Digitized by Google

Digitized by Google
Original from
NEW YORK PUBLIC LIBRARY

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

BUCKMASTER'S COOKERY.

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

BUCKMASTER'S COOKERY:

BEING AN ABRIDGMENT OF SOME OF

THE LECTURES

DELIVERED IN THE COOKERY SCHOOL

AT THE

INTERNATIONAL EXHIBITION

FOR 1873 AND 1874;

TOGETHER WITH

A COLLECTION OF APPROVED RECIPES AND MENUS.

"The number of inhabitants which may be supported in any country, upon its internal produce, depends as much upon the state of the *Art of Cookery* as upon that of *Agriculture*. . . . but if Cookery be of so much importance, it certainly deserves to be studied with the greatest care. . . . Cookery and Agriculture are arts of civilized nations; savages understand neither of them."
—COUNT RUMFORD.

LONDON:
GEORGE ROUTLEDGE AND SONS,
THE BROADWAY, LUDGATE;
NEW YORK: 416, BROOME STREET.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

THE NEW YORK
PUBLIC LIBRARY
285935
AND
DATIONS.

LONDON :

BRADBURY, AGNEW, & CO., PRINTERS, WHITEFRIARS.

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

PREFACE.

It was with much reluctance that I accepted in 1873, the invitation of Her Majesty's Commissioners of the International Exhibition to deliver a course of lectures on Cookery. One of the exhibits that year was Food, and it was thought this section might be made more instructive by lectures. It has long been known and regretted that the usual course of Female Education does not include any instruction in Cookery or other domestic arts; and to this omission may be traced much discomfort and difficulty with servants among the middle classes, and bad health and intemperance among the poorer working classes. Ladies often think it beneath their dignity to know anything about a kitchen, and yet the health and happiness of every household depend more

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

on Cookery than on any other domestic art. Refinement and delicacy of feeling may go, and often do go, with the tenderest of all duties, in a sick-room; and if ladies can go through the practice of a medical school, why not the work of a kitchen?

No lady is the less a lady if she can add to her other accomplishments a knowledge of household management. How many a young woman, well educated (as the phrase goes), has commenced life with the happiest and best of prospects; and after spending the first few months of her married life in all sorts of blunders and mistakes and unpleasant differences with her servants, has had to learn, with dear-bought experience and sorrow, those things which ought to have been learned before undertaking the duties and responsibilities of married life. Much ignorance also exists on the Chemistry and Physiology of Food. I have referred to this subject in two of my lectures, because I believe a knowledge of what constitutes a good Food quite as important as properly cooking it. Good cooking is frequently confounded with

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

expensive cooking; but the cheap, simple dinner of a poor family may be made more wholesome and digestible by careful cooking, which is often more a matter of trouble than expense. Every dish, simple as it may be, should be well cooked and served with its own proper flavour and individuality. In the purchase of Food, as of Wine, Dress, Furniture, Carriages, and Jewellery, every person must be the best judge of what he can afford. In reading over a recipe, consider what the materials will cost, and whether the price will accord with your other arrangements.

My idea of a Cookery Book is, that it should teach, as far as a book can teach, the theory and practice of Cookery; and I begin to see what a field of national usefulness is open for those who have the desire and intelligence to cultivate it. [No domestic art requires so much caution, thought, intelligence, judgment, and taste as good cooking.] The art must not be judged by those who practise it, but by what it would be under the care of educated women. Perfection is only to be obtained by reflection and practice, and not by the slavish following of recipes.

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

If Cookery were an exact science, then weights, quantities, temperatures, and time could be given; and until the art becomes more dependent on careful observation and experiment, much must be left to the judgment of the cook.

There has been progress from our fingers to steel forks, and from steel forks to silver forks and spoons; but there has not been progress in the same degree in our cooking. In some things a retrogression has taken place. Except the set dinner-party, which is often an opportunity for waste and extravagance, there is no such thing as regular, comfortable, inviting meals in the houses of the middle classes. Cookery is not an art to tempt men to gluttony, it is the art of making every scrap of food yield the greatest amount of pleasure and nourishment of which it is capable; and this, as I have so often repeated, does not depend so much on what you spend as how you cook. The dinner of the working man may be, and often is, of odd scraps; but it may be so cooked as to be tender, savoury, and even turned into delicate morsels.

I do not profess impossibilities, but every-

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

thing used for food should be as good and as perfect as possible after its kind. The bacon dumpling of a labourer should, in its way, be as perfect in its flavour and digestibility as a fricassee of chicken. In cooking the simplest thing, perfection should be the idea, although that perfection may not be possible.

I have never insisted on soups and stews as the chief diet of the labouring classes. I have urged their importance as the only easy method for obtaining the full nutritive value of all the materials, because everything in a soup or stew is eaten, and their food-value will depend on the nature of the materials; but whatever their value, the stomach must have the benefit.

These lectures are an abridgment of some of those that were delivered, and I have reluctantly yielded to repeated applications from all parts of the country to publish them.

Many things will be found in these lectures which have no direct reference to the subject; but as my lectures were frequently attended by the same persons, I was anxious to avoid repetition, and this often led me to the consideration

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

of analogous questions, when the bare explanation of recipes and processes would have been tedious and uninteresting.

I now submit this work to the public with the hope that it may be found useful in awakening an interest in perfect cooking.

I do not lay claim to much originality. Many of the recipes were published by the Committee of the Cookery School'; for others I am indebted to the works of Gouffe, to Mrs. Harrison, of the Cookery School, who has revised many of the recipes, and to other persons. I must also express my indebtedness to several papers and periodicals; and I shall be glad of any additional recipes or corrections, the result of personal practice.

ST. JOHN'S HILL, WANDSWORTH, S.W.,

Nov. 2, 1874.

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

CONTENTS.

LECTURE I.

