrumbs over it, and bake it in a hot oven for twenty minutes. Brown it, and serve it in the same dish.

Fillets of Turbot.

Time, six minutes to each pound of fish.

64. One small turbot; one lemon; a little pepper and salt, and a large lump of butter.

Divide a small turbot down the middle of the back, next separate it from the fins, and raise the fish clean from the bones with a sharp knife; divide it into oblong pieces, and put them in a stewpan with a large lump of butter; the juice of a strained lemon, and a little pepper and salt. Set them over the fire, and turn the fillets to admit of their being thoroughly dressed and browned on both sides. When done, drain them, and dish them in a similar way to cutlets, cover them with either lobster, shrimp, or maître d'hôtel sauce.

To Dress a very Small Turbot.

65. One small turbot; two ounces of grated cheese; half a pint of white sauce, or butter melted in milk; some bread-crumbs.

Boil a very small turbot; pull it to pieces,

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and mix with it the grated cheese, and white sauce or butter. Put the mixture into a dish, sprinkle breadcrumbs well over the top, and brown with a salamander, or before the fire in a Dutch oven.

Cold Turbot.

66. Three heads of coss lettuce; two eggs; two anchovies; a teaspoonful of capers; two or three gherkins.

The cold turbot which remains from a dinner does very well for a salad. Divide it into pieces of convenient size, and arrange them in a mould in the middle of the dish; put lettuce, and hard-boiled eggs cut in quarters round; strew over all slices of anchovy, capers, and gherkins. Then pour over without disarrangement some salad mixture. Cold turbot is excellent *en Mayonnaise*, or dressed after any of the receipts given for cold cod.

Water Souchy.

67. Two quarts of water; one bouquet of parsley.

Plaice, flounders, or any freshwater-fish, are good for a souchy. Boil the fish; stand aside the handsomest looking, and boil down one or two to rags in the liquor, of which there should be about two quarts; boil in it also a bouquet of parsley. Pulp the fish which is boiled down, and chop the parsley fine. Return them to the liquor, heat the fish in it, and serve it in a deep dish accompanied by thin slices of brown bread and butter.

THE BRILL.

A large brill is with difficulty to be distinguished from a small turbot when very well cooked. It is longer and not so round.

In season from August to April.

Brill.

Time, ten to twenty minutes.

68. One brill; four ounces of salt to each gallon of water; a tablespoonful of vinegar.

Thoroughly clean and remove the scales from a fine fresh brill; do not cut off the fins, but rub it over with the juice of a lemon and a little salt; set it in a fish-kettle with sufficient cold water, a handful of salt, and a tablespoonful of vinegar to cover it; let it gradually boil, and then simmer for ten or twenty minutes, according to the size of the fish. Skim it well, as great care is required to preserve the beauty of its colour. Serve it on a napkin, and garnish with lemon, curled parsley, and horseradish; send it to able with lobster-sauce in a tureen.

JOHN DORY.

A fish much esteemed by epicures, and, unlike all other table-fish, extremely ugly. It should be quite a foot long, and about four or five pounds in weight, and eaten very fresh. The thickest fish are the best.

To Boil the John Dory.

Time, three-quarters of an hour.

69. Four ounces of salt; one gallon of water.

Prepare the fish as you do a turbot. Put it into a fish-kettle with sufficient water to cover it, with the salt in proportion to the quantity of water; bring it to the boil, and let it simmer gradually for about three-quarters of an hour—more or less according to the size of your fish. Serve it in a neatly-folded napkin, and garnish with curled parsley and slices of lemon alternately. Lobster-sauce, shrimp-sauce, or plain melted butter can be sent to table in a tureen.

FRESHWATER BREAM.

A flat fish, very delicate, but seldom sent to table.

To Bake Sea Bream.

Time, forty minutes.

70. One sea bream; some veal-stuffing; a quarter of a pound of butter; a little pepper, salt, and Cayenne.

Thoroughly wash and wipe the bream in a cloth, but none of the scales must be removed. Rub over and inside a little pepper, salt, and Cayenne; stuff it with veal stuffing, sew it up, and place it in a baking-dish with pieces of butter over it. Put it in a moderate oven for about forty minutes, and serve; or it may be broiled, and served with white sauce.

SALMON.

Salmon is the king of fish, and is welcome at every table.

Salmon, like all other fish, should be stiff, and red in the gills; the flesh should be of a bright full colour, and the scales bright and silvery. Good judges prefer those which are small in the head, and thick in the neck. Before dressing the fish, scale it carefully, and cleanse it thoroughly. For the last named process, scrape away the blood and impurities with a knife, using washing as little as possible.

It is the present fashion to dress salmon as fresh as possible; but it is not really hurt, nay, is far more wholesome, if kept two or three days before it is cooked. Most probably this is the case with the fish we buy at the fishmonger's. Salmon, when out of

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season, has scarlet, purple, and blue spots on its sides; when in season, the salmon should be a silvery, pinkish grey.

Boiled Salmon.

Time, according to weight.

71. One salmon; four ounces of salt to one gallon of water.

Salmon is put into warm water instead of cold, in order to preserve its colour and set the curd. It should be thoroughly well dressed to be wholesome.

Scale it; empty and wash it with the greatest care. Do not leave any blood in the inside that you can remove.

Boil the salt rapidly in the fish-kettle for a minute or two, taking off the scum as it rises; put in the salmon, first trussing it in the shape of the letter S, and let it boil gently till it is thoroughly done. Take it from the water on the fish-plate, let it drain, put it on a hot folded fish-napkin, and garnish with slices of lemon. Sauce: shrimp or lobster.

Send up dressed cucumber with salmon.

Middle Slice of Salmon.

Time, ten minutes to the pound.

72. Middle piece or slice.

Boil slowly in salt and water. Salmon should be put into warm water, which makes it eat firmer. Boil gently. Serve on a napkin. Sauce: lobster, shrimp, or plain melted butter and parsley.

Boudin de Saumon—Salmon Pudding.

Time, one hour.

73. One slice of salmon; an equal weight of butter; two eggs, or according to the weight of the slice—enough to prevent it from breaking; one salt-spoonful of Cayenne; one of salt.

Take a slice of salmon of the weight you require, pound it well in a mortar, and pass it through a sieve; make it up into a ball. Pound up with it again *an equal weight* of butter. Mix with the *panade* sufficient eggs to prevent it from breaking; season with salt and Cayenne. Put it into a pudding-mould, and steam it for an hour. Make a good Béchamel sauce, add a little essence of anchovies, and serve round it.

Broiled Salmon.

Time, ten to fifteen minutes.

74. Slices from the middle of a salmon; one tablespoonful of flour; a sheet or two of oiled letter-paper; a little Cayenne pepper.

Cut slices of an inch or an inch and a half thick from the middle of a large salmon; dust a little Cayenne pepper over them; wrap them in oiled or buttered paper, and broil them over a clear fire, first rubbing the bars of the gridiron with suet.

Broiled salmon is extremely rich, and really requires no sauce; nevertheless, one especially intended for it will be found amidst the sauces.

The slices may also be simply dried in a cloth, floured, and broiled over a clear fire; but they require the *greatest* care then to prevent them from burning. The gridiron is always rubbed with suet first.

Grilled Salmon Cutlets.

Time, eight to ten minutes.

75. Two or three slices of salmon; some caper, tomato, or brown butter sauce; a little pepper and salt.

Cut two or three slices of salmon about an inch thick; rub a little oil or butter over them, and a dust of pepper and salt. Put them on a gridiron over a very clear fire; turn them occasionally until done, rubbing a little butter over them each time they are turned. When quite dressed, place them on a hot dish, and pour over them caper, tomato, or brown butter sauce.

Fillets of Salmon.

Time, fifteen minutes.

76. Some fillets of salmon; egg; and bread-crumbs.

Cut about a pound and a half or two pounds of salmon, into small fillets, removing them from the bone with a sharp knife; carefully take away all the skin; dip each fillet into a well beaten egg, then into bread-crumbs, and fry them a light colour in some boiling dripping or lard. Dish them up, and pour over them some Indian sauce.

Fried Salmon.

Time, twenty minutes.

77. Half a pint of salad oil; one egg.

Cut slices of salmon, sprinkle them with salt, and let them lie for a quarter of an hour; flour them, brush them over with yolk of egg, well beaten up, and fry them in boiling salad oil. The salmon is nice either hot or cold, and will keep good for many days.

Cold Salmon.

Salmon is too good a fish, and too well appreciated in most houses, for that which is left after the first meal at which a fine one makes its appearance, to receive no further consideration. Perhaps there is no better way of eating cold salmon than simply with

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a little salt and Cayenne, and well cut brown or white bread and butter. It makes a *recherché* dish for breakfast, luncheon, or croquet teas.

Home-made Pickled Salmon.

Time, about ten minutes; one day to pickle.

78. Equal parts of vinegar, and the liquor the fish was boiled in; one teaspoonful of pepper; one saltspoonful of salt; a little allspice.

Place the remains of cold salmon in a dish. Boil up together the vinegar, the liquor, and seasoning; then let it get cool. Pour it over the fish; keep it for a day.

Send it to table garnished with fresh fennel.

THE COD.

There is not a more useful, nourishing, or wholesome fish brought to our market than the cod. It is in the greatest perfection from October to Christmas. It may be bought nearly all the year round, but from February to July it is not so good as at other times. The ling is even larger than the cod, but inferior to it in quality. The hake is a capital fish, it frequents our south-western coast; it should be all day sprinkled with salt before it is eaten; and it will turn out good dressed in any way that does well for cod; but the head is less available as food than that of the cod; being long and lean. Haddock and whiting are excellent fish; they cannot be eaten too fresh.

Cod should have a small head and a thick neck. It is better dressed in slices than boiled whole. It should possess a flavour of oysters. It should be put into cold water when cooked.

Cod's Head and Shoulders.

Time, half an hour or more.

79. Cod's head and shoulders; four ounces of salt to each gallon of water; a little horseradish.

Rub a little salt down the bone and the thick part of the fish, and tie a fold or two of wide tape round it, to prevent its breaking. Lay it in a fish-kettle with sufficient cold water to cover it, with salt in the above proportion; add three spoonfuls of vinegar, and a little horseradish. Let the water be brought just to the point of boiling; then draw the fish-kettle to the side of the fire, to simmer gently till the fish is done; which can be ascertained by trying it with a fish slice, to see if the meat can be separated easily from the bone: skim it well and carefully. When done, drain it and slip it off the fish strainer on a napkin neatly folded in a dish. Garnish with double parsley, lemon, and the roe and liver of the cod.

Browned Cod's Head.

Time, according to size, half an hour more or less.

80. Cod's head; butter; flour; bread-crumbs.

Boil the head, and take it up; take off the skin; set it before a brisk fire; dredge it with flour, and baste it with butter. When it begins to froth, sprinkle fine bread-crumbs over it; and continue basting it until it is well frothed, and of a fine light brown, and serve it. Garnish with slices of lemon, and sauce to taste.

It is a great mistake to use small fried fish as a garnish to boiled fish, as the appearance, and flavour too, of the one must be spoiled by the steam from the other.

Crimped Cod.

Time, fifteen minutes.

81. One pound and a half of crimped cod, and a large handful of salt.

Take a pound and a half of crimped cod, cut it into slices, put it into a fish-kettle of boiling water, with a large handful of salt, and let it boil over a slow fire very gently for rather more than a quarter of an hour. Boil the liver, cut it into slices, and add it as a garnish to the cod, with tufts of double parsley. Serve it with oyster sauce in a tureen.

Picked Cod.

Time, fifteen minutes.

82. About one pound and a half of dressed cod; a little oyster and egg sauce; two hard-boiled eggs; and four parsnips, or some mashed potatoes.

Pick about a pound and a half of dressed cod-fish into flakes, and put it in layers, with a little oyster and egg sauce alternately, in a stew-pan. Make it thoroughly hot. When it is done, pile it in the centre of a dish, and serve with mashed potatoes in a wall round it, browned with a salamander; or garnish it with slices of hard-boiled eggs, and parsnips cut into shapes.

SALT FISH.

Salt fish with a black skin are best. Follow the instructions given previously as to soaking it all night in water.

Salt Fish.

Time, one hour.

83. Put the cod in water the night before it is wanted, and let it soak all night; boil

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it; lay it in a dish; separate the flakes; pour egg sauce over it, and sent it up hot.

If it be preferred, instead of the egg sauce, boil parsnips quite tender, mash them with butter, cream or milk, and spread them round the salt fish.

If the cod be very dry, soak it for several hours, lay it out to dry in a cold place, and then soak it again for a number of hours. This double soaking is said to soften the driest fish.

Salt Fish the Second Day.

Time, twenty minutes.

84. The remains of salt fish previously dressed; same quantity of mashed potatoes and parsnips; a quarter of a pound of butter; a *little* Cayenne; one egg.

Pick the remains of the fish into small flakes; butter the bottom of a pie-dish, place it in alternate layers with the mashed parsnips and potatoes; sprinkle a little Cayenne in the dish. Bake for about twenty minutes in the oven; turn it out on a dish; garnish with a hard-boiled egg cut in slices, and pour over it a little melted butter, or instead of the sliced egg, use egg sauce.

Cod Sounds Boiled.

Time, to boil, half an hour.

85. Cod sounds; half a pint of milk.

Soak the cod sounds in warm water half an hour, then scrape and clean them; boil them in milk and water until tender; when done, serve them in a napkin with egg sauce. The salt must not be soaked out of the sounds, unless for fricassee.

A Recherche Dish of Cod Sounds.

Time, one hour.

86. Cod sounds; forcemeat of oysters; bread-crumbs; butter; yolk of egg; and pepper, salt, and nutmeg; lardoons of pork or bacon; butter, and flour.

Boil some cod sounds until they are tender, but not too much done; turn them out and let them stand until they are cold. Make forcemeat of chopped oysters, bread-crumbs, butter, yolk of egg, and seasoning of pepper, salt, and grated nutmeg. Fill the sounds with the forcemeat, roll them up and skewer them, and lard down each side of each roll with pork or bacon; dredge them with flour; put them into a Dutch oven before the fire; baste them with butter until they are nicely browned, and serve them with oyster sauce over them.

Broiled Cod Sounds.

Time, three-quarters of an hour.

87. Lay the cod sounds for a few minutes in hot water, rub them with a little salt, clean them until they look white, and give them a gentle boil. Take them up, dry them, flour them, sprinkle salt and pepper over them, and broil them. Serve them with melted butter and mustard, or whatever sauce may be preferred.

To Broil Cod Sounds.

Time, three-quarters of an hour.

88. Two cod sounds; half a pint of brown gravy; a teaspoonful of soy; a little pepper, salt, and mustard.

Scald the sounds in hot water, rub them well with salt, pull off the skin, and put them to simmer till tender; take them out of the pan, flour, and broil them a nice brown. While this is being done, season half a pint of brown gravy with pepper, salt, a teaspoonful of soy, and a very little mustard. Boil it with a piece of butter rolled in flour, pour it over the sounds, and serve hot.

To Bake a Cod.

Time, one hour and ten minutes.

89. A small codfish; a bunch of sweet herbs; a quart of water; some bread-crumbs; a pint of shrimps; three dozen oysters; two tablespoonfuls of Harvey sauce; one ounce of essence of anchovies; three ounces of butter, and a little pepper and salt.

Well butter a dish, lay in the cod with a quart of water, a bunch of sweet herbs, and some pepper and salt; dredge the fish with a little flour, put over it the grated crumbs, and about two ounces of butter cut into small pieces. Put it into the oven and bake it for an hour, or until sufficiently done. Then take the cod carefully out; strain the gravy through a sieve, thicken it with an ounce of butter and a spoonful of flour; add a pint of picked shrimps, three dozen oysters, two tablespoonfuls of sauce, and a little essence of anchovies. Let it boil once, pour it round the cod, and garnish with lemon and parsley.

Cold Cod.

There are many ways of utilizing any remains of fine cod that there may be after the day it is cooked. Divided into flakes, and nicely seasoned with pepper, salt, and fragrant herbs, it will make a good Mayonnaise for supper or luncheon. Similarly divided into flakes, and mixed into a good salad, it is no bad substitute for lobster salad, and it makes capital rissoles. For another rifacimento separate the flakes of the cold fish, stir it into rich new milk, cream, or thin rich melted butter, arrange it in a pie-dish, spread mashed potatoes

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over it, and put it in an oven until the top is nicely browned.

Cold cod's head and shoulders may be made very nice and *appétissant*. Place it in a deep dish, the chief bones of the head in the middle, and the flakes of flesh there may be, round. Take the liquor under the fish-plate, in the dish in which the fish has been served, and add to it liquor from the fish-kettle to make enough. Flavour this with ketchup, lemon pickle, Harvey's or other sauce, tomatoes, or any flavouring that may be preferred. Thicken it a little, cover it down close with a dish or close-fitting cover, and put it in the oven for half or three-quarters of an hour, according to the size of the dish and the heat of the oven.

HAKE.

A common west-country fish, much eaten on the coast of Devonshire.

It cannot be cooked too fresh, though some persons keep it in salt for twelve hours before they dress it.

It should be stuffed and baked as haddock. It is sometimes sold by the itinerant fishmongers round London as "White Salmon!"

Baked Hake:

Time, varying with size.

In season from May to August.

90. Be very careful in cleaning your hake, then stuff it with veal stuffing, sew it up with packthread, egg and bread-crumb it over, set it in a baking dish, and put it into a hot oven. Let it bake till the fish parts easily from the bones. It is impossible to fix a time, unless the size of the fish were stated.

Hake Cutlets:

91. Cutlets of hake; egg; bread-crumbs.

Cut a moderate-sized hake into cutlets, lengthwise, about the size of ordinary veal cutlets, dry them well in a cloth, egg them, cover them with bread-crumbs, and fry a light brown; then serve on a hot napkin, and garnish with fried parsley.

WHITING.

Whiting should not be too large. They are in season all the year round.

Fried Whiting.

Time to fry, ten minutes.

92. Egg; bread-crumbs; and a little flour.

Clean the whitings, take off the skin, turn them round, and fasten the tail into the mouth; dry them in flour, brush them over with an egg well beaten, roll them in bread-crumbs, and fry them in hot lard, and serve them on a napkin, garnished with fried parsley.

Whitings Filleted.

Time, ten minutes.

93. Six whitings; half a pint of oyster sauce; two eggs; and bread-crumbs.

Fillet as many whitings as you may require, divide each fillet; flour, and brush it over with egg: dip it into bread-crumbs, and fry it a light brown in hot fat or with butter. Dish them up as cutlets of soles, with a good thick oyster sauce in the centre of the dish; or on a napkin garnished with fried parsley. Serve with them piquante or maître d'hôtel sauce, separately.

To Boil Whiting.

Time, ten minutes for large fish.

94. Four or six whitings; three ounces of salt to each gallon of water.

Thoroughly cleanse the fish, and lay them in the fish-kettle, with sufficient water to cover them. Bring them slowly to a boil, and simmer for five or six minutes or for a longer time should your fish be large. Dish them on a folded napkin, and garnish with bunches of double parsley. Serve with anchovy sauce, or plain melted butter.

MULLET.

Red mullet is a very delicate fish, and has been justly called the woodcock of the seas. They are in season when the roe is just forming. Red mullet are better than grey; they should be *very* red, rather short and firm to the touch. Take care how you clean them. It is sufficient to scrape them lightly and pull out the gills, with them all the inside necessary to be removed will come also. They are not fully emptied.

Red Mullets in Papers.

Time, twenty-five minutes.

95. Two mullets; one ounce of butter; one teaspoonful of Harvey sauce; one glass of wine; four truffles; six mushrooms; a little parsley; a little shallot; one teaspoonful of lemon juice; a little flour; three eggs; one spoonful of cream; a little nutmeg.

Place the mullets in a sauté-pan with the butter, sauce, and wine. Bake them in the oven slowly for ten minutes. Take the fish out of the pan; strain off their liquor; add to it the truffles, mushrooms, parsley, shallot, nutmeg, lemon juice, and flour; stir all together over the fire for six or eight

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minutes, then add a *liaison* of three well-beaten yolks of eggs and a spoonful of cream.

Take two sheets of letter paper, oil them well, lay the mullets on them, and spread an equal proportion of sauce over each. Then fold the papers over them and roll the edges together to fasten them.

Broil the mullets over a slow fire, sufficiently to brown them on both sides, and warm them through, but be careful not to burn the paper. When done, serve them on a napkin.

To Dress Mullets.

Time, twenty-five minutes.

96. Three red mullets; four spoonfuls of anchovy sauce; a little pepper and salt; one tablespoonful of chopped shallot; one of chopped parsley; one spoonful of chopped mushrooms; four tablespoonfuls of claret; a piece of glaze the size of a walnut.

Take three red mullets, place them in a tin in the oven, with four spoonfuls of anchovy sauce, a little pepper and salt.

Put into a deep sauté-pan a tablespoonful of chopped shallot, the same of parsley, the same of chopped mushrooms, four tablespoonfuls of claret, a piece of glaze the size of a walnut. Stew them well together. When the fish is baked, pour this sauce over them.

Red Mullet Baked.

Time, twenty-five minutes.

97. Two mullets; some essence of anchovies; a glass of port, or white wine; a piece of butter; a little flour, and the juice of half a lemon.

Fold each mullet in oiled, or well-buttered paper, tie the ends, pass the string over them, and bake in a small dish in a moderate oven. Make a sauce of the liquor that comes from the fish, with a piece of butter, a little flour, a teaspoonful of essence of anchovies, a glass of port, or sherry, and the juice of half a lemon. Boil it and serve it in a sauceboat, and the fish in their paper cases.

To Stew Red Mullet.

Time, twenty to thirty minutes.

98. Three mullets; one carrot; one turnip; one or two bay leaves; half a blade of mace; a bunch of thyme and parsley; half a lemon; a glass of sherry, and two of hock.

Stew two or three mullets for about twenty or thirty minutes over a moderate fire, with two glassfuls of hock, one of sherry, a carrot and a turnip cut into slices, half a blade of mace, one large bay leaf, a bunch of thyme and parsley, and half a lemon sliced, with pepper and salt to your taste. When done, lay them in a hot dish, strain the sauce, thicken it with a piece of butter rolled in flour, pour it over the fish. Serve them up very hot.

GREY MULLET.

Time, a quarter to three-quarters of an hour.

99. This is a fish of a very different flavour and character to the preceding. It may be boiled, broiled, roasted, or baked; when small it may be cooked in the usual fashion of dressing such fish as whitings, &c.; if large, it may be cooked as cod or salmon.

TROUT.

There are three kinds of trout: the common trout, the white, and the salt water or sea trout. White trout is never very large; sea trout is less, and has an excellent flavour. It is as beautiful a fish as the red mullet. Clean them as you do salmon.

In season, May to September.

Trout Boiled.

Time, twenty to thirty minutes.

100. The fish; one wineglassful of vinegar, water, salt, and a piece of horseradish.

Rub and wipe the fish very dry, put them into a fish-kettle of boiling water with a wineglassful of vinegar, two table-spoonfuls of salt, and a piece of horseradish. Boil them slowly for twenty minutes or half an hour, taking care that the skin is not broken, and serve them on a napkin with anchovy sauce or plain melted butter.

To Fry Trout.

Time, twenty minutes.

101. One or two trout; one egg; bread-crumbs; one lemon.

Thoroughly clean and remove the gills, brush them over with the yolk of a well beaten egg, dip them into bread-crumbs, and fry them in hot fat until of a fine brown. Serve with anchovy sauce, and garnish with sliced lemon.

To Broil Trout.

Time, fifteen minutes.

102. The trout; a quarter of a pound of butter; some salt; one anchovy; one tablespoonful of capers; half a spoonful of vinegar; pepper, salt, nutmeg, and a little flour.

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When you have thoroughly cleaned your fish, wipe it dry in a cloth, and tie it round with thread to preserve its shape entire. Then melt the butter with one tablespoonful of salt, and pour it over the trout till it is perfectly covered; let it remain for two or three minutes, take it out, and put it on a gridiron over a clear fire, that it may do gradually. When done, lay it in a dish, and pour over it the sauce previously made, with an anchovy washed, boned, and cut up very small, a large spoonful of chopped capers, a little pepper, salt, and nutmeg, half a spoonful of vinegar, and some melted butter. Boil it up for a few minutes and pour it over your fish.

STURGEON

Sturgeon is so rare and expensive a fish that it seems useless to give directions for dressing it in an ordinary Cookery Book; but as no cook can foresee what may fall into her hands to dress, we will not leave her the helpless possessor of a sturgeon—the Queen's very own fish. For every sturgeon caught in the English rivers is Her Majesty's born vassal, and belongs to her, except those which swim in the Thames below Temple Bar, which belong to the civic chief, the Lord Mayor.

The sturgeon is as large as a shark, but has no teeth. It is a very delicious fish, and may be cooked like veal.

To Roast Sturgeon.

Time, three-quarters of an hour to one hour.

103. The tail end of a sturgeon; some veal stuffing; a glass of white wine; juice of a lemon; a cupful of beef gravy.

Take the tail end of a fine sturgeon, skin and bone it; wash it clean, and fill the part from which the bone has been removed with veal stuffing, roll it in buttered paper, and tie it round to resemble a fillet of veal. Roast it in a Dutch oven before the fire, baste it constantly with butter, place it on a hot dish, and serve it with a cupful of rich beef gravy, a little lemon juice, and a wineglass of white wine, previously made hot. Pour the sauce round the sturgeon.

Sturgeon Cutlets.

Time, ten to fifteen minutes.

104. One egg; a few bread-crumbs; pepper; salt; thyme and parsley.

Cut some thin slices from a sturgeon, wash, and dry them in a cloth, dredge them with flour, and brush over them the yolk of a well beaten egg; cover them with bread-crumbs, pepper, salt, and a little thyme and parsley chopped very fine; fry them a nice brown, and serve them with piquante sauce.

Russian Sauce for Sturgeon.

Time, ten minutes.

105. One glass of white wine; two anchovies; a piece of onion; a piece of lemon peel; a quarter of a pint of good broth; a little cream; butter and flour.

Put a glass of white wine into a stewpan, with two anchovies chopped up, a piece of onion, and of lemon peel, with a cupful of good broth. Thicken it with a piece of butter rolled in flour. Stir in two or three spoonfuls of cream, and either pour the sauce over the fish or serve it in a tureen.

Stewed Sturgeon.

Time, altogether, about an hour.

106. A nice piece of sturgeon; a little vinegar; flour; some good broth; two spoonfuls of cream, or a piece of butter rolled in flour; one tablespoonful of Harvey's sauce; a glass of wine.

Cut a piece of sturgeon into nice sized pieces, dip them into vinegar, dry them, flour them, and broil them over a clear fire. Flour them again, arrange them in a stewpan of appropriate size, and put in enough good broth to cover them. Let them stew until they are done and the gravy diminished. Thicken the gravy with cream, or a piece of butter rolled in flour; stir in a tablespoonful of Harvey's sauce, and a glass of wine. Serve it in the gravy, garnished with slices of lemon, and with capers strewed over it.

HALIBUT.

Halibut is a flat fish of enormous size, being sometimes five or six feet long, and weighing from four to five hundred pounds. Being so large, it is of course sold in pieces. A fine piece can be boiled like cod or any other fish, and served with any sauce usually eaten with boiled fish. Nicely cut collops can be covered with egg and bread-crumbs and fried.

Stewed Halibut's Head.

Time one hour and a half.

107. Halibut; half a pint of beer; two or three anchovies; one onion stuck with cloves; a sprig of parsley; pepper and salt; one ounce and a half of butter rolled in flour.

Put into a stewpan which will hold the head, half a pint of beer, some anchovies, an onion stuck with cloves and a bunch of parsley; season it with pepper and salt;

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add water enough to cover the fish ; let it stew for an hour, and strain it. Put the head into this liquor ; let it stew until tender ; thicken the liquor with butter and flour ; flavour it with fish sauce, and serve it with forcemeat balls, made with some of the fish, bread-crumbs, sweet herbs, pepper, salt, and dripping.

Halibut Collops.

Time, forty minutes.

108. A piece of halibut ; one onion ; a little celery ; a bunch of sweet herbs ; pepper and salt ; a little mace ; a spoonful of lemon juice ; one of sauce.

Cut a piece of halibut into nice-shaped collops. With the bones and odd bits, an onion in quarters, a bit of celery, a bunch of sweet herbs, and seasoning of pepper and salt, make some good broth ; strain it and thicken it. Fry the collops, stew them in the liquor for half an hour, and flavour it with a little mace, a spoonful of whatever fish sauce may be preferred, and a spoonful of lemon juice.

THE BASSE.

The basse is a fish of a beautiful silvery appearance, which is very popular in some localities. It has been called the white salmon, a fish that it rather resembles in form, and in the firmness of the flesh. It is not very abundant in the London fish-shops. In the Channel Islands it is often plentiful in its season, but never, I believe, very cheap, and it abounds along our South coast, in St. George's and the Bristol Channel, and on different parts of the Irish coast.

It is frequently eaten simply boiled, and the remarks made on boiling salmon will apply equally well to it, proportioning the time allowed to the size of the fish. Fish weighing as much as fifteen pounds have occasionally been caught, but they are usually much smaller. Basse cut in slices may be boiled, fried, or fricasseed, following the plan given for dressing salmon in these various ways. It may be collared like salmon, or, if small, cut open and fried, with bread-crumbs, seasoning, and minced herbs, following the directions given hereafter for frying mackerel.

They are good dressed *au court bouillon d'eau*, with a little white wine. They are served on a napkin.

Basse Dressed en Casserole.

Time, six minutes to the pound.

109. Basse : a piece of butter rolled in flour ; a few sweet herbs ; pepper, salt, and grated nutmeg ; juice of half a lemon.

After the fish is properly cleaned and prepared, fill the inside with butter well worked up with flour, sweet herbs minced fine, and seasoned with, pepper, salt, and grated nutmeg. Stew it with just liquid enough to prevent its burning, and squeeze lemon iuice over it when it is taken up.

