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FOR PRIVATE FAMILIES,

REDUCED TO A SYSTEM OF EASY PRACTICE,

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IN WHICH THE PRINCIPLES OF

BARON LIEBIG AND OTHER EMINENT WRITERS

HAVE BEEN AS MUCH AS POSSIBLE APPLIED AND EXPLAINED.

BY ELIZA ACTON.

"It is the want of a scientific basis which has given rise to so many absurd and hurtful methods of preparing food."—DR. GREGORY.

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YOUNG HOUSEKEEPERS

OF ENGLAND.

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In One Volume, fcp. 8vo. price 4s. 6d. cloth,

THE ENGLISH BREAD-BOOK,

For Domestic Use,

ADAPTED TO FAMILIES OF EVERY GRADE:

CONTAINING

PLAIN INSTRUCTIONS AND PRACTICAL RECEIPTS FOR MAKING NUMEROUS VARIETIES OF BREAD;

WITH NOTICES OF THE

PRESENT SYSTEM OF ADULTERATION AND ITS CONSEQUENCES,

AND OF THE

IMPROVED BAKING PROCESSES AND INSTITUTIONS ESTABLISHED ABROAD.

From the ATHENÆUM.

MISS ACTON, whose work on *Modern Cookery* must be familiar to all good housewives, is impressed with the fact, that, important as bread is, and ever must be, to English people, there are large numbers who do not know how to make it. She has, therefore, stepped forward with her great knowledge of all cooking arts, to instruct English people how to make bread. We see no more effectual way of avoiding the miserable compound of flour and alum, which, in spite of all our sanitary talk, we are obliged to consume from day to day, than for each family to make its own bread. In this book, Miss Acton shows that, in every house possessed of an oven, this can be conveniently and cheaply done. All that seems to be required is an ordinary modicum of common sense and the energy to persevere in the experiment, and no one need suffer from the wretched adulteration to which the bread in bakers' shops appears to be universally submitted.

From the ECONOMIST.

THIS is a useful and practical little book, with plain directions for making bread on the smallest and simplest scale, and which may encourage the most inexperienced to venture on a trial of *home-made bread*, in the superiority of which to the general run of bakers' bread we heartily agree with Miss Acton; but it must be *good* home-made bread; very atrocious combinations under that name having presented themselves in our own limited experience. This, however, Miss Acton in the book before us does her best to remedy; and if her clear and sensible rules are closely followed, we feel sure that the result will be satisfactory, as much in an esthetic as an economical point of view. We fear that the art of bread-making does not rank so universally amongst modern female accomplishments as could be wished, and though we do not go quite so far as Mr. Cobbett, who says that every woman, high and low, ought to know how to make bread; *if she do not, she is a mere burden upon the community*; yet we quite agree with him in deploring the general ignorance on the subject which is found among the women of the labouring classes, especially in the southern counties of England. There is no doubt that the bread bill—that formidable item in a poor man's housekeeping expenditure—might be greatly reduced by the adoption of the practice of making bread at home. We wish Miss Acton's book the circulation and success that it deserves.

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PREFACE.

It cannot be denied that an improved system of practical domestic cookery, and a better knowledge of its first principles, are still much needed in this country; where, from ignorance, or from mismanagement in their preparation, the daily waste of excellent provisions almost exceeds belief. This waste is in itself a very serious evil where so large a portion of the community often procure — as they do in England—with painful difficulty, and with the heaviest labour, even sufficient bread to sustain existence; but the amount of *positive disease* which is caused amongst us by improper food, or by food rendered unwholesome by a bad mode of cooking it, seems a greater evil still. The influence of diet upon health is indeed a subject of far deeper importance than it would usually appear to be considered, if we may judge by the profound indifference with which it is commonly treated. It has occupied, it is true, the earnest attention of many eminent men of science, several of whom have recently investigated it with the most patient and laborious research, the results of which they have made known to the world in their writings, accompanied, in some instances, by information of the highest value as to the most profitable and nutritious modes of preparing various kinds of viands. In arranging the present enlarged edition of this volume for publication, I have gladly taken advantage of such of their instructions (those of Baron Liebig especially) as have seemed to me adapted to its character, and likely to increase its real utility. These, I feel assured, if carefully followed out, will much assist our progress in culinary art, and diminish the unneces-

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sary degree of expenditure which has hitherto attended its operations; for it may safely be averred that good cookery is the best and truest economy, turning to full account every wholesome article of food, and converting into palatable meals, what the ignorant either render uneatable, or throw away in disdain. It is a popular error to imagine that what is called good cookery is adapted only to the establishments of the wealthy, and that it is beyond the reach of those who are not affluent. On the contrary, it matters comparatively little whether some few dishes, amidst an abundant variety, be prepared in their perfection or not; but it is of the utmost consequence that the food which is served at the more simply supplied tables of the middle classes should all be well and skilfully prepared, particularly as it is from these classes that the men principally emanate to whose indefatigable industry, high intelligence, and active genius, we are mainly indebted for our advancement in science, in art, in literature, and in general civilisation.

When both the mind and body are exhausted by the toils of the day, heavy or unsuitable food, so far from recruiting their enfeebled powers, prostrates their energies more completely, and acts in every way injuriously upon the system; and it is no exaggeration to add, that many a valuable life has been shortened by disregard of this fact, or by the impossibility of obtaining such diet as nature imperatively required. It may be urged, that I speak of rare and extreme cases; but indeed it is not so; and the impression produced on me by the discomfort and the suffering which have fallen under my own observation, has rendered me extremely anxious to aid in discovering an efficient remedy for them. With this object always in view, I have zealously endeavoured to ascertain, and to place clearly before my readers, the most rational and healthful methods of preparing those simple and essential kinds of nourishment which form the staple of our common daily fare; and have occupied myself but little with the elegant superfluities or luxurious novelties with which I might perhaps more attractively, though not more usefully, have

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filled my pages. Should some persons feel disappointed at the plan I have pursued, and regret the omissions which they may discover, I would remind them, that the fashionable dishes of the day may at all times be procured from an able confectioner; and that part of the space which I might have allotted to them is, I hope and believe, better occupied by the subjects, homely as they are, to which I have devoted it—that is to say, to ample directions for dressing vegetables, and for making what cannot be purchased in this country—unadulterated bread of the most undeniably wholesome quality; and those refreshing and finely-flavoured varieties of preserved fruit which are so conducive to health when judiciously taken, and for which in illness there is often such a vain and feverish craving when no household stores of them can be commanded.*

Merely to please the eye by such fanciful and elaborate decorations as distinguish many modern dinners, or to flatter the palate by the production of new and enticing dainties, ought not to be the *principal* aim, at least, of any work on cookery. "Eat,—*to live*" should be the motto, by the spirit of which all writers upon it should be guided.

I must here obtrude a few words of personal interest to myself. At the risk of appearing extremely egotistic, I have appended "*Author's Receipt*" and "*Author's Original Receipt*" to many of the contents of the following pages; but I have done it solely in self-defence, in consequence of the unscrupulous manner in which large portions of my volume have been appropriated by contemporary authors, without the slightest acknowledgment of the source from which they have been derived. I have allowed this unfairness, and much beside, to pass entirely unnoticed until now; but I am suffering at present too severe a penalty for the over-exertion entailed on me by the plan which I adopted for the work, longer to see with perfect composure strangers coolly taking the credit and the profits

* Many of those made up for sale are absolutely dangerous eating; those which are not adulterated are generally so oversweetened as to be distasteful to invalids.

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of my toil. The subjoined passage from the preface of my first edition will explain in what this toil—so completely at variance with all the previous habits of my life, and, therefore, so injurious in its effects—consisted; and prevent the necessity of recapitulating here, in another form, what I have already stated in it. "Amongst the large number of works on cookery which we have carefully perused, we have never yet met with one which appeared to us either quite intended for, or entirely suited to the need of the totally inexperienced! none, in fact, which contained the first rudiments of the art, with directions so practical, clear, and simple, as to be at once understood, and easily followed, by those who had no previous knowledge of the subject. This deficiency, we have endeavoured in the present volume to supply, by such thoroughly explicit and minute instructions as may, we trust, be readily comprehended and carried out by any class of learners; our receipts, moreover, with a few trifling exceptions which are scrupulously specified, are confined to such as may be *perfectly depended on*, from having been proved beneath our own roof and under our own personal inspection. We have trusted nothing to others; but having desired sincerely to render the work one of general usefulness, we have spared neither cost nor labour to make it so, as the very plan on which it has been written must of itself, we think, evidently prove. It contains some novel features, calculated, we hope, not only to facilitate the labours of the kitchen, but to be of service likewise to those by whom they are directed. The principal of these is the summary appended to the receipts, of the different ingredients which they contain, with the exact proportion of each, and the precise time required to dress the whole. This shows at a glance what articles have to be prepared beforehand, and the hour at which they must be ready; while it affords great facility as well, for an estimate of the expense attending them. The additional space occupied by this closeness of detail has necessarily prevented the admission of so great a variety of receipts as the book might otherwise have comprised; but a limited number, thus

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completely explained, may perhaps be more acceptable to the reader than a larger mass of materials vaguely given.

"Our directions for boning poultry, game, &c., are also, we venture to say, entirely new, no author that is known to us having hitherto afforded the slightest information on the subject; but while we have done our utmost to simplify and to render intelligible this, and several other processes not generally well understood by ordinary cooks, our first and best attention has been bestowed on those articles of food of which the consumption is the most general, and which are therefore of the greatest consequence; and on what are usually termed plain English dishes. With these we have intermingled many others which we know to be excellent of their kind, and which now so far belong to our national cookery, as to be met with commonly at all refined modern tables."

Since this extract was written, a rather formidable array of works on the same subject has issued from the press, part of them from the pens of celebrated professional gastronomers; others are constantly appearing; yet we make, nevertheless, but slight perceptible progress in this branch of our domestic economy. Still, in our cottages, as well as in homes of a better order, goes on the "waste" of which I have already spoken. It is not, in fact, cookery-books that we need half so much as cooks really trained to a knowledge of their duties, and suited, by their acquirements, to families of different grades. At present, those who thoroughly understand their business are so few in number, that they can always command wages which place their services beyond the reach of persons of moderate fortune. Why should not *all* classes participate in the benefit to be derived from nourishment calculated to sustain healthfully the powers of life? And why should the English, as a people, remain more ignorant than their continental neighbours of so simple a matter as that of preparing it for themselves? Without adopting blindly foreign modes in anything merely because they *are* foreign, surely we should be wise to learn from other nations, who excel us in aught good or useful, all that we can which may tend to remedy

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our own defects; and the great frugality, combined with almost universal culinary skill, or culinary knowledge, at the least—which prevails amongst many of them—is well worthy of our imitation. Suggestions of this nature are not, however, sufficient for our purpose. Something definite, practical, and easy of application, must open the way to our general improvement. Efforts in the right direction are already being made, I am told, by the establishment of well-conducted schools for the early and efficient training of our female domestic servants. These will materially assist our progress; and if experienced cooks will put aside the jealous spirit of exclusiveness by which they are too often actuated, and will impart freely the knowledge they have acquired, they also may be infinitely helpful to us, and have a claim upon our gratitude which ought to afford them purer satisfaction than the sole possession of any secrets—genuine or imaginary—connected with their craft.

The limits of a slight preface do not permit me to pursue this or any other topic at much length, and I must in consequence leave my deficiencies to be supplied by some of the thoughtful, and, in every way, more competent writers, who, happily for us, abound at the present day; and make here my adieu to the reader.

ELIZA ACTON

London, May, 1855.

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VOCABULARY OF TERMS,

PRINCIPALLY FRENCH, USED IN MODERN COOKERY.

Aspic—fine transparent savoury jelly, in which cold game, poultry, fish, &c., are moulded; and which serves also to decorate or garnish them.

Assiette Volante—a dish which is handed round the table without ever being placed upon it. Small *fondus* in paper cases are often served thus; and various other preparations, which require to be eaten very hot.

Blanquette—a kind of fricassee.

Boudin—a somewhat expensive dish, formed of the French forcemeat called *quenelles*, composed either of game, poultry, butcher's meat or fish, moulded frequently into the form of a *rouleau*, and gently poached until it is firm; then sometimes broiled or fried, but as frequently served plain.

Bouilli—boiled beef, or other meat, beef being more generally understood by the term.

Bouillie—a sort of hasty pudding.

Bouillon—broth.

Casserole—a stewpan; and the name also given to a rice-crust, when moulded in the form of a pie, then baked and filled with a mince or *purée* of game, or with a *blanquette* of white meat.

Court Bouillon—a preparation of vegetables and wine, in which (in expensive cookery) fish is boiled.

Consommé—very strong rich stock or gravy.

Croustade—a case or crust formed of bread, in which minces, *purées* of game, and other preparations are served.

Crouton—a sippet of bread.

Entrée—a first-course side or corner dish.*

Entremets—a second-course side or corner dish.

Espagnole, or Spanish sauce—a brown gravy of high savour.

* Neither the roasts nor the removes come under the denomination of *entrées*; and the same remark applies equally to the *entremets* in the second course. Large standing dishes at the sides, such as raised pies, *timbales*, &c., served usually in grand repasts, are called *flanks*: but in an ordinary service all the intermediate dishes between the joints and roasts are distinguished by the name of *entrées*, or *entremets*.

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Farce—forcemeat.
Fondu—a cheese *soufflé*.

Gâteau—a cake, also a pudding, as *Gâteau de Riz*; sometimes also a kind of tart, as *Gâteau de Pithiviers*.

Hors d'œuvres—small dishes of anchovies, sardines, and other relishes of the kind, served in the first course.

Macaroncini—a small kind of macaroni.
Maigre—made without meat.
Matelote—a rich and expensive stew of fish with wine, generally of carp, eels, or trout.
Meringue—a cake, or iceing, made of sugar and whites of egg beaten to snow.
Meringué—covered or iced with a meringue-mixture.

Nouilles—a paste made of yolks of egg and flour, then cut small like vermicelli.

Purée—meat, or vegetables, reduced to a smooth pulp, and then mixed with sufficient liquid to form a thick sauce or soup.

Quenelles—French forcemeat, for which see page 163.

Rissoles—small fried pastry, either sweet or savoury.

Sparghetti—Naples vermicelli.
Stock—the unthickened broth or gravy which forms the basis of soups and sauces.

Tammy—a strainer of fine thin woollen canvas.
Timbale—a sort of pie made in a mould.
Tourte—a delicate kind of tart baked generally in a shallow tin pan, or without any: see page 574.

Vol-au-vent—for this, see page 357.

Zita—Naples maccaroni.

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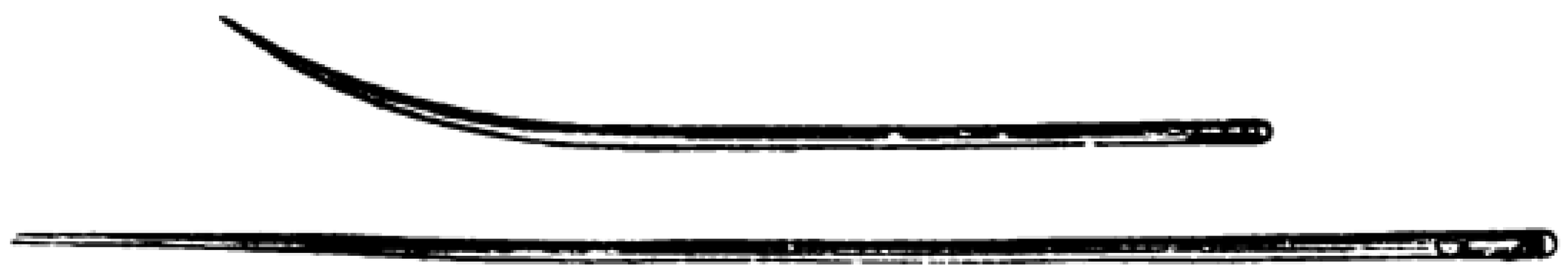
INTRODUCTORY CHAPTERS.

TRUSSING.



Trussing Needles.

Common and untrained cooks are often deplorably ignorant of this branch of their business, a knowledge of which is, nevertheless, quite as essential to them as is that of boiling or roasting; for without it they cannot, by any possibility, serve up dinners of decently creditable appearance. We give such brief general directions for it as our space will permit, and as our own observations enable us to supply; but it has been truly said, by a great authority in these matters, that trussing cannot be "*taught by words;*" we would, therefore, recommend, that instead of relying on any written instructions, persons who really desire thoroughly to understand the subject, and to make themselves acquainted with the mode of entirely preparing all varieties of game and poultry more especially for table, in the very best manner, should apply for some *practical* lessons to a first-rate poulterer; or, if this cannot be done, that they should endeavour to obtain from some well experienced and skilful cook the instruction which they need.

GENERAL DIRECTIONS FOR TRUSSING.

Before a bird is trussed, the skin must be entirely freed from any down which may be on it, and from all the stubble-ends of the feathers;* the hair also must be singed from it with lighted writing paper, care being taken not to smoke nor blacken it in the operation. Directions for cleansing the insides of birds after they are drawn, are given in the receipts for dressing them, Chapters XIV. and XV.

Turkeys, geese, ducks, wild or tame, fowls, and pigeons, should all have the necks taken off close to the bodies, but not the skin of the necks, which should be left sufficiently long to turn down upon the backs for a couple of inches or more, where it must be secured, either with a needle and coarse soft cotton, or by the pinions of the birds when trussed.

* This should be *particularly* attended to.

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For boiling, all poultry or other birds must have the feet drawn off at the first joint of the leg, or as shown in the engraving. (In the latter case, the sinews of the joint must be slightly cut, when the bone may be easily turned back as here.) The skin must then be loosened with the finger entirely from the legs, which must be pushed back into the body, and the small ends tucked quite under the apron, so as to be entirely out of sight.

The wings of chickens, fowls, turkeys, and pigeons, are left on entire, whether for roasting or boiling. From geese, ducks, pheasants, partridges, black game, moor-fowl, woodcocks, snipes, wild-fowl of all kinds, and all small birds, the first two joints are taken off, leaving but one joint on, thus:--

The feet are left on ducks, and those of tame ones are trussed as will be seen at page 278, and upon roast fowls, pheasants, black and moor-game, pigeons, woodcocks, and snipes. The thick coarse skin of the legs of these must be stripped, or rubbed off with a hard cloth after they have been held in boiling water, or over a clear fire for a few minutes. The sharp talons must be pulled out, and the nails clipped. The toes of the pigeons for roasting should be cut off.

Geese, sucking-pigs, hares, and rabbits have the feet taken off at the first joint.

The livers and gizzards are served in the wings of roast turkeys and fowls only.

The heads are still commonly left on pheasants, partridges, and black game and moor-game; but the fashion is declining. Of this this we shall speak more particularly in the ensuing chapter.

Poultry and birds in general, except perhaps quite the larger kinds, are more easily trussed into plump handsome form with twine and needles proper to the purpose (for which see page 1), than with skewers. The manner in which the legs and wings are confined is much the same for all; the principal difference being in the arrangement of the former for boiling, which has already been explained.

There is a present mode of trussing very large fowls for boiling or stewing which to our taste is more novel than attractive. The feet are left on, and after the skin has been loosened from them in every part, the legs are thrust entirely into the body by means of a slight incision made in the skin just above the first joint on the underside, the feet then appear almost as if growing out of the sides of the breast: the effect of this is not pleasing.

TO TRUSS A TURKEY, FOWL, PHEASANT OR PARTRIDGE, FOR ROASTING.

First draw the skin of the neck down over the back, and secure it from slipping up; then thread a trussing needle of convenient size,*

* These may be had, of various sizes, at any good ironmongers.

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for the occasion, with packthread or small twine (the former, from being the most flexible, is best); pass it through the pinion of the bird, then through the thick part of the thigh, which must be brought up close *under the wing*, and in a straight line quite through the body, and through the leg and pinion on the other side; draw them close, and bring the needle back, passing it through the thick part of the leg, and through the second joint of the pinion, should it be left on the bird; tie it quite tight; and then to secure the legs, pierce the sidebone and carry the twine over the legs, then pass the needle through the other sidebone, and tie them close down. If skewers be used they should be driven through the pinions and the legs, and a twine passed across the back of the bird, and caught over the points of it, and then tied in the centre of the back: this is only needful when the trussing is not firm.

Partridge.

When the head is left on a bird, it may still be trussed in the same way, and the head brought round, as shown here, and kept in place by a skewer passed through it, and run through the body. When the bird is trussed entirely with skewers, the point of one is brought from the other side, through the pinions and the thighs, and the head is fixed upon it. The legs are then pressed as much as possible under the breast, between it and the side-bones, where they are lettered *a b*. The partridge in the engraving is shown with the skewers just withdrawn after being roasted.

Hares, after being filled with forcemeat, and sewn or securely fastened up with skewers, are brought into proper roasting form by having the head fixed between the shoulders, and either fastened to the back by means of a long skewer, run through the head quite into it, or by passing one through the upper part of the shoulders and the neck together, which will keep it equally well in place, though less thrown back. The fore-legs are then laid straight along the sides of the hare, and a skewer is thrust through them both and the body at the same time; the sinews are just cut through under the hind-legs, and they are brought forward as much as possible, and skewered in the same manner as the others. A string is then thrown across, under the hare and over the points of both skewers, being crossed before it is passed over the second, and then tied above the back. The ears of a hare are left on; those of a rabbit, which is trussed in the same way, are taken off.

Joints of meat require but little arrangement, either for the spit or for boiling. A fillet of veal must have the flap, or part to which the fat adheres, drawn closely round the outside, and be skewered or bound firmly into good shape: this will apply equally to a round of beef. The skin or flank of loins of meat must be wrapped over the ends of the bones, and skewered on the underside. *The cook should*

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be particularly careful to separate the joints when it has not been done by the butcher, and necks of veal or mutton also, or much trouble will often arise to the carver.

Cutlet Bat.

To flatten and bring cutlets into uniform shape, a bat of this form is used: and to egg or to cover them with clarified butter when they are to be crumbed, a paste-brush should be at hand. Indeed, these and many other small means and appliances, ought to be provided for every cook who is expected to perform her duty in a regular and proper manner, for they save much time and trouble, and their first expense is very slight; yet many kitchens are almost entirely without them.

Paste Brush.

TO TRUSS FISH.

Salmon, salmon-peel, pike, and some few other large fish, are occasionally trussed in the form of an S by passing a string through the head, and tying it securely, then through the centre of the body, and next round the tail, which should be turned the reverse way of the head, and the whole should then be drawn closely together and well fastened. Whitings and other fish of small size are trussed with the tails merely skewered into their mouths.

Obs.—It is indispensable for cooks to know how to carve neatly for pies, puddings, fricassees, and curries, at the least, hares, rabbits, fowls, and other birds. For those who are quite without experience in this branch of their business, the directions and the illustrations in the next chapter for carving a fowl into joints, will be found useful; and probably many of the other instructions also.

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CARVING.

Fish Carvers.

Whether the passing fashion of the day exact it of her or not, a gentlewoman should always, for her own sake, be able to carve well and easily, the dishes which are placed before her, that she may be *competent* to do the honours of a table at any time with propriety and self-possession.* To gentlemen, and especially to those who mix much in society, some knowledge of this art, and a certain degree of skill in the exercise of it, are indispensable, if they would avoid the chance of appearing often to great disadvantage themselves, and of causing dissatisfaction and annoyance to others; for the uncouth operations of bad carvers occasion almost as much discomfort to those who witness, as they do generally of awkwardness and embarrassment to those who exhibit them

The precise mode of carving various dishes must of course depend on many contingencies. For a plain family-dinner, or where strict economy is an imperative consideration, it must sometimes, of necessity, differ from that which is laid down here. We have confined our instructions to the fashion usually adopted in the world.

Carving knives and forks are to be had of many forms and sizes, and adapted to different purposes: the former should always have a very keen edge, and the latter two prongs only.

* As this can only be accomplished by practice, young persons should be early accustomed to carve at home, where the failure of their first attempts will cause them much less embarrassment than they would in another sphere, and at a later period of life.

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No. 1. COD'S HEAD AND SHOULDERS (AND COD FISH GENERALLY.)

The thick part of the back of this, as of all large fish—salmon excepted—is the firmest and finest eating. It should be carved across, rather thick, and, as much as possible, in unbroken slices, from *a* to *b*. The sound, which is considered a delicacy, lies underneath, and lines the back-bone: it must be reached with a spoon in the direction *c*. The middle of the fish, when served to a family party, may be carved in the same manner, or in any other which convenience and economy may dictate.

No. 2. A TURBOT.

In carving this most excellent fish, the rich gelatinous skin attached to it, and a portion of the thick part of the fins, should be served with every slice. If the point of the fish-knife be drawn down the centre of the back through to the bone, in the lines *a b c*, and from thence to *d d d*, the flesh may easily be raised upon the blade in handsome portions, The thickest parts of all flat fish are the best. A brill and a John Dory are served exactly like a turbot.

SOLES.

The more elegant mode of serving these, and the usual one at good tables, is to raise the flesh from the bones as from a turbot, which is easily done when the fish are large; but when they are too small well to admit of it, they must be divided across quite through the bone: the shoulders, and thick part of the body, are the superior portions.

No. 3. SALMON.

It is customary to serve a slice of the thick part of the back of this fish, which is marked from *a* to *b*, with one of the thinner and richer portions of it, shown by the line from *c* to *d*. It should be carved quite straight across, and the fine flakes of the flesh should be preserved as entire as possible. Salmon-peel, pike, haddocks, large whitings, and all fish which are served curled round, and with the backs uppermost, are carved in the same manner; the flesh is separated from the bone in the centre of the back, and taken off, on the outer side first, in convenient portions for serving. The flesh of mackerel is best raised from the bones by passing the fish-slice from the tail to the head: it may then be divided in two.

No. 4. SADDLE OF MUTTON.

The manner of trussing this joint varies almost from season to

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season, the mode which is considered in good taste one year being obsolete the next, in families where passing fashions are closely observed. It seems really immaterial whether it be served as shown in the engraving; or whether two or three joints of the tail be left on and surrounded with a paper frill. This joint is now trussed for roasting in the manner shown in the engraving; and when it is dished a silver skewer replaces the one marked *e*. It is likewise often still served in good families with only two or three joints of the tail left on. The most usual mode of carving it is in thin slices cut quite along the bone, on either side, in the line *a* to *b*; but it is sometimes sliced obliquely from *c* to *d*: this last fashion is rather gaining ground. The thick end of the joint must then, of course, be to the left of the carver. A saddle of pork or of lamb is carved exactly in the same manner

No. 5. A HAUNCH OF VENISON (OR MUTTON.)

An incision must first be made entirely across the knuckle end of this joint, quite down to the bone, in the line *a b*, to let the gravy escape; it must then be carved in thin slices taken as deep as they can be, the whole length of the haunch, from *c* to *d*. A portion of the fat should invariably be served with the venison.

No. 6. SIRLOIN OR RUMP OF BEEF.

As the very tender part of this favourite joint, which lies under the bone, and is called the *fillet*, is preferred by many eaters, the beef should be raised, and some slices be taken from it in the direction *a b*, before the carver proceeds further. The slices should be cut quite across the joint, from side to side, as indicated by the line from *c* to *d*, in which direction the whole of the meat is occasionally carved, though it is much more usual to slice the upper part from *e* to *f*. When the brown outside has been taken off this, it should be evenly carved in thin slices, and served with some of the gravy in the dish, and accompanied with horse-radish very lightly and finely scraped, with tufts of which the beef is commonly garnished.

RIBS OF BEEF

Are carved in the same manner as the sirloin; but there is no fillet attached to them.

A ROUND OF BEEF.

To carve this well, a very sharp-edged and thin-bladed knife is requisite. A thick slice should first be taken entirely off the top of the joint, leaving it very smooth; it should then be cut as thin and

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as evenly as possible, and delicate slices of the fat or udder should be served with the lean

A BRISKET OF BEEF

Is carved in slices quite across the bones.

No. 7. LEG OF MUTTON.

This, whether roast or boiled, is dished as it lies in the engraving, unless when fanciful eaters prefer the underside of the joint laid uppermost, and carved quite across the middle, for the sake of the finely grained meat which lies beneath the part commonly called the Pope's eye. In a general way, the mutton should be sliced, rather thick than thin as directed by the line between *a b*; the fat will be found in the direction *c d*.

No. 8. QUARTER OF LAMB.

The shoulder must be divided, and raised entirely from the breast in the direction of the letters *a b c d*. A slice of butter sprinkled with cayenne and salt is then usually laid between them, and a little lemon-juice is added, or a cold *Mâitre d'Hotel* sauce is substituted for these. The shoulder may then be removed into another dish or not, as is most convenient. The brisket is next separated from the long bones in the line *e f*, and carved in the direction *g h*; the rib-bones are divided from *i i* to *j j*. The choice of the different parts is offered in serving them.

No. 9. SHOULDER OF MUTTON OR LAMB.

Commence by cutting from the outer edge direct to the bone of the shoulder in the line *a b*, and carve as many slices from that part of the joint as it will afford: then, if more be required, draw the knife on either side of the ridge of the blade-bone in the direction *c c d d*. The fat must be carved in the line *e f*. Some eaters have a preference for the juicy, but not very finely-grained flesh on the under-side of the shoulder, which must be turned, for it to be carved. For the mode of boning a shoulder of mutton or veal, and giving it a more agreeable appearance, see 219.

No. 10. A SUCKING PIG.

Every part of a sucking pig is good, but some persons consider the flesh of the neck which lies between the shoulders, and the ribs as the most delicate portion of it. The shoulders themselves are preferred by others. They should be taken off, and the legs also, by passing the knife under them at the lettes *a b c*. The ribs may then

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be easily divided from *e* to *d*. The flesh only of the larger joints should be served to ladies; but gentlemen often prefer it sent to them on the bones.

A FILLET OF VEAL.

There is no difference between the mode of carving this and a round of beef; but the brown outside slice of the veal is much liked by many eaters, and a portion of it should be served to them when it is known to be so. The forcemeat must be reached by cutting deeply into the flap, and a slice of it served always with the veal.

A LOIN OF VEAL.

This may be carved at choice quite across through the thick part of the flesh, or in slices taken in the direction of the bones. A slice of the kidney, and of the fat which surrounds it, should accompany the veal.

No. 11. A BREAST OF VEAL.

The brisket or gristles* of this joint must first be entirely separated from the rib-bones by pressing the knife quite through it in the line between *a* and *b*; this part may then be divided as shown by the letters *c c c d d d*, and the long bones or ribs may easily be separated in the direction *e f*. The taste of those who are served should be consulted as to the part of the joint which is preferred. The sweetbread is commonly sent to table with a roast breast of veal, and laid upon it: a portion of it should be served with every plate of the breast.

No. 12. A TONGUE.

This is sliced, not very thin, through the thickest and best part, shown by the letters *a b*. The fat of the root, when it is liked, must be carved by turning the tongue, and cutting in the direction *c d*.

No. 13. A CALF'S HEAD.

An entire calf's head, served in its natural form, recalls too forcibly

* The *tendons* are literally the small white gristles themselves, which are found under the flesh in this part of the joint. When freed from the bone attached to them, they may be dressed in a variety of ways, and are extremely good: but they require from four to six hours' stewing to render them perfectly tender, even when each tendon is divided into three or four slices. The upper flesh must be laid back from the tendons before they are taken from the breast, not left adhering to them. They are very good simply stewed in white gravy, and served with green peas, *à la Française*, in the centre. The breast entirely boned, forced, and rolled, makes a handsome dish, either roasted or stewed.

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the appearance of the living animal to which it has belonged not to be very uninviting. Even when the half of one only is sent to table, something of the same aspect remains, and as it is in every way improved, and rendered most easy to carve when boned * and rolled, we would recommend its being so prepared whenever it can be done without difficulty. Our engraving does not give a very flattering representation of it in that form, but having been dressed with the skin on, it was not quite so easily brought into handsome shape as if it had been freed from it; yet we would nevertheless advise its being generally retained. When the head is served without being boned, it is carved across the cheek, in the line from *a* to *b*; the part which in flavour and appearance resembles a sweetbread, and which is regarded as a delicacy, lies in the direction indicated by the letters *c d*. The flesh of the eye is another favourite morsel, which must be detached from the head by passing the point of the carving knife deeply round the eye-hole, in the circle marked *e e*.

No. 14. A HAM.

Strict economists sometimes commence the carving of a ham at the knuckle, and so gradually reach the choicer portion of it; but this method is not at all to be recommended. It should be cut at once through the thick part of the flesh, quite down to the bone, in the line *a b*, and sliced very thin and evenly, without separating the fat from the lean. The decoration of the ham No. 14, is formed by leaving on it a portion of the rind at the knuckle in a semi-circle, and then trimming it into scollops or points at pleasure; and the ornamental part of the top is formed from the fat which is pared away from the thick end and the edges. A paper ruffle, as will be seen, is wrapped round the bone of the knuckle.

No. 15. A PHEASANT.

This bird was formerly always sent to table with the head on, but

* This will be more easily accomplished by an experienced cook after the head has been boiled for half an hour and then allowed to cool; but it should not be left until cold before it is altogether prepared for dressing. After the bones are removed, it should be laid on a clean cloth, and the inside sprinkled over or rubbed with a little salt, mace, and cayenne, well mixed together; the tongue may be laid upon, and rolled up in it. It must be secured, first with a skewer, and then bound tightly round with tape. It should be boiled or stewed extremely tender; and is excellent when just covered with good stock, and simmered for two hours, or when strong broth is substituted for this, and the bones are added to it. The head may be glazed, and served with rich brown gravy, or with the ordinary sauces if preferred; and it may be eaten cold, with Oxford brawn sauce, which is compounded of brown sugar, vinegar, mustard, and salt, mixed to the taste, with the addition of oil when it is liked.

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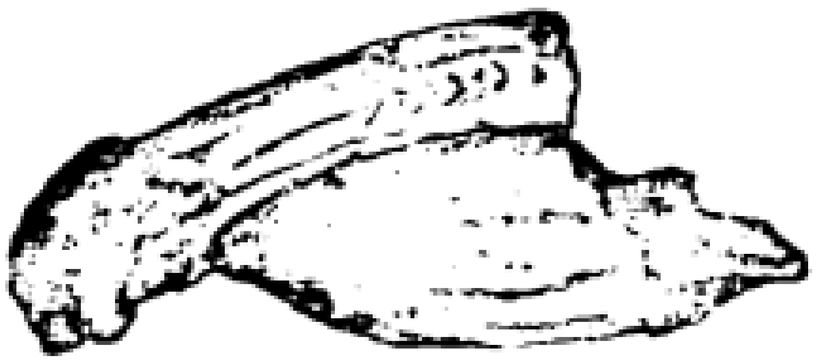
it was a barbarous custom, which has been partially abandoned of late in the best houses, and which it is hoped may soon be altogether superseded by one of better taste. The breast is by far the finest part of a pheasant, and it is carved in slices from pinion to pinion, in the lines *a a b b*; the legs may then be taken off, in the direction *c d*. The bird, when it is preferred so, may be entirely dismembered by the directions for a fowl, No. 16. Black and moor-game are trussed and served like pheasants. The breasts of both are very fine eating, and the thigh of the black-cock is highly esteemed.

No. 16. A BOILED FOWL.

The boiled fowl of plate 6 is represented as garnished with branches of parsley, which is an error, as they would be appropriate to it only if it were cold, and it is seldom served so, being considered insipid. Small tufts of cauliflower would have been in better keeping with it, as the bird is supposed to be dished for the dinner-table. Unless it be for large family parties, fowls are seldom carved there entirely into joints; but when it is wished to divide them so, the fork should be fixed firmly in the centre of the breast, and the leg, being first disengaged from the skin, may be taken off with the wing in the line *a b*; or, the wing being previously removed, by carving it down the line to *b*, and there separating it from the neck-bone, the leg may be released from the skin, and easily taken off, by cutting round it from *a* to *c*, and then turning it with the fork, back from the body, when the joint will readily be perceived.

After the leg and wing on the other side have been taken off in the same manner, the merrythought must follow. To remove this, the knife must be drawn through the flesh in the line *d e*, and then turned towards the neck quite under the merrythought, which it will so lift from the breast, in this form:—The neck-bones—which lie close under the upper part of the wings, and are shaped thus —must next be disengaged from the fowl, by putting the knife in at the top of the joint, dividing the long part of the bone from the flesh, and breaking the short one off by raising it up, and turning it from the body; the breast, which is shown here, may then be divided from it by merely cutting through the tender ribs on either side.



It is seldom that further disjointing than this is required at table; but when it is necessary to cut up the entire fowl, the remainder of it must be laid with the back uppermost, and to take off the side-bones, which are of this shape—the point of the knife must be pressed through the back-bone, near the

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top, about half an inch from the centre, and brought down towards the end of the back, quite through the bone, then turned in the opposite direction, when the joints will separate without difficulty. All which then remains to be done is, to lay the edge of the knife across the middle of the only two undivided bones, and then with the fork to raise the small end of the fowl, which will part them immediately: to carve a boiled fowl or chicken in a more modern manner, see the directions which follow. The breast, wings, and merrythought, are the most delicate parts of a fowl. On the upper part of the side-bone is the small round portion of flesh called the *oyster*, by many persons considered as a great delicacy.

No. 17. A ROAST FOWL.

It is not usual to carve fowls entirely at table in the manner described above. The wings, and any other joints are taken off only as they are required. The breast of a very large fowl may be carved in slices like that of a turkey; or the whole of that of a small one may be taken off with the wings, as shown by the line *a b*. As the liver is a delicacy, the handsomer mode of serving these last is to remove the gizzard, which is seldom eaten, then to divide the liver, and to send an equal portion of it with each wing. The whole of a roast fowl may be carved by the directions we have already given for No. 16.

No. 18. A PARTRIDGE.

When partridges are served to ladies only, or in parties where they are present, it is now customary to take off the heads, to truss the legs short, and to make them appear (in poulterer's phrase) *all breast*. For gentlemen's dinners, the heads may be left on or not at choice. The most ready mode of carving a partridge is to press back the legs, then to fix the fork firmly in the inside of the back, and by passing the blade of the knife flat under the lower part of the breast, to raise it, with the wings, entire from the body, from which it easily separates. The breast may then be divided in the middle, as shown by the line from *a* to *b* in the engraving here. This is by far the best and handsomest manner of carving a partridge, but when the supply of game at table is small, and it is necessary to serve three persons from the choicer parts of one bird, a not very large wing should be taken off with the leg on either side, in the line from *a* to *b* in No. 13, and sufficient of the breast will still remain to send to a third eater. The high game-flavour of the back of a partridge, as well as that of various other birds,* is greatly relished by many persons.

* A great man of the north eloquently describes that of a grouse as "*the most pungent, palate-piercing, wild bitter-sweet.*"

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No. 19. A WOODCOCK.

The thigh and back are the most esteemed parts of a woodcock, which, being a small bird, may be carved entirely through the centre of the breast and back, or distributed in the same manner as the partridge for three, which we have described; or even carved down like a fowl, if needful. In whatever way it is divided, however, a portion of the toast which has received the trail, and on which it should always be sent to table, must invariably be served to all who partake of it. The very old fashion of trussing the bird with its own bill, by running it through the thighs and body, is again adopted by very good cooks of the present day; but the common method of preparing either woodcocks or snipes for table is this: the trussing of the legs is, however, better shown at Nos. 19 and 21 of Plate 6

No. 20. A PIGEON.

The breast and wings of a pigeon may be raised in the same way as those of a partridge (see No. 18); or the bird may be carved entirely through in the line *a b*. For the second course, pigeons should be dished upon young delicate water-cresses

No. 21. A SNIPE.

This bird is trussed, roasted, and served exactly like a woodcock. It is not of a size to require any carving, beyond dividing in two, if at all.

No. 22. A GOOSE.

The skin below the breast, called the apron, must first be cut off in a circular direction as indicated by the letters *a a a*, when a glass of port-wine or of claret, ready mixed with a teaspoonful of mustard, may be poured into the body or not, at choice. Some of the stuffing should then be drawn out with a spoon, and the neck of the goose, which ought to be to the right and not to the left hand, as here, being turned a little towards the carver, the flesh of the breast should be sliced in the lines from *b b b* to *c c c*, on either side of the bone The wings may then be taken off like those of any other bird, and then the legs, which, in the engraving No. 22, are trussed so completely under the apron as to render their outline scarcely distinguishable. Graceful and well-skilled carvers never turn birds on their sides to remove any of the joints, but those of a goose, unless it be very young, are sometimes severed from it with difficulty; and the common directions for assisting the process in that case are, to turn it on its side, and with the fork to press down the small end of

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the leg; then to pass the knife quite under it from the top down to the joint, when the leg should be turned back from the bird with the fork, while the thigh-bone is loosened from its socket with the knife. The end of the pinion marked *d* is then held down in the same manner, to facilitate the separation of the bones at *e*, from which point the knife is drawn under the wing, which it takes off. The merrythought of a goose is small, and, to remove it the knife must first be turned a little *from* the neck, after the flesh has been cut through, and then passed under it, back towards the neck. For the remainder of the carving, the directions for that of a fowl will suffice

DUCKS.

Tame ducks are served with the feet (which are liked by many people) left upon them and trussed up over the backs. If large they may be carved like a goose, but when very young may be disjointed like chickens; the only material difference between them being the position of the thigh-joints, which lie much further towards the back-bone than those of a fowl.

No. 23. A WILD DUCK.

The breasts of wild-fowl are the only parts of them held in much estimation, and these are carved in slices from the legs to the neck. The legs and pinions may, if required, be taken off exactly like those of a pheasant.

No. 24. A TURKEY.

The carving of a turkey commences by taking slices off the breast, from the letters *b b* quite through the forcemeat, which lies under the letter *a*, to *c c*: the greater part of the flesh of the wings is thus taken off likewise. When the bird is boned and filled with sausage or other forcemeat, the breast is carved entirely across in the direction *d e*, nearly, or quite down to the back, which it is better not altogether to divide at first, as the appearance of the turkey is not then so good. When it has been prepared in the ordinary manner, after the breast has been disposed of, the pinions and the legs may be taken off, the first in the line from *f* to *g*, and the latter by passing the knife under it at *h*, and bringing it down to the joint at *i j*, where it must be taken off in the line shown. The whole of the joints being in form exactly like those of a fowl, may be separated in the same manner. The gizzard is more commonly eaten broiled after having been scored, and very *highly* seasoned with cayenne and with a sufficiency of salt, than in any other way. A slice or portion of the liver should be served with the white flesh of the turkey as far as possible.

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No. 25. A HARE.

A hare should be placed with its head to the left of the carver, therefore the engraving No. 25 shows it turned in the wrong direction. It is so very great an improvement to take out the back-bone before a hare is roasted, that we would recommend it to be done wherever it can be so without difficulty: it may then be carved in the line *a b* quite through, or only partially so at choice. When the bone remains in, slices may be taken down the whole length of the back from *c c* to *d d*; the legs, which, next to the back, are considered the best eating, may then be taken off in the direction *e f*, and the flesh divided from or served upon them, after the small bones have been parted from the thighs. The shoulders, which are not generally much esteemed, though sometimes liked by sportsmen, may next be taken off by passing the knife at the letters *g h* between the joint and the body. When a hare is young, the back is sometimes divided at the joints into three or four parts, after being freed from the ribs and under-skin.

No. 27. A FRICANDEAU OF VEAL.

This is usually stewed, or rather braised sufficiently tender to be divided with a spoon, and requires no carving; but the fat (or underpart of the fillet) attached to it, marked *a a a*, which is sometimes, but not invariably served with it now, may be carved in even slices. The larding differs somewhat from that which we have described, but the mode shown here allows the *fricandeau* to be glazed with more facility

The engraving of the *entrée* No. 26 is intended merely to show the manner of dishing the cutlets. They may be of mutton, lamb, veal, or pork; and the centre may be filled with the sauce or stewed vegetable appropriate to either; as *soubise*, *purée* of asparagus, of mushrooms, or of tomatas; or *green peas à la Française*, stewed cucumbers, or aught else that is suited to the kind of meat which is served.

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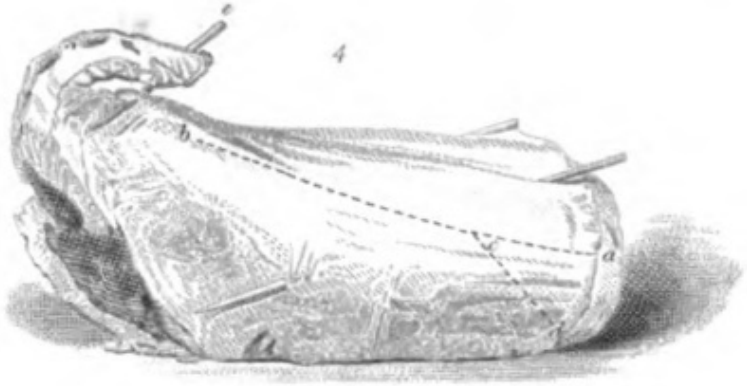
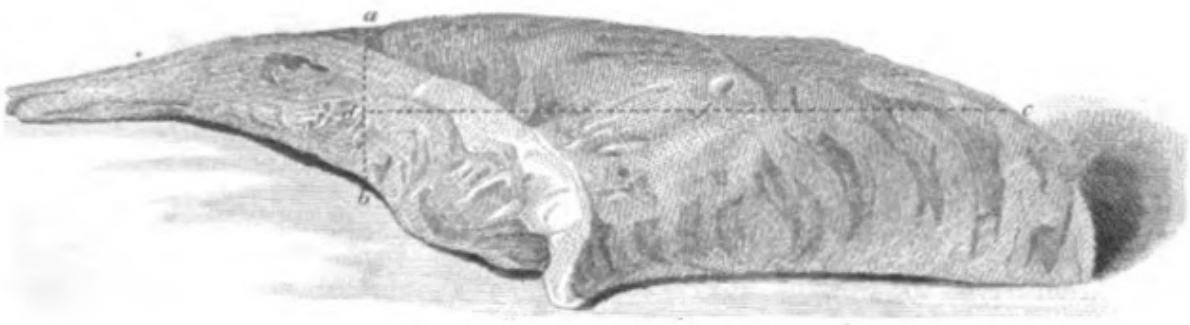


SADDLE OF MUTTON

5



HAUNCH OF VENISON

6

SIRLOIN OF BEEF

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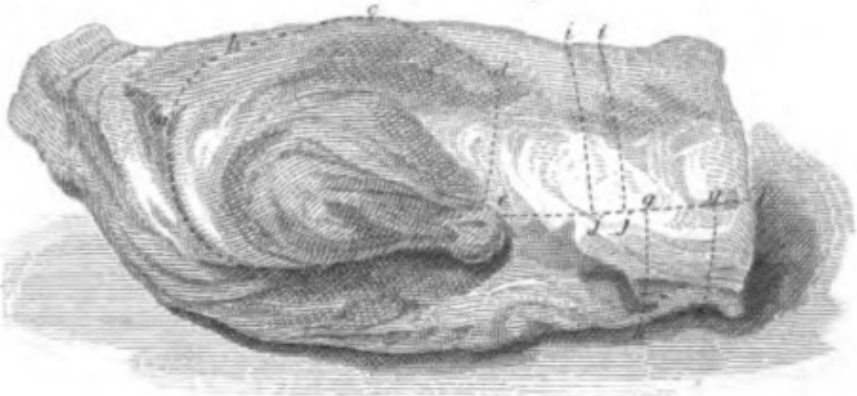
LEG OF MUTTON

8



QUARTER OF LAMB

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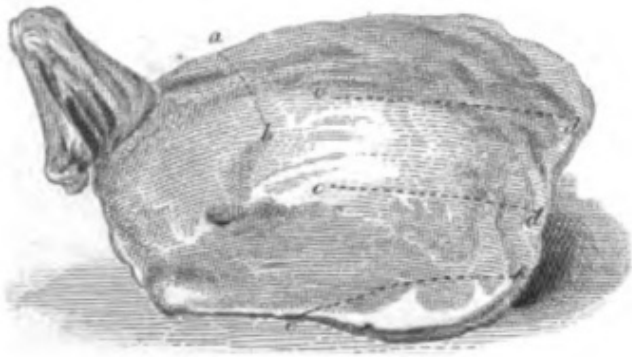

SHOULDER OF MUTTON

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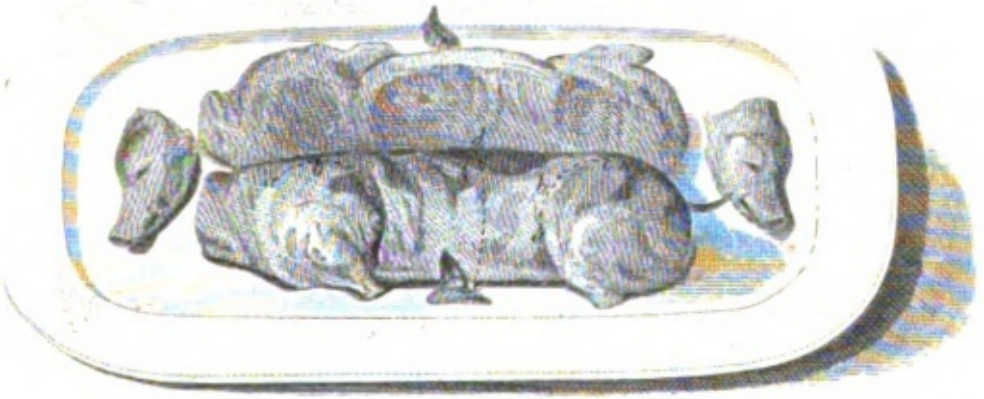
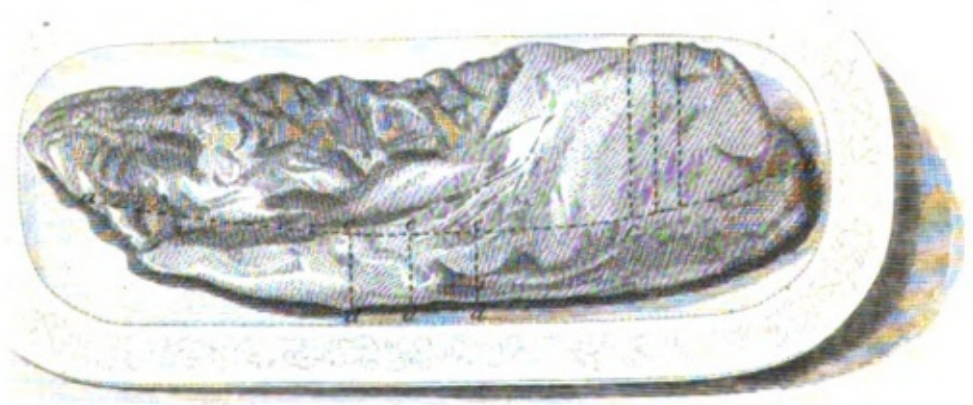


SUCKING PIG

11



BREAST OF VEAL

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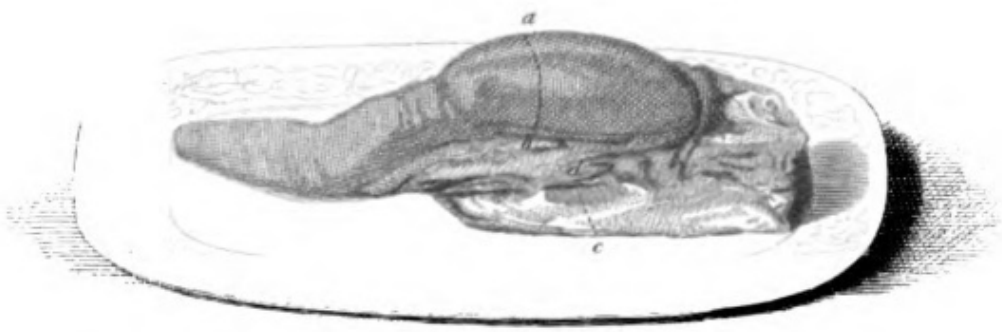
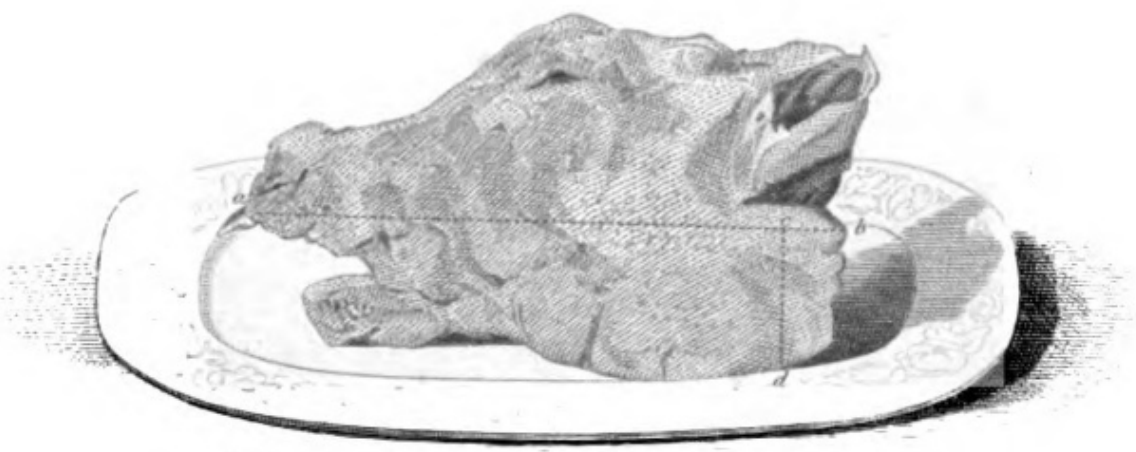


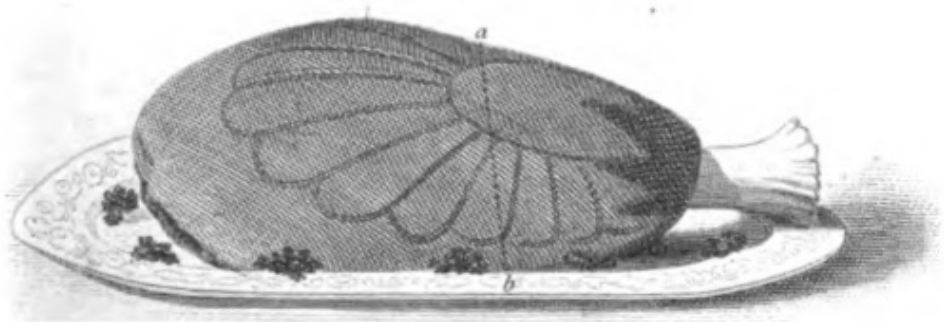
OX TONGUE.