PAGE

EARLY ENGLISH FOOD AND COOKING. 1

LECTURE II.

HOUSES OF THE WORKING CLASSES—KITCHENS—OPEN FIRE GRATES—KITCHENERS—GAS STOVES—KITCHEN UTENSILS—FIRES AND FUEL 10

LECTURE III.

ON STOCK SOUPS AND POT AU FEU 20

LECTURE IV.

MISTRESSES AND SERVANTS 55

LECTURE V.

HASHES AND STEWS 64

LECTURE VI.

ON THE FUNCTION OF FOOD—FEEDING CHILDREN—THE LIVING BODY CONSIDERED AS A MACHINE . . 85

LECTURE VII.

AUSTRALIAN MEAT 101

LECTURE VIII.

FRYING 109

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

LECTURE IX.

PAGE

MELTED BUTTER AND SAUCES 127

LECTURE X.

THE EDUCATION OF GIRLS 143

LECTURE XI.

WHEAT, BREAD, OATS, BARLEY, MACARONI, PEAS, BEANS, AND LENTILS 155

LECTURE XII.

ROASTING, BROILING, BOILING, STEAMING, [BAKING, BRAISING 201

LECTURE XIII.

FOOD—HUNGER AND THIRST 228

LECTURE XIV.

THE COOKERY SCHOOL—FRENCH COOKING—WASTE—CONCLUSION 267

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

BUCKMASTER'S COOKERY.

LECTURE I.

"Whether ye eat or drink, do all to the glory of God."

EARLY ENGLISH FOOD AND COOKING.

MAN has been described as an animal that makes a fire, but there must be some civilization before he can do so; and to manage it for cooking his food shows great progress in the arts of domestic life. The history of cooking (which I shall not attempt) is the history of our manners and our civilization. The food of monkeys was probably the early food of man. Fruits, seeds, and roots were ground to pieces by the teeth, so that the saliva could act upon them and prepare them for the stomach where they were raised to the temperature necessary for digestion, and afterwards converted into blood to repair the wastes of the body. In imitation of nature man bruised or ground his food between stones called querns; with a more advanced civilization these stones were moved by natural forces—such as water; and with the paste or dough formed by mixing the meal with water he prepared an unleavened cake, which was baked in live ashes or in an oven. This was probably the earliest kind of cooking.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

The Ancient Britons lived chiefly on coarsely-bruised barley mixed with milk. Sheep were unknown; meat was not much used, and was generally eaten raw. Hares, geese, and fowls were prohibited as food by the Druids. At this early period of our history there was nothing which deserved the name of cooking. With the occupation of the Romans, houses, baths, roads, bridges, and temples were constructed, and for three centuries Britain was the centre of Roman civilization and luxury, which, however, left no permanent influence on the domestic life of the country they occupied. A Roman banquet was a marvel of gastronomic genius. Lampreys fattened on human flesh, a pig half boiled and half roasted, stuffed with small birds, and so skilfully managed that it was impossible to detect the line which separated the parts, peacocks' brains simmered in wine, nightingales' tongues, snail broth, and parrots with onion sauce, were favourite dishes.

"Old Lucullus, they say,
Forty cooks had each day,
And Vitellius's meals cost a million."

Cooking in its purest and best sense is not a device to make men eat *more* than is good for them. This is the abuse of an art which has its origin in the necessities of man. In his lowest civilized condition he must either cook his food or perish; his wants stimulate his faculties—he must do something to live, and it is this constant conflict with adverse circumstances that develops his intellect and gives him a power over nature. He soon learns that cooking makes his food more palatable and more digestible.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

With the mission of S. Augustine a great change took place. The art of Agriculture, the earliest of civilized arts, was cultivated with attention. Wheat, barley, and rye were sown in the spring. Ploughs, harrows, rakes, sickles, and flails for thrashing soon were invented, and continued in use till within the last half century with little change or improvement. The chief meat of the Anglo-Saxon was pork, and the swineherd was a necessary servant in every homestead. In autumn he used to drive the pigs into the woods and forests (which were very large and numerous) to fatten on roots, sweet chestnuts, beechnuts, and acorns. Fish, fowls, venison, cabbages, eggs, and salted porpoises were also eaten. The cooking of the Anglo-Saxon was an improvement on that of the Ancient Briton; he had also a greater variety of food; and boiling and making broth or soups was a popular kind of cooking, although baking and roasting were sometimes practised. The chief cooking utensil was an earthenware pot or pipkin which would stand the fire, and into this pot were put herbs and such vegetables as they could obtain, with bones and pieces of meat; these were simmered over the ashes of a wood fire, and in this way they prepared a stew or soup analogous to hotchpotch, or the *pot au feu* of the French. Mud huts, with dirt floors and a fire in the centre, were often the residence of Saxon kings. In the halls of the nobility an oak board was placed on tressels and removed after meals. On great occasions it was covered with a cloth richly embroidered. The chief food of the common people consisted of broth, barley bread, with milk, butter, eggs, and cheese. Green vege-

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

tables and beans were also used. The wealthy lived on wheaten bread, game, eels, fowls, pork, venison; and the servants were called loaf-eaters. Knives were in general use, but forks were unknown. After dinner followed the dessert, which consisted chiefly of wine, honey, and wild fruits. Beer, mead, and mulberry juice flavoured with spices were their principal drinks, although French wines were not unknown. Minstrels entertained the company with vocal and instrumental music. Eating and drinking often degenerated into gluttony and drunkenness; and the feast not unfrequently terminated in quarrels.