WHITEBAIT.

Time, one minute.

In season, May, June, and July.

110. Wash and drain them in a colander, flour them well, and sift fine bread crumbs over them ; fry them in hot lard. As soon as they rise, take them out ; that will be in about one minute.

If you possess a wire basket, it is better to cook them in it instead of the pan.

Serve them very hot, on a fish cloth, sprinkling first a little salt over them.

GRAYLING.

In season, July and August.

Grayling may be either baked or broiled. If small, they should be cut at the back, rubbed with butter, and a little pepper and salt dusted over them, then placed on a grid-iron over a clear fire for four or five minutes to broil, and served on a dish, head and tail together, with the juice of a lemon squeezed over them.

To Fry Graylings.

Time, five minutes.

111. Scale, gut, and well wash them, dust some flour over them, lay them separately on a board before the fire ; fry them of a delicate brown in fresh dripping.

Serve garnished with crimped parsley. Sauce : plain melted butter.

CARP.

Carp should be of a medium size, with a soft roe. The gills, if fresh, will be very hard to pull out. Take off the scales, and lay the fish for an hour before you dress it in water. to get rid of the blood, then dry it on a cloth.

Baked Carp.

Time, one hour and a quarter.

In season from March to October.

112. One large carp ; forcemeat ; egg ; bread-crumbs ; a little butter, one pint of stock ; half a pint of port wine ; two onions ; two bay leaves ; a bunch of herbs ; six anchovies ; one teaspoonful of mustard ; one of soy ; a little salt ; Cayenne ; and a piece of butter.

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Clean and scale a large carp; put a stuffing as for soles, dressed in the Portuguese way, and sew it up; brush it over with the yolk of an egg, and cover it with bread-crumbs, then drop some oiled butter over it. Place the carp in a deep earthen dish, with a pint of stock, two onions sliced, two bay-leaves, a bunch of herbs, half a pint of port wine and six anchovies; cover the pan, and bake it one hour. Put a good-sized piece of butter into a stewpan with a dust of flour; when melted, pour in the strained liquor from the carp, with a teaspoonful of mustard, one of soy, and a little salt and Cayenne; boil it up again, and serve the fish on a dish, garnished with slices of lemon and bunches of parsley, and the sauce in a boat.

Fried Carp.

Time, twenty minutes or longer, according to size.

113. Carp; slices of bread; a lemon.

Clean and dry the fish, flour them well, put them in the pan, and fry them of a light brown; lay them on a cloth to drain, and fry some three-cornered pieces of bread and the roes. Serve the carp with the roes on each side of the dish; garnish it with the fried bread and lemon in slices, and make anchovy sauce, with the juice of a lemon added, to eat with it.

Carp au Bleu.

Time, one hour or more.

114. Carp: half a bottle of vinegar; port wine; three onions; two carrots; a sprig or two of parsley; two or three laurel or bay leaves; a bunch of thyme; three cloves; pepper and salt.

Clean the carp well, but in doing so make as small an opening as possible; tie up the head, place the fish in a fish kettle of the right size, and pour over it half a bottle of boiling vinegar, and add enough port wine for the carp to be covered with the liquid. Put in three onions in slices, two carrots, a sprig of parsley, a bunch of thyme, two or three laurel or bay-leaves, three cloves, pepper, and salt; put it over a slow fire, and let it simmer gently for about an hour (more or less, according to the size of the carp); take it from the fire, let it get cold in the liquor, and serve it upon a folded napkin.

Any fish can be dressed au bleu from the same receipt.

Carpe Frite.

Time, twelve or fifteen minutes.

115. A small soft-roed carp; lemon juice; flour.

Choose a small soft-roed carp, open it down the back, press it open very flat, and take out the roe. Flour both the fish and the roe well, put them in a very hot frying-pan, and fry them of a fine colour. Serve them with lemon juice squeezed over them.

To Boil Carp.

Time, thirty minutes.

116. Scale and remove the gills from the carp, and rub some salt down the backbone, then lay it for half an hour in strong salt and water, which will thoroughly cleanse it; dry it, and place it in a fish-kettle of boiling-water, with a tablespoonful of salt. Boil it for thirty minutes, or less time should it be small; boil the roe with it, and when done serve it on a napkin. Garnish with parsley and slices of lemon. Plain melted butter and fish sauces must be served with it.

Stewed Carp.

Time, one hour and a quarter.

117. A carp; equal parts of port wine and water; a tablespoonful of lemon pickle; one of browning; one teaspoonful of mushroom powder; one onion; six cloves; one stick of horseradish; some Cayenne; a large lump of butter; a little flour; juice of one lemon.

Having scaled, cleaned, and taken out the gills, wash it thoroughly, by soaking it in spring water for half an hour, and dry it in a cloth; dredge over it a little flour, and fry it a light brown. Then put it into a stewpan with half a pint of port wine, and the same of water (or more if desired); a tablespoonful of lemon pickle, another of browning, a teaspoonful of mushroom powder, an onion stuck with six cloves, a stick of horseradish, and a little Cayenne pepper. Cover your stewpan closely, that the steam may not escape, and let it stew gently over a slow fire until the gravy is reduced to just enough to cover the fish. Then take it out, and put it into the dish it is to be served in. Set the gravy again on the fire, and thicken it with a lump of butter rolled in flour; boil it up, and then strain it over your fish, and garnish with sippets.

Just before you send it to table, squeeze into the sauce the juice of a lemon.

Fried Tench.

Time, varying with size—about twenty minutes.

118. Two tench; a little salt; lemon juice; butter; and flour.

Clean two fine tench by throwing them into boiling water just long enough to enable you to raise the skin. Remove the gills and

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fins, gut them, and clean them thoroughly. Cut them down the back, and take out the bones, sprinkle a little salt over them, flour them, squeeze some lemon juice over them; fry them in butter, and serve them upon a napkin.

To Stew Tench Brown.

Time, one hour and a half.

119. Tench; water and red wine in equal parts; one tablespoonful of lemon pickle; the same of browning: the same of walnut ketchup; a little mushroom powder; Cayenne pepper to taste; an onion stuck with cloves; a bit of horse-radish.

Clean and dry the fish: place them before the fire for a few minutes, dredge them with flour, and brown them in a frying-pan. Put them in a stewpan, cover them with red wine and water in equal parts; add the lemon pickle, browning, walnut ketchup, mushroom powder, Cayenne pepper to taste, an onion stuck with cloves, and a piece of horse-radish.

Cover the stewpan close to keep in the steam, and let the fish stew gently over a slow fire until the liquor is reduced to barely enough to cover the fish in the dish. Take out the fish, keep them hot, thicken the gravy with a lump of butter rolled in flour, boil it up, strain it over the fish, garnish with pickled mushrooms and scraped horse-radish.

Either of these receipts for stewing tench (*i.e.*, brown and white) will do also for carp, observing always to save and add the blood. Garnish with fried oysters, sippets of toasted bread, slices of lemon, or scraped horse-radish, according to taste; or with the roe (alternate pieces boiled and fried) placed round the dish; serve very hot.

Tanches sur le Gril, or aux Fines Herbes.

Time, according to size.

120. Three or four tench; a little oil; a sprig of parsley and thyme; one onion; one shallot; pepper and salt.

Clean the slime from three or four tench, plunge them for a minute into boiling water, and scale them, beginning at the head, and taking care not to injure the skin, and gut them. Lay them on a dish, cover them with oil, parsley, thyme, onion, and shallot minced fine, salt, and pepper. Fold them in two thicknesses of paper dipped in the oil, &c., in which the fish have been lying, and broil them. When they are done, take off the writing paper, pour over them *sauce piquante*, or caper sauce, and serve them.

This is a famous receipt at Brussels.

PLAICE.

Plaice are rather common fish, and lack the delicacy and flavour of the other piscatory delicacies of our table; but *filleted* they are very nice, and supply the place of better very well, if carefully dressed.

In season from May to January.

To Fillet Plaice.

Time, about twelve minutes.

121. Skin them, lay them flat on the table, and cut right down the backbone, then raise the fillet from head to tail. Having quite removed the fillets from the bones, cut them nicely in pieces, and fry them in two ounces of dripping or lard, with a little pepper and salt, and the juice of half a lemon.

Drain them on a cloth to absorb the grease, and serve them upon a hot white table-napkin.

To Boil Plaice or Flounders.

Time, six to seven minutes.

Flounders are in season from September to November.

122. A quarter of a pound of salt to a gallon of water, and a very little saltpetre.

Well clean and empty your fish, draw a sharp knife down the thickest part of the middle of the back, nearly through to the bone; lay them in a fish-kettle of cold water, with salt in the above proportion, with a small piece of saltpetre; let them simmer for six or seven minutes after the water begins to boil, or longer should your fish be very large, taking great care they are not broken. Serve them (with plain melted butter) on a folded napkin.

To Fry Plaice or Flounders.

Time, five minutes.

123. Two tablespoonfuls of vinegar; an egg; bread crumbs; fried parsley; and some anchovy sauce.

Sprinkle the plaice or flounders with salt, and let them lie for twenty-four hours, then wash them and wipe them dry; brush them over with egg, and cover them with bread-crumbs; make some lard or dripping mixed with two tablespoonfuls of vinegar boiling hot in a frying-pan; lay the fish in, and fry them a nice brown colour, drain them from the fat on a cloth, and serve them on a folded napkin, garnished with fried parsley. Anchovy sauce.

SMELTS.

A delicate little fish which has a singular perfume of violets or syringa. It requires great care in cleaning. Pull the gills out,

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and the inside will come with them. Wipe and dry them gently.

In season from October to May.

To Fry Smelts.

Time, three or four minutes.

124. Seven smelts; two eggs; bread-crumbs; a little flour, and a piece of butter.

Smelts should not be washed more than is necessary to just clean them; cut off the fins, dry them in a cloth, and dredge a little flour over them, melt half an ounce of butter and beat into it the yolks of two eggs. Dip the smelts into it, then into bread-crumbs finely grated, and plunge them into a frying-pan of boiling fat; let them fry gently, and a few minutes will make them of a bright yellow brown. Be careful not to take off the light roughness of the crumbs, or their beauty will be lost. When done, dish them up on a napkin, garnish with fried parsley, and serve anchovy or shrimp sauce with them separately.

Fried Smelts, French Way.

Time, three or four minutes.

125. Smelts; a little flour; milk; crisped parsley.

After the smelts are prepared and dried dip them into milk, dredge them with flour, and fry them until they are of a fine colour, and serve them with crisped parsley.

SPRATS.

Time, two or three minutes.

126. Well clean a number of sprats, fasten them in rows by a skewer run through their gills, place them on a close-barred gridiron, broil them a nice brown and serve them hot and hot.

SOLES.

Soles are either white soles or black soles, according to the colour of their back. Middle sized soles are of the best flavour. When they have roes they should be only used for fillets, because they have then very little flavour. A large fine roe is not so great a recommendation to a sole as inexperienced housewives believe.

In season from April to December.

Filleted Soles.

Time, ten minutes.

127. Two soles; two eggs; and bread-crumbs.

Take two soles, divide them from the backbone, and remove the head, fins, and tail. Sprinkle the inside with salt, roll them up from the tail end upwards, and fasten them with very small skewers. If small or middling sized soles, put half a fish in each roll. Dip them into the yolk of one well beaten egg, and then into bread-crumbs: then into the eggs a second time, and again sprinkle them with crumbs; fry them in hot lard or in clarified butter.

Instead of rolling the fish they may be cut into pieces, and arranged in the form of a pyramid in the centre of a dish, and garnished with parsley and slices of lemon.

Cutlets of Soles.

Time, ten minutes.

128. Two soles; one egg; bread-crumbs, and parsley.

Cut two soles into narrow pieces, crosswise, dredge a little flour over them, dip each piece in an egg well beaten, and then into bread-crumbs; fry them a nice brown in hot fat; drain, and serve them with fried parsley in the centre, with the slices of sole raised round it.

Boiled Soles.

Time, eight to ten minutes.

129. Two soles; a large handful of salt in one gallon of water.

Well wash and clean the soles, cut off the fins, and put them into a fish-kettle with salt and water. Let them boil slowly, and then simmer until done, which must be according to the weight of the fish, a large one requiring about ten minutes, a medium size eight. When done serve them on a napkin, with the white side uppermost. Garnish with slices of lemon and parsley. Anchovy or shrimp sauce are usually sent to table with boiled soles, but may be varied at pleasure.

Fried Soles.

Time, eight minutes.

130. Two soles; one egg; a few bread-crumbs.

Remove the skin from the dark side of the soles, clean them, and wipe them dry, and dredge a little flour over them; brush them over with the yolk of a well-beaten egg, dip them into bread-crumbs, and fry them of a light brown, in sufficient boiling fat for them to swim in. When done, lay them on a cloth to absorb the grease; dish them on a napkin neatly folded, and garnish with fried parsley. Plain melted butter or shrimp sauce may be sent to table with them.

Fillets de Soles au Gratin.

Time, according to size, about twenty minutes.

131. Fillets of soles; veal stuffing; a piece of bread; bread-crumbs.

Divide each side of a fine sole in four

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fillets ; spread veal stuffing on each piece, and roll it up ; spread a layer of the same stuffing over the bottom of a dish, three-quarters of an inch in thickness ; arrange the rolled fillets on it in the form of a crown ; fill up the interstices with the stuffing ; and place a piece of crumb of bread in the centre ; cover the fillets with bread-crumbs, and cook *au gratin*, or put the fish into an oven, or in a Dutch oven before the fire ; and when the sole is cooked enough, and the outside is a nice brown, serve it in the same dish.

EELS.

It is one of the most painful tasks of the cook to kill and skin an eel, and it is effected with some difficulty. By striking the head very hard it may be stunned, however, and will then probably feel less pain. We believe that there is also a mode of killing them by cutting through the vertebræ near the head.

Take a cloth in your hand ; hold the eel by the head ; cut the skin round the neck, and turn it a little way down ; then pull the head one way and the skin the other, and it will come off ; open the fish, take out the inside, being careful not to break the gall, and cut off the back bristles.

Eels are in season all the year round.

Eels Spitchcocked.

Time, half an hour, or till the skin turns up.

132. Two or three eels ; some chopped parsley ; pepper ; salt ; a little sage ; juice of half a lemon ; eggs, and bread-crumbs ; a little mace ; and a little warmed butter.

Skin two or three large eels, open them on the belly side, and clean them thoroughly ; remove the backbone ; and cut them into pieces, three or four inches long ; strew over them, on both sides, some chopped parsley, a very little sage, pepper, salt, a little mace pounded fine, a little warmed butter, and the juice of nearly half a lemon ; dip each piece carefully in egg and bread-crumbs ; fry them in a pan of boiling fat, and serve them on a hot dish, in a circular form, with piquante sauce (or any other you like) in the centre.

Stewed Eels.

Time, three-quarters of an hour.

133. One gill of port wine ; half a pint of stock ; two blades of mace ; two bay-leaves ; a few allspice ; two cloves ; half a lemon ; one onion ; a bunch of thyme and parsley ; and some pepper and salt ; a teaspoonful of anchovy sauce, and one of ketchup.

Take one or two large eels, skin and cut them into pieces about three or four inches in length ; put them into a stewpan with some stock, half a pint of port wine, two blades of mace, some allspice, two cloves, a bunch of herbs, a very small onion, half a lemon cut into slices, and some pepper and salt to your taste. Simmer over a slow fire for about three-quarters of an hour, or until the eels are done. Strain and thicken the gravy with a piece of butter, and a dust of flour, and stir in a teaspoonful of anchovy sauce, and one of ketchup. Serve the eels with their sauce over them.

Baked Eels.

Time, three-quarters of an hour.

134. Four large eels ; some veal stock ; a bunch of savoury herbs ; a sprig of parsley ; two glasses of port wine ; juice of a small lemon ; salt and Cayenne ; one teaspoonful of Worcestershire sauce.

Skin, empty, and thoroughly wash the eels, cut off the heads, and divide the fish into rather short pieces, wipe them very dry, dip each piece into a seasoning of Cayenne, salt, minced parsley, and a little powdered savoury herbs ; pour them into a deep dish, cover them with veal stock, put a thick paper or cover over the dish, and set it in the oven until the eels are tender.

Skim off the fat, take the pieces of fish carefully out on a hot dish to keep warm, and stir into the gravy the wine, strained lemon juice, and sauce ; make it just boil up, and pour it over the fish. Garnish with sliced lemon.

Boiled Eels.

Time, half an hour

135. Some small eels, and a little parsley and butter.

The small eels are the best ; do them in sufficient water to cover them, add a bunch of parsley, when tender they are done. Serve them up in a shallow tureen, with parsley and butter sauce poured over them.

Fried Eels.

Time, eighteen or twenty minutes.

136. One large eel, or two small ones ; one egg, and a few bread-crumbs.

Prepare and wash the eels, wipe them thoroughly dry, and dredge over them a very little flour ; if large, cut them into pieces of about four inches long, brush them over with egg, dip them into bread-crumbs, and fry them in hot fat. If small, they should be curled round and fried, being first dipped into egg and bread-crumbs. Serve them up garnished with fried parsley.

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Baked Eels—Stuffed.

Time, about three-quarters of an hour.

137. Eels; a forcemeat of shrimps or oysters; a slice of bread crumbled; peel of half a lemon; yolk of one egg; pepper; salt, and nutmeg; two ounces of butter; a little flour; one teaspoonful of lemon pickle; one tablespoonful of walnut ketchup; a glass of white wine; one anchovy; two teaspoonfuls of browning; a little lemon juice.

Cut off the heads of the eels, and clean them very well; make a forcemeat with shrimps or oysters chopped, a good slice of bread crumbled, a little lemon peel shred fine, the yolk of an egg, salt, pepper, and nutmeg. Stuff the eels with this, sew them up, and turn them round in a dish. Put butter and flour over them, pour a little water into the dish, and bake them in a moderate oven. When done enough, take the gravy from under them, skim off the fat, strain it, and add to it one teaspoonful of lemon pickle, the walnut ketchup, one anchovy, two spoonfuls of browning, and a squeeze of lemon juice. Let it boil ten minutes, thicken it with butter and flour, if necessary, and serve it garnished with slices of lemon and crimped parsley.

LAMPREYS.

Rich but very *ugly* fish, unlikely to fall into the hands of an ordinary cook. They are a very ancient delicacy, and are remarkable as having tempted our first great Plantagenet King to his death by eating too much of them. The city of Gloucester still presents the Queen with a lamprey-pie every Christmas.

To Stew Lamprey as at Worcester.

Time, one hour and twenty minutes.

138. A small quantity of mace; cloves; nutmeg; pepper and allspice, and an equal quantity of beef gravy, Madeira or sherry; two anchovies; a spoonful of made mustard; juice of a lemon; a little butter, and flour.

Thoroughly cleanse, and remove the cartilage which runs down the back of the fish, season it with pepper, mace, allspice, and cloves, and place it in a closely covered stewpan with equal quantities of good beef gravy and sherry, sufficient to cover it. When tender, take out the lamprey, and keep it hot. Boil the gravy it was stewed in with two anchovies chopped up very fine, and a lump of butter rolled in a little flour. Strain it through a hair sieve, and squeeze in the juice of a lemon, and a teaspoonful of made mustard. Serve it with sippets and horse-radish.

Note.—Cider will answer in the place of the wine for common purposes.

GARFISH.

The garfish, called "long noses" in some localities, are little appreciated by some on account of their green bones; but they are said to be very nice when well cooked. They may be boiled and eaten with shrimp sauce, or boiled or fried. They may also be cooked according to the Worcester receipts for stewing lampreys, using good but not sweet home-made wine instead of Madeira; and any of the French receipts for dressing eels may be used for the garfish. Perhaps they are best of all dressed by means of the bain-marie jar.

139. Cut them in pieces and lay them in a dish, and put over them either vinegar, wine, or oil, with minced sweet herbs, pepper, and salt, and any flavouring that may be liked; when they have lain an hour or two remove them, and the marinade in which they lie, to the bain-marie jar; add a little to the liquor if it be thought that more gravy will be needed, fasten the lid down with a cloth, put the jar in a saucepan of water, and let the fish cook until it is done enough.

THE CONGER.

The conger may with justice consider himself an ill-used fish, since, by many, he is condemned untried, and loaded with hard names, which are quite undeserved; whereas a good conger eel, well cooked, is more wholesome, more nutritious, and nicer than more *recherché* and more lauded viands. In addition to being very nice, and more wholesome than most other kinds of fish, it has the merit of great abundance in our seas; and if the supply of our markets with it were encouraged by the free use of it by buyers (which it is not, on account of the unfounded prejudice against it), we might have in it a fish as solid and as nutritious as butcher's meat, at from 2d. to 4d. a pound in our dearest markets. This noble fish is fully deserving of free use, and protection of the immature fish, as a thing of real importance; the best substitute for meat that our seas give us. Let all who are anxious to aid the country's need, by lessening the consumption of meat in times of scarcity, give the conger a fair trial. At a time when meat may reach famine prices, do not let us allow tons of nutritious fish to be slighted, or worse, wasted. In the ways of dressing it we have great variety, as well

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as other gastronomic merits, and different parts of the fish are adapted for different purposes. The head and tail are the best for soup, because the rich gelatinous picking about the first gives thickness to the soup, and the tail is too bony to be as appropriate as the centre cuts to dress other ways. The portions next to the head offer good cuts (the number dependent on the length and size of the fish) for stuffing, and either boiling or baking. The fat adhering to the bone (I believe, in truth, the roe of the fish), is very rich, yet delicate, and should on no account be removed when the fish is cleaned. In taking this out some London fishmongers commit a great mistake. Still further on in the conger, may be cut compact slices and collops for frying, stewing, or fricasseeing, and for making into pies. A long piece, boned, cut from near the head to within half a foot of the tail, one side, or both, according to the size of the fish, is good for collaring, and the end near the tail may be salted for breakfast.

Boiled Conger.

Time, half an hour.

140. White conger eel; bread-crumbs; peel of half a lemon; a sprig of parsley; lemon thyme; winter savory; sweet marjoram; a piece of butter or dripping; pepper; salt; nutmeg, and a spoonful of suet.

Cut a piece about a foot long from the head end of a fine conger, make a stuffing of the bread-crumbs, minced parsley, lemon thyme, winter savory, and sweet marjoram minced fine; a little chopped suet, grated lemon peel, and butter or dripping; season it with pepper, salt, and nutmeg; stuff the fish, and sew it up. Put it into warm water, let it simmer until it is cooked enough, and serve it with any sauce usually eaten with boiled fish.

A thick piece will take half an hour after it simmers. It may be boiled without the stuffing, if it be preferred.

Stewed Conger.

Time, according to size.

141. A conger eel: a bunch of sweet herbs; one onion; pepper, salt, and mace; water or broth; a little flour.

Cut the conger into pieces as for frying, dry and flour the pieces, and brown them in a frying-pan. Put them into a stew-pan with a bunch of sweet herbs, an onion cut in quarters, seasoning of pepper and salt, and of spice, if it be liked, and enough water, or broth, nearly to cover the fish. Let it stew gently until it is cooked enough, thicken the gravy with flour just enough to take off the richness that may have risen to the top, and serve the conger with the gravy round it.

The gravy may be flavoured with tomatoes, chutney, or any other sauce. The stewed conger is nice with oysters; open them, and save the liquor, mix it with a little flour, use it to thicken the gravy, as much as necessary, let it just boil up, and put in the oysters long enough for them to get hot.

Baked Conger.

Time, one hour, less in a quick oven.

142. Take such a piece of fine conger as would be chosen for boiling: make a stuffing, and stuff it as mentioned for boiled conger. Put it into a pie dish or a baking dish, with a pint of water, lay pieces of butter over the fish, flour it well, and put it into a moderate oven; baste it often with the liquor while it is cooking, and when it is almost done thicken the liquor with flour, just enough to correct any little richness that may float on the top of it; not more. Baked conger may be varied in many ways. It is very nice with potatoes baked under it: but as there must be liquor in the dish with which to baste the fish, to prevent the skin from getting dry and hard, they will not brown on the outside. The gravy may be thickened with tomatoes, or with tomato sauce, and this is particularly nice. It may be taken from the liquor, and eaten with dressed cucumber and early potatoes. It may be flavoured with or eaten with any sauce that is nice, and it will be excellent any way. A good flavouring for a change, is a tablespoonful of lemon pickle, the same of walnut ketchup, and a dessert spoonful of soy.

Fried Conger.

Time, twenty to twenty-five minutes, or longer.

143. Conger; egg; bread-crumbs.

Cut the conger into slices an inch and a half or two inches thick, or a little thicker, according to the size of the fish. This is the best way to cut conger for frying, and most other purposes for which it may require similar subdivision; because by it the solid back of the fish and the richer under part go together, which they do not when collops are cut longitudinally. Cover the fish with egg and bread-crumbs, and fry it in plenty of fat, made to boil before the fish is put in. Take care that the frying-pan is perfectly clean, and that the fish is fried to a bright colour. Serve it with lemon to squeeze over it, plain melted butter, oyster sauce, shrimp sauce, or any sauce preferred.

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PERCH.

It is so difficult to scale perch that some people have them boiled with the scales on, as they come off easily afterwards.

Clean it carefully. A perch weighs, when fine, from three to four pounds.

To Boil Perch.

Time, half an hour, if large.

In season from September to November.

144. Cut off the spines from the back, scrape off the scales with an oyster knife, and thoroughly clean and wash them. Then boil them in cold water very carefully, as they are a most delicate fish.

Fried Perch.

Time, twelve minutes.

145. Some bread-crumbs, and egg.

Thoroughly clean and scale the perch, brush them over with a well beaten egg, dip them into bread-crumbs, and fry them a nice brown in boiling fat. Serve them with anchovy sauce or melted butter.

Fish Scallop.

Time, twenty minutes.

146. Cold fish; a teacupful of milk or cream; a large teaspoonful of anchovy sauce; a little pepper and salt; a little made mustard; a lump of butter; some bread-crumbs.

Pick any cold fish from the bones, mix with it a teacupful of milk or cream, a large teaspoonful of anchovy sauce, a little pepper and salt, and a saltspoonful of made mustard. Put it into a stewpan over a moderate fire for two or three minutes, stirring it all the time, then put it into scallop shells or a dish, strew some grated bread thickly over it, and a few thin pieces of butter; brown it in a Dutch oven before the fire, and serve it very hot.

To Fry Perch Plain.

Time, twelve minutes.

147. When the perch are scaled, gutted, and washed, dry them well with a cloth, and lay them out singly before the fire for a few minutes. Flour them well, and fry them a fine brown in plenty of good dripping. Serve them with melted butter and crisped parsley.

PIKE.

This voracious river fish depends greatly upon the manner in which it is dressed. We have eaten excellent "Jacks," as they are called in the midland counties, and others quite undeserving of approbation. It *ought* always to be baked or roasted, and not boiled; but as some families dress it in the latter manner, we give directions for it. The fins are usually cut off it, and it must be very carefully scraped and cleaned.

In season from September to March.

To Boil Pike.

Time, half an hour to one hour.

148. Pike; twelve oysters; half of a French roll; two eggs; lemon; sweet herbs; pepper; salt; nutmeg; a lump of butter; a wineglass of vinegar.

When you have taken out the gills, cleaned and thoroughly washed the fish, make a forcemeat of a dozen chopped oysters, the crumb of half, or a whole French roll, a little lemon peel shred fine, a lump of butter, a few sweet herbs, the yolks of two well beaten eggs, seasoned to your taste with pepper, salt, and nutmeg. Mix all together and stuff the fish: sew it up, and fasten it with the tail in the mouth with a small skewer. Put it into a fish-kettle of boiling water with a wineglassful of vinegar and a tablespoonful of salt. If it is of a middling size, it will be done in about half an hour; or, if large, one hour. Serve it up with melted butter and a lemon, or with anchovy sauce. Garnish with pickled barberries.

To Bake Pike.

Time, one hour.

149. A large pike; some forcemeat; two or three anchovies; half the peel of a lemon; one glass of wine; one tablespoonful of sauce; a spoonful of capers.

Scale and wash a large pike, fill it well with stuffing made as for veal, skewer the tail in the mouth, and place it in a deep dish. Season it with salt. Put a good sized piece of butter over it, and bake it for one hour. When done, add to it about half a pint or more of the gravy, two or three small anchovies chopped very fine, the rind of half a lemon, grated, a spoonful of capers, a large spoonful of sauce, either Worcester or Reading, a glass of wine, and a little butter rolled in flour to thicken it. Serve the fish on a dish, and the sauce in a boat.

Stewed Pike.

Time, three-quarters of an hour.

150. Pike; two ounces of butter; a little flour; one pint of red wine; a bunch of sweet herbs; four cloves; twelve young

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onions; pepper and salt; two anchovies; one spoonful of capers.

Brown butter and flour in the bottom of a stewpan; and mix into it a pint of red wine; add a bunch of sweet herbs, the cloves, and a dozen young onions boiled tender, and sufficient seasoning of pepper and salt. Cut the pike in pieces, put it in, and let it stew gently until it is cooked enough. Take it out, and keep it hot. Add to the sauce two anchovies chopped up, and a spoonful of capers minced. Let it boil up for a minute or two, pour it over the fish, and lay sippets of toasted bread round the dish.

Roasted Pike, or Mackerel.

Time, half an hour.

151. Pike; bread-crumbs; four anchovies; one pint of oysters or shrimps; a sprig of parsley; one onion; pepper and salt; nutmeg; cloves, and mace; half a pound of butter.

Clean the fish well; make stuffing with bread-crumbs, oysters, or shrimps, chopped parsley, onions, and the seasoning and spices. Mix all well together with half a pound of butter, stuff the fish, and put some of the stuffing over the outside. Put the pike in a cradle, and roast it, basting it unceasingly all the time it is cooking.

MACKEREL

requires to be eaten quite fresh; it will not, in fact, keep at all. Some people call it the "pig of the sea," as it is scaleless, and, like pork, disagrees with some eaters.