13



CALF'S HEAD

14



HAM

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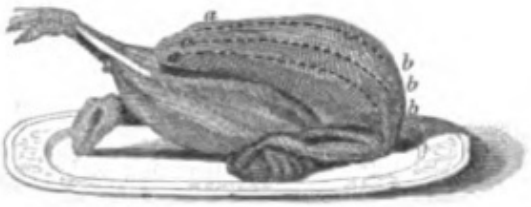


PHEASANT

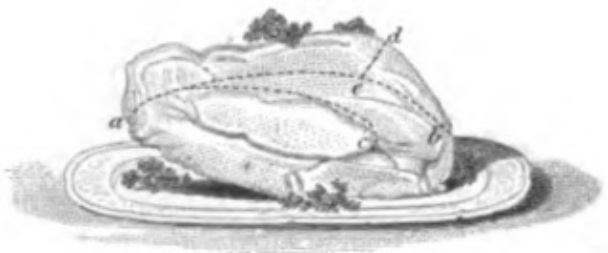
18

PARTRIDGE

19

WOODCOCK

16



BOILED FOWL

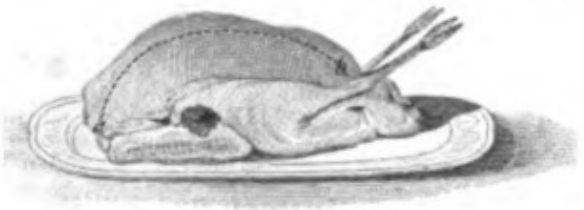
20

PIGEON

21

SNIPE

17



ROAST FOWL

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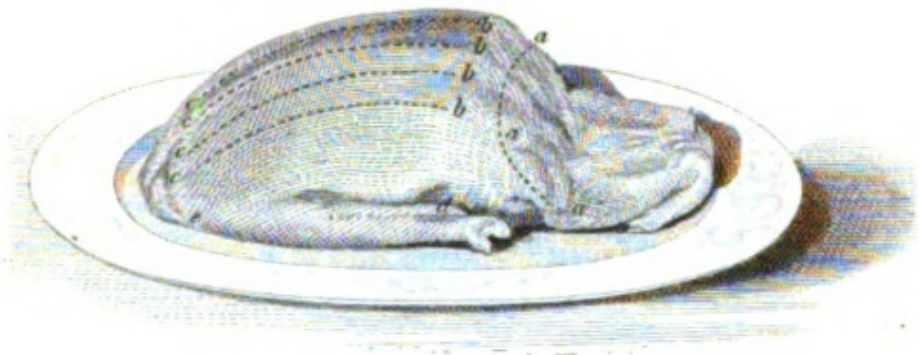
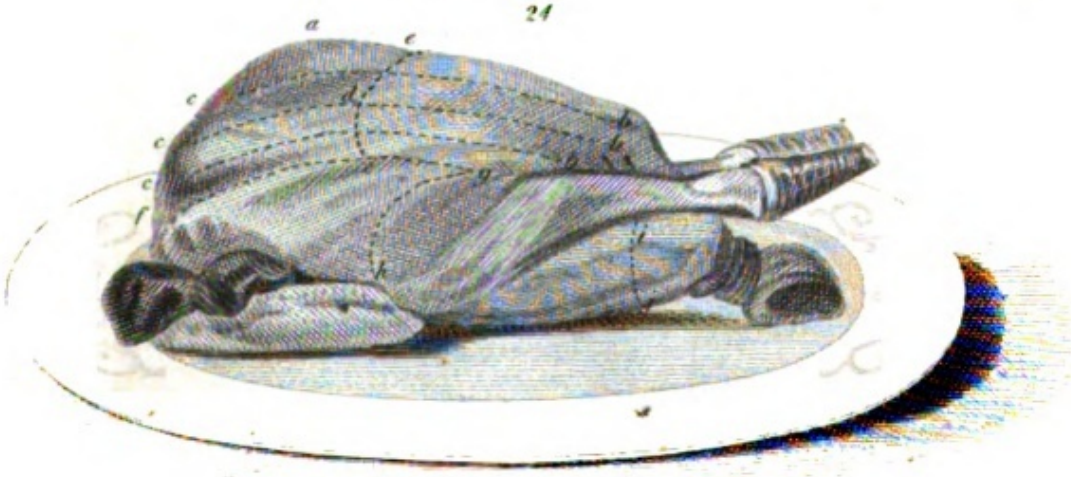


GOOSE

23

WILD DUCK

24



TURKEY

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26

ENTRÉE OF CUTLETS

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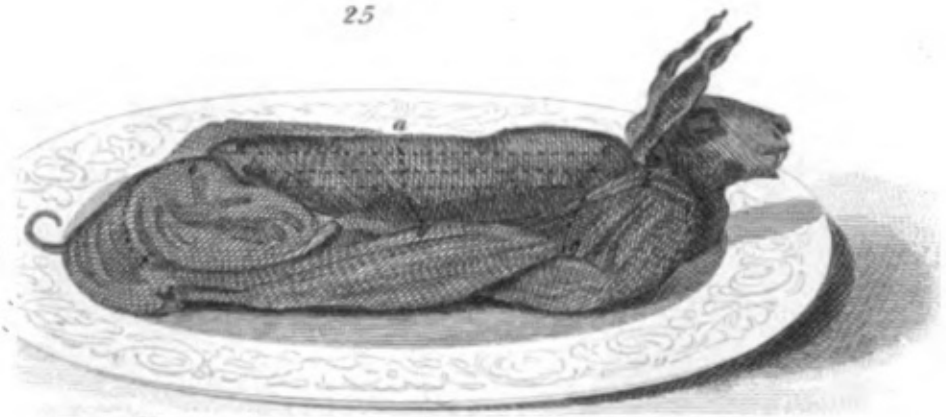

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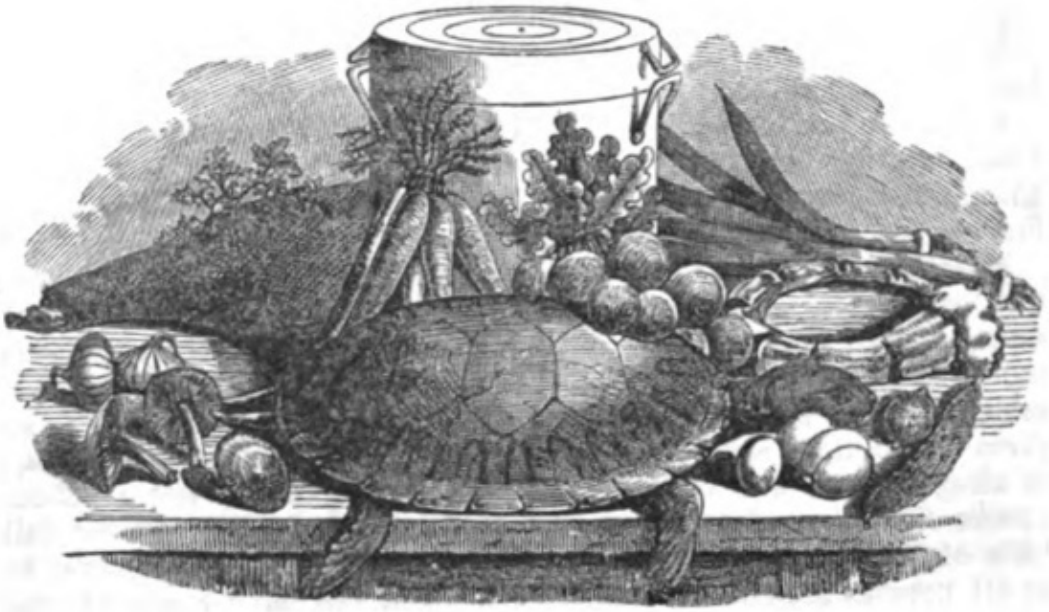

CHAPTER I.

Soups.

INGREDIENTS WHICH MAY ALL BE USED FOR MAKING SOUP OF VARIOUS KINDS:—Beef—Mutton—Veal—Hams—Salted Pork—Fat Bacon—Pigs' Ears and Feet—Venison—Black and Moor Game—Partridges—Pheasants—Wild Pigeons—Hares—Rabbits—Turkeys—Fowls—Tame Pigeons—Sturgeon—Conger Eel, with all sorts of Fish usually eaten—All Shell-Fish—Every kind of Vegetable and Herb fit for food—Butter—Milk—Eggs—Rice—Sago—Arrow-Root—Indian Corn—Hominy—Soujee—Tapioca—Pearl Barley—Oatmeal—Polenta*—Macaroni—Vermicelli—Semoulina, and other Italian Pastes.

THE art of preparing good, wholesome, palatable soups, *without great expense*, which is so well understood in France, and in other countries where they form part of the daily food of all classes of the

* The name given in English commerce to the maize-flour or meal of Italy.

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people, has hitherto been very much neglected in England;* yet it really presents no difficulties which a little practice, and the most common degree of care, will not readily overcome; and we strongly recommend increased attention to it, not only on account of the loss and inconvenience which ignorance of it occasions in many households, but because a better knowledge of it will lead naturally to improvement in other branches of cookery connected with it in which our want of skill is now equally apparent.

We have endeavoured to show by the list at the beginning of this chapter the immense number of different articles of which soup may be in turn compounded. It is almost superfluous to add, that it may be rendered at pleasure exceedingly rich, or simple in the extreme; composed, in fact, of all that is most choice in diet, or of little beyond herbs and vegetables

From the varied produce of a well-stored kitchen garden, it may be made excellent at a very trifling cost; and where fish is fresh and abundant it may be cheaply supplied nearly equal in quality to that for which a full proportion of meat is commonly used.

It is best suited to the colder seasons of the year when thickened well with rice, semoulina, pearl barley, or other ingredients of the same nature; and adapted to the summer months when lighter and more refreshing. Families who have resided much abroad, and those accustomed to continental modes of service, prefer it usually *in any form* to the more solid and heavy dishes which still often supersede it altogether at our tables† (except at those of the more affluent classes of society, where it appears, as a matter of course, in the daily bills of fare), and which are so *oppressive*, not only to foreigners, but to all persons generally to whom circumstances have rendered them unaccustomed diet; and many a housekeeper who is compelled by a narrow income to adopt a system of rigid domestic economy, would find it assist greatly in furnishing comfortable meals in a very frugal manner, if the proper modes of making it were fully comprehended as they ought to be.‡

The reader who desires to understand the *principles* of soup-making is advised to study with attention the directions for "Baron Liebeg's Extract of Beef," in the present chapter, and the receipt for *bouillon* which follows it.

A FEW DIRECTIONS TO THE COOK.

In whatever vessel soup is boiled, see that it be perfectly clean.

* The inability of servants to prepare delicately and well even a little broth suited to an invalid, is often painfully evident in cases of illness, not only in common English life, but where the cookery is supposed to be of a superior order.

† The popular taste in England, even at the present day, is far more in favour of what is termed "*substantial*" food, than of any kind of pottage.

‡ We are unable to give further space to this subject here, but may probably resume it at another part of the book if practicable.

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and let the inside of the cover and the rim be equally so. Wash the meat, and prepare the vegetables with great nicety before they are laid into it; and be careful to keep it always closely shut when it is on the fire. Never, on any account, set the soup by in it, but strain it off at once into a clean pan, and fill the stock-pot immediately with water; pursue the same plan with all stewpans and saucepans directly they are emptied.

Skim the soup thoroughly when it *first* begins to boil, or it will not be easy afterwards to render it clear; throw in some salt, which will assist to bring the scum to the surface, and when it has all been taken off, add the herbs and vegetables; for if not long stewed in the soup, their flavour will prevail too strongly. Remember that the trimmings, and the *bones* of fresh meat, the necks of poultry, the liquor in which a joint has been boiled, and the shank-bones of mutton, are all excellent additions to the stock-pot, and should be carefully reserved for it. The remains of roast poultry and game also will improve both the colour and the flavour of broth or soup.

Let the soup be very slowly heated, and after it has been well skimmed, and has boiled for a few minutes, draw it to the side of the stove and keep it *simmering softly*, but without ceasing, until it is done; for on this, as will hereafter be shown, its excellence principally depends. Every good cook understands perfectly the difference produced by the fast boiling, or the *gentle stewing*, of soups and gravies, and will adhere strictly to the latter method.*

Pour boiling water, in small quantities at first, to the meat and vegetables of which the soup is to be made when they have been fried or browned; but otherwise, always add *cold* water to the meat.

Unless precise orders to the contrary have been given, onions, eschalots, and garlic, should be used for seasoning with great moderation; for not only are they very offensive to many eaters, but to persons of delicate habit their effects are sometimes extremely prejudicial; and it is only in coarse cookery that their flavour is allowed ever strongly to prevail.

A small proportion of sugar, about an ounce to the gallon, will very much improve the flavour of gravy-stock, and of all rich brown soups; it may be added also to some others with advantage; and for this, directions will be given in the proper places.

Two ounces of salt may be allowed for each gallon of soup or broth, in which large quantities of vegetables are stewed; but an ounce and a half will be sufficient for such as contain few or none; it is always easy to add more if needful, but oversalting in the first

* It is most difficult to render rapidly-boiled soup or gravy clear for table: but that which is only simmered will clarify itself if allowed to remain undisturbed for some little time (half an hour or so) after it is withdrawn from the fire; it should then be poured very gently from the sediment. Calf's feet stock likewise may be converted into transparent jelly with far greater facility when it has not been thickened by too quick boiling, by which so many preparations in our English kitchens are injured.

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instance is a fault for which there is no remedy but that of increasing the proportions of all the other ingredients, and stewing the whole afresh, which occasions needless trouble and expense, even when time will admit of its being done.

As no particle of fat should be seen floating on soup when sent to table, it is desirable that the stock should be made the day before it is wanted, that it may become quite cold; when the fat may be entirely cleared off without difficulty.

When cayenne pepper is not mixed with rice-flour, or with any other thickening, grind it down with the back of a spoon, and stir a little liquid to it before it is thrown into the stewpan, as it is apt to remain in lumps, and to occasion great irritation of the throat when swallowed so.

Serve, not only soups and sauces, but all other dishes, *as hot as possible.*

THE TIME REQUIRED FOR BOILING DOWN SOUP OR STOCK.

This must be regulated by several considerations; for though the mere juices of meat require but little boiling after they have been fully extracted by the slow heating recommended by Baron Liebeg, soup to which many vegetables are added (winter vegetables especially) requires long stewing to soften and to blend properly the flavour of *all* the ingredients which it contains, as that of no one in particular ought to be allowed to predominate over the rest. We have in consequence retained the old directions as to time, in many of the following receipts; but an intelligent cook will soon ascertain from practice and observation how and when to vary it with advantage. *Over-boiling* renders all preparations insipid, and causes undue reduction of them likewise: it is a fault, therefore, which should be carefully avoided.

TO THICKEN SOUPS.

Except for white soups, to which arrow-root is, we think, more appropriate, we prefer, to all other ingredients generally used for this purpose, the finest and freshest rice-flour, which, after being passed through a lawn sieve, should be thoroughly blended with the salt, pounded spices, catsup, or wine, required to finish the flavouring of the soup. Sufficient liquid should be added to it very gradually to render it of the consistence of batter, and it should also be perfectly smooth; to keep it so, it should be moistened sparingly at first, and beaten with the back of a spoon until every lump has disappeared. The soup should boil quickly when the thickening is stirred into it, and be simmered for ten minutes afterwards. From an ounce and a half to two ounces of rice-flour will thicken sufficiently a quart of soup.

Instead of this, arrow-root or the condiment known by the name of *tous les mois*, which greatly resembles it, or potato flour, or the French thickening called *roux* (see Chapter V.), may be used in the

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following proportions:—Two and a half ounces of either of the first three, to four pints and a half of soup; to be mixed gradually with a little cold stock or water, stirred into the boiling soup, and simmered for a minute.

Six ounces of flour with seven of butter, made into a *roux*, or merely mixed together with a large knife, will be required to thicken a tureen of soup; as much as half a pound is sometimes used; these must be added by degrees, and carefully stirred round in the soup until smoothly blended with it, or they will remain in lumps. We would, however, recommend any other thickening rather than this unwholesome mixture.

All the ingredients used for soups should be fresh, and of good quality, particularly Italian pastes of every kind (macaroni, vermicelli, &c.), as they contract, by long keeping, a peculiarly unpleasant, musty flavour.

Onions, freed from the outer skin, dried gradually to a deep brown, in a slow oven, and flattened like Norfolk biffins, will keep for almost any length of time, and are extremely useful for heightening the colour and flavour of broths and gravies.*

* TO FRY BREAD TO SERVE WITH SOUP.

Cut some slices a quarter of an inch thick from a stale loaf; pare off the crust and divide the bread into dice, or cut it with a small paste-cutter into any other form. For half a pound of bread put two ounces of the best butter into a frying-pan, and when it is quite melted, add the bread; keep it turned over a gentle fire until it is equally coloured to a very pale brown, then drain it from the butter, and dry it on a soft cloth, or on a sheet of paper placed before a clear fire upon a dish, or upon a sieve reversed.

SIPPETS À LA REINE.

Having cut the bread as for common sippets, spread it on a dish, and pour over it a few spoonsful of thin cream, or of good milk: let it soak for an hour, then fry it in fresh butter of a delicate brown, drain and serve the sippets very hot.

TO MAKE NOUILLES.

(An elegant substitute for Vermicelli.)

Wet with the yolks of four eggs, as much fine dry sifted flour as will make them into a firm but very smooth paste. Roll it out as thin as possible, and cut it into bands of about an inch and a quarter in width. Dust them lightly with flour, and place four of them one upon the other. Cut them obliquely into the finest possible strips; separate them with the point of a knife, and spread them upon writing

* The fourth part of one these dried onions (*des ognons brilés*), of moderate size, is sufficient for a tureen of soup. They are sold very commonly in France, and may be procured in London at many good foreign warehouses.

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paper, so that they may dry a little before they are used. Drop them gradually into the boiling soup, and in ten minutes they will be done.

Various other forms may be given to this paste at will. It may be divided into a sort of ribbon macaroni; or stamped with small confectionary cutters into different shapes. It is much used in the more delicate departments of cookery, and when cut as for soup, and prepared as for the *Genoises à la Reine* of Chapter XVIII. makes very superior puddings, pastry, fritters, and other sweet dishes.

VEGETABLE VERMICELLI.

(Vegetables cut very fine for soups.)

Cut the carrots into inch lengths, then pare them round and round in ribands of equal thickness, till the inside is reached; next cut these ribands into straws, or very small strips; celery is prepared in the same way, and turnips also are first pared into ribands, then sliced into strips; these last require less boiling than the carrots, and attention must be paid to this, for if broken, the whole would have a bad appearance in soup. The safer plan is to boil each vegetable separately, till tolerably tender, in a little pale broth (in water if this be not at hand), to drain them well, and put them into the soup, which should be clear, only a few minutes before it is dished. For cutting them small, in other forms, the proper instruments will be found at the ironmonger's.

EXTRACT OF BEEF;

OR, VERY STRONG PLAIN BEEF GRAVY SOUP.

(Baron Liebeg's Receipt.)

OBSERVATION.—This admirable preparation is not only most valuable as a restorative of the best kind for invalids who require light but highly nutritious diet, it is also of the utmost utility for the general purposes of the kitchen, and will enable a cook who can take skilful advantage of it, to convert the *cold meat* which often abounds so inconveniently in an English larder, from our habit of having joints of large size so much served, into good nourishing dishes, which the hashes and minces of our common cookery *are not*, though they may answer well enough as mere varieties of diet. We shall indicate in the proper chapters the many other uses to which this *beef juice*—for such indeed it is—will be found eminently adapted. Of its value in illness it is impossible to speak too highly; and in every family, therefore, the *exact* mode of making it ought to be thoroughly understood. The economist who may consider it expensive, must remember that drugs and medical advice are usually far more so; and in cases of extreme debility the benefit derived from it, when it is well prepared and judiciously administered, is often remarkable. It should be given in small quantities at first, and in its pure state. It may afterwards be varied by the addition of vermicelli, semoulina, or other preparations

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of the kind; and also by using for it a portion of mutton, calf's head, poultry, or game, when these suit a patient as well as the beef.

RECEIPT.—Take a pound of good, juicy beef (rumpsteak is best for the purpose), from which all the skin and fat that can possibly be separated from it, has been cut away. Chop it up small like sausage-meat; then mix it thoroughly with an exact pint of cold water, and place it on the side of the stove to heat *very slowly indeed*; and give it an occasional stir. It may stand two or three hours before it is allowed to simmer, and will then require at the utmost but fifteen minutes of gentle boiling. Professor Liebeg directs even less time than this, but the soup then occasionally retains a raw flavour which is distasteful. Salt should be added when the boiling first commences, and for invalids, this, in general, is the only seasoning required. When the extract is thus far prepared, it may be poured from the meat into a basin, and allowed to stand until any particles of fat it may exhibit on the surface can be skimmed off entirely, and the sediment has subsided and left the soup quite clear (which it speedily becomes), when it may be poured gently off, heated in a clean saucepan, and served at once. It will contain all the nutriment which the meat will yield. The scum should always be well cleared from the surface of the soup as it accumulates.

To make light beef tea or broth, merely increase the proportion of water to a pint and a half or a quart; but in all else proceed as above.

Meat (without fat or skin), 1 lb.; cold water, exact pint: heating 2 hours or more; to boil 15 minutes at the utmost. Beef tea or broth.—Beef, 1 lb.; water, 1½ pint or 1 quart.

Obs.—To mingle vegetable diet in its best form with this extract, it will be sufficient, as we have explained in "Cookery for Invalids," to boil down the kind of vegetable desired, sliced or cut up small, in a very moderate quantity of water, until its juices are well drawn out; then to strain off the liquid from it with slight pressure, and, when it has become cold, to pour it to the chopped meat instead of water. Several different sorts can be mixed together, and cooked in this way: the water must boil before they are added to it.

They should be much more tender than when merely boiled for table, but not reduced to pulp. The juice should remain clear; no salt should be added; and it should be quite cold before it is stirred to the meat.

When the extract is wanted for gravy, a small portion of onion, and of herbs, carrots, celery, and the other usual vegetables, may be stewed together, to give it the requisite flavour.

About an inch square of the Jewish beef (see Chapter of FOREIGN COOKERY), whether cooked or uncooked, will impart a fine savour to it; the smoked surface of this should be pared off before it is used, and it may be added in thin slices.

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BOUILLON.

(The Common Soup or Beef-Broth of France; cheap, and very wholesome.)

This soup, or *broth* as we should perhaps designate it in England, is made once or twice in the week, in every family of respectability in France; and by the poorer classes as often as their means will enable them to substitute it for the vegetable or *maigre* soups, on which they are more commonly obliged to subsist. It is served usually on the first day with slices of untoasted bread soaked in it; on the second, it is generally varied with vermicelli, rice, or semoulina. The ingredients are, of course, often otherwise proportioned than as we have given them, and more or less meat is allowed according to the taste or circumstances of the persons for whom the *bouillon* is prepared; but the process of making it is always the same, and is thus described (rather learnedly) by one of the most skilful cooks in Europe: "The stock-pot of the French artisan," says Monsieur Carême, "supplies his principal nourishment; and it is thus managed by his wife, who, without the slightest knowledge of chemistry, conducts the process in a truly scientific manner. She first lays the meat into an earthen stock-pot, and pours cold water to it in the proportion of about two quarts to three pounds of the beef;* she then places it by the side of the fire, where it slowly becomes hot; and as it does so, the heat enlarges the fibre of the meat, dissolves the gelatinous substances which it contains, allows the albumen (or the muscular part which produces the scum) to disengage itself, and rise to the surface, and the OZMAZOME (*which is the most savoury part of the meat*) to be diffused through the broth. Thus, from the simple circumstance of boiling it in the gentlest manner, a relishing and nutritious soup will be obtained, and a dish of tender and palatable meat; but if the pot be placed and kept over a quick fire, the *albumen* will coagulate, harden the meat, prevent the water from penetrating it, and the *osmazome* from disengaging itself; the result will be a broth without flavour or goodness, and a tough, dry bit of meat."

It must be observed in addition, that as the meat of which the *bouillon* is made, is almost invariably sent to table, a part of the rump, the mouse-buttock, or the leg-of-mutton piece of beef, should be selected for it; and the simmering should be continued only until this is perfectly tender. When the object is simply to make good, pure-

* This is a large proportion of meat for the family of a French artisan; a pound to the quart would be nearer the reality; but it is not the refuse-meat which would be purchased by persons of the same rank in England for making broth

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flavoured, beef broth, part of the shin or leg, with a pound or two of the neck, will best answer the purpose. When the *bouilli* (that is to say, the beef which is boiled in the soup), is to be served, bind it into a good shape, add to it a calf's foot if easily procurable, as this much improves the quality of the *bouillon*; pour cold water to it in the proportion mentioned above, and proceed, as Monsieur Carême directs, to heat the soup *slowly* by the side of the fire; remove carefully the head of scum which will gather on the surface before the boiling commences, and continue the skimming at intervals for about twenty minutes longer, pouring in once or twice a little cold water. Next, add salt in the proportion of two ounces to the gallon; this will cause a little more scum to rise; clear it quite off and throw in three or four turnips, as many carrots, half a head of celery, four or five young leeks, an onion stuck with six or eight cloves, a large half tea-spoonful of peppercorns, and a bunch of savoury herbs. Let the whole stew VERY softly without ceasing, from four hours and a half to six hours, according to the quantity: the beef in that time will be extremely tender but not overdone. It will be excellent eating if properly managed, and might often, we think, be substituted with great advantage for the hard, half-boiled, salted beef so often seen at an English table. It should be served with a couple of cabbages, which have been first boiled in the usual way, then pressed very dry, and stewed for ten minutes in a little of the broth, and seasoned with pepper and salt. The other vegetables from the *bouillon* may be laid round it or not at choice. The soup if served on the same day must be strained, well cleared from fat, and sent to table with fried or toasted bread, unless the continental mode of putting slices or crusts of *untoasted* bread into the tureen, and soaking them for ten minutes in a ladleful or two of the *bouillon*, be, from custom, preferred.

Beef, 8 to 9 lbs.; water, 6 quarts; salt, 3 oz. (more, if needed); carrots, 4 to 6; turnips, 4 or 5; celery, one small head; leeks, 4 to 6; one onion, stuck with 6 cloves; peppercorns, one small teaspoonful; large bunch of savoury herbs (calf's foot if convenient); to *simmer* 5 to 6 hours.

Obs. 1.—This broth forms in France the foundation of all richer soups and gravies. Poured on fresh meat (a portion of which should be veal) instead of water, it makes at once an excellent *consommé* or strong jellied stock. If properly managed, it is very clear and pale; and with an additional weight of beef and some spoonsful of glaze, may easily be converted into an amber-coloured gravy-soup, suited to modern taste.

Obs. 2.—It is a common practice abroad to boil poultry, pigeons, and even game, in the *pot-au-feu* or soup-pot.* They should be properly trussed, stewed in the broth just long enough to render them tender, and served, when ready, with a *good* sauce. A small ham, if well soaked, washed exceedingly clean, and freed entirely from any

* In wealthy families the soup is boiled in a metal soup-pot, called a *marmite*.

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rusty or blackened parts, laid with the beef when the water is first added to it, and boiled from three hours and a half to four hours in the *bouillon*, is very superior in flavour to those cooked in water only, and infinitely improves the soup, which cannot however so well be eaten until the following day, when all the fat can easily be taken from it: it would, of course, require no salt.

CLEAR, PALE GRAVY SOUP OR CONSOMMÉ.

Rub a deep stewpan or soup-pot with butter, and lay into it three quarters of a pound of ham freed entirely from fat, skin, and rust, four pounds of leg or neck of veal, and the same weight of lean beef, all cut into thick slices; set it over a clear and rather brisk fire, until the meat is of a fine amber-colour; it must be often moved, and closely watched, that it may not stick to the pan, nor burn. When it is equally browned, lay the bones upon it, and pour in gradually four quarts of boiling water. Take off the scum carefully as it rises, and throw in a pint of cold water at intervals to bring it quickly to the surface. When no more appears, add two ounces of salt, two onions, two large carrots, two turnips, one head of celery, a faggot of savoury herbs, a dozen cloves, half a teaspoonful of whole white pepper, and two large blades of mace. Let the soup boil gently from five hours and a half to six hours and a half; then strain it through a very clean fine cloth, laid in a hair sieve. When it is perfectly cold, remove every particle of fat from the top; and, in taking out the soup, leave the sediment untouched; heat in a clean pan the quantity required for table, add salt to it if needed, and a few drops of chili or of cayenne vinegar. Harvey's sauce, or very fine mushroom catsup, may be substituted for these. When thus prepared the soup is ready to serve: it should be accompanied by pale sippets of fried bread, or sippets *à la reine*. (At tables where English modes of service entirely prevailed, clear gravy-soup, until very recently, was always accompanied by dice, or sippets as they are called, of delicately toasted bread. These are now seldom seen, but some Italian paste, or nicely prepared vegetable, is served *in* the soup instead). Rice, macaroni in lengths or in rings, vermicelli, or *nouilles*, may in turn be used to vary it; but they must always be boiled apart, till tender, in broth or water, and well drained before they are slipped into it. The addition of young vegetables, too, and especially of asparagus, will convert it into superior spring-soup; but they, likewise, must be separately cooked.

ANOTHER RECEIPT FOR GRAVY SOUP.

Instead of browning the meat in its own juices, put it with the onions and carrots, into a deep stewpan, with a quarter of a pint of *bouillon*; set it over a brisk fire at first, and when the broth is somewhat reduced, let it boil gently until it has taken a fine colour, and forms a

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glaze (or jelly) at the bottom of the stewpan; then pour to it the proper quantity of water, and finish the soup by the preceding receipt.*

Obs.—A rich, old-fashioned English brown gravy-soup may be made with beef only. It should be cut from the bones, dredged with flour, seasoned with pepper and salt, and fried a clear brown; then stewed for six hours, if the quantity be large, with a pint of water to each pound of meat, and vegetables as above, except onions, of which four moderate-sized ones, also fried, are to be added to every three quarts of the soup, which, after it has been strained and cleared from fat, may be thickened with six ounces of fresh butter, worked up very smoothly with five of flour. In twenty minutes afterwards, a tablespoonful of the best soy, half a pint of sherry, and a little cayenne, may be added to the soup, which will then be ready to serve.

CHEAP, CLEAR GRAVY SOUP.

The shin or leg of beef, if not large or coarse, will answer extremely well for this soup, and afford at the same time a highly economical dish of boiled meat, which will be found very tender, and very *palatable* also, if it be served with a sauce of some piquancy. From about ten pounds of the meat let the butcher cut evenly off five or six from the thick fleshy part, and again divide the knuckle, that the whole may lie compactly in the vessel in which it is to be stewed. Pour in three quarts of cold water, and when it has been brought slowly to boil, and been well skimmed, as directed for *bouillon* (Page 8), throw in an ounce and a half of salt, half a large teaspoonful of peppercorns, eight cloves, two blades of mace, a faggot of savoury herbs, a couple of small carrots, and the heart of a root of celery; to these add a mild onion or not, at choice. When the whole has stewed very softly for four hours, probe the larger bit of beef, and if quite tender, lift it out for table; let the soup be simmered from two to three hours longer, and then strain it through a fine sieve, into a clean pan. When it is perfectly cold, clear off every particle of fat; heat a couple of quarts, stir in, when it boils, half an ounce of sugar, a small tablespoonful of good soy, and twice as much of Harvey's sauce, or instead of this, of clear and fine mushroom catsup. If carefully made, the

* The juices of meat, drawn out with a small portion of liquid, as directed here, may easily be reduced to the consistency in which they form what is called *glaze*; for particulars of this, see Chapter IV. The best method, though perhaps not the easiest, of making the clear, amber-coloured stock, is to pour a ladleful or two of pale but strong beef-broth to the veal, and to boil it briskly until well reduced, thrusting a knife when this is done into the meat, to let the juices escape; then to proceed more slowly and cautiously as the liquid approaches the state in which it would burn. It must be allowed to take a dark amber-colour only, and the meat must be turned, and often moved in it. When the desired point is reached, pour in more boiling broth, and let the pan remain off the fire for a few minutes, to detach and melt the glaze; then shake it *well* round before the boiling is continued. A certain quantity of deeply coloured glaze, made apart, and stirred into strong, clear, pale stock, would produce the desired effect of this, with much less trouble.

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soup will be perfectly transparent and of good colour and flavour. A thick slice of lean ham will improve it, and a pound or so of the neck of beef with an additional pint of water, will likewise enrich its quality. A small quantity of good broth may be made of the fragments of the whole boiled down with a few fresh vegetables.

Brown caper, or hot horse-radish sauce, or *sauce Robert*, or *sauce piquante*, made with the liquor in which it is boiled, may be served with the portion of the meat which is sent to table.

VERMICELLI SOUP.

(*Potage au Vermicelle.*)

Drop very lightly, and by degrees, six ounces of vermicelli, broken rather small, into three quarts of boiling bouillon, or clear gravy soup; let it simmer for half an hour* over a gentle fire, and stir it often. This is the common French mode of making vermicelli soup, and we can recommend it as a particularly good one for family use. In England it is customary to soak, or to blanch the vermicelli, then to drain it well, and to stew it for a shorter time in the soup; the quantity also, must be reduced quite two ounces, to suit modern taste.

Bouillon, or gravy soup, 3 quarts; vermicelli, 6 oz.; 30 minutes. Or, soup, 3 quarts; vermicelli, 4 oz.; blanched in boiling water 5 minutes; stewed in soup 10 to 15 minutes.

SEMOULINA SOUP.

(*Soupe à la Sémoule.*)

Semoulina is used in the same way as the vermicelli. It should be dropped very lightly and by degrees into the boiling soup, which should be stirred all the time it is being added, and very frequently afterwards; indeed, it should scarcely be quitted until it is ready for table. Skim it carefully, and let it simmer from twenty to five-and-twenty minutes. This, when the semoulina is good and fresh, is, to our taste, an excellent soup.

Soup, 3 quarts; semoulina, 6 oz.; nearly, or quite 25 minutes.

* When of very fine quality, the vermicelli will usually require less boiling than this. We have named to the reader, in another part of the volume, Mr. Cobbett, 18, Pall Mall, as supplying all the Italian pastes extremely good. There are, of course, *many* other houses in London where they may be procured equally so; but in naming Mr. Cobbett, who is personally unknown to us, we merely give the result of our own experience of many years. Some articles of *very* superior quality purchased for us at his warehouse by a person merely commissioned to procure the best that could be had "*from Town*," first directed our attention to his house (a long established one, we believe), which is justly noted, especially amongst affluent country families, for the excellence of the goods which it sends out. We give this explanation, because it seems invidious to select, from the large number of deservedly celebrated establishments of the same class which are to be found here, any *one* in particular for mention in a work of this nature.

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MACARONI SOUP.

Throw four ounces of fine fresh* mellow Naples maccaroni into a pan of fast-boiling water, with about an ounce of fresh butter, and a small onion stuck with three or four cloves.† When it has swelled to its full size, and become tender, drain it well, cut it into half-inch lengths, and slip it into a couple of quarts of clear gravy-soup: let it simmer for a few minutes, when it will be ready for table. Observe, that the macaroni should be boiled quite tender; but it should by no means be allowed to burst, nor to become pulpy. Serve grated Parmesan cheese with it.

Macaroni, 4 oz.; butter, 1 oz.; 1 small onion; 5 cloves; ½ hour, or more. In soup, 5 to 10 minutes.

Obs.—The macaroni for soups should always be either broken into short lengths before it is boiled, or cut as above, or sliced quickly into small rings not more than the sixth of an inch thick after it is boiled, unless the *cut* or ring macaroni, which may be purchased at the Italian warehouses, be used; this requires but ten minutes' boiling, and should be dropped into the soup in the same way as vermicelli.‡ Four ounces of it will be sufficient for two quarts of stock. It may be added to white soup after having been previously boiled in water or veal-broth, and well drained from it: it has a rather elegant appearance in clear gravy-soup, but should have a boil in water before it is thrown into it.

If served in very clear bright stock (*consommé*), it should be boiled apart until tender in a little good broth, which ought also to be clear and entirely free from fat; then well drained, and put into the soup for a minute, or into the tureen, the instant before the soup is dished.

SOUP OF SOUJEE.

The soujee is of Indian origin, but is now well manufactured in England,§ and is, we think, somewhat more delicate than semoulina in flavour; and being made from wheat of the finest quality, is also quite as nutritious, or more so. For each quart of soup allow two ounces of soujee (the proportions can always be otherwise adapted to the taste after the first trial); drop it gradually into the boiling liquid, and simmer it for ten or twelve minutes. Bullock's semola is another preparation which may be used in exactly the same manner to thicken soup; but both this and soujee are more expensive at present than semoulina.

* We must here repeat our warning against the use of long-kept macaroni, vermicelli, or semoulina; as when stale they will render any dish into which they are introduced quite unfit for table.

† For white soups omit the onion.

‡ For the different varieties of macaroni and vermicelli, and the time required to boil each of them, see Chapter XXI.

§ By Messrs. Stephens and Co., 2 White's Row, Bishopsgate.

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POTAGE AUX NOUILLES, OR TAILLERINE SOUP

Make into *nouille*-paste, with very fine dry flour, the yolks of four fresh eggs, and when ready cut, drop it gradually into five pints of boiling soup; keep this gently stirred for ten minutes, skim it well, and serve it quickly. This is a less common, and a more delicately flavoured soup than the vermicelli, provided always that the *nouilles* be made with really fresh eggs. The same paste may be cut into very small diamonds, squares, stars, or any other form, then left to dry a little, and boiled in the soup until swollen to its full size, and tender.

Nouille-paste of four eggs; soup, 5 pints: 10 minutes.

SAGO SOUP.

Wash in several waters, and float off the dirt from six ounces of fine pearl sago; put it into three quarts of good cold gravy-stock; let it stew gently from half to three quarters of an hour, and stir it occasionally, that it may not burn nor stick to the stewpan. A quarter of an ounce more of sago to each pint of liquid, will thicken it to the consistence of peas-soup. It may be flavoured with half a wineglassful of Harvey's sauce, as much cayenne as it may need, the juice of half a lemon, an ounce of sugar, and two glasses of sherry; or these may be omitted, and good beef-broth may be substituted for the gravy-soup, for a simple family dinner, or for an invalid; or, again, it may be converted into inexpensive white soup by the addition of some cream smoothly mixed with a dessertspoonful of arrow-root, or of thick cream and new milk in equal portions. Veal broth would be the most appropriate for this, or it might be made with half veal and half mutton.

Sago, 6 oz.; soup, 3 quarts: 30 to 45 minutes.

TAPIOCA SOUP.

This is made in the same manner, and with the same proportions as the preceding soup, but it must be simmered from fifty to sixty minutes.

RICE SOUP.

In France, this soup is served well thickened with the rice, which is stewed in it for upwards of an hour and a half, and makes thus, even with the common *bouillon* of the country, an excellent winter *potage*. Wipe in a dry cloth, eight ounces of the best rice; add it, in small portions, to four quarts of hot soup, of which the boiling should not be checked as it is thrown in. When a clear soup is wanted wash the rice, give it five minutes' boil in water, drain it well, throw it into as much boiling stock or well-flavoured broth as will keep it covered till done, and simmer it very softly until the grains are tender but still separate; drain it, drop it into the soup, and let it remain in it a few minutes before it is served, but without

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simmering. When stewed in the stock it may be put at once, after being drained, into the tureen, and the clear *consommé* may be poured to it.

An easy English mode of making rice-soup is this: put the rice into plenty of cold water; when it boils throw in a small quantity of salt, let it simmer for ten minutes, drain it well, throw it into the boiling soup, and simmer it gently from ten to fifteen minutes longer.* An extra quantity of stock must be allowed for the reduction of this soup which is always considerable.

WHITE RICE SOUP.

Throw four ounces of well-washed rice into boiling water, and in five minutes after pour it into a sieve, drain it well, and put it into a couple of quarts of good white boiling stock; let it stew until tender; season the soup with salt, cayenne, and pounded mace; stir to it three quarters of a pint of very rich cream, give it one boil, and serve it quickly.

Rice, 4 oz.: boiled 5 minutes Soup, 2 quarts: ¾ hour or more. Seasoning of salt, mace, and cayenne; cream, ¾ pint: 1 minute.

RICE-FLOUR SOUP.

Mix to a smooth batter, with a little cold broth, eight ounces of fine rice-flour, and pour it into a couple of quarts of fast-boiling broth or gravy soup. Add to it a seasoning of mace and cayenne, with a little salt if needful. It will require but ten minutes' boiling.

Soup, 2 quarts; rice-flour, 8 oz.: 10 minutes.

Obs.—Two dessertspoonsful of currie-powder, and the strained juice of half a moderate-sized lemon will greatly improve this soup: it may also be converted into a good common white soup (if it be made of veal stock), by the addition of three quarters of a pint of thick cream to the rice.

STOCK FOR WHITE SOUP.

Though a knuckle of veal is usually preferred for this stock, part of the neck will answer for it very well. Whichever joint be chosen, let it be thoroughly washed, once or twice divided, and laid into a delicately clean soup-pot, or well-tinned large stout iron saucepan, upon a pound of lean ham, freed entirely from skin and fat, and cut into thick slices; or, instead of this, on half a pound of the Jewish smoked beef, of which we have already spoken, and from which the smoked surface, and *all* fat, must be carefully carved away.

Dutch or hung beef also will answer the same purpose, but similar precautions must be observed with regard to the smoked portions of either; as they would impart a very unpleasant flavour to any preparation. Should *very* rich soup be wished for, pour in a pint only of cold water for each pound of meat, but otherwise a pint and a half

* The Patna requires much less boiling than the Carolina.

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may be allowed. When the soup has been thoroughly cleared from scum, which should be carefully taken off from the time of its first beginning to boil, throw in an ounce of salt to the gallon (more can be added afterwards if needed), two mild onions, a moderate-sized head of celery, two carrots, a small teaspoonful of whole white pepper, and two blades of mace; and let the soup stew very softly from five to six hours, if the quantity be large: it should simmer until the meat falls from the bones. The skin of a calf's head, a calf's foot, or an old fowl may always be added to this stock with good effect. Strain it into a clean deep pan, and keep it in a cool place till wanted for use.

Lean ham, 1 lb.; veal, 7 lbs; water, 4 to 6 quarts; salt, 1½ oz. (more if needed); onions, 2; celery, 1 head; carrots, 2; peppercorns, 1 teaspoonful; mace, 2 blades: 5 to 6 hours.

MUTTON-STOCK FOR SOUPS.

Equal parts of beef and mutton, with the addition of a small portion of ham, or dried beef, make excellent stock, especially for winter-soups. The necks of fowls, the bones of an undressed calf's head, or of any uncooked joint, may be added to it with advantage. According to the quality of soup desired, pour from a pint to a pint and a half of cold water to each pound of meat; and after the liquor has been well skimmed, on its beginning to boil, throw in an ounce and a half of salt to the gallon, two small heads of celery, three mild middling-sized onions, three well-flavoured turnips, as many carrots, a faggot of thyme and parsley, half a teaspoonful of white peppercorns, twelve cloves, and a large blade of mace. Draw the soup-pot to the side of the fire, and boil the stock as gently as possible for about six hours; then strain, and set it by for use. Be particularly careful to clear it *entirely* from fat before it is prepared for table. One third of beef or *veal*, with two of mutton, will make very good soup; or mutton only will answer the purpose quite well upon occasion.

Beef, 4 lbs.; mutton, 4 lbs. (or, beef or veal from 2 to 3 lbs.; mutton from 5 to 6 lbs.); water, 1 to 1½ gallon; salt, 1½ oz.; mild turnips, 1 lb.; onions, 6 oz.; carrots, ¾ lb.; celery, 6 to 8 oz.; 1 bunch of herbs; peppercorns, ½ teaspoonful; cloves, 12; mace, 1 large blade: 6 hours.

Obs.—Salt should be used sparingly at first for stock in which any portion of ham is boiled; allowance should also be made for its reduction, in case of its being required for gravy.

MADEMOISELLE JENNY LIND'S SOUP.

(Authentic Receipt.)

This receipt does not merely bear the name of "Mademoiselle Lind," but is in reality that of the soup which was constantly served to her, as it was prepared by her own cook. We are indebted for it

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to the kindness of the very popular Swedish authoress, Miss Bremer, who received it direct from her accomplished countrywoman.*

The following proportions are for a tureen of this excellent *potage*:—

Wash a quarter of a pound of the best pearl sago until the water poured from it is clear; then stew it quite tender and very thick in water or thick broth (it will require nearly or quite a quart of liquid, which should be poured to it cold, and heated slowly): then mix gradually with it a pint of good boiling cream, and the yolks of four fresh eggs, and mingle the whole carefully with two quarts of strong veal or beef stock, which should always be kept ready boiling. Send the soup immediately to table.

THE LORD MAYOR'S SOUP.

Wash thoroughly two sets of moderate sized pigs' ears and feet from which the hair has been carefully removed; add to them five quarts of cold water, and stew them very gently with a faggot of savoury herbs, and one large onion stuck with a dozen cloves, for nearly four hours, when the ears may be lifted out; stew the feet for another hour, then take them up, strain the soup, and set it in a cool place that it may become cold enough for the fat to be quite cleared from it. Next, bone the ears and feet, cut the flesh down into dice, throw a clean folded cloth over it, and leave it so until the soup requires to be prepared for table; then strew upon it two tablespoonsful of savoury herbs minced small, half a saltspoonful of cayenne, a little white pepper, and some salt. Put into a large saucepan half a pound of good butter, and when it begins to simmer thicken it gradually with as much flour as it will absorb; keep these stirred over a very gentle fire for ten minutes or more, but do not allow them to take the slightest colour; pour the soup to them by degrees, letting it boil up after each portion is added; put in the meat, and half a pint of sherry; simmer the whole from three to five minutes; dish the soup, and slip into it two or three dozens of delicately fried forcemeat-balls. (See Chapter VIII.)

Pigs' feet, 8; ears, 4; water, 5 quarts; bunch savoury herbs; 1 large onion; cloves, 12: 3½ to 4 hours, feet, 1 hour more. Butter, ½ lb.; flour, 6 oz.†: 10 to 12 minutes. Minced herbs, 2 tablespoonsful; cayenne and common pepper, each ½ saltspoonful; salt, ½ teaspoonful or more; sherry, ½ pint: 3 to 5 minutes. Forcemeat-balls, 2 to 3 dozens.

Obs.— We have given this receipt with the slightest possible variation from the original, which we derived from a neighbourhood where

* We were informed by Miss Bremer that Mademoiselle Lind was in the habit of taking this soup before she sang, as she found the sago and eggs soothing to the chest, and beneficial to the voice.

† The safer plan for an inexperienced cook is to weigh the flour, and then to sprinkle it from a dredging-box into the butter.

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the soup made by it was extremely popular We have better adapted it to our own taste by the following alterations.

THE LORD MAYOR'S SOUP.

(Author's Receipt.)

We prefer to have this soup made, in part, the evening before it is wanted. Add the same proportion of water to the ears and feet as in the preceding directions; skim it thoroughly when it first boils, and throw in a tablespoonful of salt, two onions of moderate size, a small head of celery, a bunch of herbs, two whole carrots, a small teaspoonful of white peppercorns, and a blade of mace. Stew these softly until the ears and feet are perfectly tender, and, after they are lifted out, let the liquor be kept *just simmering* only, while they are being boned, that it may not be too much reduced. Put the bones back into it, and stew them as gently as possible for an hour; then strain the soup into a clean pan, and set it by until the morrow in a cool place. The flesh should be cut into dice while it is still warm, and covered with the cloth before it becomes *quite* cold. To prepare the soup for table clear the stock from fat and sediment, put it into a very clean stewpan, or deep saucepan, and stir to it when it boils, six ounces of the finest rice-flour smoothly mixed with a quarter of a teaspoonful of cayenne, three times as much of mace and salt, the strained juice of a lemon, three tablespoonsful of Harvey's sauce, and half a pint of good sherry or Madeira. Simmer the whole for six or eight minutes, add more salt if needed, stir the soup often, and skim it thoroughly; put in the meat and herbs, and after they have boiled gently for five minutes, dish the soup, add forcemeat-balls or not, at pleasure, and send it to table quickly.

Moderate-sized pigs' feet, 8; ears, 4; water, 5 quarts; salt, 1 tablespoonful; onions, 2; celery, 1 head; carrots, 2; bunch of herbs; peppercorns, 1 small teaspoonful; mace, 1 blade: 3½ to 4½ hours. Stock, 5 pints; rice-flour, 6 oz.; cayenne, ¼ teaspoonful; mace and salt, each ¾ of a teaspoonful; juice of 1 lemon; Harvey's sauce, 3 tablespoonsful; sherry or Madeira, ½ pint: 6 to 8 minutes. Savoury herbs, 2 tablespoonsful: 5 minutes.

Obs. 1.—Should the quantity of stock exceed five pints, an additional ounce or more of rice must be used, and the flavouring be altogether increased in proportion. Of the minced herbs, two-thirds should be parsley, and the remainder equal parts of lemon thyme and winter savoury, unless sweet basil should be at hand, when a teaspoonful of it may be substituted for half of the parsley. To some tastes a seasoning of sage would be acceptable; and a slice or two of lean ham will much improve the flavour of the soup.

Obs. 2.—Both this soup, and the preceding one, may be rendered very rich by substituting strong *bouillon* (see page 8) or good veal broth for water, in making them.

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COCOA-NUT SOUP.

Pare the dark rind from a very fresh cocoa-nut, and grate it down small on an exceedingly clean, bright grater; weigh it, and allow two ounces for each quart of soup. Simmer it gently for one hour in the stock, which should then be strained closely from it, and thickened for table.

Veal stock, gravy-soup, or broth, 5 pints; grated cocoa-nut, 5 oz.. 1 hour. Flour of rice, 5 oz.; mace, ½ teaspoonful; little cayenne and salt; mixed with ¼ pint of cream: 10 minutes.

Or: gravy-soup, or good beef broth, 5 pints: 1 hour. Rice flour, 5 oz.; soy and lemon-juice, each 1 tablespoonful; finely pounded sugar, 1 oz.; cayenne, ¼ teaspoonful; sherry, 2 glassesful.

Obs.—When either cream or wine is objected to for these soups, a half-pint of the stock should be reserved to mix the thickening with.

CHESTNUT SOUP.

Strip the outer rind from some fine, sound Spanish chestnuts, throw them into a large pan of warm water, and as soon as it becomes too hot for the fingers to remain in it, take it from the fire, lift out the chestnuts, peel them quickly, and throw them into cold water as they are done; wipe, and weigh them; take three quarters of a pound for each quart of soup, cover them with good stock, and stew them gently for upwards of three quarters of an hour, or until they break when touched with a fork; drain, and pound them smoothly, or bruise them to a mash with a strong spoon, and rub them through a fine sieve reversed; mix with them by slow degrees the proper quantity of stock; add sufficient mace, cayenne, and salt to season the soup, and stir it often until it boils. Three quarters of a pint of rich cream, or even less, will greatly improve it. The stock in which the chestnuts are boiled can be used for the soup when its sweetness is not objected to; or it may in part be added to it.

Chestnuts, 1½ lb.: stewed from ¾ to 1 hour. Soup, 2 quarts; seasoning of salt, mace, and cayenne: 1 to 3 minutes. Cream, ¾ pint (when used).

JERUSALEM ARTICHOKE, OR PALESTINE SOUP.

Wash and pare quickly some freshly-dug artichokes, and to preserve their colour, throw them into spring water as they are done, but do not let them remain in it after all are ready. Boil three pounds of them in water for ten minutes; lift them out, and slice them into three pints of boiling stock; when they have stewed gently in this from fifteen to twenty minutes, press them with the soup, through a fine sieve, and put the whole into a clean saucepan with a pint and a half more of stock; add sufficient salt and cayenne to season it, skim it well, and after it has simmered for two or three minutes, stir it to a pint of rich boiling cream. Serve it immediately.

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Artichokes, 3 lbs., boiled in water: 10 minutes. Veal stock, 3 pints: 15 to 20 minutes. Additional stock, 1½ pint; little cayenne and salt; 2 to 3 minutes. Boiling cream, 1 pint.

Obs.—The palest veal stock, as for white soup, should be used for this; but for a family dinner, or where economy is a consideration, excellent mutton-broth, made the day before and perfectly cleared from fat, will answer very well as a substitute; milk too may in part take the place of cream when this last is scarce: the proportion of artichokes should then be increased a little.

Vegetable-marrow, when young, makes a superior soup even to this, which is an excellent one. It should be well pared, trimmed, and sliced into a small quantity of boiling veal stock or broth, and when perfectly tender, pressed through a fine sieve, and mixed with more stock and some cream. In France the marrow is stewed, first in butter, with a large mild onion or two also sliced; and afterwards in a quart or more of water, which is poured gradually to it; it is next passed through a tammy,* seasoned with pepper and salt, and mixed with a pint or two of milk and a little cream.

COMMON CARROT SOUP.

The most easy method of making this favourite English soup is to boil some highly coloured carrots quite tender in water slightly salted, then to pound or mash them to a smooth paste, and to mix with them boiling gravy soup or strong beef broth *(see Bouillon)* in the proportion of two quarts to a pound and a half of the prepared carrots; then to pass the whole through a strainer, to season it with salt and cayenne, to heat it in a clean stewpan, and to serve it immediately. If only the red outsides of the carrots be used, the colour of the soup will be very bright: they should be weighed after they are mashed Turnip soup may be prepared in the same manner.

Obs.—An experienced and observant cook will know the proportion of vegetables required to thicken this soup appropriately, without having recourse to weights and measures; but the learner had always better proceed by *rule*.

Soup, 2 quarts; pounded carrot, 1½ lb.; salt, cayenne: 5 minutes.

A FINER CARROT SOUP.

Scrape very clean, and cut away all blemishes from some highly-flavoured red carrots; wash, and wipe them dry, and cut them into quarter-inch slices. Put into a large stewpan three ounces of the best butter, and when it is melted, add two pounds of the sliced carrots, and let them stew gently for an hour without browning; pour to them then four pints and a half of brown gravy soup, and when they have simmered from fifty minutes to an hour, they ought to be sufficiently tender. Press them through a sieve or strainer with the soup; add salt, and cayenne if required; boil the whole gently

* Derived from the French *tamis*, which means a sieve or strainer.

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for five minutes, take off all the scum, and serve the soup as hot as possible.

Butter, 3 oz.; carrots, 2 lbs.: 1 hour. Soup, 4½ pints: 50 to 60 minutes. Salt, cayenne: 5 minutes.

COMMON TURNIP SOUP.

Wash and wipe the turnips, pare and weigh them; allow a pound and a half for every quart of soup. Cut them in slices about a quarter of an inch thick. Melt four ounces of butter in a clean stew-pan, and put in the turnips before it begins to boil; stew them gently for three quarters of an hour, taking care that they shall not brown, then have the proper quantity of soup ready boiling, pour it to them, and let them simmer in it for three quarters of an hour. Pulp the whole through a coarse sieve or soup strainer, put it again on the fire, keep it stirred until it has boiled three minutes or four, take off the scum, add salt and pepper if required, and serve it very hot.

Turnips, 3 lbs.; butter, 4 oz.: ¾ hour. Soup, 2 quarts. ¼ hour. Last time: three minutes.

A QUICKLY MADE TURNIP SOUP.

Pare and slice into three pints of veal or mutton stock or of good broth, three pounds of young mild turnips; stew them gently from twenty-five to thirty minutes, or until they can be reduced quite to pulp; rub the whole through a sieve, and add to it another quart of stock, a seasoning of salt and white pepper, and one lump of sugar; give it two or three minutes' boil, skim and serve it. A large white onion when the flavour is liked may be sliced and stewed with the turnips. A little cream improves much the colour of this soup.

Turnips, 3 lbs.; soup, 5 pints: 25 to 30 minutes.

POTATO SOUP.

Mash to a smooth paste three pounds of good mealy potatoes, which have been steamed, or boiled very dry; mix with them by degrees, two quarts of boiling broth, pass the soup through a strainer, set it again on the fire, add pepper and salt, and let it boil for five minutes. Take off entirely the black scum that will rise upon it, and serve it very hot with fried or toasted bread. Where the flavour is approved, two ounces of onions minced and fried a light brown, may be added to the soup, and stewed in it for ten minutes before it is sent to table.

Potatoes, 3 lbs.; broth, 2 quarts: 5 minutes. (With onions, 2 oz.:) 10 minutes.

APPLE SOUP.

(Soupe à la Bourguignon.)

Clear the fat from five pints of good mutton broth, *bouillon*, or shin of beef stock, and strain it through a fine sieve; add to it when it boils, a pound and a half of good cooking apples, and stew them

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down in it very softly to a smooth pulp; press the whole through a strainer, add a small teaspoonful of powdered ginger and plenty of pepper, simmer the soup for a couple of minutes, skim, and serve it very hot, accompanied by a dish of rice, boiled as for curries.

Broth, 5 pints; apples, 1½ lb.: 25 to 40 minutes. Ginger, 1 teaspoonful; pepper, ½ teaspoonful: 2 minutes.

PARSNEP SOUP.

Dissolve, over a gentle fire, four ounces of good butter, in a wide stewpan or saucepan, and slice in directly two pounds of sweet tender parsneps; let them stew very gently until all are quite soft, then pour in gradually sufficient veal stock or good broth to cover them, and boil the whole slowly from twenty minutes to half an hour; work it with a wooden spoon through a fine sieve, add as much stock as will make two quarts in all, season the soup with salt and white pepper or cayenne, give it one boil, skim, and serve it very hot. Send pale fried sippets to table with it.

Butter, 4½ oz.; parsneps, 2 lbs.: ¾ hour, or more. Stock, 1 quart; 20 to 30 minutes; 1 full quart more of stock; pepper, salt: 1 minute.

Obs.—We can particularly recommend this soup to those who like the peculiar flavour of the vegetable.