The principal meal of the Anglo-Saxon was dinner, and this was at eight o'clock in the morning, and supper at five in the afternoon. In 1109, we find at a banquet given by one of the nobles that three sorts of broth, meat roasted and boiled, sturgeon, lobsters, eels, oysters, plaice, and horseflesh were eaten; and the bread was made with rye-meal and barley-meal in the form of cakes marked with a cross, and were eaten hot. The poorer classes had abundance but no great variety; and their cooking was chiefly baking in live ashes, or boiling; but hospitality even among the poorest was taught and inculcated as a Christian virtue. Every stranger or wayfarer who presented himself at the door of an Anglo-Saxon house, was boarded and lodged for two days without question, except priests, who were only entertained for one night; if they remained for a longer period it was evident they were neglecting their duties. In this rude period of our history the Saxon woman was a noble example of every virtue—a good housewife, and the companion and comforter of her

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

husband and children. Her occupations were spinning, weaving, cooking, baking, brewing, and needlework ; and her embroidery was known on the continent as "Fine English work."

During the twelfth and thirteenth centuries the office of cook was one of much distinction and importance. The old English families of the Cokes or Cooks sprang from professional cooks, and no one need be ashamed of the names of Butler, Brewer, or Baker, because they have their origin in trade. William the Conqueror bestowed portions of land on his master kitcheners. Thus we find it stated that "Robert Argyllon holdeth a piece of land in Addington, in Surrey, by the service of making one mess in an earthen pot in the kitchen of our lord the king, on the day of his coronation, which mess is a kind of plum porridge or water gruel, with plums stoned into it." This dish was served up at the royal table by the lord of the manor of Addington at the coronation of George IV., and probably at the coronation of subsequent sovereigns. The kitchens of the aristocracy were large, well ventilated, and well furnished with everything necessary for cooking. In a list of the utensils of a bishop's kitchen in 1262, we have the following—"A strong table for chopping and mincing herbs and vegetables ; pots of brass and copper of divers sizes for divers uses ; trivets, tripods, and axe for chopping bones ; a mortar and pestle, a mover, a pot-stick for stirring, divers crooks and pot-hooks, two large cauldrons, a frying-pan, two saucepans, a large dish (pewter), two large platters (pewter), a vessel for mixing sauces, a hand-mill for pepper, an instrument

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

for reducing bread to crumbs." The monks of St. Swithin, we find, made a formal complaint to the king that the abbot had ordered the withdrawal of three out of the fourteen courses usually served at dinner. Fourteen courses at dinner show a very advanced cooking. The clergy, both regular and secular, kept excellent tables, and were given to hospitality—no one was turned from the door without a meal. A Venetian gentleman who visited England in 1500, says "the English are great epicures, and by nature very avaricious; they indulge in the most delicate fare themselves, but give their household broth, coarse bread and beer, and cold baked meat, which, however, they allow them in great abundance." The monks of Canterbury, except on special days and seasons set apart by the church, had seventeen courses daily, besides dessert, dressed with all sorts of flavours and sauces which pleased the taste. The entertainments given to the poor by the nobles and prelates at Christmas, Easter, and Whitsuntide diffused a taste and desire among all classes for good living. [Men do not proceed from rude habits of life except by contact with a higher civilization.] The barons imitated what they had seen in the palace, and the humbler classes, so far as they were able, imitated the example of the barons. Then, as now, only in a more powerful degree, the aristocracy influenced the life and habits of other classes, but the rapid development of a moneyocracy has broken the chain, and I doubt if the food of the agricultural labourer is so abundant or so well-cooked as it was in the early part of the reign of Henry VIII., when almost every peasant had his pig or cow, with plenty

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

of milk, and right of common. Our civilization and progress in wealth have not done much for us, so long as we have a single family, for no fault of theirs, without the means of purchasing food or the knowledge necessary to cook it. On special occasions, about three or four times in the year, the poor, to the number of hundreds and even thousands, were invited to partake of the hospitality of the baron; and when there was no room at the table the hall was littered with clean straw or rushes, and in spring and summer was decorated with green boughs and flowers. With their backs against the wall and a pewter platter or a wooden trencher on their knees, the people ate in gratitude and thankfulness their food. These hospitalities, associated with religion, and often given from religious motives by religious bodies, were the civilizing influences of a rude age.

Before the Reformation the people of England were celebrated for good living, hospitality, and abundance of food. The roast beef and plum pudding of old England, which are our standard national dishes, are as old as the hills.

> "For what are your soups and your sauces,
> Compared to the beef of old England?
> And, oh! the old English roast beef!"

The Saxon peasant lived on cabbages, fish, cheese, butter, soup, pork, rye bread and milk; the barons and ecclesiastics on roast beef, venison, game, fish, soups of the most varied kind, and meat bathed in delicious sauces, and wines. In the early part of the sixteenth century English cooking was the best

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

cooking in the world. With the Reformation a great change took place in the domestic life of the people. Vegetables, soups, and fish, which for two days in the week had been their chief food, were regarded as a popish custom; and the making of soup and the cooking of fish gradually fell into disuse. We know, however, that

> "The monks of Chertsey made good broth
> On Fridays when they fasted."

Large establishments were broken up; cooks opened inns and hotels; the art of cooking gradually declined; and in the reign of James II. it had fallen to its lowest depth. It revived again in the reign of Anne, and in the time of George I. Since that time it has gradually declined, but while the fire on the domestic hearth still flickers, we hope to enlist, in these efforts to promote good cookery, the best sympathies of thoughtful Englishwomen. In the reign of Louis XV. French cooking attained perfection under the *cordon bleus*. But English cooking is capable of a far greater development than French cooking, because we have a greater variety and better food, and we are fortunate in this school in having a greater patron that Louis XV. What is now called cooking in the houses of the humbler middle and the working classes, is little better than that of the Ancient Britons. In many of our public restaurants, hotels, and railway stations the greasy messes served up as soups, the stuff called coffee, the oxidised pieces of cold meat under yellow gauze, the pyramids of sausage rolls, the skin and gristle between slices of bread and mustard called