Mackerel Boiled.

Time, fifteen to twenty minutes.

152. Cut the fish open sufficiently to empty the inside, remove the roes, and thoroughly wash them and the mackerel. Put them into a fish-kettle of cold water with a large tablespoonful of salt, bring them gradually to a boil, and simmer for about twenty minutes if the fish is large, if small, fifteen minutes will be sufficient, or even less time; but they must be taken carefully out when the eyes are starting. Remove the scum as it rises, and when done, serve them on a napkin, and send fennel sauce, plain melted butter, or gooseberry sauce to table with them.

Mackerel a la Maitre d'Hotel.

Time, twenty minutes.

153. One mackerel; three spoonfuls of *maître d'hôtel* sauce, or juice of half a lemon, and a little salt, Cayenne, and two spoonfuls of clarified butter.

Make a deep incision on either side of the backbone of a fine mackerel, after thoroughly cleansing and drying it in a cloth, and put in a little salt, Cayenne, and a spoonful of clarified butter. Lay it on a well-heated gridiron rubbed over with butter or suet, and when of a nice brown colour, turn the back to the fire, taking care that the fish does not stick to the gridiron. When done, put into the incision of the back two spoonfuls of *maître d'hôtel* batter, previously putting your mackerel on a hot dish without a napkin, then spread three more spoonfuls of butter over it, place it in the oven for a few minutes, and serve it very hot.

Fillets of Mackerel Stewed.

Time, fifteen to twenty minutes.

154. Two mackerels; one lemon; two ounces of butter; nearly half a pint of port wine; two teaspoonfuls of soy, and a little salt, Cayenne, and pounded mace.

Raise and divide each fillet from the mackerel into two, and lay them in a stewpan with two ounces of butter previously melted with a little flour, Cayenne, salt, and the rind of half a lemon. Shake the stewpan over a moderate fire for a few minutes, turning the fillets. Then pour in slowly nearly half a pint of port wine, with the two spoonfuls of soy and the mace, boil up and pour over the fish.

HADDOCKS.

The haddock is a delicate fish with a fine flavour. This fish has a superstition attached to it. On each side of the body near the gills it has a dark spot, fabled to be the impression made by the finger and thumb of St. Peter when taking the tribute money from its mouth.

It is in season from August to February.

To Boil Haddocks.

Time, a quarter to half an hour, according to size.

155. Two haddocks; enough water to cover them; a quarter of a pound of salt to each gallon of water.

Clean the fish, and wash them thoroughly, they will require scraping first, then put them in the fish-kettle; simmer them gently. Serve with a garnish of sliced lemon and parsley.

Sauce: melted butter, or anchovy.

Fried Haddock.

Time, a quarter of an hour or eighteen minutes.

156. Haddock; egg; bread-crumbs; a

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sprig of parsley; a little lemon thyme; a few chives; pepper and salt.

Haddocks of medium size are very nice cut open, covered with egg, bread-crumbs, chives, parsley, and a little lemon thyme minced very fine, salt and pepper, and fried.

Baked Haddock.

Time, from half an hour to an hour.

157. One haddock; some veal stuffing; bread-crumbs; and one egg.

Thoroughly clean and dry the haddock, fill the inside with veal stuffing, sew it up, and curl the tail into its mouth. Brush it over with egg, and strew bread-crumbs over it. Set it in a warm oven to bake for about half an hour, but if a Dublin Bay haddock, it will require double that time. Serve it on a dish without a napkin, with any sauce you please, anchovy, melted butter, &c.

To Broil Haddock.

Time, fifteen minutes.

158. Thoroughly clean and dry them in a cloth, rub them over with a little vinegar, and dredge them with flour. Rub some grease on the bars of the gridiron, put it over a clear fire, and when it is *hot*, place your fish on it; turn them two or three times, and broil them a nice brown colour. Serve them with shrimp sauce, or plain melted butter.

Or.

Time, half an hour.

159. Clean and dry the haddock, and put it into a Dutch oven before a very quick fire; as soon as the skin rises take it from the fire, brush it over with the yolk of a well-beaten egg. Strew bread-crumbs thickly over it, and dredge it with flour. Rub some butter over a gridiron, lay the fish carefully on it, and each time turned, lay a small slice of butter over it. Serve with shrimp sauce, or melted butter.

To Dry Haddock.

Time to dry, two or three days.

160. One haddock of three pounds weight; egg; and bread-crumbs.

Choose the fish from two to three pounds in weight, take out the gills and the inside, and well clean the blood from the backbone. Dry them in a cloth, and put some salt into the bodies and eyes. Lay them on a board for a night, then hang them up in a dry place, and after two or three days they will be fit for use; skin and brush them over with egg, and strew bread-crumbs over them. Lay them before the fire, and baste them with butter. Serve with egg sauce.

SKATE.

Cut off the fin part, put it into fresh water, and it will curl up.

In season from August to April.

To Crimp Skate.

Time to soak, one hour.

161. Have the skate alive; skin, and wash it very clean, cut it in long slips the whole length of the fish, about an inch broad, roll it over your finger, and throw it into spring water; cut the middle part of the fish in any form you like, wash it well, and put it into spring water for one hour, then wash it very clean, and put it to drain for use.

To Boil Crimped Skate.

Time, fifteen to twenty minutes.

162. Clean, skin, and cut the fish into slices, roll them over your finger, and fasten them round with a thin string. Put them into a stewpan with a large quantity of salt in the water; boil them for about fifteen or twenty minutes, and hold them over the stewpan to drain; remove the string, and serve them on a folded napkin placed in a hot dish. Shrimp or lobster sauce may be served with it.

To Fry Skate.

163. Brush it over with the yolk of a well-beaten egg, and cover it with bread-crumbs, fry it a nice brown, and serve it on a hot table-napkin, with anchovy or shrimp sauce.

SHELL-FISH—LOBSTER.

To Choose Lobsters.

164. The heaviest are the best, and very often a good small-sized lobster will weigh heavier than a large one.

The male is the best for boiling, the flesh is firmer, the shell of a brighter red. You may easily distinguish the hen lobster by its broader tail, and the two uppermost fins within the tail being less stiff and hard than those of the male lobster. Hen lobsters are best for sauce or salad, on account of their coral.

To Boil a Lobster.

Time, half an hour.

165. Boiling a lobster may be made a horrible operation if the advice we are about to give is not attended to; and its cries in dying are said to be most pain-

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ful. Happily it is possible to kill it immediately.

It is done thus :—

Put into a large kettle water enough to cover the lobster, with a quarter of a pound of salt to every gallon of water.

When it boils fast put in the lobster, *head first;* this is a little difficult to achieve, as the lobster is not easy to hold thus over the hot steam, but we are sure any humane cook will do it. If the head goes in first it is killed instantly. Boil it briskly for half an hour, then take it from the hot water with the tongs, and lay it to drain. Wipe off all the scum from it ; tie a little piece of butter in a cloth and rub it over with it.

A lobster weighing a pound takes one hour to boil, others in like proportion, more or less.

To Dress Lobsters.

166. When sent to table, separate the body from the tail, remove the large claws, and crack them at each joint carefully, and split the tail down the middle with a sharp knife ; place the body upright in the centre of a dish on a napkin, and arrange the tail and claws on each side. Garnish it with double parsley.

Scalloped Lobster.

Time, fifteen minutes.

167. One or two lobsters ; a little pepper, salt, Cayenne, and a tablespoonful of white sauce, or thin melted butter, and bread-crumbs.

Pick out all the meat from one large, or two middling-sized lobsters, and pound it in a mortar with a little pepper, salt, Cayenne, and a spoonful or more of white sauce, or thin melted butter, sufficient to moisten it. Split the empty shells of the tails and the bodies, and fill each of them neatly with the pounded lobster, cover them with grated bread, and put them into an oven. Serve on a folded napkin with fried parsley. Six or seven divided shells will be sufficient for a dish.

Broiled Lobsters—An American Receipt.

Time, fifteen or twenty minutes.

168. After having boiled the lobster, split it from head to tail. Take out the uneatable part called the "lady," lay it open, put pieces of butter over the meat, sprinkle it with pepper, and set the shells on a gridiron over bright coals until nicely heated through. Serve in the shells.

Buttered Lobster—American also.

Time, twenty minutes.

169. One lobster ; one wineglassful of vinegar ; quarter of a pound of fresh butter, one saltspoonful of Cayenne pepper ; one saltspoonful of made mustard ; three heads of lettuce ; one hard-boiled egg.

Boil a lobster, take the meat from the shell and mince or chop it fine, put the coral and green inside—but leave out the "lady"—to a wineglass of vinegar, or hot water, add a quarter of a pound of fresh butter ; add the Cayenne pepper and mustard, and put it with the lobster into a stewpan over a gentle fire. Stir it until it is thoroughly heated through.

Cut the heads of lettuce, nicely wash them, put them at the sides of a salad bowl, lay the hot lobster in the middle, garnish with the hard-boiled egg cut in circles, and serve it hot.

To Stew Lobsters.

Time, twenty minutes.

170. One large, or two small hen lobsters ; one pint of water ; one blade of mace ; some white pepper corns ; some melted butter ; a glass of white wine ; juice of half a lemon.

Pick the meat from one large, or two small lobsters in large pieces ; boil the shells in a pint of water with a blade of mace and some whole pepper corns ; when all the strength is extracted from the shells and spice, strain the liquor, mix the coral and the rich part of the lobster with a few spoonfuls of melted butter, a wineglass of white wine, and the juice of half a lemon strained. Put in the picked lobster, boil it up, and serve.

Lobster Cutlets.

Time, eight minutes to fry.

171. One large hen lobster ; two small ones ; two ounces of fresh butter ; pepper and salt ; one blade of mace ; nutmeg, and Cayenne pepper ; a dessertspoonful of anchovy sauce ; yolks of four eggs ; white of one ; bread-crumbs. For the sauce—the coral of the lobster ; a spoonful of anchovy sauce ; a small cupful of melted butter.

Pick the meat from a fine hen lobster, and two small ones, and pound it in a mortar with a part of the coral, and a seasoning of pepper and salt, a blade of pounded mace, a little nutmeg and Cayenne pepper. Add the yolks of two well-beaten eggs, the white of one, and a spoonful of anchovy sauce ; mix the above ingredients thoroughly together, and roll it out as you would paste with a little flour, nearly two inches thick.

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Cut it into cutlets, brush them over with the yolk of egg, dip them into bread-crumbs, and fry a nice brown in butter. Make a sauce with a cupful of melted butter, a spoonful of anchovy sauce, and the remainder of the coral. Pour it into the centre of a hot dish, and arrange the lobster cutlets round it, as you would cutlets of meat ; place between each the horns of the lobster cut into short lengths.

Lobster Balls.

Time, eight or ten minutes to fry.

172. A fine hen lobster ; two eggs ; bread-crumbs ; two ounces of butter ; pepper ; salt, and a very little Cayenne pepper.

Take the meat from a fine hen lobster, and pound it in a mortar with the coral and spawn. Mix with it not quite an equal quantity of bread-crumbs, seasoned with pepper and salt, and a *very* little Cayenne ; bind the whole with two ounces of fresh butter warmed, roll the mixture into balls the size of a large duck's egg, brush them over with beaten egg, cover them with bread-crumbs, and fry them lightly. Serve them hot (after draining the grease from them) on a napkin.

To Choose Crabs.

173. The heaviest crabs are usually considered the best, although those of a middling size are the sweetest, when perfectly fresh and in perfection, the shell, whether alive or dead, should be of a bright red colour, and the joints of the legs stiff. Crabs are stale when the eyes look dull. They are boiled in the same manner as lobsters, but require a much longer time, and are usually eaten cold.

To Dress Boiled Crabs.

174. Empty the large shell ; mix the flesh with a *very* little oil, vinegar, salt, white pepper, and Cayenne to your taste, replace the meat in the large shell, and place it in the dish with the claws.

Buttered Crab.

Time, one hour.

175. One large crab ; bread-crumbs ; a little parsley : three ounces of butter ; pepper, salt, and Cayenne to taste ; juice of a lemon.

Boil the crab, pick the meat out of the shell, cut it into small pieces, and mix all well together with bread-crumbs, and a little minced parsley, equal to a third of the crab in quantity. Mix in pieces of butter here and there ; season it with pepper, salt, and Cayenne to taste, pack it into the shell and squeeze over it the juice of a lemon, or drop in a spoonful of lemon pickle, or vinegar. Cover the top with a thick layer of bread-crumbs, put small pieces of butter over it, and bake either in a moderate oven or before the fire.

To Stew Crab.

Time, a quarter of an hour.

176. One large crab ; some bread-crumbs; pepper ; salt ; a piece of butter ; the juice of a lemon.

Pick all the meat from a good-sized crab ; cut it into very small pieces, mix it with rather more than a quarter its weight in bread-crumbs, season it with pepper and salt, return it to the shell with sufficient butter to moisten it, squeeze in the juice of a lemon, and put a thick layer of bread-crumbs on the top, with small pieces of butter laid over them. Place the shells in the oven, or in a Dutch oven before the fire, to brown the crumbs. Serve on a napkin, garnished with parsley and slices of lemon.

To Boil and Serve Crayfish.

Time, a quarter of an hour.

177. Crayfish ; salt ; boiling-water ; one tablespoonful of vinegar ; parsley.

Throw your crayfish into a stewpan of boiling salt and water with a tablespoonful of vinegar ; boil them quickly a quarter of an hour, and then drain them dry. When cold, place a few sprigs of double parsley in the centre of your dish, and arrange your crayfish all round as close as you can, with the tails outside, and at the top of the parsley put a few in any form you please, garnishing the edge of the dish with the same in small sprigs.

OYSTERS.

They must be fresh and fat to be good.

In season from August till May.

They are excellent eaten cold, opened and laid on a dish, and served with thin slices of brown bread and butter, or alone.

Oysters for Keeping and Opening.

178. Take the oysters from the barrel, and put them in a clean milk-pan covered with pure water moderately salted and changed every day. Keep them in a cool place.

In opening them, try and avoid cutting them by keeping the point of the knife close to the shell.

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To Feed Oysters.

179. Wash them perfectly clean in a pan of water, then lay them bottom downwards in a deep pan, and pour over them water with a large quantity of salt. Change the water every day. The salt should be previously dissolved in the water, allowing about five or six ounces to each gallon of water. You may fatten them by putting oatmeal into the water every day.

Oysters Stewed.

Time, ten or twelve minutes in all.

180. A pint and a half of oysters; two ounces and a half of butter; a dessertspoonful of flour; a quarter of a pint of cream; and a little mace and Cayenne.

Open a pint and a half of oysters and wash them in their own liquor, then strain the liquor into a small stewpan; add a little mace and Cayenne, two ounces and a half of butter, and a large teaspoonful of flour. Boil it for three or four minutes, then take out the mace, and stir in a quarter of a pint of cream; throw in the oysters, previously bearded, shake them round, and let them stew at the side of the fire for four or five minutes, but do not let them boil. Garnish with sippets fried lightly.

Scalloped Oysters.

Time, a quarter of an hour.

181. Three dozen oysters; grated bread-crumbs about a large teacupful; two ounces of fresh butter: pepper.

Butter some scallop shells, or if you have not any, a small tart dish. Strew in a layer of grated bread, then put some thin slices of butter, then oysters enough to fill your shells or dish. Cover them thickly with bread-crumbs; again add slices of butter. Pepper the whole well, add a little of the liquor kept from the oysters. Put butter over the whole surface, and bake in a quick oven.

Serve them in their shells or in the dish.

Brown them with a salamander. If you have not one, make the kitchen shovel red-hot, and hold it over closely enough to brown your scallops.

French Scalloped Oysters.

182. Oysters; an ounce and a half of butter; a sprig of parsley; pepper; a little lemon juice.

Throw the oysters into boiling water over the fire, and let them just bubble up, not boil. Roll them in butter with minced parsley, pepper, and lemon juice. Make some of the deep shells quite clean, arrange the oysters three or four in each, put them on the gridiron, and the moment the liquor bubbles at the side, take them up and serve them.

Another way is to open some large oysters in the deep shells, put over each a little *maître d'hôtel* sauce cold, place them on the gridiron, and serve them the moment the liquor boils.

To Stew Oysters Plain.

Time, three or four minutes.

183. Three dozen oysters; thin melted butter; a blade of mace; twenty pepper corns.

Open the oysters, cut off the beards, and wash them in their own liquor to remove the grit. Strain it into a small stewpan, add a little thin melted butter to thicken it, a blade of mace, and twenty pepper corns tied up in muslin. Let the oysters simmer in this sauce for about three or four minutes, taking care they do not boil. Serve with sippets of bread.

Fried Oysters, to Garnish Boiled Fish.

Time, five minutes.

184. Half a pint of oysters; half a pint of milk; two eggs; a little flour; pepper; salt; nutmeg; bread-crumbs.

Open and remove the beards from half a pint of oysters, scald them in their own liquor, and drain them on a fine sieve. Then dip them into a batter made with half a pint of milk, two eggs, some grated bread-crumbs, pepper, salt, and nutmeg. Put them one at a time into a pan of boiling fat, and fry them a light brown. Take them out carefully with a skewer, or one prong of a fork, and serve them as a garnish for boiled fish.

Oyster Fritters.

Time, five or six minutes.

185. Some good-sized oysters; four whole eggs; a tablespoonful of milk; salt and pepper; bread-crumbs.

Beard some good-sized oysters, make a thick omelet batter with four eggs and a tablespoonful of milk, dip each oyster into the batter, and then into grated bread, fry them a nice colour, and use them to garnish fried fish.

Oysters in Marinade.

Time, six minutes.

186. Oysters; pepper; salt; grated nutmeg; lemon juice; batter.

Put the oysters (out of their shells) in cold water over the fire, and when it boils take

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them out and throw them into cold water, and then lay them out upon a cloth to dry. Spread them on a dish, sprinkle them with pepper, salt, and a little grated nutmeg, squeeze lemon juice over them, let them lie a little time, dip them in batter, and fry them.

Scallop Fish, or St. James's Cockle.

Time, half an hour.

187. Scallops; bread-crumbs; pepper; salt; a sprig of minced parsley; flour; a spoonful of lemon pickle.

Open the scallops with a knife, and take them out as you would oysters; cover them with beaten egg and bread-crumbs, well seasoned with pepper, salt, and minced parsley, and fry them nicely. Put them to keep hot, dredge flour into the frying-pan to take up the grease, mix in water enough for gravy, season with pepper and salt, thicken it, if required, make the scallops hot in it, and serve them with the gravy together. Lemon pickle may be added.

They may also be floured and fried; and then stewed.

Scalloped Scallops

Time, nine minutes.

188. Bread-crumbs; a piece of butter; pepper and salt.

Take them out of their shells, cut off their beards, and divide each into three or four pieces. Fry some bread-crumbs with butter, pepper, and salt, until they are brown; put in the scallops, and fry them and the bread-crumbs for three minutes, shaking the pan all the time. Pack them nicely in the shells, brown the tops, and serve them.

Baked Scallops.

Time, half an hour.

189. Scallops; bread-crumbs; pepper and salt; thin slices of butter.

Take the scallops from their shells, and beard them. Season fine bread-crumbs with pepper and salt, and lay them a quarter of an inch thick at the bottom of a dish; spread the scallops over, cover them with more bread-crumbs, put thin slices of butter over the surface, and bake them in a moderate oven. They will take from twenty minutes to half an hour.

To Boil and Serve Prawns.

Time, ten minutes.

190. Prawns; strong salt and water; one large China orange, or a lemon; sprigs of double parsley.

Boil your prawns for ten minutes in a stewpan of boiling salt and water, and then drain them dry. Put a large China orange, or lemon into the centre of a dish, and stick the prawns thickly over it, commencing at the bottom, with their backs upwards. At the top place three with the backs down, and a sprig of double parsley arranged between them and at the edge of your dish.

To Boil Cockles and Periwinkles.

191. Put them in a stewpan, with only a small quantity of water, to prevent the pan from burning; when the cockle-shells open the fish will be done.

To Pickle Cockles.

192. Equal quantities of vinegar and wine; with the liquor from the cockles: one blade of mace; and some salt.

Wash your cockles clean, and put them in a stewpan, cover them close; set them over the fire and shake them till the shells open, then take them out; let the liquor settle till it is clear; then add an equal quantity of wine and vinegar, a little salt, and a blade of mace. Boil this pickle and pour it over your cockles; put them in jars or bottles, and cover them close.

MUSSELS AND COCKLES.

Clean the shells well with repeated washings, but do not keep them longer than necessary in water, as it is not their nature to remain immersed, and stew them with a small quantity of boiling-water. The saucepan should be covered, and shaken continually while they cook, that they may be done equally; when the shells open they are done. Mussels and cockles must always be boiled in this way (to facilitate getting them out of the shells) before dressing them other ways, as it would be too troublesome to free them from the shells, small as they are, with the knife as we do oysters. In boiling mussels put a silver spoon in with them, and if it turns black do not eat them. Eat boiled mussels very hot, and take care to pick out the beards.

To Stew Mussels.

Time, ten minutes.

193. One pint of mussels; half a pint of liquor; one blade of mace; a small piece of butter rolled in flour.

Clean the shells thoroughly with repeated washings, and cook them until they open, as mentioned above. Pick them out of the shells, and as you do so save the liquor that runs from them, and pick out from each one

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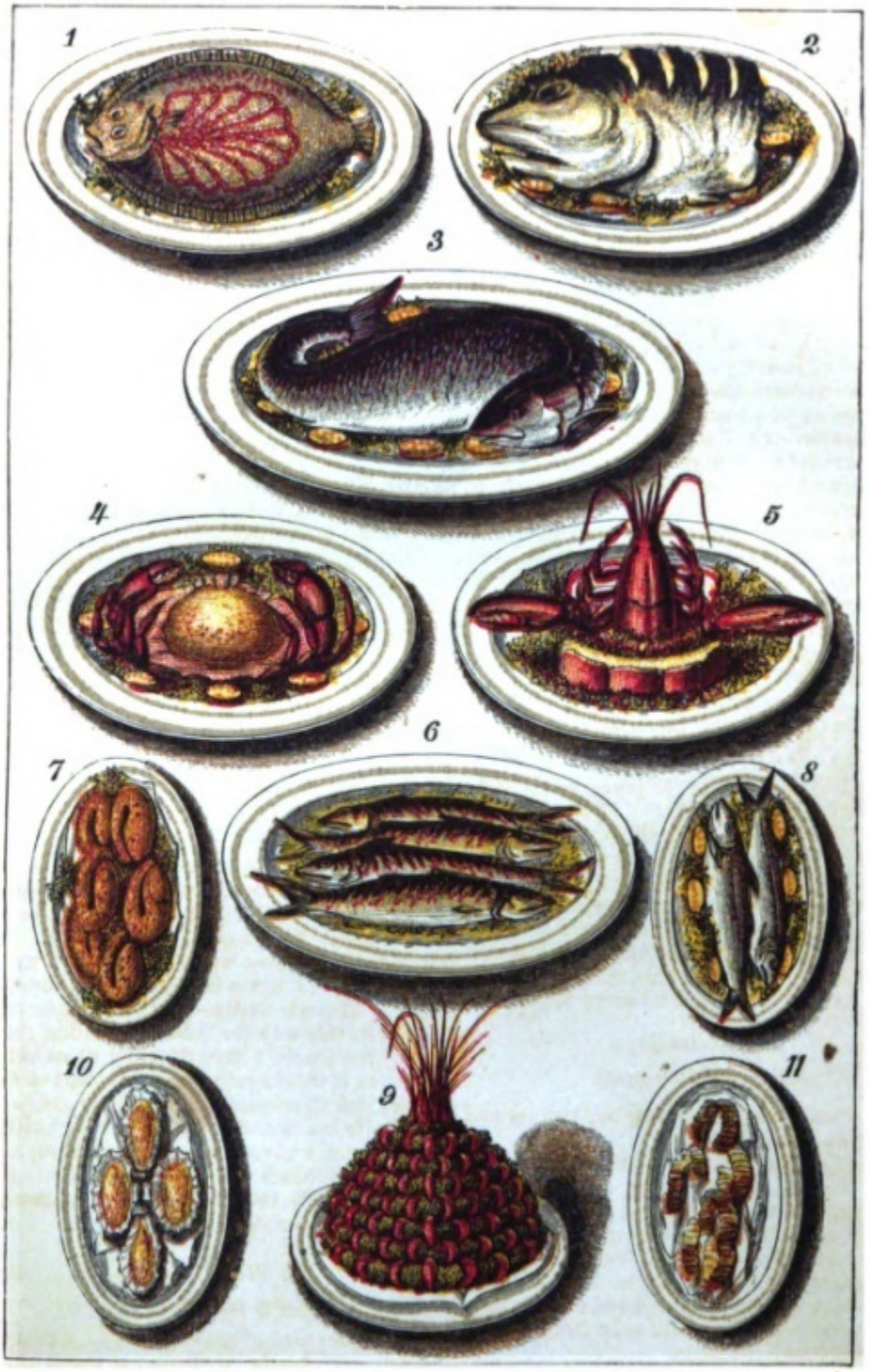

1. *Turbot.*
2. *Cod's Head.*
3. *Salmon*
4. *Crab*
5. *Lobster.*
6. *Mackerel*
7. *Whiting.*
8. *Haddock.*
9. *Prawns*
10. *Scalloped Oysters.*
11. *Crimped Skate*

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the little hairy appendage to be found at the root of the little member shaped like a tongue. To the mussels, thus prepared, put half a pint of the liquor saved, and if there is not enough of it, eke out the quantity with a little of the liquor in which they were boiled, poured off clear. Put in a blade of mace, thicken it with a piece of butter rolled in flour, let them stew gently for a few minutes, and serve them on toast.

HERRINGS.

194. Herrings are the most important of our British fish, forming one of the sources of our wealth, and feeding great numbers of our people.

Still we seldom see them on a gentleman's table; fashion perhaps, or the absurdity of a dislike for that which is abundant and common, preventing us from using them as much as we do other fish. We have heard assigned as another reason that the great number of small bones which they contain render them dangerous food for children or old people.

The herring is a very rich and wholesome fish, however, and we recommend all good housewives to give it a place at their table.

To Boil Herrings.

Time, twenty minutes.

In season from May to October.

195. Some scraped horseradish; vinegar, and salt.

Clean and wash the fish; dry them in a cloth, and rub over them a little vinegar and salt. Skewer them with their tails in their mouths, lay them on a strainer in a stewpan, and when the water boils put them in, and let them continue simmering slowly for about twenty minutes. When they are done, drain and place them in the dish with the heads turned into the centre, garnish with scraped horseradish, and serve with parsley and butter sauce.

To Bake Herrings.

Time, one hour.

196. Two herrings; a large spoonful of pepper; twelve cloves; a teaspoonful of salt; two bay-leaves, and some vinegar.

Clean and wash your herrings, lay them on a dish or board, and rub well over and into them a spoonful of pepper, one of salt, and twelve cloves pounded. Lay them in an earthen pan, cover them with vinegar, add two or three bay-leaves, and tie them over with a thick paper. Put them into a moderate oven, and bake them for an hour. To be eaten cold.

To Smoke Herrings.

Time, twenty-four hours.

197. Herrings and some sawdust.

Clean and lay some fresh herrings in salt and a little saltpetre for *one* night; then run a stick through their eyes, and hang them in a row. Put some sawdust into an old cask, and in the midst of it a *heater red hot*; hang the stick on which you have threaded the fish over the smoke, and let them remain for twenty-four hours.

Fried Herrings.

Time, six or eight minutes.

198. Clean and scale the fish, and dry them thoroughly in a cloth. When they are quite dry, fry them to a bright colour. The herring, being so rich a fish, should be fried with less butter than fish of most kinds, and well drained and dried afterwards. A nice sauce to eat with herrings is sugar, mustard, and a little salt and vinegar. Some serve melted butter, but herrings are too rich to eat with a rich sauce. Crisp parsley may be used as a garnish. Fry sprats in the same way; they require no sauce, unless it may be a little lemon pickle or ketchup.

Broiled Herrings.

Time, six or eight minutes.

199. Herrings; a spoonful of flour; a quarter of a pint of table beer or ale; a slice of onion; six ounces of whole peppers; one ounce of butter; a spoonful of mustard.

Clean and dry the fish, cut off their heads, flour them and broil them. Break up the heads and boil them for a quarter of an hour in a little table beer or ale, with a little whole pepper and a slice of onion; strain off the liquor, thicken it with butter and flour, beat mustard up with it, and serve it in a tureen to eat with the herrings.

Home-salted Herrings.

200. Have the fish as fresh out of the sea as possible, clean and scale them with wiping, but do not wash them. Pepper them slightly, and sprinkle them well over with salt. They are very nice for breakfast fried. If they are to be eaten the next morning they should be turned after lying in the salt twelve hours; if they are for the morning after, turn them when they have lain twenty-four hours.

GURNETS.

There are several kinds of this fish, the grey, red, streaked yellow, and sappharine; of these the last is the best, but they are all very nice flavoured.

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Baked Gurnets.

Time, thirty or forty minutes.

201. Two gurnets; two or three slices of bacon; one onion; half a pint of melted butter; two tablespoonfuls of Harvey sauce.

Stuff the gurnets with veal stuffing, sew them up with packthread, and put the tail round the fish's mouth, as you do the whiting or haddock. Put them in a baking dish, cover them with thin slices of bacon, and bake in a hot oven for about half an hour, or longer if they are large fish.

When done, put them on a dish, and serve with sauce over them, made of the onion, melted butter, and Harvey sauce.

Boiled Gurnets.

Time, two hours.

202. Thoroughly clean your fish, and boil them in a fish-kettle of *very* strong salt and water, serve them on a napkin, and send anchovy sauce, or plain melted butter to table with them.

Fish Cake of Cold Fish.

Time, two hours.