ANOTHER PARSNEP SOUP.

Slice into five pints of boiling veal stock or strong colourless broth, a couple of pounds of parsneps, and stew them as gently as possible from thirty minutes to an hour; when they are perfectly tender, press them through a sieve, strain the soup to them, season, boil, and serve it very hot. With the addition of cream, parsnep soup made by this receipt resembles in appearance the Palestine soup.

Veal stock or broth, 5 pints; parsneps, 2 lbs.: 30 to 60 minutes Salt and cayenne: 2 minutes.

WESTERFIELD WHITE SOUP.

Break the bone of a knuckle of veal in one or two places, and put it on to stew, with three quarts of cold water to the five pounds of meat; when it has been quite cleared from scum, add to it an ounce and a half of salt, and one mild onion, twenty corns of white pepper, and two or three blades of mace, with a *little* cayenne pepper. When the soup is reduced one-third by slow simmering strain it off, and set it by till cold; then free it carefully from the fat and sediment, and heat it again in a very clean stewpan. Mix with it when it boils, a pint of thick cream smoothly blended with an ounce of goop arrowroot, two ounces of very fresh vermicelli previously boiled tender in water slightly salted and *well drained* from it, and an ounce and a half of almonds blanched and cut in strips: give it one minute's

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simmer, and serve it immediately, with a French roll in the tureen.

Veal, 5 lbs.; water, 3 quarts; salt, 1½ oz.; 1 mild onion; 20 corns white pepper; 2 large blades of mace: 5 hours or *more*. Cream, 1 pint; almonds, 1½ oz.; vermicelli, 1 oz.: 1 minute. Little thickening if needed.

Obs.—We have given this receipt without any variation from the original, as the soup made by it—of which we have often partaken—seemed always much approved by the guests of the hospitable country gentleman from whose family it was derived, and at whose well-arranged table it was very commonly served; but we would suggest the suppression of the almond spikes, as they seem unsuited to the preparation, and also to the taste of the present day.

A RICHER WHITE SOUP.

Pound very fine indeed six ounces of sweet almonds, then add to them six ounces of the breasts of roasted chickens or partridges, and three ounces of the whitest bread which has been soaked in a little veal broth, and squeezed very dry in a cloth. Beat these altogether to an extremely smooth paste; then pour to them boiling and by degrees, two quarts of rich veal stock; strain the soup through a fine hair sieve, set it again over the fire, add to it a pint of thick cream, and serve it, as soon as it is at the point of boiling. When cream is very scarce, or not easily to be procured, this soup may be thickened sufficiently without it, by increasing the quantity of almonds to eight or ten ounces, and pouring to them, after they have been reduced to the finest paste, a pint of boiling stock, which must be again wrung from them through a coarse cloth with very strong pressure: the proportion of meat and bread also should then be nearly doubled. The stock should be well seasoned with mace and cayenne before it is added to the other ingredients.

Almonds, 6 oz.; breasts of chickens or partridges, 6 oz.; soaked bread, 3 oz.; veal stock, 2 quarts; cream, 1 pint.

Obs. 1.—Some persons pound the yolks of four or five hard-boiled eggs with the almonds, meat, and bread for this white soup; French cooks beat smoothly with them an ounce or two of whole rice, previously boiled from fifteen to twenty minutes.

Obs. 2.—A good plain white soup may be made simply by adding to a couple of quarts of pale veal stock or strong well-flavoured veal broth, a thickening of arrow-root, and from half to three quarters of a pint of cream. Four ounces of macaroni boiled tender and well-drained may be dropped into it a minute or two before it is dished, but the thickening may then be diminished a little

MOCK TURTLE SOUP.

To make a single tureen of this favourite English soup in the most economical manner when there is no stock at hand, stew gently down in a gallon of water four pounds of the fleshy part of the shin of

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beef, or of the neck, with two or three carrots, one onion, a small head of celery, a bunch of savoury herbs, a blade of mace, a half-teaspoonful of peppercorns, and an ounce of salt. When the meat is quite in fragments, strain off the broth, and pour it when cold upon three pounds of the knuckle or of the neck of veal; simmer this until the flesh has quite fallen from the bones, but be careful to stew it as softly as possible, or the quantity of stock will be so much reduced as to be insufficient for the soup. Next, take the half of a fine calf's head *with the skin on*, remove the brains, and then bone it* entirely, or let the butcher do this, and return the bones with it: these, when there is time, may be stewed with the veal to enrich the stock, or boiled afterwards with the head and tongue. Strain the soup through a hair-sieve into a clean pan, and let it drain closely from the meat. When it is nearly or quite cold, clear off all the fat from it; roll the head lightly round, leaving the tongue inside, or taking it out, as is most convenient, secure it with tape or twine, pour the soup over, and bring it gently to boil upon a moderate fire; keep it well skimmed, and simmer it from an hour to an hour and a quarter; then lift the head into a deep pan or tureen, add the soup to it, and let it remain in until nearly cold, as this will prevent the edges from becoming dark. Cut into quarter-inch slices, and then divide into dice, from six to eight ounces of the lean of an undressed ham, and if possible, one of good flavour; free it perfectly from fat, rind, and the smoked edges: peel and slice four moderate-sized eschalots, or if these should not be at hand, one mild onion in lieu of them. Dissolve in a well-tinned stewpan or thick iron saucepan which holds a gallon or more, four ounces of butter; put in the ham and eschalots, or onion, with half a dozen cloves, two middling-sized blades of mace, a half-teaspoonful of peppercorns, three or four very small sprigs of thyme, three teaspoonsful of minced parsley, one of lemon thyme and winter savoury mixed, and when the flavour is thought appropriate, the very thin rind of half a small fresh lemon. Stew these as softly as possible for nearly or quite an hour, and keep the pan frequently shaken: then put into a dredging box two ounces of fine dry flour, and sprinkle it to them by degrees; mix the whole well together, and after a few minutes more of gentle simmering, add very gradually five full pints of the stock taken free of fat and sediment, and made boiling before it is poured in; shake the pan strongly round as the first portions of it are added, and continue to do so until it contains from two to three pints, when the remainder may be poured in at once, and the pan placed by the side of the fire that it may boil in the gentlest manner for an hour. At the end of that time turn the

* This is so simple and easy a process, that the cook may readily accomplish it with very little attention. Let her only work the knife close to the bone always, so as to take the flesh clean from it, instead of leaving large fragments on. The jaw-bone may first be removed, and the flesh turned back from the edge of the other.

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whole into a hair-sieve placed over a large pan, and if the liquid should not run through freely, knock the sides of the sieve, but do not force it through with a spoon, as that would spoil the appearance of the stock. The head in the meanwhile should have been cut up, ready to add to it. For the finest kind of mock turtle, only the skin, with the fat that adheres to it, should be used; and this, with the tongue, should be cut down into one inch squares, or if preferred into strips of an inch wide. For ordinary occasions, the lean part of the flesh may be added also, but as it is always sooner done than the skin, it is better to add it to the soup a little later. When it is quite ready, put it with the strained stock into a clean pan, and simmer it from three quarters of an hour to a full hour: it should be perfectly tender, without being allowed to break. Cayenne, if needed, should be thrown into the stock before it is strained; salt should be used sparingly, on account of the ham, until the whole of the other ingredients have been mixed together, when a sufficient quantity must be stirred into the soup to season it properly. A couple of glasses of good sherry or Madeira, with a dessertspoonful of strained lemon-juice, are usually added two or three minutes only before the soup is dished, that the spirit and flavour of the wine may not have time to evaporate; but it is sometimes preferred mellowed down by longer boiling. The proportion of lemon-juice may be doubled at will, but much acid is not generally liked. We can assure the reader of the excellence of the soup made by this receipt; it is equally palatable and delicate, and not heavy or cloying to the stomach, like many of the elaborate compositions which bear its name. The fat, through the whole process, should be carefully skimmed off. The ham gives far more savour, when used as we have directed, than when, even in much larger proportion, it is boiled down in the stock. Two dozens of forcemeat-balls, prepared by the receipt No. 11, Chap. VIII., should be dropped into the soup when it is ready for table. It is no longer customary to serve egg-balls in it.

First broth:—shin, or neck of beef, 4 lbs.; water, 4 quarts; carrots, 2 or 3; large mild onion, 1; celery, small head; bunch savoury herbs; mace, 1 large blade; peppercorns, ½ teaspoonful; cloves, 6; salt, 1 oz.: 5 hours or more, *very gently*. For stock: the broth and 3 lbs. neck or knuckle of veal (bones of head if ready): 4 to 5 hours. Boned half-head with skin on and tongue, 1 to 1½ hour. Lean of undressed ham, 6 to 8 oz. (6 if *very* salt); shalots, 4, or onion, 1; fresh butter, 4 oz.; cloves, 6; middling-sized blades of mace, 2; peppercorns, ½ teaspoonful; *small* sprigs of thyme, 3 or 4; minced parsley, 3 large teaspoonsful; minced savoury and lemon-thyme mixed, 1 small teaspoonful (thin rind ½ small lemon, when liked): 1 hour. Flour, 2 oz.: 5 minutes. Stock, full five pints; flesh of head and tongue, 1½ to 2 lbs.: ¼ of an hour to 1 hour (salt, if needed, to be added in interim). Good sherry or Madeira, 2 wineglassesful; lemon-juice, 1 to 2 dessertspoonsful; forcemeat-balls, 24.

Obs. 1.—The beef, veal, bones of the head, and vegetables may be

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stewed down together when more convenient: it is only necessary that a really good, well flavoured, and rather deeply-coloured stock should be prepared. A calf's foot is always an advantageous addition to it, and the skin of another calf's head* a better one still.

Obs. 2.—A couple of dozens mushroom-buttons, cleaned with salt and flannel, then wiped very dry, and sliced, and added to the ham and herbs when they have been simmered together about half an hour, will be found an improvement to the soup.

Claret is sometimes added instead of sherry or Madeira, but we do not think it would in general suit English taste so well. From two to three tablespoonsful of Harvey's sauce can be stirred in with the wine when it is liked, or when the colour requires deepening.

OLD-FASHIONED MOCK TURTLE.

After having taken out the brain and washed and soaked the head well, pour to it nine quarts of cold water, bring it gently to boil, skim it very clean, boil it if large an hour and a half, lift it out, and put into the liquor eight pounds of neck of beef lightly browned in a little fresh butter, with three or four thick slices of lean ham, four large onions sliced, three heads of celery, three large carrots, a large bunch of savoury herbs, the rind of a lemon pared very thin, a dessertspoonful of peppercorns, two ounces of salt, and after the meat has been taken from the head, all the bones and fragments. Stew these gently from six to seven hours, then strain off the stock and set it into a very cool place, that the fat may become firm enough on the top to be cleared off easily. The skin and fat of the head should be taken off together and divided into strips of two or three inches in length, and one in width; the tongue may be carved in the same manner, or into dice. Put the stock, of which there ought to be between four and five quarts, into a large soup or stewpot; thicken it when it boils with four ounces of fresh butter† mixed with an equal weight of fine dry flour, a half-teaspoonful of pounded mace, and a third as much of cayenne (it is better to use these sparingly at first, and to add more should the soup require it, after it has boiled some little time); pour in half a pint of sherry, stir the whole together until it has simmered for a minute or two, then put in the head, and let it stew gently from an hour and a quarter to an hour and a half: stir it often, and clear

* Country butchers, in preparing a calf's head for sale in the ordinary way, take off the skin (or scalp), considered so essential to the excellence of this soup, and frequently throw it away; it may, therefore, often be procured from them at very slight cost, and is the best possible addition to the mock turtle. It is cleared from the head in detached portions with the hair on, but this may easily be removed after a few minutes' scalding as from the head itself, or the feet, by the direction given in Chapter of *Sweet Dishes*. In London it is sold entire, and very nicely prepared, and may be served in many forms, besides being *added* to soup with great advantage.

† When the butter is considered objectionable, the flour, without it, may be mixed to the smoothest batter possible, with a little cold stock or water, and stirred briskly into the boiling soup: the spices should be blended with it.

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it perfectly from scum. Put into it just before it is ready for table three dozens of small forcemeat-balls; the brain cut into dice (after having been well soaked, scalded,* and freed from the film), dipped into beaten yolk of egg, then into the finest crumbs mixed with salt, white pepper, a little grated nutmeg, fine lemon-rind, and chopped parsley fried a fine brown, well drained and dried; and as many egg-balls, the size of a small marble, as the yolks of four eggs will supply. (See Chapter VIII). This quantity will be sufficient for two large tureens of soup; when the whole is not wanted for table at the same time, it is better to add wine only to so much as will be required for immediate consumption, or if it cannot conveniently be divided, to heat the wine in a small saucepan with a little of the soup, to turn it into the tureen, and then to mix it with the remainder by stirring the whole gently after the tureen is filled. Some persons simply put in the cold wine just before the soup is dished, but this is not so well.

Whole calf's head with skin on, boiled 1½ hour. Stock: neck of beef, browned in butter, 8 lbs.; lean of ham, ½ to ¾ lb.; onions, 4; large carrots, 3; heads of celery, 3; large bunch herbs; salt, 2 oz. (as much more to be added when the soup is made as will season it sufficiently); thin rind, 1 lemon; peppercorns, 1 dessertspoonful; bones and trimmings of head: 8 hours. Soup: stock, 4 to 5 quarts; flour and butter for thickening, of each 4 oz.; pounded mace, half-teaspoonful; cayenne, third as much (more of each as needed); sherry, half pint: 2 to 3 minutes. Flesh of head and tongue, nearly or quite 2 lbs.: 1¼ to 1½ hour. Forcemeat-balls, 36; the brain cut and fried; egg-balls, 16 to 24.

Obs.—When the brain is not blanched it must be cut thinner in the form of small cakes, or it will not be done through by the time it has taken enough colour: it may be altogether omitted without much detriment to the soup, and will make an excellent corner dish if gently stewed in white gravy for half an hour, and served with it thickened with cream and arrowroot to the consistency of good white sauce, then rather highly seasoned, and mixed with plenty of minced parsley, and some lemon-juice.

GOOD CALF'S HEAD SOUP.

(Not expensive.)

Stew down from six to seven pounds of the thick part of a shin of beef with a little lean ham, or a slice of hung beef, or of Jewish beef, trimmed free from the smoky edges, in five quarts of water until reduced nearly half, with the addition, when it first begins to boil, of an ounce of salt, a large bunch of savoury herbs, one large onion, a

* The brain should be blanched, that is, thrown into boiling water with a little salt in it, and boiled from five to eight minutes, then lifted out and laid into cold water for a quarter of an hour: it must be wiped very dry before it is fried.

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head of celery, three carrots, two or three turnips, two small blades of mace, eight or ten cloves, and a few white or black peppercorns. Let it boil *gently* that it may not be too much reduced, for six or seven hours, then strain it into a clean pan and set it by for use. Take out the bone from half a calf's head with the skin on (the butcher will do this if desired), wash, roll, and bind it with a bit of tape or twine, and lay it into a stewpan, with the bones and tongue; cover the whole with the beef stock, and stew it for an hour and a half; then lift it into a deep earthen pan and let it cool in the liquor, as this will prevent the edges from becoming dry or discoloured. Take it out before it is quite cold; strain, and skim all the fat carefully from the stock; and heat five pints in a large clean saucepan, with the head cut into small thick slices or into inch-squares. As quite the whole will not be needed, leave a portion of the fat, but add every morsel of the skin to the soup, and of the tongue also. Should the first of these not be perfectly tender, it must be simmered gently till it is so; then stir into the soup from six to eight ounces of fine rice-flour mixed with a quarter-teaspoonful of cayenne, twice as much freshly pounded mace, half a wineglassful of mushroom catsup,* and sufficient cold broth or water to render it of the consistence of batter; boil the whole from eight to ten minutes; take off the scum, and throw in two glasses of sherry; dish the soup and put into the tureen some delicately and well fried forcemeat-balls made by the receipt No. 1, 2, or 3, of Chapter VIII. A small quantity of lemon-juice or other acid can be added at pleasure. The wine and forcemeat-balls may be omitted, and the other seasonings of the soup a little heightened. As much salt as may be required should be added to the stock when the head first begins to boil in it: the cook must regulate also by the taste the exact proportion of cayenne, mace, and catsup, which will flavour the soup agreeably. The fragments of the head, with the bones and the residue of the beef used for stock, if stewed down together with some water and a few fresh vegetables, will afford some excellent broth, such as would be highly acceptable, especially if well thickened with rice, to many a poor family during the winter months.

Stock: shin of beef, 6 to 7 lbs.; water, 5 quarts: stewed down (with vegetables, &c.) till reduced nearly half. Boned half-head with skin on stewed in stock: 1½ hour. Soup: stock, 5 pints; tongue, skin of head, and part of flesh: 15 to 40 minutes, or more if not quite tender. Rice-flour, 6 to 8 oz.; cayenne, quarter-teaspoonful; mace, twice as much; mushroom catsup, ½ wineglassful: 10 minutes. Sherry, 2 wineglassesful, forcemeat-balls, 20 to 30.

SOUP DES GALLES.

Add to the liquor in which a knuckle of veal has been boiled the usual time for table as much water as will make altogether six quarts,

* Unless *very good* and pure in flavour, we cannot recommend the addition of this or of any other catsup to soup or gravy.

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and stew in it gently sixpennyworth of beef bones and sixpennyworth of pork-rinds. When the boiling is somewhat advanced, throw in the skin of a calf's head; and in an hour afterwards, or when it is quite tender, lift it out and set it aside till wanted. Slice and fry four large mild onions, stick into another eight or ten cloves, and put them into the soup after it has stewed from six to seven hours. Continue the boiling for two or three hours longer, then strain off the soup, and let it remain until perfectly cold. When wanted for table, take it quite clear from the fat and sediment, and heat it anew with the skin of the calf's head cut into dice, three ounces of loaf sugar, four tablespoonsful of strained lemon-juice, two of soy, and three wine-glassesful of sherry; give it one boil, skim it well, and serve it as hot as possible. Salt must be added to it sparingly in the first instance on account of the soy: a proper seasoning of cayenne or pepper must not, of course, be omitted.

This receipt was given to the writer, some years since, as a perfectly successful imitation of a soup which was then, and is still, she believes, selling in London at six shillings the quart. Never having tasted the original *Soupe des Galles* she cannot say how far it is a correct one; but she had it tested with great exactness when she received it first, and found the result a very good soup prepared at an extremely moderate cost. The pork-rinds, when long boiled, afford a strong and flavourless jelly, which might be advantageously used to give consistence to other soups. They may be procured during the winter, usually at the butcher's, but if not, at the porkshops: they should be carefully washed before they are put into the soup-pot. When a knuckle of veal cannot conveniently be had, a pound or two of the neck and a morsel of scrag of mutton may instead be boiled down with the beef-bones; or two or three pounds of neck or shin of beef: but these will, of course, augment the cost of the soup.

POTAGE À LA REINE.

(*A Delicate White Soup.*)

Should there be no strong veal broth, nor any white stock in readiness, stew four pounds of the scrag or knuckle of veal, with a thick slice or two of lean ham, a faggot of sweet herbs, two moderate-sized carrots, and the same of onions, a large blade of mace, and a half-teaspoonful of white peppercorns, in four quarts of water until reduced to about five pints; then strain the liquor, and set it by until the fat can be taken entirely from it. Skin and wash thoroughly, a couple of fine fowls, or three young pullets, and take away the dark spongy substance which adheres to the insides; pour the veal broth to them, and boil them gently from three quarters of an hour to an hour; then lift them out, take off all the white flesh, mince it small, pound it to the finest paste, and cover it with a basin until wanted for use. In the mean time let the bodies of the fowls be put again into the stock, and stewed gently for an hour and a half; add as much salt and

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cayenne as will season the soup properly, strain it off when sufficiently boiled, and let it cool; skim off every particle of fat; steep, in a small portion of it, which should be boiling, four ounces of the crumb of light stale bread sliced thin, and when it has simmered a few minutes, drain or wring the moisture from it in a clean cloth, add it to the flesh of the chickens, and pound them together until they are perfectly blended; then pour the stock to them in very small quantities at first, and mix them smoothly with it; pass the whole through a sieve or tammy, heat it in a clean stewpan, stir to it from a pint to a pint and a half of boiling cream, and add, should it not be sufficiently thick, an ounce and a half of arrow-root, quite free from lumps, and moistened with a few spoonsful of cold milk or stock.

REMARK.—This soup, and the two which immediately follow it, if made with care and great nicety by the exact directions given here for them, will be found very refined and excellent.

For stock: veal, 4 lbs.; ham, 6 oz.; water, 4 quarts; bunch of herbs; carrots, 2; onions, 2: mace, large blade; peppercorns, ½ teaspoonful; salt: 5 hours. Fowls, 2, or pullets, 3: ¾ to 1 hour; stewed afterwards 1 to 1½ hour. Crumb of bread, 4 oz.; cream, 1 to 1½ pint; arrow-root (if needed), 1½ oz.

Obs.—Some cooks pound with the bread and chickens the yolks of three or four hard-boiled eggs, but these improve neither the colour nor the flavour of the *potage*.

WHITE OYSTER SOUP.

(*or Oyster Soup à la Reine.*)

When the oysters are small, from two to three dozens for each pint of soup should be prepared, but this number can of course be diminished or increased at pleasure. Let the fish (which should be finely conditioned natives) be opened carefully; pour the liquor from them, and strain it; rinse them in it well, and beard them; strain the liquor a second time through a lawn sieve or folded muslin, and pour it again over the oysters. Take a portion from two quarts of the palest veal stock, and simmer the beards in it from twenty to thirty minutes. Heat the soup, flavour it with mace and cayenne, and strain the stock from the oyster-beards into it. Plump the fish in their own liquor, but do not let them boil; pour the liquor to the soup, and add to it a pint of boiling cream; put the oysters into the tureen, dish the soup, and send it to table quickly. Should any thickening be required, stir briskly to the stock an ounce and a half of arrow-root entirely free from lumps, and carefully mixed with a little milk or cream; or, in lieu of this, when a *rich* soup is liked, thicken it with four ounces of fresh butter well blended with three of flour.

Oysters, 8 to 12 dozens; pale veal stock, 2 quarts; cream, 1 pint; thickening, 1 oz. arrow-root, or butter, 4 oz., flour, 3 oz.

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RABBIT SOUP À LA REINE.

Wash and soak thoroughly three young rabbits, put them whole into the soup-pot, and pour on them seven pints of cold water or of clear veal broth; when they have stewed gently about three quarters of an hour lift them out, and take off the flesh of the backs, with a little from the legs should there not be half a pound of the former; strip off the skin, mince the meat very small, and pound it to the smoothest paste; cover it from the air, and set it by. Put back into the soup the bodies of the rabbits, with two mild onions of moderate size, a head of celery, three carrots, a faggot of savoury herbs, two blades of mace, a half-teaspoonful of peppercorns, and an ounce of salt. Stew the whole softly three hours; strain it off, let it stand to settle, pour it gently from the sediment, put from four to five pints into a clean stewpan, and mix it very gradually while hot with the pounded rabbit-flesh; this must be done with care, for if the liquid be not added in very small portions at first, the meat will gather into lumps and will not easily be worked smooth afterwards. Add as much pounded mace and cayenne as will season the soup pleasantly, and pass it through a coarse but very clean sieve; wipe out the stewpan, put back the soup into it, and stir in when it boils, a pint and a quarter of good cream* mixed with a tablespoonful of the best arrow-root: salt, if needed, should be thrown in previously.

Young rabbits, 3; water, or clear veal broth, 7 pints: ¾ of an hour. Remains of rabbits; onions, 2; celery, 1 head; carrots, 3; savoury herbs; mace, 2 blades; white peppercorns, a half-teaspoonful; salt, 1 oz.: 3 hours. Soup, 4 to 5 pints; pounded rabbit-flesh, 8 oz.; salt, mace, and cayenne, if needed; cream, 1¼ pint; arrowroot, 1 tablespoonful (or 1½ ounce).

BROWN RABBIT SOUP.

Cut down into joints, flour, and fry lightly, two full grown, or three young rabbits; add to them three onions of moderate size, also fried to a clear brown; on these pour gradually seven pints of boiling water, throw in a large teaspoonful of salt, clear off all the scum with care as it rises, and then put to the soup a faggot of parsley, four not very large carrots, and a small teaspoonful of peppercorns; boil the whole very softly from five hours to five and a half; add more salt if needed, strain off the soup, let it cool sufficiently for the fat to be skimmed clean from it, heat it afresh, and send it to table with sippets of fried bread. Spice, with a thickening of rice-flour, or of wheaten flour browned in the oven, and mixed with a spoonful or two of very good mushroom catsup, or of Harvey's sauce, can be added at pleasure to the above, with a few drops of eschalot-wine, or vinegar; but the simple receipt will be found extremely good without them.

* We give this receipt exactly as we had it first compounded, but less cream and rather more arrow-root might be used for it, and would adapt it better to the economist.

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Rabbits, 2 full grown, or 3 small; onions fried, 3 middling-sized; water, 7 pints; salt, 1 large teaspoonful or more; carrots, 4; a faggot of parsley; peppercorns, 1 small teaspoonful: 5 to 5½ hours.

SUPERLATIVE HARE SOUP.

Cut down a hare into joints, and put into a soup-pot, or large stew-pan, with about a pound of lean ham, in thick slices, three moderate-sized mild onions, three blades of mace, a faggot of thyme, sweet marjoram, and parsley, and about three quarts of good beef stock. Let it stew very gently for full two hours from the time of its first beginning to boil, and more, if the hare be old. Strain the soup and pound together very fine the slices of ham and all the flesh of the back, legs, and shoulders of the hare, and put this meat into a stew-pan with the liquor in which it was boiled, the crumb of two French rolls, and half a pint of port wine. Set it on the stove to simmer twenty minutes; then rub it through a sieve, place it again on the stove till very hot, but do not let it boil: season it with salt and cayenne, and send it to table directly.

Hare, 1; ham, 12 to 16 oz.; onions, 3 to 6; mace, 3 blades; faggot of savoury herbs; beef stock, 3 quarts: 2 hours. Crumb of 2 rolls; port wine, ½ pint; little salt and cayenne: 20 minutes.

A LESS EXPENSIVE HARE SOUP.*

Pour on two pounds of neck or shin of beef and a hare well washed and carved into joints, one gallon of cold water, and when it boils and has been thoroughly skimmed, add an ounce and a half of salt, two onions, one large head of celery, three moderate-sized carrots, a teaspoonful of black peppercorns, and six cloves.

Let these stew very gently for three hours, or longer, should the hare not be perfectly tender. Then take up the principal joints, cut the meat from them, mince, and pound it to a fine paste, with the crumb of two penny rolls (or two ounces of the crumb of household bread) which has been soaked in a little of the boiling soup, and then pressed very dry in a cloth; strain, and mix smoothly with it the stock from the remainder of the hare; pass the soup through a strainer, season it with cayenne, and serve it when at the point of boiling; if not sufficiently thick, add to it a tablespoonful of arrow-root moistened with a little cold broth, and let the soup simmer for an instant afterwards. Two or three glasses of port wine, and two dozens of small forcemeat-balls, may be added to this soup with good effect.

Beef, 2 lbs.; hare, 1; water, 1 gallon; salt, 1½ oz; onions, 2; celery, 1 head; carrots, 3; bunch of savoury herbs; peppercorns, 1 teaspoonful; cloves, 6: 3 hours, or more. Bread, 2 oz.; cayenne, arrow-root (if needed), 1 tablespoonful.

* The remains of a roasted hare, with the forcemeat and gravy, are admirably calculated for making this soup.

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ECONOMICAL TURKEY SOUP.

The remains of a roast turkey, even after they have supplied the usual mince and broil, will furnish a tureen of cheap and excellent soup with the addition of a little fresh meat. Cut up rather small two pounds of the neck or other lean joint of beef, and pour to it five pints of cold water. Heat these very slowly; skim the liquor when it begins to boil, and add to it an ounce of salt, a small, mild onion (the proportion of all the vegetables may be much increased when they are liked), a little celery, and the flesh and bones of the turkey, with any gravy or forcemeat that may have been left with them. Let these boil gently for about three hours; then strain off the soup through a coarse sieve or cullender, and let it remain until the fat can be entirely removed from it. It may then be served merely well thickened with rice* which has previously been boiled very dry as for currie, and stewed in it for about ten minutes; and seasoned with one large heaped tablespoonful or more of minced parsley, and as much salt and pepper or cayenne as it may require. This, as the reader will perceive, is a somewhat frugal preparation, by which the residue of a roast turkey may be turned to economical account; but it is a favourite soup at some good English tables, where its very simplicity is a recommendation. It can always be rendered *more expensive*, and of richer quality, by the addition of lean ham or smoked beef,† a larger weight of fresh meat, and catsup or other store-sauces.

Turkey soup *à la reine* is made precisely like the *Potage à la Reine* of fowls or pullets, of which the receipt will be found in another part of this chapter.

PHEASANT SOUP.

Half roast a brace of well-kept pheasants, and flour them rather thickly when they are first laid to the fire. As soon as they are nearly cold take all the flesh from the breasts, put it aside, and keep it covered from the air; carve down the remainder of the birds into joints, bruise the bodies thoroughly, and stew the whole gently from two to three hours in five pints of strong beef broth; then strain off the soup, and press as much of it as possible from the pheasants. Let it cool; and in the mean time strip the skins from the breasts, mince them small, and pound them to the finest paste, with half as much fresh butter, and half of dry crumbs of bread; season these well with cayenne, sufficiently with salt, and moderately with pounded mace and grated nutmeg, and add, when their flavour is liked, three

* It will be desirable to prepare six ounces of rice, and to use as much of it as may be required, the reduction of the stock not being always equal, and the same weight of rice therefore not being in all cases sufficient. Rice-flour can be substituted for the whole grain and used as directed for *Rice Flour Soup*, page 15

† As we have stated in our chapter of Foreign Cookery, the *Jewis's* smoked beef, of which we have given particulars there, imparts a superior flavour to soups and gravies; and it is an economical addition to them, as a small portion of it will much heighten their savour.

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or four eschalots previously boiled tender in a little of the soup, left till cold, and minced before they are put into the mortar. Moisten the mixture with the yolks of two or three eggs, roll it into small balls of equal size, dust a little flour upon them, skim all the fat from the soup, heat it in a clean stewpan, and when it boils throw them in and poach them from ten to twelve minutes, but first ascertain that the soup is properly seasoned with salt and cayenne. We have recommended that the birds should be partially roasted before they are put into the soup-pot, because their flavour is much finer when this is done than when they are simply stewed; they should be placed rather near to a brisk fire that they may be quickly browned on the surface without losing any of their juices, and the basting should be constant. A slight thickening of rice-flour and arrow-root can be added to the soup at pleasure, and the forcemeat-balls may be fried and dropped into the tureen when they are preferred so. Half a dozen eschalots lightly browned in butter, and a small head of celery, may also be thrown in after the birds begin to stew, but nothing should be allowed to prevail over the natural flavour of the game itself; and this should be observed equally with other kinds, as partridges, grouse, and venison.

Pheasants, 2: roasted 20 to 25 minutes. Strong beef broth, or stock, 5 pints: 2 to 3 hours. Forcemeat-balls: breasts of pheasants, half as much dry bread-crumbs and of butter, salt, mace, cayenne; yolks of 2 or 3 eggs (and at choice 3 or 4 boiled eschalots).

Obs.—The stock may be made of six pounds of shin of beef, and four quarts of water reduced to within a pint of half. An onion, a large carrot, a bunch of savoury herbs, and some salt and spice should be added to it: one pound of neck of veal or of beef will improve it.

ANOTHER PHEASANT SOUP.

Boil down the half-roasted birds as directed in the foregoing receipt, and add to the soup, after it is strained and re-heated, the breasts pounded to the finest paste with nearly as much bread soaked in a little of the stock and pressed very dry; for the proper manner of mixing them, see *Potage à la Reine*, (page 29). Half a pint of small mushrooms cleaned as for pickling, then sliced rather thickly, and stewed from ten to fifteen minutes without browning, in an ounce or two of fresh butter, with a slight seasoning of mace, cayenne, and salt, then turned into the mortar and pounded with the other ingredients, will be found an excellent addition to the soup, which must be passed through a strainer after the breasts are added to it, brought to the point of boiling, and served with sippets *à la Reine*, or with others simply fried of a delicate brown and well dried. We have occasionally had a small quantity of delicious soup made with the remains of birds which have been served at table; and where game is frequently dressed, the cook, by reserving all the fragments for the purpose, and combining different kinds, may often send up a good tureen of such, made at a very slight cost.

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Pheasants, 2: stock, 5 pints: bread soaked in gravy (see Panada, Chapter VIII), nearly as much *in bulk* as the flesh of the breasts of the birds: mushrooms, ½ pint, stewed in one or two oz. of butter 10 to 15 minutes, then pounded with flesh of pheasants. Salt, cayenne and mace, to season properly.

PARTRIDGE SOUP.

This is, we think, superior in flavour to the pheasant soup. It should be made in precisely the same manner, but three birds allowed for it instead of two. Grouse and partridges together will make a still finer one; the remains of roast grouse even, added to a brace of partridges, will produce a very good effect.

MULLAGATAWNY SOUP.

Slice, and fry gently in some good butter three or four large onions, and when they are of a fine equal amber-colour lift them out with a slice and put them into a deep stewpot, or large thick saucepan; throw a little more butter into the pan, and then brown lightly in it a young rabbit, or the prime joints of two, or a fowl cut down small, and floured. When the meat is sufficiently browned, lay it upon the onions, pour gradually to them a quart of good boiling stock, and stew it gently from three quarters of an hour to an hour; then take it out, and pass the stock and onions through a fine sieve or strainer. Add to them two pints and a half more of stock, pour the whole into a clean pan, and when it boils stir to it two tablespoonsful of currie-powder mixed with nearly as much of browned flour, and a little cold water or broth, put in the meat, and simmer it for twenty minutes or longer should it not be perfectly tender, add the juice of a small lemon just before it is dished, serve it very hot, and send boiled rice to table with it. Part of a pickled mango cut into strips about the size of large straws, is sometimes served in this soup, after being stewed in it for a few minutes; a little of the pickle itself should be added with it. We have given here the sort of receipt commonly used in England for mullagatawny, but a much finer soup may be made by departing from it in some respects. The onions, of which the proportion may be increased or diminished to the taste, after being fried slowly and with care, that no part should be overdone, may be stewed for an hour in the first quart of stock with three or four ounces of grated cocoa-nut,* which will impart a rich mellow flavour to the whole. After all of this that can be rubbed through the sieve has been added to as much more stock as will be required for the soup, and the currie-powder and thickening have been boiled in it for twenty minutes,

* That our readers to whom this ingredient in soups is new, may not be misled, we must repeat here, that although the cocoa-nut when it is young and fresh imparts a *peculiarly* rich flavour to any preparation, it is not liked by all eaters, and is better omitted when the taste of a party is not known, and only one soup is served.

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the flesh of part of a calf's head,* previously stewed almost tender, and cut as for mock turtle, with a sweetbread also parboiled or stewed in broth, and divided into inch-squares, will make an admirable mullagatawny, if simmered in the stock until they have taken the flavour of the currie-seasoning. The flesh of a couple of calves' feet, with a sweetbread or two, may, when more convenient, be substituted for the head. A large cupful of thick cream, first mixed and boiled with a teaspoonful of flour or arrow-root to prevent its curdling, and stirred into the soup before the lemon-juice, will enrich and improve it much.

Rabbit, 1, or the best joints of, 2, or fowl, 1; large onions, 4 to 6; stock, 1 quart: ¾ to 1 hour. 2½ pints more of stock; currie-powder, 2 heaped tablespoonsful, with 2 of browned flour; meat and all simmered together 20 minutes or more; juice of lemon, 1 small; or part of pickled mango stewed in the soup 3 to 4 minutes.

Or,—onions, 3 to 6; cocoa-nut, 3 to 4 oz.; stock, 1 quart; stewed 1 hour. Stock, 3 pints (in addition to the first quart); currie-powder and thickening each, 2 large tablespoonsful: 20 minutes. Flesh of part of calf's head and sweetbread, 15 minutes or more. Thick cream, 1 cupful; flour or arrow-root, 1 teaspoonful; boiled 2 minutes, and stirred to the soup. Chili vinegar, 1 tablespoonful, or lemon-juice, 2 tablespoonsful.

Obs. 1.—The brain of the calf's head stewed for twenty minutes in a little of the stock, then rubbed through a sieve, diluted gradually with more of the stock, and added as thickening to the soup, will be found an admirable substitute for part of the flour.

Obs. 2.—Three or four pounds of a breast of veal, or an equal weight of mutton, free from bone and fat, may take the place of rabbits or fowls in this soup, for a plain dinner. The veal should be cut into squares of an inch and a half, or into strips of an inch in width, and two in length; and the mutton should be trimmed down in the same way, or into very small cutlets.

Obs. 3.—For an elegant table, the joints of rabbit or of fowl should always be boned before they are added to the soup, for which, in this case, a couple of each will be needed for a single tureen, as all the inferior joints must be rejected.

TO BOIL RICE FOR MULLAGATAWNY SOUPS, OR FOR CURRIES.

The Patna, or small-grained rice, which is not so good as the Carolina, for the general purposes of cookery, ought to be served with currie. First take out the unhusked grains, then wash the rice in several waters, and put it into a large quantity of cold water; bring it gently to boil, keeping it uncovered, and boil it softly for fifteen minutes, when it will be perfectly tender, and every grain will remain distinct. Throw it into a *large* cullender, and let it drain for ten minutes near the fire; should it not then appear *quite* dry, turn it

* The scalp or skin only of a calf's head will make excellent mullagatawny with good broth for stock; and many kinds of shell-fish also.

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into a dish, and set it for a short time into a gentle oven, or let it steam in a clean saucepan near the fire. It should neither be stirred, except just at first, to prevent its lumping while it is still quite hard, nor touched with either fork or spoon; the stewpan may be shaken occasionally, should the rice seem to require it, and it should be thrown lightly from the cullender upon the dish. A couple of minutes before it is done, throw in some salt, and from the time of its beginning to boil remove the scum as it rises.

Patna rice, ½ lb.; cold water, 2 quarts: boiled slowly, 15 minutes. Salt, 1 large teaspoonful.

Obs.—This, of all the modes of boiling rice which we have tried, and they have been very numerous, is indisputably the best. The Carolina rice answers well dressed in the same manner, but requires four or five minutes longer boiling: it should never be served until it is quite tender. One or two minutes, more or less, will sometimes, from the varying quality of the grain, be requisite to render it tender

GOOD VEGETABLE MULLAGATAWNY.

Dissolve in a large stewpan or thick iron saucepan, four ounces of butter, and when it is on the point of browning, throw in four large mild onions sliced, three pounds weight of young vegetable marrow cut in large dice and cleared from the skin and seeds, four large or six moderate-sized cucumbers, pared, split, and emptied likewise of their seeds, and from three to six large acid apples, according to the taste; shake the pan often, and stew these over a gentle fire until they are tolerably tender; then strew lightly over and mix well amongst them, three heaped tablespoonsful of mild currie powder, with nearly a third as much of salt, and let the vegetables stew from twenty to thirty minutes longer; then pour to them gradually sufficient boiling water (broth or stock if preferred) to just cover them, and when they are reduced almost to a pulp press the whole through a hair-sieve with a wooden spoon, and heat it in a clean stewpan, with as much additional liquid as will make two quarts with that which was first added. Give any flavouring that may be needed, whether of salt, cayenne, or acid, and serve the soup extremely hot. Should any butter appear on the surface, let it be carefully skimmed off, or stir in a small dessertspoonful of arrow-root (smoothly mixed with a little cold broth or water) to absorb it. Rice may be served with this soup at pleasure, but as it is of the consistence of winter peas soup, it scarcely requires any addition. The currie powder may be altogether omitted for variety, and the whole converted into a plain vegetable *potage*; or it may be rendered one of high savour, by browning all the vegetables lightly, and adding to them rich brown stock. Tomatas, when in season, may be substituted for the apples, after being divided, and freed from their seeds.

Butter, 4 oz.; vegetable marrow, pared and scooped, 3 lbs;

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large mild onions, 4; large cucumbers, 4; or middling-sized, 6; apples, or large tomatas, 3 to 6; 30 to 40 minutes. Mild curry-powder, 3 heaped tablespoonsful; salt, one small tablespoonful: 20 to 32 minutes. Water, broth, or good stock, 2 quarts.

CUCUMBER SOUP.

Pare, split, and empty from eight to twenty* fine, well grown, but not old cucumbers,—those which have the fewest seeds are best for the purpose; throw a little salt over them, and leave them for an hour to drain, then put them with the white part only of a couple of mild onions into a deep stewpan or delicately clean saucepan, cover them nearly half an inch with pale but good veal stock, and stew them gently until they are perfectly tender, which will be in from three quarters of an hour to an hour and a quarter; work the whole through a hair-sieve, and add to it as much more stock as may be needed to make the quantity of soup required for table; and as the cucumbers, from their watery nature, will thicken it but little, stir to it when it boils, as much arrow-root, rice-flour, or *tous les mois* (see page 1), as will bring it to a good consistence; add from half to a whole pint of boiling cream, and serve the soup immediately. Salt and cayenne sufficient to season it, should be thrown over the cucumbers while they are stewing. The yolks of six or eight eggs, mixed with a dessertspoonful of chili vinegar, may be used for this soup instead of cream; three dessertspoonsful of minced parsley may then be strewed into it a couple of minutes before they are added: it must not, of course, be allowed to boil after they are stirred in.

SPRING SOUP AND SOUP À LA JULIENNE.

Throw into three quarts of strong clear broth, or shin of beef stock, or of *consommé*, half a pint each of turnips and carrots prepared by the directions of page 20, or turned into any other shape that may be preferred, with rather less of the solid part of some white celery stems, and of leeks or of very mild onions† mixed. The latter must, if used, be sliced, drawn into rings, and divided into slight shreds. When these have simmered from twenty to thirty minutes, add the leaves of one or two lettuces and a few of sorrel, trimmed or torn, about the size of half-a-crown. Continue the gentle boiling until these are tender, and add at the moment of serving half a pint of asparagus-points boiled very green, and as many French beans cut into small lozenges, and also boiled apart; or substitute green peas for these last.

For the *Julienne* soup, first stew the carrots, &c. tolerably tender in a couple of ounces of butter; pour the stock boiling to them; skim off all the fat from the surface, and finish as above. Sprigs of

* This is a great disparity of numbers; but some regard must be had to expense, where the vegetable cannot be obtained with facility.

† Only a very *subdued* flavour of these is, we think, admissible for a delicate vegetable soup of any kind

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chervil, spinach (boiled apart, and sparingly added), green onions, very small tufts of brocoli or cauliflower, may all be used in these soups at choice. Both the kind and the proportion of the vegetables can be regulated entirely by the taste. Bread stamped out with a *very small* round cutter, and dried a pale brown in the oven, is added sometimes to this spring soup, but is, we should say, no improvement. Winter vegetables should have three or four minutes' previous boiling (or blanching) before they are put into the soup.

AN EXCELLENT GREEN PEAS SOUP.

Take at their fullest size, but before they are of bad colour or worm-eaten, three pints of fine large peas, and boil them as for table (see Chapter XVII.) with half a teaspoonful of carbonate of soda in the water, that they may be very green. When they are quite tender, drain them well, and put them into a couple of quarts of boiling, pale, but *good* beef or veal stock, and stew them in it gently for half an hour; then work the whole through a fine hair-sieve, put it into a clean pan and bring it to the point of boiling; add salt, should it be needed, and a small teaspoonful of pounded sugar; clear off the scum entirely, and serve the soup as hot as possible. An elegant variety of it is made by adding a half pint more of stock to the peas, and about three quarters of a pint of asparagus points, boiled apart, and well drained before they are thrown into it, which should be done only the instant before it is sent to table.

Green peas, 3 pints: boiled 25 to 30 minutes, or more. Veal or beef stock, 2 quarts (with peas): ½ an hour. Sugar, one small teaspoonful; salt, if needed.

Obs.—When there is no stock at hand, four or five pounds of shin of beef boiled slowly down with three quarts of water to two, and well seasoned with savoury herbs, young carrots, and onions, will serve instead quite well. A thick slice of lean, undressed ham, or of Jewish beef, would improve it.

Should a common English peas soup be wished for, make it somewhat thinner than the one above, and add to it, just before it is dished, from half to three quarters of a pint of young peas boiled tender and well drained.

GREEN PEAS SOUP, WITHOUT MEAT.

Boil tender in three quarts of water, with the proportions of salt and soda directed for them in Chapter XVII., one quart of large, full grown peas; drain and pound them in a mortar, mix with them gradually five pints of the liquor in which they were cooked, put the whole again over the fire, and stew it gently for a quarter of an hour; then press it through a hair-sieve. In the mean time, simmer in from three to four ounces of butter,* three large, or four small

* Some persons prefer the vegetables slowly fried to a fine brown, then drained on a sieve, and well dried before the fire; but though more savoury so, they do not improve the colour of the soup.

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cucumbers pared and sliced, the hearts of three or four lettuces shred small, from one to four onions, according to the taste, cut thin, a few small sprigs of parsley, and, when the flavour is liked, a dozen leaves or more of mint roughly chopped: keep these stirred over a gentle fire for nearly or quite an hour, and strew over them a half-teaspoonful of salt, and a good seasoning of white pepper or cayenne. When they are partially done drain them from the butter, put them into the strained stock, and let the whole boil gently until all the butter has been thrown to the surface, and been entirely cleared from it; then throw in from half to three quarters of a pint of young peas boiled as for eating, and serve the soup immediately.

When more convenient, the peas, with a portion of the liquor, may be rubbed through a sieve, instead of being crushed in a mortar; and when the colour of the soup is not so much a consideration as the flavour, they may be slowly stewed until perfectly tender in four ounces of good butter, instead of being boiled: a few green onions and some branches of parsley may then be added to them.

Green peas, 1 quart; water, 5 pints: cucumbers, 3 to 6; lettuces, 3 or 4; onions, 1 to 4; little parsley; mint (if liked), 12 to 20 leaves; butter, 3 to 4 oz.; salt, half-teaspoonful; seasoning of white pepper or cayenne: 50 to 60 minutes. Young peas, ½ to ¾ of a pint.

Obs.—We must repeat that the peas for these soups must not be *old*, as when they are so, their fine sweet flavour is entirely lost, and the dried ones would have almost as good an effect; nor should they be of inferior kinds. Freshly gathered marrowfats, taken at nearly or quite their full growth, will give the best quality of soup. We are credibly informed, but cannot assert it on our own authority, that it is often made for expensive tables in early spring, with the young tender plants or halms of the peas, when they are about a foot in height. They are cut off close to the ground, like small salad, we are told, then boiled and pressed through a strainer, and mixed with the stock. The flavour is affirmed to be excellent.

A CHEAP GREEN PEAS SOUP.

Wash very clean and throw into an equal quantity of boiling water salted as for peas, three quarts of the shells, and in from twenty to thirty minutes, when they will be quite tender, turn the whole into a large strainer, and press the pods strongly with a wooden spoon. Measure the liquor, put two quarts of it into a clean deep saucepan, and when it boils add to it a quart of full grown peas, two or even three large cucumbers, as many moderate-sized lettuces freed from the coarser leaves and cut small, one large onion (or more if liked) sliced extremely thin and stewed for half an hour in a morsel of butter before it is added to the soup, or gently fried without being allowed to brown; a branch or two of parsley, and, when the flavour is liked, a dozen leaves of mint. Stew these softly for an hour, with the addition of a small teaspoonful, or a larger quantity if required of salt, and a good seasoning of fine white pepper or of

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cayenne; then work the whole of the vegetables with the soup through a hair-sieve, heat it afresh, and send it to table with a dish of small fried sippets. The colour will not be so bright as that of the more expensive soups which precede it, but it will be excellent in flavour.

Pea-shells, 3 quarts; water, 3 quarts: 20 to 30 minutes. Liquor from these, 2 quarts; full-sized green peas, 1 quart; large cucumbers, 2 or 3; lettuces, 3; onion, 1 (or more); little parsley; mint, 12 leaves; seasoning of salt and pepper or cayenne: stewed 1 hour.

Obs.—The cucumbers should be pared, quartered, and freed from the seeds before they are added to the soup. The peas, as we have said already more than once, should not be *old*, but taken at their full growth, before they lose their colour: the youngest of the shells ought to be selected for the liquor.

RICH PEAS SOUP.

Soak a quart of fine yellow split peas for a night, drain them well, and put them into a large soup-pot with five quarts of good brown gravy stock; and when they have boiled gently for half an hour, add to the soup three onions, as many carrots, and a turnip or two. all sliced and fried carefully in butter; stew the whole softly until the peas are reduced to pulp, then add as much salt and cayenne as may be needed to season it well, give it two or three minutes' boil, and pass it through a sieve, pressing the vegetables with it. Put into a clean saucepan as much as may be required for table, add a little fresh stock to it should it be too thick, and reduce it by quick boiling if too thin; throw in the white part of some fresh celery sliced a quarter of an inch thick, and when this is tender send the soup quickly to table with a dish of small fried or toasted sippets. A dessertspoonful or more of currie-powder greatly improves peas soup: it should be smoothly mixed with a few spoonsful of it, and poured to the remainder when this first begins to boil after having been strained.

Split peas, 1 quart: soaked one night. Good brown gravy soup, 5 quarts: 30 minutes. Onions and carrots browned in butter, 3 of each; turnips, 2: 2½ to 3½ hours. Cayenne and salt as needed. Soup, 5 pints; celery, sliced, 1 large or 2 small heads: 20 minutes.

Obs.—When more convenient, six pounds of neck of beef well scored and equally and carefully browned, may be boiled gently with the peas and fried vegetables in a gallon of water (which should be poured to them boiling) for four or five hours.

COMMON PEAS SOUP.

Wash well a quart of good split peas, and float off such as remain on the surface of the water; soak them for one night, and boil them

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with a bit of soda the size of a filbert in just sufficient water to allow them to break to a mash. Put them into from three to four quarts of good beef broth, and stew them in it gently for an hour; then work the whole through a sieve, heat afresh as much as may be required for table, season it with salt and cayenne or common pepper, clear it perfectly from scum, and send it to table with fried or toasted bread. Celery sliced and stewed in it as directed for the rich peas soup, will be found a great improvement to this.

Peas, 1 quart: soaked 1 night; boiled in 2 quarts or rather more of water, 2 to 2½ hours. Beef broth, 3 to 4 quarts: 1 hour. Salt and cayenne or pepper as needed: 3 minutes.

PEAS SOUP WITHOUT MEAT.

To a pint of peas, freed from all that are worm-eaten, and well washed, put five pints of cold water, and boil them tolerably tender; then add a couple of onions (more or less according to the taste), a couple of fine carrots grated, one large or two moderate-sized turnips sliced, all gently fried brown in butter; half a teaspoonful of black pepper, and three times as much of salt. Stew these softly, keeping them often stirred, until the vegetables are sufficiently tender to pass through a sieve; then rub the whole through one, put it into a clean pan, and when it boils throw in a sliced head of celery, heighten the seasoning if needful, and in twenty minutes serve the soup as hot as possible, with a dish of fried or toasted bread cut into dice. A little chili vinegar can be added when liked: a larger proportion of vegetables also may be boiled down with the peas at pleasure. Weak broth, or the liquor in which a joint has been boiled, can be substituted for the water; but the soup is very palatable as we have given the receipt for it. Some persons like it flavoured with a little mushroom catsup. All peas soup is rendered more wholesome by the addition of a small quantity of currie-paste or powder.

Split peas, 1 pint; water, 5 pints: 2 hours or more. Onions, 2; carrots, 2; large turnip, 1; pepper, ½ teaspoonful; salt, 1½ teaspoonful: 1 to 1½ hour. Celery, 1 head: 20 minutes.

OX-TAIL SOUP.

An inexpensive and very nutritious soup may be made of ox-tails, but it will be insipid in flavour without the addition of a little ham, knuckle of bacon, or a pound or two of other meat. Wash and soak three tails, pour on them a gallon of cold water, let them be brought gradually to boil, throw in an ounce and a half of salt, and clear off the scum carefully as soon as it forms upon the surface; when it ceases to rise, add four moderate-sized carrots, from two to four onions, according to the taste, a large faggot of savoury herbs, a head of celery, a couple of turnips, six or eight cloves, and a half-teaspoonful of peppercorns. Stew these gently from three hours to three and

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a half, if the tails be very large; lift them out, strain the liquor, and skim off all the fat; divide the tails into joints, and put them into a couple of quarts or rather more of the stock; stir in, when these begin to boil, a thickening of arrow-root or of rice flour (see page 4), mixed with as much cayenne and salt as may be required to flavour the soup well, and serve it very hot. If stewed down until the flesh falls away from the bones, the ox-tails will make stock which will be quite a firm jelly when cold; and this, strained, thickened, and well flavoured with spices, catsup, or a little wine, would, to many tastes, be a superior soup to the above. A richer one still may be made by pouring good beef broth instead of water to the meat in the first instance.

Ox-tails, 3; water, 1 gallon; salt, 1¼ oz.; carrots, 4; onions, 2 to 4; turnips, 2; celery, 1 head; cloves, 8; peppercorns, ½ teaspoonful; faggot of savoury herbs: 3 hours to 3½. For a richer soup, 5 to 6 hours. (Ham or gammon of bacon at pleasure, with other flavourings.)

Obs.—To increase the savour of this soup when the meat is not served in it, the onions, turnips, and carrots may be gently fried until of a fine light brown, before they are added to it.

A CHEAP AND GOOD STEW SOUP.

Put from four to five pounds of the gristly part of the shin of beef into three quarts of cold water, and stew it very softly indeed, with the addition of the salt and vegetables directed for *bouillon* (see page 7), until the whole is very tender; lift out the meat, strain the liquor, and put it into a large clean saucepan, add a thickening of rice-flour or arrowroot, pepper and salt if needed, and a tablespoonful of mushroom catsup. In the mean time, cut all the meat into small, thick slices, add it to the soup, and serve it as soon as it is very hot. The thickening and catsup may be omitted, and all the vegetables, pressed through a strainer, may be stirred into the soup instead, before the meat is put back into it.

SOUP IN HASTE.

Chop tolerably fine a pound of lean beef, mutton, or veal, and when it is partly done, add to it a small carrot and one small turnip cut in slices, half an ounce of celery, the white part of a moderate-sized leek, or a quarter of an ounce of onion. Mince all these together, and put the whole into a deep saucepan with three pints of cold water When the soup boils take off the scum, and add a little salt and pepper. In half an hour it will be ready to serve with or without straining: it may be flavoured at will, with cayenne, catsup, or aught else that is preferred, or it may be converted into French spring broth, by passing it through a sieve, and boiling it again for five or six minutes, with a handful of young and well washed sorrel.

Meat, 1 lb.; carrot, 2 oz.; turnip, 1½ oz.; celery, ½ oz.; onion, ¼ oz.; water, 3 pints: half an hour. Little pepper and salt.

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Obs.—Three pounds of beef or mutton, with two or three slices of ham, and vegetables in proportion to the above receipt, all chopped fine, and boiled in three quarts of water for an hour and a half, will make an excellent family soup on an emergency: additional boiling will of course improve it, and a little spice should be added after it has been skimmed and salted. It may easily be converted into carrot, turnip, or ground-rice soup after it is strained.

VEAL OR MUTTON BROTH.

To each pound of meat add a quart of cold water, bring it gently to boil, skim it very clean, add salt in the same proportion as for *bouillon* (see page 7), with spices and vegetables also, unless *unflavoured* broth be required, when a few peppercorns, a blade or two of mace, and a bunch of savoury herbs, will be sufficient; though for some purposes even these, with the exception of the salt, are better omitted. Simmer the broth for about four hours, unless the quantity be very small, when from two and a half to three, will be sufficient. A little rice boiled down with the meat will both thicken the broth, and render it more nutritious. Strain it off when done, and let it stand till quite cold that the fat may be entirely cleared from it: this is especially needful when it is to be served to an invalid.

Veal or mutton, 4 lbs.; water, 4 quarts; salt. (For vegetables, &c., see page 7;) rice (if used), 4 oz.: 4 hours or more.

MILK SOUP WITH VERMICELLI.