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

sandwiches, and the wedges of pork pies, are sufficient to indicate the paucity of our resources and the barbarous condition to which we have fallen. We hope by this school of cookery to awaken an interest in good cooking. We can teach you *how* to make your food wholesome, palatable, and digestible. [How much misery, and indigestion, and bad temper, arise from bad cooking! There is no civilized art so well calculated, however, to quicken the best faculties of a woman.) Cooking in its perfection becomes an experimental science, an intellectual exercise of the highest order; and if cooking had ever been studied as a science and practised as an art, if it had ever been taught as a necessary part of a woman's education, it would never have fallen to its present condition, nor would we have, as is now too often the case, a girl incapable of cooking a potatoe, or boiling an egg, engaged as a cook. In a disputed will case, one of the witnesses kept saying he knew the testator was a man of sound mind, and that he led a godly and pious life. The judge asked, "What do you mean by a man leading a godly and pious life?" "Please your lordship, he spent most of his time and money in teaching the poor to make cheap soup." It would be a good thing for all who lead, or who think they lead a godly and pious life, if they were able "by precept and by example," to teach the poor how properly to perform the common duties of life.

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

LECTURE II.

"Fools who sow farthings and expect to reap guineas."

"The greatest good of the greatest number is a measure of Right and Wrong."

HOUSES OF THE WORKING CLASSES—KITCHENS—OPEN FIRE GRATES—KITCHENERS—GAS STOVES—KITCHEN UTENSILS—FIRES AND FUEL.

It is very important that every family in every condition of life should possess the means of comfort and of health; a sufficiency of plain wholesome food and neatness of dress; and the man who has these blessings is not a poor man. There can be no such a thing as contented or happy hunger. A clean comfortable home, a few wild flowers on the table, and wholesome well-cooked food, are great helps to happiness and moral progress. But among a badly fed and badly housed people there will always be a craving for gin and beer and tobacco, and a low condition of morality. A family living in a dismal house, in a wretched alley, upon which the sun never shines—open, perhaps, to the rain and snow—breathe the stinking air of a crowded court or back-yard; and strive to satisfy their hunger two or three times a-day on unsavoury and badly cooked food. Alas! the

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

father of such a family, and perhaps the mother, too often find their way to the nearest public-house, and there obtain a temporary forgetfulness of their misery. Beer and tobacco take the place of wholesome food. But I know how difficult it is to cook or do anything with the grates and appliances usually found in the houses of the poor. Their only resources are a dirty frying-pan during the week; and sage and onions and a baker's oven on Sunday.

Houses for the working classes have generally been built by speculating builders, who take land at heavy ground-rents, and crowd together on the smallest area the largest number of houses. These are generally mortgaged before they are finished, and to meet the interest of money the builders must exact high rents, and if these fail the speculators pass through the chrysalis condition of bankruptcy, and come out with larger ideas on bricks and mortar and "beautiful for ever." We live in an age of lath and plaster and stucco. Make your houses look grand outside; crowd into every room a family at three shillings a week; try and escape all rates or compound for them at 50 per cent. below other persons; cover the scamping brick-work with plaster and whitewash; and sell as quickly as possible to somebody who wants houses either for occupation or investment: and this is called an enterprising policy. I cannot find language strong enough to express my disgust and contempt for men who try to make 20 per cent. out of dwellings for the labouring classes; men who have made the out-skirts of this metropolis as ugly as possible; who have chopped down thousands of trees without ever planting

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

one; who have run up dreary rows of houses with narrow streets, and at every corner erected a beer-shop, which rapidly develops into a public-house; such enterprisers are among the worst enemies of the working classes. No one can ever reproach me with any affection for these men; they are not my affinity; and I have denounced them over and over again in the parish vestry, which is chiefly made up of enterprisers and publicans, until they all hate me. With improved dwellings for the working classes, such as I see on the Shaftesbury estate, I hope we shall have improved arrangements for warming and cooking, with plenty of pure air and water. Science has not yet produced a good economic fireplace suitable for the homes of the working classes. You do not want a large kitchen or large range; the French cook in a very small space; but you do want a fireplace which costs more than 7*s.* 6*d.*, at which a woman can cook without being suffocated with smoke, or the grate falling into the room. One of the greatest comforts in a house is a good well-ventilated and well-lighted kitchen, with a good range and a good-tempered cook.

Kitchens in large towns are mostly underground, next door to the coal-cellar. Kitchens, if possible, should be on the same level with the dining-room and well lighted from the roof, or so lighted that the light falls full on the surface of the saucepans and stewpans. Cooks now have to work half their time by gaslight, which is always a disadvantage; and where the gas is not convenient, a lucifer match or a piece of lighted paper or a candle is used to see how things

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

are progressing; and the ashes and drops of tallow not unfrequently fall into the saucepan. In the construction of a house architects think too little of the arrangements of the kitchen; but it would be much better if they would occasionally consult the opinion of a cook. In this school most of our cooking has been done by gas; and I am often asked, What would you recommend? It is not my business to recommend anything. We have the old fashioned *open range*, the *closed range* or *kitchener*, of which there are several varieties, *gas stoves* and *charcoal stoves*.

Gas Stoves are very cleanly and are always ready for use; ladies can cook at them without inconvenience; and when no open fire is required they are a great comfort; they should always be fitted up, however, with a layer of white tiles round the edges. But if a constant fire is required gas becomes costly, especially where it is used for heating a regular supply of water. On the whole, a gas stove is not desirable as the only apparatus for cooking in moderate sized families.

Open Fire Ranges are more suited to English habits; we like to see the fire and we must roast our meat. A more thorough ventilation is obtained with an open range, which, moreover, is more healthy than a gas stove; and if you supplement the open range with a gas stove or charcoal stove, then you have all that is necessary.