203. The remains of cold fish; cod; soles; turbot, &c.; a bunch of sweet herbs; bread-crumbs; cold potatoes; a sprig of parsley; one or two eggs; pepper and salt; quite half a pint of water.

Pick the meat from the fish with two forks, and mince it very fine; mix it well with equal quantities of bread-crumbs and cold mashed potatoes, and season it highly with pepper and salt. Put the bones, heads, and trimmings of the fish into a stewpan, with the sweet herbs, parsley, and a little pepper and salt; pour over it about a pint of water, and let it simmer slowly for an hour and three-quarters, or longer, if not done enough. Make the minced fish, bread, and potatoes into a cake, binding it with the white of a beaten egg; brush it over with the yolk, strew it well with bread-crumbs, and fry it lightly. Pour over it the strained gravy, and set it over a gentle fire to stew slowly for nearly twenty minutes, stirring it occasionally. Garnish it with slices of lemon.

To Dress Cold Fish.

204. Some cold fish; fowl; game, &c.; some lettuce; a cucumber; beetroot, and hard-boiled eggs.

Place at the bottom of a dish a layer of cut lettuce, place over it some cold picked fish, and any cold picked fowl, game, &c. Then another layer of lettuce, encircled with hard-boiled eggs cut into quarters, then more lettuce, encircled with thin slices of cucumber and of beetroot.

Pour over the whole any delicate sauce you may have.

Rissoles of Cooked Fish.

Time, a quarter of an hour.

205. Any cooked rich light fish; an equal quantity of bread-crumbs; a piece of butter; one onion; a small bunch of sweet herbs; pepper, salt, and one or two eggs; a little lemon pickle.

Herrings and similar rich fish are especially good for the purpose, and even cold salt fish will do, on account of its savouriness. Pick all the meat from the bones, pound it in a mortar, or pull it to pieces with a silver fork; mix it well with an equal quantity of bread-crumbs, and some butter, season it with an onion chopped very fine, and a sprig of parsley and sweet herbs minced, with pepper and salt. Mix with it sufficient beaten egg to bind it, make it up into flat and rather small cakes, and fry the rissoles with butter or dripping. When they are dished, dredge into the frying-pan flour enough to absorb the grease; stir in a very little water, add pepper and salt, with a little lemon pickle, or any other flavouring that is liked, pour the gravy round the rissoles, and serve them very hot.

DRESSED FISH.

After turbot, salmon, or any other fish has been dressed, take it from the bone in small pieces.

Time, twenty minutes.

206. To one pound of fish, half a pint of cream; one dessertspoonful of mustard; one tablespoonful of essence of anchovies; one tablespoonful of ketchup; a little pepper; two ounces of butter; one ounce of flour; a few bread-crumbs.

Take the fish from the bones in small pieces; mix them with half a pint of cream, one tablespoonful of essence of anchovies, one tablespoonful of ketchup, with a little pepper and salt. Rub one ounce of flour into two ounces of butter, then put it into a stew-pan, and make it quite hot. Put it into the dish it is to be served in; strew bread-crumbs over it, and brown with a salamander.

La Bouillabaisse.

Time, fifteen to twenty minutes.

207. Several different kinds of fish; one onion; a piece of garlic; a sprig of pars-

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ley; a piece of Seville orange peel; pepper; salt; spice; a pinch of saffron; and a little oil.

This French dish should be made of several different kinds of fish, and the more variety the better; pilchards, mackerel, and other rich fish being excluded. The best kinds are haddocks, gurnet, whiting, and fish of that description, with any small fish there may be at hand. Place in a stewpan an onion cut into five or six pieces, a piece of garlic, some parsley minced fine, a piece of Seville orange peel, pepper, salt, spice, and a pinch of saffron, and water barely enough to cover the fish, and afterwards to be put into it with a very little oil; the oil and the saffron are to be measured according to taste. Let this mixture cook well, cut the fish in pieces, put it in the stewpan, stir all well together, and put it over a *fierce* fire. The name *bouillabaise* indicates that the cooking should be very quick; the sooner, therefore, it comes to a boil, and the faster it boils the better. It should cook enough in about a quarter of an hour, but some kinds of fish render it necessary to allow five or six minutes longer. The indispensable ingredients in a *bouillabaisse* are, onion, garlic, pepper, salt, spice, parsley, orange peel, saffron, and oil; the quantity, of course, must depend on the quantity of fish to be dressed. Fennel, sage, or a bay-leaf may be added at the option of the cook. If there is liver to the fish, it should be put in only long enough to cook.

Pickled Ormers.

Time, four hours.

208. Ormers; three bay-leaves; a few white peppers; slices of whole ginger; salt, and vinegar.

After your ormers are well cleaned, beat them till quite tender, put them in a stewpan, cover them well with water, allowing for the boiling. Put in three bay-leaves, a few white peppers, and some whole ginger sliced. Boil gently for four hours, or till tender, then add the salt and vinegar to your taste. If meant to keep long, add more vinegar than for present use; or take the whole of the water in which they have boiled away, wash the stewpan, put them in again and cover them with vinegar, leaving them to boil only a few minutes.

SOUPS.

The cook who would succeed in sending good soup to table must take care that she has strong and excellent stock ready for it, and the economical housewife will soon find that stock does not *always* require meat to be bought for its production.

The water in which mutton has been boiled, the liquor left from dressing a calf's head, the bones taken from rolled ribs of beef, or from any boned joint, hare, or poultry, will make excellent stock for a family soup. Fish bones will also produce a good jelly for it. The trimmings of large joints or cutlets, the shanks of mutton, the shank of a ham, the large bone of the sirloin of beef, will all add to the stock-pot, and supply a good foundation for her soup. Ox-cheek carefully managed, and sheep's head and trotters, also make excellent stock with a flavouring of ham or anchovy for the soup.

Soup should never be made with hard water, unless it is of green-peas, in which case the water *must* be hard to preserve their colour.

The rule as to quantity is: a quart of water to a pound of meat without bone; but whenever this quantity of water is diminished, the soup is increased in strength and richness.

Meat should be put into the soup-kettle with *very* little water at first, and with a piece of butter to keep it from burning. It should be let stew *very* slowly till the essence of the meat is extracted. Very long, very slow stewing, is the certain way to procure good soup.

"The more haste the worse speed" is the proverb of the soup-kettle.

Skim the soup frequently also, and do not let it cool until it is quite made. Let the meat of which your soup is made be freshly killed, and very lean, every particle of fat should be removed from it. Onions should be put in the soup soon after it is begun to be made; herbs, carrots, and celery three hours afterwards; turnips, or any delicate vegetable, just before the soup is finished. When celery is out of season, the *seeds* of the plant, tied up in a piece of clean muslin, will give the flavour equally well.

To Colour Soups.

A piece of bread toasted *very* brown may be simmered in the soup for a short time before it is done, and will give it a brown colour. The ordinary colouring, however, is done, by putting a little burnt brown sugar into it. The sugar should be

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put into a saucepan with a piece of butter the size of a walnut, and a glass of ketchup; it should be melted together, and then put into the soup-kettle. Further directions are given in "Soups." For those who do not dislike them, burnt onions are an improvement, both as to colour and flavour.

Colouring to be kept for use is made thus: a gill of water, a quarter of a pound of lump sugar, and half an ounce of roll butter, should be set over the fire in the smallest frying-pan, and stirred till it is of a bright brown colour; add to it half a pint of water, boil and skim it, let it get cold, and then bottle and cork it down for future use.

The flavouring of soups must in a great measure depend on the cook; her taste, therefore, should be discriminating and delicate. She should be careful in the use of ketchups and sauces, though they are both useful and important. Cow-heel, calf's-feet, and ox-tail soups, all require flavouring, and will bear a *little* sauce or ketchup, but it should never be overdone.

Clear soups have been the fashion of late years: *purées*, such as pea-soup, &c., being not so often seen, except at *old-fashioned* people's tables. To clarify soup break an egg, and throw the white and the shell together into a basin, but take care not to let a particle of the yolk go in.

Beat the white *well* to a stiff froth, and mix it by degrees, and very completely with the soup, which should then be put on the fire and stirred till it again boils. Take it off the moment it boils, cover it close, and let it stand for a quarter of an hour; then strain it off. When a soup is clarified it will bear a stronger flavouring, as it loses a portion of its own in the process. Forcemeat balls and whole eggs are sometimes put into soups, but they are not as fashionable as they used to be.

Summary of Directions for Making Soups.

Take care that the soup-kettle or stewpan is perfectly clean and free from any grease or sand. An iron soup-pot should be washed the moment you have finished using it, with a piece of soda the size of a small nutmeg, dissolved in hot water, to remove all greasiness or taste of onion. A teaspoonful of potash will answer the same purpose.

Remember that *slow* boiling is necessary to make good soup.

Do not uncover the soup-kettle more frequently than necessary for skimming it clean; but if your soup is too weak, do not cover the pot in boiling, as the water will evaporate in steam and leave your liquor stronger. Skim frequently; it is important that every portion of scum should be removed from the soup. Pour in occasionally a little cold water, which will cause the albumen to rise in abundant scum, or if you put in the required quantity of salt with the meat it will cause the scum to rise; but the cup of fresh water is much the better mode of helping the soup to clear itself.

Always stir your soup with a wooden spoon.

Let the soup be quite free from scum before the vegetables are put in.

Do not drown your meat in water, but draw the juices out slowly by putting it into the stewpan with only a *very* little water and a piece of butter, to keep it from burning, and then add the given quantity of water to it.

It will take six or eight hours to extract the essence from a few pounds of beef.

It is better to make your soup the day before it is required, because then the fat will cake at the top of it and can be easily taken off, and you can judge of the goodness of your soup by the consistency and firmness of the jelly.

The water in which meat or fowls have been boiled will make good broth, but for soup add a little gravy beef to it.

Vegetables to be added to soup should be well cleaned, washed, and picked.

It is very difficult to give a perfect measurement of seasoning, as the tastes of people differ considerably with regard to it, and the cook must conform to that which suits the palates of her employers; but, in a rough way, it is usual to add about a teaspoonful of salt to a pound of meat, and pepper according to taste, some naturally insipid broths and soups requiring more; very savoury soups less.

It is better to season too little than too highly.

Put fresh meat into *cold* water to stew for soup. If you make soup of already cooked meat, pour hot, but not boiling water over it.

Time and attention are required to achieve a good soup.

Stock.

Make your dark stock of beef; mutton gives a peculiar and tallowy taste unless it has been previously roasted; then it may help, but it will not do to *make* stock alone.

Let your meat be fresh and lean; cut it in tiny pieces. Draw the juices of the meat out before you add the water, by putting it in a stewpan with half a pint of water (or less) and a quarter of a pound of butter, and letting it stew till a glaze is formed on the pan; then set it aside and let it simmer

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for six or seven hours very slowly. The albumen will then rise and bring with it all the impurities of the meat. This is called the scum. By skimming it off carefully, the soup is cleared. Keep your fire of an equal temperature, and beware of letting the stock boil fast; if it does the scum will dissolve and part will sink to the bottom, and render it difficult for you to clarify your stock. Add cold water, if necessary, to make the scum rise. When the stock is clear of the albumen let it boil, and put in the broken bones in a bag, and the gristly part of cold meat, trimmings, &c., &c.; for, from the bones, as has been already said, you will get gelatine, the nutritious part of the stock. They should be well broken up; the smaller the better, so as to present the larger amount of surface.

Add flavouring and vegetables, and then let the stock simmer again.

Six or eight hours will make it fit for use; to preserve its flavour it will be well then to remove it from the fire; but do not let it *cool* till it is quite made.

Let it stand during the night; the next day take off the fat, and put it by in a stone jar for use.

If your stock is made in an uncovered stewpan it will be all the stronger, for water evaporates, and consequently there will be the less of it left with the juices of the meat.

Brown stock may be made from ox-cheek, shin of beef, ox-tail, brisket or flank of beef.

General Stock-pot.

209. Stock, in its composition, is not confined to fresh meat only, any meat or bones are useful; pieces of beef, from any part from which gravy can be extracted; bones, skin, brisket, or tops of ribs, ox-cheek, pieces of mutton, bacon, ham, and trimmings of turkeys, fowls, veal, &c.; and also of hare and pheasant, if they are old and fit for no other purpose; in fact, anything that will become a jelly, will assist in making stock; to this medley of ingredients add carrots cut into slices, herbs, onions, pepper, salt, spice, &c.; and when all have stewed until the stock is of a rich consistency, take it from the fire and pour it out to cool. When cold, all the fat must be taken off, and it must be poured clear from the sediment. When the soup is required to be very rich, the jelly from a cow-heel, or a lump of butter rolled in flour, must be added to the stock.

The stock-pot should never be suffered to be empty, as almost any meats (save salt meats) or fowls make stock; the remnants should never be thrown anywhere but into the stock-pot, and should too much stock be already in your possession, boil it down to a glaze; waste is thus avoided.

Cheap Stock.

Time, six hours.

210. Three or four quarts of the liquor in which mutton or beef has been boiled; any bones of dressed meat; trimmings of poultry; meat, &c.; two large onions; five cloves; pepper and salt to taste; one turnip; two carrots; a head of celery; a bunch of savoury herbs; a sprig of parsley; two blades of mace.

Put any bones of roast beef, trimmings of meat and poultry into a stew-pan; add a head of celery cut into pieces, two onions stuck with cloves, a turnip, carrot, savoury herbs, with a sprig of parsley, two blades of mace, a few pepper corns, and a little pepper and salt; pour in four quarts of the liquor in which any meat has been boiled; set it over a slow fire, and let it simmer gently for quite six hours. Remove all the scum the moment it rises, and continue to do so until the stock is clear; then strain it through a fine hair sieve, and it will be fit for use.

Bone Stock for Soup.

Time, two to three hours.

211. Bones of any meat which has been dressed, as sirloin bone; leg of mutton bone, &c., &c.; two scraped carrots; one stick of celery; enough cold water to cover the bones, or enough of the liquor left from braising meat to cover them; one spoonful of salt.

Break the bones into very small pieces, put them into a stew-pan with the carrots and celery; cover them with cold water, or cold braise liquor; and let it boil quickly till the scum rises; skim it off and throw in some cold water, when the scum will rise again. This must be done two or three times, till the stock is quite clear; then draw the pan from the fire and let it stew for two hours, till all the goodness is extracted from the bones. Strain it off and let it stand all night. The next day take off the grease very carefully, not leaving the least atom on it, and lift it from the sediment at the bottom of the pan. It will then be fit for use.

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Browning for Soups.

212. Three tablespoonfuls of sugar; about a pint of boiling water.

Put three tablespoonfuls of brown sugar into a frying-pan; set it on the fire to brown, stirring it with a wooden spoon, that it may not burn. When sufficiently dark-coloured, stir into it about a pint of boiling water; when it is thoroughly incorporated, put it into a bottle; and when cold, cork it closely over; and use a tablespoonful or more, as may be required, to give a colour to your soup.

A burnt onion or two can be made use of for the purpose of browning, and are often considered far better than the above receipt.

Or onions, after the outer skin has been taken off, dried in a slow oven until a dark brown, and pressed flat like biffins, are very useful to keep by you, as with care they can be preserved good for some time.

To Clarify Stock or Soups

213. The whites of two eggs to about four quarts of stock or soup; two pints and a half of cold water.

Whisk the whites of two very fresh eggs with half a pint of water for ten minutes; then pour in very gently the four quarts of boiling stock or soup; whisking it all the time. Place the stew-pan over the fire; skim it clear; and when on the point of boiling whisk it all well together; then draw it to the side, and let it settle till the whites of the eggs become separated. Strain it through a fine cloth placed over a sieve, and it will be clear and good.

Beef Soup.

Time, eight hours.

214. Five pounds of shin of beef; a quart of water to each pound of meat; one head of celery; one onion; four small, or three large carrots; two turnips; a bunch of sweet herbs; pepper and salt.

Cut off the meat from a shin of beef, and put the bone into a stew-pan with five quarts of water, and let it boil slowly for four hours. Then strain it into a large basin, and when cold, remove the cake of fat. Cut the meat into small pieces, and put them into a stew-pan with the strained gravy, the bunch of herbs, tied together, a large head of celery, one onion, the four carrots, and two turnips, all cut up small. Let them simmer slowly for four hours, seasoning them with pepper and salt to your taste, and adding a spoonful of browning. When done, take out the bunch of thyme, and it will be ready to serve.

Soupe et Bouilli.

Time, eight hours.

215. Two pounds and a half of brisket of beef; two pounds of the leg of mutton; piece of beef; one gallon of water; one onion; two carrots; two turnips; one leek; one head of celery; three cloves; a little whole pepper; one French roll; one head of endive.

Take about two pounds and a half of brisket of beef, roll it up tight, and fasten it with a piece of tape. Put it into a stew-pan with two pounds of the leg of mutton, piece of beef, and a gallon of water; let it boil slowly, skim it well, and put in an onion stuck with cloves, two carrots, two turnips, a leek, a head of celery cut into slices, with some whole pepper. Cover the stew-pan close, and stew the whole *very slowly* for seven hours. About an hour before it is served, strain the soup quite clear from the meat. Have ready a few boiled carrots cut into wheels, some turnips cut into balls, the endive, and a little celery cut into pieces. Put these into a tureen with a roll, dried after removing the crumb. Pour the soup over these boiling hot, add a little salt and Cayenne, remove the tape from the beef, and serve it on a separate dish.

Plain Soup.

Time, eight hours and a half.

216. Two pounds of bones; half a pound of calf's liver, and a small piece of lean ham or mutton; two turnips; two carrots; a burnt onion; two bay-leaves; a sprig of thyme; four cloves; two ounces of rice; pepper and salt.

Put two pounds of bones into a stew-pan with half a pound of calf's liver, and a small piece of ham or mutton. Add a little pepper and salt, two turnips, two carrots, a burnt onion, the bay-leaves, thyme, cloves, and rice; pour in a quart of water, and let it simmer for half an hour, then add six pints of hot water, or the liquor in which mutton has been boiled, and let it stew gently for eight hours. Skim it frequently, and when done strain it through a sieve, and serve; half a head of celery cut into pieces, and boiled with it improves the broth, and a few slips may be served with it.

Very Cheap Soup.

Time, four hours.

217. One pound and a half of lean beef;

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six quarts of water; three onions; six turnips; thyme; parsley; pepper and salt; a half pound of rice; one pound of potatoes; one handful of oatmeal.

Cut the beef into small pieces, and put them into a stew-pan with the water, onions, and the turnips; add a bunch of thyme and parsley, a seasoning of pepper and salt, half a pound of Patna rice, a pound of potatoes peeled and cut in quarters, and a handful of oatmeal. Let all stew for four hours, and serve.

Cottage Soup—a very Cheap Soup.

Time, four hours.

218. Two ounces of dripping; half a pound of any solid fresh meat in dice one inch square; a quarter of a pound of onions; a quarter of a pound of turnips; two pounds of leeks; three ounces of celery; half a pound of rice; three ounces of salt; a quarter of an ounce of brown sugar; six quarts of water.

Put the meat, sugar, dripping, and onions into an iron saucepan; stir them till lightly browned; add turnips, celery, leeks. Stir ten minutes. Mix well with it a quart of cold water and rice. Add five quarts of hot water, and salt to your taste. Stir occasionally till it boils. If to be kept, stir gently till the soup is nearly cold. Let it simmer three hours.

Cottage Soup Baked.

Time, three or four hours.

219. A pound of meat; two onions; two carrots; two ounces of rice; a pint of whole peas; pepper and salt; a gallon of water.

Cut the meat into slices, put one or two at the bottom of an earthen jar or pan, lay on it the onions sliced, then put meat again, then the carrots sliced. Soak the pint of peas all the previous night, put them in with one gallon of water. Tie the jar down, and put it in a hot oven for three or four hours.

Poor Man's Soup.

Time, one hour and ten minutes.

220. Two quarts of water; four spoonfuls of beef dripping; an ounce and a half of butter; a pint basinful of raw potatoes; a young cabbage; a little salt.

Put two quarts of water in a stew-pan, and when boiling throw in four spoonfuls of beef dripping and an ounce and a half of butter, a pint basinful of raw potatoes sliced, and let them boil one hour. Pick a young cabbage, leaf by leaf, or the heart of a white cabbage, but do not chop it small, throw it in and let it boil ten minutes, or till the cabbage be done to taste, though when boiled fast and green it eats much better. Season it with a little salt, and throw it over thin slices of bread in a tureen.

A French Receipt.

Pot au Feu.

Time, three hours.

221. Three quarts of water; four pounds of meat; two teaspoonfuls of salt; three small carrots; three middling-sized onions (one being stuck with two cloves); a head of celery; a bunch of thyme; a bay-leaf, and a little parsley, tied together; two turnips; a burnt onion, or a little browning.

Put the meat into a stock-pot full of water, set it over a slow fire, and let it gently boil, carefully taking off the scum that will rise to the top. Pour in a teacupful of cold water to help the scum to rise. When no more scum rises, it is time to put in the vegetables, which you should have ready washed and prepared. Cut the carrots in slices, stick the onions with cloves, cut the turnips each in four pieces. Put them into the pot, and let them boil gently for two hours. If the water boils away too much, add a little *hot* water in addition. A few bones improve the soup very much.

It is not necessary to keep the pot very closely covered. It is better to raise the lid a little; it facilitates the operation.

Cocoa Nut Soup.

Time, one hour and a quarter.

222. Three ounces of grated cocoa nut; three pints of veal stock; some cold stock; a little corn or rice flour; half a pint of cream; salt to taste.

Put the cocoa nut (omitting the dark rind) to the veal stock; boil it gently for one hour, then mix with it a little cold stock, and sufficient corn or rice flour to make the soup sufficiently thick; season to taste, add the cream, and simmer all for a quarter of an hour. Nutmeg or mace may be added if liked.

Chicken Broth.

Time, one hour.

223. A full-grown chicken; three pints of water or weak broth; half a teacupful of pearl barley or rice; pepper and salt.

Cut up a chicken, put to it the cold water, or weak broth, a tablespoonful of salt, half a teacupful of pearl barley (or rice if preferred); cover it close and let it simmer for an hour, skim it clear, and add pepper to

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your taste. The chicken may be placed on a dish with pieces of butter over it, a dust of pepper, and served with mashed potatoes.

Calf's Head Soup.

Time, two hours and a half.

224. Half a calf's head; three quarts of water that meat has been boiled in; a bunch of sweet herbs; two blades of mace; one onion; six ounces of rice flour; three spoonfuls of ketchup; six cloves, and a little pepper and salt.

After thoroughly cleaning half a calf's head, rub over it a little salt, and put it to soak in cold water for about six hours. Then put it into a stew-pan with the three quarts of liquor, one onion stuck with cloves, and a bunch of sweet herbs. Boil and skim it well for an hour and a half, take out the meat, and strain the soup through a sieve. Mix a little flour with three spoonfuls of ketchup, stir it into the soup, and let it simmer for a few minutes. Then cut the head into square pieces, put it to the soup, and let it simmer again until quite tender. Add pepper, salt, pounded mace, and the juice of a lemon. Serve with forcemeat balls in the tureen.

Calf's Feet Soup.

Time, two hours and a half.

225. Four calf's feet; a bunch of thyme and parsley; two shallots; half a blade of mace; a little salt; one head of celery; one onion stuck with three cloves; yolks of three eggs; two tablespoonfuls of cream; a glass of white wine.

Divide four calf's feet, and put them into a stew-pan with a bunch of herbs, two shallots, one onion stuck with three cloves, a head of celery cut into pieces, half a blade of mace, and a little pepper and salt; pour over them rather more than two quarts of weak stock, and boil them slowly for about two hours. Then strain the soup into another stew-pan, thicken it with a piece of butter rolled in flour; boil it up again, skim off all the grease, and strain it again through a fine sieve; add it to the feet cut into small pieces, and a few forcemeat balls. When ready to serve, stir into it the yolks of three or four well-beaten eggs, and two tablespoonfuls of cream; stir it over a clear fire for a few minutes, and serve up very hot.

Curry Soup.

Time, six hours.

226. One ox-cheek; four onions; one bunch of pot-herbs; half a pound of rice; one teaspoonful of curry powder; a little pepper and salt; three quarts of water.

Cut the meat from an ox-cheek, and soak it for two hours; then put it in a stew-pan with four onions cut in slices, and the savoury herbs; add three quarts of water, stew it slowly, and remove the scum frequently. Then strain it; add to it half a pound of soaked rice, the teaspoonful of curry powder, pepper and salt to your taste, and stew it again for four hours.

Best Manner of Making Clear Soups.

Time, eight hours.

227. Seven or eight pounds of shin of beef; a slice of ham; one dozen onions; six cloves; two blades of mace; a little whole pepper; two or three turnips; two or three carrots; two heads of celery; a few leeks; one onion; a bunch of parsley and thyme; six bay-leaves; white of an egg; a few leaves of lettuce; tarragon, and chervil; season to taste.

Grease the bottom of a stewpan or stock-pot slightly with butter; slice a large onion *thin*, cut the meat off the shin in small pieces, put them in the stock-pot, and set them over a quick fire to draw down. Put in the bones; add boiling water, allowing a pint to each pound of meat; when it boils up remove it to the side. Let it simmer ten minutes; skim off all the fat quite clean, then add one dozen onions, sticking two cloves in three of them, two blades of mace, a little whole pepper, two or three carrots, and the same of turnips, a bunch of thyme and parsley, and six bay-leaves tied up in a bunch, and boil it slowly for eight hours.

Then strain it through a sieve into a large pan. The next day take off the fat, wipe off all remaining grease with a napkin wrung out of hot water; boil it ten minutes, and pour it into small basins. Before using it, put it into a stewpan; add a slice of lean ham chopped fine, carrot, turnip, and celery also chopped fine, and boil it twenty minutes. Strain it through a sieve into a basin, and let it stand till quite cold, then put it into a stewpan; add the white of one egg well whipped. When it boils, draw it to the side; let it simmer ten minutes, then strain it through a napkin before sending up. Boil in the soup a few leaves of lettuce, tarragon, and chervil, and season to taste.

Cock-a-Leekie.

Time, three or four hours.

228. One fowl; three bunches of winter

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leeks ; pepper and salt ; and five quarts of medium stock.

Well wash the leeks, take off part of the heads and the roots, scald them in boiling water for five or six minutes, and then cut them into small pieces. Put a fowl trussed as for boiling into a stewpan, with the pieces of leek, a little pepper and salt, and nearly five quarts of stock ; let the whole simmer very slowly at the corner of the fire for three or four hours, keeping it well skimmed. When ready to serve, take out the fowl, cut it into neat pieces, place them in a tureen, and pour the leeks and the broth over them (the leeks being made into a purée), as the soup should be very thick of leeks.

This soup is greatly improved by warming it up a second time. It will keep for some little time good.

Hotch-Potch.

Time, after it is made, a quarter of an hour.

229. One pint of peas ; three pounds of the lean end of a loin of mutton ; one gallon of water ; four carrots ; four turnips ; pepper and salt ; one onion ; one head of celery.

Put a pint of peas into a stewpan with a quart of water, and boil them until they will pulp through a sieve. Then take the lean end of a loin of mutton, cut it into chops, put it into a stewpan with a gallon of water, the carrots and turnips cut into small pieces, and a seasoning of pepper and salt. Boil it until all the vegetables are *quite* tender, put in the pulped peas and a head of celery, and an onion sliced ; let it boil fifteen minutes, and serve.

Kidney Soup.

Time, six hours.

230. One bullock's kidney ; three sticks of celery ; three or four turnips ; three or four carrots ; a bunch of sweet herbs ; pepper and salt ; a spoonful of mushroom ketchup ; the liquor in which a leg of mutton has been boiled.

Add to the liquor from a boiled leg of mutton a bullock's kidney, put it over the fire, and when half done take out the kidney, and cut it into pieces the size of dice. Add three sticks of celery, three or four turnips, and the same of carrots, all cut small, and a bunch of sweet herbs tied together. Season to your taste with pepper and salt. Let it boil slowly for five or six hours, adding the ketchup. When done take out the herbs and serve the vegetables in the soup. It is always better (as all soups are) made the day before it is wanted.

Mutton Soup.

Time, thirteen hours.

231. Seven pounds of neck of mutton ; seven pints of water ; a bunch of sweet herbs ; one onion ; three turnips ; three carrots ; a little pepper and salt ; and three dessertspoonfuls of arrowroot.

Put seven pounds of neck of mutton into a stewpan with seven pints of water, a large bunch of sweet herbs, an onion, three turnips, three carrots, and a little pepper and salt. Let it remain at the side of the fire for at least ten hours, stirring it frequently. Put it by until the following day, then place it over the fire until it boils, when it must be put on the side of the stove to simmer slowly for three hours. When done, take out the meat, which must be served on a separate dish, garnished with carrots and turnips. Strain the soup through a hair sieve, and when cold take off the fat, and add a little pepper, salt, and three dessertspoonfuls of arrowroot mixed smooth, and stirred gradually in to thicken it.

Scotch Barley Broth.

Time, three hours and a half.

232. Knuckle of veal ; three-quarters of a pound of Scotch barley ; seven onions ; two heads of celery ; two turnips ; and enough water to cover the meat.

Throw the barley into some clean water ; when thoroughly cleansed place it with a knuckle of veal in a stewpan ; *cover* it with water ; let it boil very slowly ; add the onions ; and simmer it slowly for two hours, skimming it well ; then add the celery and the turnips cut in slices, or any shape you please ; add as much salt as required ; and let it simmer for an hour and a half, skimming it constantly ; then serve. If it is intended to serve the veal with it, take two pints of the broth, put it in a stewpan over a clear fire, add two spoonfuls of flour, stirring the broth as you shake it in until it boils ; then add a little pepper and Cayenne, and a glass of port wine ; boil for ten minutes, and strain it over the veal in a hot dish.

Scotch Mutton Broth.

Time, three hours and a half.

233. Six pounds of neck of mutton ; three quarts of water ; five carrots ; five turnips ; two onions ; four tablespoonfuls of Scotch barley ; and a little salt.