Throw into five pints of boiling milk a small quantity of salt, and then drop lightly into it five ounces of good fresh vermicelli; keep the milk stirred as this is added, to prevent its gathering into lumps, and continue to stir it very frequently from fifteen to twenty minutes, or until it is perfectly tender. The addition of a little pounded sugar and powdered cinnamon renders this a very agreeable dish. In Catholic countries, milk soups of various kinds constantly supply the place of those made with meat, on *maigre* days; and with us they are sometimes very acceptable, as giving a change of diet for the nursery or sick room. Rice, semoulina, sago, cocoa-nut, and maccaroni may all in turn be used for them as directed for other soups in this chapter, but they will be required in rather smaller proportions with the milk.

Milk, 5 pints; vermicelli, 5 oz.: 15 to 20 minutes.

CHEAP RICE SOUP.

Place a gallon of water on the fire (more or less according to the quantity of soup required), and when it boils, throw in a moderate-sized tablespoonful of salt, and two or three onions, thickly sliced, a faggot of sweet herbs, a root of celery, and three or four large carrots split down into many divisions, and cut into short lengths. Boil these gently for an hour and a half, or two hours, and then strain the liquor from them. When time will permit, let it become cold;

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then for each quart, take from three to four ounces of well washed rice, pour the soup on it, heat it *very* slowly, giving it an occasional stir, and stew it gently until it is perfectly tender, and the potage quite thick. A moderate seasoning of pepper, and an ounce or two of fresh butter well blended with a teaspoonful of flour, may be thoroughly stirred up with the soup before it is served; or, in lieu of the butter, the yolks of two or three new-laid eggs, mixed with a little milk, may be carefully added to it.

It may be more quickly prepared by substituting vermicelli, semoulina, or soujee for the rice, as this last will require three quarters of an hour or more of stewing after it begins to boil, and the three other ingredients—either of which must be dropped gradually into the soup when it is in full ebullition—will be done in from twenty to thirty minutes; and two ounces will thicken sufficiently a quart of broth.

A large tablespoonful of Captain White's currie-paste, and a small one of flour, diluted with a spoonful or two or two of the broth, or with a little milk or cream, if perfectly mixed with the rice and stewed with it for fifteen or twenty minutes before it is dished, render it excellent: few eaters would discover that it was made without meat.

Good beef or mutton broth can be used instead of water for the above soup, and in that case the vegetables sliced small, or rubbed through a strainer, may be added to it before it is served.

CARROT SOUP MAIGRE.

Throw two ounces of salt into a gallon of boiling water, then add three or four carrots quartered or thickly sliced, one onion or more according to the taste, and a faggot of parsley, or some parsley roots. When these have boiled gently for upwards of an hour, strain off the liquor and put it back into the saucepan. Have ready more carrots, nicely scraped and washed; split them down into strips about the size of large macaroni and cut them into half finger lengths. Two quarts of these will not be too much for persons who like the soup well filled with the vegetable; boil them perfectly tender, and turn them with their liquor into the tureen, first adding pepper sufficient to season it properly, and more salt if needed. The proportion of carrots may be diminished, and a quart or more of Brussels sprouts, boiled and drained, may be substituted for part of them. Some persons have these soups thickened, or enriched as they think, with flour and butter; but the latter ingredient should at least be sparingly used; and any other kind of thickening is more wholesome. A few ounces of vermicelli stewed in them for twenty minutes or rather longer, will be found a very good one. Celery, leeks, and turnips may be boiled down in the carrot-stock, or added when the fresh vegetables have been stewed in it for about ten minutes.

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CHEAP FISH SOUPS.

An infinite variety of excellent soups may be made of fish, which may be stewed down for them in precisely the same manner as meat, and with the same addition of vegetables and herbs. When the skin is coarse or rank it should be carefully stripped off before the fish is used; and any oily particles which may float on the surface should be entirely removed from it.

In France, Jersey, Cornwall, and many other localities, the conger eel, divested of its skin, is sliced up into thick cutlets and made into soup, which we are assured by English families who have it often served at their tables, is extremely good. A half-grown fish is best for the purpose. After the soup has been strained and allowed to settle, it must be heated afresh, and rice and minced parsley may be added to it as for the turkey soup of page 32; or it may be thickened with rice-flour only, or served clear. Curried fish-soups, too, are much to be recommended.

When broth or stock has been made as above with conger eel, common eels, whitings, haddocks, codlings, fresh water fish, or any common kind, which may be at hand, flakes of cold salmon, cod fish, John Dories, or scallops of cold soles, plaice,* &c., may be heated and served in it; and the remains of crabs or lobsters mingled with them. The large oysters sold at so cheap a rate upon the coast, and which are not much esteemed for eating raw, serve admirably for imparting flavour to soup, and the softer portions of them may be served in it after a few minutes of gentle simmering. Anchovy or any other store fish-sauce may be added with good effect to many of these pottages if used with moderation. Prawns and shrimps likewise would generally be considered an improvement to them.

For more savoury preparations, fry the fish and vegetables, lay them into the soup-pot, and add boiling, instead of cold water to them.

BUCHANAN CARROT SOUP.

(Excellent.)

Make two quarts of soup by either of the foregoing receipts, using for it good brown stock (for a common family dinner strong beef broth will do). Mix smoothly with a little liquid, a tablespoonful of fine currie-powder, and boil it in the soup for ten minutes; or instead of this, season it rather highly with cayenne pepper, and then stir into it from six ounces to half a pound of Patna rice boiled dry and tender as for a currie. The whole may then remain by the side of the fire without even simmering for ten minutes longer, and then be served immediately. As a winter *potage* this is generally much liked. A spoonful of *Captain White's* currie-paste will flavour it very agreeably if

* Cold vegetables, cut up small, may be added with these at pleasure.

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smoothly diluted, and simmered in it for two or three minutes: we prefer it always to the powder. Three or four ounces of pearl-barley well washed, soaked for some hours, and boiled extremely tender in broth or water, may on occasion be substituted for the rice.

Obs.—This receipt was, from inadvertence, omitted at its proper place, page 20, where it ought to have been inserted after the carrot soups which will be found there, and to which the reader is referred for the method of preparing the present one in part.

OBSERVATION.

The present chapter already so far exceeds the limits within which it ought to have been confined, that we are obliged to reserve several additions which we were desirous of making to it, for the chance of being able to insert them in an appendix.

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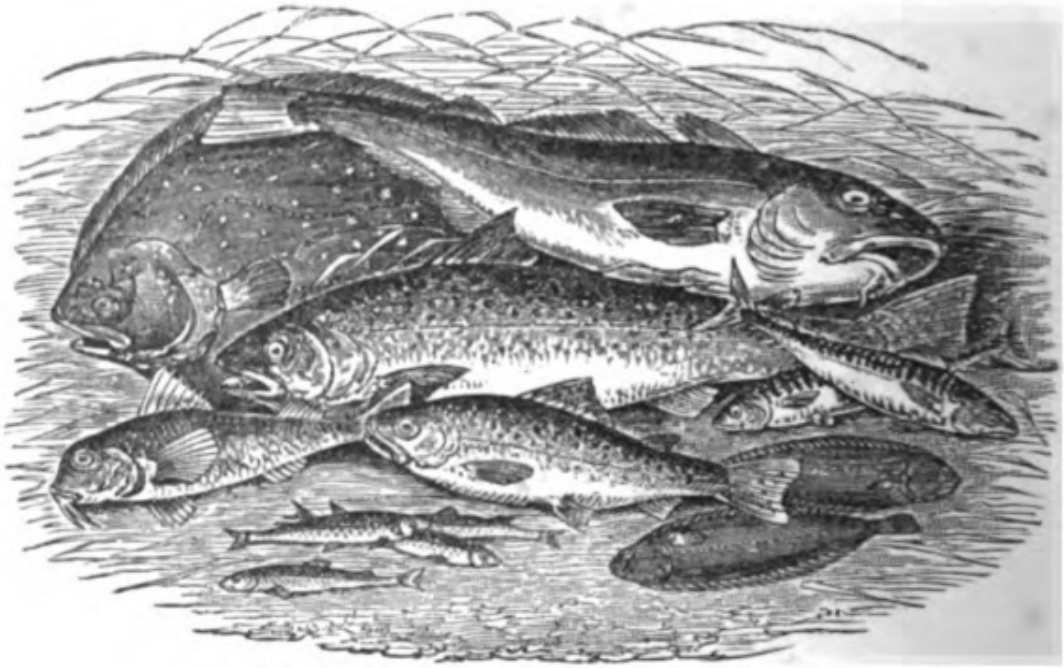
CHAPTER II.

Fish.



TO CHOOSE FISH.

Copper Fish or Ham Kettle.

THE cook should be well acquainted with the signs of freshness and good condition in fish, as they are most unwholesome articles of food when stale, and many of them are also dangerous eating when they are out of season. The eyes should always be bright, the gills of a fine clear red, the body stiff, the flesh firm, yet elastic to the touch, and the smell not dis-

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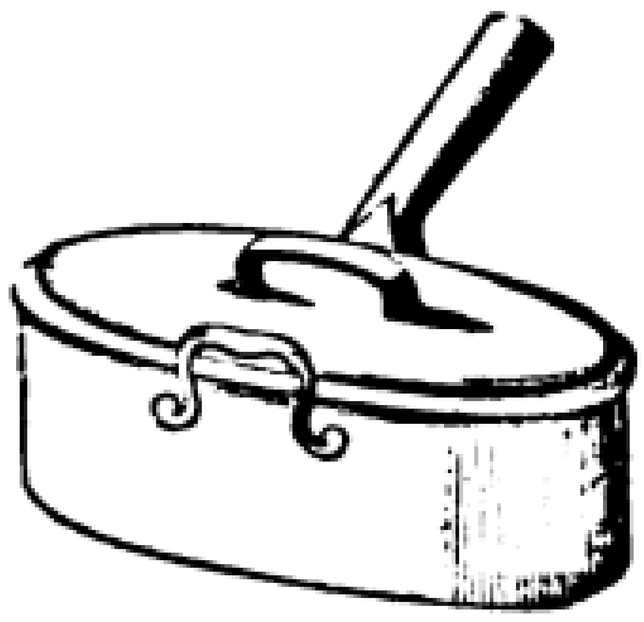
agreeable. When all these marks are reversed, and the eyes are sunken, the gills very dark in hue, the fish itself flabby and of offensive odour, it is bad, and should be avoided. The chloride of soda, will, it is true, restore it to a tolerably eatable state,* if it be not very much over-kept, but it will never resemble in quality and wholesomeness fish which is fresh from the water.



Mackerel Kettle.

A good turbot is thick, and full fleshed, and the under side is of a pale cream colour or yellowish white; when this is of a bluish tint, and the fish is thin and soft, it should be rejected. The same observations apply equally to soles.

The best salmon and cod fish are known by a small head, very thick shoulders, and a small tail; the scales of the former should be bright, and its flesh of a fine red colour; to be eaten in perfection it should be dressed as soon as it is caught, before the curd (or white substance which lies between the flakes of flesh) has melted and rendered the fish oily. In that state it is really crimp, but continues so only for a very few hours; and it bears therefore a much higher price in the London market then, than when mellowed by having been kept a day or two.

The flesh of cod fish should be white and clear before it is boiled, whiter still after it is boiled, and firm though tender, sweet and mild in flavour, and separated easily into large flakes. Many persons consider it rather improved than otherwise by having a little salt rubbed along the inside of the backbone and letting it lie from twenty-four to forty-eight hours before it is dressed, It is sometimes served crimp like salmon, and must then be sliced as soon as it is dead, or within the shortest possible time afterwards.

Herrings, mackerel, and whitings, unless newly caught, are quite uneatable. When they are in good condition their natural colours will be very distinct and their whole appearance glossy and fresh. The herring when first taken from the water is of a silvery brightness; the back of the mackerel is of a bright green marked with dark stripes; but this becomes of a coppery colour as the fish grows stale. The whiting is of a pale brown or fawn colour with a pinkish tint; but appears dim and leaden-hued when no longer fresh.

Eels should be alive and brisk in movement when they are purchased, but the "horrid barbarity," as it is truly designated, of skinning and dividing them while they are so, is without excuse, as they are easily destroyed "by piercing the spinal marrow close to the back part of the skull with a sharp pointed knife or skewer. If this be done in the right

* We have known this applied very successfully to salmon which from some hours' keeping in sultry weather had acquired a slight degree of taint, of which no trace remained after it was dressed; as a general rule, however, fish which is not *wholesomely fresh* should be rejected for the table.

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place all motion will instantly cease." We quote Dr. Kitchener's assertion on this subject; but we know that the mode of destruction which he recommends is commonly practised by the London fishmongers. Boiling water also will immediately cause vitality to cease, and is perhaps the most humane and ready method of destroying the fish.

Lobsters, prawns, and shrimps, are very stiff when freshly boiled, and the tails turn strongly inwards; when these relax, and the fish are soft and watery, they are stale; and the smell will detect their being so, instantly, even if no other symptoms of it be remarked. If bought alive, lobsters should be chosen by their weight and "liveliness." The hen lobster is preferred for sauce and soups, on account of the coral; but the flesh of the male is generally considered of finer flavour for eating. The vivacity of their leaps will show when prawns and shrimps are fresh from the sea.

Oysters should close forcibly on the knife when they are opened: if the shells are apart ever so little they are losing their condition, and when they remain far open the fish are dead, and fit only to be thrown away. Small plump natives are very preferable to the larger and coarser kinds.

TO CLEAN FISH.

Let this be always done with the most scrupulous nicety, for nothing can more effectually destroy the appetite, or disgrace the cook, than fish sent to table imperfectly cleaned. Handle it lightly, and never throw it roughly about, so as to bruise it; wash it well, but do not leave it longer in the water than is necessary; for fish, like meat, loses its flavour from being soaked. When the scales are to be removed, lay the fish flat upon its side and hold it firmly with the left hand, while they are scraped off with the right; turn it, and when both sides are done, pour or pump sufficient water to float off all the loose scales; then proceed to empty it; *and do this without opening it more than is absolutely necessary for the purposes of cleanliness.* Be sure that not the slightest particle of offensive matter be left in the inside; wash out the blood entirely, and scrape or brush it away if needful from the backbone. This may easily be accomplished without opening the fish so much as to render it unsightly when it is sent to table. When the scales are left on, the outside of the fish should be well washed and wiped with a coarse cloth, drawn gently from the head to the tail. Eels to be wholesome should be skinned, but they are sometimes dressed without; boiling water should then be poured upon them, and they should be left in it from five to ten minutes before they are cut up. The dark skin of the sole must be stripped off when it is fried, but it should be left on it like that of a turbot when the fish is boiled, and it should be dished with the white side upwards. Whitings are skinned before they are egged and crumbed for frying, but for boiling or broiling, the skin is left on them. The gills of all fish (the red mullet sometimes excepted), must be taken out. *The fins of a turbot,*

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which are considered a great delicacy, should be left untouched; but those of most other fish must be cut off.

TO KEEP FISH.

We find that all the smaller kinds of fish keep best if emptied and cleaned as soon as they are brought in, then wiped gently as dry as they can be, and hung separately by the head on the hooks in the ceiling of a cool larder, or in the open air when the weather will allow. When there is danger of their being attacked by flies, a wire safe, placed in a strong draught of air, is better adapted to the purpose. Soles in winter will remain good for two days when thus prepared; and even whitings and mackerel may be kept so without losing any of their excellence. Salt may be rubbed slightly over cod fish, and well along the back-bone; but it injures the flavour of salmon, the inside of which may be rubbed with vinegar and peppered instead. When excessive sultriness renders all of these modes unavailing, the fish must at once be partially cooked to preserve it, but this should be avoided if possible, as it is very rarely so good when this method is resorted to.

TO SWEETEN TAINTED FISH.

The application of strong vinegar, or of acetic acid (which may be purchased at the chemists'), will effect this when the taint is but slight. The vinegar should be used pure; and one wineglassful of the acid should be mixed with two of water. Pour either of these over the fish, and rub it on the parts which require it; then leave it untouched for a few minutes, and wash it afterwards well, changing the water two or three times. When the fish is in a worse state the chloride of soda, from its powerful anti-putrescent properties, will have more effect: it may be diluted, and applied in the same manner as the acid.

Obs.—We have retained here the substance of the directions which we had given in former editions of this book for *rendering eatable* fish (and meat) tainted by being closely packed or overkept; and it is true that they may may be deprived of their offensive flavour and odour by the application of strong acids and other disinfecting agents, —Beaufoy's chloride of soda more especially—but we are very doubtful whether they can by any process be converted into *unquestionably wholesome* food, unless from some accidental circumstance the mere surface should be affected, or some small portion of them, which could be entirely cut away. We cannot, therefore, conscientiously recommend the *false economy* of endangering health in preference to rejecting them for the table altogether.

THE MODE OF COOKING BEST ADAPTED TO DIFFERENT KINDS OF FISH.

It is not possible, the reader will easily believe, to insert in a work of the size of the present volume, all the modes of dressing the many

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varieties of fish which are suited to our tables; we give, therefore, only the more essential receipts in detail, and add to them such general information as may, we trust, enable even a moderately intelligent cook to serve all that may usually be required, without difficulty.

There is no better way of dressing a good turbot, brill, John Dory, or cod's head and shoulders, than plain but careful boiling. Salmon is excellent in almost every mode in which it can be cooked or used. Boiled entire or in crimped slices; roasted in a cradle-spit or Dutch oven; baked; fried in small collops; collared; potted; dried and smoked; pickled or soused (this is the coarsest and least to be recommended process for it, of any); made into a raised or common pie, or a potato-pasty; served cold in or with savoury jelly, or with a *Mayonnaise* sauce; or laid on potatoes and baked, as in Ireland, it will be found Good.

Soles may be either boiled, or baked, or fried entire, or in fillets; curried; stewed in cream; or prepared by any of the directions given for them in the body of this chapter.

Plaice, unless when in full season and very fresh, is apt to be watery and insipid; but taken in its perfection and carefully cooked, it is very sweet and delicate in flavour. If large, it may be boiled with advantage either whole or in fillets; but to many tastes it is very superior when filleted, dipped into egg and bread crumbs, and fried. The flesh may also be curried; or the plaice may be converted into water-souchy, or *soupe-maigre:* when small it is often fried whole.

Red mullet should always be *baked*, *broiled*, or *roasted:* it should on no occasion be boiled.

Mackerel, for which many receipts will be found in this chapter, when broiled *quite whole*, as we have directed, or freed from the bones, divided, egged, crumbed, and fried, is infinitely superior to the same fish cooked in the ordinary manner.

The whiting, when *very* fresh and in season, is always delicate and good; and of all fish is considered the best suited to invalids. Perhaps *quite* the most wholesome mode of preparing it for them, is to open it as little as possible when it is cleansed, to leave the skin on, to dry the fish well, and to broil it gently. It should be sent very hot to table, and will require no sauce: twenty minutes will usually be required to cook it, if of moderate size.

The haddock is sometimes very large. We have had it occasionally from our southern coast between two and three feet in length, and it was then remarkably good when simply boiled, even the day after it was caught, the white curd between the flakes of flesh being like that of extremely fresh salmon. As it is in full season in mid-winter, it can be sent to a distance without injury. It is a *very* firm fish when large and in season; but, as purchased commonly at inland markets, is often neither fine in size nor quality. *One* of the best modes of cooking it is, to take the flesh entire from the bones, to divide it, dip

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it into egg and bread-crumbs, mixed with savoury herbs finely minced, and a seasoning of salt and spice, and to fry it like soles. Other receipts for it will be found in the body of this chapter.

The flesh of the gurnard is exceedingly dry, and somewhat *over firm*, but when filled with well-made forcemeat and gently baked, it is much liked by many persons. At good tables, it is often served in fillets fried or baked, and richly sauced: in common cookery it is sometimes boiled.

Portions only of the skate, which is frequently of *enormous* size, are used as food: these are in general cut out by the fisherman or by the salesman, and are called the wings. The flesh is commonly served here divided into long narrow fillets, called crimped skate, which are rolled up and fastened, to preserve them in that form, while they are cooked. In France, it is sent to table raised from the bones in large portions, sauced with *beurre-noir* (burned or browned butter), and strewed with well-crisped parsley.

Trout, which is a delicious fish when stewed in gravy, either quite simply, or with the addition of wine and various condiments, and which when of small size is very sweet and pleasant, eating nicely fried, is poor and insipid when plainly boiled.*

Pike, of which the flesh is extremely dry, is we think better baked than dressed in any other way; but it is often boiled.

Carp should either be stewed whole in the same manner as trout, or served cut in slices, in a rich sauce called a *matelote*.

Smelts, sand-eels, and white-bait, are always fried; the last two sometimes after being dipped into batter.

THE BEST MODE OF BOILING FISH.

We have left unaltered in the following receipts the greater number of our original directions for boiling fish, which were found when carefully followed, to produce a good result; but Baron Liebeg and other scientific writers explain clearly the principles on which the nutriment contained in fish or flesh is best retained by bringing the surface of either when it is cooked, into immediate contact with *boiling* water; and then (after a few minutes of ebullition) lowering the temperature by the addition of cold water, and keeping it somewhat below the boiling point for the remainder of the process. This method is at least worthy of a trial, even if it be attended with a slight degree more of trouble than those in general use; but when fish is served with a variety of other dishes, the escape of some portion of its nutritious juices is of less importance than when it forms the principal food of any part of the community: in that case, the preservation of

* We have been informed by Mr. Howitt, the well-known author of several highly interesting works on Germany, that this fish, when boiled the instant it was caught—as he had eaten it often on the banks of some celebrated German trout-streams—was most excellent, especially when it was of large size; but, as a general rule, almost any other mode of cooking is to be recommended for it in preference.

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all the nourishment which can be derived from it, is of real consequence.

Directions.—Throw into as much water as will cover the fish entirely, a portion of the salt which is to be added in cooking it, and when it boils quickly take off the scum, lay in the fish, and let it boil moderately fast from three to ten minutes, according to its weight and thickness; then pour in as much cold water as there is of the boiling, take out a part, leaving sufficient only to keep the fish well covered until it is ready to serve; add the remainder of the salt, draw the fish-kettle to the side of the fire, and keep the water *just simmering*, and no more, until the fish is done.

The cook will understand that if a gallon of water be required to cover the fish while it is cooking, that quantity must be made to boil: and that a gallon of cold must be added to it after the fish has been laid in, and *kept boiling* for a very few minutes. For example:—A large turbot or cod's head for ten minutes; a moderate-sized plaice or John Dory, about five; and whitings, codlings, and other small fish, from three to four minutes. That one gallon must then be taken out of the kettle, which should immediately be drawn from the fire, and placed at the side of the stove, that the fish may be gradually heated through as the water is brought slowly to the point of simmering.

The whole of the salt may be added after a portion of the water is withdrawn, when the cook cannot entirely depend on her own judgment for the precise quantity required.

Obs.—This is the best *practical* application that we can give of Baron Liebeg's instructions.

BRINE FOR BOILING FISH.

Fish is exceedingly insipid if sufficient salt be not mixed with the water in which it is boiled, but the precise quantity required for it will depend, in some measure, upon the kind of salt which is used. Fine common salt is that for which our directions are given; but when the Maldon salt, which is very superior in strength, as well as in other qualities, is substituted for it, a smaller quantity must be allowed. About four ounces to the gallon of water will be sufficient for small fish in general; an additional ounce, or rather more, will not be too much for cod fish, lobsters, crabs, prawns, and shrimps; and salmon will require eight ounces, as the brine for this fish should be strong: the water should always be perfectly well skimmed from the moment the scum begins to form upon the surface.

Mackerel, whiting, and other small fish, 4 ounces of salt to a gallon of water. Cod fish, lobsters, crabs, prawns, shrimps, 5 to 6 oz. Salmon, 8 ozs.

TO RENDER BOILED FISH FIRM.

Put a small bit of saltpetre with the salt into the water in which it is boiled: a quarter of an ounce will be sufficient for a gallon.

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TO KNOW WHEN FISH IS SUFFICIENTLY BOILED, OR OTHERWISE COOKED.

If the *thickest* part of the flesh separates easily from the back-bone, it is quite ready to serve, and should be withdrawn from the pan without delay, as further cooking would be injurious to it. This test can easily be applied to a fish which has been divided, but when it is entire it should be lifted from the water when the flesh of the tail breaks from the bone, and the eyes loosen from the head.

TO BAKE FISH.

A gentle oven may be used with advantage, for cooking almost every kind of fish, as we have ascertained from our own observation; but it must be subjected to a mild degree of heat only. This penetrates the flesh gradually, and converts it into wholesome succulent food; whereas, a *hot oven* evaporates all the juices rapidly, and renders the fish hard and dry. When small, they should be wrapped in oiled or buttered paper before they are baked; and when filleted, or left in any other form, and placed in a deep dish with or without any liquid before they are put into the oven, a buttered paper should still be laid closely upon them to keep the surface moist. Large pieces of salmon, conger eel, and other fish of considerable size are sometimes in common cookery baked like meat over potatoes pared and halved.

FAT FOR FRYING FISH.

This, whether it be butter, lard, or oil should always be excellent in quality, for the finest fish will be rendered unfit for eating if it be fried in fat that is rancid. When good, and used in sufficient quantity, it will serve for the same purpose several times, if strained after each frying, and put carefully away in a clean pan, provided always that it has not been smoked nor burned in the using.

Lard renders fish more crisp than butter does; but fresh, pure olive-oil (*salad oil*, as it is commonly called in England) is the *best* ingredient which can be used for it, and as it will serve well for the same purpose, many times in succession, if strained and carefully stored as we have already stated, it is not in reality so expensive as might be supposed for this mode of cooking. There should always be an ample quantity of it (or of any other *friture**) in the pan, as the fish should be nearly covered with it, at the least; and it should cease to bubble before either fish or meat is laid into it, or it will be too much absorbed by the flesh, and will impart neither sufficient firmness, nor sufficient colour.

* The French term for fat of all kinds used in frying.

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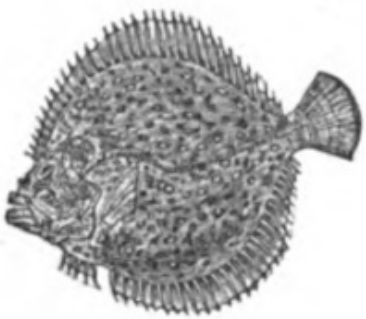
TO KEEP FISH HOT FOR TABLE.

Never leave it in the water after it is done, but if it cannot be sent to table as soon as it is ready to serve, lift it out, lay the fish-plate into a large and very hot dish, and set it across the fish-kettle; just dip a clean cloth into the boiling water, and spread it upon the fish, place a tin cover over it, and let it remain so until two or three minutes before it is wanted, then remove the cloth, and put the fish back into the kettle for an instant that it may be as hot as possible: drain, dish, and serve it immediately: the water should be kept boiling the whole time.

TO BOIL A TURBOT.

[In season all the year.]



Turbot.

A fine turbot, in full season, and well served, is one of the most delicate and delicious fish that can be sent to table; but it is generally an expensive dish, and its excellence so much depends on the manner in which it is dressed, that great care should be taken to prepare it properly. After it is emptied, wash the inside until it is perfectly cleansed, and rub *lightly* a little fine salt over the outside, as this will render less washing and handling necessary, by at once taking off the slime; change the water several times, and when the fish is as clean as it is possible to render it, draw a sharp knife through the thickest part of the middle of the back nearly through to the bone.* *Never cut off the fins* of a turbot when preparing it for table, and remember that it is the dark side of the fish in which the incision is to be made, to prevent the skin of the white side from cracking Dissolve in a well-cleaned turbot or common fish-kettle, in as much cold spring water as will cover the fish abundantly, salt, in the proportion of four ounces to the gallon; wipe the fish-plate with a clean cloth, lay the turbot upon it with the white side upwards, place it in the kettle, bring it slowly to boil, and clear off the scum *thoroughly* as it rises. Let the water only just simmer until the fish is done, then lift it out, drain, and slide it gently on to a very hot dish, with a hot napkin neatly arranged over the drainer. Send it immediately to table with rich lobster sauce and good plain melted butter. For a simple dinner, anchovy or shrimp sauce is sometimes served with a small turbot. Should there be any cracks in the skin of the fish,

* This is the common practice even of the *best* cooks, but is very unscientific nevertheless. When the incision is made really into the flesh the turbot should be cooked altogether on Liebeg's plan, for which see "The Best Mode of Boiling Fish," in the preceding pages.

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branches of curled parsley may be laid lightly over them, or part of the inside coral of a lobster, rubbed through a fine hair-sieve, may be sprinkled over the fish; but it is better without either, when it is very white and unbroken. When garnishings are in favour, a slice of lemon and a tuft of curled parsley, may be placed alternately round the edge of the dish. A border of fried smelts or of fillets of soles, was formerly served round a turbot, and is always a very admissible addition, though no longer so fashionable as it was. From fifteen to twenty minutes will boil a moderate-sized fish, and from twenty to thirty a large one; but as the same time will not always be sufficient for a fish of the same weight, the cook must watch it attentively, and lift it out as soon as its appearance denotes its being done.

Moderate sized turbot, 15 to 20 minutes. Large, 20 to 30 minutes. Longer, if of unusual size

Obs.—A lemon gently squeezed, and rubbed over the fish, is thought to preserve its whiteness. Some good cooks still put turbot into *boiling* water, and to prevent its breaking, tie it with a cloth tightly to the fish-plate.

TURBOT À LA CRÊME.

Raise carefully from the bones the flesh of a cold turbot, and clear it from the dark skin; cut it into small squares, and put it into an exceedingly clean stewpan or saucepan; then make and pour upon it the cream sauce of Chapter V., or make as much as may be required for the fish by the same receipt, with equal proportions of milk and cream and a little additional flour. Heat the turbot slowly in the sauce, but do not allow it to boil, and send it very hot to table. The white skin of the fish is not usually added to this dish, and it is of better appearance without it; but for a family dinner, it may be left on the flesh, when it is much liked. No acid must be stirred to the sauce until the whole is ready for table.

TURBOT AU BECHAMEL, OR, IN BECHAMEL SAUCE.

Prepare the cold turbot as for the preceding receipt, but leave no portion of the skin with it. Heat it in a rich *bechamel* sauce, and serve it in a *vol-au-vent*, or in a deep dish with a border of fried bread cut in an elegant form, and made with one dark and one light sippet, placed alternately. The surface may be covered with a half-inch layer of delicately fried bread-crumbs, perfectly well drained and dried; or they may be spread over the fish without being fried, then moistened with clarified butter, and browned with a salamander.

For Mould of Cold Turbot with Shrimp Chatney, see Chapter VI.

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TO BOIL A JOHN DORY.

[In best season from Michaelmas to Christmas, but good all the year.]

John Dory.

The John Dory, though of uninviting appearance, is considered by some persons as the most delicious fish that appears at table; in the general estimation, however, it ranks next to the turbot, but it is far less abundant in our markets, and is not commonly to be procured of sufficient size for a handsome dish, except in some few parts of our coast which are celebrated for it. It may easily be known by its yellow gray colour, its one large dark spot on either side, the long filaments on the back, a general thickness of form, and its very ugly head. It is dressed in the same manner, and served usually with the same sauces as a turbot, but requires less time to boil it. The fins should be cut off before it is cooked.

SMALL JOHN DORIES BAKED.

(*Author's Receipt—good.*)

We have found these fish when they were too small to be worth cooking in the usual way, excellent when quite simply baked in the following manner, the flesh being remarkably sweet and tender, much more so than it becomes by frying or broiling. After they have been cleaned, dry them in a cloth, season the insides slightly with fine salt, dredge a little flour on the fish, and stick a few very small bits of butter on them, but only just sufficient to prevent their becoming dry in the oven; lay them singly on a flat dish, and bake them very gently from fourteen to sixteen minutes. Serve them with the same sauce as baked soles.

When extremely fresh, as it usually is in the markets of the coast, fish thus simply dressed *au four* is preferable to that more elaborately prepared by adding various condiments to it after it is placed in a deep dish, and covering it with a thick layer of bread crumbs, moistened with clarified butter.

The appearance of the John Dories is improved by taking off the heads, and cutting away not only the fins but the filaments of the back.

TO BOIL A BRILL.

A fresh and full-sized brill always ranks high in the list of fish, as it is of good appearance, and the flesh is sweet and delicate. It requires less cooking than the turbot, even when it is of equal size; but otherwise may be dressed and served in a similar manner. It has not the same rich glutinous skin as that fish, nor are the fins esteemed.

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They must be cut off when the brill is cleaned; and it may be put into nearly boiling water, unless it be very large. Simmer it gently, and drain it well upon the fish-plate when it is lifted out; dish it on a napkin, and send lobster, anchovy, crab, or shrimp sauce to table with it. Lobster coral, rubbed through a sieve, is commonly sprinkled over it for a formal dinner. The most usual garnish for boiled flat fish is curled parsley placed round it in light tufts; how far it is *appropriate*, individual taste must decide.

Brill, moderate-sized, about 20 minutes; large, 30 minutes.

Obs.—The *precise* time which a fish will require to be boiled cannot be given: it must be watched, and not allowed to remain in the water after it begins to crack.

TO BOIL SALMON.

[In full season from May to August: may be had much earlier, but is scarce and dear.]

To preserve the fine colour of this fish, and to *set the curd* when it is quite freshly caught, it is usual to put it into *boiling*, instead of into cold water. Scale, empty, and wash it with the greatest nicety, and be especially careful to cleanse all the blood from the inside. Stir into the fish-kettle eight ounces of common salt to the gallon of water, let it boil quickly for a minute or two, take off all the scum, put in the salmon and boil it moderately fast, if it be small, but more gently should it be very thick; and assure yourself that it is quite sufficiently done before it is sent to table, for nothing can be more distasteful, even to the eye, than fish which is under dressed.

From two to three pounds of the thick part of a fine salmon will require half an hour to boil it, but eight or ten pounds will be done enough in little more than double that time; less in proportion to its weight should be allowed for a small fish, or for the thin end of a large one. Do not allow the salmon to remain in the water after it is ready to serve, or both its flavour and appearance will be injured. Dish it on a hot napkin, and send dressed cucumber, and anchovy, shrimp, or lobster sauce, and a tureen of plain melted butter to table with it.

To each gallon water, 8 oz. salt. Salmon, 2 to 3 lbs. (thick), ½ hour; 8 to 10 lbs., 1¼ hour; small, or thin fish, less time.

SALMON À LA GENEVESE.

A fashionable mode of serving salmon at the present day is to divide the larger portion of the body into three equal parts; to boil them in water, or in a marinade; and to serve them dished in a line, but not close together, and covered with a rich Genevese sauce (for which see Chapter V.) It appears to us that the skin should be stripped from any fish over which the sauce is poured, but in this case it is not customary.

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CRIMPED SALMON.

Cut into slices an inch and a half, or two inches thick, the body of a salmon *quite newly caught*; throw them into strong salt and water as they are done, but do not let them soak in it; wash them well, lay them on a fish-plate, and put them into fast boiling water, salted and well skimmed. In from ten to fifteen minutes they will be done. Dish them on a napkin, and send them very hot to table with lobster sauce, and plain melted butter; or with the caper fish-sauce of Chapter V. The water should be salted as for salmon boiled in the ordinary way, and the scum should be cleared off with great care after the fish is in.

In boiling water, 10 to 15 minutes.

SALMON À LA ST. MARCEL.

Separate some cold boiled salmon into flakes, and free them entirely from the skin; break the bones, and boil them in a pint of water for half an hour. Strain off the liquor, put it into a clean saucepan and stir into it by degrees when it begins to boil quickly, two ounces of butter mixed with a large teaspoonful of flour, and when the whole has boiled for two or three minutes add a teaspoonful of essence of anchovies, one of good mushroom catsup, half as much lemon-juice or chili vinegar, a half saltspoonful of pounded mace, some cayenne, and a very little salt. Shell from half to a whole pint of shrimps, add them to the salmon, and heat the fish very slowly in the sauce by the side of the fire, but do not allow it boil. When it is very hot, dish and send it quickly to table. French cooks, when they re-dress fish or meat of any kind, prepare the flesh with great nicety, and then put it into a stewpan, and pour the sauce upon it, which is, we think, better than the more usual English mode of laying it into the boiling sauce. The cold salmon may also be re-heated in the cream sauce of Chapter V., or in the *Maître d'Hotel* sauce which follows it; and will be found excellent with either. This receipt is for a moderate sized dish.

SALMON BAKED OVER MASHED POTATOES.

We are informed by a person who has been a resident in Ireland, that the middle of a salmon is there often baked over mashed potatoes, from which it is raised by means of a wire stand, as meat is in England. We have not been able to have it tried, but an ingenious cook will be at no loss for the proper method of preparing, and the time of cooking it. The potatoes are sometimes merely pared and halved; the fish is then laid upon them.

SALMON PUDDING, TO BE SERVED HOT OR COLD.

(*A Scotch Receipt—Good.*)

Pound or chop small, or rub through a sieve one pound of cold

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boiled salmon freed entirely from bone and skin; and blend it lightly but thoroughly with half a pound of fine bread-crumbs, a teaspoonful of essence of anchovies, a quarter of a pint of cream, a seasoning of fine salt and cayenne, and four well whisked eggs. Press the mixture closely and evenly into a deep dish or mould, buttered in every part, and bake it for one hour in a moderate oven.

Salmon, 1 lb.; bread-crumbs, ½ lb.: essence of anchovies, 1 teaspoonful; cream, ¼ pint; eggs, 4; salt and cayenne; baked 1 hour

TO BOIL COD FISH.

[In highest season from October to the beginning of February; in perfection about Christmas.]

When this fish is large the head and shoulders are sufficient for a handsome dish, and they contain all the choicer portion of it, though not so much substantial eating as the middle of the body, which, in consequence, is generally preferred to them by the frugal housekeeper. Wash the fish, and cleanse the inside, and the back-bone in particular, with the most scrupulous care; lay it into the fish-kettle and cover it well with cold water mixed with five ounces of salt to the gallon, and about a quarter of an ounce of saltpetre to the whole. Place it over a moderate fire, clear off the scum perfectly, and let the fish boil gently until it is done. Drain it well* and dish it carefully upon a very hot napkin with the liver and the roe as a garnish. To these are usually added tufts of lightly scraped horse-radish round the edge. Serve well-made oyster sauce and plain melted butter with it; or anchovy sauce, when oysters cannot be procured. The cream sauce of Chapter V., is also an appropriate one for this fish.

Moderate size, 20 to 30 minutes. Large, ½ to ¾ hour.

SLICES OF COD FISH FRIED.

Cut the middle or tail of the fish into slices nearly an inch thick, season them with salt and white pepper or cayenne, flour them well, and fry them of a clear equal brown on both sides; drain them on a sieve before the fire, and serve them on a well-heated napkin, with plenty of crisped parsley round them. Or, dip them into beaten egg, and then into fine crumbs mixed with a seasoning of salt and pepper (some cooks add one of minced herbs also), before they are fried. Send melted butter and anchovy sauce to table with them.

8 to 12 minutes.

Obs.—This is a much better way of dressing the thin part of the fish than boiling it, and as it is generally cheap, it makes thus an economical, as well as a very good dish: if the slices are lifted from the frying-pan into a good curried gravy, and left in it by the side

* This should be done by setting the fish-plate across the kettle for a minute or two.

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of the fire for a few minutes before they are sent to table, they will be found excellent.

STEWED COD.

Put into boiling water, salted as usual, about three pounds of fresh cod fish cut into slices an inch and a half thick, and boil them gently for five minutes; lift them out, and let them drain. Have ready heated in a wide stewpan nearly a pint of veal gravy or of very good broth, lay in the fish, and stew it for five minutes, then add four tablespoonsful of extremely fine bread-crumbs, and simmer it for three minutes longer. Stir well into the sauce a large teaspoonful of arrow-root quite free from lumps, a fourth part as much of mace, something less of cayenne, and a tablespoonful of essence of anchovies, mixed with a glass of white wine and a dessertspoonful of lemon juice. Boil the whole for a couple of minutes, lift out the fish carefully with a slice, pour the sauce over, and serve it quickly.

Cod fish, 3 lbs.: boiled 5 minutes. Gravy, or strong broth, nearly 1 pint: 5 minutes. Bread-crumbs, 4 tablespoonsful: 3 minutes. Arrow-root, 1 large teaspoonful; mace, ¼ teaspoonful; less of cayenne; essence of anchovies, 1 tablespoonful; lemon-juice, 1 dessertspoonful; sherry or Maidera, 1 wineglassful: 2 minutes.

Obs.—A dozen or two of oysters, bearded, and added with their strained liquor to this dish two or three minutes before it is served, will to many tastes vary it very agreeably.

STEWED COD FISH, IN BROWN SAUCE.

Slice the fish, take off the skin, flour it well, and fry it quickly a fine brown; lift it out and drain it on the back of a sieve, arrange it in a clean stewpan, and pour in as much good boiling brown gravy as will nearly cover it; add from one to two glasses of port wine, or rather more of claret, a dessertspoonful of Chili vinegar, or the juice of half a lemon, and some cayenne, with as much salt as may be needed. Stew the fish very softly until it just begins to break, lift it carefully with a slice into a very hot dish, stir into the gravy an ounce and a half of butter smoothly kneaded with a large teaspoonful of flour, and a little pounded mace, give the sauce a minute's boil, pour it over the fish, and serve it immediately. The wine may be omitted, good shin of beef stock substituted for the gravy, and a teaspoonful of soy, one of essence of anchovies, and two tablespoonsful of Harvey's sauce added to flavour it.

TO BOIL SALT FISH.

When very salt and dry, this must be long soaked before it is boiled, but it is generally supplied by the fishmongers nearly or quite ready to dress. When it is not so, lay it for a night into a large quantity of cold water, then let it lie exposed to the air for some time, then again put it into water, and continue thus until it is well

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softened Brush it very clean, wash it thoroughly, and put it with abundance of cold water into the fish kettle, place it near the fire and let it heat very slowly indeed. Keep it just on the point of simmering, without allowing it ever to *boil* (which would render it hard), from three quarters of an hour to a full hour, according to its weight; should it be quite small and thin, less time will be sufficient for it; but by following these directions, the fish will be almost as good as if it were fresh. The scum should be cleared off with great care from the beginning. Egg sauce and boiled parsneps are the usual accompaniment to salt fish, which should be dished upon a hot napkin, and which is sometimes also thickly strewed with chopped eggs.

SALT FISH, À LA MÂITRE D'HOTEL.

Boil the fish by the foregoing receipt, or take the remains of that which has been served at table, flake it off clear from the bones, and strip away every morsel of the skin; then lay it into a very clean saucepan or stewpan, and pour upon it the sharp *Mâitre d'Hotel* sauce of Chapter IV.; or dissolve gently two or three ounces of butter with four or five spoonsful of water, and a half-teaspoonful of flour; add some pepper or cayenne, very little salt, and a dessert-spoonful or more of minced parsley. Heat the fish slowly quite through in either of these sauces, and toss or stir it until the whole is well mixed; if the second be used, add the juice of half a lemon, or a small quantity of Chili vinegar just before it is taken from the fire. The fish thus prepared may be served in a deep dish, with a border of mashed parsneps or potatoes.

TO BOIL CODS' SOUNDS.

Should they be highly salted, soak them for a night, and on the following day rub off entirely the discoloured skin; wash them well, lay them into plenty of cold milk and water, and boil them gently from thirty to forty minutes, or longer should they not be quite tender. Clear off the scum as it rises with great care, or it will sink and adhere to the sounds, of which the appearance will then be spoiled. Drain them well, dish them on a napkin, and send egg sauce and plain melted butter to table with them.

TO FRY CODS' SOUNDS IN BATTER.

Boil them as directed above until they are nearly done, then lift them out, lay them on to a drainer, and let them remain till they are cold; cut them across in strips of an inch deep, curl them round, dip them into a good French or English batter, fry them of a fine pale brown, drain and dry them well, dish them on a hot napkin, and garnish them with crisped parsley.

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TO FRY SOLES.

[In season all the year.]

All fish to fry well must be not only fresh but perfectly free from moisture, particularly when they are to be dressed with egg and bread-crumbs, as these will not otherwise adhere to them. Empty, skin, and wash the soles with extreme nicety, from one to two hours before they are wanted for table; and after having cleansed and wiped them very dry both inside and out, replace the roes, fold and press them gently in a soft clean cloth, and leave them wrapped in it until it is time to fry them; or suspend them singly upon hooks in a current of cool air, which is, perhaps, the better method of proceeding when it can be done conveniently. Cover them equally in every part, first with some beaten egg, and then with fine dry crumbs of bread, mixed with a *very little* flour to make them adhere with more certainty: a small teaspoonful will be sufficient for two large soles. Melt in a large and exceedingly clean frying pan over a brisk and clear fire, as much very pure-flavoured lard as will float the fish, and let it be sufficiently hot before they are laid in to brown them quickly; for if this be neglected it will be impossible to render them crisp or dry. When the fat ceases to bubble, throw in a small bit of bread, and if it takes a good colour immediately the soles may be put in without delay. An experienced cook will know, without this test, when it is at the proper point; but the learner will do better to avail herself of it until practice and observation shall have rendered it unnecessary to her. Before the fish are laid into the pan, take them by the head and shake the loose crumbs from them. When they are firm, and of a fine amber-colour on one side, turn them with care, passing a slice under them and a fork through the heads, and brown them on the other. Lift them out, and either dry them well on a soft cloth laid upon a sieve reversed, before the fire, turning them often, or press them lightly in hot white blotting paper. Dish them on a drainer covered with a hot napkin and send them to table without delay with shrimp or anchovy sauce, and plain melted butter.

Very small soles will be done in six minutes, and large ones in about ten. They may be floured and fried, without being egged and crumbed, but this is not a very usual mode of serving them.

Small soles, 6 minutes; large, about 10 minutes.

TO BOIL SOLES.

The flesh of a fine fresh sole, when boiled with care, is remarkably sweet and delicate: if very large it may be dressed and served as turbot, to which it will be found little inferior in flavour. Empty it, take out the gills, cut off the fins, and cleanse and wash it with great nicety, but do not skin it; then either lay it into cold water in which the usual proportion of salt has been dissolved, and heat it rather slowly, and then simmer it from five to ten minutes, according to its size; or boil

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it in the manner directed in the first pages of this chapter. Drain it well on the fish-plate as it is lifted out, and dish it on a napkin, the white side upwards, and serve it quickly with anchovy, shrimp, or lobster sauce. It may also be sent to table thickly covered with the Cream Fish Sauce, Caper Fish Sauce, or Lady's Sauce, of Chapter VI.; though this is a mode of service less to be recommended, as the sauce cools more speedily when spread over the surface of the fish: it is, however, the continental fashion, and will therefore find more favour with some persons.

Very large sole, 5 to 10 minutes; moderate sized, 4 to 6 minutes.

FILLETS OF SOLES.

The word *fillet*, whether applied to fish, poultry, game, or butcher's meat, means simply the flesh of either (or of certain portions of it), raised clear from the bones in a handsome form, and divided or not, as the manner in which it is to be served may require. It is an elegant mode of dressing various kinds of fish, and even those which are not the most highly esteemed, afford an excellent dish when thus prepared. Soles to be filletted with advantage should be large; the flesh may then be divided down the middle of the back, next, separated from the fins, and with a very sharp knife raised clear from the bones.* When thus prepared, the fillets may be divided, trimmed into a good form, egged, covered with fine crumbs, fried in the usual way, and served with the same sauces as the whole fish; or each fillet may be rolled up, in its entire length, if very small, or after being once divided if large, and fastened with a slight twine, or a short thin skewer; then egged, crumbed, and fried in plenty of boiling lard; or merely well floured and fried from eight to ten minutes. When the fish are not very large, they are sometimes boned without being parted in the middle, and each side is rolled from the tail to the head, after being first spread with pounded shrimps mixed with a third of their volume of butter, a few bread-crumbs, and a high seasoning of mace and cayenne; or with pounded lobster mixed with a large portion of the coral, and the same seasoning, and proportion of butter as the shrimps; then laid into a dish, with the ingredients directed for the *soles au plat;* well covered with crumbs of bread and clarified butter, and baked from twelve to sixteen minutes, or until the crumbs are coloured to a fine brown in a moderate oven.

The fillets may likewise be cut into small strips or squares of uniform size, lightly dredged with pepper or cayenne, salt and flour, and fried in butter over a brisk fire; then well drained, and sauced with a good *béchamel*, flavoured with a teaspoonful of minced parsley.

* A celebrated French cook gives the following instructions for raising these fillets:—"Take them up by running your knife first between the bones and the flesh, then between the skin and the fillet; by leaning pretty hard on the table they will come off very neatly."

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SOLES AU PLAT.

Clarify from two to three ounces of fresh butter, and pour it into the dish in which the fish are to be served; add to it a little salt, some cayenne, a teaspoonful of essence of anchovies, and from one to two glasses of sherry, or of any other dry white wine; lay in a couple of fine soles which have been well cleaned and wiped very dry, strew over them a thick layer of fine bread-crumbs, moisten them with clarified butter, set the dish into a moderate oven, and bake the fish for a quarter of an hour. A layer of shrimps placed between the soles is a great improvement; and we would also recommend a little lemon-juice to be mixed with the sauce.

Baked, 15 minutes.

Obs.—The soles are, we think, better without the wine in this receipt. They require but a small portion of liquid, which might be supplied by a little additional butter, a spoonful of water or pale gravy, the lemon-juice, and store-sauce. Minced parsley may be mixed with the bread-crumbs when it is liked.

BAKED SOLES.

(A simple but excellent Receipt.)

Fresh large soles, dressed in the following manner, are remarkably tender and delicate eating; much more so than those which are fried. After the fish has been skinned and cleansed in the usual way, wipe it dry, and let it remain for an hour or more, if time will permit, closely folded in a clean cloth; then mix with a slightly beaten egg about an ounce of butter, just liquefied but not *heated* at the mouth of the oven, or before the fire; brush the fish in every part with this mixture, and cover it with very fine dry bread-crumbs, seasoned with a little salt, cayenne, pounded mace, and nutmeg. Pour a teaspoonful or two of liquid butter into a flat dish which will contain the fish well; lay it in, sprinkle it with a little more butter, press the bread-crumbs lightly on it with a broad-bladed knife, and bake it in a moderate oven for about twenty minutes. If two or more soles are required for table at the same time, they should be placed separately, quite flat, in a large dish, or each fish should be laid on a dish by itself. On our first essay of this receipt, the fish dressed by it (it was baked for twenty-five minutes in a very slack iron oven) proved infinitely nicer than one of the same size which was fried, and served with it. The difference between them was very marked, especially as regarded the exceeding tenderness of the flesh of that which was baked; its appearance, however, would have been somewhat improved by a rather quicker oven. When ready to serve, it should be gently glided on to the dish in which it is to be sent to table. About three ounces of bread-crumbs, and two and a half of butter, will be sufficient for a large pair of soles. They will be more per-

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fectly encrusted with the bread if dipped into, or sprinkled with it a second time, after the first coating has been well moistened with the butter.

SOLES STEWED IN CREAM.

Prepare some very fresh middling sized soles with exceeding nicety, put them into boiling water slightly salted, and simmer them for two minutes only; lift them out, and let them drain; lay them into a wide stewpan with as much sweet rich cream as will nearly cover them; add a good seasoning of pounded mace, cayenne, and salt; stew the fish softly from six to ten minutes, or until the flesh parts readily from the bones; dish them, stir the juice of half a lemon to the sauce, pour it over the soles, and send them immediately to table. Some lemon-rind may be boiled in the cream, if approved; and a small teaspoonful of arrow-root, very smoothly mixed with a little milk, may be stirred to the sauce (should it require thickening) before the lemon-juice is added. Turbot and brill also may be dressed by this receipt, time proportioned to their size being of course allowed for them.

Soles, 3 or 4: boiled in water 2 minutes. Cream, ½ to whole pint; salt, mace, cayenne: fish stewed, 6 to 10 minutes. Juice of half a lemon.

Obs.—In Cornwall the fish is laid at once into thick clotted cream, and stewed entirely in it; but this method gives to the sauce, which ought to be extremely delicate, a coarse fishy flavour which the previous boil in water prevents.

At Penzance, grey mullet, after being scaled, are divided in the middle, just covered with cold water, and softly boiled, with the addition of branches of parsley, pepper and salt, until the flesh of the back parts easily from the bone; clotted cream, minced parsley, and lemon-juice are then added to the sauce, and the mullets are dished with the heads and tails laid even to the thick parts of the back, where the fish were cut asunder. Hake, too, is there divided at every joint (having previously been scaled), dipped into egg, then thickly covered with fine bread-crumbs mixed with plenty of minced parsley, and fried a fine brown; or, the back-bone being previously taken out, the fish is sliced into cutlets, and then fried.

TO FRY WHITINGS.

[In full season from Michaelmas to beginning of February.]

Clean, skin, and dry them thoroughly in a cloth, fasten their tails to their mouths, brush slightly beaten eggs equally over them, and cover them with the finest bread-crumbs, mixed with a little flour; fry them a clear golden brown in plenty of boiling lard, drain and dry them well, dish them on a hot napkin, and serve them with good melted butter, and the sauce cructs, or with well made shrimp or an-

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chovy sauce. A small half-teaspoonful of salt should be beaten up with the eggs used in preparing the whitings: two will be sufficient for half a dozen fish.

5 to 8 minutes, according to their size.

FILLETS OF WHITINGS.

Empty and wash thoroughly, but do not skin the fish. Take off the flesh on both sides close to the bones, passing the knife from the tail to the head; divide each side in two, trim the fillets into good shape, and fold them in a cloth, that the moisture may be well absorbed from them; dip them into, or draw them through, some beaten egg, then dip them into fine crumbs mixed with a small portion of flour, and fry them a fine light brown in lard or clarified butter; drain them well, press them in white blotting-paper, dish them one over the other in a circle, and send the usual sauce to table with them. The fillets may also be broiled after being dipped into eggs seasoned with salt and pepper, then into crumbs of bread, next into clarified butter, and a second time into the bread-crumbs (or, to shorten the process, a portion of clarified butter may be mixed with the eggs at first), and served with good melted butter, or thickened veal gravy seasoned with cayenne, lemon-juice, and chopped parsley.

Five minutes will fry the fillets, even when very large: rather more time will be required to broil them.

TO BOIL WHITINGS.

(French Receipt.)

Having scraped, cleansed, and wiped them, lay them on a fish-plate, and put them into water at the point of boiling; throw in a handful of salt, two bay leaves, and plenty of parsley well washed and tied together; let the fish *just simmer* from five to ten minutes, and watch them closely that they may not be over-done. Serve parsley and butter with them, and use in making it the liquor in which the whitings have been boiled.

Just simmered from 5 to 10 minutes.

BAKED WHITINGS À LA FRANÇAISE.

Proceed with these exactly as with the *soles au plat* of this chapter; or, pour a little clarified butter into a deep dish, and strew it rather thickly with finely-minced mushrooms mixed with a teaspoonful of parsley, and (when the flavour is liked, and considered appropriate) with an eschalot or two, or the white part of a few green onions, also chopped very small. On these place the fish after they have been scaled, emptied, thoroughly washed, and wiped dry: season them well with salt and white pepper, or cayenne; sprinkle more of the herbs upon them; pour gently from one to two glasses of light white wine into the dish, cover the whitings with a thick layer of fine crumbs of

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bread, sprinkle these plentifully with clarified butter, and bake the fish from fifteen to twenty minutes. Send a cut lemon only to table with them. When the wine is not liked, a few spoonsful of pale veal gravy can be used instead; or a larger quantity of clarified butter, with a tablespoonful of water, a teaspoonful of lemon-pickle and of mushroom catsup, and a few drops of soy.

15 to 20 minutes.

TO BOIL MACKEREL.

[In full season in May, June, and July; may be had also in early spring.]

Mackerel.

Open the fish sufficiently to admit of the insides being *perfectly cleansed*, but not more than is necessary for this purpose; empty them with care, lay the roes apart, and wash both them and the mackerel delicately clean. It is customary now to lay these, and the greater number of other fish as well, into cold water when they are to be boiled; formerly all were plunged at once into fast-boiling water. For such as are small and delicate, it should be hot; they should be brought gently to boil, and simmered until they are done; the scum should be cleared off as it rises, and the usual proportion of salt stirred into the water before the mackerel are put in. The roes are commonly replaced in the fish; but as they sometimes require more boiling than the mackerel themselves, it is better, when they are very large, to lay them upon the fish-plate by their sides. From fifteen to twenty minutes will generally be sufficient to boil a full-sized mackerel some will be done in less time; but they must be watched, and lifted out as soon as the tails split, and the eyes are starting.