Kitcheners or Closed Ranges are, perhaps, the most convenient for middle class houses, because they are adapted to a greater variety of work and are safe against downfalls of soot, and the saucepans are

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

stewpans are not blackened with smoke. The hot-plate top is a great advantage, but a closed range makes the kitchen very hot, and if anything boils over there is not sufficient ventilation to carry off the smell which finds its way all over the house. The kitcheners are rather complicated in their construction, and therefore require more intelligence in their management. Some are of opinion that roasting can be done quite as well in the roaster of a kitchener as before an open fire, but I believe in constantly basting meat, which cannot be done conveniently in an oven.

Utensils.—The following list is very complete, and I have mentioned many things which are not required in a small house. Each person must be the best judge of what he really requires and what he can afford. If you purchase ever so few things let them be good; there is no saving, but rather waste, in buying cheap kitchen utensils. Cheap knives made of soft iron; a saw made of tin-plate; imperfectly tinned or enamelled saucepans; skewers made of soft wire; clocks that won't keep time; scales which give you no idea of weight; common tin instead of blocked tin—avoid all such: they have a bad moral influence on the cook, and if the better articles cost a few shillings more, make the sacrifice; you will be amply repaid in the comfort you have in their use; and with care they will last a life-time. I should like to see porcelain saucepans and stewpans more used. When ladies make cooking fashionable we shall have many elegant things introduced; for there is no reason why a saucepan should not be beautiful as well as useful; and

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

working with beautiful things will give us beautiful ideas and associations.

LIST OF UTENSILS.*

	£	s.	d.
A clock	3	0	0
Weights and scales	1	4	0
A thermometer in wire cage to measure up to 500°		...	
A bain-marie	6	10	0
Three kitchen knives	0	12	0
One onion knife	0	2	0
A meat cleaver	0	4	0
A meat saw	0	4	0
A box of cutters for patties and pastry	0	4	0
A box of cutters for vegetables	0	4	0
A pestle and mortar nine or ten inches in diameter	0	17	6
A tin sugar dredger	0	1	4
A rolling-pin	0	3	0
Two paste boards	0	8	6
Eight white basins, various	0	8	0
Six dishes	0	10	0
A set of skewers	0	0	6
Two trussing needles	0	2	3
A mincing knife	0	2	3
A set of larding needles	0	8	6
A purée presser	0	1	0
Two tinned wire sieves	0	8	6
Three horse-hair sieves	0	4	6
One tammy sieve	0	2	0
One colander eight inches in diameter	0	2	3
One five inches in diameter	0	1	9
Two colanders four and six inches in diameter, with very fine perforations; these may sometimes be used instead of tammy cloth	0	4	0

* Messrs. Benham & Sons, of Wigmore-street, have kindly affixed the prices to most of these articles, but they are liable to fluctuation. They are neither the cheapest nor the dearest, but such as can be recommended.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

	£	s.	d.
Nine wooden spoons, various	0	3	6
One pointed gravy and sauce strainer	0	1	9
Two gridirons	0	7	6
One frying-pan eight inches in diameter	0	6	0
One frying-pan, six inches in diameter, to be kept for omelettes	0	4	6
A frying kettle, nine inches by six inches, and five inches deep, with frying basket	0	13	0
One thirteen inches by ten inches, four inches deep, handles at either end, and frying basket or drainer	0	15	6
Two baking sheets, one six inches, the other ten inches in diameter	0	4	6
One egg bowl and whisk	0	17	6
One fish kettle, twenty-two inches by seven inches, with drainer	1	10	0
Two large metal spoons	0	2	6
A soup ladle	0	2	3
Two skimmers	0	3	6
Two cylinder moulds for jellies and creams	1	2	0
Two plain moulds, for Charlottes and rice cakes	0	9	0
One pie mould, selected according to convenience		...	
A border mould	0	12	0
Three open tart moulds	0	3	4
Six oval tin dishes, various, for gratins	0	13	6
A sheet iron cover, with edges turned up about two and a-half inches, so that live coals may be placed on the top to brown gratins, &c.	0	3	6
A slice for boiled meat and vegetables	0	3	6
Eight or ten stewpans (various) with covers		...	
Two saucepans with covers	1	1	0
One brazing pan, twelve inches by eight inches, seven inches deep		...	
A two gallon stock pot	1	13	0
A one gallon stock pot	1	8	0
Five wooden triangles for standing saucepans on	0	9	0
A flour-dredger	0	1	0
A quart, pint, half pint, and gill measure	0	3	9
Two tin funnels	0	1	2

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

	£	s.	d.
Three iron saucepans for vegetables	1	8	0
A lemon squeezer	0	2	0

Lighting a fire.—Fuel has now become a very expensive article in every household, and the proper management of a fire should be the constant consideration of the cook. To light a fire, begin by placing a few cinders at the bottom of the grate, then take some crumpled-up paper, a letter, carpenter's shavings, or light dry brushwood, then a few dry sticks loosely across each other, then some of the largest cinders, then a few pieces of nobbly coal about the size of a tennis-ball, and finish with a few pieces nicely placed between the bars. Light the fire in two or three places at the bottom with a lucifer or lighted paper. A servant who uses a candle is wasteful and untidy. When the fire is well lighted place some larger pieces of coal and cinders at the back, and always put on the coal either with your hands, for which you may keep an old glove, or a shovel; never throw them on from the scuttle. All the small coal, cinders, and refuse place on the top, and in a few minutes you will have a good fire; and by a good fire is not meant a wasteful and extravagant fire, but one suitable for its purpose. How often are fires allowed to blaze and waste away when there is nothing to cook, and then suffered to go nearly out, when wood is used to make it draw up. A steady uniform fire may by attention be kept up with less fuel than one constantly stirred and going out. Always make the best use of the fire when it is burning; your labour will be lightened by timely forethought. When a

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

family sits round the cottage fire in the evening, why not think about to-morrow's dinner; the same fire will warm you and prepare your food, and this applies especially to soups, broths, and stews; these in the family of a working man cannot be over-estimated. No fire can burn without a supply of air; if your cinders and coal are closely packed, the fire will neither light easily nor burn freely. The heaf of the fire causes a current of air, which mostly passes through the lower part of the fire, and it is for this reason that a fire should always be stirred from the bottom. Remember always (even when you are cooking) to keep your fireplace and every thing about it clean and tidy, and while the fire is burning up and the kettle boiling, you can do many little things about the kitchen. Never be idle, and be not ignorant of anything in a great or small matter.