Soak a neck of mutton in water for an hour, cut off the scrag, and put it into a stewpan with three quarts of water. As soon

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as it boils skim it well, and then simmer it for an hour and a half. Cut the best end of the mutton into cutlets, dividing it with two bones in each. Take off nearly all the fat before you put it into the broth; skim it the moment the meat boils, and every ten minutes afterwards: add five carrots, five turnips, and two onions, all cut into two or three pieces; and put them into the soup soon enough to be thoroughly done; stir in four tablespoonfuls of Scotch barley well washed in cold water; add salt to your taste; and let all stew together for three hours; about half an hour before sending to table put in a little chopped parsley, and serve all together.

Mock Turtle Soup.

Time, twelve hours and a half.

234. Ten pounds of the shin of beef; a bunch of sweet herbs; two onions; half a calf's head; a very little flour; a little pounded mace and cloves; two spoonfuls of mushroom ketchup; pepper and salt; a glass of sherry; and some egg-balls.

Take about ten pounds of the shin of beef, cut it into small pieces, and fry the lean part a light brown; put the rest of the beef into a stewpan with boiling-water, and stew it for eight hours, with a bunch of sweet herbs, and two onions. When cold, take off the fat. Then get half a calf's head with the skin *on*, half boil it, and cut it into small square pieces, put it into the soup, and let it stew all together till *quite tender*. Thicken it with a very little flour, add the mace, cloves, mushroom ketchup, and a little soy. Season it with pepper and salt to your taste. Put in a few egg-balls, and a wine glass of sherry.

A Flavouring to make Soup taste like Turtle.

Time, one week.

235. An ounce and a half of shallot wine; an ounce and a half of essence of anchovies; a quarter of a pint of basil wine; two ounces of mushroom ketchup; half a teaspoonful of curry powder; half an ounce of thin lemon peel; half a drachm of citric acid.

Pour one ounce and a half of shallot wine into the same quantity of essence of anchovies; add a quarter of a pint of basil wine, half that quantity of mushroom ketchup, and stir in about half a teaspoonful of curry powder; also add half an ounce of thin lemon peel, half a drachm of citric acid, and let it remain for a week. It will be found, when added to soup, to give the flavour of turtle.

Mulligatawny Soup.

Time, two hours.

236. One rabbit, or one fowl; five onions; a slice of garlic; three pints of stock; two tablespoonfuls of curry powder; two ounces of powdered almonds; a little lemon or mango juice; a good lump of butter, and salt to taste.

Cut up a rabbit or fowl into small pieces, and brown them in a frying-pan. Then put them into a stew-pan with the onions fried, a slice of garlic, and three pints of stock, into which you have previously mixed the currie powder; let all simmer gently for two hours, then add the almonds pounded, the lemon or mango juice, with a lump of butter and salt to taste. Serve very hot, and send up a large dish of boiled rice with it, or the rice may be put into the soup if preferred.

Ox-Head Soup.

Time, four or five hours.

237. One ox-head; one head of celery; two carrots; two onions; one turnip; thirty black pepper corns; twenty-five of allspice; a teaspoonful of salt; a bunch of sweet herbs; a bay-leaf; a little browning; a glass of white wine; and five quarts of water.

After the head has been soaked for two or three hours, the bones must be broken, and the whole well washed in warm water; then put it into a stewpan with five quarts of cold water, cover it closely over, and as it boils, which should be slowly, skim it well. Put in a head of celery cut into pieces, two carrots, two onions, one turnip, the pepper corns, and allspice, with a bunch of sweet herbs. Cover it over, and set the pan over a slow fire, taking care to remove the scum, and let it stew gently for three hours, or until reduced to four quarts. Take out the head and put it on a dish. Strain the soup through a fine sieve, and set it by to cool. The next day cut the meat from the head into small pieces, drain off the liquor, and after removing the fat, put it with the meat into a stewpan, and let it simmer gently for half an hour, when it will be ready to serve. The oftener this soup is warmed the richer it becomes. Before sending it to table add a glass of white wine.

Ox-Tail Soup.

Time, four hours and a half.

238. Two ox-tails; a quarter of a pound of lean ham; a head and a half of celery; two carrots; two turnips; two onions; a bunch of savoury herbs; five cloves; a teaspoonful of pepper corns; one bay-leaf;

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a wine glass of ketchup, and one of port wine, with three quarts of water.

Cut up two ox-tails, separating them at the joints; put them into a stewpan with about an ounce and a half of butter, a head of celery, two onions, two turnips, and two carrots cut into slices, and a quarter of a pound of lean ham, cut very thin; the pepper corns and savoury herbs, and about half a pint of cold water. Stir it over a quick fire for a short time to extract the flavour of the herbs, or until the pan is covered with a glaze. Then pour in three quarts of water, skim it well and simmer slowly for four hours, or until the tails are tender. Take them out, strain the soup, stir in a little flour to thicken it, add a glass of port wine, the ketchup, and half a head of celery (previously boiled and cut into small pieces). Put the pieces of tail into the stewpan with the strained soup. Boil it up for a few minutes, and serve.

This soup can be served clear, by omitting the flour and adding to it carrots and turnips cut into fancy shapes, with a head of celery in slices. These may be boiled in a little of the soup, and put into the tureen before sending it to table.

Curry Soup.

Time, nearly two hours.

239. One fowl; three or four onions; two ounces of butter; a little flour; one large tablespoonful of curry powder; three tablespoonfuls of gravy soup; one tablespoonful of tamarinds.

Mince small three or four onions according to their size, put them into a saucepan with two ounces of butter; dredge in some flour, and fry them of a light brown, taking care not to burn them; rub in by degrees a large tablespoonful of curry powder till it is quite a paste, gradually stir in three tablespoonfuls of gravy soup, mixing it well together; boil it gently until it is well flavoured with the curry powder, strain it into another saucepan, and add a fowl skinned and cut into small pieces, stew it slowly for an hour, take out half a pint of the soup and stew in it a large tablespoonful of tamarinds, until you can easily take away the stones; strain, and stir into the soup; boil all together for a quarter of an hour. Serve rice with it.

Veal Broth.

Time, two hours and three-quarters.

240. Four pounds of the scrag of veal; three quarts of water; one onion; one turnip; half a pound of rice; three blades of mace, and a little salt.

Cut four pounds of scrag of veal into small pieces, and put them into a stewpan. Pour over them three quarts of water, and set it over the fire. When the scum rises, skim it off. Add one onion, one turnip, three blades of mace, and a little salt. Let it all stew slowly for two hours. Then strain it through a sieve, and put in a quarter of a pound of rice boiled very tender. Boil it again for ten minutes, and serve it.

Cheap White Soup.

Time, one hour.

241. Remains of cold veal, game, poultry, or rabbit · one quart of stock made of bones.

Chop up any remains you may have of cold veal, chicken, game, or rabbit roasted dry. Grate them, beat them in a mortar, and rub them through a tammy or sieve. Then add to the panada a quart of stock, put it into a stewpan, and pay great attention to skimming it.

An Excellent White Soup.

Time, five hours and a half.

242. Two pounds of scrag of mutton; a knuckle of veal after removing some collops; two shank bones of mutton; a quarter of a pound of lean bacon; a bunch of sweet herbs; the peel of a lemon; two onions; four blades of mace: two teaspoonfuls of white pepper; seven pints of water; two ounces of vermicelli; a quarter of a pound of sweet almonds; a slice of cold veal or chicken; a slice of bread; one pint of cream; and a pint of white stock.

Take two pounds of scrag of mutton, a knuckle of veal after cutting off sufficient meat for collops, two shank *bones* of mutton, and a quarter of a pound of lean bacon with a bunch of sweet herbs, the peel of half a lemon, two onions, three blades of mace, and some white pepper; boil all in seven pints of water till the meat falls to pieces. Skim it well; set it by to cool until the next day; then take off the fat, remove the jelly from the sediment, and put it into a stewpan. Have ready the thickening, which is to be made of half a pound of sweet almonds blanched and pounded in a mortar, with a spoonful of water to prevent them from oiling; a large slice of cold veal or chicken minced, and well beaten with a slice of stale bread; all added to a pint of cream, half the rind of a lemon, and a blade of mace finely powdered. Boil it a few minutes, and pour in a pint of stock; strain

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and rub it through a coarse sieve; add it to the rest, with two ounces of vermicelli, and boil all together for half an hour.

Wrexham Soup.

Time, six or seven hours.

243. One pound of lean beef, and every description of vegetables in season; no water.

Cut a pound of gravy beef into very small pieces; put them into a half gallon jar; fill it up with every description of vegetables, even lettuces. Tie the jar over with a bladder, and put it over the fire in a deep saucepan of boiling water, or in the oven, which is far better, for at least six hours.

This generally makes sufficient soup for four persons. A little pepper and salt must be added.

Soup in Haste.

Time, half an hour.

244. One pound of cold cooked meat; two ounces of butter; one tablespoonful of flour; one quart of water; a few slices of browned bread.

Chop your meat *very* fine, and put a pound of it into a stewpan with two ounces of butter, and pepper and salt to taste. Dredge over it an even tablespoonful of flour; then add a quart or more of boiling water, cover it close, and set it over a moderate fire for half an hour. Strain it through a loose cloth; toast some thin slices of bread delicately brown, cut them in small squares or diamonds, put them into a tureen, and pour the soup over them. Macaroni or vermicelli boiled tender may be put to the soup ten or twelve minutes before serving.

Baked Soup.

Time, four hours.

245. One pound and a half of meat; any trimmings from joints; one onion; two carrots; two ounces and a half of Patna rice; one pint of split peas; eight pints of water.

Cut the beef or mutton, and the vegetables in pieces, season them with a little pepper and salt, and put them into a jar with a pint of peas and the Patna rice. Pour in four quarts of water, cover the jar very closely, and set it in the oven to bake. When done, strain it through a sieve, and erve it up very hot.

Vermicelli Soup.

Time, three hours and a half.

246. Four pounds of knuckle of veal; about one pound and a half of scrag of mutton; five or six slices of ham; four ounces of butter; three blades of mace; two carrots; one onion; four cloves; four heads of celery; a bunch of sweet herbs; one anchovy; four ounces of vermicelli; a little pepper, salt, Cayenne; a French roll, and four quarts of water.

Cut about four pounds of knuckle of veal, one pound and a half of the scrag of mutton, and a few slices of ham, into small pieces; put them into a stewpan with one onion stuck with cloves, and four ounces of butter; then add the carrots, mace, bunch of sweet herbs, one anchovy, and the celery. Mix all together, cover it close, and set it over the fire till all the gravy has been extracted from the meat; pour the liquor into a basin, let the meat brown in the pan, and add to it four quarts of water; boil it slowly till it is reduced to three pints, strain it, and stir in the gravy drawn from the meat. Set it over the fire, add the vermicelli, one head of celery cut small, a little Cayenne, and salt; boil it up for ten minutes. Lay the roll in the tureen, pour the soup over it, and strew some vermicelli on the top.

Vermicelli can also be made by boiling one quart of clear stock, adding two ounces of vermicelli to it while boiling, first cutting the vermicelli into short lengths, and boiling it again for ten minutes.

Macaroni Soup.

Time, three-quarters of an hour.

247. Four ounces of macaroni; one large onion; five cloves; one ounce of butter; and two quarts of clear gravy soup.

Put into a stewpan of boiling water four ounces of macaroni, one ounce of butter, and an onion stuck with five cloves. When the macaroni has become quite tender, drain it very dry, and pour on it two quarts of clear gravy soup. Let it simmer for ten minutes, taking care that the macaroni does not burst or become a pulp; it will then be ready to serve. It should be sent to table with grated Parmesan cheese.

Macaroni is a great improvement to white soup, or to clear gravy soup, but it must be previously boiled for twenty minutes in water.

Soup (Liebig).

Time, ten minutes.

248. One pound of gravy beef; one pint of water; one carrot; one turnip; one onion; one clove.

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Take a pound of gravy beef without bone, mince it very fine, and pour on it a pint of water in which a turnip, carrot, onion, and a clove have been boiled. Let it simmer by the side of the fire ten minutes, and it is fit for use. When strained off, it will make two small basins of soup. Stir before using.

Pepperpot.

Time, three hours and a half.

249. Four pounds of gravy beef; six quarts of water; a bouquet of savoury herbs; two small crabs or lobsters; a large bunch of spinach; half a pound of cold bacon; a few suet dumplings, (made of flour, beef-suet, and yolk of one egg); one pound of asparagus tops; Cayenne pepper; pepper and salt to taste; juice of a lemon.

Put four pounds of gravy beef into six quarts of water, with the bouquet of savoury herbs; let it simmer well till all the goodness is extracted, skimming it well. Let it stand till cold, that all the fat may be taken off it. Put it into a stewpan and heat it. When hot, add the flesh of two middling-sized crabs or lobsters, nicely cut up, spinach well boiled and chopped fine, half a pound of cold bacon or pickled pork, dressed previously and cut into small pieces, a few small dumplings, made very light with flour, beef-suet, yolk of egg, and a little water. Add one pound of asparagus tops, season to your taste with Cayenne, salt, pepper, and juice of a lemon; stew for about half an hour, stirring it constantly.

Hare Soup.

Time, eight hours.

250. One hare; a pound and a half of gravy beef; one pound of bones; a slice of lean bacon; a bunch of sweet herbs; one onion; a spoonful of soy; a little Cayenne, salt; and two quarts of water.

Cut an old hare into pieces, and put it into a large jar with a pound and a half of gravy beef, a pound of bones well cleaned, a slice of lean bacon, one onion, and a bunch of sweet herbs. Pour over it two quarts of water, and cover the jar well over with bladder and paper; set it in a kettle of boiling water, and let it simmer till the hare is stewed to rags. Strain off the gravy, add an anchovy cut into small pieces, a spoonful of soy, with a little Cayenne and salt. Serve a few forcemeat balls in the tureen

Brown Rabbit Soup.

Time, five hours and a half.

251. Two large rabbits; two onions; four carrots; a bunch of parsley; forty pepper corns; a little salt and pounded mace; three quarts of water.

Cut two old rabbits into joints, dredge them with a little flour, and fry them lightly with two onions cut into slices. Put them into a large stewpan, and pour gradually over them three quarts of hot water, add a little salt and pounded mace, the pepper corns, bunch of parsley, and the carrots cut into slices, boil the whole slowly for five hours and a half. Skim it well, strain off the soup, and set it to cool, that the fat may be thoroughly taken off. Put it again into a stewpan, make it hot, and serve with sippets of fried bread.

Giblet Soup.

Time, three hours.

252. The giblets; a pint and a half of water; one onion; three or four cloves; a small piece of toasted bread; a bunch of sweet herbs, pepper-corns and salt.

Crack the bones, put one pint and a half of water to them, an onion stuck with cloves, a small piece of toasted bread, a bunch of sweet herbs, some pepper corns and salt. Let all simmer *very gently* till the giblets are *quite tender*. When cold, take off all the fat. If you wish it to be rich, add two pounds of shin of beef.

VEGETABLE SOUPS.

The vegetables should be nicely prepared for these soups.

Cut carrots in thin rounds with the edges notched; grated, they give an amber colour to soup.

Wash parsley carefully and cut it small. Cut turnips into thin slices, and then divide the round in four. Cut leeks in slices. Cut celery in half-inch lengths, the delicate green leaves impart a fine flavour to the soup. Take the skins from tomatoes and squeeze out some of the seeds. Add a lump of sugar to soups of vegetables or roots, to soften them and improve the flavour.

Vegetable Soup.

Time, four hours and a half.

253. Three onions; six potatoes; six carrots; four turnips; half a pound of butter; four quarts of water; one head of celery; a spoonful of ketchup; a bunch of sweet herbs.

Peel and slice six potatoes, five carrots, three turnips, and three onions; fry them in half a pound of butter, and pour over them two quarts of boiling water. Put half a head of celery, a bunch of sweet herbs, a little pepper and salt, and a crust of bread toasted *very* brown to the above, and let it stew

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slowly for four hours, then strain it through a coarse cloth or sieve; put it into the stewpan with the remaining half head of celery, one carrot and turnip cut prettily into shapes, and stew them tender in the soup. Add a spoonful of ketchup and serve.

Vegetable Mulligatawny.

254. A quarter of a pound of butter; two or three small vegetable marrows; two large onions; three or four apples; two or three tomatoes; one cucumber; one tablespoonful and a half of curry powder; salt to taste; some good stock; a squeezed lemon.

Put the butter into a fryingpan, slightly brown it; add the marrows cut up and freed from seeds; two large onions; three or four apples peeled and cored; the tomatoes if in season; and the cucumber cut up, taking care not to put any of the seeds in. Stew these gently until tender, then add the curry powder; salt to taste. Let this simmer a quarter of an hour longer, adding sufficient good stock to cover them. Reduce it all to a pulp and press it through a sieve; put the liquid into a fresh stewpan; take as much stock as will make it the required thickness. Add a squeezed lemon if baked, and serve the soup as hot as possible.

Green Pea Soup Maigre.

Time, two hours.

255. One quart of old green peas; one pint of young peas; two quarts of water; two lettuces; one onion; a sprig of mint; three ounces of butter; a handful of spinach; and a little pepper and salt.

Boil in two quarts of water one quart of old green peas, and a large sprig of green mint, until they will pulp through a sieve. Put to the liquor that stewed them a pint of young peas, the hearts of two lettuces, a handful of spinach cut small, one onion, and three ounces of butter, melted with just enough flour to keep it from boiling, then add all together, and boil the soup for half an hour. Serve with fried bread.

Pea Soup without Meat.

Time, three hours.

256. One pint of split peas; three quarts of spring water; six large onions; outside sticks of two heads of celery; one bunch of sweet herbs; two carrots; a little dried mint; a handful of spinach; a few bones, or tiny pieces of bacon, flavour it nicely; pepper and salt to your taste.

Boil all these vegetables together till they are quite soft and tender; strain them through a hair sieve, pressing the carrot pulp through it. Then boil the soup well for an hour with the best part of the celery, and a teaspoonful of pepper, add a little dried mint and fried bread, with a little spinach. A few roast beef bones, or a slice of bacon, will be an improvement.

Simple Pea Soup.

Time, four hours.

257. One quart of split peas; four quarts of water; a quarter of a pound of lean bacon; some roast-beef bones; two heads of celery; three turnips; a little pepper, salt, and Cayenne.

Put a quart of split peas into four quarts of water, with a quarter of a pound of lean ham, and some ribs of beef bones; add a head of celery cut small, with three turnips. Let it boil gently till reduced to two quarts, and then rub it through a fine colander with a wooden spoon. Mix a spoonful of flour and water well together, and boil it in the soup with another head of celery sliced thin, and a little pepper, salt, and Cayenne to your taste. Cut a slice of bread into dice, fry them a light brown, and put them into the tureen; pour in the soup, and serve with dried mint.

Winter Pea Soup—Plain for Family Use.

Time, four hours and three-quarters.

258. One pint of split peas; three quarts of water; a pound and a half of beef; one handful of spinach; one slice of ham or bacon; a few cloves; a little mace; half a bunch of mint; one lump of sugar; one saltspoonful of pepper; same of salt, or to your taste.

Boil one pint of split peas in three quarts of water till quite soft. Then stew in the soup a pound and a half of beef and a slice of bacon, with the handful of spinach, the cloves and mace. Let it stew for two hours, then rub it through a sieve, then stew in it half a bunch of mint and a little spinach cut in shreds, with pepper and salt to your taste, and a lump of sugar.

Serve with fried bread cut into dice, on a separate dish.

Common Carrot Soup.

Time, four hours and a half.

259. Thirteen ounces of scraped carrot to a quart of gravy.

Boil as many red carrots in water as you require until tender; then cut up the red part and pound it very fine. Weigh it, and to every twelve or thirteen ounces of pounded

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carrot add a quart of gravy soup, or rich stock, mixed gradually with it; season with a little salt and Cayenne; strain it through a sieve, and serve it very hot with fried bread cut into dice in a separate dish.

Puree of Carrots.

Time, two hours and a half.

260. Seven or eight carrots; one onion; one turnip; two or three slices of lean ham or bacon; a bunch of parsley; two bay leaves; two dessertspoonfuls of flour; a quarter of a pound of butter; one pint of water; five pints of stock, and one teaspoonful of powdered white sugar.

Scrape and cut into very thin slices all the red part of seven or eight carrots, slice a small onion and a turnip; put them into a stewpan with a bunch of parsley, a couple of bay-leaves, and fry them in about a quarter of a pound of butter, then add the scraped carrots with a pint of water, and let all stew until tender; pour in the stock with a little salt, and two dessertspoonfuls of flour. Stir it over the fire, and let it boil for about twenty minutes; strain through a sieve, give it a boil again for ten or twelve minutes, and serve with croûtons of fried bread in the tureen.

Celery Soup.

Time, about one hour.

261. Ten heads of celery; rather more than half a pint of good stock; five pints of water; one pint of cream; a little salt and sugar.

After cutting your celery into pieces of about an inch long, put it into a stewpan of boiling water, seasoned with a little salt and sugar; put it over a clear fire, and when very tender take out the celery and pulp it through a sieve; add it to the stock, and let it stew slowly for nearly three quarters of an hour; then stir in a pint of nice fresh cream, make it very hot, but do not let it boil, and serve it in a tureen.

Brown Onion Soup.

Time, three hours.

262. Six large Spanish onions; five quarts of water; a little pepper and salt; a penny roll; yolks of two eggs; two spoonfuls of vinegar.

Skin and cut in thin rings six large Spanish onions, fry them in a little butter till they are of a nice brown colour and very tender; then lay them on a hair sieve to drain from the butter. Put them into a stewpan with five quarts of water, boil them for one hour, and stir them often; then add pepper and salt to your taste. Rub the crumb of a penny roll through a colander, put it to the soup, stirring it well to keep it smooth as you do so. Boil it two hours more. Ten minutes before you serve it, beat the yolks of two eggs with two spoonfuls of vinegar and a little of the soup; pour it in by degrees, and keep stirring it all the time one way. It will then be ready to serve.

This soup will keep three or four days.

Vegetable Marrow Soup.

Time, one hour.

263. Six small or four large vegetable marrows; half a pint of cream; one quart of white stock; pepper and salt.

Pare six small or four large vegetable marrows, cut them into slices, and put them into a stewpan. Pour over them about two pints of boiling veal stock, and let them simmer until they will press through a sieve; then put the purée into a stewpan with a pint more stock. Add a seasoning of pepper and salt; make it very hot, and just before it is served pour in half a pint of boiling cream.

Palestine Soup.

Time, one hour and a half.

264. Six pounds of Jerusalem artichokes; three turnips; one head of celery; one onion; half a pint of cream; a lump of sugar; salt and Cayenne to your taste; sufficient white stock to cover the artichokes.

Pare and cut into pieces six pounds of Jerusalem artichokes, three turnips, one onion, and a head of celery; put them into a stewpan with sufficient white stock to cover them, and let them boil gently for an hour until they are quite tender; then rub them through a sieve; if the *purée* be too thick, thin it with a little fresh milk; boil all together again; season it with a spoonful of sugar, pepper, salt, and Cayenne to your taste. Send it up very hot, with some fried bread served separately, cut into very small dice.

Jardiniere Soup—A Summer Soup.

Time, one hour and a half.

265. Two quarts of clear stock seasoned to taste; four small carrots; four small turnips; equal quantity of button onions; a head of celery; eight lettuce leaves; a little tarragon and chervil; one lump of sugar.

Cut the vegetables in the French vegetable cutter of any pattern you please, or shape

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them with the ordinary vegetable scoop as you like best in the form of peas, olives, &c.; add the leaves and onions, put them in a soup-kettle, fill it up with two quarts (or more as required) of *clear* stock, let it boil gently till the vegetables are done, add a lump of sugar, as is best in all vegetable soups, and serve this soup very hot.

Leek Soup—Scotch Receipt.

Time, three hours.

266. Three or four dozen leeks; four quarts of beef stock; one teaspoonful of pepper; two teaspoonfuls of salt; one small fowl.

Carefully wash the leeks, and then cut them into pieces about an inch long, strain them through a colander; put them into the beef stock, seasoning it according to taste. Let it boil gently, adding a fowl in time for it to be well boiled.

Stock for Brown or White Fish Soups.

Time, two hours.

267. Two pounds of English eels; four flounders and trimmings of filleted fish, or a pound and a half of skate; a blade of mace; a little pepper and salt; one onion; a bunch of sweet herbs; two parsley roots; one head of celery; four cloves, and two quarts of water.

Take two pounds of eels, four flounders, and any trimmings of fish, or from filleted fish, or a pound and a half of skate, clean them thoroughly, and cut them into pieces; cover them with about two quarts of water; season with a blade of mace, a little pepper and salt, one onion stuck with four cloves, a head of celery cut into pieces, and two parsley roots. Let all simmer together for two hours, skim the liquor carefully, and strain it off for use. If for brown fish soup, first fry the fish and vegetables brown in butter, and then do as above directed.

Fish-stock will not keep more than two or three days, therefore a small quantity only should be made, as required.

Fish soups are very economical, as the cheaper kinds of fish can be used for them.

Conger Soup.

268. Head and tail of a large conger eel; three quarts of water; a quarter of a pound of butter; one leek; the blossoms and leaves of four or five marigolds; half a pint of green peas, or asparagus, or cabbage; half a teacupful of parsley, bunch of thyme; two tablespoonfuls of flour or arrowroot; one pint of milk; a little salt.

Put the head and tail of a large conger eel in a stewpan, with three quarts of water, and let them simmer two hours and a half or more, till it breaks to pieces when tried with a fork. Strain through a china colander, and pour back the liquor into the stewpan with a quarter of a pound of butter. When boiling, throw in rather more than a pint basinful of the following herbs and vegetables, cut up small: one leek, a few green leaves of marigold, the green ends of asparagus, or green peas when asparagus cannot be procured, or, what is by many preferred, the white heart of a cabbage cut up, half a teacupful of chopped parsley, and a bunch of thyme. Mix two heaped tablespoonfuls of flour in a pint of milk, the plucked blossoms of four or five marigolds, and when the vegetables are done, throw it into the stewpan, taking care to stir till it comes to a boil; then let it simmer eight or ten minutes, to take off the rawness of the flour, the lid of the stewpan being off, or it would boil over. Some, who prefer the parsley green, do not throw it in till after the milk boils. Season with salt before dishing up, as the salt is apt to curdle the milk if added before. Have ready thin slices of bread in your tureen, and pour the soup over.

Lobster Soup (American).

Time, one hour and a quarter.

269. One lobster; two or three plain biscuits; one quart of milk; one quart of water; one tablespoonful of salt; one teaspoonful of pepper; a quarter of a pound of fresh butter.

Pick the meat of a lobster already boiled from its shell, and cut it into *small* pieces; roll the biscuits to a powder. Put a quart of milk and a quart of water into a stewpan, with a tablespoonful of salt, and a teaspoonful of pepper. When the milk and water are boiling hot, add the lobster and pounded biscuit, mixed, to the soup with a quarter of a pound of fresh butter. Let it boil closely covered for half an hour. Pour it into a tureen and serve.

Oyster Soup.

Time, two hours.

270. Eighteen shallots; one sprig of thyme; two bay-leaves; half a pound of fresh butter; six ounces of flour; one quart of fish gravy or veal gravy; four dozen oysters; half a pint of cream.

Take eighteen shallots cut small, a sprig of thyme, and two bay-leaves: stew them till they are a little brown, in half a pound of fresh butter. Add six ounces of flour, stir well together for a few minutes, add the veal or fish gravy (made from fish bones),

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the beards and juice of two dozen oysters. Let all simmer gently together for two hours. Skim off all the fat, add half a pint of cream, and then pass it through a tammy. Blanch two dozen more oysters, beard them, keep them in their own gravy until wanted; put them in the soup a second before sending up.

The Young Fisherman's Soup.

Time, two hours.

271. One pound (each) of any freshwater fish, of different kinds; one tomato; two carrots; one leek; two onions; a bunch of sweet herbs; one teaspoonful of Chili vinegar; one teaspoonful of soy; enough water to cover the fish; two turnips; one head of celery; pepper and salt to taste.

Take a pound (each) of all the fish you have caught in your day's fishing, such as carp, dace, roach, perch, pike, and tench, wash them in salt and water; then put them in a stewpan with a tomato, two carrots, one leek, two fried onions, and a bunch of sweet herbs; put as much water to them as will cover them, and let them stew till the whole is reduced to a pulp, which will be in about three quarters of an hour. Strain off the liquor, and let it boil for another hour. Have ready two turnips and a head of celery, cut into small pieces and previously boiled; add them to the fish soup, with the Chili vinegar and soy, pepper and salt to taste.

Haddock Soup.

Time, one hour.

272. One haddock; one pint of picked shrimps; one egg; half a pint of cream; one French roll; one tablespoonful of salt; one teaspoonful of pepper; a pinch of Cayenne; a blade of mace; a piece of butter the size of a walnut; a tablespoonful of flour.

Separate all the meat from the bones of a fine fresh haddock, and pound it in a mortar with a pint of picked shrimps; chop a little bunch of parsley very fine, and add it to the fish with the crumb of a French roll steeped in half a pint of cream. Beat one egg well and mix it with the above ingredients, which must then be put into two quarts of good warm broth, and seasoned with the pepper, salt, Cayenne, and mace; let it boil closely covered for half an hour, and then pulp it through a sieve; thicken the soup with a little piece of butter rolled in flour; warm it up and serve.

Eel Soup.

Time, one hour and ten minutes.

273. Three pounds of eels; two quarts of water; a crust of bread; three blades of mace; thirty whole peppers; one onion; three ounces of butter; a bunch of sweet herbs; one carrot; a quarter of a pint of cream; three dessertspoonfuls of flour; and a little salt.