Dish them on a napkin, and send fennel or gooseberry sauce to table with them, and plain melted butter also.

Small mackerel, 10 to 15 minutes; large, 15 to 20 minutes.

TO BAKE MACKEREL.

After they have been cleaned and well washed, wipe them very dry, fill the insides with the forcemeat, No. 1 of Chapter VIII., sew them up, arrange them, with the roes, closely together in a coarse baking-dish, flour them lightly, strew a little fine salt over, and stick bits of butter upon them; or pour some equally over them, after having just dissolved it in a small saucepan. Half an hour in a moderate oven will bake them. Oyster forcemeat is always appropriate for any kind of fish which is in season while the oysters are so; but the mackerel are commonly served, and are very good with that which we have named. Lift them carefully into a hot dish after they are taken from the oven, and send melted butter and a cut lemon to table with them.

½ hour

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BAKED MACKEREL, OR WHITINGS.

(Cinderella's Receipt—good.)

The fish for this receipt should be opened only so much as will permit of their being emptied and perfectly cleansed. Wash and wipe them dry, then fold them in a soft cloth, and let them remain in it awhile. Replace the roes, and put the fish into a baking-dish of suitable size, with a tablespoonful of wine, a few drops of chili vinegar, a little salt and cayenne, and about half an ounce of butter, well-blended with a saltspoonful of flour, for each fish. They must be turned round with the heads and tails towards each other, that they may lie compactly in the dish, and the backs should be placed downwards, that the sauce may surround the thickest part of the flesh. Lay two buttered papers over, and press them down upon them; set the dish into a gentle oven for twenty minutes, take off the papers, and send the fish to table in their sauce.

A few minutes more of time must be allowed for mackerel when it is large, should the oven be *very* slow.

Full-sized whitings are *excellent* thus dressed if carefully managed, and many eaters would infinitely prefer mackerel so prepared, to boiled ones. The writer has port-wine always used for the sauce, to which a rather full seasoning of chili vinegar, cayenne, and pounded mace, is added; but sherry, Bucellas, or any other dry wine, can be used instead; and the various condiments added to it, can be varied to the taste. This receipt is a very convenient one, as it is prepared with little trouble, and a stove-oven, if the heat be properly moderated, will answer for the baking. It is an advantage to take off the heads of the fish before they are dressed, and they may then be entirely emptied without being opened. When preferred so, they can be re-dished for table, and the sauce poured over them.

Obs.—The dish in which they are baked, should be buttered before they are laid in.

FRIED MACKEREL.

(Common French Receipt.)

After the fish have been emptied and washed extremely clean, cut off the heads and tails, split the bodies quite open, and take out the backbones (we recommend in preference that the flesh should be taken off the bones as in the following receipt), wipe the mackerel very dry, dust fine salt and pepper (or cayenne) over them, flour them well, fry them a fine brown in boiling lard, drain them thoroughly, and serve them with the following sauce:—Dissolve in a small saucepan an ounce and a half of butter smoothly mixed with a teaspoonful of flour, some salt, pepper, or cayenne; shake these over a gentle fire until they are lightly coloured, then add by slow degrees nearly half a pint of good broth or gravy, and the juice of one large lemon; boil the sauce for a couple of minutes, and serve it

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very hot. Or, instead of this, add a large teaspoonful of strong made mustard, and a dessertspoonful of chili vinegar, to some thick melted butter, and serve it with the fish. A spoonful of Harvey's sauce or of mushroom catsup can be mixed with this last at pleasure.

FILLETS OF MACKEREL.

(Fried or Broiled.)

Take off the flesh quite whole on either side, from three fine mackerel, which have been opened and properly cleaned; let it be entirely free from bone, dry it well in a cloth, then divide each part in two, and dip them into the beaten yolks of a couple of eggs, seasoned with salt and white pepper, or cayenne; cover them equally with fine dry crumbs of bread, and fry them like soles; or dip them into clarified butter, and then again into the crumbs, and broil them over a very clear fire of a fine brown. Dish them in a circle one over the other, and send them to table with the *Mâitre d' Hotel* sauce of Chapter V., or with the one which follows it. The French pour the sauce into the centre of the dish; but for broiled fillets this is not so well, we think, as serving it in a tureen. The roes of the fish, after being well washed and soaked, may be dressed with them, or they may be made into patties. Minced parsley can be mixed with the bread crumbs when it is liked.

BOILED FILLETS OF MACKEREL.

After having taken off and divided the flesh of the fish, as above, place it flat in one layer in a wide stewpan or saucepan, and just cover the fillets with cold water; throw in a teaspoonful of salt, and two or three small sprigs of parsley; bring the mackerel slowly to a boil, clear off the scum with care, and after two or three minutes of slow simmering try the fillets with a fork; if the thick part divides with a touch, they are done. Lift them out cautiously with a slice; drain, and serve them very hot with good parsley and butter; or strip off the skin quickly, and pour a *Mâitre d' Hotel* sauce over them.

MACKEREL BROILED WHOLE.

(An excellent Receipt.)

Empty and cleanse perfectly a fine and very fresh mackerel, but without opening it more than is needful; dry it well, either in a cloth or by hanging it in a cool air until it is stiff; make with a sharp knife a deep incision the whole length of the fish on either side of the back bone, and about half an inch from it, and with a feather put in a little cayenne and fine salt, mixed with a few drops of good salad oil or clarified butter. Lay the mackerel over a moderate fire upon a well-heated gridiron which has been rubbed with suet; loosen it gently should it stick, which it will do unless often moved; and when it is equally done on both sides, turn the back to the fire. About

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half an hour will broil it well. If a sheet of thickly-buttered writing-paper be folded round it, and just twisted at the ends before it is laid on the gridiron, it will be finer eating than if exposed to the fire; but sometimes when this is done, the skin will adhere to the paper, and be drawn off with it, which injures its appearance. A cold *Maître d' Hotel* sauce (see Chapter V.), may be put into the back before it is sent to table. This is one of the very best modes of dressing a mackerel, which in flavour is quite a different fish when thus prepared to one which is simply boiled. A drop of oil is sometimes passed over the skin to prevent its sticking to the iron. It may be laid to the fire after having been merely cut as we have directed, when it is preferred so.

30 minutes; 25 if *small*.

MACKEREL STEWED WITH WINE.

(*Very good.*)

Work very smoothly together a large teaspoonful of flour with two ounces of butter, put them into a stewpan, and stir or shake them round over the fire until the butter is dissolved; add a quarter of a teaspoonful of mace, twice as much salt, and some cayenne; pour in by slow degrees three glasses of claret; and when the sauce boils, lay in a couple of fine mackerel well cleaned, and wiped quite dry; stew them very softly from fifteen to twenty minutes, and turn them when half done; lift them out, and dish them carefully; stir a teaspoonful of made mustard to the sauce, give it a boil, and pour it over the fish. When more convenient, substitute port wine and a little lemon-juice, for the claret.

Mackerel, 2; flour, 1 teaspoonful; butter, 2 oz.; seasoning of salt, mace, and cayenne; claret, 3 wine-glassesful; made mustard, 1 teaspoonful: 15 to 20 minutes.

FILLETS OF MACKEREL STEWED IN WINE.

(*Excellent.*)

Raise the flesh entire from the bones on either side of the mackerel, and divide it once, if the fish be small, but cut the whole into six parts of equal size should they be large. Mix with flour, and dissolve the butter as in the preceding receipt; and when it has simmered for a minute, throw in the spice, a little salt, and the thinly pared rind of half a small fresh lemon, lay in the fillets of fish, shake them over a gentle fire from four to five minutes, and turn them once in the time; then pour to them in small portions a couple of large wine-glassesful of port wine, a tablespoonful of Harvey's sauce, a teaspoonful of soy, and one of lemon-juice; stew the mackerel very softly until the thinner parts begin to break, lift them out with care, dish and serve them in their sauce as hot as possible. We can recommend the dish to our readers as a very excellent one. A garnish of fried sippets can be placed round the fish at will. A teaspoonful of made

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mustard should be stirred to the sauce before it is poured over the fish.

Fillets of mackerel, 2; butter, 2 oz.; flour, 1 teaspoonful; rind of ½ lemon; salt, cayenne, pounded mace: 2 minutes. Fish, 4 to 5 minutes. Port wine, two large glassesful; Harvey's sauce, 1 tablespoonful; soy and lemon-juice each, 1 teaspoonful: 4 to 6 minutes. Mustard, 1 teaspoonful.

Obs.—Trout may be dressed by this receipt.

TO BOIL HADDOCKS.

In the best season in October, November, and December.

Haddock.

Scrape the outsides very clean, open the fish, empty them, wash the insides thoroughly, take out the gills, curl the haddocks round, fasten the tails to the mouths, arrange them on a fish-plate, and lay them into hot water salted as for mackerel. Take off all the scum, and simmer them from seven to ten minutes or longer, according to their size, which, as we have said in the directions for "the best mode of cooking various kind of fish," at the commencement of this chapter, varies greatly, as they are sometimes very large; they must then be brought more slowly to boil, and more time must be allowed for them. Send them very hot to table, with a tureen of melted butter, and one of anchovy sauce.

7 to 10 minutes.

Obs.—In Scotland haddocks are skinned before they are boiled, and the heads are taken off; but we see no advantage in this mode of dressing them. Whitings, fresh herrings, and codlings, may all be dressed by this receipt, the time only being varied according to the size of the fish.

BAKED HADDOCKS.

After they have been cleaned, dry them thoroughly, then bake them, as directed in the common receipt for pike, or fill them with oyster forcemeat, or with No. 1 of Chapter VIII., if more convenient, and proceed as for baked mackerel.

20 to 30 minutes; longer if very large.

TO FRY HADDOCKS

Follow the directions given for fillets of whitings; or, should a more simple method be preferred, clean and dry the fish well, cut off the heads and tails, take out the backbones, cut each fish in three, egg and crumb them, fry them in boiling lard a fine golden brown, and serve them, well drained and dried, with the same sauces as boiled haddocks.

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TO DRESS FINNAN HADDOCKS.

These are slightly salted and dried. They are excellent eating, if gently heated through upon the gridiron without being hardened: and are served usually at the breakfast or supper table; a feather dipped in oil may be passed over them before they are laid to the fire.

TO BOIL GURNARDS.

(With directions for dressing them in other ways.)

Gurnard.

It is more usual to fill gurnards with forcemeat, and to bake them, or to have the flesh raised from the bones and dressed in fillets, than to serve them simply boiled; they may, however, be cooked in any of the modes directed for mackerel,* rather more time being allowed for them, as they are much firmer-fleshed, thicker in the bodies, and generally of larger size altogether. Cut off all the fins, take out the gills, and empty and cleanse them like other fish, washing the insides well; put them into hot water ready salted and skimmed, and boil them gently from twenty minutes to half an hour; serve them with anchovy sauce, or with parsley and butter rendered acid with chili vinegar, lemon-juice, or caper-pickle.

FRESH HERRINGS.

(Farleigh Receipt.)

In season from May to October.

Scale and clean the fish with the utmost nicety, split them quite open, and wash the insides with particular care; dry them well in a cloth, take off the heads and tails, and remove the backbones; rub the insides with pepper, salt, and a little pounded mace; stick small bits of butter on them, and skewer two of the fish together as flat as possible, with the skin of both outside; flour, and broil or fry them of a fine brown, and serve them with melted butter mixed with a teaspoonful or more of mustard, some salt, and a little vinegar or lemon-juice.

To broil from 20 to 25 minutes; to fry about 10 minutes.

* Whitings or haddocks.

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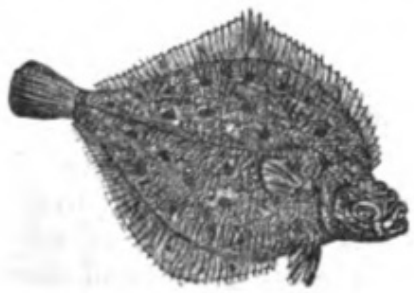
TO DRESS THE SEA BREAM.

Sea Bream.

The sea-bream, which is common in many of our markets, is not considered a fish of first-rate quality; but if well broiled or baked, it will afford a good, and generally a *cheap*, dish of excellent appearance, the bream being of handsome size and form. Open and cleanse it perfectly, but do not remove the scales; fold it in a dry cloth to absorb the moisture which hangs about it; lay it over a gentle fire, and broil it slowly, that the heat may gradually penetrate the flesh, which is thick. Should any cracks appear on the surface, dredge a little flour upon them. If of ordinary weight, the bream will require quite half an hour's broiling; it should be turned, of course, when partially done. Send plain melted butter and anchovy sauce to table with it. In carving it, remove the skin and scales, and serve only the flesh which lies beneath them, and which will be very white and succulent. A more usual and less troublesome mode of dressing the bream is to season the inside slightly with salt and pepper or cayenne, to dust a little more salt on the outside, spread a few bits of butter upon it, and send it to a gentle oven. It is sometimes filled with common veal-stuffing, and then requires to be rather longer baked; and it is often merely wrapped in a buttered paper, and placed in a moderate oven for twenty-five or thirty minutes.

TO BOIL PLAICE OR FLOUNDERS.

Plaice in season from May to January; flounders in September, October, and November.



Plaice.

After having emptied and well cleaned the fish, make an incision in the back as directed for turbot; lay them into cold spring water; add salt and saltpetre in the same proportion as for cod fish, and let them just simmer for four or five minutes after the water first begins to boil, or longer should their size require it, but guard against their being broken. Serve them with plain melted butter.

4 to 5 minutes; longer if needful.

TO FRY PLAICE OR FLOUNDERS.

Sprinkle them with salt, and let them lie for two or three hours before they are dressed. Wash and clean them thoroughly, wipe them very dry, flour them well, and wipe them again with a clean

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cloth; dip them into egg, and fine bread-crumbs, and fry them in plenty of lard. If the fish be large, raise the flesh in handsome fillets from the bones, and finish them as directed for fillets of soles.

Obs.—Plaice is said to be rendered less watery by beating it gently with a paste-roller before it is cooked. It is very sweet and pleasant in flavour while it is in the best season, which is from the end of May to about September.

TO ROAST, BAKE, OR BROIL RED MULLET.

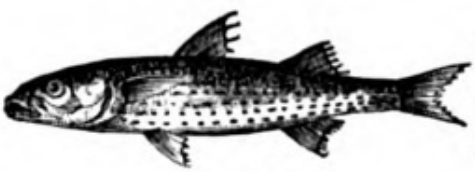
In best season through the summer: may be had all the year.

Red Mullet.

First wash and then dry the fish thoroughly in a cloth, but neither scale nor open it, but take out the gills gently and carefully with the small intestine which will adhere to them; wrap it closely in a sheet of thickly buttered paper, tie this securely at the ends, and over the mullet with packthread, and roast it in a Dutch oven, or broil it over a clear and gentle fire, or bake it in a moderate oven: from twenty to twenty-five minutes will be sufficient generally to dress it in either way. For sauce, put into a little good melted butter the liquor which has flowed from the fish, a small dessertspoonful of essence of anchovies, some cayenne, a glass of port wine, or claret, and a little lemon-juice. Remove the packthread, and send the mullet to table in the paper case. This is the usual mode of serving it, but it is dished without the paper for dinners of taste. *The plain red mullet*, shown at the commencement of this receipt, is scarcely ever found upon our coast. That which abounds here during the summer months is the striped red mullet, or *surmullet*, which, from its excellence, is always in request, and is therefore seldom cheap. It rarely exceeds twelve, or at the utmost fourteen, inches in length.

20 to 30 minutes.

TO BOIL GREY MULLET.



Grey Mullet.

This fish varies so much in size and quality, that it is difficult to give exact directions for the time of cooking it. When quite young and small, it may be boiled by the receipt for whitings, haddocks, and other fish of about their size; but at its finest growth it must be laid into cold water, and managed like larger fish. We have ourselves partaken of one which was caught upon our eastern coast, that weighed ten pounds, of which the flesh was quite equal to that of salmon, but its weight was, we believe, an unusual one. Anchovy, or caper fish sauce, with melted butter, may be sent to table with grey mullet.

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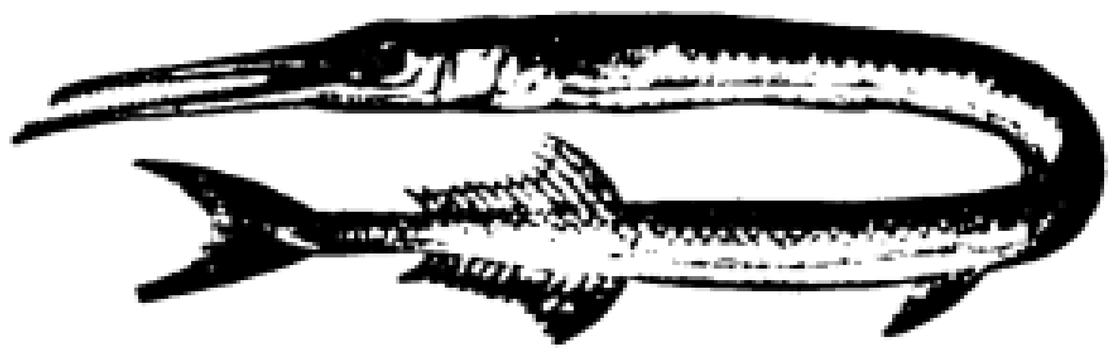
THE GAR-FISH.



Gar Fish.

This is a fish of very singular appearance, elongated in form, and with a mouth which resembles the bill of the snipe, from which circumstance it is often called the snipe-fish. Its bones are all of a *bright green* colour. It is not to be recommended for the table, as the skin contains an oil of exceedingly strong rank flavour; when entirely divested of this, the flesh is tolerably sweet and palatable. Persons who may be disposed from curiosity to taste it will find either broiling or baking in a gentle oven the best mode of cooking it. It should be curled round, and the tail fastened into the bill. As it is not of large size, from fifteen to twenty minutes will dress it sufficiently. Anchovy sauce, parsley and butter, or plain melted butter, may be eaten with it.

SAND-LAUNCE, OR, SAND-EEL.

Sand-Eel.

The sand-launce, which is abundant on many parts of our coast, and the name of which is derived from its habit of burrowing in the sands when the tide retires, may be distinguished from the larger species, the true *sand-eel*, by its lighter colour and more transparent appearance, as well as by its inferior size. The common mode of dressing the fish, which is considered by many a great delicacy, is to divest them of their heads, and to remove the insides with the gills, to dry them well in a cloth with flour, and to fry them until crisp. They are sometimes also dipped in batter like smelts. We have not ourselves had an opportunity of testing them, but we have received the particulars which we have given here from various friends who have resided where they were plentiful. The *sand-eels* are not so good as the smaller kind of these fish called *launces*.

TO FRY SMELTS.

[In season from beginning of November to May.]

Smelts when quite fresh have a perfume resembling that of a cucumber, and a peculiarly delicate and agreeable flavour when dressed. Draw them at the gills, as they must not be opened; wash and dry them thoroughly in a cloth; dip them into beaten egg-yolk, and then into the finest bread-crumbs, mixed with a very small quantity of flour; fry them of a clear golden brown, and serve them

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crisp and dry, with good melted butter in a tureen. They are sometimes dipped into batter and then fried; when this is done, we would recommend for them the French batter of Chapter V

3 to 4 minutes.

BAKED SMELTS.

Prepare them as for frying; pour some clarified butter into the dish in which they are to be sent to table, arrange them neatly in it, with the tails meeting in the centre, strew over them as much salt, mace, and cayenne, mixed, as will season them agreeably, cover them smoothly with a rather thick layer of very fine bread-crumbs, moisten them equally with clarified butter poured through a small strainer, and bake the fish in a moderately quick oven, until the crumbs are of a fine light brown. A glass of sherry, half a teaspoonful of essence of anchovies, and a dessertspoonful of lemon-juice, are sometimes poured into the dish before the smelts are laid in.

About 10 minutes.

TO DRESS WHITE BAIT.

(Greenwich Receipt.)

[In season in July, August, and September.]

This delicate little fish requires great care to dress it well. Do not touch it with the hands, but throw it from your dish or basket into a cloth, with three or four handsful of flour, and shake it well; then put it into a bait sieve, to separate it from the superfluous flour. Have ready a very deep frying-pan, nearly full of boiling fat, throw in the fish, which will be done in an instant: they must not be allowed to take any colour, for if browned, they are spoiled. Lift them out, and dish them upon a silver or earthenware drainer, without a napkin, piling them very high in the centre. Send them to table with a cut lemon, and slices of brown bread and butter.

WATER SOUCHY.

(Greenwich Receipt.)

This is a very simple and inexpensive dish, much served at the regular fish-dinners for which Greenwich is celebrated, as well as at private tables. It is excellent if well prepared; and as it may be made with fish of various kinds when they are too small to present a good appearance or to be palatable dressed in any other way, it is also very economical. Flounders, perch, tench, and eels, are said to answer best for water souchy; but very delicate soles, and several other varieties of small white fish are often used for it with good effect: it is often made also with slices of salmon, or of salmon-peel, freed from the skin.

Throw into rather more than sufficient water to just cover the

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quantity of fish required for table, from half to three quarters of an ounce of salt to the quart, a dozen corns of white pepper, a small bunch of green parsley, and two or three tender parsley roots, first cut into inch lengths, and then split to the size of straws, Simmer the mixture until these last are tender, which will be in from half to a whole hour; then lay in the fish delicately cleaned, cleared from every morsel of brown skin, and divided into equal portions of about two inches in width. Take off all the scum as it rises, and stew the fish softly from eight to twelve minutes, watching it that it may not break from being over-done.

Two minutes before it is dished, strew in a large tablespoonful or more of minced parsley, or some small branches of the herb boiled very green in a separate saucepan (we prefer the latter mode); lift out the fish carefully with a slice, and the parsley roots with it; pour over it the liquor in which it has been boiled, but leave out the peppercorns. For a superior water souchy, take all the bones out of the fish, and stew down the inferior portions of it to a strong broth: about an hour will be sufficient for this. Salt, parsley, and a little cayenne may be added to it. Strain it off clear through a sieve, and use it instead of water for the souchy. The juice of half a good lemon may be thrown into the stew before it is served. A deep dish will of course be required for it. The parsley-roots can be boiled apart when more convenient, but they give an agreeable flavour when added to the liquor at first. Slices of brown or white bread and butter must be sent to table always with water souchy: the first is usually preferred, but to suit all tastes some of each may be served with it.

SHAD, TOURAINE FASHION.

(*Alose à la mode de Touraine.*)

[In season in April, May, and early part of June.]

Empty and wash the fish with care, but do not open it more than is needful; fill it either with the forcemeat No. 1, or No. 2 of Chapter VIII., and its own roe; then sew it up, or fasten it securely with very fine skewers, wrap it in a thickly buttered paper, and broil it gently for an hour over a charcoal fire. Serve it with caper sauce, or with chili vinegar and melted butter.

We are indebted for this receipt to a friend who has been long resident in Touraine, at whose table the fish is constantly served thus dressed, and is considered excellent. It is likewise often gently stewed in the light white wine of the country, and served covered with a rich *béchamel*. Many fish more common with us than the shad might be advantageously prepared in the same manner. The charcoal fire is not indispensable: any one that is entirely free from smoke will answer. We would suggest as an improvement, that oyster-forcemeat should be substituted for that which we have indicated, until the oyster season ends.

Broiled gently, 1 hour, more or less, according to the size.

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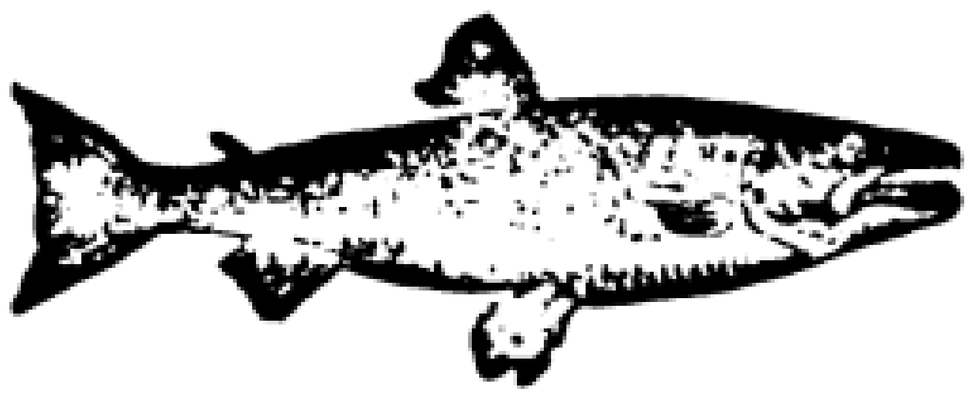
STEWED TROUT.

(Good common Receipt.)

[In season from May to August.]



Trout

Melt three ounces of butter in a broad stewpan, or well tinned iron saucepan, stir to it a tablespoonful of flour, some mace, cayenne, and nutmeg: lay in the fish after it has been emptied, washed very clean, and wiped perfectly dry; shake it in the pan, that it may not stick, and when lightly browned on both sides, pour in three quarters of a pint of good veal stock, add a small faggot of parsley, one bay leaf, a roll of lemon-peel, and a little salt: stew the fish *very gently* from half to three quarters of an hour, or more, should it be unusually fine. Dish the trout, skim the fat from the gravy, and pass it through a hot strainer over the fish, which should be served immediately. A little acid can be added to the sauce at pleasure, and a glass of wine when it is considered an improvement. This receipt is for one large or for two middling-sized fish. We can recommend it as a good one from our own experience.

Butter, 3 oz.; flour, 1 tablespoonful; seasoning of mace, cayenne, and nutmeg; trout, 1 large, or 2 moderate-sized; veal stock, ¾ pint; parsley, *small* faggot; 1 bay-leaf; roll of lemon-rind; little salt: ¾ to ¾ hour.

Obs.—Trout may be stewed in equal parts of strong veal gravy, and of red or white wine, without having been previously browned; the sauce should then be thickened, and agreeably flavoured with lemon-juice, and the usual store-sauces, before it is poured over the fish. They are also good when wrapped in buttered paper, and baked or broiled: if very small, the better mode of cooking them is to fry them whole. They should never be plain boiled, as, though naturally a delicious fish, they are then very insipid.

TO BOIL PIKE.

[In best season from September to February.]

Pike.

Take out the gills, empty and clean the fish very thoroughly, and soak it for half an hour with a cup of vinegar thrown into as much water as will cover it well, should there be any danger of its having a muddy taste.* Wipe the inside dry, and fill it

* Soaking fish is always better avoided when it can be so; well washing the inside with strong vinegar would perhaps remove the objectionable flavour without it.

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with oyster-forcemeat, or with common veal forcemeat made either with butter or with suet (for which see Chapter VIII.); curl the fish round, and fasten it with the tail in the mouth, lay it on a fish-plate, cover it well with cold water, throw in some salt as soon as it boils, skim it well, and boil the fish gently from half to a whole hour according to its size. Some persons prefer the scales taken off the pike when it is prepared for this mode of dressing; and many cooks still put the fish into *boiling* water well salted and skimmed. Serve it with plain melted butter, or anchovy sauce.

Moderate sized, ½ hour; large, 1 hour.

Obs.—We must repeat that it is impossible to give for fish which varies so much in quality as well as in size, directions for the *exact* time which is required to cook it; a few minutes, more or less, must often be allowed; and it should always be watched attentively, and lifted from the water as soon as it is done.

TO BAKE PIKE.

(*Common Receipt.*)

Pour warm water over the outside of the fish, and wipe it very clean with a coarse cloth drawn from the head downwards, that the scales may not be disturbed; then wash it well in cold water, empty, and cleanse the inside with the greatest nicety, fill it either with the common forcemeat No. 1, or with No. 4 of Chapter VIII., sew it up, fasten the tail to the mouth, give it a slight dredging of flour, stick small bits of butter thickly over it, and bake it from half to three quarters of an hour, should it be of moderate size, and upwards of an hour, if it be large. Should there not be sufficient sauce with it in the dish, melted butter and a lemon, or anchovy sauce may be sent to table with it. When more convenient the forcemeat may be omitted, and a little fine salt and cayenne, with some bits of butter, put into the inside of the fish, which will then require rather less baking. A buttered paper should always be laid over it in the oven, should the outside appear likely to become too highly coloured or too dry before the fish is done; and it is better to wrap quite small pike in buttered paper at once before they are sent to the oven.

Moderate-sized pike, 30 to 45 minutes; large pike, 1 to 1¼ hour.

TO BAKE PIKE.

(*Superior Receipt.*)

Scale and wash the fish, take out the gills, then open it just sufficiently to allow the inside to be emptied and *perfectly cleansed*, but not more than is necessary for that purpose. Wipe it as dry as possible in every part, then hang it for an hour or two on a hook in a coo. larder, or wrap it in a soft cloth. Fill the body with the forcemeat No. 1 or 3, or with the oyster forcemeat of Chapter VIII.; sew

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it up very securely, curl it round, and fasten the tail into the mouth with a thin skewer, then dip it into the beaten yolks of two or more eggs, seasoned with nearly half a teaspoonful of salt and a little pepper or cayenne; cover it equally with the finest bread crumbs, dip it a second time into the egg and crumbs, then pour some clarified butter gently over it, through a small strainer, and send it to a well heated oven for an hour and a quarter or more, should it be *very* large, but for less time if it be only of moderate size. As it is naturally a very dry fish, it should not be left in the oven after it is thoroughly done, but it should never be sent to table until it is so. The crumbs of bread are sometimes mixed with a sufficient quantity of minced parsley to give the surface of the fish a green hue. Send plain melted butter, and brown caper, or Dutch sauce to table with it.

TO STEW CARP.

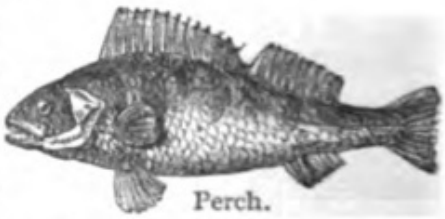
(A common Country Receipt.)

Carp.

Scale and clean the fish with exceeding care, lay it into a stewpan, and cover it with good cold beef or veal broth; add one small onion stuck with a few cloves, a faggot of savoury herbs, three or four slices of carrot, and a little salt, and stew the carp as gently as possible for nearly an hour. Have ready some good brown gravy, mixed with a couple of glassesful of port wine add a squeeze of lemon-juice, dish the carp very carefully, pour the sauce over, and serve it immediately. We would recommend the Genevese Sauce, of Chapter V., as superior to any other for this dish.

This receipt is for a fish which averages from five to six pounds in weight, but the carp sometimes attains to a very large size; and sufficient time to cook it perfectly should always be allowed for it.

TO BOIL PERCH.*


Perch.

First wipe or wash off the slime, then scrape off the scales, which adhere rather tenaciously to this fish; empty and clean the insides perfectly, take out the gills, cut off the fins, and lay the perch into equal parts of cold and of boiling water, salted as for mackerel: from eight to ten minutes will boil them unless they are very large. Dish them on a napkin, garnish them with

* The figure of this fish is very disproportioned in size to that of the carp and other kinds inserted here, as it is *quite small* at its fullest growth compared with the carp, which sometimes attains to a great weight.

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curled parsley, and serve melted butter with them, or *Maître d'Hotel Sauce Maigre.*

Very good French cooks put them at once into boiling water and keep them over a brisk fire for about fifteen minutes, They dress them also without taking off the scales or fins until they are ready to serve, when they strip the whole of the skin off carefully, and stick the red fins into the middle of the backs; the fish are then covered with the Steward's sauce, thickened with eggs.

In warm water, 8 to 10 minutes; in boiling, 12 to 15

TO FRY PERCH OR TENCH.

Scale, and clean them perfectly; dry them well, flour and fry them in boiling lard. Serve plenty of crisped or fried parsley round them.

TO FRY EELS.

[In season all the year, but not so well-conditioned in April and May as in other months.]

First kill, then skin, empty, and wash them as clean as possible; cut them into four-inch lengths, and dry them well in a soft cloth. Season them with fine salt, and white pepper, or cayenne, flour them thickly, and fry them a fine brown in boiling lard; drain and dry them as directed for soles, and send them to table with plain melted butter or anchovy sauce. Eels are sometimes dipped into batter and then fried; or into egg and fine bread-crumbs (mixed with minced parsley or not, at pleasure), and served with plenty of crisped parsley round, and on them.

It is an improvement for these modes of dressing the fish to open them entirely; and remove the bones: the smaller parts should be thrown into the pan a minute or two later than the thicker portions of the bodies or they will not be equally done.

BOILED EELS.

(*German Receipt.*)

Pare a fine lemon, and strip from it entirely the white inner rind; slice it, and remove the pips with care; put it with a blade of mace, a small half-teaspoonful of white peppercorns, nearly twice as much of salt, and a moderate-sized bunch of parsley, into three pints of cold water, bring them gently to boil, and simmer them for twenty minutes; let them become quite cold; then put in three pounds of eels skinned; and cleaned with great nicety, and cut into lengths of three or four inches; simmer them very softly from ten to fifteen minutes, lift them with a slice into a very hot dish, and serve them with a good Dutch sauce, or with parsley and butter acidulated with lemon-juice, or with chili vinegar.

For boiled eels with sage (German Receipt), *see Chapter of Foreign Cookery.*

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EELS.

(Cornish Receipt.)

Skin, empty, and wash as clean as possible, two or three fine eels, cut them into short lengths, and just cover them with cold water; add sufficient salt and cayenne to season them, and stew them very softly indeed from fifteen to twenty minutes, or longer should they require it. When they are nearly done, strew over them a teaspoonful of minced parsley, thicken the sauce with a teaspoonful of flour mixed with a slice of butter, and add a quarter of a pint or more of clotted cream. Give the whole a boil, lift the fish into a hot dish, and stir briskly the juice of half a lemon into the sauce; pour it upon the eels, and serve them immediately: Very sweet thick cream is, we think, preferable to clotted cream for this dish. The sauce should be of a good consistence, and a dessertspoonful of flour will be needed for a large dish of the stew, and from one and a half to two ounces of butter. The size of the fish must determine the precise quantity of liquid and of seasoning which they will require.

RED HERRINGS, À LA DAUPHIN.

Take off the heads, open the backs of the fish, and remove the back-bones: soak the herrings, should they be very dry, for two or three hours in warm milk and water, drain and wipe them. Dissolve a slice of fresh butter, and mix it with the beaten yolks of a couple of eggs and some savoury herbs minced small: dip the fish into these, and spread them thickly with fine bread crumbs; broil them of a light brown, over a moderate fire, and serve them on hot buttered toasts, sprinkled with a little cayenne.

RED HERRINGS, COMMON ENGLISH MODE.

This fish is rendered infinitely more delicate by pouring boiling water on it before it is dressed, and leaving it to soak for half an hour, or more, should it be highly dried. The fresh Yarmouth bloaters do not require this. Cut off the heads and tails, open the herrings at the back, and warm them through before the fire, or upon the grid-iron. They may be rubbed with a bit of cold butter, and seasoned with a slight sprinkling of pepper or cayenne, when these are liked, or served quite plain.

ANCHOVIES FRIED IN BATTER.

Scrape very clean a dozen or more of fine anchovies, and soak them in plenty of spring water from two to six hours: then wipe them dry, open them, and take out the back-bones, without dividing the fish. Season the insides highly with cayenne, close the anchovies, dip them into the French batter of Chapter V., or into a light English batter, and fry them a pale amber-colour: in from four to five minutes they will be quite sufficiently done.

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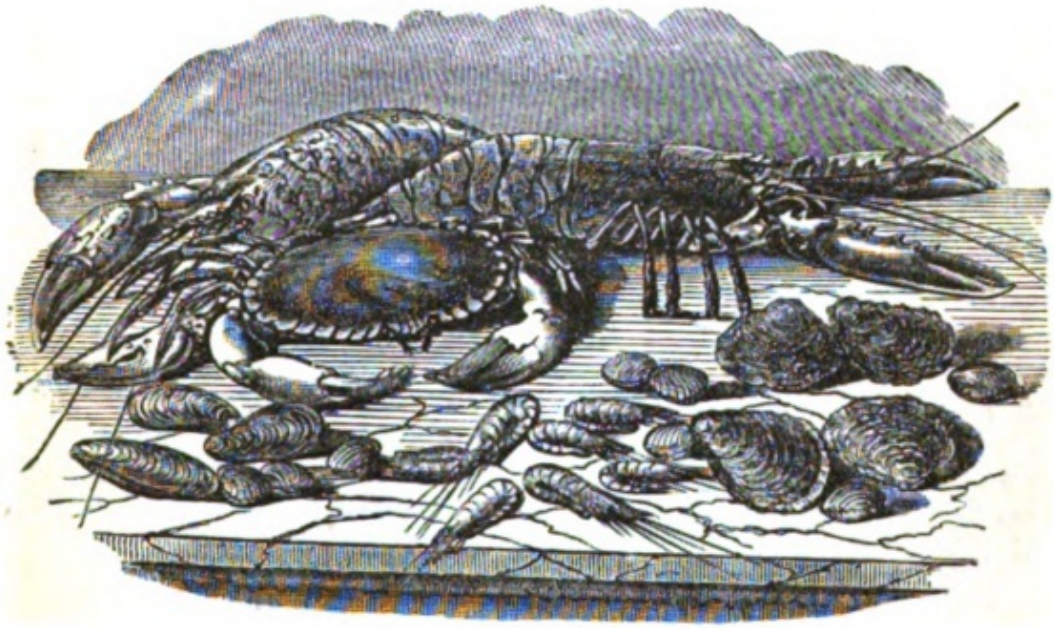
CHAPTER III.

Dishes of Shell-Fish.



OYSTERS.

[In season from September to April.]

The old-fashioned plan of *feeding* oysters with a sprinkling of oatmeal or flour, in addition to the salt and water to which they were committed, has long been rejected by all genuine amateurs of these nutritious and excellent fish, who consider the plumpness which the oysters are supposed to gain from the process, but poor compensation for the flavour which they are sure to lose. To cleanse them when they first come up from the beds, and to keep them in good condition for four or five days, they only require to be covered with cold water, with five ounces of salt to the gallon dissolved in it before it is poured on them; this should be changed with regularity every twenty-four hours. By following this plan with exactness they may be kept alive from a week to ten days, but will remain in perfect condition scarcely more than half that time. Oysters should be eaten always the instant they are opened. Abroad they are served before the soup in the

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first course of a dinner, arranged usually in as many plates as there are guests at table. In England they are sometimes served *after* the soup. A sense of *appropriateness* must determine how far the variations of fashion should be followed in such matters.

Obs.—We were accustomed formerly to have the brine which was supplied to oysters intended to be kept for some days, changed twice in the twenty-four hours; but we were informed by an oyster merchant in an extensive business that once was sufficient.

TO SCALLOP OYSTERS.

Large coarse oysters should never be dressed in this way. Select small plump ones for the purpose, let them be opened carefully, give them a scald in their own liquor, wash them in it free from grit, and beard them neatly. Butter the scallop shells and shake some fine bread-crumbs over them; fill them with alternate layers of oysters, crumbs of bread, and fresh butter cut into small bits; pour in the oyster-liquor, after it has been strained, put a thick, smooth layer of bread-crumbs on the top, moisten them with clarified butter,* place the shells in a Dutch oven before a clear fire, and turn them often until the tops are equally and lightly browned: send them immediately to table.

Some persons like a little white pepper or cayenne, and a flavouring of nutmeg added to the oysters; others prefer pounded mace. French cooks recommend with them a mixture of minced mushrooms stewed in butter till quite tender, and sweet herbs finely chopped. The fish is sometimes laid into the shells after having been bearded only.

SCALLOPED OYSTERS À LA REINE.

Plump and beard the oysters, after having rinsed them well in their own strained liquor; add to this about an equal quantity of very rich white sauce, and thicken it, if needful, with half a teaspoonful of flour, mixed with a small slice of butter, or with as much arrow-root only; put in the oysters, and keep them at the point of simmering for three or four minutes: lay them into the shells, and cover the tops thickly with crumbs fried a delicate brown and well dried; or heap over them instead, a layer of fine crumbs; pour clarified butter on them, and brown them with a salamander

TO STEW OYSTERS.

A pint of small plump oysters will be sufficient for a quite moderate-sized dish, but twice as many will be required for a large one. Let them be very carefully opened, and not mangled in the slightest degree; wash them free from grit in their own *strained* liquor, lay

* Common cooks merely stick small bits of butter on them.

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them into a very clean stewpan or well-tinned saucepan, strain the liquor a second time, pour it on them, and heat them slowly in it. When they are just beginning to simmer, lift them out with a slice or a bored wooden spoon, and take off the beards; add to the liquor a quarter of a pint of good cream, a seasoning of pounded mace, and cayenne, and a little salt, and when it boils, stir in from one to two ounces of good butter, smoothly mixed with a large teaspoonful of flour; continue to stir the sauce until these are perfectly blended with it, then put in the oysters, and let them remain by the side of the fire until they are very hot: they require so little cooking that, if kept for four or five minutes nearly simmering, they will be ready for table, and they are quickly hardened by being allowed to boil, or by too much stewing. Serve them garnished with pale fried sippets.

Small plump oysters, 1 pint: their own liquor: brought slowly to the point of simmering. Cream, ¼ pint; seasoning of pounded mace and cayenne; salt as needed; butter, 1 to 2 oz.; flour, 1 large teaspoonful.

Obs.—A little lemon-juice should be stirred quickly into the stew just as it is taken from the fire. Another mode of preparing this dish, is to add the strained liquor of the oysters to about an equal quantity of rich *bechamel*, with a little additional thickening; then to heat them in it, after having prepared and plumped them properly. Or, the beards of the fish may be stewed for half an hour in a little pale gravy, or good broth, and this, when strained and mixed with the oyster-liquor, may be brought to the consistency of cream with the French thickening of Chapter V., or, with flour and butter, then seasoned with spice as above: the process should be quite the same in all of these receipts, though the composition of the sauce is varied. Essence of anchovies, cavice, chili vinegar, or yolks of eggs can be added to the taste.

For Curried Oysters see Chapter XVI.

OYSTER SAUSAGES.

(A most excellent Receipt.)

Beard, rinse well in their strained liquor, and mince but not finely, three dozens and a half of plump native oysters, and mix them with ten ounces of fine bread-crumbs, and ten of beef-suet chopped extremely small; add a saltspoonful of salt, and one of pepper, or less than half the quantity of cayenne, twice as much pounded mace, and the third of a small nutmeg grated: moisten the whole with two unbeaten eggs, or with the yolks only of three, and a dessertspoonful of the whites. When these ingredients have been well worked together, and are perfectly blended, set the mixture in a cool place for two or three hours before it is used; make it into the form of small sausages or sausage-cakes, flour and fry them in butter of a fine light

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brown; or throw them into boiling water for three minutes, drain, and let them become cold, dip them into egg and bread-crumbs, and broil them gently until they are lightly coloured. A small bit should be cooked and tasted before the whole is put aside, that the seasoning may be heightened if required. The sausages thus made are extremely good: the fingers should be well floured in making them up.

Small plump oysters, 3½ dozens; bread-crumbs, 10 oz.; beef suet, 10 oz.; seasoning of salt, cayenne, pounded mace, and nutmeg; unbeaten eggs 2, or yolks of 3.

TO BOIL LOBSTERS.

[In full season from April to October: may be had all the year.]

Choose them by the directions given at the commencement of this chapter, and throw them into plenty of *fast-boiling* salt and water, that life may be destroyed in an instant.

To 1 gallon of water, 5 ounces salt: moderate sized lobster, 15 to 20 minutes; large lobster, 30 to 40 minutes; *very* large, 1 hour or more

COLD DRESSED LOBSTER AND CRAB.

Dressed Lobster.

Before a lobster is sent to table take off the large claws, hold each of them firmly with the edge upwards, and with a quick light blow from a cutlet bat or ought else convenient for the purpose, crack the shell without disfiguring the fish. Split the tail open with a very sharp knife and dish the lobster in the manner shown in the engraving, either with, or without a napkin under it. When the soft part of the body is required to mix with the dressing, take it out before it is served, and add it to the *remoulade*, or other sauce with which it is to be mingled. The shrimp *chatney* of Chapter VI. is a wholesome accompaniment to this fish; which we must remark here should be sparingly eaten, or altogether avoided, by persons in delicate health, and especially at night. It is too much the fashion to serve it as a supper dish at parties; and it sometimes produces dangerous attacks of indigestion and other illness. The flesh of the crab is much lighter. This is served in the shell, which should be entirely emptied and nicely cleaned out; the sides filled with the white flesh divided into small flakes, and the centre with the soft part or *cream* as it is called.

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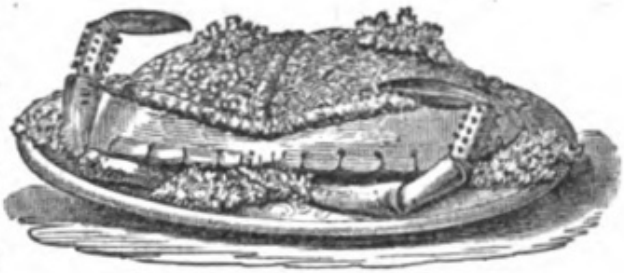

Dressed Crab.

The flesh of two crabs can be served in one shell when a dish of handsome appearance is required, and the sauce can be mixed with it the instant before it is sent to table, though it will be whiter, and of better appearance without it. The centre may be filled with a red Imperial *Mayonnaise*, when a good effect is wanted. For other appropriate sauces see Chapter VI.

LOBSTERS, FRICASSEED, OR AU BÉCHAMEL. (ENTRÉE.)

Take the flesh from the claws and tails of two moderate-sized lobsters cut it into small scallops or dice; heat it slowly quite through in about three quarters of a pint of good white sauce or *béchamel*; and serve it when it is at the point of boiling, after having stirred briskly to it a little lemon-juice just as it is taken from the fire. The coral, pounded and mixed gradually with a few spoonsful of the sauce, should be added previously. Good shin of beef stock made without vegetables (see page 97), and somewhat reduced by quick boiling, if mixed with an equal proportion of cream, and thickened with arrow-root, will answer extremely well in a general way for this dish, which is most excellent if well made. The sauce should never be thin; nor more than sufficient in quantity to just cover the fish. For a second course dish, only as much must be used as will adhere to the fish, which after being heated should be laid evenly into the shells, which ought to be split quite through the centre of the backs in their entire length, without being broken or divided at the joint, and nicely cleaned, When thus arranged, the lobster may be thickly covered with well dried, fine, pale fried crumbs of bread, or with unfried ones, which must then be equally moistened with clarified butter, and browned with a salamander. A small quantity of salt, mace, and cayenne, may be required to finish the flavouring of either of these preparations.

HOT CRAB, OR LOBSTER.

(In season during the same time as Lobsters.)

Slice quite small, or pull into light flakes with a couple of forks, the flesh of either fish; put it into a saucepan with a few bits of good butter lightly rolled in flour, and heat it slowly over a gentle fire; then pour over and thoroughly mix with it, from one to two teaspoonsful or more of common or of chili vinegar; if with the former, add to it a tolerable seasoning of cayenne. Grate in a little nutmeg, and when the whole is well heated serve it immediately, either in the

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shell of the crab or lobster, or in scallop-shells, and serve it plain, or with bread-crumbs over, as in the preceding receipt. A spoonful or so of good meat jelly is, we think, a great improvement to this dish, for which an ounce and a half of butter will be quite sufficient.

This is sometimes called *Buttered Crab*.

POTTED LOBSTERS.

Separate carefully the flesh of freshly-boiled lobsters from the shells, and from the tough red skin of the tails, mince the fish up quickly with a very sharp knife, turn it immediately into a large mortar, and strew over it a mixed seasoning of fine cayenne, pounded mace, lightly grated nutmeg, and salt: this last should be sparingly used in the first instance, and it should be reduced to powder before it is added. Pound the lobsters to a perfect paste with from two to three ounces of firm new butter to each fish if of large size, but with less should it be small; and the lobster-coral previously rubbed through a sieve, or with a portion of it only, should any part of it be required for other purposes. When there is no coral, a fine colour may be given to the mixture by stewing the red skin of the tails VERY softly for ten or twelve minutes in part of the butter which is used for it, but which must be strained and left to become perfectly cold before it is mingled with the fish. The degree of seasoning given to the mixture can be regulated by the taste; but no flavour should predominate over that of the lobster itself; and for all delicate preparations, over-spicing should be particularly avoided. A quart or more of fine brown shrimps, if very fresh and quickly shelled at the instant of using, may be chopped up and pounded with the lobsters with excellent effect. Before the mixture is taken from the mortar it should be placed in a cool larder, or set over ice for a short time, to render it firm before it is pressed into the potting-pans or moulds. In putting it into these, be careful to press it into a compact, even mass; smooth the surface, run a little clarified butter over, when it is only *just liquid*, for if hot it would prevent the fish from keeping —and send the lobster to table, neatly garnished with light green foliage; or with ornamentally-cut paper fastened round the mould; or with a small damask napkin tastefully arranged about it.

Obs.—By pounding separately part of the white flesh of the fish, freed from every particle of the skin, and by colouring the remainder highly with the coral of the lobster, and then pressing the two in alternate and regular layers into a mould, a dish of pretty appearance is produced, which should be turned out of the mould for table. Ham and turkey (or any other white meat) are often potted in this way.

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LOBSTER CUTLETS.

(*A Superior Entrée.*)

Prepare and pound with exceeding nicety, by the preceding receipt for Potted Lobsters, about three quarters of a pound of the flesh of a couple of fine fresh lobsters, of which one must be a hen lobster; add to it, when it is partially beaten, an ounce and a half of sweet new butter, a saltspoonful of salt, and about two-thirds as much of mixed mace and cayenne, with a dessertspoonful of the inside coral, the whole of which should be rubbed with a wooden spoon through a hair sieve, to be in readiness for use. When all these ingredients are well blended, and beaten to the finest and smoothest paste, the mixture should be tested by the taste, and the seasoning heightened if needful; but, as the preparation is very delicate, it should not be over-spiced. Mould it into the form of small cutlets about the third of an inch thick, stick into each a short bit of the smallest claws, strew the coral lightly over them so as to give them the appearance of being crumbed with it, arrange them round the dish in which they are to be sent to table, place them in a very gentle oven for eight or ten minutes only to heat them through, or warm them in a Dutch or American oven, placed at some distance from the fire, that the brilliant colour of the coral may not be destroyed; and pour into the centre some good *béchamel* (see page 108), or the Lady's Sauce, or the Cream Sauce of Chapter IV. A very white sauce best contrasts with the colour of the cutlets. This is an excellent and elegant dish, of which an admirable variety is made by the addition of three or four ounces of the freshest shrimps, quickly shelled, and chopped before they are thrown into the mortar, with half an ounce of butter and a little spice. All the coral can be added to the cutlets at pleasure; but it is generally in request for many purposes, and is required for this one only in part.

Obs.—As lobsters are well known to be the most indigestible of shell fish, and as they sometimes prove dangerously so to persons out of health, these pounded preparations are the best and safest forms in which they can be served: they should at all times be beaten to a smooth, *fibreless* paste, before they are taken from the mortar; and no fish that is not entirely *fresh* should ever be used for them. Prawns may be advantageously served in the same manner.

For Indian Lobster Cutlets, see Chapter of Foreign Cookery.

LOBSTER SAUSAGES.

Let the fish be pounded as for the cutlets above or for *boudinettes*, but mix half or more of the coral with the flesh of the lobsters; shape it like small sausages, sprinkle them with the powdered coral,

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and heat them through in a Dutch or American oven. They may be brushed with clarified butter before the coral is strewed over them, but they scarcely need it. A fierce degree of heat will destroy the excellence of *all* these preparations.

BOUDINETTES OF LOBSTERS, PRAWNS, OR SHRIMPS. (ENTRÉE).

(*Author's Receipt.*)

When the fish has been prepared as above, mould it in as many *very small* round cups as will suffice for a dish; heat them gently through at the mouth of the oven or before the fire, and serve them dry, or with a little rich white sauce, coloured with lobster-coral poured round, but not upon them. These *boudinettes* are delicious, made entirely of shrimps or prawns, which it is an advantage to have prepared as follows, either for this purpose or for potting simply, as they will then be firmer, and will also remain good much longer:—Shell them quickly, and touch them as little as possible in the process; put them into an enamelled saucepan with about three ounces of butter to the quart, and strew the spice upon them; place them by the side of a gentle fire that they may heat through very gradually, and shake the saucepan round occasionally to mingle the seasoning equally with them. Do not allow them to boil, as that would render them tough, but when they are heated quite through and the butter approaches the point of simmering, draw them from the fire; let them remain for a few minutes in the saucepan, then lay them very evenly and closely into the pans and pour the butter on them; but let it be clear from sediment, or from any liquid which may be perceptible at the bottom of the saucepan. When merely required for *boudinettes*, the fish may be turned into a large pan or basin and left until thoroughly cold, then chopped small upon a dish with the butter in which they are imbedded, and pounded as usual; no additional butter will be required for them, and part of that in which they have been heated may be set aside for fish-sauce when the proportion of it directed here is considered too large. As it should cover the shrimps entirely when they are potted whole, sufficient to do so should be melted with them. It is an excellent plan to dissolve it in a separate saucepan, to skim it well, and after it has stood to become clear, to pour it gently over the shrimps, leaving all the buttermilk behind. They should not be placed immediately by the fire, or they will heat too quickly: they should be set away from it until the butter has cooled upon them. If carefully prepared, and agreeably seasoned, they will be excellent, and can be sent to a great distance without detriment if packed so as to be kept cool. The red shrimps may be substituted for the brown, when they can be more easily procured.

Obs.—Lobsters and shrimps, or prawns, in equal proportions, answer *extremely* well for *boudinettes* as for potting.

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TO BOIL SHRIMPS OR PRAWNS.

Throw them into plenty of fast boiling water, to which salt has been added in the proportion of from five to six ounces to the gallon; take off all the scum, boil the shrimps for five or six minutes, or rather less should they be very small, and the prawns for about two minutes longer. The shrimpers* of the coast frequently cook them in sea-water, but the flavour is not then so agreeable as when fresh brine is used for them. They are always unwholesome when not sufficiently boiled; and even more so when they are stale. As soon as they are tender, drain them well in a cullender, and spread them out on a soft cloth to cool; or dish them on a napkin, and send them hot to table when they are liked so. The large brown shrimps are considered the best, and they are more easily shelled than the red ones: these last, however, are sometimes preferred to them. Prawns, though superior to shrimps only in *size*, are always much higher in price.

Shrimps, 5 to 6 minutes if large. Prawns, 6 to 8 minutes.

Obs.—Ready-dressed shrimps or prawns may be preserved fit for eating at least twelve hours longer than they would otherwise keep, by throwing them for an instant into boiling salt and water, when they first begin to lose their freshness, and then draining them as above.

TO DISH COLD PRAWNS.

When they are quite cold, dish them singly upon a very white napkin neatly arranged over a saucer or small basin reversed in a dish, and garnish the base with a wreath of curled parsley, or with small leaves of the purple endive.

TO SHELL SHRIMPS AND PRAWNS QUICKLY AND EASILY.

This, though a most simple process, would appear, from the manner in which it is performed by many people, to be a very difficult one; indeed it is not unusual for persons of the lower classes, who, from lack, of a little skill, find it slow and irksome, to have resource to the dangerous plan of eating the fish entire. It need scarcely be remarked that very serious consequences may accrue from the shells being swallowed with them, particularly when they are taken in large quantities. Unless the fish be stale, when they are apt to break, they will quit the shells easily if the head be held firmly in the right hand and the tail in the other, and the fish be straightened entirely, then the two hands pressed quickly towards each other, and the shell of the tail broken by a slight vibratory motion of the right hand, when it will be drawn off with the head adhering to it: a small portion, only will then remain on at the other end, which can be removed in an instant.

* Or *pandlers*, as they are often called.