If you want a clear fire for the gridiron place a few cinders at the top, and sprinkle the fire with a little salt.

Charcoal was once largely manufactured and used in this country for cooking; and in some of the old kitchens charcoal is still used; it has the recommendation of great heat without flame, which is almost impossible with coal in an open fire. On the Continent charcoal is still extensively used for cooking purposes; and for braises, preserves, and stews there is nothing better.

Coal for cooking purposes is cheaper than charcoal, and almost all the cooking operations of a charcoal stove can now be performed by a carefully regulated hot-plate or gas-stove, and unless you have good ven-

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

tilation, the fumes from burning charcoal are dangerous; but where gas cannot be obtained, a charcoal-stove will be found a very useful addition to the open range.

The Economy of Close and Open Ranges.—This, like most other things, depends on management. If a cook were taught, as she ought to be taught, the elementary principles of heat and the construction of ranges, she would be able to manage her range more economically. How often have I seen cooks throw on the fire more coal when there was already too much. If a closed range be used, as only an educated scientific cook can use it, it is economical, when you remember the variety of work you can do with it. But if a cook does or will not understand the use of the dampers, and the fire is frequently and freely stirred, then a kitchener becomes a furnace, and is much more oppressive than an open range.

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

LECTURE III.

"Soup makes the soldier."—*Napoleon I.*
"You cannot feed soldiers on soups made out of nothing."—*Napoleon III.*

ON STOCK SOUPS AND POT AU FEU.

Soup is generally the first thing served at dinner, and when other dishes are to follow, it should never be of a heavy, satisfying character; as a rule, our soups are too rich. But if a soup is to be the only thing, as is frequently the case with the poorer classes, it should be of a nourishing character, and when no meat or meat-stock has been used, it may be improved with milk or thickened with maccaroni, pea meal, Indian meal, pearl barley, or oatmeal, and in this way all the conditions of a cheap wholesome food may be prepared. "The greatest heroes of antiquity," says Sir John Sinclair, "lived on broth. The liquor in which mutton or venison was boiled thickened with oatmeal and flavoured with wild herbs formed the morning and evening meal in the hall of the Highland Chief. Soups made without meat or a meat-stock are called vegetable or meagre soups; they are, however, generally thickened and improved by the addition of yolk of egg and milk, called a liason. All meat soups may be regarded as a decoction in water of gelatine, ozmazone, and the flavouring of the materials used in their preparation.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

STOCK.

Stock is the foundation of all meat soups, sauces, and purées. It is to a cook what oil is to an oil painter ; it is the life and soul of all domestic cooking, and has its origin in the French *pot au feu*.

In preparing stock the object is to extract from the materials the best broth, and for this purpose we should have a saucepan or stock-pot of tinned iron ; this is the cheapest and best, because it can be easily cleaned, and without a clean stock-pot or saucepan both the flavour and quality of the stock are injured.

In France a glazed earthenware pipkin is commonly used in small families.

HOW TO PREPARE STOCK.

To make three quarts of good beef stock, put into a saucepan or stock-pot 1½ lb. fresh shin of beef, ½ lb. bones broken into pieces, with 7 pints of clean rain-water, if you have it. Let the contents come slowly to the boil, then remove all the scum by requisite skimming. The addition of a little cold water at intervals will facilitate the rising of the scum by altering the specific gravity of the water ; if the scum be not removed it will partially redissolve and spoil the clearness and flavour of the stock, and you will have the trouble of clarifying. After well skimming add the following :—

1 oz. of salt ; 1 onion, weighing 5 oz., with 2 or, at most, 3 cloves stuck in it ; 2 leeks, say 5 oz. ; half head of celery weighing ½ oz. ; turnip cut into quarters, weighing 5 oz. ; carrot sliced, weighing 5 oz. ; parsnip sliced, weighing 1 oz. ; 1 teaspoonful of whole pepper.

The contents must now simmer at 180 to 200 degrees

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

for four or five hours; then remove the fat by skimming, which can be used when cold for frying and other purposes.

Take out the meat, vegetables, and bones, and strain the stock into an earthenware vessel or large basin, and keep it in a cool place free from dust; a piece of muslin gauze may be placed over it. Any remaining fat can be removed in a solid state when the liquor is cold. Stock soup, broth, or stew should always be kept in earthenware vessels. The vegetables should not remain longer in the stock than is necessary to properly cook them, as they afterwards absorb the flavour. In spring and summer, when vegetables are young, they cook in less time, but a stock may be and often is prepared without vegetables.

General Stock.

A stock may also be prepared from previously cooked meat and bones, but the stock will not be so good or rich in flavour as when prepared from fresh meat and bones. We never allow our children to take bones in their fingers, and after dinner the servant separates the fat, breaks up the bones, with any meat, skin, or gristle which has not been blackened by cooking, and with a few fresh bones we always have a little fair stock prepared from materials which many persons give to dogs or throw into the dust-bin. The idea which must be ever present in preparing a stock or soup is absolute freedom from fat. Spare no pains in skimming, and a little kitchen-paper or blotting-paper laid on the surface will remove sparks of fat which evade the spoon.

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

Caramel.