Take three pounds of eels, cut them into slices, and stew them for ten minutes over a slow fire in three ounces of butter; then pour over them two quarts of water, put in a crust of bread, an onion cut into slices, three blades of mace, thirty whole peppers, one carrot, a bunch of sweet herbs, and a little salt; cover the stewpan closely and simmer till the eels are tender, but not broken. Mix three dessertspoonfuls of flour with a quarter of a pint of cream rubbed smooth, add to it the soup, which must be previously strained, and the slices of eel taken carefully out; boil it up and pour it over the sliced eels in your tureen. Toast a slice of bread, cut it into dice, and place it at the bottom of the tureen.

SAUCES AND GRAVIES.

FISH SAUCES.

A well made sauce is, perhaps, one of the best testimonies of the skill of the cook, and is a very essential part of a good dinner. A badly made sauce will spoil the food with which it is served, and is a sure sign of inefficiency and ignorance in both the cook and her mistress.

Sauces are expensive, and a housewife who studies economy, and has only small means, will not use as many nor as varied forms, perhaps, of the same sauce, as the cook in a wealthy family; but it *is* economical to be able to serve up a sauce which, at a trifling expense, will greatly improve a dinner made, perhaps, from cold remains,

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and for fish, sauce of some kind is absolutely required.

The sauce peculiar to the English housekeeper is Melted Butter; and yet, common as it is, we scarcely ever find it well made. Now, every lady should know experimentally how to make it, that she may direct her cook. She should also know experimentally how to make Bread Sauce and common White and Brown Sauce, on which most other sauces are founded. Take care that your sauces are delicately flavoured; if your cook is not *first-rate*, taste them yourself. This is quite possible, even immediately before you receive your guests or sit down to your family dinner, as sauces must be made before the fish is dressed, and kept warm till required in a bain-marie—or, if your kitchen does not possess that most useful utensil, the saucepan in which they have been made should be placed in a large stewpan of boiling water near the fire.

The thickest saucepans should be used for this operation, and only wooden spoons should be used for stirring. Remember, also, that your saucepan must be exquisitely clean and fresh if you would have your sauce a success, *especially* when it is melted butter. Let your fire be clear and not too fierce.

RECEIPTS FOR MELTING BUTTER.

The Author's Way.

Time, two or three minutes.

274. Two ounces of butter; a little flour; and about two tablespoonfuls of water.

Put about two ounces or two ounces and a half of butter into a very clean saucepan, with two tablespoonfuls of water, dredge in a little flour, and shake it over a clear fire, *one way*, until it boils. Then pour it into your tureen, and serve as directed.

Melted Butter.

Time, one minute.

275. One teaspoonful of flour; four ounces of fresh butter; three tablespoonfuls of hot water.

Mix the flour and butter *well* together in a basin, till *quite* smoothly incorporated with each other; then put the paste into a butter saucepan with two or three tablespoonfuls of *hot* water. Shake it round always in the same direction, or it will become oily. Boil it quickly for one minute.

French Melted Butter.

Time, three minutes.

276. Four ounces of fresh butter; half a pint of water; yolks of two eggs; squeeze of a lemon.

Beat the yolks of two very fresh eggs well, then melt the butter; boil it and pour it instantly on the beaten eggs, stirring them quickly round while you pour in the butter. Put the mixture into the saucepan again, and shake it over the fire for a minute, but *do not let it boil*; then squeeze a little lemon juice into it, taking care no pips from the fruit fall into your sauce, as they give a bitter flavour.

Common Egg Sauce.

Time, twenty minutes.

277. Two eggs; a quarter of a pint of melted butter.

Boil the eggs for twenty minutes, then take them out of the egg saucepan and put them in cold water to get cool, shell them, and cut them into very small dice, put the minced egg into a very hot sauce tureen, and pour over them a quarter of a pint of boiling melted butter. Stir the sauce round to mix the eggs with it.

Fennel Sauce.

Time, ten minutes.

278. Half a pint of melted butter; a small bunch of fennel leaves; a little salt.

Strip the leaves of the fennel from their stems, wash it very carefully, and boil it quickly (with a little salt in the water) till it is quite tender; squeeze it till all the water is expressed from it; mince it very fine, and mix it with hot melted butter.

Parsley Sauce.

Time, six or seven minutes.

279. Half a pint of melted butter; a bunch of parsley (about a small handful).

Wash the parsley thoroughly, boil it for six or seven minutes till tender, then press the water well out of it; chop it very fine; make half or a quarter of a pint of melted butter as required (the less butter the less parsley, of course), mix it gradually with the hot melted butter.

Green Gooseberry Sauce for Boiled Mackerel.

Time, a quarter of an hour.

280. Half a pint of green gooseberries; two tablespoonfuls of green sorrel; a small

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piece of butter; one ounce of sugar; a little pepper, salt, and nutmeg.

Wash some green sorrel, and press out the juice through a cloth; boil half a pint of green gooseberries, drain them from the water, and rub them through a sieve. Put the sorrel juice into a stewpan, allowing about a wineglassful of it to the pulp of the gooseberries; add a small piece of butter, a lump of sugar, pepper, salt, and nutmeg. Make the sauce very hot, and serve it up in a tureen.

French Marinade for Flavouring Fish before cooking.

281. Pepper and salt; three cloves; three slices of onion; a sprig of sweet basil; a teaspoonful of lemon juice or vinegar.

A good French marinade for flavouring fish before cooking is to sprinkle over the fish, laid out on a dish, the pepper, salt, spice in fine powder, three cloves, the slices of onion, the basil minced fine, and a teaspoonful of lemon juice, or a little vinegar. After a few hours the fish may be taken from this marinade, and either fried, boiled, or stewed. The marinade may be used in the cooking, or for sauce at pleasure.

A marinade of oil and sweet herbs minced fine is excellent for fish before frying or broiling. When taken from the marinade, it can be either floured or covered with bread-crumbs and beaten egg. A squeeze of lemon juice or similar pleasant acid, so perceptible in French cookery, is well worth our imitation.

French White Caper Sauce.

Time, four minutes.

282. A piece of butter the size of an egg; a little flour; a teacupful of broth; salt; white pepper; a spoonful of capers; one onion, or a scallion.

To make the French white caper sauce, rub down a piece of butter, as large as an egg, in flour, put it in a saucepan over the fire, mix in carefully a teacupful of broth, with salt, white pepper, and the capers. Put in also an onion or a scallion or two; let it thicken, stirring it over the fire. Take out the onions or scallions, and serve the sauce, either poured over the turbot or other fish, or in a tureen.

Lobster Sauce.

Time, ten minutes.

283. One hen lobster with coral; two-thirds of its weight of good cream; one-third of fresh butter.

Cut the flesh in small pieces, mix it up with two-thirds of good cream and one-third of fresh butter.

No stock, fish-sauces, anchovies, or essences to be used.

Oyster Sauce.

Time, five minutes.

284. One dozen of oysters; half a teacupful of good gravy; half a pint of melted butter.

Stew the beards of the oysters in their own juice with half a teacupful of good clear gravy; strain it off, add it to the melted butter—which should be ready—put in the oysters, and let them simmer gently for three minutes.

Oyster Sauce for a large party.

Time, ten minutes.

285. Two dozen oysters; two ounces of butter; one ounce and a half of flour; one pint of milk; one saltspoon of salt; quarter of a saltspoon of Cayenne; one clove; four pepper corns.

Mix the butter and flour in your stewpan; beard the oysters, and put them into a little saucepan; add their beards and liquor to the flour and butter, mixing the whole liquor with a pint of milk, the salt, Cayenne, and pepper corns. Boil it ten minutes, stirring it all the time; add a tablespoonful of Harvey sauce; strain the liquor over the oysters; make the whole hot, but do not let it boil. Some people add the juice of half a lemon, but we prefer it without.

Shrimp Sauce.

Time, five or six minutes.

286. Half a pint of picked shrimps; a gill of gravy, or water; half a pound of butter; a little flour; one spoonful of anchovy liquor; one of ketchup; half a lemon.

Take half a pint of picked shrimps and wash them clean; put them into a stewpan with a gill of gravy or water, half a pound of butter, and a little nut of butter mixed with a little flour, a spoonful of anchovy liquor, one of ketchup, and half a lemon; boil it till the butter is melted and it is thick and smooth; take out the lemon and squeeze the juice of the other half in; stir it well, and serve in a tureen.

Cockle Sauce.

Time, ten minutes.

287. One hundred cockles; half a pound of butter; half of the liquor from the cockles;

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two spoonfuls of anchovy liquor; one of ketchup; a piece of butter; and flour.

Wash a hundred cockles very clean, put them into a large saucepan, cover them close, stew them gently till they open, strain the liquor through a sieve; wash the cockles clean in cold water, and put them into a stewpan, pour half the liquor in on them with half a pound of butter, and a little flour, two spoonfuls of anchovy liquor, and one of ketchup. Boil the sauce gently till the butter is melted, and it is thick and smooth, then serve it in a tureen.

Sauce for any Freshwater Fish.

Time, five minutes.

288. Four small anchovies; one onion; two spoonfuls of vinegar; two wineglasses of white wine; a quarter of a pint of melted butter or cream.

Chop the onion and anchovies very fine, and put them into the stewpan with the vinegar and white wine; boil it up for a few minutes, and then stir in a quarter of a pint of melted butter or cream.

Dutch Sauce for Fish.

Time, till it thickens.

289. Four eggs; two ounces of butter; one teaspoonful of Chili or tarragon vinegar; two tablespoonfuls of cream; pepper, salt, and nutmeg.

Put the yolks of the eggs well beaten into a stewpan with the cream, a large piece of butter, a teaspoonful of Chili or tarragon vinegar, and a little pepper, salt, and nutmeg. Set it over a *very* moderate fire until it has a thick creamy appearance, stirring it constantly, and taking great care it does not curdle, which it will do if allowed to boil.

Horseradish Sauce for Fish.

Time, five minutes.

290. A large teaspoonful of grated horseradish; two of the essence of anchovies; one ounce and a half of butter; one onion; a spoonful of lemon pickle.

Boil an onion in a little fish gravy until it will pulp through a sieve, then add the essence of anchovies and the grated horseradish; thicken it with an ounce and a half of butter, and stir it over the fire until it boils. Mix in lemon pickle and serve it.

Anchovy Sauce for Fish.

Time, four minutes.

291. Three dessertspoonfuls of anchovy essence; half a pint of melted butter; seasoning to your taste.

Stir three dessertspoonfuls of anchovy essence into half a pint of good melted butter, add a seasoning to your taste, and boil it up for a minute or two. Use plenty of Cayenne and a little mace in this sauce.

MADE GRAVIES AND SAUCES.

Plain joints roasted make their own gravy, except perhaps lamb. Made gravies and sauces are necessary for more elaborate, and less homely cooking.

Two kinds of gravies are *made—i.e.*, brown and white. We shall give receipts first for these, which are required for making nearly all the other more complicated gravies and sauces, premising that beef is the foundation of brown or savoury gravies, and veal or fowls that of the white and more delicate gravy; but as you may not always possess gravy beef at the time you want to make your gravy, it will be as well to tell you that *any kind* of stock will do; the trimmings of beef, veal, or mutton, and the bones of cold joints of meat, or uncooked bones, will all afford materials for it.

Place these, whatever they may be, in a stewpan, lay the beef at the bottom, then the mutton, with a slice or two of bacon or ham, and any bones you have, broken up small; add a few slices of carrot, an onion, a blade of mace, two or three cloves, a little black and white pepper, a bunch of sweet herbs, and lay over them any small pieces of veal you may have. Cover the stewpan close, and set it over a slow fire for six or seven minutes, shaking the pan often. Then dredge in a little flour, and pour in water till the whole is rather more than covered. Cover the stewpan close, and let it simmer for several hours until your gravy be rich and good; then season it to your taste with a little salt, and strain it off, and you will have a gravy that will answer for ordinary purposes. Or you can make a good gravy from a melt, a kidney, the skirts of beef, the knuckle of dressed mutton, or any other meat cut into small pieces, and fried a nice brown, with onions, a bunch of sweet herbs, and spices. The water in which meat has been boiled, used instead of pure water, improves and adds to the richness of gravy. A cowheel, also, will yield a good gravy stock. Soak it for about twelve hours in cold water, and then boil it for about two hours and a half or three hours. When strained and quite cold, take the fat off with great care.

Truffles and morels thicken and improve the flavour of gravies or soups; about half an ounce of either being simmered in a pint of water, and added to the gravy. But in all cases the proportions used, and their quality, should be attended to, as the

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flavour of any gravy or sauce should be adapted skilfully to the dishes for which it is required.

White meats, and all *white* made dishes, require a smooth, delicately flavoured gravy or sauce; brown made dishes, a more piquant and savoury one.

Do not let any separate flavour predominate in your gravy; the different materials should harmonise completely with each other, and blend into one perfect whole.

Some cooks make their gravy by first boiling a rich, but small quantity of stock to a glaze, and then pouring slowly over it a sufficient quantity of boiling stock or broth for the gravy. Flavour it with a few sweet herbs, mushrooms, &c., &c.

Both Tarragon and knotted marjoram greatly improve the flavour of gravies.

Directions for making colouring for soup have already been given; the same may be used for gravies.

Glaze.

Time, till it becomes a jelly.

292. Boil some very strong clear gravy or jelly over a quick fire to the thickness of cream, stirring it *constantly* until it will adhere like jelly to the spoon. It must then be immediately poured out of the stewpan; the greatest care is required during the time of thickening to prevent it from burning. When required for use, dissolve it by placing the jar (or whatever it may be kept in) in boiling water, and brushing it over the meat two or three times, when it will form a clear varnish. Any kind of very rich stock can be boiled down to a glaze. To be used for hams, tongues, &c.

To Brown Flour.

Time, five minutes.

293. Put some flour in a pan or dish, and set it in the oven or over the fire. Stir it about that it may not burn; but let it brown well. Keep it in a dredging-box for browning ordinary gravies.

A Cheap Gravy.

Time, half an hour.

294. Three-quarters of a pound of shin or gravy beef; a slice of onion; one carrot; a few savoury herbs; a little Cayenne and salt; a quarter of a pound of butter; one pint of water.

Put the piece of butter into a small stewpan, with the carrot and onion cut into slices, and the meat into dice. Stir it over a quick fire until it is lightly browned; then add the herbs and the water, and let it all simmer slowly. Skim it clean, add a spoonful of mushroom ketchup or Worcestershire sauce, strain it through a sieve, and it will be fit for use.

Kidney Gravy.

Time, one hour and three quarters.

295. Four kidneys; two ounces and a half of butter; a few sweet herbs; a little salt and Cayenne; one tablespoonful of ketchup; half an onion: one pint of water.

Slice four kidneys, cut them into pieces, and dredge them with flour; put them into a stewpan with two ounces and a half of butter, a few sweet herbs, and half an onion. Shake these over the fire for six or eight minutes, and then add about a pint of water. Let it simmer for an hour and three-quarter; skimming it carefully; strain the gravy, and set it by for use.

This gravy can be made from one beef kidney instead of four sheep's kidneys.

Gravy for Hashes, &c.

Time, two hours and a quarter.

296. The bones and cuttings from any cooked joint; a little salt and pepper; twelve whole allspice; a bunch of sweet herbs; a piece of butter; one small onion; half a head of celery; water; and two tablespoonfuls of ketchup.

Break the bones, and put them into a stewpan, with any spare cuttings of meat you may have; add a little pepper, salt, and twelve allspice, half a head of celery, and a bunch of sweet herbs, and simmer it for about two hours, with sufficient water to cover it. Cut a small onion into slices, fry it in a piece of butter, and boil it up with the gravy for fifteen or twenty minutes. Strain it into another stewpan, with two tablespoonfuls of walnut ketchup, and a piece of butter rolled in flour, boil it up, and it will be ready for your meat.

Jugged Gravy.

Time, eight hours.

297. Two pounds of shin of beef; three slices of lean ham; two shallots; half a head of celery; one blade of mace; a bunch of sweet herbs; one carrot; a little salt and whole pepper; one quart of water; one tablespoonful of ketchup; one of soy.

Cut two pounds of shin of beef, and three slices of ham or bacon, into small pieces; put them into a stone jar, with alternate layers of shallot, celery, and carrot, cut into slices; seasoning of salt, pepper, and a bunch of sweet herbs, chopped up. Pour in a quart of water, tie the jar closely down to

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prevent the steam from escaping, and set in a moderate oven for eight hours; then strain the gravy. Stir in a tablespoonful of ketchup, and one of soy, or a glass of port wine, and when cold take off the fat carefully from the top.

Gravy for a Goose or Ducks.

Time, three hours.

298. One set of giblets; half a pound of beef; three sage leaves; one onion; some whole pepper and salt: a glass of port wine; three pints of water.

Put one set of giblets and half a pound of lean beef into a stewpan, with three sage leaves, one onion, some whole pepper, salt, and three pints of water, and boil it for three hours; then add a glass of port wine, with a spoonful of flour mixed smooth to thicken it, and boil it again for two or three minutes.

Gravy for a Hare or Goose.

Time, one hour.

299. One melt, or one pound of gravy beef; two small onions; half a head of celery; a bunch of sweet herbs; some white and black pepper corns; one ounce of butter; one glass of port wine; a spoonful of soy; a spoonful of Harvey sauce; one pint of water.

Cut a melt, or a pound of gravy beef, into very small pieces, and put it into a stewpan with a pint of water, two small onions, a bunch of sweet herbs, half a head of celery cut into small pieces a few bread-crumbs, and some pepper corns. Let it simmer slowly after it has once boiled. When done strain it, and add a little butter rolled in flour to thicken it, a spoonful of soy, one of Harvey sauce, and a glass of port wine.

White Sauce.

Time, fifteen minutes.

300. Half a pint of cream; a quarter of a a pound of butter; four anchovies; two cloves; half a pint of water; one blade of mace; fifteen pepper corns; salt.

Boil in half a pint of water two cloves, a blade of mace, and the pepper corns, then strain it into a stewpan; add four anchovies chopped fine, a quarter of a pound of butter, a little flour, and half a pint of cream; boil it up for three or four minutes, stirring it all the time.

Bread Sauce for Roast Turkey, or Fowl.

Time, one hour and a half.

301. One pint of milk; breakfastcupful of stale bread; one onion; a little mace, Cayenne, and salt; one ounce of butter.

Peel and slice an onion, and simmer it in a pint of new milk until tender, break the bread into pieces and put it into a small stewpan. Strain the hot milk over it, cover it close, and let it soak for an hour. Then beat it up smooth with a fork, add the pounded mace, Cayenne, salt, and an ounce of butter; boil it up, and serve it in a tureen. The onion must be taken out before the milk is poured over the bread.

Apple Sauce.

Time, twenty minutes.

302. Eight apples; a small piece of butter, and sugar.

Pare, core, and cut into slices eight good boiling apples; put them into a saucepan with sufficient water to moisten and prevent them from burning, boil them until sufficiently tender to pulp. Then beat them up smoothly with a piece of butter, and put sugar to your taste.

Chestnut Sauce for Turkey or Fowls.

Time, one hour and thirty-five minutes.

303. Half a pint of veal stock; half a pound of chestnuts; peel of half a lemon; a cupful of cream or milk; a very little Cayenne, and salt.

Remove the dark shell of the chestnuts, and scald them until the inner skin can be easily taken off. Then put them into a stewpan with the stock, the lemon peel cut very thin, and a very little Cayenne pepper and salt. Let it simmer until the chestnuts are quite soft. Rub or press it through a sieve, add the seasoning and cream, and let it simmer for a few minutes, stirring it constantly, but taking care it does not boil.

White Celery Sauce.

Time, half an hour.

304. Four small, or two large heads of celery; half a pint of white gravy; half a pint of cream; a little flour, salt, and nutmeg.

Wash the celery clean, and boil it in two quarts of water and a little salt; when tender drain it on a sieve, and cut it in pieces about an inch long.

In the meantime, boil the gravy with a lump of butter rolled in flour till it is thick and smooth, grate in a little nutmeg, add it to the celery, and boil it up for a few minutes, then add the cream; just warm it again, serve it in a tureen, or pour it over boiled fowls or turkeys. The cream may be omitted from this sauce for a plain family

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dinner, and the celery, &c., may be reduced.

Common Onion Sauce.

Time, nearly half an hour.

305. Four or six nice white onions, according to size; half a pint of hot milk; one ounce of butter; saltspoonful of salt, and pepper to your taste.

Peel the onions and boil them till they are tender, press the water from them, and chop them very fine. Make half a pint of milk hot, pulp the onions into it, add a little piece of butter, a saltspoonful of salt, and pepper to your taste.

Sauce Maître d'Hôtel.

306. Two large spoonfuls of glaze; one shallot or small onion stewed in the stock, and taken out whole; strain, and add two large spoonfuls of cream, a little chopped sorrel; thicken with a teaspoonful of flour. Serve hot, with or over veal cutlets, fowls and rabbits. Leaving out the cream and sorrel, and adding a glass of port wine and a blade of mace, makes a good sauce for wild duck, and for hare with the liver chopped fine and added to it.

Maître d'Hôtel Sauce.

Time, one minute to simmer.

307. Half a pint of melted butter; one teaspoonful of chopped parsley; one lemon; Cayenne and salt to taste.

Melt the butter, add to it the strained juice of a lemon, the parsley and seasoning, and let it just boil.

Maître d'Hôtel Butter.

Time, eight minutes.

308. Half a pound of butter; two lemons; two sprigs of parsley; pepper, and salt.

Mix half a pound of butter very smooth with the juice of two lemons, minced parsley, and a little pepper and salt. Stir it all well together, and set it in a cold place.

White Sauce for Fowls.

Time, ten minutes.

309. One tablespoonful of cream; one lemon; half a pint of milk; a little salt and Cayenne; a dozen oysters.

Mix a tablespoonful of cream (or if you have not any, two well-beaten yolks of eggs) with half a pint of milk, add a little pepper and salt, and a dozen oysters. Boil it till the oysters are tender, then take it up and squeeze in the juice of half a lemon.

Horseradish Sauce for Boiled Mutton or Roast Beef.

Time, two or three minutes.

310. A wine-glass of good cream; a teaspoonful of mustard; a stick of horseradish; half a tumbler of vinegar; a little salt.

Mix a stick of grated horseradish with a wine-glass of cream, a teaspoonful of mustard, and a pinch of salt, then stir in half a tumbler of the best vinegar, and a pinch of salt. Bruise them with a spoon, and when thoroughly mixed together, serve in a tureen.

Mint Sauce for Roast Lamb.

311. Two tablespoonfuls of green mint; one tablespoonful of pounded sugar; and a quarter of a pint of vinegar.

Pick and wash the green mint very clean, chop it fine, mix the sugar and vinegar in a sauce tureen, put in the mint, and let it stand.

Mushroom Sauce for Chickens, &c.

Time, a quarter of an hour.

312. One pint of young mushrooms; one blade of mace; a little nutmeg and salt; one ounce and a half of butter; one pint of cream; a little flour.

Rub off the tender skin from about a pint of young mushrooms, with a little salt; then put them into a stewpan with a blade of mace, a little grated nutmeg, an ounce and a half of butter rolled in a teaspoonful of flour, and a pint of good cream. Put it over a clear fire, and boil it up till sufficiently thick, stirring it all the time; then pour it round boiled fowls or rabbits.

Tomato Sauce—No. 1.

Time, one hour and a half.

313. To every pound of tomatoes, one quart of Chili vinegar, or common vinegar mixed with Cayenne; a quarter of an ounce of white pepper; one ounce of garlic; one ounce of shallot; half an ounce of coarse salt; juice of three lemons.

Take some tomatoes when quite ripe, skin and rub them through a coarse sieve; to every pound of tomatoes put one quart of common vinegar, mixed with Cayenne pepper, or a quart of Chili vinegar, a quarter of an ounce of white pepper, one ounce of garlic, one ounce of shallot sliced, and half an ounce of coarse salt; if the Chili vinegar is not strong enough, half an ounce of pepper may be added; boil the ingredients till quite tender. And to every pound of tomatoes add the juice of three lemons; boil the whole again till it becomes

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the thickness of cream. When the pepper is added it must be sifted fine. When cold, put it into bottles for use.

When capsicums are to be had, a good number boiled in the vinegar will answer the purpose of Chili vinegar.

Sauce Tartare.

314. Yolks of two eggs; half a dessert-spoonful of vinegar; two dessertspoonfuls of oil; a pinch of salt; a pinch of parsley; a teaspoonful of mustard; a little Cayenne pepper.

Put into a very small saucepan the yolks of two eggs, a dessertspoonful of the best vinegar, and a little salt; whip up this mixture with a whisk as quickly as possible. When the whole forms a sort of cream, add the oil and mustard, which must be well mixed previously; a pinch of parsley minced very fine, and a little Cayenne. The oil should be put in drop by drop, to mix perfectly.

To Improve the Flavour of Gravies.

Time, one hour.

315. Three ounces of lean ham or bacon; a good lump of butter; one blade of mace; three cloves; one shallot or small onion; a bit of parsley root; a pint and a half of beef stock or broth.

Cut the ham or bacon into very small pieces, and put them into a stewpan with about two ounces of butter at the bottom, a blade of mace, three cloves, a shallot, or onion, and a piece of parsley root; shake it over the fire occasionally for half an hour, until the bottom of the pan has a dark glaze, then pour in a pint and a half of beef broth, or stock, and boil all together for about another half hour, shaking the pan often, when it will be converted into an excellent gravy, and strain it off for use.

Savoury Jelly to put into Cold Pies.

Time, two or three hours.

316. Two pounds of knuckle of veal or mutton; two slices of ham; a bunch of sweet herbs; two blades of mace; one onion; peel of half a lemon; two eggs; some whole pepper; a little black pepper; three quarts of water; whites of two eggs; salt.

Make this jelly of a small bare knuckle of veal, or shoulder, or a piece of scrag of mutton; put the meat into a stewpan, that shuts very closely, with two slices of ham, a bunch of sweet herbs, two blades of mace, one onion, the peel of half a lemon, a teaspoonful of Jamaica pepper bruised, the same of whole pepper, and three pints of water. As soon as it boils skim it clean, and let it simmer slowly till quite strong and rich; strain it, and when cold take off the fat with a spoon, then lay over it a clean piece of blotting paper to remove every particle of grease. When cold, boil it a few minutes with the whites of two well-beaten eggs, (but do not add the sediment), and strain it through a sieve, with a napkin in it, which has been dipped in boiling water. If the pie be of fowl, or rabbit, the carcases, necks and heads, added to a small piece of meat or a cow heel, or shanks of mutton will be better suited than the jelly of meat alone.

Aspic Jelly for Garnishing.

Time, three-quarters of an hour.

317. One pint and a half of white stock; one ounce of isinglass; two eggs; two tablespoonfuls of tarragon vinegar; one wineglassful of sherry; one bay-leaf; a cupful of water.

Melt the stock, which should be a firm jelly when cold, then when boiling dissolve the isinglass in it, and set it aside to cool. Mix and whisk together the whites of the two eggs *with their shells*, the tarragon vinegar, the wine, and a cupful of water (nearly, but not quite half a pint). Whisk them all into the stock, and stir it till it boils for about a quarter of an hour. Take it off the fire, let it stand to settle, and pour it through a jelly bag into a basin or plain mould which you have first dipped in cold water. Let it stand all night to get cold, and the next day you may turn it out of the mould, by dipping the bottom of it in cold water (as for sweet jelly); then cut it into small cubes for garnishing your pie, meat cake, or ham.

Arrowroot Sauce for Plum Puddings.

Time, fifteen minutes.

318. One dessertspoonful of arrowroot; two of sifted sugar; a glass of white wine; juice of half a lemon; half a pint of water.

Rub very smoothly a dessertspoonful of arrowroot in a little water, or in a glass of white wine, squeeze in the juice of half a lemon, add the pounded sugar, and pour gradually in half a pint of water. Stir it very quickly over a clear fire until it boils. Serve it with plum pudding.

This sauce may be flavoured with anything you prefer.

Sauce for Cabinet or Souffle Pudding.

Time, ten minutes.

319. Yolks of four eggs; a glass of white wine; a lemon; sugar to your taste.

Put the yolks of three or four eggs into a large basin, and whisk them for two mi-

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nutes; then add the wine, and lemon juice strained and the rind grated. Put the basin into a stewpan of boiling water over a clear bright fire, and whisk it all together until it is a creamy froth. Then pour it over the pudding.

Almond Sauce for Puddings.

Time, fifteen minutes.

320. An ounce and a half of sweet almonds; seven bitter almonds; two teaspoonfuls of orange flower-water; yolks of two or three eggs; three tablespoonfuls of cream; five lumps of sugar, or to your taste.

Blanch and pound the bitter and sweet almonds in a mortar with the orange-flower water until they are a pulp; then put them into a delicately clean saucepan with the cream, the yolks of the eggs well beaten, and sugar to your taste. Whisk it over a moderate fire until it is smooth and frothy, and serve it up with puddings.

White Wine Sauce.

Time, five minutes.

321. Half a pint of melted butter; four tablespoonfuls of white wine; the peel of half a lemon; sugar to your taste.

Add to half a pint of good melted butter four spoonfuls of white wine, the grated rind of half a lemon, and the sugar pounded and sifted. Let it boil, and serve with plum, bread, or boiled batter pudding, &c.

Sauce for Polka Pudding.

Time, five minutes.

322. Three ounces of fresh butter; one cupful of powdered sugar; three glasses of sherry.

Beat the three ounces of butter with the sugar to a cream; add to it three glasses of sherry; mix it well. Boil it, stirring it incessantly in one direction till it is done.

Serve it boiling hot. The pudding is served *quite cold* with hot plates.

Clarified Butter.

Time, two or three minutes.

323. Melt some butter in a tin saucepan over a slow fire; when it begins to simmer take off the scum, and let it stand at the side of the fire for the buttermilk to sink to the bottom; then strain it through a very fine hair sieve. It will keep good for some time, if it is potted in jars and kept in a *cool* storeroom.

When clarified butter is melted again for use, it must be skimmed and strained from the sediment it will leave.