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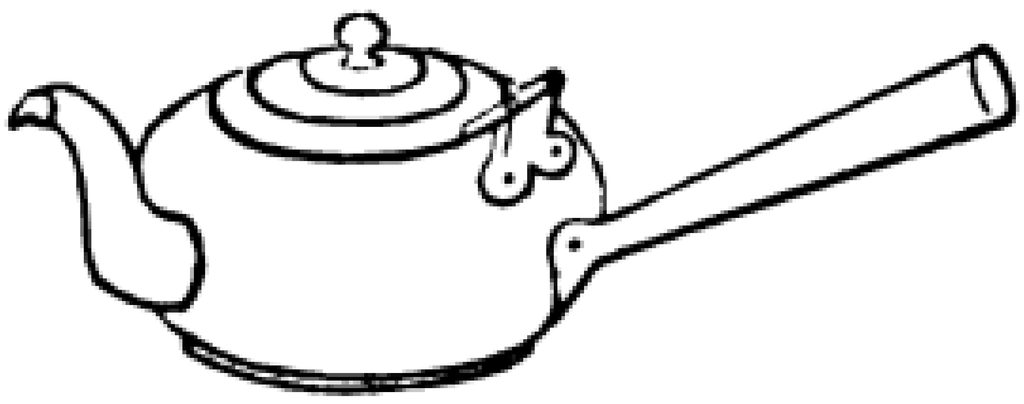
CHAPTER IV.

Gravies.

INTRODUCTORY REMARKS.



Gravy Kettle.

GRAVIES are not often required either in great variety, or in abundant quantities, when only a moderate table is kept, and a clever cook will manage to supply, at a trifling cost, all that is generally needed for plain family dinners; while an unskilful or extravagant one will render them sources of unbounded expense.* But however small the proportions in which they are made, their *quality* should be particularly attended to, and they should be well adapted in flavour to the dishes they are to accompany. For some, a high degree of savour is desirable, but for fricassees, and other preparations of delicate white meats, this should be avoided, and a soft, smooth sauce of refined flavour should be used in preference to any of more piquant relish.

Instead of frying the ingredients for brown gravies, which is usually done in common English kitchens, French cooks pour to them at first a small quantity of liquid, which is reduced by rapid boiling to what is technically called *glaze*; particular directions for which will be found in the next receipt to this, and also at pages 10 and 104. When the glaze has acquired the proper colour, boiling broth should be added in small portions, and well shaken round the stewpan to detach it entirely; the meat may then be stewed gently for three or four hours with a few mushrooms, should they be at hand, a bunch of parsley, and some green onions, or with a Portugal onion instead.

A thick slice or two of an unboiled ham, is an almost indispensable addition to rich soup or gravy, and to supply it in the most economical manner, a large, highly cured one, or more, not over

* We know of an instance of a cook who stewed down two or three pounds of beef to make gravy for a single brace of partridges; and who complained of the ...ness of her employers (who were by no means affluent) because this was ob... to.

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fatted, should be kept for the purpose, and cut as required. The bones of undressed meat will supply almost, or quite as good gravy-stock as the meat itself, if well boiled down, particularly those of the loin, or neck of veal; and as the flesh of these may be dressed in many ways advantageously without them, the whole joint may be turned to excellent account by so dividing it.

The necks of poultry, with the feet properly skinned, a few herbs, a morsel or two of ham or of lean bacon, and such slight flavourings beside as the spice-box can supply, with a few drops of good mushroom catsup, will of themselves, if well managed, produce sufficient gravy to serve with the birds from which they are taken; and if not wanted for the purpose, they should always be stewed down, or thrown into the stock pot, for which the shank bones of legs of mutton, and all trimmings of meats should likewise be reserved. Excellent broth for the sick or for the needy, may also be made of them at little cost, when they are not required for other uses.

To deepen the colour of gravies, the thick mushroom *pressings* of Chapter VII., or a little soy (when its flavour is admissible), or cavice, or Harvey's sauce, may be added to it; and for some dishes, a glass of claret, or of port wine.

Vermicelli, or rasped cocoa-nut, lightly, and *very* gently browned in a small quantity of butter, will both thicken and enrich them, if about an ounce of either to the pint of gravy be stewed gently in it, from half an hour to an hour, and then strained out.

All the ingredients indicated at page 4, for giving consistency to soups, will answer equally for gravies, which should not, however, be too much thickened, particularly with the unwholesome mixture of flour and butter, so commonly used for the purpose. Arrow-root or rice-flour, or common flour gradually browned in a slow oven, are much better suited to a delicate stomach. No particle of fat should ever be perceptible upon them when they are sent to table; and when it cannot be removed by skimming, they should be allowed to become sufficiently cold for it to congeal, and be taken off at once without trouble. It may be cleared from such as have not been thickened by passing them through a closely woven cloth, which has previously been laid into, and well wrung from, some cold water.

JEWISH SMOKED BEEF.

(*Extremely useful for giving flavour to soup and gravy.*)

This beef, of which we have more fully spoken in Chapter XXXIV., imparts a remarkably fine flavour to soup or gravy; but great care must be taken in using it to cut *quite away* all the external parts which have been discoloured in the drying: the whole of the surface, indeed, should be rather thickly pared off, or it will give a *smoky* taste to the gravy. An ounce or two of the lean thus cleared from the outsides and from all skin and fat, and divided first into thick

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slices, and then into small squares, will flavour a pint or more of stock of any kind: it may be added to the meat in making Liebeg gravy when it is first put into the stewpan.

TO HEIGHTEN THE COLOUR AND THE FLAVOUR OF GRAVIES.

This is best done by the directions given for making *Espagnole*. An ounce or two of the lean of unboiled ham, cut into dice and coloured slowly in a small stewpan, or smoothly-tinned iron saucepan, with less than an ounce of butter, a blade of mace, two or three cloves, a bay-leaf, a few small sprigs of savoury herbs, and an eschalot or two, or about a teaspoonful of minced onion, and a little young parsley root, when it can be had, will convert common shin of beef stock, or even strong broth, into an excellent gravy, if it be gradually added to them after they have stewed slowly for quite half an hour, and then boiled with them for twenty minutes or more. The liquid should not be mixed with the other ingredients until the side of the stewpan is coloured of a reddish brown; and should any thickening be required, a teaspoonful of flour should be stirred in well, and simmered for three or four minutes before the stock is added; the pan should be strongly shaken round afterwards, to detach the browning from it, and this must be done often while the ham is stewing.

Obs.—The cook who is not acquainted with this mode of preparing or enriching gravies, will do well to make herself acquainted with it; as it presents no difficulties, and is exceedingly convenient and advantageous when they are wanted in small quantities, very highly flavoured and well coloured. An unboiled ham, kept in cut, will be found, as we have already said, a great economy for this, and other purposes, saving much of the expense commonly incurred for gravy-meats. As eschalots, when sparingly used, impart a much finer savour than onions, though they are not commonly so much used in England, we would recommend that a small store of them should always be kept.

BARON LIEBEG'S BEEF GRAVY.

(*Most excellent for hashes, minces, and other dishes made of cold meat.*)

For particulars of this most useful receipt, for extracting all its juices from fresh meat of every kind in the best manner, the cook is referred to the first part of the chapter on soups. The preparation, for which minute directions are given there, if poured on a few bits of lean ham lightly browned, with the other ingredients indicated above, will be converted into gravy of fine flavour and superior quality.

With no addition, beyond that of a little thickening and spice, it will serve admirably for dressing cold meat, in all the usual forms of

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hashes, minces, *blanquettes*, &c., &c., and convert it into dishes as nourishing as those of meat freshly cooked, and it may be economically made in small quantities with any trimmings of *undressed* beef, mutton, or veal, mixed together, which are free from fat, and not sinewy: flavour may be given to it at once by chopping up with them the lean part only of a slice or two of ham, or of highly-cured beef.

SHIN OF BEEF STOCK FOR GRAVIES.

There is no better foundation for strong gravies than shin of beef stewed down to a jelly (which it easily becomes), with the addition only of some spice, a bunch of savoury herbs, and a moderate proportion of salt; this, if kept in a cool larder, boiled softly for two or three minutes every second or third day, and each time put into a clean, well-scalded pan, will remain good for many days, and may easily be converted into excellent soup or gravy. Let the bone be broken in one or two places, take out the marrow, which, if not wanted for immediate use, should be clarified, and stored for future occasions; put a pint and a half of cold water to the pound of beef, and stew it very gently indeed for six or seven hours, or even longer should the meat not then be quite in fragments. The bones of calf's feet which have been boiled down for jelly, the liquor in which the head has been cooked, and any remains of ham quite freed from the smoky parts, from rust, and fat, will be serviceable additions to this stock. A couple of pounds of the neck of beef may be added to six of the shin with very good effect; but for white soup or sauces this is better avoided.

Shin of beef, 6 lbs.; water, 9 pints; salt, 1 oz.; large bunch of savoury herbs; peppercorns, 1 teaspoonful; mace, 2 blades.

RICH PALE VEAL GRAVY, OR CONSOMMÉ.

The French, who have always at hand their stock-pot of good *bouillon* (beef soup or broth), make great use of it in preparing their gravies. It is added instead of water to the fresh meat, and when this, in somewhat larger proportions, is boiled down in it, with the addition only of a bunch of parsley, a few green onions, and a moderate seasoning of salt, a strong and very pure-flavoured pale gravy is produced. When the best joints of fowls, or of partridges have been taken for fricassees or cutlets, the remainder may be stewed with a pound or two of veal into a *consommé*, which then takes the name of chicken or of game gravy. For a large dinner it is always desirable to have in readiness such stock as can easily and quickly be converted into white and other sauces. To make this, arrange a slice or two of lean ham in a stewpan or saucepan with three pounds of the neck of veal once or twice divided (unless the thick fleshy part of the knuckle can be had), and pour to them

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three full pints of strong beef or veal broth; or, if this cannot conveniently be done, increase the proportion of meat or diminish that of the liquid, substituting water for the broth; throw in some salt after the boiling has commenced, and the gravy has been well skimmed, with one mild onion, a bunch of savoury herbs, a little celery, a carrot, a blade of mace, and a half-saltspoonful of peppercorns; stew those very gently for four hours; then, should the meat be quite in fragments, strain off the gravy, and let it become sufficiently cold to allow the fat to be entirely cleared from it. A handful of nicely prepared mushroom-buttons will much improve its flavour; and the bones of boiled calf's feet, or the fresh ones of fowls, will be found excellent additions to it. A better method of making it, when time and trouble are not regarded, is to heat the meat, which ought to be free of bones, quite through, with from a quarter to half a pint of broth only, and when on probing it with the point of a knife no blood issues from it, and it has been turned and equally done, to moisten it with the remainder of the broth, which should be boiling.

Lean of ham, 6 to 8 oz.; neck or knuckle of veal, 3 lbs.; strong broth, 3 pints (or veal, 4 lbs., and water, 3 pints); salt; bunch of savoury herbs; mild onion, 1; carrot, 1 large or 2 small; celery ½ small head; mace, 1 large blade; peppercorns, ½ saltspoonful; 4 hours or more. Or: ham, ½ lb.; veal, 4 lbs.; broth, third of a pint; nearly 1 hour. Additional broth, 3 pints: 3½ to 4½ hours.

RICH DEEP-COLOURED VEAL GRAVY.

Lay into a large thick stewpan or saucepan, from half to three quarters of a pound of undressed ham, freed entirely from fat, and from the smoked edges, and sliced half an inch thick; on this place about four pounds of lean veal, cut from the best part of the knuckle or from the neck (part of the fillet, which in France is often used for it instead, not being generally purchasable here, the butchers seldom dividing the joint); pour to them about half a pint of good broth,* and place the pan over a brisk fire until it is well reduced; then thrust a knife into the meat, and continue the stewing more gently until a glaze is formed as we have described at page 10. The latter part of the process must be *very slow*; the stewpan must be frequently shaken, and the gravy closely watched that it may not burn: when it is of a fine *deep* amber colour, pour in sufficient boiling broth to cover the meat, add a bunch of parsley, and a few mushrooms and green onions. A blade or two of mace, a few white peppercorns, and a head of celery, would, we think, be very admissible additions to this gravy, but it is extremely good without. Half the quantity can be made, but it will then be rather more troublesome to manage.

Undressed ham, 8 to 12 oz.: lean veal, 4 lbs.; broth, ½ pint; 1 to

* When there is no provision of this in the house, the quantity may be made with a small proportion of beef, and the trimmings of the veal, by the directions for *Bouillon*, Chapter I.

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2 hours. Broth, 3 to 4 pints: bunch of parsley and green onions, or 1 Portugal onion; mushrooms, ¼ to ½ pint: 1½ to 2 hours.

GOOD BEEF OR VEAL GRAVY. (ENGLISH RECEIPT.)

Flour and fry lightly in a bit of good butter a couple of pounds of either beef or veal; drain the meat well from the fat, and lay it into a small thick stewpan or iron saucepan; pour to it a quart of boiling water; add, after it has been well skimmed and salted, a large mild onion sliced, very delicately fried, and laid on a sieve to drain, a carrot also sliced, a small bunch of thyme and parsley, a blade of mace, and a few peppercorns; stew these gently for three hours or more, pass the gravy through a sieve into a clean pan, and when it is quite cold clear it entirely from fat, heat as much as is wanted for table, and if not sufficiently thick stir into it from half to a whole teaspoonful of arrowroot mixed with a little mushroom catsup.

Beef or veal, 2 lbs.; water, 2 pints; fried onion, 1 large; carrot, 1; small bunch of herbs; salt, 1 small teaspoonful or more; mace, 1 blade; peppercorns, 20: 3 to 3½ hours.

A RICH ENGLISH BROWN GRAVY.

Brown lightly and carefully from four to six ounces of lean ham, thickly sliced and cut into large dice; lift these out, and put them into the pan in which the gravy is to be made; next, fry lightly also, a couple of pounds of neck of beef dredged moderately with flour, and slightly with pepper; put this, when it is done, over the ham; and then brown gently and add to them two or three eschalots, or a Portugal onion; should neither of these be at hand, one *not* large common onion must be used instead. Pour over these ingredients a quart of boiling water, or of weak but well-flavoured broth; bring the whole slowly to a boil, clear off the scum with great care, throw in a saltspoonful of salt, four cloves, a blade of mace, twenty corns of pepper, a bunch of savoury herbs, a carrot, and a few slices of celery: these last two may be fried or not as is most convenient. Boil the gravy very softly until it is reduced to little more than a pint; strain, and set it by until the fat can be taken from it. Heat it anew, add more salt if needed and a little mushroom catsup, cayenne-vinegar, or whatever flavouring it may require for the dish with which it is to be served; it will seldom require any thickening. A dozen small mushrooms prepared as for pickling, or two or three morels, previously well washed and soaked, may be added to it at first with advantage. Half this quantity of gravy will be sufficient for a single tureen, and the economist can diminish a little the proportion of meat when it is thought too much.

PLAIN GRAVY FOR VENISON.

Trim away the fat from some cutlets, and lay them into a stewpan; set them over a clear fire, and let them brown a little in their own

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gravy; then add a pint of boiling water to each pound of meat. Take off the scum, throw in a little salt, and boil the gravy until reduced one half. Some cooks broil the cutlets lightly, boil the gravy one hour, and reduce it after it is strained.

For appropriate gravy to serve with venison, see "Haunch of Venison," Chapter XV.

A RICH GRAVY FOR VENISON.

There are few eaters to whom this would be acceptable, the generality of them preferring infinitely the flavour of the venison itself to any which the richest gravy made of other meats can afford; but when the flavour of a well-made *Espagnole* is likely to be relished, prepare it by the receipt of the following page, substituting plain *strong* mutton stock for the veal gravy.

SWEET SAUCE, OR GRAVY FOR VENISON.

Add to a quarter-pint of common venison gravy a couple of glasses of port wine or claret, and half an ounce of sugar in lumps. Christopher North's sauce, mixed with three times its measure of gravy, would be an excellent substitute for this.

ESPAGNOLE (SPANISH SAUCE).

A highly-flavoured Gravy.

Dissolve a couple of ounces of good butter in a thick stewpan or saucepan, throw in from four to six sliced eschalots, four ounces of the lean of an undressed ham, three ounces of carrot, cut in small dice, one bay leaf, two or three branches of parsley, and one or two of thyme, but these last must be small; three cloves, a blade of mace, and a dozen corns of pepper; add part of a root of parsley, if it be at hand, and keep the whole stirred or shaken over a moderate fire for twenty minutes, then add by degrees one pint of very strong veal stock or gravy, and stew the whole gently from thirty to forty minutes; strain it, skim off the fat, and it will be ready to serve.

Butter, 2 oz.; eschalots, 4 to 6; lean of undressed ham, 4 oz.; carrots, 3 oz.; bay leaf, 1; little thyme and parsley, in branches; cloves, 3; mace, 1 blade; peppercorns, 12; little parsley root: fried gently, 20 minutes. Strong veal stock, or gravy, 1 pint: stewed very softly, 30 to 40 minutes.

ESPAGNOLE, WITH WINE.

Take the same proportions of ingredients as for the preceding *Espagnole*, with the addition, if they should be at hand, of a dozen small mushrooms prepared as for stewing; when these have fried gently in the stewpan until it appears of a reddish colour all round, stir in a tablespoonful of flour, and when it is lightly browned, add

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in small portions, letting each one boil up before the next is poured in, and shaking the pan well round, three quarters of a pint of hot and *good* veal gravy, and nearly half a pint of Madeira or sherry. When the sauce has boiled gently for half an hour, add to it a small quantity of cayenne and some salt, if this last be needed; then strain it, skim off the fat entirely should any appear upon the surface, and serve it very hot. A smaller proportion of wine added a few minutes before the sauce is ready for table, would perhaps better suit with English taste, as with longer boiling its flavour passes off almost entirely. Either of these *Espagnoles*, poured over the well bruised remains of pheasants, partridges, or moor fowl, and boiled with them for an hour, will become most admirable game gravy, and would generally be considered a superlative addition to other roast birds of their kind, as well as to the hash or salmi, for which see Chapter XV.

Ingredients as in preceding receipt, with mushrooms 12 to 18; Madeira, or good sherry, ¼ to ½ pint.

JUS DES ROGNONS, OR, KIDNEY GRAVY.

Strip the skin and take the fat from three fresh mutton kidneys, slice and flour them; melt two ounces of butter in a deep saucepan, and put in the kidneys, with an onion cut small, and a teaspoonful of fine herbs stripped from the stalks. Keep these well shaken over a clear fire until nearly all the moisture is dried up; then pour in a pint of boiling water, add half a teaspoonful of salt, and a little cayenne or common pepper, and let the gravy boil gently for an hour and a half, or longer, if it be not thick and rich. Strain it through a fine sieve, and take off the fat. Spice or catsup may be added at pleasure.

Mutton kidneys, 3; butter, 2 oz.; onion, 1; fine herbs, 1 teaspoonful: ¼ hour. Water, 1 pint; salt, ½ teaspoonful; little cayenne, or black pepper: 1¼ hour.

Obs.—This is an excellent cheap gravy for haricots, curries, or hashes of mutton; it may be much improved by the addition of two or three eschalots, and a small bit or two of lean meat.

GRAVY IN HASTE.

Chop fine a few bits of lean meat, a small onion, a few slices of carrot and turnip, and a little thyme and parsley; put these with half an ounce of butter into a thick saucepan, and keep them stirred until they are slightly browned; add a little spice, and water in the proportion of a pint to a pound of meat; clear the gravy from scum, let it boil half an hour, then strain it for use.

Meat, 1 lb.; 1 small onion; little carrot, turnip, thyme, and parsley; butter, ½ oz.; cloves, 6; corns of pepper, 12; water, 1 pint: ½ hour.

CHEAP GRAVY FOR A ROAST FOWL.

When there is neither broth nor gravy to be had, nor meat of which either can be made, boil the neck of the fowl after having cut

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it small, in half a pint of water, with any slight seasonings of spice or herbs, or with a little salt and pepper only; it should stew very softly for an hour or more, or the quantity will be too much reduced. When the bird is just ready for table, take the gravy from the dripping-pan, and drain off the fat from it as closely as possible; strain the liquor from the neck to it, mixing them smoothly, pass the gravy again through the strainer, heat it, add salt and pepper or cayenne, if needed, and serve it extremely hot. When this is done, the fowl should be basted with good butter only, and well floured when it is first laid to the fire. Many cooks always mix the gravy from the pan when game is roasted, with that which they send to table with it, as they think that it enriches the flavour; but to many persons it is peculiarly distasteful.

Neck of fowl; water, ½ pint; pepper, salt (little vegetable and spice at choice): stewed gently, 1 hour; strained, stirred to the gravy of the roast, well cleared from fat.

ANOTHER CHEAP GRAVY FOR A FOWL.

A little good broth added to half a dozen dice of lean ham, lightly browned in a morsel of butter, with half a dozen corns of pepper and a small branch or two of parsley, and stewed for half an hour, will make excellent gravy of a common kind. When there is no broth, the neck of the chicken must be stewed down to supply its place.

GRAVY OR SAUCE FOR A GOOSE.

Mince, and brown in a small saucepan, with a slice of butter, two ounces of mild onion, When it begins to brown, stir to it a teaspoonful of flour, and in five or six minutes afterwards, pour in by degrees the third of a pint of good brown gravy; let this simmer fifteen minutes; strain it, bring it again to the point of boiling, and add to it a teaspoonful of made mustard mixed well with a glass of port wine. Season it with cayenne and pepper and *salt*, if this last be needed. Do not let the sauce *boil* after the wine is added, but serve it *very* hot.

Onions, 2 oz.; butter, 1½ oz.: 10 to 15 minutes. Flour, 1 teaspoonful: 5 to 6 minutes. Gravy, ½ pint: 15 minutes. Mustard, 1 teaspoonful; port wine, 1 glassful; cayenne pepper; salt. See also Christopher North's own sauce.

ORANGE GRAVY FOR WILD FOWL.

Boil for about ten minutes, in half a pint of rich and highly-flavoured brown gravy, or *Espagnole*, half the rind of a Seville orange, pared as thin as possible, and a small strip of lemon-rind, with a bit of sugar the size of a hazel-nut. Strain it off, add to it a quarter pint of port or claret, the juice of half a lemon, and a tablespoonful of Seville orange-juice: season it with cayenne, and serve it as hot as possible.

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Gravy, ½ pint; ½ the rind of a Seville orange; lemon-peel, 1 small strip; sugar, size of hazel-nut: 10 minutes. Juice of ¼ a lemon; Seville orange-juice, 1 tablespoonful; cayenne. See also Christopher North's own sauce.

MEAT JELLIES FOR PIES AND SAUCES.

A very firm meat jelly is easily made by stewing slowly down equal parts of shin of beef, and knuckle or neck of veal, with a pint of cold water to each pound of meat; but to give it flavour, some thick slices of lean unboiled ham should be added to it, two or three carrots, some spice, a bunch of parsley, one mild onion, or more, and a moderate quantity of salt; or part of the meat may be omitted, and a calf's head, or the scalp of one, very advantageously substituted for it, though the flavouring must then be heightened, because, though very gelatinous, these are in themselves exceedingly insipid to the taste. If rapidly boiled, the jelly will not be clear, and it will be difficult to render it so without clarifying it with the whites of eggs, which it ought never to require; if very gently stewed, on the contrary, it will only need to be passed through a fine sieve, or cloth. The fat must be carefully removed, after it is quite cold. The shin of beef recommended for this and other receipts, should be from the middle of the leg of young heifer beef, not of that which is large and coarse.

Middle of small shin of beef, 3 lbs.; knuckle or neck of veal, 3 lbs.; lean of ham, ½ lb.; water, 3 quarts; carrots, 2 large, or 3 small; bunch of parsley; 1 mild onion, stuck with 8 cloves; 2 small bay-leaves; 1 large blade of mace; small saltspoonful of peppercorns; salt, ¾ oz. (more if needed): 5 to 6 hours' very gentle stewing.

Obs.—A finer jelly may be made by using a larger proportion of veal than of beef, and by adding clear beef or veal broth to it instead of water, in a small proportion at first, as directed in the receipt for *consommé*, see page 98, and by pouring in the remainder when the meat is heated through. The necks of poultry, any inferior joints of them omitted from a fricassee or other dish, or an old fowl, will further improve it much; an eschalot or two may at choice be boiled down in it, instead of the onion, but the flavour should be scarcely perceptible.

A CHEAPER MEAT JELLY.

One calf's foot, a pound and a half or two pounds of neck of veal or beef, a small onion, a carrot, a bunch of parsley, a little spice, a bit or two of quite lean ham, dressed or undressed, and five half pints of water, boiled *very* slowly for five or six hours will give a strong, though not a highly-flavoured jelly. More ham, any bones of unboiled meat, poultry, or game will, in this respect, improve it; and the liquor in which fowls or veal have been boiled for table should, when

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at hand, be used for it instead of water. These jellies keep much better and longer when no vegetables are stewed down in them.

GLAZE.

This is merely *strong*, clear gravy or jelly boiled quickly down to the consistence of thin cream; but this reduction must be carefully managed that the glaze may be brought to the proper point without being burned; it must be attentively watched, and stirred without being quitted for a moment from the time of its beginning to thicken: when it has reached the proper degree of boiling, it will jelly in dropping from the spoon, like preserve, and should then be poured out immediately, or it will burn. When wanted for use, melt it gently by placing the vessel which contains it (see article *Glazing*, Chapter IX.) in a pan of boiling water, and with a paste-brush lay it on to the meat, upon which it will form a sort of clear varnish. In consequence of the very great reduction which it undergoes, salt should be added to it sparingly when it is made. Any kind of stock may be boiled down to glaze; but unless it be strong, a pint will afford but a spoonful or two: a small quantity of it, however, is generally sufficient, unless a large repast is to be served. Two or three layers must be given to each joint. The jellies which precede this will answer for it extremely well; and it may be made also with shin of beef stock, for common occasions, when no other is at hand.

ASPIC, OR CLEAR SAVOURY-JELLY.

Boil a couple of calf's feet, with three or four pounds of knuckle of veal, three quarters of a pound of lean ham, two large onions, three whole carrots, and a large bunch of herbs, in a gallon of water, till it is reduced more than half. Strain it off; when perfectly cold, remove every particle of fat and sediment, and put the jelly into a very clean stewpan, with four whites of eggs well beaten; keep it stirred until it is nearly boiling; then place it by the side of the fire to simmer for a quarter of an hour. Let it settle, and pour it through a jelly-bag until it is quite clear. Add, when it first begins to boil, three blades of mace, a teaspoonful of white peppercorns, and sufficient salt to flavour it properly, allowing for the ham, and the reduction. French cooks flavour this jelly with tarragon vinegar when it is clarified; cold poultry, game, fish, plovers' eggs, truffles, and various dressed vegetables, with many other things often elaborately prepared, and highly ornamental, are moulded and served in it, especially at large *dejeuners* and similar repasts. It is also much used to decorate raised pies, and hams; and for many other purposes of the table.

Calf's feet, 2; veal, 4 lbs.; ham, ¾ lb.; onions, 2; carrots, 3; herbs, large bunch; mace, 3 blades; white whole pepper, 1 teaspoonful; water, 1 gallon: 5 to 6 hours. Whites of eggs, 4: 15 minutes.

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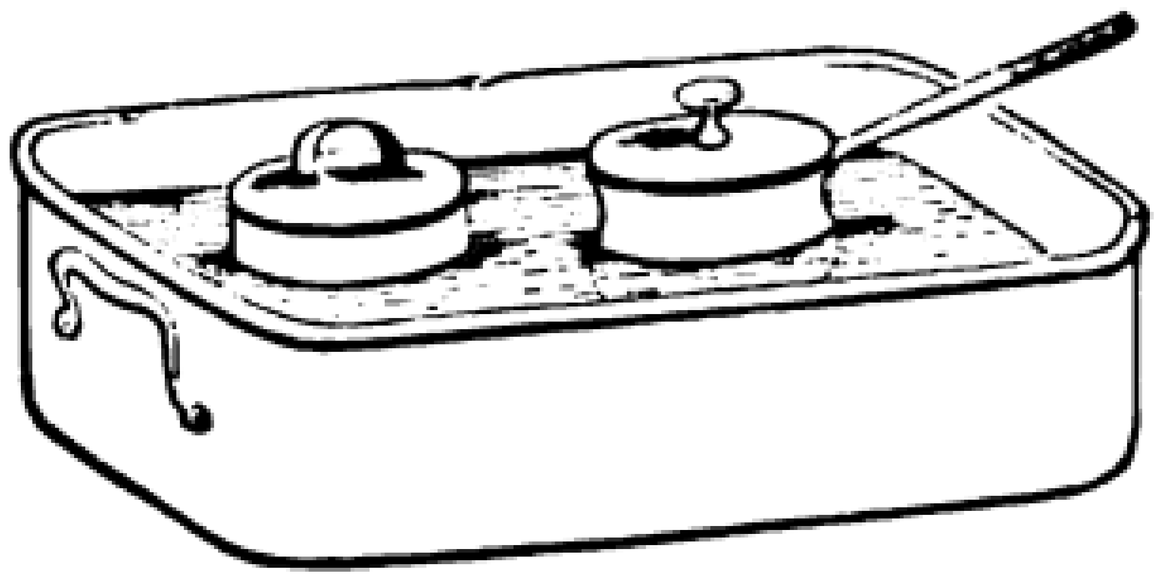
CHAPTER V.

Sauces.

INTRODUCTORY REMARKS.



Bain Marie, or Water Bath.

THE difference between good and bad cookery can scarcely be more strikingly shown than in the manner in which sauces are prepared and served. If well made, appropriate to the dishes they accompany, and sent to table with them as hot as possible, they not only give a heightened relish to a dinner, but they prove that both skill and taste have been exerted in its arrangements. When coarsely or carelessly prepared, on the contrary, as they too often are, they greatly discredit the cook, and are anything but acceptable to the eaters. Melted butter, the most common of all—the "*one sauce of England*," as it is called by foreigners, and which forms in reality the basis of a large number of those which are served in this country—is often so ill prepared, being either oiled or lumpy, or composed principally of flour and water, that it says but little for the state of cookery amongst us. We trust that the receipts in the present chapter are so far clearly given, that if strictly followed they will materially assist the learner in preparing tolerably palatable sauces at the least. The cut at the commencement of the chapter exhibits a vessel called a *bain marie*, in which saucepans are placed when it is necessary to keep their contents hot without allowing them to boil: it is extremely useful when dinners are delayed after they are ready to serve.

TO THICKEN SAUCES.

When this is done with the yolks of eggs, they should first be well beaten, and then mixed with a spoonful of cold stock should it be at hand, and with one or two of the boiling sauce, which should be

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stirred very quickly to them, and they must in turn be stirred briskly to the sauce, which may be held over the fire, and well shaken for an instant afterwards, but never placed upon it, nor allowed to boil.

To the *roux* or French thickening (which follows), the gravy or other liquid which is to be mixed with it should be poured boiling and in small quantities, the saucepan being often well shaken round, and the sauce made to boil up after each portion is added. If this precaution be observed, the butter will never float upon the surface, but the whole will be well and smoothly blended: it will otherwise be difficult to clear the sauce from it perfectly.

For invalids, or persons who object to butter in their soups or sauces, flour only mixed to a smooth batter, and stirred into the boiling liquid may be substituted for other thickening: arrowroot also used in the same way, will answer even better than flour.

FRENCH THICKENING, OR BROWN ROUX.

For ordinary purposes this may be made as it is wanted for use; but when it is required for various dishes at the same time or for cookery upon a large scale, it can be prepared at once in sufficient quantity to last for several days, and it will remain good for some time. Dissolve, with a very gentle degree of heat, half a pound of good butter, then draw it from the fire, skim it well, give time for it to settle, pour it gently from the sediment into a very clean frying-pan, and place it over a slow but clear fire. Put into a dredging box about seven ounces of fine dry flour; add it gradually to the butter, shake the pan often as it is thrown in, and keep the thickening constantly stirred until it has acquired a clear light brown colour. It should be very slowly and equally done, or its flavour will be unpleasant. Pour it into a jar, and stir a spoonful or two as it is needed into boiling soup or gravy. When the butter is not clarified it will absorb an additional ounce of flour, the whole of which ought to be fine and dry. This thickening may be made in a well-tinned stewpan even better than in a frying-pan, and if simmered over a coal fire it should be placed high above it, and well guarded from smoke.

WHITE ROUX, OR FRENCH THICKENING.

Proceed exactly as for the preceding receipt, but dredge in the flour as soon as the butter is in full simmer, and be careful not to allow the thickening to take the slightest colour: this is used for white gravies or sauces.

SAUCE TOURNÉE, OR PALE THICKENED GRAVY.

Sauce tournée is nothing more than rich pale gravy made with veal or poultry (see *Consommé*, Chapter IV.) and thickened with deli-

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cate white *roux*. The French give it a flavouring of mushrooms and green onions, by boiling some of each in it for about half an hour before the sauce is served: it must then be strained, previously to being dished. Either first dissolve an ounce of butter, and then dredge gradually to it three-quarters of an ounce of flour, and proceed as for the preceding receipt; or blend the flour and butter perfectly with a knife before they are thrown into the stewpan, and keep them stirred without ceasing over a clear and gentle fire until they have simmered for some minutes, then place the stewpan high over the fire, and shake it constantly until the *roux* has lost the raw taste of the flour; next, stir very gradually to it a pint of the gravy, which should be boiling. Set it by the side of the stove for a few minutes, skim it thoroughly, and serve it without delay.

Butter, 1 oz.; flour, ¾ oz.; strong pale gravy, seasoned with mushrooms and green onions, 1 pint.

Obs. 3.—With the addition of three or four yolks of very fresh eggs, mixed with a seasoning of mace, cayenne, and lemon-juice, this becomes *German sauce*, now much used for fricassees, and other dishes; and minced parsley (boiled) and chili vinegar, each in sufficient quantity to flavour it agreeably, convert it into a good fish sauce.

BÉCHAMEL.

This is a fine French white sauce, now very much served at good English tables. It may be made in various ways, and more or less expensively; but it should always be thick, smooth, and rich, though delicate in flavour. The most ready mode of preparing it is to take an equal portion of very strong, pale veal gravy, and of good cream (a pint of each for example), and then, by rapid boiling over a very clear fire, to reduce the gravy nearly half; next, to mix with part of the cream a tablespoonful of fine dry flour, to pour it to the remainder, when it boils, and to keep the whole stirred for five minutes or more over a slow fire, for if placed upon a fierce one it would be liable to burn; then to add the gravy, to stir and mix the sauce perfectly, and to simmer it for a few minutes longer. All the flavour should be given by the gravy, in which French cooks boil a handful of mushrooms, a *few* green onions, and some branches of parsley before it is reduced: but a good *béchamel* may be made without them, with a strong *consommé* (see pale veal gravy, page 98) well reduced.

Strong pale veal gravy (flavoured with mushrooms or not), 1 pint: reduced half. Rich cream, 1 pint; flour, 1 tablespoonful: 5 minutes. With gravy, 4 or 5 minutes.

Obs.—*Velouté*, which is a rather thinner sauce or gravy, is made by simply well reducing the cream and stock separately, and then mixing them together without any thickening.

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BÉCHAMEL MAIGRE.

(A cheap White Sauce.)

A good *béchamel* may be made entirely without meat, when economy is an object, or when no gravy is at hand. Put into a stewpan, or a well-tinned and thick saucepan, with from two to three ounces of butter, a carrot, and a couple of small onions, cut in slices, with a handful of nicely-cleaned mushroom buttons, when these last can be easily procured; and when they have stewed slowly for half an hour, or until the butter is nearly dried up, stir in two tablespoonsful of flour, and pour in a pint of new milk, a little at a time, shaking the stewpan well round, that the sauce may be smooth. Boil the *béchamel* gently for half an hour; add a little salt, and cayenne; strain, and reduce it, if not quite thick, or pour it boiling to the yolks of two fresh eggs.

ANOTHER COMMON BÉCHAMEL.

Cut half a pound of veal, and a slice of lean ham or smoked beef, into small dice, and stew them in butter, with vegetables, as directed in the foregoing receipt: stir in the same proportion of flour, then add the milk, and let the sauce boil very gently for an hour. It should not be allowed to thicken too much before it is strained

Obs.—Common *béchamel*, with the addition of a spoonful of made mustard, is an excellent sauce for boiled mutton.

RICH MELTED BUTTER.

This is more particularly required in general for lobster sauce, when it is to be served with turbot or brill, and for good oyster sauce. Salmon is itself so rich, that less butter is needed for it than for sauce which is to accompany a drier fish. Mix to a very smooth batter a dessertspoonful of flour, a half-saltspoonful of salt, and half a pint of cold water: put these into a delicately clean saucepan, with from four to six ounces of well-flavoured butter, cut into small bits, and shake the sauce strongly round, almost without cessation, until the ingredients are perfectly blended, and it is on the point of boiling; let it simmer for two or three minutes, and it will be ready for use. The best French cooks recommend its not being allowed to *boil*, as they say it tastes less of flour if served when it is just at the point of simmering.

Cold water, ½ pint; salt, ½ spoonful; flour, 1 dessertspoonful: 3 to 4 minutes. Butter, 4 to 6 oz.

MELTED BUTTER.

(A good common Receipt.)

Put into a basin a large teaspoonful of flour, and a little salt, then mix with them very gradually and very smoothly a quarter of a pint

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of cold water; turn these into a small clean saucepan, and shake or stir them constantly over a clear fire until they have boiled a couple of minutes, then add an ounce and a half of butter cut small, keep the sauce stirred until this is entirely dissolved, give the whole a minute's boil, and serve it quickly. The more usual mode is to put the butter in at first with the flour and water; but for inexperienced or unskilful cooks the safer plan is to follow the present receipt.

Water, ¼ pint; flour, 1 teaspoonful: 2 minutes. Butter, 1½ oz.: 1 minute.

Obs.—To render this a *rich* sauce, increase or even *double* the proportion of butter.

FRENCH MELTED BUTTER.

Pour half a pint of good but not very thick, boiling melted butter to the well-beaten yolks of two or three fresh eggs, and stir them briskly as it is added; put the sauce again into the saucepan, and shake it high over the fire for an instant, but do not allow it to boil or it will curdle. Add a little lemon-juice or vinegar, and serve it immediately.

NORFOLK SAUCE, OR RICH MELTED BUTTER WITHOUT FLOUR.

Put three tablespoonsful of water into a small saucepan, and when it boils add four ounces of fresh butter; as soon as this is quite dissolved, take the saucepan from the fire, and shake it round until the sauce looks thick and smooth. It must not be allowed to boil after the butter is added.

Water, 3 tablespoonsful; butter, 4 oz.

WHITE MELTED BUTTER.

Thicken half a pint of new milk with rather less flour than is directed for the common melted butter, or with a little arrowroot, and stir into it by degrees after it has boiled, a couple of ounces of fresh butter cut small; do not cease to stir the sauce until this is entirely dissolved, or it may become oiled, and float upon the top. Thin cream, substituted for the milk, and flavoured with a few strips of lemon-rind cut extremely thin, some salt, and a small quantity of pounded mace, if mixed with rather less flour, and the same proportion of butter, will make an excellent sauce to serve with fowls or other dishes, when no gravy is at hand to make white sauce in the usual way.

BURNT OR BROWNED BUTTER.

Melt in a frying-pan three ounces of fresh butter, and keep it stirred slowly over a gentle fire until it is of a dark brown colour; then pour to it a couple of tablespoonsful of good *hot* vinegar, and

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season it with black pepper and a little salt. In France this is a favourite sauce with boiled skate, which is served with plenty of crisped parsley, in addition, strewed over it. It is also often poured over poached eggs there: it is called *beurre noir*.

Butter, 3 oz.; vinegar, 2 tablespoonsful; pepper; salt.

CLARIFIED BUTTER.

Put the butter into a very clean and well-tinned saucepan or enamelled stewpan, and melt it gently over a clear fire; when it just begins to simmer, skim it thoroughly, draw it from the fire, and let it stand a few minutes that the butter-milk may sink to the bottom; then pour it clear of the sediment through a muslin strainer or a fine hair-sieve; put it into jars, and store them in a cool place. Butter thus prepared will answer for all the ordinary purposes of cookery, and remain good for a great length of time. In France, large quantities are melted down in autumn for winter use. The clarified butter ordered for the various receipts in this volume, is merely dissolved with a gentle degree of heat in a small saucepan, skimmed, and poured out for use, leaving the thick sediment behind.

VERY GOOD EGG SAUCE.

Boil four fresh eggs for quite fifteen minutes, then lay them into plenty of fresh water, and let them remain until they are perfectly cold. Break the shells by rolling them on a table, take them off, separate the whites from the yolks, and divide all of the latter into quarter-inch dice; mince two of the whites tolerably small, mix them lightly, and stir them into the third of a pint of rich melted butter or of white sauce: serve the whole as hot as possible.

Eggs, 4: boiled 15 minutes, left till cold. The yolks of all, whites of 2; third of pint of good melted butter or white sauce. Salt as needed.

SAUCE OF TURKEYS' EGGS.

(Excellent.)

The eggs of the turkey make a sauce much superior to those of the common fowl. They should be gently boiled in plenty of water for twenty minutes. The yolks of three, and the whites of one and a half, will make a very rich sauce if prepared by the directions of the foregoing receipt. The eggs of the guinea fowl also may be converted into a similar sauce with ten minutes' boiling. Their delicate size will render it necessary to increase the number taken for it.

COMMON EGG SAUCE.

Boil a couple of eggs hard, and when quite cold cut the whites and yolks separately; mix them well, put them into a very hot tureen,

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and pour boiling to them a quarter of a pint of melted butter: stir, and serve the sauce immediately.

Whole eggs, 2; melted butter, ¼ pint.

EGG SAUCE FOR CALF'S HEAD.

This is a provincial sauce, served sometimes with fish, and with calf's head likewise. Thicken to the proper consistence with flour and butter some good pale veal gravy, throw into it when it boils from one to two large teaspoonsful of minced parsley, add a slight squeeze of lemon-juice, a little cayenne, and then the eggs.

Veal gravy, ½ pint; flour, 1½ oz.; butter, 2 oz.; minced parsley, 1 dessertspoonful; lemon-juice, 1 teaspoonful; little cayenne; eggs, 3 to 4.

ENGLISH WHITE SAUCE.

Boil softly in half a pint of well-flavoured pale veal gravy a few very thin strips of fresh lemon-rind, for just sufficient time to give their flavour to it; stir in a thickening of arrow-root, or of flour and butter, add salt if needed, and mix with the gravy a quarter of a pint of boiling cream. For the best kind of white sauce, see *béchamel*.

Good pale veal gravy, ½ pint; third of 1 lemon-rind: 15 to 20 minutes. Freshly pounded mace, third of saltspoonful; butter, 1 to 2 oz.; flour, 1 teaspoonful (or arrow-root an equal quantity); cream, ¼ pint.

VERY COMMON WHITE SAUCE.

The neck and the feet of a fowl, nicely cleaned, and stewed down in half a pint of water, until it is reduced to less than a quarter of a pint, with a thin strip or two of lemon-rind, a small blade of mace, a small branch or two of parsley, a little salt, and half a dozen corns of pepper, then strained, thickened, and flavoured by the preceding receipt, and mixed with something more than half the quantity of cream, will answer for this sauce extremely well; and if it be added, when made, to the liver of the chicken, previously boiled for six minutes in the gravy, then bruised to a smooth paste, and passed through a sieve, an excellent liver sauce. A little strained lemon-juice is generally added to it when it is ready to serve: it should be stirred very briskly in.

DUTCH SAUCE.

Put into a small saucepan the yolks of three fresh eggs, the juice of a large lemon, three ounces of butter, a little salt and nutmeg, and a wineglassful of water. Hold the saucepan over a clear fire, and keep the sauce stirred until it *nearly* boils: a little cayenne may be added. The safest way of making all sauces that will curdle by being allowed to boil, is to put them into a jar, and to set the jar over the

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fire in a saucepan of boiling water, and then to stir the ingredients constantly until the sauce is thickened sufficiently to serve.

Yolks of eggs, 3; juice, 1 lemon; butter, 3 oz.; little salt and nutmeg; water, 1 wineglassful; cayenne at pleasure.

Obs.—A small cupful of veal gravy, mixed with plenty of blanched and chopped parsley, may be used instead of water for this sauce, when it is to be served with boiled veal, or with calf's head.

FRICASSEE SAUCE.

Stir briskly, but by degrees, to the well-beaten yolks of two large or of three small fresh eggs, half a pint of common English white sauce; put it again into the saucepan, give it a shake over the fire, but be extremely careful not to allow it to boil, and just before it is served stir in a dessertspoonful of strained lemon-juice. When meat or chickens are fricasseed, they should be lifted from the saucepan with a slice, drained on it from the sauce, and laid into a very hot dish before the eggs are added, and when these are just set, the sauce should be poured on them.

BREAD SAUCE.

Pour quite boiling, on half a pint of the finest bread crumbs, an equal measure of new milk; cover them closely with a plate, and let the sauce remain for twenty or thirty minutes; put it then into a delicately clean saucepan, with a small saltspoonful of salt, half as much pounded mace, a little cayenne, and about an ounce of fresh butter; keep it stirred constantly over a clear fire for a few minutes, then mix with it a couple of spoonsful of good cream, give it a boil, and serve it immediately. When cream is not to be had, an additional spoonful or two of milk must be used. The bread used for sauce should be *stale*, and lightly grated down into extremely small crumbs, or the preparation will look rough when sent to table. Not only the crust, but all heavy-looking or imperfectly baked portions of it, should be entirely pared off, and it should be pressed against the grater only so much as will reduce it easily into crumbs. When stale bread cannot be procured, the new should be sliced thin, or broken up small, and beaten quite smooth with a fork after it has been soaked. As some will absorb more liquid than others, the cook must increase a little the above proportion should it be needed. Equal parts of milk and of thin cream make an excellent bread sauce: more butter can be used to enrich it when it is liked.

Bread-crumbs and new milk, each ½ pint (or any other measure); soaked 20 to 30 minutes, or more. Salt, small saltspoonful; mace, half as much; little cayenne; butter, 1 oz.; boiled 4 to 5 minutes. 2 to 4 spoonsful of good cream (or milk): 1 minute. Or: bread-crumbs, ½ pint; milk and cream, each ¼ pint; and from 2 to 4 spoonsful of either in addition.

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Obs.—Very pale, strong veal gravy is sometimes poured on the bread crumbs, instead of milk; and these, after being soaked, are boiled extremely dry, and then brought to the proper consistence with rich cream. The gravy may be highly flavoured with mushrooms when this is done.

BREAD SAUCE WITH ONION.

Put into a very clean saucepan nearly half a pint of fine bread-crumbs, and the white part of a large *mild* onion cut into quarters; pour to these three-quarters of a pint of new milk, and boil them very gently, keeping them often stirred until the onion is perfectly tender, which will be in from forty minutes to an hour. Press the whole through a hair-sieve, which should be as clean as possible; reduce the sauce by quick boiling should it be too thin; add a seasoning of salt and grated nutmeg, an ounce of butter, and four spoonsful of cream; and when it is of a proper thickness, dish, and send it quickly to table.

Bread-crumbs, nearly ½ pint; white part of 1 large mild onion; new milk, ¾ pint: 40 to 60 minutes. Seasoning of salt and grated nutmeg; butter, 1 oz.; cream, 4 tablespoonsful: to be boiled till of a proper consistence.

Obs.—This is an excellent sauce for those who like a *subdued* flavour of onion in it; but as many persons object to any, the cook should ascertain whether it be liked before she follows this receipt.

COMMON LOBSTER SAUCE.

Add to half a pint of good melted butter a tablespoonful of essence of anchovies, a small half-saltspoonful of freshly pounded mace, and less than a quarter one of cayenne. If a couple of spoonsful of cream should be at hand, stir them to the sauce when it boils; then put in the flesh of the tail and claws of a small lobster cut into dice (or any other form) of equal size. Keep the saucepan by the side of the fire until the fish is quite heated through, but do not let the sauce boil again: serve it very hot. A small quantity can be made on occasion with the remains of a lobster which has been served at table.

Melted butter, ½ pint; essence of anchovies, 1 tablespoonful; pounded mace, small ½ saltspoonful; less than ¼ one of cayenne; cream (if added), 2 tablespoonsful; flesh of small lobster.

GOOD LOBSTER SAUCE.

Select for this a perfectly fresh hen lobster; split the tail carefully, and take out the inside coral; pound half of it in a mortar very smoothly with less than an ounce of butter, rub it through a hair-sieve, and put it aside. Cut the firm flesh of the fish into dice of not less than half an inch in size; and when these are ready, make as

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much *good* melted butter as will supply the quantity of sauce required for table, and if to be served with a turbot or other large fish to a numerous company, let it be plentifully provided. Season it slightly with essence of anchovies, and well with cayenne, mace, and salt; add to it a few spoonsful of rich cream, and then mix a small portion of it very gradually with the pounded coral; when this is sufficiently liquefied pour it into the sauce, and stir the whole well together; put in immediately the flesh of the fish, and heat the sauce thoroughly by the side of the fire without allowing it to boil, for if it should do so its fine colour would be destroyed. The whole of the coral may be used for the sauce when no portion of it is required for other purposes.

CRAB SAUCE.

The flesh of a fresh well-conditioned crab of moderate size is more tender and delicate than that of a lobster, and may be converted into an excellent fish sauce. Divide it into small flakes, and add it to some good melted butter, which has been flavoured as for either of the sauces above. A portion of the cream contained in the fish may first be smoothly mingled with the sauce.

GOOD OYSTER SAUCE.

At the moment they are wanted for use, open three dozen of fine plump native oysters; save carefully and strain their liquor, rinse them separately in it, put them into a very clean saucepan, strain the liquor again, and pour it to them; heat them slowly, and keep them from one to two minutes at the simmering point, without allowing them to *boil*, as that will render them hard. Lift them out and beard them neatly; add to the liquor three ounces of butter smoothly mixed with a large dessertspoonful of flour; stir these without ceasing until they boil, and are perfectly mixed; then add to them gradually a quarter of a pint, or rather more, of new milk, or of thin cream (or equal parts of both), and continue the stirring until the sauce boils again; add a little salt, should it be needed, and a small quantity of cayenne in the finest powder; put in the oysters, and keep the saucepan by the side of the fire until the whole is thoroughly hot and begins to simmer, then turn the sauce into a well-heated tureen, and send it immediately to table.

Small plump oysters, 3 dozen; butter, 3 oz.; flour, 1 large dessertspoonful; the oyster liquor; milk or cream, full ½ pint; little salt and cayenne.

COMMON OYSTER SAUCE.

Prepare and plump two dozen of oysters as directed in the receipt above; add their strained liquor to a quarter of a pint of *thick* melted butter made with milk, or with half milk and half water; stir the

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whole until it boils, put in the oysters, and when they are quite heated through send the sauce to table without delay. Some persons like a little cayenne and essence of anchovies added to it when it is served with fish; others prefer the unmixed flavour of the oysters.

Oysters, 2 dozens; their liquor; melted butter, ¼ pint. (Little cayenne and 1 dessertspoonful of essence of anchovies when liked.)

SHRIMP SAUCE.

The fish for this sauce should be very fresh. Shell quickly one pint of shrimps and mix them with half a pint of melted butter, to which a few drops of essence of anchovies and a little mace and cayenne have been added. As soon as the shrimps are heated through, dish, and serve the sauce, which ought not to boil after they are put in. Many persons add a few spoonsful of rich cream to all shell-fish sauces.

Shrimps, 1 pint; melted butter, ½ pint; essence of anchovies, 1 teaspoonful; mace, ¼ teaspoonful; cayenne, very little.

ANCHOVY SAUCE.

To half a pint of good melted butter add three dessertspoonsful of essence of anchovies, a quarter of a teaspoonful of mace, and a rather high seasoning of cayenne; or pound the flesh of two or three fine mellow anchovies very smooth, mix it with the boiling butter, simmer these for a minute or two, strain the sauce if needful, add the spices, give it a boil, and serve it.

Melted butter, ½ pint; essence of anchovies, 3 dessertspoonsful; mace, ¼ teaspoonful; cayenne, to taste. Or, 3 large anchovies finely pounded, and the same proportions of butter and spice.

CREAM SAUCE FOR FISH.

Knead very smoothly together with a strong-bladed knife, a *large* teaspoonful of flour with three ounces of good butter; stir them in a very clean saucepan or stewpan over a gentle fire until the butter is dissolved, then throw in a little salt and some cayenne, give the whole one minute's simmer, and add, very gradually, half a pint of good cream; keep the sauce constantly stirred until it boils, then mix with it a dessertspoonful of essence of anchovies, and half as much chili vinegar or lemon-juice. The addition of shelled shrimps or lobsters cut in dice, will convert this at once into a most excellent sauce of either. Pounded mace may be added to it with the cayenne; and it may be thinned with a few spoonsful of milk should it be too thick. Omit the essence of anchovies, and mix with it some parsley boiled very green and minced, and it becomes a good sauce for poultry.

Butter, 3 oz.; flour, 1 *large* teaspoonful: 2 to 3 minutes. Cream, ½ pint; essence of anchovies, 1 large dessertspoonful (more if liked); chili vinegar or lemon-juice, 1 teaspoonful; salt, ¼ saltspoonful.

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SHARP MAITRE D'HOTEL SAUCE.

(English Receipt.)

For a rich sauce of this kind, mix a dessertspoonful of flour with four ounces of good butter, but with from two to three ounces only for common occasions; knead them together until they resemble a smooth paste, then proceed exactly as for the sauce above, but substitute good pale veal gravy, or strong, pure-flavoured veal broth, or shin of beef stock (which if well made has little colour), for the cream; and when these have boiled for two or three minutes, stir in a tablespoonful of common vinegar and one of chili vinegar, with as much cayenne as will flavour the sauce well, and some salt, should it be needed; throw in from two to three dessertspoonsful of finely-minced parsley, give the whole a boil, and it will be ready to serve. A tablespoonful of mushroom catsup or of Harvey's sauce may be added with the vinegar when the colour of the sauce is immaterial. It may be served with boiled calf's head, or with boiled eels with good effect; and various kinds of cold meat and fish may be re-warmed for table in it, as we have directed in another part of this volume. With a little more flour, and a flavouring of essence of anchovies, it will make, without the parsley, an excellent sauce for these last, when they are first dressed.

Butter, 2 to 4 oz.; flour, 1 dessertspoonful; pale veal gravy or strong broth, or shin of beef stock, ½ pint; cayenne; salt, if needed; common vinegar, 1 tablespoonful; chili vinegar, 1 tablespoonful. (Catsup or Harvey's sauce, according to circumstances.)

FRENCH MAITRE D'HOTEL,* OR STEWARD'S SAUCE.

Add to half a pint of rich, pale veal gravy, well thickened with the white *roux* of page 108, a good seasoning of pepper, salt, minced parsley, and lemon-juice; or make the thickening with a small tablespoonful of flour, and a couple of ounces of butter; keep these stirred constantly over a very gentle fire from ten to fifteen minutes, then pour the gravy to them boiling, in small portions, mixing the whole well as it is added, and letting it boil up between each, for unless this be done the butter will be likely to float upon the surface. Simmer the sauce for a few minutes, and skim it well, then add salt should it be needed, a tolerable seasoning of pepper or of cayenne in fine powder, from two to three teaspoonsful of minced parsley, and the strained juice of a small lemon. For some dishes, this sauce is thickened with the yolks of eggs, about four to the pint. The French work into their sauces generally a small bit of fresh butter just before they are taken from the fire, to give them mellowness: this is done usually for the *Maitre d'Hotel Sauce.*

* The Maitre d'Hotel is, properly, the *House Steward.*

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MAITRE D'HOTEL SAUCE MAIGRE,* OR WITHOUT GRAVY.

Substitute half a pint of good melted butter for the gravy, and add to it the same seasonings as above. A double quantity of these sauces will be needed when they are required to cover a large fish; in that case they should be thick enough to adhere to it well.

Melted butter, ½ pint; seasoning of salt and pepper, or cayenne; minced parsley, 2 to 3 teaspoonsful; juice, 1 small lemon.

For COLD MAITRE D'HOTEL SAUCE, see Chapter VI.

THE LADY'S SAUCE.

(For Fish.)