It is sometimes desirable that stock should be of a bright golden colour, although it is no better on that account. The point to remember in colouring is not to alter the flavour of the stock or soup; burnt onions or carrots should never be used; they impart a disagreeable taste. The only proper colouring substance is *caramel* or burnt sugar, which may be prepared as follows:—

Take a clean stewpan or saucepan and put in ½ lb. of pounded loaf sugar, and constantly stir it over the fire with a wooden spoon. When the sugar is thoroughly melted, let it come to the boiling point, and then boil slowly for fifteen minutes, with occasional stirring. When the sugar is of a dark-brown colour add 1 quart of cold water, then boil for twenty minutes on the side of the fire. Let it cool; then strain it, and keep it in clean well-stoppered bottles, and it is ready for use.

Caramel should be of a dark-brown colour; if it boil too quickly it will become black, and will spoil the colour and flavour of the broth.

When you use caramel put it into the soup tureen just before serving.

White Stock.

This stock is used for white soups. Take three pounds of knuckle or leg of veal, cut it up and break the bones; then add a slice of lean ham, and one pound of gravy beef. The white flesh of poultry or the fillets of a fowl will be a valuable addition, although not necessary. Butter the inside of a three-quart stewpan, slice one onion, and place it at

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

the bottom on the meat, and bones on it, moisten with a little water or stock, and simmer for one hour; then add three pints of water, three small carrots sliced, one leek, half head of celery, ½ oz. of salt, six white peppercorns, and a small bunch of fine herbs. Skim frequently, and let the whole simmer for five hours; then strain through a horsehair sieve into an earthenware vessel, and the stock is ready for use.

To clarify Soups.

Take the white and clean shell of an egg for every quart of soup; crush the shell in a mortar, and mix the shell and white of egg with a ¼ pint of cold water.

Whisk the mixture well, and then add about as much of the boiling soup, still beating up all together. Pour the mixture to the remainder of the stock in the saucepan, still stirring briskly till the whole comes to the boiling point. Remove from the fire, and let the stock remain ten minutes or till the white of the egg or albumen separates; then strain carefully, and the broth is clarified. The albumen and egg-shells entangle the small solid particles floating in the soup. If care be taken in the preparation of a stock or soup it will not often require clarifying.

To preserve Broth or Stock.

The first thing is to remove all the fat; then strain carefully into an earthenware vessel, and keep it in a cool place; a light gauze may be thrown over it.

In winter the stock will keep three or four days, but in summer it must be looked at every morning, or it is liable to ferment, and this can only be prevented by again boiling.

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

Purées.

The *purée* of any vegetable or meat is prepared by simmering till the substance is sufficiently pulpy or soft to be passed through a horsehair or tammy sieve. In the case of meat it is sometimes necessary to beat in a pestle and mortar after simmering. The sieve is placed bottom upwards over a dish or tin, and with a wooden spoon or *purée*-presser the substance is worked through, and what passes through is called a *purée*. It is sometimes necessary to moisten with a little liquor, which facilitates the passing of the *purée*. The *purée* of any vegetable stirred into a clear beef stock makes a soup and gives it its characteristic name.

The use of Butter for Soups.

Butter required for soups should be added at two different times, except in preparing a Julienne soup.

The first butter goes to fry the vegetables and adds little or nothing to the flavour. But, just before serving, two or three small pieces of butter in the tureen are a very acceptable addition; the butter should only be melted, for if boiled it loses its flavour and freshness. The addition of cold butter to soups and sauces is sometimes called a *liaison* of butter. A less quantity of butter is required for sweating vegetables than for frying or browning them.

Liaisons.

1. *Liaisons* are methods for thickening soups. One *liaison* is prepared by mixing flour with water, or milk, or broth. Mix the flour smooth with one of the above liquids, strain through a pointed strainer into the soup, continually stirring with the other hand. The proper

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

way to mix a *liaison* is to add some of the soup to it, thoroughly mix, and then add all to the soup.

2. Take the yolk or yolks only of eggs, say the yolk of one egg for one pint of soup; separate the white or albumen from the yolk by pouring backwards and forwards, put the yolks into a basin, beat up with a little powdered loaf sugar (if none has been used with the soup), a small piece of butter, add a quarter pint of cream or half a pint of milk for each yolk; when thoroughly mixed, add a little soup and stir; remove your soup from the fire, and then stir in the *liaison* with wooden spoon. [But never allow your soups to go on the fire after adding the *liaison*.]

A Bouquet garni.

A faggot of herbs, is constantly referred to in cooking, and is a mixture of parsley, thyme, and bay-leaf, and sometimes marjoram, rosemary, and a clove of garlic; these are tied into a bunch, and are used for seasoning. Wash the parsley, and arrange the other herbs so that they are enclosed within the parsley. The ends of the parsley should be folded over to more effectually enclose the herbs, and then tied round with string. A small handful of parsley, weighing say one ounce, one-sixteenth in weight of thyme, the same weight of bay-leaves, the same weight of marjoram, and, if used, one clove only of garlic, constitute an ordinary *bouquet garni*, or faggot of herbs. For a small *bouquet garni* use half the quantity; for a large, double the quantity.

Dried herbs.

These should always be to hand, and are best

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

prepared in the following way: Gather the herbs just before flowering, and dry them quickly in an oven or before a screen, and pick out all the stalks. Gouffe recommends the following preparations:— quarter ounce of thyme, one-eighth ounce of marjoram, quarter ounce of bay-leaf, one-eighth ounce of rosemary. These are to be pounded in a mortar, with half ounce of nutmeg, quarter ounce of whole pepper, half ounce of cloves, one-eighth ounce of cayenne pepper, and passed through a hair sieve, and kept in a dry place in a well-stoppered bottle. In these proportions a good seasoning is secured. The proportion for mixing with salt is one ounce of the mixture with four ounces of dry salt.