To Use Dried Mushrooms.

Time, ten minutes to a quarter of an hour.

324. Simmer them in gravy; they will swell to nearly their original size.

How to use Glaze.

325. Glaze is merely very strong gravy, boiled quickly down till it is of the consistency of liquid jelly. When it is of this thickness it must be poured out of the stewpan at once, or it will of course burn.

When you require to use it, stand the jar in which you keep the glaze or jelly in a pan of boiling water, and thus melt it gently. Lay it on the meat or cutlets with a paste brush. It soon becomes firm. When one layer is dry put on another, till it forms a clear varnish. A ham will take three layers to look *very* nice.

A glaze pot and brush are to be found in most well-furnished kitchens, but any lady may make a little glaze for herself if she requires it, and a preserve jar will hold it; a pan of boiling water will dissolve it.

FORCEMEATS, GARNISHING, FLAVOURING, &c.

MAKING forcemeat is an essential part of good cookery. It depends very greatly, as sauces do, on a delicate taste in the cook, who should so harmonize the ingredients that no one flavour may predominate over the other.

A selection can be made from the following list of meat, herbs, and spice, for any particular forcemeat or stuffing that may be required, taking care that no particular flavour predominates, as thyme and lemon peel frequently overcome all others, and entirely destroy the effect of the whole. It must always be firm enough to cut with a knife, but not dry.

Bacon or butter must take the place of suet, when the forcemeat is required to be eaten cold, and if required very light, the bread should be soaked, and well beaten up when the water has been thoroughly pressed from it, and used instead of bread-crumbs.

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Herbs,—Parsley, thyme, tarragon, savory, knotted marjoram, basil.

Ham or bacon, suet, oysters, anchovy, bread-crumbs, soaked bread.

Spice. — Pepper, salt, nutmeg, cloves, mace, garlic, shallots, chives.

Eggs.—The whites and yolks.

Bread Panada for Forcemeat, Quenelles, &c.

326. One pound of bread; an ounce of butter or a little milk; a little salt.

Take the crumb of a new loaf, soak it in water, and then press it dry; mix it with the butter and a little salt; stir it over the fire with a wooden spoon until it forms a smooth tough paste, and ceases to adhere to the stewpan. Put the panada to cool on a clean plate, and it will then be fit for use.

A common Forcemeat for Veal or Hare.

327. Six ounces of bread-crumbs; the rind of half a lemon; one tablespoonful of minced savoury herbs; three ounces of suet, or butter; two eggs; pepper and salt; and nutmeg.

Mix with the bread-crumbs the peel of the lemon minced very fine; a tablespoonful of chopped savoury herbs, or dried ones if not able to procure them green; three ounces of finely chopped beef suet, or of butter broken into small pieces; season it with pepper, salt, and nutmeg, and bind it with two well-beaten eggs.

Sage and Onion Stuffing for Geese, Ducks, or Pork.

328. Three onions; five ounces of bread-crumbs; eight sage leaves; one ounce of butter; pepper; salt; one egg.

Wash, peel, and boil the onions in two waters to extract the strong flavour, and scald the sage leaves for a few minutes. Chop the onions and leaves very fine, mix them with the bread-crumbs, seasoned with pepper and salt, a piece of butter broken into pieces, and the yolk of one egg.

Forcemeat for Savoury Pies.

329. Half a pound of veal; half a pound of fat ham or bacon; a very few savoury herbs; two eggs; pepper; salt; nutmeg; and Cayenne; a little lemon peel; a sprig of parsley; three mushrooms.

Mince very fine half a pound of fat bacon or ham and the veal, add to them the minced herbs, lemon peel, and the seasoning of pepper, salt, nutmeg, Cayenne, and the mushrooms chopped very fine. Pound it all well together in a mortar after it has been well mixed together, and then bind it with two well-beaten eggs; stir the whole well together, and use it as directed for savoury pies.

Oyster Forcemeat.

330. Half a pint of oysters; five ounces of bread-crumbs; one ounce of butter; the peel of half a lemon; a sprig of parsley; salt; nutmeg; a very little Cayenne; and one egg.

Take off the beards from half a pint of oysters, wash them well in their own liquor, and mince them very fine; mix with them the peel of half a lemon chopped small, a sprig of parsley, a seasoning of salt, nutmeg, and a *very* little Cayenne, and about an ounce of butter in small pieces. Stir into these ingredients five ounces of bread-crumbs, and when thoroughly mixed together, bind it with the yolk of an egg and part of the oyster liquor.

Forcemeat for Haddock or Carp.

331. Two ounces of suet; two ounces of butter; two ounces of bacon; one dessertspoonful of savoury herbs; a very small sprig of parsley; half a pound of bread-crumbs; two or three eggs; pepper; salt, and nutmeg; twelve oysters.

Chop the suet *very* fine, and mix it with some lean and fat of bacon or ham minced up with the savoury herbs and parsley. Beard and chop up twelve oysters; mix them with the bread-crumbs and the butter; add it to all the other ingredients, and rub all smoothly together with the well-beaten eggs.

Egg Balls for Made Dishes or Soup.

Time, twenty minutes to boil the eggs.

332. Twelve eggs; a little flour and salt.

Pound the hard-boiled yolks of eight eggs in a mortar until very smooth; then mix with them the yolks of four raw eggs, a little salt, and a dust or so of flour to make them bind. Roll them into small balls, boil them in water, and then add them to any made dishes or soups that they may be required for.

Forcemeat Balls.

Time, six or seven minutes.

333. Half a pound of bread-crumbs; a bunch of sweet herbs; a little salt; and eggs.

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Grate half a pound of stale bread, and mix it with the sweet herbs chopped very fine, a little salt, and two hard-boiled eggs minced up; add a sufficient number of eggs to bind it together; roll it into balls, and drop them into the soup when boiling, about six or seven minutes before serving.

Onions for Garnishing.

Time, one hour.

334. Twelve onions; two or three ounces of butter, in slices; half an ounce of sugar; a little salt; one glass of stock.

Pick a dozen large onions carefully, without breaking the skins; lightly take off the stem part. Lay a few slices of butter at the bottom of a stewpan; place the onions in it; add half an ounce of powdered white sugar; one saltspoonful and a half of salt; and a gill of stock. Stew the onions over a slow fire, and reduce the sauce to a glaze. When the onions are done, and of a good colour, they are used for putting round beef, &c.

Mix the sauce remaining at the bottom of the stewpan with a little stock, and add it to the gravy.

Green Pea Garnish.

Time, twenty minutes.

335. One pint of young peas; two tablespoonfuls of white sauce; one ounce of butter; half a teaspoonful of powdered sugar; a little salt; one small onion; a sprig of parsley; two eggs.

Put the peas in a stewpan with the above ingredients; moisten them with boiling water. Boil for twenty minutes. Add two tablespoonfuls of liaison, stir it quickly together, and serve under and round fricandeau of veal, &c.

Croutons.

Time, five minutes.

336. Two rounds of a half-quartern loaf; two ounces of butter.

Cut the bread in thin slices, then shape them as you please in lozenges, crescents, stars, or larger rounds. Fry them in boiling butter a nice brown. When fried, take them out, and drain them on a cloth.

TRUFFLES.

The truffle is a species of mushroom fungus without roots. It is found in Hampshire, Wiltshire, and Kent, and is of a good size in our own country, though not so large as the Italian truffle is. In the New Forest, truffles are frequently rooted up from beneath the giant oak-trees which "came in with the Conqueror," by the hogs, who (true epicures) are extravagantly fond of them. In France they form an article of considerable traffic, and have often been purchased at fabulous prices for the royal table. They are very expensive, and chiefly used for garnishings and seasoning.

Good truffles have a pleasant flavour, and are light and elastic. Bad truffles have a musty smell. They ought to be eaten quite fresh, as their flavour is a good deal injured by drying for keeping.

To Prepare Truffles au Naturel.

Time, one hour.

337. Wash them several times in luke-warm water and brush them carefully all the time to remove every particle of earth or grit from them. Then wrap each truffle in buttered paper, and bake them in a hot oven—or (better still) roast them in hot ashes for an hour. Take off the paper, wipe the truffles, and serve them on a hot table-napkin, or use them for garnishing.

Season for Drying Herbs for Flavouring.

Basil is fit for drying about the middle of August.
Chervil in May, June, and July.
Elder-flowers, May, June, and July.
Fennel, May, June, and July.
Knotted marjoram, July.
Lemon thyme, July and August.
Mint, the end of June and July.
Orange thyme, June and July.
Parsley, May, June, July.
Sage, August and September.
Summer Savory, end of July and August.
Tarragon, June, July, and August.
Thyme, end of July and August.
Winter Savoury, end of July and August.

They must be gathered on a dry day, and cleaned and dried immediately by the heat of a stove or Dutch oven, the leaves picked off, sifted, and bottled.

Crisped Parsley.

338. Pick some handsome sprigs of curled parsley, wash them well, dip them into cold water, throw them into a pan of boiling fat, and take them out as soon as they are crisp.

It should be done after the fish, &c., it is to go with is ready, and drained from the grease before the fire for a minute or two after it is done.

A far better plan is to spread the parsley, after it is picked and washed, in a Dutch oven, or on a sheet of paper, at a moderate distance from the fire, and keep turning it till it is quite crisp; lay little pieces of butter on it, but not enough to make it greasy. This is a much better plan than that of frying.

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To Prepare Potatoes for Garnishing.

Time, half an hour to three quarters.

339. Twelve potatoes; two ounces and a half of butter; one teaspoonful of salt; a quarter of a teaspoonful of pepper; two dessertspoonfuls of chopped parsley; a pinch of grated nutmeg; two eggs; half a gill of milk; one ounce of bread-crumbs.

Boil and mash a dozen potatoes, putting to them about two ounces and a half of butter, a little pepper, salt, and grated nutmeg. Mix them well up, add one egg and half a gill of milk. Let the mash get cold, then roll it up in balls of any size and form you please, as eggs, as pears, as round pellets; egg and bread-crumb them twice, and fry them lightly.

Glaze.

340. A little cowheel jelly, a quarter of small cupful of isinglass, boil it one hour.

Put in a pan over the fire one ounce of butter, add a quarter of a pound of moist sugar, and keep the two latter ingredients over the fire until quite brown, then mix them with the above, and keep the whole simmering until it will glaze.

Fried Bread for Borders.

341. Cut some thin slices of bread, and stamp them out in any form you please. Fry them in boiling fat, one half a pale colour, the other half a fine dark brown, and when quite crisp brush one side with the white of an egg, beaten with a dust of flour, and arrange them round the edge of your dish, alternately dark and light.

Fried Bread-crumbs.

Time, two minutes.

342. Cut some bread rather thin, put it in a moderate oven until very crisp without being burnt, and then roll it very fine. Put the crumbs into a very clean frying-pan of boiling clarified dripping, or butter, and fry them as quickly as possible. When done lift them out with a slice, and set them to dry before the fire, and thoroughly drain from any grease or moisture.

STORE SAUCES—Receipt 1.

Walnut Ketchup.

Time, to boil, half an hour.

343. One hundred and twenty green walnuts; two pints and a half of vinegar; three-quarters of a pound of salt; one ounce and a quarter of whole peppers; forty cloves; half an ounce of sliced nutmeg; half an ounce of ginger.

Bruise to a mass one hundred and twenty green walnuts—gathered when a pin could pierce one—put to it the salt and a quart of vinegar; stir them every day for a fortnight, then strain and squeeze the liquor from them through a cloth, and set it aside; put to the husks half a pint of vinegar, and let it stand all night, then strain and squeeze them as before; put the liquor from them to that which was put aside, add to it the peppers, cloves, ginger, and sliced nutmeg, and boil it closely covered; then strain it, and when cold bottle it for use. Secure the bottles with new corks, and dip them in melted resin.

Mushroom Ketchup.

344. Be careful in selecting and testing the mushrooms you intend to use. The *true* mushroom has the under side flesh-coloured or pink when very young, and as it grows old it becomes dark-brown or blackish. It has a very pleasant smell, which the toadstool has not.

Let the mushrooms you use for ketchup be full grown mushroom flaps, and take care that they are gathered *in dry weather*, or the ketchup will not keep long.

Time, three hours and a half.

To each peck of mushrooms half a pound of salt.

Put a layer of mushrooms in a deep pan, sprinkle salt over them, cover the salt with another layer of mushrooms, and so on till all are laid in the dish. Let them remain a few hours, then break them in pieces.

Let the pan stand in a cool place for three days. Every morning stir and mash them up to extract their juice.

Measure the quantity of juice, and to each quart allow half an ounce of allspice, half an ounce of ginger, two blades of mace pounded, a quarter of an ounce of Cayenne. Put the whole into a stone jar, cover it very closely, set it in a saucepan of boiling water over the fire, and let it boil for three hours. Then take it up, pour it into a clean stewpan, and let it simmer by the side of the fire for half an hour. Pour it into a jug. Let it stand twelve or more hours in a cool place. Pour it into another jug and strain it off for bottling. Pour it through a strainer into the bottles, add to each quart of liquor thirty drops of brandy. Cork the bottles very closely.

Hot Vinegar.

345. Chop fine two cloves of garlic, put this into a bottle, with a pint of vinegar, a tablespoonful of Worcester sauce, a teaspoonful of salt, an ounce of ground white pepper, and half an ounce of Cayenne. Shake it up well, then let it remain for a

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month. Strain it through fine muslin, and bottle it in small bottles, which should be well corked down.

Devil Hot.

346. To three quarts of the best vinegar put eight ounces of salt, two ounces of ginger, half an ounce of mace, quarter of a pound of shallots, one ounce of white pepper, one ounce of mustard seed, half a tablespoonful of good Cayenne pepper. Boil it all together, and when cold put it into a jar.

Gather any fruit or vegetables you like, wipe them, and put them into the pickle. Secure the jar by tying leather and a bladder over it.

Lemon Vinegar.

Time, nine weeks.

347. Two dozen and a half of lemons; four ounces of garlic; one handful of horseradish; one gallon of vinegar; one ounce of mace; half an ounce of cloves; one ounce of nutmeg; half an ounce of Cayenne; half a pint of mustard seed.

Grate off the outer rinds of the lemons with a piece of glass, cut them across but do not quite separate them; work in as much salt as you can with the fingers; spread them on a large pewter dish, and cover them quite over with salt; then put them into a cool oven three or four times, until the juice is dried into the peels; they must be hard but not burned. Then put to them the garlic peeled, the horseradish sliced, and again place them in the oven till there is no moisture left. As the salt dissolves work in more. Put the vinegar into a stewpan with the cloves pounded, the mace beaten fine, the nutmeg cut into slices, and the Cayenne and mustard slightly bruised, and tied in a muslin bag. Boil all these ingredients with the vinegar, and pour it boiling hot on the lemons. The jar must be well closed, and let stand by the fire for six days, shaking it well every day. Then tie it down and let it stand for three months to take off the bitterness. When it is bottled, the pickle must be put into a hair or lawn sieve two or three times, till it is as fine as possible. After the lemon pickle is cleared off, add about one quart of boiled vinegar to the remaining ingredients, and after it has stood for some time it is excellent for hashes, &c., &c.

This pickle may be put into white sauce, one spoonful being sufficient; two spoonfuls for brown sauce. It is also good for fish, fowls, or any made dish, care always being taken to put it in before the sauce is mixed with cream, or the acid may curdle it.

Chetney Sauce.

Time, four or five weeks.

348. Quarter of a pound of raisins; quarter of a pound of apples; quarter of a pound of moist sugar; quarter of a pound of tomatoes; two ounces of tamarinds; one tablespoonful of salt; ditto of Cayenne; teaspoonful of pounded ginger; two large onions; a little lemon peel; one pint of lemon juice; one quart of vinegar.

Stone and cut up into rather large pieces a quarter of a pound of pudding raisins; add to these a quarter of a pound of apples chopped in small pieces, the same quantity of moist sugar and chopped tomatoes, from which you have taken the seeds, two ounces of tamarinds, a tablespoonful of salt, ditto of Cayenne, a teaspoonful of ground ginger, two large onions chopped fine, very little chopped lemon peel, a pint of lemon juice, and one quart of vinegar; mix all these ingredients well together, then put them into a jar, well covered. Stir the mixture every day for four or five weeks, and if at the end of that time it is too thin, pour enough of the liquid away to make it of a proper thickness, but not dry, bottle the chetney in bottles or jars for use.

Reading Sauce.

Time, three hours.

349. Two pints and a half of walnut pickle; one quart of water; half an ounce of ginger; half an ounce of pepper; one ounce and a half of shallots; one ounce of mustard seed; half an ounce of Cayenne pepper; one anchovy; a dried bay-leaf; three-quarters of a pint of Indian soy.

Put the walnut pickle into a stone jar with the shallots (first bruised in a mortar), place the jar in the oven till the liquor is reduced to two pints; then bruise the anchovy, mustard seed, ginger, and pepper, and put all into another jar with the Cayenne and the quart of water; put this jar before the fire, and let it boil for rather more than an hour, that the flavour of all may be extracted. Then mix the contents of the two jars together, stirring them well as you do so. When thoroughly mixed boil them slowly for half an hour, then cover them down closely, and let them stand in a cool place for twenty-four hours. Add the bay-leaves, and let it remain for a week, closed down; then strain it through a thick flannel bag, and put it i to bottles, corking it down.

Jipper's Sauce.

Time, a few minutes.

350. Juice of four lemons; a few pieces of lemon peel; a little tamarind juice; a

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small quantity of salt; half a teaspoonful of Cayenne.

Simmer the above for a few minutes, and then turn it into a basin; strain through a fine strainer. When cold, bottle it into small bottles, which cork well and keep in a dry place, free from damp.

Nasturtiums used as Capers.

351. Besides being great ornaments to our flower gardens, nasturtiums supply us with a useful adjunct to frugal tables. They save the expense of capers.

Gather the seeds ("cheeses" country children call them) of the nasturtiums, and keep them for a few days on a paper tray; then put them into empty pickle bottles, pour boiling vinegar over them, and leave them to cool. When cold, cover them closely down.

They will be fit to eat the next summer in lieu of capers, with boiled mutton.

The Epicure's Sauce.

Time, two or three weeks.

352. One capsicum; two shallots; one or two birds'-eye chilies; two tablespoonfuls of port wine; six tablespoonfuls of mushroom ketchup; half a teaspoonful of Cayenne, and the same of whole pepper; half a pint of vinegar.

Put all into a bottle, which keep in a warm place for two or three weeks. Then strain, and add half a pint of vinegar.

Carrack.

Time, one month.

353. Eight pickled walnuts; one head of garlic; half a tumblerful of walnut vinegar, soy, and mushroom ketchup; one tablespoonful of Harvey sauce; one quart of vinegar.

Chop eight pickled walnuts and one head of garlic, put these into a large jar; add walnut vinegar, soy, and mushroom ketchup, of each half a tumblerful, a tablespoonful of Harvey sauce, and one quart of vinegar; put the jar in a dry place, and shake it every day for a month; a few spoonfuls of mango pickle is a great improvement.

Walnut Vinegar for Sauces, &c.

Time, a little more than a month.

354. Put some green walnut-shells into salt and water, sufficiently strong to bear an egg. At the end of ten or fourteen days drain them from the brine and lay them in the sun for nine days, then put them into a stone jar, cover them with boiling vinegar, and at the end of a week pour it off; boil it again, pour it over the walnut-shells, and tie them closely over for use.

Horseradish Vinegar.

Time, twelve days.

355. Six ounces of young horseradish; three pints of vinegar.

Scrape the horseradish, and pour over it the boiling vinegar, cover it closely over, and let it stand for ten or twelve days; then pour off the vinegar and bottle it up for use. It may remain some considerable time before it is poured from the horseradish, but if required may be used in ten or twelve days.

Chili Vinegar.

Time, three weeks.

356. Forty-eight chilies; one pint of vinegar.

Chop and pound in a mortar four dozen fresh chilies, and put them into a bottle with a pint of strong vinegar, shake the bottle every day, and in three weeks it will be ready for use.

Lemon Flavouring.

Time, one month.

357. Fill some bottles with the rinds of some fine fresh lemons, cut as thin as possible; add the kernels of some peaches or plums, blanched, and fill up the bottles with brandy; let it stand for nearly a month, then strain it off, put it into bottles, and cork them well down.

Cayenne Vinegar.

358. Put half an ounce of Cayenne pepper into a bottle with a pint of white wine vinegar; cork it tightly, and shake it well for a few days; it will be soon ready for use.

Eschalot Vinegar.

359. Put into a quart bottle nearly full of vinegar, five ounces of eschalots which have been well bruised, and add half a teaspoonful of Cayenne pepper, cork the bottle well, shake it up, and then leave it for a fortnight; at the end of this time, strain it through fine muslin, and bottle it again.

BEEF.

To Dress Beef.

Have a *good* fire.

Do not place the meat too near it at first.

Baste it often.

In frosty weather thaw it before putting it down.

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Time to roast brown meats, a quarter of an hour to each pound.

White meats, a quarter of an hour to each pound, and twenty minutes over; in cold weather perhaps a *little* longer; in warm weather not *quite* so long.

Time to boil, about the same time reckoned from the moment the pot *boils*.

Stewing should be a very slow process. Time generally given in the receipts.

Care and attention required for *all* methods.

Beef is in season all the year; but salt beef is best in winter.

To make Tough Meat Tender.

360. Soak it in vinegar and water; if a very large piece, for about twelve hours.

For twenty pounds of beef use six quarts of water to one pint and a half of vinegar, and soak it for six or seven hours.

Sirloin of Beef.

Time, a quarter of an hour to each pound of meat.

361. Make up a good fire; spit or hang the joint evenly, at about twelve inches from it. Put a little clarified dripping in the dripping-pan, and baste the joint well as soon as it is put down to dress; baste again every quarter of an hour till about twenty minutes before it is done; then stir the fire and make it clear; sprinkle a little salt, and dredge a little flour over the meat, turn it again till it is brown and frothed. Take it from the spit, put it on a hot dish, and pour over it some good made gravy, or mix the gravy left at the bottom of the dripping-pan with a little hot water and pour it over it. Garnish with fine scrapings of horseradish in little heaps. Serve Yorkshire pudding with it on a separate dish. Sauce: horseradish.

Roast Ribs of Beef.

Time, a quarter of an hour to the pound.

362. The chine-bone and the upper part of three rib-bones should be taken off, and the flap-ends fastened under with very small skewers. The joint is roasted and served as the sirloin.

Ribs of Beef Rolled.

Time, twenty minutes to the pound, or fifteen minutes, and half an hour over.

363. Order the butcher to take out the bones of the joint. Roll it into a round, and fasten it with skewers and a broad piece of tape in the shape of a round. Place it at the distance of twelve inches before a large fire till it is partly dressed; then move it gradually forward towards the fire. Put some clarified dripping in the pan, baste it the moment the dripping melts, and do the same every quarter of an hour. Just before it is done—*i. e.*, about twenty minutes before you remove it from the spit, dredge it with flour and baste it with a little butter. Remove the tape and skewer, and fasten it with a silver skewer instead. Serve with good gravy over it.

Horseradish sauce.

To Boil Beef.

Reckon the time from the water coming to a boil.

364. Keep the pot boiling, but let it boil *very slowly*. If you let the pot cease boiling, you will be deceived in your time; therefore watch that it does not stop, and keep up a sufficiently good fire. Just before the pot boils the scum rises. Be sure to skim it off carefully, or it will fall back and adhere to the meat, and disfigure it sadly. When you have well skimmed the pot, put in a little cold water, which will cause the scum to rise again. The more carefully you skim, the cleaner and nicer the meat boiled will look.

Put your meat into cold water. Liebig, the great German chemist, advises us to plunge the joint into boiling water, but the great cook, Francatelli, and others of the same high standing, recommend cold; and our own experience and practice are in accordance with the cook rather than the chemist. Put a quart of cold water to every pound of meat. Allow twenty minutes to the pound from the time the pot boils and the scum rises.

It is more profitable to boil than to roast meat.

Aitchbone of Beef.

Time, twenty minutes to the pound.

365. Three-quarters of a pound of salt; one ounce of moist sugar; aitchbone weighing ten pounds; two gallons and a half of water.

Dry the salt, and rub it with the sugar in a mortar, then rub it well into the aitchbone of beef. Turn the joint and rub in some pickle every day for four or five days. Wash it well before you boil it. Put it into a large boiling pot, so as to let it be well surrounded and covered with cold water in the above proportion, set the pot on one side of the fire to boil gently; if it boils fast at first nothing can prevent the meat from becoming hard and tough. The

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slower it boils the tenderer it will be and the better it will cook.

The soft fat which lies on the back of an aitchbone of beef is delicious when hot, the hard fat is best cold.

Save the liquor in which this joint is boiled for pea-soup.

Garnish with slices of turnip and carrot.

Silverside of Beef Boiled.

Time, a quarter of an hour to each pound.

366. Ten or twelve pounds of the silver-side of beef; three gallons of water.

After the beef has been in the pickle for about nine or ten days, take it out and wash it in water, skewer it up in a round form, and bind it with a piece of tape. Put it into a large stewpan of water, and when it boils remove the scum very carefully, or it will sink and spoil the appearance of the meat. Then draw the saucepan to one side of the fire, and let it simmer slowly until done. When ready to serve, draw out the skewers and replace them with a silver one. Pour over it a little of the liquor in which it has been boiled, and garnish with boiled carrots and parsnips.

When taken from the water, trim off any soiled part from the beef before sending it to table.

Tom Thumb Round of Beef.

Time, nearly three hours.

367. Nine or ten pounds of rib of beef; two gallons and a half of water.

Select a fine rib of beef, from nine to ten pounds; have the bone removed, it will make a gravy for anything you may require; rub a little salt over the inside of the rib, roll it like a fillet of veal, and bind it round with a tape or a few wooden skewers; place it in sufficient pickle to cover it, and let it remain in it five or six days, turning it every morning. When it is required, place it in a stewpan of very hot water (to prevent the gravy from being drawn out), and let it only *simmer*, not *boil*, according to the size of the joint, allowing the full time for each pound of meat. When done, remove the skewers and replace them with a silver or plated one.

Beef Bouilli.

Time, a quarter of an hour to each pound of meat, and another extra twenty minutes.

368. Round or part of a round of beef or brisket, pieces of any meat you have, such as trimmings of beef, veal, or lamb, or giblets of poultry. Enough water to well cover the meat; salt and pepper to taste; two carrots sliced; one onion; one bunch of parsley; one teacupful of butter; one teacupful of browned flour; one wineglass of wine or one of mushroom ketchup.

Take the bone out of a round of beef or part of one, tie in a neat shape with a strong cord, put it into a stewpan; add to it any remains of meat or giblets which you have. Cover it with water, set it over a slow fire, and as it boils skim it carefully; add the carrots, onion, and parsley; then put in the flour and butter. Cover it for twenty minutes. Take up the meat, strain the gravy and add the wine or ketchup to it. Pour it over the meat.

If you stew the bone which has been taken out with the meat, the gravy will be all the better.

A Beef Stew.

Time, two hours aud twenty minutes.

369. Two or three pounds of the rump of beef; one quart of broth; pepper and salt; the peel of one large lemon, and the juice; two tablespoonfuls of Harvey sauce; one spoonful of flour; a little ketchup; one glass of white wine.

Cut away all the skin and fat from two or three pounds of the rump of beef, and divide it into pieces about two or three inches square; put it into a stewpan, and pour on it a quart of broth; then let it boil, and sprinkle in pepper and salt to taste. When it has boiled very gently, or simmered two hours, shred finely the peel of a large lemon, and add it to the gravy. In twenty minutes pour in a flavouring, composed of two spoonfuls of Harvey sauce, the juice of the lemon, the flour, and a little ketchup. Add at pleasure a glass of sherry, a quarter of an hour after flavouring it, and serve.

Stewed Shin of Beef—A Family Dish.

Time, four hours and a quarter.

370. A shin of beef; one bunch of sweet herbs; one large onion; one head of celery; twelve black pepper corns; twelve allspice; three carrots; two turnips; twelve small button onions.

Saw the bone into three or four pieces; put them into a stewpan, and *just* cover them with cold water. When the pot simmers, skim it clean; and then add the sweet herbs, onion, celery, peppers and allspice. Stew it very gently over a slow fire till the meat is tender. Then peel the carrots and turnips and cut them into shapes; boil them with the button onions till tender. The turnips and onions will take a quarter of an hour to boil, the carrots *half* an hour. Drain them carefully. Put the meat when done on a dish, and keep it warm while you prepare some gravy thus: (*i.e.*)

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Take a teacupful of the liquor in which the meat has been stewed, and mix with it three tablespoonfuls of flour; add more liquor till you have a pint and a half of gravy. Season with pepper, salt, and a wineglass of mushroom ketchup. Boil it up, skim off the fat, and strain it through a sieve. Pour it over the meat and lay the vegetables round it.

To Dress the Inside of a Sirloin.

Time, one hour.

371. The inside of a sirloin; a pint and a half of good gravy; one tablespoonful of ketchup; half a blade of mace; pepper and salt.

Cut the inside from a sirloin of beef, and put it into a stewpan with a pint and a half of good gravy, a tablespoonful of ketchup, and a little mace, pepper, and salt. Let it stew slowly for about an hour, and serve with piquante or horseradish sauce.

A la Mode Beef.

Time, five hours and a half.

372. Six or seven pounds of buttock of beef; two ounces of beef dripping; two large onions; six black peppers; sixteen allspice; three bay-leaves; one gallon of water.

Put the beef dripping and onions into a large deep stewpan over the fire. As soon as it is hot, cut the meat into pieces of about three ounces each, dredge these pieces well with flour, put them into the stewpan and stir them continually with a wooden spoon. When the beef has been in ten minutes, dredge in some more flour till it is well thickened; then add *gradually* to it (stirring it all the time, a gallon of boiling water; add the allspice, peppers, and bay-leaves. Place the stewpan at the side of the fire and let it simmer very slowly till done.