Pound to a very smooth paste the inside coral of a lobster with a small slice of butter, and some cayenne; rub it through a hair-sieve, gather it together, and mix it very smoothly with from half to three-quarters of a pint of *sauce tournée* or of cream fish-sauce, previously well seasoned with cayenne and salt, and moderately with pounded mace; bring it to the *point* of boiling only; stir in quickly, but gradually, a tablespoonful of strained lemon-juice, and serve it very hot. When neither cream nor gravy is at hand, substitute *rich* melted butter mixed with a dessertspoonful or two of essence of anchovies, and well seasoned. The fine colour of the coral will be destroyed by boiling. This sauce, which the French call *Sauce à l'Aurore*, may be served with brill, boiled soles, gray mullet, and some few other kinds of fish: it is quickly made when the lobster butter of Chapter VI. is in the house.

Coral of lobster, pounded; cream sauce, or *sauce tournée* (thickened pale veal gravy), ½ to ¾ pint; lemon-juice, 1 tablespoonful; salt, cayenne, and mace, as needed. Or: *rich* melted butter, instead of other sauce; essence of anchovies, 2 dessertspoonsful; other seasoning, as above.

Obs.—The proportion of spices here must, of course, depend on the flavouring which the gravy or sauce may already have received.

GENEVESE SAUCE, OR SAUCE GÉNÉVOISE.

Cut into dice three ounces of the lean of a well-flavoured ham, and put them with half a small carrot, four cloves, a blade of mace, two or three very small sprigs of lemon thyme and of parsley, and rather more than an ounce of butter, into a stewpan; just simmer them from three-quarters of an hour to a whole hour, then stir in a teaspoonful of flour; continue the slow stewing for about five minutes, and pour in by degrees a pint of good boiling veal gravy, and let the sauce again simmer softly for nearly an hour. Strain it off, heat it in a clean saucepan, and when it boils, stir in a wineglassful and a half of

* Maigre, made without meat.

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good sherry or Madeira, two tablespoonsful of lemon-juice, some cayenne, a little salt if needed, and a small tablespoonful of flour very smoothly mixed with two ounces of butter. Give the whole a boil after the thickening is added, pour a portion of the sauce over the fish (it is served principally with salmon and trout), and send the remainder very hot to table in a tureen.

Lean of ham, 3 oz.; ½ small carrot; 4 to 6 cloves; mace, 1 large blade; thyme and parsley, 3 or 4 *small* sprigs of each; butter, 1 to 1½ oz.: 50 to 60 minutes. Veal gravy, 1 pint: ¾ to 1 hour. Sherry or Madeira, 1½ glassful; lemon-juice, 2 tablespoonsful; seasoning of cayenne and salt; flour, 1 tablespoonful; butter, 2 oz.: 1 minute.

Obs.—A teaspoonful or more of essence of anchovies is usually added to the sauce, though it is scarcely required.

SAUCE ROBERT.

Cut four or five large onions into small dice, and brown them in a stewpan, with three ounces of butter and a dessertspoonful of flour. When of a deep yellow brown, pour to them half a pint of beef or of veal gravy, and let them simmer for fifteen minutes; skim the sauce, add a seasoning of salt and pepper, and at the moment of serving, mix a dessertspoonful of made mustard with it.

Large onions, 4 or 5; butter, 3 oz.; flour, dessertspoonful: 10 to 15 minutes. Gravy, ½ pint: 15 minutes. Mustard, dessertspoonful

SAUCE PIQUANTE.

Brown lightly in an ounce and a half of butter a tablespoonful of minced eschalots or three of onions; add a teaspoonful of flour when they are partially done; pour to them half a pint of gravy or of *good* broth, and when it boils add three chilies, a bay-leaf, and a very small bunch of thyme. Let these simmer for twenty minutes; take out the thyme and bay-leaf, add a high seasoning of black pepper, and half a wineglassful of the best vinegar. A quarter of a teaspoonful of cayenne may be substituted for the chilies.

Eschalots, 1 tablespoonful, or three of onions; flour, 1 teaspoonful; butter, 1½ oz.: 10 to 15 minutes. Gravy or broth, ½ pint; chilies, 3; bay-leaf; thyme, small bunch: 20 minutes. Pepper, plenty; vinegar, ½ wineglassful.

EXCELLENT HORSERADISH SAUCE.

(To serve hot or cold with roast beef.)

Wash and wipe a stick of *young* horseradish, scrape off the outer skin, grate it as small as possible on a fine grater, then with two ounces (or a couple of large tablespoonsful) of it mix a small teaspoonful of salt and four tablespoonsful of good cream; stir in briskly, and by

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degrees, three dessertspoonsful of vinegar, one of which should be chili vinegar when the horseradish is mild. To heat the sauce, put it into a small and delicately clean saucepan, hold it over, but do not place it *upon* the fire, and stir it without intermission until it is near the point of simmering; but do not allow it to boil, or it will curdle instantly.

Horseradish pulp, 2 oz. (or 2 *large* tablespoonsful); salt, 1 teaspoonful; good cream, 4 tablespoonsful; vinegar, 3 dessertspoonsful (of which one should be chili when the root is mild).

Obs.—Common English salad-mixture is often added to the grated horseradish when the sauce is to be served cold.

HOT HORSERADISH SAUCE.

(To serve with boiled or stewed meat or fish.)

Mix three ounces of young tender grated horseradish with half a pint of good brown gravy, and let it stand by the side of the fire until it is on the point of boiling; add salt if required, a teaspoonful of made mustard, and a dessertspoonful of garlic or of eschalot vinegar; or the same quantity of chili vinegar, or twice as much common vinegar.

Some cooks stew the horseradish in vinegar for ten minutes, and, after having drained it from this, mix it with nearly half a pint of thick melted butter.

Horseradish, grated, 3 oz.; brown gravy, ½ pint; made mustard, 1 teaspoonful; eschalot or garlic vinegar, 1 dessertspoonful (or chili vinegar, the same quantity, or common vinegar twice as much).

CHRISTOPHER NORTH'S OWN SAUCE FOR MANY MEATS.

Throw into a small basin a heaped saltspoonful of *good* cayenne pepper, in very fine powder, and half the quantity of salt;* add a small dessertspoonful of well-refined, pounded, and sifted sugar; mix these thoroughly; then pour in a tablespoonful of the strained juice of a fresh lemon, two of Harvey's sauce, a teaspoonful of the very best mushroom catsup (or of cavice), and a small wineglassful of port wine. Heat the sauce by placing the basin in a saucepan of boiling water, or turn it into a jar, and place this in the water. Serve it directly it is ready with geese or ducks, tame or wild; roast pork, venison, fawn, a grilled blade-bone, or any other broil. A slight flavour of garlic or eschalot vinegar may be given to it at pleasure. Some persons eat it with fish. It is good cold; and, if bottled directly it is made, may be stored for several days. It is the better for being mixed some hours before it is served. ***The proportion of cayenne may be doubled when a very pungent sauce is desired.***

* ***Characteristically, the salt*** of this sauce ought, perhaps, to prevail more strongly over the ***sugar***, but it will be found for most tastes sufficiently ***piquant*** as it is.

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Good cayenne pepper in fine powder, 1 *heaped* saltspoonful; salt, half as much; pounded sugar, 1 small dessertspoonful; strained lemon-juice, 1 tablespoonful; Harvey's sauce, 2 tablespoonsful; best mushroom catsup (or cavice), 1 teaspoonful; port wine, 3 tablespoonsful, or small wineglassful. (Little eschalot, or garlic vinegar at pleasure.)

Obs.—This sauce is exceedingly good mixed with the brown gravy of a hash or stew, or with that which is served with game or other dishes.

GOOSEBERRY SAUCE FOR MACKEREL.

Cut the stalks and tops from half to a whole pint of quite young gooseberries, wash them well, just cover them with cold water, and boil them very gently indeed, until they are tender; drain and mix them with a small quantity of melted butter, made with rather less flour than usual. Some eaters prefer the mashed gooseberries without any addition; others like that of a little ginger. The best way of making this sauce is to turn the gooseberries into a hair-sieve to drain, then to press them through it with a wooden spoon, and to stir them in a clean stewpan or saucepan over the fire with from half to a whole teaspoonful of sugar, just to soften their extreme acidity, and a bit of fresh butter about the size of a walnut. When the fruit is not passed through the sieve it is an improvement to seed it.

COMMON SORREL SAUCE.

Strip from the stalks and the large fibres, from one to a couple of quarts of freshly-gathered sorrel; wash it very clean, and put it into a well-tinned stewpan or saucepan (or into an enamelled one, which would be far better), without any water; add to it a small slice of good butter, some pepper and salt, and stew it gently, keeping it well stirred until it is exceedingly tender, that it may not burn; then drain it on a sieve, or press the liquid well from it; chop it as fine as possible, and boil it again for a few minutes with a spoonful or two of gravy, or the same quantity of cream or milk, mixed with a half-teaspoonful of flour, or with only a fresh slice of good butter. The beaten yolk of an egg or two stirred in just as the sorrel is taken from the fire will soften the sauce greatly, and a saltspoonful of pounded sugar will also be an improvement.

ASPARAGUS SAUCE, FOR LAMB CUTLETS.

Green cut the tender points of some young asparagus into half-inch lengths, or into the size of peas only; wash them well, then drain and throw them into plenty of boiling salt and water. When they are quite tender, which may be in from ten to fifteen minutes, turn them into a hot strainer and drain the water thoroughly from them;

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put them, at the instant of serving, into half a pint of thickened veal gravy (see *sauce tournée*), mixed with the yolks of a couple of eggs, and well seasoned with salt and cayenne, or white pepper, or into an equal quantity of good melted butter: add to this last a squeeze of lemon-juice. The asparagus will become yellow if reboiled, or if left long in the sauce before it is served.

Asparagus points, ½ pint: boiled 10 to 15 minutes, longer if not quite tender. Thickened veal gravy, ½ pint; yolks of eggs, 2. Or: good melted butter, ½ pint; lemon-juice, small dessertspoonful, seasoning of salt and white pepper.

CAPER SAUCE.

Stir into the third of a pint of good melted butter from three to four dessertspoonsful of capers; add a little of the vinegar, and dish the sauce as soon as it boils. Keep it stirred after the berries are added: part of them may be minced and a little chili vinegar substituted for their own. Pickled nasturtiums make a very good sauce, and their flavour is sometimes preferred to that of the capers. For a large joint, increase the quantity of butter to half a pint.

Melted butter, third of pint; capers, 3 to 4 dessertspoonsful

BROWN CAPER SAUCE.

Thicken half a pint of good veal or beef gravy as directed for *sauce tournée*, and add to it two tablespoonsful of capers, and a dessertspoonful of the pickle liquor, or of chili vinegar, with some cayenne if the former be used, and a proper seasoning of salt.

Thickened veal, or beef gravy, ½ pint; capers, 2 tablespoonsful; caper liquor or chili vinegar, 1 dessertspoonful.

CAPER SAUCE FOR FISH.

To nearly half a pint of very rich melted butter add six spoonsful of *strong* veal gravy or jelly, a tablespoonful of essence of anchovies, and some chili vinegar or cayenne, and from two to three tablespoonsful of capers. When there is no gravy at hand substitute a half wineglassful of mushroom catsup, or of Harvey's sauce; though these deepen the colour more than is desirable.

COMMON CUCUMBER SAUCE.

Pare, slice, dust slightly with pepper and with flour, two or three young cucumbers, and fry them a fine brown in a little butter, or dissolve an ounce and a half in a small stewpan or iron saucepan, and shake them in it over a brisk fire from twelve to fifteen minutes; pour to them by degrees nearly half a pint of strong beef broth, or of brown gravy; add salt, and more pepper if required;

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stew the whole for five minutes, and send the sauce very hot to table. A minced onion may be browned with the cucumbers when it is liked, and a spoonful of vinegar added to them before they are served.

Cucumbers, 2 or 3; butter, 1½ oz.; broth or gravy, nearly ½ pint; salt, pepper.

ANOTHER COMMON SAUCE OF CUCUMBERS.

Cucumbers which have the fewest seeds are best for this sauce. Pare and slice *two* or *three*, should they be small, and put them into a saucepan, in which two ounces, or rather more, of butter have been dissolved, and are beginning to boil; place them high over the fire, that they may stew as softly as possible, without taking colour, for three-quarters of an hour, or longer should they require it; add to them a good seasoning of white pepper and some salt, when they are half done; and just before they are served stir to them half a teaspoonful of flour, mixed with a morsel of butter; strew in some minced parsley, give it a boil, and finish with a spoonful of good vinegar.

WHITE CUCUMBER SAUCE.

Quarter some young quickly-grown cucumbers, without many seeds in them; empty them of these, and take off the rinds. Cut them into inch lengths, and boil them from fifteen to eighteen minutes in salt and water; press the water from them with the back of a spoon, and work them through a sieve; mix them with a few spoonsful of *béchamel*, or thick white sauce; do not let them *boil* again, but serve them very hot. A sauce of better flavour is made by boiling the cucumbers in veal gravy well seasoned, and stirring in the beaten yolks of two or three eggs, and a little chili vinegar or lemon-juice, at the instant of serving. Another also of cucumbers sliced, and stewed in butter, but without being at all browned, and then boiled in pale veal gravy, which must be thickened with rich cream, is excellent. A *morsel* of sugar improves this sauce.

Cucumbers, 3: 15 to 18 minutes. White sauce, ½ pint.

WHITE MUSHROOM SAUCE.

Cut off the stems closely from half a pint of small button mushrooms; clean them with a little salt and a bit of flannel, and throw them into cold water, slightly salted, as they are done; drain them well, or dry them in a soft cloth, and throw them into half a pint of boiling *béchamel* (see page 108), or of white sauce made with very fresh milk, or thin cream, thickened with a tablespoonful of flour and two ounces of butter. Simmer the mushrooms from ten to twenty minutes, or until they are quite tender, and dish the sauce, which should be properly seasoned with salt, mace, and cayenne.

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Mushrooms, ½ pint; white sauce, ½ pint; seasoning of salt, mace, and cayenne: 10 minutes.

ANOTHER MUSHROOM SAUCE.

Prepare from half to a whole pint of very small mushroom-buttons with great nicety, and throw them into an equal quantity of *sauce tournée;* when they are tender add a few spoonsful of rich cream, give the whole a boil, and serve it. Either of these sauces may be sent to table with boiled poultry, breast of veal, or veal-cutlets: the *sauce tournée* should be thickened rather more than usual when it is to be used in this receipt.

Mushrooms and *sauce tournée* each, ½ to whole pint: stewed till tender. Cream, 4 to 8 tablespoonsful.

BROWN MUSHROOM SAUCE.

Very small flaps, peeled and freed entirely from the fur, will answer for this sauce. Leave them whole or quarter them, and stew them tender in some rich brown gravy; give a full seasoning of mace and cayenne, add thickening and salt if needed, and a tablespoonful of good mushroom catsup.

COMMON TOMATA SAUCE.

Tomatas are so juicy when ripe that they require little or no liquid to reduce them to a proper consistence for sauce; and they vary so exceedingly in size and quality that it is difficult to give precise directions for the exact quantity which in their unripe state is needed for them. Take off the stalks, halve the tomatas, and gently squeeze out the seeds and watery pulp; then stew them softly with a few spoonsful of gravy or of strong broth until they are quite melted. Press the whole through a hair-sieve, and heat it afresh with a little additional gravy should it be too thick, and some cayenne, and salt. Serve it very hot.

Fine ripe tomatas, 6 or 8; gravy or strong broth, 4 tablespoonsful: ½ to ¾ hour, or longer if needed. Salt and cayenne sufficient to season the sauce, and two or three spoonsful more of gravy if required.

Obs.—For a large tureen of this sauce, increase the proportions; and should it be at first too liquid, reduce it by quick boiling. When neither gravy nor broth is at hand, the tomatas may be stewed perfectly tender, but very gently, in a couple of ounces of butter, with some cayenne and salt only, or with the addition of a very little finely minced onion; then rubbed through a sieve, and heated, and served without any addition, or with only that of a teaspoonful of chili vinegar; or, when the colour is not a principal consideration, with a few spoonsful of rich cream, smoothly mixed with a little flour to

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prevent its curdling. The sauce must be stirred without ceasing should the last be added, and boiled for four or five minutes.

A FINER TOMATA SAUCE.

Stew very gently a dozen fine red tomatas, prepared as for the preceding receipt, with two or three sliced eschalots, four or five chillies or a capsicum or two (or in lieu of either, with a quarter of a teaspoonful of cayenne pepper), a few small dice of lean ham, and half a cupful of rich gravy. Stir these often, and when the tomatas are reduced quite to a smooth pulp, rub them through a sieve; put them into a clean saucepan, with a few spoonsful more of rich gravy, or *Espagnole*, add salt if needed, boil the sauce stirring it well for ten minutes, and serve it very hot. When the gravy is exceedingly good and highly flavoured, the ham may be omitted: a dozen small mushrooms nicely cleaned may also be sliced and stewed with the tomatas, instead of the eschalots, when their flavour is preferred, or they may be added with them. The exact proportion of liquid used is immaterial, for should the sauce be too thin it may be reduced by rapid boiling, and diluted with more gravy if too thick.

BOILED APPLE SAUCE.

Apples of a fine cooking sort require but a very small portion of liquid to boil down well and smoothly for sauce, if placed over a gentle fire in a close-shutting saucepan, and simmered as softly as possible until they are well broken; and their flavour is injured by the common mode of adding so much to them, that the greater part must be drained off again before they are sent to table. Pare the fruit quickly, quarter it, and be careful entirely to remove the cores; put one tablespoonful of water into a saucepan before the apples are thrown in, and proceed, as we have directed, to simmer them until they are nearly ready to serve: finish the sauce by the receipt which follows.

Apples, ½ lb.; water, 1 tablespoonful; stewed very softly: 30 to 60 minutes.

Obs.—These proportions are sufficient only for a small tureen of the sauce, and should be doubled for a large one.

For this, and all other preparations, apples will be whiter if just dipped into fresh water the instant before they are put into the stewpan. They should be quickly lifted from it, and will stew down easily to sauce with only the moisture which hangs about them. They should be watched and often gently stirred, that they may be equally done.

BAKED APPLE SAUCE.

(*Good.*)

Put a tablespoonful of water into a quart basin, and fill it with good boiling apples, pared, quartered, and *carefully* cored: put a

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plate over, and set them into a moderate oven for about an hour, or until they are reduced quite to a pulp; beat them smooth with a clean wooden spoon, adding to them a little sugar and a morsel of fresh butter, when these are liked, though they will scarcely be required.

The sauce made thus is far superior to that which is boiled. When no other oven is at hand, a Dutch or an American one would probably answer for it; but we cannot assert this on our own experience.

Good boiling apples, 1 quart: baked 1 hour (more or less according to the quality of the fruit, and temperature of the oven); sugar, 1 oz.; butter, ½ oz.

BROWN APPLE SAUCE.

Stew gently down to a thick and perfectly smooth marmalade, a pound of pearmains, or of any other well-flavoured boiling apples, in about the third of a pint of rich brown gravy: season the sauce rather highly with black pepper or cayenne, and serve it very hot. Curry sauce will make an excellent substitute for the gravy when a very piquant accompaniment is wanted for pork or other rich meat.

Apples pared and cored, 1 lb.; good brown gravy, third of pint ¾ to 1¼ hour. Pepper or cayenne as needed.

WHITE ONION SAUCE.

Strip the skin from some large white onions, and after having taken off the tops and roots cut them in two, throw them into cold water as they are done, cover them plentifully with more water, and boil them very tender; lift them out, drain, and then press the water thoroughly from them; chop them small, rub them through a sieve or strainer, put them into a little rich melted butter mixed with a spoonful or two of cream or milk, and a seasoning of salt, give the sauce a boil, and serve it very hot. Portugal onions are superior to any others, both for this and for most other purposes of cookery.

For the finest kind of onion sauce, see *Soubise*, which follows.

BROWN ONION SAUCE.

Cut off both ends of the onions, and slice them into a saucepan in which two ounces of butter have been dissolved; keep them stewing gently over a clear fire until they are lightly coloured; then pour to them half a pint of brown gravy, and when they have boiled until they are perfectly tender, work the sauce altogether through a strainer, season it with a little cayenne, and serve it very hot.

ANOTHER BROWN ONION SAUCE.

Mince the onions, stew them in butter until they are well coloured, stir in a dessertspoonful of flour, shake the stewpan over the fire for

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three or four minutes, pour in only as much broth or gravy as will leave the sauce tolerably thick, season, and serve it.

SOUBISE.

(English Receipt.)

Skin, slice, and mince quickly two pounds' weight of the white part only of some fine mild onions, and stew them in from two to three ounces of good butter over a very gentle fire until they are reduced to a pulp, then pour to them three-quarters of a pint of rich veal gravy; add a seasoning of salt and cayenne, if needed; skim off the fat entirely, press the sauce through a sieve, heat it in a clean stewpan, mix it with a quarter of a pint of rich boiling cream, and serve it directly.

Onions, 2 lbs.; butter, 2 to 3 oz.: 30 minutes to 1 hour. Veal gravy, ½ pint; salt, cayenne: 5 minutes. Cream, ¼ pint.

SOUBISE.

(French Receipt.)

Peel some fine white onions, and trim away all tough and discoloured parts; mince them small, and throw them into plenty of boiling water; when they have boiled quickly for five minutes drain them well in a sieve, then stew them very softly indeed in an ounce or two of fresh butter until they are dry and perfectly tender; stir to them as much *béchamel* as will bring them to the consistence of very thick pea-soup, pass the whole through a strainer, pressing the onion strongly that none may remain behind, and heat the sauce afresh, without allowing it to boil. A small half-teaspoonful of pounded sugar is sometimes added to this *soubise*.

White part of onions, 2 lbs.: blanched 5 minutes. Butter, 2 oz.: 30 to 50 minutes. Béchamel, ½ to 1 pint, or more.

Obs.—These sauces are served more frequently with lamb or mutton cutlets than with any other dishes; but they would probably find many approvers if sent to table with roast mutton, or boiled veal. Half the quantity given above will be sufficient for a moderate-sized dish.

MILD RAGOUT OF GARLIC, OR, L'AIL À LA BORDELAISE.

Divide some fine cloves of garlic, strip off the skin, and when all are ready throw them into plenty of boiling water slightly salted; in five minutes drain this from them, and pour in as much more, which should also be quite boiling; continue to change it every five or six minutes until the garlic is quite tender: throw in a moderate proportion of salt the last time to give it the proper flavour. Drain it thoroughly, and serve it in the dish with roast mutton, or put it into

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good brown gravy or white sauce for table. By changing very frequently the water in which it is boiled, the root will be deprived of its naturally pungent flavour and smell, and rendered extremely mild: when it is not wished to be quite so much so, change the water every ten minutes only.

Garlic, 1 pint: 15 to 25 minutes, or more. Water to be changed every 5 or 6 minutes; or every 10 minutes when not wished so *very* mild. Gravy or sauce, 1 pint.

MILD ESCHALOT SAUCE.

Prepare and boil from half to a whole pint of eschalots by the preceding receipt; unless very large, they will be tender in about fifteen minutes, sometimes in less, in which case the water must be poured from them shortly after it has been changed for the second time. When grown in a suitable soil, and cultivated with care, the eschalots are sometimes treble the size that they are under other circumstances; and this difference must be allowed for in boiling them. Drain them *well*, and mix them with white sauce or gravy, or with good melted butter, and serve them very hot.

A FINE SAUCE, OR PURÉE OF VEGETABLE MARROW.

Pare one or two half-grown marrows and cut out all the seeds; take a pound of the vegetable, and slice it, with one ounce of mild onion, into a pint of strong veal broth or of pale gravy; stew them very softly for nearly or quite an hour; add salt and cayenne, or white pepper, when they are nearly done; press the whole through a fine and delicately clean hair-sieve; heat it afresh, and stir to it when it boils about the third of a pint of rich cream. Serve it with boiled chickens, stewed or boiled veal, lamb cutlets, or any other delicate meat. When to be served as a purée, an additional half-pound of the vegetable must be used; and it should be dished with small fried sippets round it. For a *maigre* dish, stew the marrow and onion quite tender in butter, and dilute them with half boiling water and half cream.

Vegetable marrow, 1 lb.; mild onion, 1 oz.; strong broth or pale gravy, 1 pint: nearly or quite 1 hour. Pepper or cayenne, and salt as needed; good cream, from ¼ to ½ of pint. For purée, ½ lb. more of marrow.

EXCELLENT TURNIP, OR ARTICHOKE SAUCE FOR BOILED MEAT.

Pare, slice, and boil quite tender, some finely-grained mild turnips, press the water from them thoroughly, and pass them through a sieve. Dissolve a slice of butter in a clean saucepan, and stir to it a large teaspoonful of flour, or mix them smoothly together before they are put in, and shake the saucepan round until they boil: pour to

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them very gradually nearly a pint of thin cream (or of good milk mixed with a portion of cream), add the turnips with a half-teaspoonful or more of salt, and when the whole is well mixed and very hot, pour it over boiled mutton, veal, lamb, or poultry. There should be sufficient of the sauce to cover the meat entirely;* and when properly made it improves greatly the appearance of a joint. A little cayenne tied in a muslin may be boiled in the milk before it is mixed with the turnips. Jerusalem artichokes make a more delicate sauce of this kind even than turnips; the weight of both vegetables must be taken after they are pared.

Pared turnips or artichokes, 1 lb.; fresh butter, 1½ oz.; flour, 1 large teaspoonful (twice as much if all milk be used); salt, ½ teaspoonful or more; cream, or cream and milk mixed, from ½ to 1 pint.

OLIVE SAUCE.

Remove the stones from some fine French or Italian olives by paring the fruit close to them, round and round in the form of a corkscrew: they will then resume their original shape when done. Weigh six ounces thus prepared, throw them into boiling water, let them blanch for five minutes; then drain, and throw them into cold water, and leave them in it from half an hour to an hour, proportioning the time to their saltness; drain them well, and stew them gently from fifteen to twenty-five minutes in a pint of very rich brown gravy or *Espagnole* (see Chapter IV.); add the juice of half a lemon, and serve the sauce very hot. Half this quantity will be sufficient for a small party.

Olives, stoned, 6 oz.; rich gravy, 1 pint: 15 to 25 minutes. Juice, ½ lemon.

Obs.—In France this sauce is served very commonly with ducks, and sometimes with beef-steaks, and with stewed fowl.

CELERY SAUCE.

Slice the white part of from three to five heads of young tender celery; peel it if not very young, and boil it in salt and water for twenty minutes. If for white sauce put the celery, after it has been well drained, into half a pint of veal broth or gravy, and let it stew until it is quite soft; then add an ounce and a half of butter, mixed with a dessertspoonful of flour, and a quarter of a pint of thick cream or the yolks of three eggs. The French, after boiling the celery, which they cut very small, for about twenty minutes, drain and *chop* it; then put it with a slice of butter into a stew-pan, and season it with pepper, salt, and nutmeg; they keep these stirred over the fire

* The objection to *masking* a joint with this or any other sauce is, that it speedily becomes cold when spread over its surface: a portion of it at least should be served very hot in a tureen.

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for two or three minutes, and then dredge in a dessertspoonful of flour: when this has lost its raw taste, they pour in a sufficient quantity of white gravy to moisten the celery, and to allow for twenty minutes' longer boiling. A very good common celery sauce is made by simply stewing the celery cut into inch-lengths in butter, until it begins to be tender; and then adding a spoonful of flour, which must be allowed to brown a little, and half a pint of *good* broth or beef gravy, with a seasoning of pepper or cayenne.

Celery, 3 to 5 heads: 20 minutes. Veal broth, or gravy, ½ pint· 20 to 40 minutes. Butter, 1½ oz.; flour, 1 dessertspoonful; cream, ¼ pint, or three yolks of eggs.

WHITE CHESTNUT SAUCE.

Strip the outer rind from six ounces of sound sweet chestnuts, then throw them into boiling water, and let them simmer for two or three minutes, when the second skin will easily peel off. Add to them three quarters of a pint of good cold veal gravy, and a few strips of lemon rind, and let them stew gently for an hour and a quarter. Press them, with the gravy, through a hair-sieve reversed and placed over a deep dish or pan, as they are much more easily rubbed through thus than in the usual way: a wooden spoon should be used in preference to any other for the process. Add a little cayenne and mace, some salt if needed, and about six tablespoonsful of rich cream. Keep the sauce stirred until it boils, and serve it immediately.

Chestnuts without their rinds, 6 oz.; veal gravy, ¾ pint; rind of ½ lemon: 1¼ hour. Salt; spice; cream, 6 tablespoonsful.

Obs.—This sauce may be served with turkey, with fowls, or with stewed veal-cutlets.

BROWN CHESTNUT SAUCE.

Substitute rich brown gravy for the veal stock, omit the lemon-rind and cream, heighten the seasonings, and mix the chestnuts with a few spoonsful of *Espagnole* or highly flavoured gravy, after they have been passed through the sieve.

PARSLEY-GREEN, FOR COLOURING SAUCES.

Gather a quantity of young parsley, strip it from the stalks, wash it very clean, shake it as dry as possible in a cloth, pound it in a mortar, press all the juice closely from it through a hair-sieve reversed, and put it into a clean jar; set it into a pan of boiling water, and in about three minutes, if *gently* simmered, the juice will be poached sufficiently; lay it then upon a clean sieve to drain, and it will be ready for use.

Spinach-green, for which particular directions will be found at the commencement of Chapter XXIV., is prepared in the same manner. The juice of various herbs pounded together may be pressed from them through a sieve and added to cold sauces.

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TO CRISP PARSLEY.

Wash some branches of young parsley well, drain them from the water, and swing them in a clean cloth until they are quite dry; place them on a sheet of writing paper in a Dutch oven, before a brisk fire, and keep them frequently turned until they are quite crisp. They will become so in from six to eight minutes.

FRIED PARSLEY.

When the parsley has been prepared as for crisping, and is *quite* dry, throw it into plenty of lard or butter, which is on the point of boiling; take it up with a skimmer the instant it is crisp, and drain it on a cloth spread upon a sieve reversed, and placed before the fire.

MILD MUSTARD.

Mustard for instant use should be mixed with milk, to which a spoonful or two of very thin cream may be added.

MUSTARD THE COMMON WAY.

The great art of mixing mustard is to have it perfectly smooth, and of a proper consistency. The liquid with which it is moistened should be added to it in small quantities, and the mustard should be well rubbed, and beaten with a spoon. Mix half a teaspoonful of salt with two ounces of the flour of mustard, and stir to them by degrees sufficient boiling water to reduce it to the appearance of a thick batter: do not put it into the mustard-glass until it is cold. Some persons like a half-teaspoonful of sugar in the finest powder mixed with it. It ought to be sufficiently diluted always to drop easily from the spoon; and to bring it to this state more than a quarter of a pint, and less than *half* a pint of liquid will be needed for four ounces of the best Durham mustard.

For Tartar mustard see Chapter VII.

FRENCH BATTER.

(For frying vegetables, and for apple, peach, or orange fritters.)

Cut a couple of ounces of good butter into small bits, pour on it less than a quarter of a pint of boiling water, and when it is dissolved add three quarters of a pint of cold water, so that the whole shall not be quite milk warm; mix it then by degrees and very smoothly with twelve ounces of fine dry flour and a *small* pinch of salt if the batter be for fruit fritters, but with more if for meat or vegetables. Just before it is used, stir into it the whites of two eggs beaten to a solid froth; but previously to this, add a little water should it appear too thick, as some flour requires more liquid than other to bring it to the proper consistence; this is an exceedingly light crisp batter, excellent for the purposes for which it is named.

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Butter, 2 oz.; water, from ¾ to nearly 1 pint; little salt; flour, ¼ lb.; whites of 2 eggs, beaten to snow.

TO PREPARE BREAD FOR FRYING FISH.

Cut thick slices from the middle of a loaf of light stale bread, pare the crust entirely from them, and dry them gradually in a cool oven until they are crisp quite through; let them become cold, then roll or beat them into fine crumbs, and keep them in a dry place for use. To strew over hams or cheeks of bacon, the bread should be left all night in the oven, which should be sufficiently heated to brown, as well as to harden it: it ought indeed to be entirely converted into equally-coloured crust. It may be sifted through a dredging-box on to the hams after it has been reduced almost to powder.

BROWNED FLOUR FOR THICKENING SOUPS AND GRAVIES.

Spread it on a tin or dish and colour it, without burning, in a gentle oven or before the fire in a Dutch or American oven: turn it often, or the edges will be too much browned before the middle is enough so. This, blended with butter, makes a convenient thickening for soups or gravies of which it is desirable to deepen the colour; and it requires less time and attention than the French *roux* of page 10

FRIED BREAD-CRUMBS.

Grate lightly into very fine crumbs four ounces of stale bread, and *shake* them through a cullender;* without rubbing or touching them with the hands. Dissolve two ounces of fresh butter in a frying-pan, throw in the crumbs, and stir them constantly over a moderate fire, until they are all of a clear golden colour; lift them out with a skimmer, spread them on a soft cloth, or upon white blotting paper, laid upon a sieve reversed, and dry them before the fire. They may be more delicately prepared by browning them in a gentle oven without the addition of butter.

Bread, 4 oz.; butter, 2 oz.

FRIED BREAD FOR GARNISHING.

Cut the crumb of a stale loaf in slices a quarter of an inch thick; form them into diamonds or half diamonds, or shape them with a paste-cutter in any another way; fry them in fresh butter, some of a very pale brown and others a deeper colour; dry them well, and place them alternately round the dish that is to be garnished. They may be made to adhere to the edge of the dish when they are required for *ornament* only, by means of a little flour and white of egg brushed over the side which is placed on it: this must be allowed to dry before they are served.

For SWEET-PUDDING SAUCES, see Chapter XX.

* This is not necessary when they are lightly and finely grated of uniform size.

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CHAPTER VI.

Cold Sauces, Salads, etc.

SUPERIOR MINT-SAUCE.

(*To serve with lamb.*)

The mint for this sauce should be fresh and young, for when old it is tough and indigestible. Strip the leaves from the stems, wash them with great nicety, and drain them on a sieve, or dry them in a cloth; chop them very fine, put them into a sauce-tureen, and to three heaped tablespoonsful of the mint add two of pounded sugar; let them remain a short time well mixed together, then pour to them gradually six tablespoonsful of good vinegar. The sauce thus made is excellent, and far more wholesome than when a larger proportion of vinegar and a smaller one of sugar is used for it; but, after the first trial, the proportions can easily be adapted to the taste of the eaters.

COMMON MINT-SAUCE.

Two tablespoonsful of mint, one *large* tablespoonful of pale brown sugar, well mixed together, and a quarter of a pint of vinegar, stirred until the sugar is entirely dissolved.

STRAINED MINT SAUCE.

Persons with whom the mint in substance disagrees can have the flavour of the herb without it, by mixing the ingredients of either of the preceding receipts, and straining the sauce after it has stood for two or three hours; the mint should be well pressed when this is done. The flavour will be the more readily extracted if the mint and sugar are well mixed, and left for a time before the vinegar is added.

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FINE HORSERADISH SAUCE.

(*To serve with cold, roust, stewed, or boiled beef.*)

The root for this excellent sauce should be young and tender, and grated down on a very fine bright grater, quite to a pulp, after it has been washed, wiped, and scraped free from the outer skin. We have given the proportions for it in the preceding chapter, but repeat them here.

Horseradish, 2 heaped tablespoonsful; salt, 1 moderate teaspoonful; rich cream, 4 tablespoonsful; good vinegar, 3 dessertspoonsful (of which one may be chili vinegar when the root is mild.)

When the other ingredients are smoothly mingled, the vinegar must be stirred briskly to them in very small portions. A few drops of garlic or shalot vinegar can be added to them when it is liked.

COLD MAITRE D'HOTEL, OR STEWARD'S SAUCE.

Work well together until they are perfectly blended, two or three ounces of good butter, some pepper, salt, minced parsley, and the strained juice of a sound lemon of moderate size. The sauce thus prepared is often put into broiled fish; and laid in the dish *under* broiled kidneys, beef-steaks, and other meat.

For 2 oz. butter, 1 *heaped* teaspoonful young minced parsley; juice of 1 lemon; 1 small saltspoonful salt; seasoning of white pepper.

Obs.—The proportion of parsley may be doubled when a larger quantity is liked: a little fine cayenne would often be preferred to the pepper.

COLD DUTCH OR AMERICAN SAUCE, FOR SALADS OF DRESSED VEGETABLES, SALT FISH, OR HARD EGGS.

Put into a saucepan three ounces of good butter very smoothly blended with a quite small teaspoonful of flour, and add to them a large wineglassful of cold water, half as much sharp vinegar (or very fresh, strained, lemon-juice) a saltspoonful of salt, and half as much cayenne in fine powder. Keep these shaken briskly round, or stirred over a clear fire, until they form a smooth sauce and boil rapidly; then stir them very quickly to the beaten yolks of four fresh eggs, which will immediately give the sauce the consistence of custard; pour it hot over the salad, and place it on ice, or in a very cool larder until it is quite cold: if properly made, it will be very thick and smooth, and slightly *set*, as if it contained a small portion of isinglass. A dessertspoonful of parsley,—or of tarragon,—can be mingled with it at *pleasure*, or any flavour given to it with store-sauces which is liked. It converts flakes of salt-fish, sliced potatoes (new or old) and hard eggs, into excellent salads.

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ENGLISH SAUCE FOR SALAD, COLD MEAT, OR COLD FISH.

The first essential for a smooth, well-made English salad dressing is to have the yolks of the eggs used for it sufficiently hard to be reduced easily to a perfect paste. They should be boiled at least fifteen minutes, and should have become *quite* cold before they are taken from the shells; they should also be well covered with water when they are cooked, or some parts of them will be tough, and will spoil the appearance of the sauce by rendering it lumpy, unless they be worked through a sieve, a process which is always better avoided if possible. To a couple of yolks broken up and mashed to a paste with the back of a wooden spoon, add a small saltspoonful of salt, a large one of pounded sugar, a few grains of fine cayenne, and a teaspoonful of cold water; mix these well, and stir to them by degrees a quarter of a pint of sweet cream; throw in next, stirring the sauce briskly, a tablespoonful of strong chili vinegar, and add as much common or French vinegar as will acidulate the mixture agreeably. A tablespoonful of either will be sufficient for many tastes, but it is easy to increase the proportion when more is liked. Six tablespoonsful of olive oil, of the purest quality, may be substituted for the cream: it should be added in very small portions to the other ingredients, and stirred briskly as each is added until the sauce resembles custard. When this is used, the water should be omitted. The piquancy of this preparation—which is very delicate, made by the directions just given—may be heightened by the addition of a little eschalot vinegar, Harvey's sauce, essence of anchovies, French mustard, or tarragon vinegar; or by bruising with the eggs a morsel of garlic, half the size of a hazel-nut: it should always, however, be rendered as appropriate as may be to the dish with which it is to be served.

Obs. 1.—As we have before had occasion to remark, garlic, when very sparingly and judiciously used, imparts a remarkably fine savour to a sauce or gravy, and neither a strong nor a coarse one, as it does when used in larger quantities. The veriest morsel (or, as the French call it, a mere *soupçon*) of the root, is sufficient to give this agreeable piquancy, but unless the proportion be extremely small, the effect will be quite different. The Italians dress their salads upon a round of delicately toasted bread, which is rubbed with garlic, saturated with oil, and sprinkled with cayenne, before it is laid into the bowl: they also eat the bread thus prepared, but with less of oil, and untoasted often, before their meals, as a digester.

Obs. 2.—French vinegar is so infinitely superior to English in strength, purity, and flavour, that we cannot forbear to recommend it in preference for the use of the table. We have for a long time past been supplied with some of most excellent quality (labelled *Vinaigre de Bordeaux*) imported by the Messrs. Kent & Sons, of Upton-on-Severn, who supply it largely, we believe, both to wholesale retail venders in town and country.

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THE POET'S RECEIPT FOR SALAD.*

"Two large potatoes, passed through kitchen sieve
Unwonted softness to the salad give;
Of mordent mustard, add a single spoon,
Distrust the condiment which bites so soon;
But deem it not, thou man of herbs, a fault,
To add a double quantity of salt;
Three times the spoon with oil of Lucca crown,
And once with vinegar, procured from town;
True flavour needs it, and your poet begs
The pounded yellow of two well-boiled eggs;
Let onion atoms lurk within the bowl,
And, scarce suspected, animate the whole;
And lastly, in the flavoured compound toss
A magic teaspoon of anchovy sauce:
Then, though green turtle fail, though venison 's tough,
And ham and turkey are not boiled enough,
Serenely full, the epicure may say —
Fate cannot harm me,—I have dined to-day."

Two well-boiled potatoes, passed through a sieve; a teaspoonful of mustard; two teaspoonsful of salt; one of essence of anchovy; about a quarter of a teaspoonful of very finely-chopped onions, well bruised into the mixture; three tablespoonsful of oil; one of vinegar; the yolks of two eggs, hard boiled. Stir up the salad immediately before dinner, and stir it up thoroughly.

N.B.—As this salad is the result of great experience and reflection, it is hoped young salad makers will not attempt to make any improvements upon it.

SAUCE MAYONNAISE.

(*For salads, cold meat, poultry, fish, or vegetables.*)

This is a very fine sauce when all the ingredients used for it are good; but it will prove an uneatable compound to a delicate taste unless it be made with oil of the purest quality.

Put into a large basin the yolks only of two very fresh eggs, carefully freed from specks, with a little salt and cayenne; stir these well together, then add about a teaspoonful of the purest salad oil, and work the mixture round with a wooden spoon until it appears like cream. Pour in by slow degrees nearly half a pint of oil, continuing

* *Note.*—This receipt, though long privately circulated amongst the friends and acquaintance of its distinguished and regretted author, now (with permission) appears for the first time in print. We could not venture to deviate by a word from the original, but we would suggest, that the mixture forms almost a substitute for salad, instead of a mere dressing. It is, however, an admirable compound for those to whom the slight flavouring of onion is not an objection.

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at each interval to work the sauce as at first until it resumes the smoothness of cream, and not a particle of the oil remains visible; then add a couple of tablespoonsful of plain French or of tarragon vinegar, and one of cold water to whiten the sauce. A bit of clear veal jelly the size of an egg will improve it greatly. The reader who may have a prejudice against the unboiled eggs which enter into the composition of the Mayonnaise, will find that the most fastidious taste would not detect their being raw, if the sauce be well made; and persons who dislike oil may partake of it in this form, without being aware of its presence, provided always that it be perfectly fresh, and pure in flavour, for otherwise it will be easily perceptible.

Yolks of fresh unboiled eggs, 2; salt, ½ saltspoonful, or rather more; cayenne; oil, full third of pint; French or tarragon vinegar, 2 tablespoonsful; cold water, 1 tablespoonful; meat jelly (if at hand), size of an egg.

RED OR GREEN MAYONNAISE SAUCE.

Colour may be given either to the preceding or to the following *Sauce Mayonnaise* by mingling with it some hard lobster-coral reduced to powder by rubbing it through a very fine hair-sieve: the red hue of this is one of the most brilliant and beautiful that can be seen, but the sauce for which it is used can only be appropriately served with fish or fish-salads. Spinach-green will impart a fine tint to any preparation, but its flavour is objectionable: that of parsley-green is more agreeable. Directions for both of these are contained in the previous chapter.

IMPERIAL MAYONNAISE.

(An elegant jellied sauce, or salad-dressing.)

Put into a bowl half a pint of *aspic*, or of any very clear pale jellied stock (that made usually for good white soup will serve for the purpose excellently); add to it a couple of spoonsful of the purest olive-oil, one of sharp vinegar, and a little fine salt and cayenne. Break up the jelly quite small with the points of a whisk of osier-twigs, stir the ingredients well together, and then whisk them gently until they are converted into a smooth white sauce. This receipt was derived originally from an admirable French cook,* who stood *quite* at the head of his profession: but as he was accustomed to purvey for the tables of kings and emperors, his directions require some curtailment and simplifying to adapt them to the resources of common English life. He directs the preparation to be mixed and worked—to use a technical expression—over *ice*, which cannot always be commanded, except in opulent establishments, and in large towns. It is

* Monsieur Carême, to whose somewhat elaborate but admirable works, published thirty years or more since, all modern cooks appear to be specially indebted.

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not, however, essential to the success of this sauce, which will prove extremely good if made and kept in a cool larder; or, if the bowl in which it is mingled be placed in a pan of cold water, into which plenty of saltpetre and sal-ammoniac, roughly powdered, are thrown at the moment it is set into it. In this country a smaller proportion of oil, and a larger one of acid, are usually preferred to the common French salad-dressings, in which there is generally a very small portion of vinegar. To some tastes a spoonful or two of cream would improve the present Mayonnaise, which may be varied also with chili, tarragon, or other flavoured vinegar. It should be served heaped high in the centre of the salad, for which, if large, double the quantity directed *here* should be prepared.

REMOULADE.

This differs little from an ordinary English salad-dressing. Pound very smoothly indeed the yolks of two or three hard-boiled eggs with a teaspoonful of mustard, half as much salt, and some cayenne, or white pepper. Mix gradually with them, working the whole well together, two or three tablespoonsful of oil and two of vinegar. Should the sauce be curdled, pour it by degrees to the yolk of a raw egg, stirring it well round as directed for the Mayonnaise. A spoonful of tarragon, cucumber, or eschalot-vinegar, may be added with very good effect; and to give it increased relish, a teaspoonful of cavice, or a little of Harvey's sauce, and a dessertspoonful of chili vinegar may be thrown into it. This last is an excellent addition to all cold sauces, or salad-dressings.

Hard yolks of 2 or of 3 eggs; mustard, 1 teaspoonful (more when liked); salt, ½ teaspoonful: pepper or cayenne; oil, 3 tablespoonsful; vinegar, 2. If curdled, yolk of 1 raw egg. Good additions: tarragon or eschalot, or cucumber-vinegar, 1 tablespoonful; chili vinegar, 1 dessertspoonful; cavice or Harvey's sauce at pleasure.

Obs.—A dessertspoonful of eschalots, or a *morsel* of garlic, very finely minced, are sometimes pounded with the yolks of eggs for this sauce.

OXFORD BRAWN SAUCE.

Mingle thoroughly a tablespoonful of brown sugar with a teaspoonful of made mustard, a third as much of salt, some pepper, from three to four tablespoonsful of very fine salad-oil, and two of strong vinegar; or apportion the same ingredients otherwise to the taste.

FORCED EGGS FOR GARNISHING SALAD.

Pound and press through the back of a hair-sieve the flesh of three very fine, or of four moderate-sized anchovies, freed from the bones and skin. Boil six fresh eggs for twelve minutes, and when they are

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perfectly cold, halve them lengthwise, take out the yolks, pound them to a paste with a third of their volume of fresh butter, then add the anchovies, a quarter of a teaspoonful of mace, and as much cayenne as will season the mixture well; beat these together thoroughly, and fill the whites of egg neatly with them. A *morsel* of garlic, perfectly blended with the other ingredients, would to some tastes improve this preparation: a portion of anchovy-butter, or of potted ham, will supply the place of fish in it very advantageously.

Eggs, 6; anchovies, 4; butter, size of 2 yolks; mace, ¼ teaspoonful; cayenne, third as much.

ANCHOVY BUTTER.

(*Excellent.*)

Scrape the skin quite clear from a dozen fine mellow anchovies, free the flesh entirely from the bones, and pound it as smooth as possible in a mortar; rub it through the back of a hair-sieve with a wooden spoon; wipe out the mortar, and put back the anchovies with three quarters of a pound of very fresh butter, a small half-saltspoonful of cayenne, and more than twice as much of finely grated nutmeg, and freshly pounded mace; and beat them together until they are thoroughly blended. If to serve cold at table, mould the butter in small shapes, and turn it out. A little rose pink (which is sold at the chemists') is sometimes used to give it a fine colour, but it must be sparingly used, or it will impart an unpleasant flavour, and we cannot much recommend its use: it should be well pounded, and very equally mixed with it. For kitchen use, press the butter down into jars or pattypans, and keep it in a cool place.

Fine anchovies, 12; butter, ¾ lb.; cayenne, small ½ saltspoonful; nutmeg and mace, each more than twice as much; rose pink (if used), ½ teaspoonful.

This proportion differs from potted anchovies only in the larger proportion of butter mixed with the fish, and the milder seasoning of spice. It will assist to form an elegant dish if made into pats, and stamped with a tasteful impression, then placed alternately with pats of lobster-butter, and decorated with light foliage. It is generally eaten with much relish when carefully compounded, and makes excellent sandwiches. To convert it into a good fish sauce, mix two or three ounces of it with a teaspoonful of flour and a few spoonsful of cold water, or of pale veal stock, and keep them constantly stirred until they boil. The butter should not be moulded directly it is taken from the mortar, as it is then very soft from the beating. It should be placed until it is firm in a very cool place or over ice, when it can be done conveniently.

LOBSTER BUTTER.

Pound to the smoothest possible paste the coral of one or two fresh hen lobsters, mix with it about an equal proportion of fresh firm but-

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ter, and a moderate seasoning of mace and cayenne, with a little salt if needed. Let the whole be thoroughly blended, and set it aside in a cool larder, or place it over ice until it is sufficiently firm to be made into pats. Serve it garnished with curled parsley, or with any light foliage which will contrast well with its brilliant colour. The coral may be rubbed through a fine sieve before it is put into the mortar, and will then require but little pounding.

An excellent preparation is produced by mingling equal proportions of lobster and of anchovy butter in the mortar, or one-third of the anchovy with two of lobster: to this some of the white flesh of the latter can be added to give another variety, after it has been prepared by the receipt for *boudirettes*, Chapter III.

TRUFFLED BUTTER (AND TRUFFLES POTTED IN BUTTER.)

(For the breakfast or luncheon table.)

Cut up a pound of sweet fresh butter, and dissolve it gently over a clear fire; take off the scum which will gather thickly upon it, and when it has simmered for three or four minutes, draw it from the fire, and let it stand until all the butter-milk has subsided; pour it softly from this upon six ounces of ready-pared sound French truffles, cut into small, but rather thick, slices, and laid into a delicately clean enamelled saucepan; add a full seasoning of freshly pounded mace and fine cayenne, a small saltspoonful of salt, and half a not large nutmeg. When the butter has become quite cold, proceed to heat the truffles slowly, shaking the saucepan often briskly round, and stew them as gently as possible for twenty minutes, or longer should they not then be very tender. If allowed to heat, and to boil quickly, they will become *hard*, and the preparation, as regards the *truffles*, will be a comparative failure. Lift them with a spoon into quite dry earthen or china pans, and pour the butter on them; or add to them sufficient of it only to cover them well and to exclude the air, and pot the remainder of the butter apart: it will be finely flavoured, and may be eaten by delicate persons to whom the truffle itself would be injurious. It may also be used in compounding savoury sauces, and for moistening small *croustades* before they are fried or baked. The truffles themselves will remain good for months when thus prepared, if kept free from damp; and in flavour they will be found excellent. The parings taken from them will also impart a very agreeable savour to the butter, and will serve extremely well for it for immediate use. They will also be valuable as additions to gravies or to soups.

We should observe, that the juice which will have exuded from the truffles in the stewing will cause the preparation to become mouldy, or otherwise injure it, if it be put into the pans either with them or with the butter. The truffles must be well drained from it when they are taken from the saucepan, and the butter must remain

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undisturbed for a few minutes, when it can be poured clear from the juice, which will have subsided to the bottom of the pan. We have given here the result of our first experiment, which we found on further trial to answer perfectly.

ENGLISH SALADS.

The herbs and vegetables for a salad cannot be too freshly gathered; they should be carefully cleared from insects and washed with scrupulous nicety; they are better when not prepared until near the time of sending them to table, and should not be sauced until the instant before they are served. Tender lettuces, of which the stems should be cut off, and the outer leaves be stripped away, mustard and cress, young radishes, and occasionally chives or small green onions (when the taste of a party is in favour of these last) are the usual ingredients of summer salads. (In early spring, as we have stated in another chapter, the young white leaves of the dandelion will supply a very wholesome and excellent salad, of which the slight bitterness is to many persons as agreeable as that of the endive.) Half-grown cucumbers sliced thin, and mixed with them, are a favourite addition with many persons. In England it is customary to cut the lettuces extremely fine; the French, who object to the *flavour of the knife*, which they fancy this mode imparts, break them small instead. Young celery alone, sliced and dressed with a rich salad mixture, is excellent: it is still in some families served thus always with roast pheasants.

Beet-root, baked or boiled, blanched endive, small salad-herbs which are easily raised at any time of the year, celery, and hardy lettuces, with any ready-dressed vegetable, will supply salads through the winter. Cucumber vinegar is an agreeable addition to these.

FRENCH SALAD.

In winter this is made principally of beautifully-blanched endive, washed delicately clean and broken into small branches with the fingers, then taken from the water and shaken dry in a basket of peculiar form, appropriated to the purpose,* or in a fine cloth; then arranged in the salad bowl, and strewed with herbs (tarragon generally, when in season) minced small: the dressing is not added until just before the salad is eaten. In summer, young lettuces are substituted for the endive, and intermixed with a variety of herbs, some of which are not generally cultivated in England.

FRENCH SALAD DRESSING.

Stir a saltspoonful of salt and half as much pepper into a large spoonful of oil, and when the salt is dissolved, mix with them four

* Salad-baskets are also to be found in many good English kitchens, but they are not in such general use here as on the continent.

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additional spoonsful of oil, and pour the whole over the salad; let it be *well* turned, and then add a couple of spoonsful of tarragon vinegar, mix the whole thoroughly, and serve it without delay. The salad should not be dressed in this way until the instant before it is wanted for table: the proportions of salt and pepper can be increased at pleasure, and common or cucumber vinegar may be substituted for the tarragon, which, however, is more frequently used in France than any other.

Salt, 1 spoonful: pepper, ½ as much; oil, 5 saladspoonsful; tarragon, or other vinegar, 2 spoonsful.

DES CERNEAUX, OR WALNUT SALAD.

This is a common summer salad in France, where the growth of walnuts is generally abundant, but is not much served in England; though the sweet flavour of the just-formed nut is very agreeable. Take the walnuts when a pin will pierce them *easily*, pare them down to the kernels, and toss them gently, just before they are served, in a French or English salad-dressing (the former would generally be preferred we think), and turn them into the salad-bowl for table.

SUFFOLK SALAD.

Fill a salad-bowl from half to three parts full with very tender lettuces shred small, minced lean of ham, and hard-boiled eggs, or their yolks only also minced, placed in alternate layers; dress the mixture with English salad sauce, but do not pour it into the bowl until the instant of serving. A portion of cold chicken (or veal), cut in thin slices about the size of a shilling, may be added when convenient; the ham and eggs also may be sliced instead of being minced, and the whole neatly arranged in a chain or otherwise round the inside of the bowl.

YORKSHIRE PLOUGHMAN'S SALAD.

Mix treacle and vinegar, in the proportion of one tablespoonful of the first to two of the latter; add a little black pepper, and eat the sauce with lettuces shred small (with an intermixture of young onions when they are liked).

AN EXCELLENT SALAD OF YOUNG VEGETABLES.

Pare off the coarse, fibrous parts from four or five artichoke bottoms, boiled quite tender, well drained, and freed carefully from the insides; cut them into quarters, and lay them into the salad-bowl; arrange over them some cold new potatoes and young carrots sliced moderately thin, strew minced tarragon chervil, or any other herbs which may be better liked, thickly

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over the surface, and sauce the salad with an English or French dressing just before it is sent to table. Very young French beans cut into short lozenge-shaped lengths, or asparagus points, can be added to this dish at pleasure; or small tufts of cauliflower may be placed round it. When these additions are made, the herbs are better omitted: a little of the liquor of pickled Indian mangoes may be advantageously mixed with the sauce for this salad, or in lieu of it some chili vinegar or cayenne pepper. The Dutch or American sauce of the previous pages would also make an appropriate dressing for it.

SORREL SALAD.

(To serve with Lamb-cutlets, Veal-cutlets, or Roast Lamb).

This, though a very agreeable and refreshing salad, is not to be recommended when there is the slightest tendency to disorder of the system; for the powerful acid of the uncooked sorrel might in that case produce serious consequences.*

Take from the stems some very young tender sorrel, wash it delicately clean, drain it well, and shake it dry in a salad-basket, or in a soft cloth held by the four corners; arrange it lightly in the bowl, and at the instant of serving, sauce it simply with the preceding French dressing of oil with a small portion of vinegar, or with a *Mayonnaise* mixed with *chili* instead of a milder vinegar. The sorrel may be divided with the fingers and mingled with an equal proportion of very tender lettuces; and, when it is not objected to,† mixed tarragon may be strewed thickly upon them. To some tastes a *small* quantity of green onions or of eschalots would be more agreeable.

LOBSTER SALAD.

First, prepare a sauce with the coral of a hen lobster, pounded and rubbed through a sieve, and very gradually mixed with a good *mayonnaise*, *remoulade*, or English salad-dressing of the present chapter. Next, half fill the bowl or more with small salad herbs, or with young lettuces finely shred, and arrange upon them spirally, or in a chain, alternate slices of the flesh of a large lobster, or of two middling-sized ones, and some hard-boiled eggs cut thin and evenly. Leave a space in the centre, pour in the sauce, heap lightly some small salad on the top, and send the dish immediately to table. The coral of a second lobster may be intermingled with the white flesh of the

* It should be especially avoided when dysentery, or other diseases of a similar nature, are prevalent. We mention this, because if more general precaution were observed with regard to diet, great suffering would, in many instances, be avoided.

† The peculiar flavour of this fine aromatic herb is less generally relished in England than in many other countries; but when it is not disliked it may be used with great advantage in our cookery: it is easily cultivated, and quite deserves a nook in every kitchen-garden.

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fish with very good effect; and the forced eggs of page 137 may be placed at intervals round the edge of the bowl as a decoration, and an excellent accompaniment as well. Another mode of making the salad is to lay the split bodies of the fish round the bowl, and the claws, freed carefully from the shells, arranged high in the centre on the herbs; the soft part of the bodies may be mixed with the sauce when it is liked; but the colour will not then be good.

Obs.—The addition of cucumber in ribbons (see Author's Receipt, Chapter XVII.), laid lightly round it, is always an agreeable one to lobster salad: they may previously be sauced, and then drained from their dressing a little.

A more wholesome and safer mode of imparting the flavour of the cucumber, however, is to use for the salad vinegar in which that vegetable has been steeped for some hours after having been cut up small.

AN EXCELLENT HERRING SALAD.

(Swedish Receipt.)

Soak, skin, split, and bone a large Norway herring; lay the two sides along a dish, and slice them slopingly (or substitute for this one or two fine Dutch herrings). Arrange in symmetrical order over the fish slices of cooked beet-root, cold boiled potatoes, and pickled gherkins; then add one or two sharp apples chopped small, and the yolks and whites, separately minced, of some hard-boiled eggs, with any thing else which may be at hand, and may serve to vary tastefully the decoration of the dish. Place these ingredients in small heaps of well-contrasting colours on the surface of the salad, and lay a border of curled celery leaves or parsley round the bowl.

For sauce, rub the yolk of one hard-boiled egg quite smooth with some salt; to this add oil and vinegar as for an ordinary salad, and dilute the whole with some thick sour cream.

Obs.—"Sour cream" is an ingredient not much approved by English taste, but it enters largely into German cookery, and into that of Sweden, and of other northern countries also. About half a pound of cold beef cut into small thin shavings or collops, is often added to a herring-salad abroad: it may be either of simply roasted or boiled, or of salted and smoked meat.

TARTAR SAUCE.

(Sauce à la Tartare).

Add to the preceding *remoulade*, or to any other sauce of the same nature, a teaspoonful or more of made mustard, one of finely-minced shalots, one of parsley or tarragon, and one of capers or of pickled gherkins, with a rather high seasoning of cayenne, and some salt if needed. The tartar-mustard of the previous chapter, or good French mustard, is to be preferred to English for this sauce, which is usually

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made very pungent, and for which any ingredients can be used to the taste which will serve to render it so. Tarragon vinegar, *minced tarragon* and eschalots, and plenty of oil, are used for it in France, in conjunction with the yolks of one or two eggs, and chopped capers, or gherkins, to which olives are sometimes added.

SHRIMP CHATNEY.

(Mauritian Receipt.)

Shell with care a quart of fresh shrimps (for the mode of doing this see Chapter III.), mince them quickly upon a dish with a large sharp knife, then turn them into a mortar and pound them to a perfectly smooth paste. Next, mix with them very gradually two or three spoonsful of salad oil of the best quality, some young green chilies chopped small (or when these cannot be procured, some good cayenne pepper as a substitute), some young onions finely minced, a little salt if required, and as much vinegar or strained lemon juice as will render the sauce pleasantly acid. Half a saltspoonful or more of powdered ginger is sometimes used in addition to the above ingredients.

When they are preferred, two or three small shalots minced and well bruised with the shrimps may be substituted for the onions.* The proportion of oil should be double that of the vinegar used; but in this preparation, as in all others of the same nature, individual taste must regulate the proportion of the most powerful condiments which enter into its composition. All chatneys should be *quite thick*, almost of the consistence of mashed turnips, or stewed tomatas, or stiff bread sauce. They are served with curries; and also with steaks, cutlets, cold meat, and fish. In the East the native cooks crush to a pulp upon a stone slab, and with a stone roller, the ingredients which we direct to be pounded. On occasion the fish might be merely minced. When beaten to a paste, they should be well separated with a fork as the chilies, &c., are added.

CAPSICUMB CHATNEY.

Slice transversely and very thin, into a bowl or pan of spring water, some large tender green capsicumbs, and let them steep for an hour or two; then drain, and dress with oil, vinegar, and salt.

For TOMATA and SAUSAGE CHATNEY, see CHAPTER OF FOREIGN COOKERY.

* The sauce can be made without either when their flavour is not liked.

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CHAPTER VII.

Store Sauces.

Mushrooms, Eschalots, and Tomatas.

OBSERVATIONS.

A WELL selected stock of these will always prove a convenient resource in simple cookery for giving colour and flavour to soups, gravies, and made dishes; but unless the consumption be considerable, they should not be over-abundantly provided, as few of them are improved by age, and many are altogether spoiled by long keeping, especially if they be not perfectly secured from the air by sound corking, or if stored where there is the slightest degree of damp. To prevent loss, they should be examined at short intervals, and at the first appearance of mould or fermentation, such as will bear the process should be reboiled, and put, when again quite cold, into clean bottles; a precaution often especially needful for mushroom catsup when it has been made in a wet season, or when it has not been very carefully prepared. This, with essence of anchovies, walnut catsup, Harvey's sauce, cavice, lemon-pickle, chili, cucumber, and eschalot

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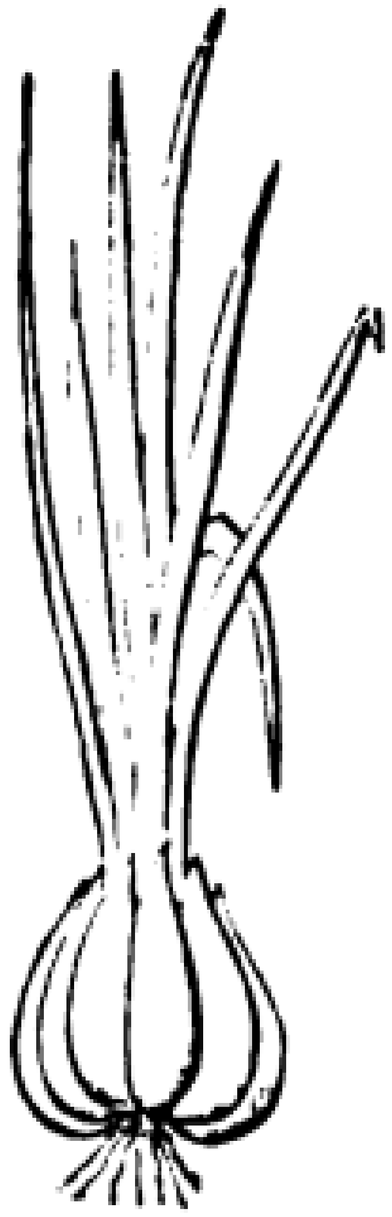
vinegar, will be all that is commonly needed for family use; but there is at the present day an extensive choice of these stores on sale, some of which are excellent.



Garlic.

CHETNEY SAUCE.

(Bengal Receipt).

Stone four ounces of good raisins, and chop them small, with half a pound of crabs, sour apples, unripe bullaces,* or of any other hard acid fruit. Take four ounces of coarse brown sugar, two of powdered ginger, and the same quantity of salt and cayenne pepper; grind these ingredients separately in a mortar, as fine as possible; then pound the fruits well, and mix the spices with them, one by one; beat them together until they are perfectly blended, and add gradually as much vinegar as will make the sauce of the consistence of thick cream. Put it into bottles with an ounce of garlic, divided into cloves, and cork it tightly.

Stoned raisins, 4 oz.; crabs, or other acid fruit, ½ lb.; coarse sugar, 4 oz.; powdered ginger, 2 oz.; salt, 2 oz.; cayenne pepper, 2 oz.; garlic, 1 oz.; vinegar, enough to dilute it properly.

Obs.—This favourite oriental sauce is compounded in a great variety of ways; but some kind of acid fruit is essential to it. The mango is used in India; here gooseberries, while still hard and green, are sometimes used for it; and ripe red chilies and tomatas are mixed with the other ingredients. The sauce keeps better if it be exposed to a gentle degree of heat for a week or two, either by the side of the fire, or in a full southern aspect in the sun: the heat of a *very slow* oven, in which it might be left for a night, would propably have a still better effect. In this case it must be put into a jar or bottles, and well secured from the air. Half a pound of gooseberries, or of these and tamarinds from the shell, and green apples mixed, and the same weight of salt, stoned raisins, brown sugar, powdered ginger, chilies, and garlic, with a pint and a half of vinegar, and the juice of three large lemons, will make another genuine Bengal chetney.

FINE MUSHROOM CATSUP.

One of the very best and most useful of store sauces is good *home-made* mushroom catsup, which, if really well prepared, imparts an agreeable flavour to any soup or sauce with which it is mingled, and at the same time heightens the colour without imparting the

* Hard acid fruit in a crude state is, we think, an ingredient not much to be recommended; and it is always better to deviate a little from "an approved receipt" than to endanger health by the use of ingredients of a questionable character. Gooseberries or tomatas, after being subjected to a moderate degree of heat, might be eaten with far less hazard.

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"bitter sweetness" which the burnt sugar used as "browning" in clumsy cookery so often does. The catsup ought, in fact, to be rather the pure *essence of mushrooms*, made with so much salt and spice only as are required to preserve it for a year or longer, than the compound of mushroom-juice, anchovies, shalots, allspice, and other condiments of which it is commonly composed, especially for sale.

Directions to be observed in making and for keeping the catsup.—Let the mushrooms be collected when the weather is dry, for if gathered during, or immediately after rain, the catsup made with them will not keep well.

Cut off the stalk-ends to which the earth adheres, before the mushrooms are broken up, and throw them aside, as they should never be used for the catsup. Reject also such of the flaps as are worm-eaten or decayed. Those which are too stale for use may be detected by the smell, which is very offensive.

When the mushroom first opens, the under-side is of a fine pale salmon colour; this changes soon to a sort of ashy-brown, which deepens almost to black as the mushroom passes from its maturity to a state of decay. As it yields a greater abundance of juice when it is fully ripe, it is usually taken in that state for these sauces; but catsup of fine and delicate flavour, though somewhat pale in colour, can be made even of mushroom-buttons if they be sliced up small and turned often in the liquid which will be speedily drawn from them by the application of salt; a rather smaller proportion of which should be mingled with them than is directed for the following receipt.

Every thing used in preparing the catsup should be delicately clean and *very dry*. The bottles in which it is stored, after being dried in the usual way, should be laid into a cool oven for an hour or two before they are filled, to ensure their being free from the slightest degree of moisture, but they must be *quite cold* before the catsup is poured into them. If the corks be sealed so as to exclude the air effectually, or if well-cleansed bits of bladder first dried, and then rendered flexible with a little spirit of any kind (spirits of wine is convenient for such purposes), be tied closely over them, and the bottles can be kept in a cool place free from damp, the catsup will remain good for a long time.

MUSHROOM CATSUP.

Receipt:—Break up small into a deep earthen pan, two gallons of large ripe mushroom-flaps, and strew amongst them three quarters of a pound of salt, reserving the larger portion of it for the top. Let them remain two days, and stir them gently with a wooden spoon often during the time; then turn them into a large stewpan or enamelled saucepan, heat them slowly, and simmer them for fifteen or twenty minutes. Strain the liquor closely from them without pres-

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sure; strain and measure it; put it into a very clean stewpan, and boil it quickly until it is reduced nearly half. For every quart allow half an ounce of black peppercorns and a drachm of mace; or, instead of the pepper, a quarter of a teaspoonful (ten grains) of *good* cayenne: pour the catsup into a clean jug or jar, lay a folded cloth over it, and keep it in a cool place until the following day; pour it gently from the sediment, put into small bottles, cork them well, and rosin them down. A teaspoonful of salad oil may be poured into each bottle before it is corked, the better to exclude the air from the catsup.

Mushrooms, 2 gallons; salt, $\frac{3}{4}$ lb.; to macerate three or four days. To each quart of liquor, $\frac{1}{2}$ oz. black pepper, or quarter of a teaspoonful of cayenne; and 1 drachm of mace: to be reduced nearly half.

Obs. 1.—Catsup made thus will not be too salt, nor will the flavour of the mushrooms be overpowered by that of the spices; of which a larger quantity, and a greater variety, can be used at will.

We can, however, answer for the excellence of the present receipt from long experience of it. When the catsup is boiled down quite early in the day, it may be bottled the same night: it is necessary only, that it should be *perfectly cold* before this is done.

Obs. 2.—When the mushrooms are crushed, or mashed, as some authors direct, the liquor will necessarily be very thick; it is better to proceed as above, and then to boil the liquor which may afterwards be extracted from the mushrooms by pressure, with the sediment of the catsup, and sufficient cloves, pepper, allspice, and ginger, to flavour it highly: this *second* catsup will be found very useful to mix with common thickened sauces, hashes, and stews.

MUSHROOM CATSUP.

(*Another Receipt.*)

Break a peck of large mushrooms into a deep earthenpan: strew three quarters of a pound of salt amongst them, and set them into a very cool oven for one night, with a fold of cloth or paper over them. The following day strain off the liquor, measure, and boil it for fifteen minutes; then, for each quart, add an ounce of black pepper, a quarter of an ounce of allspice, half an ounce of ginger, and two large blades of mace, and let it boil fast for twenty minutes longer. When thoroughly cold, put it into bottles, cork them well, and dip the necks into melted bottle-cement, or seal them so as to secure the catsup from the air.

Mushrooms, 1 peck; salt, $\frac{3}{4}$ lb. Liquor to boil, 15 minutes. To each quart, $\frac{1}{2}$ oz. black pepper; $\frac{1}{4}$ oz. allspice; $\frac{1}{4}$ oz. ginger; 2 blades mace: 20 minutes.

DOUBLE MUSHROOM CATSUP.

On a gallon of fresh mushrooms strew three ounces of salt, and pour to them a quart of ready-made catsup (that which is a year old will

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do if it be perfectly good); keep these stirred occasionally for four days, then drain the liquor very dry from the mushrooms, and boil it for fifteen minutes with an ounce of whole black pepper, a drachm of mace, an ounce of ginger, and three or four grains only of cayenne.

Mushrooms, 1 gallon; salt, 3 oz.; mushroom catsup, 1 quart; peppercorns, 1 oz.; mace, 1 drachm; ginger, 1 oz.; cayenne, 3 to 4 grains: 15 minutes.

COMPOUND, OR COOK'S CATSUP.

Take a pint and a half of mushroom catsup when it is first made, and ready boiled (the double is best for the purpose), simmer in it for five minutes an ounce of small eschalots nicely peeled; add to these half a pint of walnut catsup, and a wineglassful of cayenne vinegar, or of chili vinegar; give the whole one boil, pour it out, and when cold, bottle it with the eschalots in it.

Mushroom catsup, 1½ pint; eschalots, 1 oz.; walnut catsup or pickle, ½ pint; cayenne or chili vinegar, 1 wineglassful

WALNUT CATSUP.

The vinegar in which walnuts have been pickled, when they have remained in it a year, will generally answer all the purposes for which this catsup is required, particularly if it be drained from them and boiled for a few minutes, with a little additional spice, and a few eschalots; but where the vinegar is objected to, it may be made either by boiling the expressed juice of young walnuts for an hour, with six ounces of fine anchovies, four ounces of eschalots, half an ounce of black pepper, a quarter of an ounce of cloves, and a drachm of mace, to every quart; or as follows:—

Pound in a mortar a hundred young walnuts, strewing amongst them as they are done half a pound of salt; then pour to them a quart of strong vinegar, and let them stand until they have become quite black, keeping them stirred three or four times a day; next add a quart of strong old beer, and boil the whole together for ten minutes; strain it, and let it remain until the next day; then pour it off clear from the sediment, add to it half a pound of anchovies, one large head of garlic bruised, half an ounce of nutmegs bruised, the same quantity of cloves and black pepper, and two drachms of mace: boil these together for half an hour, and the following day bottle and cork the catsup well. It will keep for a dozen years. Many persons add to it, before it is boiled, a bottle of port wine; and others recommend a large bunch of sweet herbs to be put in with the spice.

1st Recipe. Expressed juice of walnuts, 1 quart; anchovies, 6 oz.; eschalots, 4 oz.; black pepper, ½ oz.; cloves, ½ oz.; mace, 1 drachm. 1 hour

2nd. Walnuts, 100; salt, ½ lb.; vinegar, 1 quart · to stand till

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black. Strong beer, 1 quart; anchovies, ½ lb.; 1 head garlic; nutmegs, ½ oz.; cloves, ½ oz.; black pepper, ½ oz.; mace, 2 drachms ¼ hour.

ANOTHER GOOD RECEIPT FOR WALNUT CATSUP.

Beat a hundred green walnuts in a large marble mortar until they are thoroughly bruised and broken, and then put them into a stone jar, with half a pound of eschalots, cut in slices, one head of garlic, half a pound of salt, and two quarts of vinegar; let them stand for ten days, and stir them night and morning. Strain off the liquor, and boil it for half an hour with the addition of two ounces of anchovies, two of whole pepper, half an ounce of cloves, and two drachms of mace; skim it well, strain it off, and when it is quite cold pour it gently from the sediment (which may be reserved for flavouring common sauces) into small dry bottles, secure it from air by sound corking, and store it in a dry place.

Walnuts, 100; eschalots, ½ lb.; garlic, 1 head, salt, ½ lb.; vinegar 2 quarts: 10 days. Anchovies, 2 oz.; black pepper, 2 oz.; mace, ¼ oz.: cloves, ½ oz.: ½ hour.

LEMON PICKLE OR CATSUP.

Either divide six small lemons into quarters, remove all the pips that are in sight, and strew three ounces of salt upon them, and keep them turned in it for a week, or, merely make deep incisions in them, and proceed as directed for pickled lemons. When they have stood in a warm place for eight days, put into a stone jar two ounces and a half of finely-scraped horseradish, and two ounces of eschalots, or one and a half of garlic; to these add the lemons with all their liquor, and pour on them a pint and a half of boiling vinegar in which half an ounce of bruised ginger, a quarter of an ounce of whole white pepper, and two blades of mace have been simmered for two or three minutes. The pickle will be fit for use in two or three months, but may stand four or five before it is strained off.

Small lemons, 6; salt, 3 oz.: 8 days. Horseradish, 2½ oz.; eschalots, 2 oz., or garlic 1½ oz.; vinegar, 1½ pint; ginger, ½ oz.; whole white pepper, ¼ oz.; mace, 2 blades: 3 to 6 months.

Obs.—These highly-flavoured compounds are still much in favour with a certain class of housekeepers; but they belong exclusively to *English* cookery: they are altogether opposed to the practice of the French *cuisine*, as well as to that of other foreign countries.

PONTAC CATSUP FOR FISH.

On one pint of ripe elderberries stripped from the stalks, pour three quarters of a pint of boiling vinegar, and let it stand in a cool [illegible] all night; the next day strain off the liquid without pressure,

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and boil it for five minutes with a half-teaspoonful of salt, a small race of ginger, a blade of mace, forty corns of pepper, twelve cloves and four eschalots. Bottle it with the spice when it is quite cold.

BOTTLED TOMATAS, OR TOMATA CATSUP.

Cut half a peck of ripe tomatas into quarters; lay them on dishes and sprinkle over them half a pound of salt. The next day drain the juice from them through a hair-sieve into a stew-pan, and boil it for half an hour with three dozens of small capsicums and half a pound of eschalots; then add the tomatas, which should be ready pulped through a strainer. Boil the whole for thirty minutes longer; have some clean wide-necked bottles, kept warm by the fire, fill them with the catsup while it is quite hot; cork, and dip the necks into melted bottle-resin or cement.

Tomatas, ½ peck; salt, ½ lb.; capsicums, 3 doz.; eschalots, ½ lb. ½ hour. After pulp is added, ½ hour.

Obs.—This receipt has been kindly contributed by a person who makes by it every year large quantities of the catsup, which is considered excellent: for sauce it must be mixed with gravy or melted butter. We have not ourselves been able to make trial of it.

EPICUREAN SAUCE.

Mix well, by shaking them in a bottle, a wineglassful of Indian soy, half a pint of chili vinegar, half a pint of walnut catsup, and a pint and a half of the best mushroom catsup. These proportions make an excellent sauce, either to mix with melted butter, and to serve with fish, or to add to different kinds of gravy; but they can be varied, or added to, at pleasure.

Indian soy, 1 wineglassful; chili vinegar, ½ pint; walnut catsup, ½ pint: mushroom catsup, 1½ pint.

TARRAGON VINEGAR.

Gather the tarragon just before it blossoms, which will be late in July, or early in August; strip it from the larger stalks, and put it into small stone jars or wide-necked bottles, and in doing this twist some of the branches so as to bruise the leaves and wring them asunder; then pour in sufficient distilled or very pale vinegar to cover the tarragon; let it infuse for two months, or more: it will take no harm even by standing all the winter. When it is poured off, strain it very clear, put it into small dry bottles, and cork them well. Sweet basil vinegar is made in exactly the same way, but it should not be left on the leaves more than three weeks. The jars or bottles should be filled to the neck with the tarragon before the vinegar is added: its flavour is strong and peculiar, but to many tastes very agreeable. It imparts quite a foreign character to the dishes for which it is used.

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GREEN MINT VINEGAR.

Slightly chop, or bruise, freshly-gathered mint, and put it into bottles; fill them nearly to the necks, and add vinegar as for tarragon: in forty days, strain it off, and bottle it for use.

The mint itself, ready minced for sauce, will keep well in vinegar, though the colour will not be very good. The young leaves stripped from the stems, should be used for this preparation.

CUCUMBER VINEGAR.

First wipe, and then, without paring, slice into a stone jar some young and quickly-grown cucumbers; pour on them as much boiling vinegar as will cover them well, with a teaspoonful of salt, and two-thirds as much of peppercorns to the pint and a half of vinegar: it may remain on them for a month, or even for two, if well defended from the air: it should then be strained, allowed to settle, and poured quite clear into small dry bottles, which should be well corked. A mild onion can be intermixed with the cucumbers, when its flavour is considered an improvement

CELERY VINEGAR.

Throw into a pint and a half of ready boiling vinegar a few grains of cayenne, or half an ounce of peppercorns, a large saltspoonful of salt, and a pint of the white part of the roots and stems of some fine fresh celery sliced up thin: let it boil for two or three minutes, turn it into a stone jar, and secure it well from the air as soon as it is cold It may be strained off and bottled in three or four weeks, but may remain as many months in the jar without injury.

ESCHALOT, OR GARLIC VINEGAR.

On from four to six ounces of eschalots or on two of garlic peeled and bruised, pour a quart of the best vinegar; stop the jar or bottle close, and in a fortnight or three weeks the vinegar may be strained off for use: a few drops will give a sufficient flavour to a sauce, or to a tureen of gravy.

Eschalots, 4 to 6 oz.; or, garlic, 2 to 4 oz.; vinegar, 1 quart: 15 to 21 days

Obs.—These roots may be used in smaller or in larger proportion, as a slighter or a stronger flavour of them is desired, and may remain longer in the vinegar without any detriment to it

ESCHALOT WINE.

This is a far more useful preparation even than the preceding one, since it can be used to impart the flavour of the eschalot to dishes for

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which acid is not required. Peel and slice, or bruise, four ounces of eschalots, put them into a bottle, and add to them a pint of sherry; in a fortnight pour off the wine, and should it not be strongly flavoured with the eschalots, steep in it two ounces more, for another fortnight; a half-teaspoonful of cayenne may be added at first. The bottle should be shaken occasionally, while the eschalots are infusing, but should remain undisturbed for the last two or three days, that the wine may be clear when it is poured off to bottle for keeping Sweet-basil wine is made by steeping the fresh leaves of the herb in wine, from ten to fifteen days.

Eschalots, 4 oz.; sherry, 1 pint: 15 days, or more.

HORSERADISH VINEGAR.

On four ounces of young and freshly-scraped horseradish pour a quart of boiling vinegar, and cover it down closely: it will be ready for use in three or four days, but may remain for weeks, or months, before the vinegar is poured off. An ounce of minced eschalot may be substituted for one of the horseradish, if the flavour be liked.

CAYENNE VINEGAR.

Put from a quarter to half an ounce of the best cayenne pepper into a bottle, and pour on it a pint of pale vinegar. Cork it closely, and shake it well every two or three days. It may remain any length of time before it is poured off, but will very soon be ready for use.

Good cayenne pepper, ¼ to ½ oz.; vinegar, 1 pint: infuse from 2 weeks to 12 months.

LEMON BRANDY.

(For flavouring sweet dishes.)

Fill any sized wide-necked bottle lightly with the very thin rinds of fresh lemons, and cover them with good brandy; let them remain for a fortnight or three weeks only, then strain off the spirit and keep it well corked for use: a few apricot-kernels blanched and infused with the lemon-rind will give it an agreeable flavour.

DRIED MUSHROOMS.

Peel small, sound, freshly-gathered flaps, cut off the stems, and scrape out the fur entirely; then arrange the mushrooms singly on tins or dishes, and dry them as gradually as possible in a gentle oven. Put them, when they are done, into tin canisters, and store them where they will be secure from damp. French cooks give them a single boil in water, from which they then are well drained, and dried, as usual. When wanted for table, they should be put into cold gravy, slowly heated, and gently simmered, until they are tender.

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MUSHROOM POWDER.

When the mushrooms have been prepared with great nicety, and dried, as in the foregoing receipt, pound them to a very fine powder; sift it, and put it immediately into small and *perfectly dry* bottles; cork and seal them without delay, for if the powder be long exposed to the air, so as to imbibe any humidity, or if it be not well secured from it in the bottles, it will be likely to become putrid: much of that which is purchased, even at the best Italian warehouses, is found to be so, and, as it is sold at a very high price, it is a great economy, as well as a surer plan, to have it carefully prepared at home. It is an exceedingly useful store, and an excellent addition to many dishes and sauces. To insure its being good, the mushrooms should be gathered in dry weather, and if any addition of spices be made to the powder (some persons mix with it a seasoning of mace and cayenne), they should be put into the oven for a while before they are used: but even these precautions will not be sufficient, unless the powder be stored in a very dry place after it is bottled. A teaspoonful of it, with a quarter of a pint of strong veal gravy, as much cream, and a small dessertspoonful of flour, will make a good *béchamel* or white sauce.

EXCELLENT POTATO FLOUR, OR ARROWROOT.

(*Fecule de Pommes de terre.*)

Grate into a large vessel full of cold water, six pounds of sound mealy potatoes, and stir them well together. In six hours pour off the water, and add fresh, stirring the mixture well; repeat this process every three or four hours during the day, change the water at night, and the next morning pour it off; put two or three quarts more to the potatoes, and turn them directly into a hair-sieve, set over a pan to receive the flour, which may then be washed through the sieve, by pouring water to it. Let it settle in the pan, drain off the water, spread the potato-sediment on dishes, dry it in a slow oven, sift it, and put it into bottles or jars, and cork or cover them closely. The flour thus made will be beautifully white, and perfectly flavourless. It will remain good for years.

Obs.—This admirable farina, or *starch* of potatoes, is now much more widely known and vended in England than it was some years since. It can at present be procured at most foreign warehouses and general grocers'; but we would recommend its being *home-made* by the directions given above, which we have had closely followed for many years with the best possible success.

TO MAKE FLOUR OF RICE.

Take any quantity of whole rice, wash it thoroughly, changing the water several times; drain and press it in a cloth, then spread it on a

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dish, and dry it perfectly; beat it in a mortar to a smooth powder, and sift it through a fine sieve. When used to thicken soup or sauces, mix it with a small quantity of cold water or of broth, and pour it to them while they are boiling.

This flour, when newly made, is of much purer flavour than any usually prepared for sale.

POWDER OF SAVOURY HERBS.

All herbs which are to be dried for storing should be gathered in fine weather; cleared from dirt and decayed leaves; and dried quickly, but without scorching, in a Dutch oven before the fire, or in any other that is not too much heated. The leaves should then be stripped from the stalks, pounded, sifted, and closely corked in separate bottles; or several kinds may be mixed and pounded together for the convenience of seasoning in an instant gravies, soups, forcemeats, and made dishes: appropriate spices, celery-seed, and dried lemon-peel, all in fine powder, can be added to the herbs.

TARTAR MUSTARD.

Rub four ounces of the best Durham mustard very smooth with a full teaspoonful of salt, and wet it by degrees with strong horseradish vinegar, a dessertspoonful of cayenne, or of chili vinegar, and one or two of tarragon vinegar when its flavour is not disliked. A quarter of a pint of vinegar poured boiling upon an ounce of scraped horseradish, and left for one night, closely covered, will be ready to use for this mustard, but it will be better for standing two or three days.

Durham mustard, 4 oz.; salt, large teaspoonful; cayenne, or chili vinegar, 1 dessertspoonful; horseradish vinegar, third of pint.

Obs.—This is an exceedingly pungent compound, but has many approvers.

ANOTHER TARTAR MUSTARD.

Mix the salt and mustard smoothly, with equal parts of horseradish vinegar, and of chili vinegar. Mustard made by these receipts will keep long, if put into jars or bottles and closely corked. Cucumber, eschalot, or any other of the flavoured vinegars for which we have given receipts, may in turn be used for it, and mushroom, gherkin, or India pickle-liquor, likewise.

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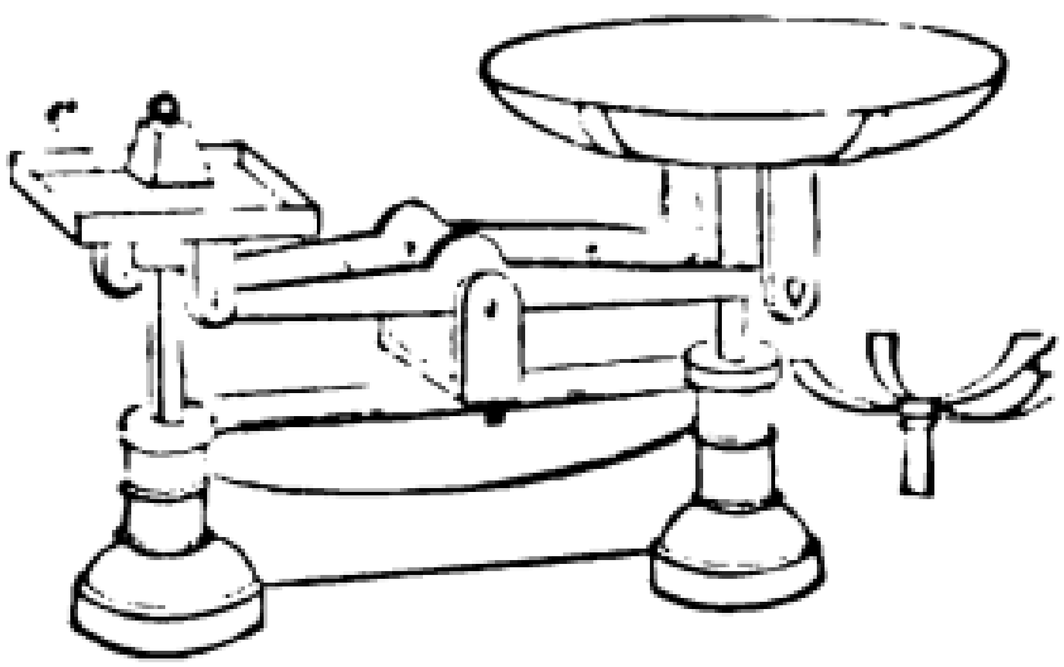
CHAPTER VIII.

Forcemeats.

GENERAL REMARKS.



Weighing Machine.

The coarse and unpalatable compounds so constantly met with under the denomination of forcemeat, even at tables otherwise tolerably well served, show with how little attention they are commonly prepared.

Many very indifferent cooks pique themselves on never doing any thing by rule, and the consequence of their throwing together at random (or "by guess" as they call it) the ingredients which ought to be proportioned with exceeding exactness is repeated failure in all they attempt to do. Long experience, and a very correct eye may, it is true, enable a person to dispense with weights and measures without hazarding the success of their operations; but it is an experiment which the learner will do better to avoid.

A large marble or Wedgwood mortar is indispensable in making all the finer kinds of forcemeat; and equally so indeed for many other purposes in cookery; no kitchen, therefore, should be without one;* and for whatever preparation it may be used, the pounding should be continued with patience and perseverance until not a single lump or fibre be perceptible in the mass of the articles beaten together. This particularly applies to potted meats, which should resemble the smoothest paste; as well as to several varieties of forcemeat. Of these last it should be observed, that such as are made by the French method (see *quenelles*) are the most appropriate for an elegant dinner,

* Two or three mortars, varying in size, should be in every household where it is expected that the cookery should be well conducted: they are often required also for many other domestic purposes, yet it is not unusual to find both these and scales, weights, and measures of every kind, altogether wanting in English

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either to serve in soups or to fill boned poultry of any kind; but when their exceeding lightness, which to foreigners constitutes one of their great excellences, is objected to, it may be remedied by substituting dry crumbs of bread for the panada, and pounding a small quantity of the lean of a boiled ham, with the other ingredients: however, this should be done only for the balls.

No particular herb or spice should be allowed to predominate powerfully in these compositions; but the whole of the seasonings should be taken in such quantity only as will produce an agreeable savour when they are blended together.

NO. 1. GOOD COMMON FORCEMEAT, FOR ROAST VEAL, TURKEYS, &c.

Grate very lightly into exceedingly fine crumbs, four ounces of the inside of a stale loaf, and mix thoroughly with it, a quarter of an ounce of lemon-rind pared as thin as possible, and minced extremely small; the same quantity of savoury herbs, of which two-thirds should be parsley, and one-third thyme, likewise finely minced, a little grated nutmeg, a half teaspoonful of salt, and as much common pepper or cayenne as will season the forcemeat sufficiently. Break into these, two ounces of good butter in very small bits, add the unbeaten yolk of one egg, and with the fingers work the whole well together until it is smoothly mixed. It is usual to chop the lemon-rind, but we prefer it lightly grated on a fine grater. It should always be *fresh* for the purpose, or it will be likely to impart a very unpleasant flavour to the forcemeat. Half the rind of a moderate-sized lemon will be sufficient for this quantity; which for a large turkey must be increased one-half.

Bread-crumbs, 4 oz.; lemon-rind, ¼ oz. (or grated rind of ½ lemon); mixed savoury herbs, minced, ¼ oz.; salt, ½ teaspoonful; pepper, ¼ to ½ of teaspoonful; butter, 2 oz.; yolk, 1 egg.

Obs.—This, to our taste, is a much nicer and more delicate forcemeat than that which is made with suet. and we would recommend it for trial in preference. Any variety of herb or spice may be used to give it flavour, and a little minced onion or eschalot can be added to it also; but these last do not appear to us suited to the meats for which the forcemeat is more particularly intended. Half an ounce of the butter may be omitted on ordinary occasions: and a portion of marjoram or of sweet basil may take the place of part of the thyme and parsley when preferred to them.

NO. 2. ANOTHER GOOD COMMON FORCEMEAT.

Add to four ounces of bread-crumbs two of the lean of a boiled ham, quite free from sinew, and *very* finely minced; two of good butter, a dessertspoonful of herbs, chopped small, some lemon-grate, nutmeg, a little salt, a good seasoning of pepper or cayenne and one

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whole egg, or the yolks of two. This may be fried in balls of moderate size, for five minutes, to serve with roast veal, or it may be put into the joint in the usual way.

Bread-crumbs, 4 oz.; lean of ham, 2 oz.; butter, 2 oz.; minced herbs, 1 dessertspoonful; lemon-grate, 1 teaspoonful; nutmeg, mace, and cayenne, together, 1 small teaspoonful; little salt; 1 whole egg, or yolks of 2.

NO. 3. SUPERIOR SUET FORCEMEAT, FOR VEAL, TURKEYS, &c.

Mix well together six ounces of fine stale crumbs, with an equal weight of beef-kidney suet, chopped extremely small, a large dessertspoonful of parsley, mixed with a little lemon-thyme, a teaspoonful of salt, a quarter one of cayenne, and a saltspoonful or rather more of mace and nutmeg together; work these up with three unbeaten egg-yolks, and three teaspoonsful of milk; then put the forcemeat into a large mortar, and pound it perfectly smooth. Take it out, and let it remain in a cool place for half an hour at least before it is used; then roll it into balls, if it be wanted to serve in that form; flour and fry them gently from seven to eight minutes, and dry them well before they are dished.

Beef suet finely minced, 6 oz.; bread-crumbs, 6 oz.; parsley, mixed with little thyme, 1 large dessertspoonful; salt, 1 teaspoonful; mace, large saltspoonful, and one fourth as much cayenne; unbeaten egg-yolks, 3; milk, 3 teaspoonsful: well pounded. Fried in balls, 7 to 8 minutes, or poached, 6 to 7.

Obs.—The finely grated rind of half a lemon can be added to this forcemeat at pleasure; and for some purposes a *morsel* of garlic, or three or four minced eschalots, may be mixed with it before it is put into the mortar.

NO. 4. COMMON SUET FORCEMEAT.

Beef suet is commonly used in the composition of this kind of forcemeat, but we think that veal-kidney suet, when it could be obtained, would have a better effect; though the reader will easily comprehend that it is scarcely possible for us to have every variety of every receipt which we insert put to the test; in some cases we are compelled merely to suggest what appear to us likely to be improvements. Strip carefully every morsel of skin from the suet, and mince it small; to six ounces add eight of bread-crumbs, with the same proportion of herbs, spice, salt, and lemon-peel, as in the foregoing receipt, and a couple of whole eggs, which should be very slightly beaten, after the specks have been taken out with the point of a small fork. Should more liquid be required, the yolk of another egg, or a spoonful or two of milk, may be used. Half this quantity will be sufficient for a small joint of veal, or for a dozen balls, which, when it is more convenient to serve it in that form, may be fried or

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browned beneath the roast, and then dished round it, though this last is not a very refined mode of dressing them. From eight to ten minutes will fry them well.

NO. 5. OYSTER FORCEMEAT.

Open carefully a dozen of fine plump natives, take off the beards, strain their liquor, and rinse the oysters in it. Grate four ounces of the crumb of a stale loaf into fine light crumbs, mince the oysters but not too small, and mix them with the bread; add an ounce and a half of good butter broken into minute bits, the grated rind of half a small lemon, a small saltspoonful of pounded mace, some cayenne, a little salt, and a large teaspoonful of parsley. Mingle these ingredients well, and work them together with the unbeaten yolk of one egg and a little of the oyster liquor, the remainder of which can be added to the sauce which usually accompanies this forcemeat.

Oysters, 1 dozen; bread-crumbs, 4 oz.; butter, 1½ oz.; rind ½ small lemon; mace, 1 saltspoonful; some cayenne and salt; minced parsley, 1 large teaspoonful; yolk 1 egg; oyster-liquor, 1 dessertspoonful: rolled into balls, and fried from 7 to 10 minutes, or poached from 5 to 6 minutes.

Obs.—In this preparation the flavour of the oysters should prevail entirely over that of all the other ingredients which are mixed with them.

Obs. 2.—The oyster-sausages of Chapter III. will serve excellently for forcemeat also

NO. 6. A FINER OYSTER FORCEMEAT.

Pound the preceding forcemeat to the smoothest paste, with the addition only of half an ounce of fresh butter, should it be sufficiently dry to allow of it. It is remarkably good when thus prepared, and may be poached or fried in balls for soups or made dishes, or used to fill boned fowls, or the breasts of boiled turkeys with equally good effect.

NO. 7. MUSHROOM FORCEMEAT.

Cut closely off the stems of some small, just-opened mushrooms, peel them, and take out the fur. Dissolve an ounce and a half of good butter in a saucepan, throw them into it with a little cayenne and a slight sprinkling of mace, and stew them softly, keeping them well shaken, from five to seven minutes; then turn them into a dish, spread them over it, and raise one end, that the liquid may drain from them. When they are quite cold, mince, and then mix them with four ounces of fine bread-crumbs, an ounce and a half of good butter, and *part* of that in which they were stewed should the forcemeat appear too moist to admit of the whole, as the yolk of one egg,

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at the least, must be added, to bind the ingredients together; strew in a saltspoonful of salt, a third as much of cayenne, and about the same quantity of mace and nutmeg, with a teaspoonful of grated lemon-rind. The seasonings must be rather sparingly used, that the flavour of the mushrooms may not be overpowered by them. Mix the whole thoroughly with the unbeaten yolk of one egg, or of two, and use the forcemeat poached in small balls for soup, or fried and served in the dish with roast fowls, or round minced veal; or to fill boiled fowls, partridges, or turkeys.

Small mushrooms, peeled and trimmed, 4 oz.; butter 1½ oz.; slight sprinkling mace and cayenne: 5 to 7 minutes. Mushrooms minced; bread-crumbs, 4 oz.; butter, 1½ oz. (with part of that used in the stewing); salt, 1 saltspoonful; third as much of cayenne, of mace, and of nutmeg; grated lemon-rind, 1 teaspoonful; yolk of 1 or 2 eggs. In balls, poached, 5 to 6 minutes; fried, 6 to 8 minutes.

Obs.—This, like most other forcemeats, is improved by being well beaten in a large mortar after it is entirely mixed.

NO. 8. FORCEMEAT FOR HARE.

The first receipt of this chapter will be found very good for hare without any variation; but the liver boiled for three minutes and finely minced, may be added to it when it is thought an improvement: another half ounce of butter, and a small portion more of egg will then be required. A couple of ounces of rasped bacon, and a glass of port-wine, are sometimes recommended for this forcemeat, but we think it is better without them, especially when slices of bacon are used to line the hare. A flavouring of minced onion or eschalot can be added when the taste is in its favour; or the forcemeat No. 3 may be substituted for this altogether

NO. 9. ONION AND SAGE STUFFING, FOR PORK, GEESE, OR DUCKS.

Boil three large onions from ten to fifteen minutes, press the water from them, chop them small, and mix with them an equal quantity of bread-crumbs, a heaped tablespoonful of minced sage, an ounce of butter, a half saltspoonful of pepper, and twice as much of salt, and put them into the body of the goose; part of the liver boiled for two or three minutes and shred fine, is sometimes added to these, and the whole is bound together with the yolk of one egg or two; but they are quite as frequently served without. The onions can be used raw, when their very strong flavour is not objected to, but the odour of the whole dish will then be somewhat overpowering.

Large onions, 3; boiled 20 to 30 minutes. Sage, 2 to 3 dessert-spoonsful (or ½ to ¾ oz.); butter, 1 oz.: pepper, ½ teaspoonful. salt, 1 teaspoonful

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The body of a goose is sometimes entirely filled with mashed potatoes, seasoned with salt and pepper only; or mixed with a small quantity of eschalot, onion, or herb-seasonings.

NO. 10. MR. COOKE'S FORCEMEAT FOR DUCKS OR GEESE.

Two parts of chopped onion, two parts of bread-crumbs, three of butter, one of pounded sage, and a seasoning of pepper and salt.

This receipt we have not proved.

NO. 11. FORCEMEAT BALLS FOR MOCK TURTLE SOUPS.

The French forcemeat, No. 17 of the present Chapter, is the most refined and appropriate forcemeat to serve in mock turtle, but a more solid and highly seasoned one is usually added to it in this country. In very common cookery the ingredients are merely chopped small and mixed together with a moistening of eggs; but when the trouble of pounding and blending them properly is objected to, we would recommend the common veal forcemeat No. 1, in preference; as the undressed veal and suet, when merely minced, do not produce a good effect. Four ounces each of these, with an ounce or so of the lean of a boiled ham, and three ounces of bread-crumbs, a large dessertspoonful of minced parsley, a small portion of thyme or marjoram, a saltspoonful of white pepper, twice as much or more of salt, a little cayenne, half a small nutmeg, and a couple of eggs, well mixed with a fork first to separate the meat, and after the moistening is added, with the fingers, then rolled into balls, and boiled in a little soup for twelve minutes, is the manner in which it is prepared; but the reader will find the following receipt very superior to it:—Rasp, that is to say, scrape with a knife clear from the fibre, four ounces of veal, which should be cut into thick slices, and taken quite free from skin and fat; chop it fine, and then pound it as smoothly as possible in a large mortar, with three ounces of the rasped fat of an unboiled ham of good flavour or of the finest bacon, and one of butter, two ounces of bread-crumbs, a tablespoonful of the lean of a boiled ham, should it be at hand, a good seasoning of cayenne, nutmeg, and mace, mixed together, a heaped dessertspoonful of minced herbs, and the yolks of two eggs; poach a small bit when it is mixed, and add any further seasoning it may require; and when it is of good flavour, roll it into balls of moderate size, and boil them twelve minutes; then drain and drop them into the soup. No forcemeat should be boiled in the soup itself, on account of the fat which would escape from it in the process: a little stock should be reserved for the purpose.

Very common:—Lean of neck of veal, 4 oz.; beef-kidney suet, 4 oz., both finely chopped; bread-crumbs, 3 oz.; minced parsley, large dessertspoonful; thyme or marjoram, *small* teaspoonful: lean of boiled ham, 1 to 2 oz.; white pepper, 1 saltspoonful; salt, twice as much; a small nutmeg; eggs, 2: in balls, 12 minutes.

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Better forcemeat:—Lean veal rasped, 4 oz.; fat of unboiled ham, or finest bacon, 3 oz; butter, 1 oz.; bread-crumbs, 2 oz.; lean of boiled ham, minced, 1 large tablespoonful; minced herbs, 1 heaped dessertspoonful; full seasoning of mace, nutmeg, and cayenne, mixed; yolks of eggs, 2: 12 minutes.

NO. 12. EGG BALLS.

Boil four or five new-laid eggs for ten or twelve minutes, and lay them into fresh water until they are cold. Take out the yolks, and pound them smoothly with the beaten yolk of one raw egg, or more, if required; add a little salt and cayenne, roll the mixture into balls the size of marbles, and boil them for two minutes. Half a teaspoonful of flour is sometimes worked up with the eggs.

Hard yolks of eggs, 4; 1 raw; little salt and cayenne: 2 minutes.

NO. 13. BRAIN CAKES.

Wash and soak the brains well in cold water, and afterwards in hot; free them from the skin and large fibres, and boil them in water, slightly salted, from two to three minutes; beat them up with a teaspoonful of sage very finely chopped, or with equal parts of sage and parsley, half a teaspoonful or rather more of salt, half as much mace, a little white pepper or cayenne, and one egg; drop them in small cakes into the pan, and fry them in butter a fine light brown: two yolks of eggs will make the cakes more delicate than the white and yolk of one. A teaspoonful of flour and a little lemon-grate are sometimes added.

NO. 14. ANOTHER RECEIPT FOR BRAIN CAKES.

Boil the brains in a little good veal-gravy very gently for ten minutes; drain them on a sieve, and when cold cut them into thick dice; dip them into beaten yolk of egg, and then into very fine bread-crumbs, mixed with salt, pounded spices, and fine herbs minced extremely small; fry them of a light brown, drain and dry them well, and drop them into the soup or hash after it is dished. When broth or gravy is not at hand, the brains may be boiled in water.

NO. 15. CHESTNUT FORCEMEAT.

Strip the outer skin from some fine sound chestnuts, then throw them into a saucepan of hot water, and set them over the fire for a minute or two, when they may easily be blanched like almonds. Put them into cold water as they are peeled. Dry them in a cloth, and weigh them. Stew six ounces of them *very* gently from fifteen to twenty minutes. in just sufficient strong veal-gravy to cover them.

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Take them up, drain them on a sieve, and when cold pound them perfectly smooth with half their weight of the nicest bacon rasped clear from all rust or fibre, or with an equal quantity of fresh butter, two ounces of dry bread-crumbs, a small teaspoonful of grated lemon rind, one of salt, half as much mace or nutmeg, a moderate quantity of cayenne, and the unbeaten yolks of two or of three eggs. This mixture makes most excellent forcemeat cakes, which must be moulded with a knife, a spoon, or the fingers, dipped in flour; more should be dredged over, and pressed upon them, and they should be slowly fried from ten to fifteen minutes.

Chestnuts, 6 oz.; veal-gravy, ½ of a pint: 15 to 20 minutes. Bacon or butter, 3 oz.; bread-crumbs, 2 oz.; lemon-peel and salt, 1 teaspoonful each.

NO. 16. AN EXCELLENT FRENCH FORCEMEAT.

Take six ounces of veal free from fat and skin, cut it into dice and put it into a saucepan with two ounces of butter, a large teaspoonful of parsley finely minced, half as much thyme, salt, and grated lemon-rind, and a sufficient seasoning of nutmeg, cayenne, and mace, to flavour it pleasantly. Stew these *very* gently from twelve to fifteen minutes, then lift out the veal and put into the saucepan two ounces of bread-crumbs; let them simmer until they have absorbed the gravy yielded by the meat; keep them stirred until they are as dry as possible; beat the yolk of an egg to them while they are hot, and set them aside to cool. Mince and pound the veal, add the bread to it as soon as it is cold, beat them well together, with an ounce and a half of fresh butter, and two of the finest bacon, quite freed from rust, and scraped clear of skin and fibre; put to them the yolks of two small eggs and mix them well; then take the forcemeat from the mortar, and set it in a very cool place until it is wanted for use.

Veal, 6 oz.; butter, 2 oz.; minced parsley, 1 teaspoonful; thyme, salt, and lemon-peel, each ½ teaspoonful; little nutmeg, cayenne, and mace: 12 to 15 minutes. Bread-crumbs, 2 oz.; butter, 1½ oz.; rasped bacon, 2 oz.; yolk of eggs, 2 to 3.

Obs.—When this forcemeat is intended to fill boned fowls, the livers of two or three boiled for four minutes, or stewed with the veal for the same length of time, then minced and pounded with the other ingredients, will be found a great improvement; and, if mushrooms can be procured, two tablespoonsful of them chopped small, should be stewed and beaten with it also. A small portion of the best end of the neck will afford the quantity of lean required for this receipt, and the remains of it will make excellent gravy.

NO. 17. FRENCH FORCEMEAT CALLED QUENELLES.

This is a peculiarly light and delicate kind of forcemeat, which by good French cooks is compounded with exceeding care. It is served

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abroad in a variety of forms, and is made of very finely-grained white veal, or of the undressed flesh of poultry, or of rabbits, rasped quite free from sinew, then chopped and pounded to the finest paste, first by itself, and afterwards with an equal quantity of boiled calf's udder or of butter, and of *panada*, which is but another name for bread soaked in cream or gravy and then dried over the fire until it forms a sort of paste. As the three ingredients should be equal in *volume*, not in weight, they are each rolled into a separate ball before they are mixed, that their size may be determined by the eye. When the fat of the fillet of veal (which in England is not often divided for sale, as it is in France) is not to be procured, a rather less proportion of butter will serve in its stead. The following will be found a very good, and not a troublesome receipt for veal forcemeat of this kind

Rasp quite clear from sinew, after the fat and skin have been entirely cleared from it, four ounces of the finest veal; chop, and pound it well: if it be carefully prepared there will be no necessity for passing it through a sieve, but this should otherwise be done. Soak in a small saucepan two ounces of the crumb of a stale loaf in a little rich but pale veal gravy or white sauce; then press and drain as much as possible of the moisture from it, and stir it over a gentle fire until it is as dry as it will become without burning: it will adhere in a ball to the spoon, and leave the saucepan quite dry when it is sufficiently done. Mix with it, while it is still hot, the yolk of one egg, and when it is quite cold, add it to the veal with three ounces of very fresh butter, a quarter of a teaspoonful of mace, half as much cayenne, a little nutmeg, and a saltspoonful of salt. When these are perfectly beaten and well blended together, add another whole egg after having merely taken out the specks: the mixture will then be ready for use, and may be moulded into balls, or small thick oval shapes a little flattened, and poached in soup or gravy from ten to fifteen minutes. These *quenelles* may be served by themselves in a rich sauce as a corner dish, or in conjunction with other things. They may likewise be first poached for three or four minutes, and left on a drainer to become cold; then dipped into egg and the finest bread-crumbs and fried, and served as *croquettes*.

NO. 18. FORCEMEAT FOR RAISED AND OTHER COLD PIES.

The very finest sausage-meat highly seasoned, and made with an equal proportion of fat and lean, is an exceedingly good forcemeat for veal, chicken, rabbit, and some few other pies; savoury herbs minced small may be added to heighten its flavour if it be intended for immediate eating; but it will not then remain good quite so long, unless they should have been previously dried. To prevent its being too dry, two or three spoonsful of cold water should be mixed with it before it is put into the pie. One pound of lean veal to one and a [illegible] of the pork-fat is sometimes used, and smoothly pounded

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with a high seasoning of spices, herbs, and eschalots, or garlic; but we cannot recommend the introduction of these last into pies unless they are especially ordered: mushrooms or truffles may be mixed with any kind of forcemeat with far better effect. Equal parts of veal and fat bacon, will also make a good forcemeat for pies, if chopped finely, and well spiced.

Sausage-meat, well seasoned. Or: veal, 1 lb.; pork-fat, 1½ lb.; salt, 1 oz.; pepper, ¼ to ½ oz.; fine herbs, spice, &c., as in forcemeat No. 1, or sausage-meat. Or: veal and bacon, equal weight, seasoned in the same way.

PANADA.

This is the name given to the soaked bread which is mixed with the French forcemeats, and which renders them so peculiarly delicate. Pour on the crumb of two or three rolls, or on that of any other very light bread, as much good boiling broth, milk, or cream, as will cover and moisten it well; put a plate over to keep in the steam, and let it remain for half an hour, or more; then drain off the superfluous liquid, and squeeze the panada dry by wringing it in a thin cloth into a ball; put it into a small stewpan or enamelled saucepan, and pour to it as much only of rich white sauce or of gravy as it can easily absorb, and stir it constantly with a wooden spoon over a clear and gentle fire, until it forms a very dry paste and adheres in a mass to the spoon; when it is in this state, mix with it thoroughly the unbeaten yolks of two fresh eggs, which will give it firmness, and set it aside to become quite cold before it is put into the mortar. The best French cooks give the highest degree of savour that they can to this panada, and add no other seasoning to the forcemeats of which it forms a part: it is used in an equal proportion with the meat, and with the calf's udder or butter of which they are composed, as we have shown in the preceding receipt for *quenelles*. They stew slowly for the purpose, a small bit of lean ham, two or three minced eschalots, a bayleaf, a few mushrooms, a little parsley, a clove or two, and a small blade of mace in a little good butter, and when they are sufficiently browned, pour to them as much broth or gravy as will be needed for the panada; and when this has simmered from twenty to thirty minutes, so as to have acquired the proper flavour without being much reduced, they strain it over, and boil it into the bread. The common course of cookery in an English kitchen does not often require the practice of the greater niceties and refinements of the art: and *trouble* (of which the French appear to be perfectly regardless when the excellence of their preparations is concerned) is there in general so much thought of, and exclaimed against, that a more summary process would probably meet with a better chance of success.

A quicker and rougher mode of making the panada, and indeed

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the forcemeat altogether, is to pour strong veal broth or gravy upon it, and after it has soaked, to boil it dry, without any addition except that of a little fine spice, lemon-grate, or any other favourite English seasoning. Minced herbs, salt, cayenne, and mace, may be beaten with the meat, to which a small portion of well-pounded ham may likewise be added at pleasure.

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