Beef Olives.

Time, to stew, one hour and a half.

373. A pound and a half of rump steak; three yolks of eggs; a little beaten mace; pepper and salt; a teacupful of bread-crumbs; two ounces of marrow or suet; a sprig of parsley; the rind of half a lemon; one pint of brown gravy; a tablespoonful of ketchup; one of browning; a teaspoonful of lemon pickle; a piece of butter rolled in flour; eight forcemeat balls.

Cut the steak into slices of about half an inch thick and six or seven inches long, rub them over with the yolk of a beaten egg, and strew thickly over them some bread-crumbs, the marrow or suet chopped fine, then the parsley minced, the grated rind of half a large lemon, a little beaten mace, and some pepper and salt, all mixed well together. Roll each olive round, fasten it with a small skewer, and brown them lightly before the fire in a Dutch oven. Then put them into a stewpan with the gravy, ketchup, browning, and lemon pickle, thicken it with a piece of butter rolled in flour, and serve the olives in the gravy. Garnish with forcemeat balls.

Breslau of Beef.

Time, half an hour.

374. Half a pound of under-dressed roast beef; three ounces of bread-crumbs; two tablespoonfuls of minced parsley and thyme; three ounces of butter; half a cupful of gravy; three eggs; half a teaspoonful of salt; a little grated nutmeg; one teaspoonful of grated lemon peel; pepper and Cayenne to taste.

Trim the brown edges from the beef, shred it very small, and mix it with fine bread-crumbs, minced parsley and thyme, the grated lemon peel, and butter broken into very small pieces; pour on the mince a cupful of gravy (or, if you have it, a cupful of cream); add the three eggs *thoroughly beaten*. Season it well with pepper, Cayenne, salt, and nutmeg, if to your taste. Butter some coffee cups or the tin cups sold for poaching eggs in, put the Breslau into them, bake it for half an hour and serve. Garnish with egg balls, sauce Espagnole, or good gravy.

Fillets de Bœuf.

Time, eight minutes.

375. Under cut of sirloin of beef; one lemon; two ounces of butter; and a little good gravy.

Cut the *undercut* of a sirloin of beef into small slices; fry them for eight minutes in two ounces of butter. Warm the gravy and squeeze half a lemon into it, seasoning it to your taste. Put a mould of mashed potatoes into the centre of a very hot dish. Stand the *fillets* or slices of beef round it, leaning them against the side of the potatoes. Pour round them the gravy as prepared. This dish must be served as hot as possible.

We must beg our lady readers who are obliged to keep house economically, not to be frightened at the idea of having fillets de bœuf (which are seldom seen in middle-class houses), at their table. A little ordinary care, attention, and practice, will enable a tolerable cook to do them well, and they are especially nice dishes. Moreover,

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they give two fresh dishes from one joint. Use the under-cut of the sirloin, we will say, for example, on the Saturday for fillets de bœuf, and you have your sirloin still ready for the spit on Sunday. It is true that in order to have them you must order a tolerably large joint, but in a large family a good-sized joint is economical, because it wastes less by drying up in cooking. For small families a small dish of fillets de bœuf may be made from a joint weighing ten pounds or even less.

Fillets de Bœuf a la St. Aubyn.

Time to fry, eight minutes.

376. Inside of a sirloin of beef; a quarter of a pint of best olive oil; three ounces of butter; a bouquet of parsley; chervil and lemon thyme; half of a shallot; fifteen drops of vinegar.

Cut out the inside of a sirloin of beef, beat it well to make it tender, cut it in slices, trimming them neatly; lay them in the oil and let them soak for ten minutes, then fry them in butter. Slice some potatoes and fry them in plenty of lard. Chop up as finely as possible the sweet herbs with the shallot and the vinegar, put them in the centre of a hot dish, and lay the fillets and slices of potatoes round them. This dish is especially appetizing.

Beef Cakes.

Time, ten minutes.

377. Any remains of under-dressed beef; salt and pepper to taste; a few sprigs of parsley; one egg; mashed potatoes equal to one-third of the quantity of meat.

Mince the meat very fine. Boil and mash potatoes equal to one-third the quantity of your meat, mix them nicely with it; season with the pepper and salt; mince up and add the parsley to it. Then beat up the yolk of one egg, mix it with the mince to bind it. Wash your hands and flour them. Make the mince into cakes about the size round of the top of a teacup and half an inch thick, flour them, and fry them a nice brown in hot beef dripping or lard. Serve on a cloth with a garnish of fried parsley.

Beef Palates.

Time, three hours to boil.

Beef palates are not often seen at the tables of the middle classes, but they would be a great addition to the ordinary fare. They are not expensive at all, and four are enough for a dish.

378. Four palates; one pint and a half of white stock.

Soak them for four or five hours, to make them disgorge, in a pan of lukewarm water. Then put them into a stewpan with clean water and set them over the fire. While the palates are hard, take them out, dip them into cold water and scrape off the skin; if it will not come off easily replace them in the stewpan till it will, scrape them till they are white and clear looking; then boil them in white stock till they are perfectly tender. Take them up, press them flat between two plates, and let them get cold. Cut them into square pieces and stew them in curry sauce, or according to the following receipt:—

To Stew Beef Palates.

Time, four hours and a half.

379. Four palates; one pint of veal gravy; one tablespoonful of wine; one of ketchup; one of browning; one onion stuck with cloves; and a slice of lemon; with forcemeat balls.

Wash four palates and make them disgorge as directed before. Take off the skin. Boil them until quite tender, and cut them into pieces half an inch broad and three inches long. Put them into a stewpan with a pint of veal gravy, one tablespoonful of white wine, the same of ketchup and of browning, one onion stuck with cloves, and a slice of lemon; thicken the gravy with a little butter rolled in flour. Stew for four hours and a half, put the palates on a hot dish, pour the gravy over them. Garnish with forcemeat balls.

To Broil Beef Palates.

Time to simmer, one hour; to broil, five minutes.

380. Three beef palates; pepper and salt; one shallot; one clove; a bunch of thyme and parsley; yolk of one or two eggs; a few bread-crumbs; a pint and a half of milk.

Wash and soak three palates, and boil them until tender, removing the skin. Then put them into a stewpan with a pint and a half of new milk, a little pepper and salt, one clove, a shallot, a bunch of thyme and parsley, and a piece of butter rolled in flour. Let the whole simmer slowly for one hour, then take them out, brush the palates over with the yolk of a beaten egg, dip them into bread-crumbs, and broil them lightly. Place them on a hot dish, and serve them with piquante or any sharp sauce.

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Bullock's Heart Stewed.—American Receipt.

Time, according to size, from two to three hours to stew.

381. One heart; forcemeat of one egg; two ounces of bread-crumbs; one sprig of thyme; one sprig of parsley; a small piece of lemon peel; six ounces of butter; one tablespoonful of flour; one of fine pepper; one of salt; one cup of wine; three pints of hot water.

Soak the heart for two hours in warm water; take the strings from the inside, and fill it with the forcemeat, which is made of the bread-crumbs, the thyme and parsley finely chopped, two ounces of butter, the minced peel of the lemon, and the yolk of an egg to bind it together, seasoned with pepper and salt. Put the heart into a stewpan with three pints of hot water, cover it and let it stew slowly until it is tender; skim it clean; then if the water is not nearly boiled away, take out all *above* half a pint; add a quarter of a pound of butter cut in small pieces, one tablespoonful of flour, a teaspoonful of pepper, the same of salt. Cover the stewpan and set it over a moderate fire. When the lower side begins to brown, turn the other and brown it also. Take it up, add a glass of wine to the gravy, and let it boil up once; stir it smooth, and pour it over the heart through a fine sieve.

Instead of wine, tomato sauce may be used in the gravy, or you may squeeze the juice of half a lemon into the gravy, if you have neither wine nor sauce.

To Dress a Bullock's Heart.—English Fashion.

Time, two hours.

382. One heart; veal stuffing; half a pint of rich gravy.

Soak a bullock's heart for three hours in warm water; remove the lobes, and stuff the inside with veal forcemeat; sew it securely in; fasten some white paper over the heart, and roast it for two hours before a strong fire, keeping it basted *frequently*. Just before serving, remove the paper, baste, and froth it up, and serve with a rich gravy poured round it, and currant jelly separately.

Boiled Marrow Bones.—Served on a Napkin, or on Toast.

Time, two hours.

383. Saw the bones any size you may prefer. Cover the ends with a common paste of flour and water, tie a cloth over them, and place them in a small stewpan, with sufficient boiling water to cover them. When sufficiently boiled, serve them upright on a napkin; or when boiled, take out the marrow, and spread it on toasted bread cut into small square slices; season it with a little pepper and salt, and send it to table quickly.

Cow Heel.

Time, ten minutes.

384. Cow heel; yolk of egg; bread-crumbs; a sprig of parsley; Cayenne; pepper and salt; a piece of butter.

Having thoroughly washed, cleaned, and scalded it, cut the heel into pieces about two inches long and one inch wide; dip them into the yolk of a beaten egg; cover them with fine bread-crumbs mixed with chopped parsley, Cayenne, and a little pepper and salt; fry them in boiling butter, and arrange them neatly on a hot dish.

Beef Fritters.

Time, ten to twelve minutes.

385. Some cold roast beef; ten ounces of flour; two ounces of butter; a cupful of water; whites of two eggs.

Mix to a smooth batter ten ounces of flour with a teacupful of water; warm the butter and stir it into the flour, with the whites of two eggs whisked to a stiff froth. Shred the beef as thin and small as possible; season it to your taste, and add it to the batter. Mix all well together, and drop it into a pan of boiling lard or beef dripping. Fry the fritters on both sides a nice brown, and when done, drain them from the fat, and serve them on a folded napkin.

Ox-Tongue.

Time, one hour to warm; two hours and a half, if large, to simmer.

386. Choose a plump tongue with a smooth skin, which denotes the youth of the animal.

If it has been salted and dried, soak it before you boil it for twenty hours in plenty of water. If it is a green one fresh from the pickle, soak it only three or four hours. Put it into cold water, let it gradually *warm* for one hour; then let it slowly simmer for two hours and a half. Plunge it into cold water, in order to remove the furred skin. Bend it into a nice shape with a strong fork; then trim and glaze it if it is to be served as a cold tongue, and ornament the root with a frill of cut paper or vegetable flowers; when hot garnish with aspic jelly. If it is to be served hot, as an *entrée*, it must be wrapped in a greased paper and warmed again in hot water, after removing the coating; serve, when thus garnished, with macaroni or tomato sauce.

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To Roast a Fresh Tongue.

Time, to boil, two hours and a half; to roast, half an hour.

387. The tongue; twenty-four cloves; a quarter of a pound of butter; about six ounces of bread-crumbs; two eggs.

Soak the tongue till it has thoroughly disgorged in lukewarm water, for about ten or twelve hours. Trim and scape it, stick it over with the cloves, and boil it slowly for two or (if large) three hours. Then take it up and brush it over with the yolks of the eggs, sprinkle it with bread-crumbs. Run a long iron skewer through it and roast it of a nice brown, basting it constantly with butter. Put it on a hot dish, and pour round it half a pint of good gravy, with a glass of wine. Serve it with red currant jelly.

To Boil Reindeer Tongues.

Time, two hours to simmer.

388. The proper way to prepare reindeer tongues for boiling, is to soak them in a pan of cold water for three hours, and then expose them to the air; this must be repeated three times. Then scrape them very clean, put them into a stewpan of cold water, and bring them gradually to a boil. Let them simmer slowly, skimming them carefully all the time. Serve them on a table-napkin.

Ox-cheek Cheese.—A Homely American Receipt.

Time, four hours.

389. Half an ox-head; one teaspoonful of fine salt; half a teaspoonful of pepper; one tablespoonful of powdered thyme; enough water to cover the head.

Split an ox-head in two, take out the eyes, crack the side bones, and lay it in water for one whole night. Then put it in a saucepan with sufficient water to cover it. Let it boil very gently, skimming it carefully. When the meat loosens from the bones take it from the water with a skimmer, and put it into a bowl. Take out every particle of bone, chop the meat very fine, and season it with a teaspoonful of salt, and half a teaspoonful of pepper; add a tablespoonful of powdered thyme. Tie it in a cloth and press it with a weight. When cold, it may be cut in slices for dinner or supper. The gravy remaining will make a rich broth if a few vegetables be stewed in it.

Pressed Beef.

Time, five hours.

390. Ten or eleven pounds of the flank; two pounds of salt; half a pound of moist sugar; a quarter of an ounce of saltpetre.

Take about ten or eleven pounds of the thin flank, and rub well into every part two pounds of salt, and half a pound of moist sugar mixed with the saltpetre dissolved, repeat the rubbing with the pickle every day for a week; and then roll it round and bind it with a wide piece of tape. Have ready a stewpan of scalding water, put in the beef, and when it simmers allow five hours for ten pounds of meat. When sufficiently done, drain off the water in which it was boiled, and pour cold spring water over it for six or eight minutes, drain it on a sieve reversed, and then place it on a board with a weight on it to press the meat well. Then remove the tapes, trim it neatly, and serve it when required.

Beef to Eat Cold.

Time, to pickle, twelve days; to stew, seven or eight hours; to press, twelve hours.

391. Six or seven pounds of the brisket of beef; one ounce of bay salt; half an ounce of sal prunella; two ounces of coarse brown sugar; half a teaspoonful of mixed spices.

Take six or seven pounds of the brisket of beef, put it into a small earthen pan, and rub it well with common salt for four days, turning and rubbing it every morning. Then salt it with the above ingredients, mixed and pounded; let it remain for eight days, rubbing and turning it daily, that it may imbibe the pickle. Before setting it on the fire to stew, strew over it and insert between the flaps half a teaspoonful of mixed spice. Put it in a cloth, and boil it gently for six or seven hours. Then take out the bone, wrap it tightly in a cloth, and put it between two boards with a heavy weight placed upon it for twelve hours. This beef, when cold, is very good for breakfast or luncheon.

Collared Beef.

Time, half an hour to the pound.

392. Six and a half or seven pounds of the thin end of the flank of beef; pickle made of one ounce of saltpetre; six of salt; a little coarse sugar (about two ounces); three ounces of powdered herbs.

Let the beef remain in this pickle for ten days, turning and rubbing it daily. Bone it and remove the skin, gristle, &c. Sprinkle it with powdered herbs, and season it highly with salt and pepper. Roll it up in the shape of a brawn, or fillet of veal, and bind it firmly with a broad tape; wrap a cloth round it, and boil it gently. When it is done, put it under a heavy weight (without loosening it from the bandage) and let it remain till cold.

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Spiced Beef.

Time, according to weight.

393. The thin part of the ribs of beef; half an ounce of cloves; half an ounce of mace; half an ounce of black pepper; half an ounce of Jamaica pepper; and some chopped parsley.

Take the thin part of a piece of beef, after the rib piece (called the flap) has been cut off, if any of the ends of the bones are left, take them out. Rub it well with salt, and let it lay in pickle two days; then take the above quantities of spice and a little chopped parsley, and spread the whole equally over the beef; roll it up neatly and tie it very tight. Set it in a stewpan over a moderate fire, and let it stew slowly till quite tender. Then press it well, and when cold it will be fit to serve. The spices are to be laid on whole.

Beef Liver for Gravy.

Time, twenty-four hours.

394. The liver must be first hung up to drain; after that salt it well and leave it twenty-four hours in a dish. Then hang it up to drain, and when it has ceased dripping hang it in a dry place for use. It is excellent for gravy to cutlets and all made dishes.

Broiled Steak.

Time, eight to ten minutes.

395. Rumpsteak; one ounce of butter; one tablespoonful of mushroom ketchup; pepper and salt.

Rumpsteak is best for broiling and frying; beefsteak for stewing.

Take care that the butcher cuts the steak the right thickness—*i.e.*, about three-quarters or half an inch. Divide it in halves. Place the gridiron over a clear fire, and rub the bars with suet to prevent the meat from adhering to them. Place the two steaks on it and broil them, turning them frequently with the steak tongs, or if with a fork, *carefully* pricking it through the fat. If the steak itself is pricked, the gravy will run out and it will harden. Have ready a hot dish on which you have placed a lump of butter the size of a large walnut, a tablespoonful of mushroom ketchup, and a little salt and pepper. Lay the steaks (rubbing them lightly over with butter) on the dish, and serve as quickly as possible.

An Indian Mode of Dressing Beefsteaks.

Time, twenty minutes.

396. One pint of water; one onion; one spoonful of walnut ketchup; pepper and salt; butter to fry the steak; a little flour and butter for thickening.

Fry a tender rumpsteak in butter to a good brown, then pour in the water on it, add the onion sliced, the ketchup and seasoning. Cover it closely with a dish, and let it stew gently. When tender, thicken the gravy with a piece of butter rolled in flour.

Rumpsteak Fried.

Time, twenty minutes.

397. Broiling is the best mode of cooking steaks and chops; if, however, you prefer a steak fried, do not cut it quite as thick as for broiling, and leave a little fat on it.

Put some clarified dripping in the pan and let it boil; Then lay the steak in the boiling fat and fry it, moving the pan about to prevent it from burning; when one side is well done, turn it on the other with your meat-tongs—if you do not possess a pair, turn it with a fork, but take care not to stick the fork into the juicy part of the stake, put it in the fat or in the edge of the meat. When the steak is done, lay it on a hot dish, with a little made gravy, or a lump of butter and a tablespoonful of ketchup. Season with pepper and salt. Tomato sauce is sometimes eaten with beefsteak.

Fried Onions and Rumpsteak.

Time, twenty minutes.

398. A rumpsteak; three onions; a good-sized piece of butter; and a little salt.

Fry a rumpsteak a nice brown, and put it into a hot dish with a good-sized piece of butter on the top; or pour the fat from the pan, put in a little water, shake it about, let it just boil, and pour it over the steak. Have ready the onions, cut into thin rings, and again divided across; fry them lightly, and when done drain them on a colander before the fire, stirring in a little salt. Serve them in a separate dish, as the flavour of onions is often disliked.

Steak Stewed in a Plain Way.

Time, forty minutes altogether.

399. Half a pint of water; one onion; a spoonful of walnut ketchup; a little caper liquor; a piece of butter rolled in flour; and some pepper and salt.

Fry the steaks in butter a good brown, then put in a stewpan half a pint of water, one onion sliced, a tablespoonful of walnut ketchup, a little caper liquor, pepper and salt. Cover the pan close, and let them stew slowly. Thicken the gravy with a piece of butter rolled in flour, and serve them on a hot dish.

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Beefsteaks and Oysters Stewed.

Time, one hour and twenty minutes.

400. A pound and a half of beefsteaks; two ounces of butter; half a pint of water; a dozen and a half of oysters; five dessertspoonfuls of port wine; pepper and salt.

Put into a stewpan a pound and a half of beefsteak, with two ounces of butter and a little water; when the meat is a nice brown, pour in half a pint of water, a little pepper and salt, and the liquor strained from the oysters. Set the pan over a moderate fire, and let the meat stew gently; then add five dessertspoonfuls of port wine, a piece of butter rolled in flour, and the oysters. Stew it all together till the oysters are done, and serve it up very hot.

Broiled Steak with Oyster Sauce.

Time, half an hour.

401. A pound and a half of beefsteak; two dozen oysters; a little mace; peel of half a lemon; a little butter rolled in flour; pepper; salt; and a tablespoonful of cream.

Strain the liquor from the oysters, and throw them into cold water. Simmer the liquor with a little mace, and the peel of half a lemon; then put the oysters in. Stew them a few minutes; add a little cream if you have it, and a piece of butter rolled in flour. Let it boil up once; have a pound and a half of rumpsteak seasoned and broiled, put it in the dish, and pour the oyster sauce over it the moment it is ready to serve.

Fritters of Beef.

Time, eight minutes to fry.

402. Some slices from the under-cut of the sirloin; two or three eggs; a small teaspoonful of white pepper; the same of allspice in powder; a little nutmeg; and sufficient flour and water to make a stiff batter.

Cut some thin slices of beef from the under-cut of the sirloin, and dip each slice into a stiff batter, made of eggs, flour, water, and a seasoning of pepper, allspice, and nutmeg. Have ready a pan of boiling lard or butter, and when the slices are well covered with the batter, put them in and fry them a nice brown. Serve them very hot with mashed potatoes.

Bubble and Squeak.

Time, twenty minutes.

403. About one pound of slices of cold boiled beef; one pound of chopped potato; one pound of chopped-up cabbage—both previously boiled; pepper; salt; and a little butter.

Chop up and fry the cold potatoes and cabbage with a little pepper, salt, and a good large piece of butter. Set it aside to keep hot. Lightly fry some slices of cold boiled beef; put them in a hot dish, with alternate layers of vegetable, piling it higher in the middle.

Savoury Minced Collops.

Time, ten minutes.

404. A pound and a quarter of rumpsteak; a bunch of savoury herbs; a quarter of a teaspoonful of salt; a little pepper; two ounces of butter; a tablespoonful of flour; and a tablespoonful of ketchup, or lemon juice.

Put two ounces of butter and a tablespoonful of flour into a stewpan, and when it becomes of a light brown colour, add a tablespoonful of finely-chopped savoury herbs, and a little pepper and salt. Stir these over a slow fire until they are well browned; mince the steak very fine, and stir it into the herbs and browning; then add nearly half a pint of boiling water, and stew all together very slowly for ten or twelve minutes; then add the ketchup, and serve them very hot.

To Fry Beef Kidney.

Time, ten or twelve minutes.

405. One kidney; three ounces of butter; half a pint of gravy; one tablespoonful of piquante sauce; one lump of sugar.

Take a beef kidney, cut it into slices not too thick, and let them soak in warm water for two hours and a half, changing the water twice to thoroughly cleanse the kidney. Dredge a *very* little flour over these slices, and fry them a nice brown, in about three ounces of butter, seasoning them previously with pepper and salt. Arrange them in a circle, slightly leaning over each other round the dish. Stir a tablespoonful of piquante sauce into half a pint (or rather less) of good gravy, with one lump of sugar in it, and pour it into the *centre* of the dish.

Stewed Beef Kidney.

Time, half an hour.

406. A beef kidney; pepper and salt.

Cut the kidney into slices, and season it highly with pepper and salt, and fry it a light brown; then pour a little warm water into the pan, dredge in some flour, put in the slices of kidney, and let it stew very gently.

Rissoles of Beef Kidney.

Time, half an hour.

407. A beef kidney; a little salt; Cayenne

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and nutmeg; a sprig of parsley; one shallot; juice of half a lemon; half a pint of gravy; a glass of white wine; one ounce of butter.

After removing all the fat and skin from the kidney, cut it into moderately thin slices, and sprinkle over it the shallot and parsley chopped very fine, and seasoned highly with salt, nutmeg, and a little Cayenne pepper. Fry the slices over a brisk fire until they are nicely browned on both sides; then mix a glass of white wine with about half a pint of good gravy, and pour it gradually into the pan; boil it up, and then stir in the lemon juice and an ounce of fresh butter. Serve it on a hot dish, garnished with fried bread cut into small square pieces.

Minced Beef.

Time, twenty minutes.

408. One pound and a half of beef; six ounces of bacon; two small onions; a little pepper and nutmeg; one ounce and a half of butter rolled in flour; a spoonful of browning; a few poached or hard-boiled eggs.

Mince about a pound and a half of beef with the bacon and onions, seasoning it highly with pepper and nutmeg. Take a sufficient quantity of stock made from bones, and any trimmings, a piece of butter rolled in flour, and a little browning; make it hot and strain it over the mince; put the whole into a stewpan, let it simmer for a few minutes, and serve it on a hot dish with sippets of toasted bread, and a poached or hard-boiled egg divided and placed on each sippet arranged round the edge of the dish.

It is also served surrounded by a wall of mashed potatoes, with two poached eggs lying on the top of it.

Hashed Beef—Plain.

Time, twenty-five minutes.

409. Some slices of cold roast beef; two tablespoonfuls of Worcestershire sauce; one of mushroom ketchup; and the gravy from the meat or from the bones boiled down; pepper and salt.

Put the gravy saved from the meat (with a little water if not sufficient), or the bones of the cold joint boiled down to a gravy, into a stewpan with two tablespoonfuls of Worcestershire sauce, one of mushroom ketchup, some pepper, salt, and a little butter rolled in flour to thicken it; let it simmer gently for about a quarter of an hour, take it from the fire, and when cold remove the fat. Cut the meat into slices, dredge them with flour, and lay them in the stewpan with the gravy, let it simmer slowly for ten minutes until hot, taking care it does not boil, or the meat will be hard. Garnish it with sippets of toasted bread.

Beef Hash—Rich.

Time, half an hour.

410. Some slices of cold beef; half a pint of stock or broth; pepper and salt; two dessertspoonfuls of lemon pickle; one of mushroom ketchup; four of port wine or claret; two ounces of butter; a quarter of a pint of silver or button onions.

Peel a quarter of a pint of silver or button onions, dredge them well with flour, and fry them in two ounces of butter a fine brown, seasoning them with pepper and salt. Then put them into a stewpan and pour over them the butter in which they were fried, half a pint of stock or broth, the lemon pickle, mushroom ketchup, and wine; set it over a clear fire until the onions are sufficiently done, and then pour it over the slices of beef, and let it stand for half an hour; then put it at the side of the fire until very hot, but do not allow it to boil, or it will harden the meat. Serve it up with the gravy poured over it, and garnished with fried croûtons.

Cold Beef Stewed with Green Peas.

Time, two hours and three-quarters.

411. One gallon and a half of green peas; one cabbage-lettuce; one teaspoonful of mustard; two tablespoonfuls of Worcestershire sauce; rather more than half a pint of stock or weak broth; one small onion; pepper and salt; cold roast beef.

Cut the heart of a cabbage-lettuce into slices, and put it into a stewpan with the green peas and stock; let it simmer slowly for an hour and a quarter; then add some slices of cold roast beef, seasoned highly with pepper and salt, and a small onion sliced and lightly browned, place it again over the fire and let it simmer for an hour and a half. Stir in a piece of butter rolled in flour, the spoonful of mustard, and the sauce. Boil it up and serve it.

Tripe.

Time, two hours and a half to three hours.

412. Two pounds of tripe; equal parts of milk and water; four large onions.

Take two pounds of fresh tripe, cleaned and dressed by the tripe-dresser, cut away the coarsest fat, and boil it in equal parts of milk and water. Boil in the same water which boils the tripe four large onions; the onions should be put on the fire at least half an hour before the tripe is put into the

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stewpan, and then made into a rich onion sauce, which serve with the tripe.

Tripe may also be cleaned, dried, cut into pieces, fried in batter, and served with melted butter.

Tripe Roasted.

Time, two hours and a half.

413. Some pieces of tripe; some forcemeat; a little flour; some butter.

Cut the tripe into good-sized pieces, and spread some forcemeat over them, roll them up securely, and tie them upon a small spit, or roast them in a cradle spit; flour and baste them with butter, and serve them up garnished with lemon in slices, and melted butter.

A Pickle for Beef, &c.

414. Six ounces of bay-salt; three ounces of saltpetre; four pounds of brown sugar; one pound of common salt; one teaspoonful of black pepper.

Mix all the above ingredients together and rub them over the beef, pork, or hams; rub and turn them every day.

To Pickle Tongues.

Time, fourteen days.

415. Two ounces of saltpetre; one pound of salt; half a pound of coarse sugar.

Procure two fine tongues and wipe them very dry, then rub into them the above proportions of salt, saltpetre and coarse sugar, and let them remain in the pan for a fortnight, turning them every morning.

Or:—

Time, three weeks to smoke; ten to fourteen days to pickle.

416. A teaspoonful of pepper; a quarter of a pound of coarse sugar; two ounces and a half of juniper berries; one ounce of saltpetre; seven ounces of common salt.

Procure a fine large tongue, from seven to eight pounds weight, and rub well into it the common salt, saltpetre, juniper berries, sugar, and pepper, all pounded and well mixed together. Let it remain for ten days or a fortnight, turning it every day, then drain it dry, tie a paper over it, and send it to smoke for three weeks; or it may be boiled from the pickle without being smoked, in which case it should be placed to soak in cold water for a few hours; then put into a stewpan well covered with water and boiled slowly for four hours, or more if large, if small, three hours and a half, skimming it well when it comes to the boil, and letting it simmer gently till tender.

MUTTON.

Mutton is in season all the year, but is not quite so tender and eatable during the early summer when lamb is in season.

Roast Haunch of Mutton.

Time, a quarter of an hour to each pound of meat.

417. Take a fine haunch of Southdown, Welsh, or Devonshire mutton, hang it up for ten days or a fortnight, trim off the skin which covers the fat, remove the shank bone, and cover it with two or three sheets of buttered paper, place it on a spit, or in a cradle spit; set it at about fifteen inches from the fire, and roast it for two hours very slowly to warm it through, basting it with dripping every five minutes. Draw it gradually nearer and nearer to the fire to brown, but take care it does not burn. Sprinkle it with a little fine salt, dredge it over with flour and baste with a little butter, which will give it a fine frothy appearance. Put a glass of port wine into some good brown gravy, and pour over it. Serve it with red currant jelly sauce.

Saddle of Mutton.

Time, a quarter of an hour to a pound.

418. Take off the skin, cover the fat with a sheet of well-greased paper, and roast it as directed for a haunch; just before it is finished cooking remove the paper, sprinkle the joint with salt, dredge it well over with flour, and drop warmed butter over it. Serve it with good gravy, or empty the contents of the dripping-pan into a basin, from which remove the fat, add a little warm water and use this natural gravy. Red currant jelly as sauce.

Leg of Mutton Roasted.

Time, half an hour to the pound, slow method; a quarter of an hour or twenty minutes, ordinary time.

419. A leg of mutton intended for roasting can be kept much longer than for boiling, but it must be wiped very dry, and dusted with flour and pepper.

Cut off the knuckle, remove the thick skin, and trim off the piece of flank. Put a little salt and water into the dripping-pan, and

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