In addition to the usual flavourings, the following should be to hand: white vinegar, Tarragon vinegar (which you can make yourself), vanilla, garlic, orange-flower water, chillies, mixed pickles, and olive oil.

GENERAL INSTRUCTIONS.

I have been advised to mention the ingredients at the head of every recipe, but I have not thought it desirable to give either the price or the time required for cooking, because these must vary with circumstances; nor have I thought it necessary to give such ingredients as bread, water, pepper, salt, butter, flour, sugar, and such things as are to hand in every kitchen. Before cooking, arrange all your things as nearly as possible in order; no time is lost with this preliminary arrangement, it saves a good many steps; and as soon as you have finished with an article put it out of your way; this will save overcrowding, or perhaps in the middle

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

of your cooking you will have to leave off to make room for your work. I have referred to the proper management of a fire in Lecture II. Wash your hands, clean your nails, and read over slowly and thoughtfully the recipe. If you cannot understand it in all its details, perhaps it will be better to substitute one which you do understand. (No two cooks work exactly to the same recipe, nor is it desirable with persons who think about what they are doing.) There are some recipes more difficult than a proposition in Euclid; and, as a rule, I do not advise resorting to recipes in which the cook feels doubtful. Rain water is best for all cooking purposes—but it will sometimes be necessary to filter it. About half a pint of soup may be calculated for each person. Thick glutinous soups and sauces require constant stirring, and always use wooden spoons. A small teaspoonful of powdered loaf-sugar may be added to all vegetable soups, and green vegetables. Good oil may often be used instead of butter, or with butter, especially with lentils, beans, and peas. In the use of butter or dripping remember a less quantity is required for sweating than frying or browning vegetables.

In seasoning, be careful with vegetables, herbs and spices remarkable for strong flavours.

Chervil, Tarragon and garlic, must be used with caution. Strain your soups twice if necessary, and avoid as much as possible the use of ground pepper. Salt, when meat is being cooked, is best added towards the end, as its tendency is to harden the meat. Consider whether the things you propose to cook are in season, and readily obtained; so arrange your work that you have everything ready when it is wanted. Let every-

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

thing be done at its proper time, and nothing wasted; keep everything in its place and use everything properly. A convenient time should be selected for trying new recipes, but not when there is a dinner party. Let us begin with the *Pot au Feu.*

This is both an economical and wholesome dish, and is well suited either to a large or small family. Beef broth is the best of broth for all cooking purposes, and no trouble must be spared in preparing it. We commenced in this school with the *pot au feu;* it is the standard dish of all classes in France; and the origin of beef stock. As a rule, you cannot prepare a more wholesome or hearty kind of food than by soups and stews; it is the only kind of cooking by which you obtain the full value of all your materials, and it is not only the most wholesome, but it is the cheapest and most profitable form by which food can be prepared for working people. What a blessing if the labouring poor only knew how to turn little scraps of meat and vegetables into good food by making soups and stews. [A French peasant would live comfortably on what English people throw into the gutter.]

POT AU FEU AND BOUILLI.

Ingredients.

Beef.	Leek.	Parsnips.
Bones.	Carrots.	Turnips.
Onions.	Celery.	Bouquet garni.

Take a piece of fresh beef, weighing 6 lbs., and about a pound of bones; tie up the meat neatly with string or tape, and put all into a six-quart saucepan; then fill it up with sufficient rain-water to cover well

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

the meat and bones, and set it over the fire. Remove carefully the scum which will rise as the water warms; do not allow it to boil. Add at intervals cold water in small quantities; this will have the effect of checking the ebullition, and will help the scum to rise. When the scum is all removed, put in about an ounce of salt, a teaspoonful of whole pepper and allspice, one onion stuck with three cloves, one leek, and three carrots of average size, cut in two-inch lengths, two turnips of average size, each cut in four, and a *bouquet garni.* The above vegetables should not be put in all at once, but at short intervals, so as to keep the contents at the same temperature, which may now be skimmed for the last time, and placed by the side of the fire to simmer gently for three or four hours. According to the season, all or some of the following vegetables may be added: a small head of celery, cut in two-inch lengths, and a couple of parsnips. At the time of serving, strain the broth, and skim off all the fat; then add a small teaspoonful of pounded loaf-sugar. Make the broth boiling hot, and pour it into the soup tureen over small slices of toasted bread, adding, according to taste, a portion of the vegetables cut into thin slices. Remove the string or tape, serve the meat, and garnish with mashed potatoes, spinach, or other vegetables in season. Pepper and salt should be carefully used, they can be added to suit the taste after the soup is ready.

Precautions.—Remove all the scum and fat; fresh vegetables, and not to boil.

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

GREEN PEA SOUP.

Ingredients.

Green Peas.	Lettuce.	Onion.
Spinach.	Stock.	Mint.

Take a peck of peas. When shelled this will give you about a quart, but, whatever the quantity, divide into two equal parts, then shred finely one lettuce, one onion, or a dozen spring onions, and, if convenient, twelve leaves of spinach. Take a clean three-quart stewpan or saucepan, and melt two ounces of butter; add your vegetables and one part of the peas, a sprig of mint, and a small teaspoonful of salt, and a gill of stock; let these stew gently in the vapour of the butter with constant stirring till the vegetables are sufficiently soft to pulp or pass through a sieve. Place your sieve bottom upwards over a dish, pass the vegetables through a sieve by gently working with a wooden spoon; by this process all the tough, stringy parts of the vegetables will be separated. Add the pulp (that which has passed through the sieve) to two quarts of clear stock, a teaspoonful of whole pepper, a teaspoonful of pounded loaf-sugar, and a little more salt, if necessary. Bring it to the boil, skim, if necessary, and put it aside to simmer. This part is now ready. Take the remaining part of the peas and turn them into a saucepan of boiling water, with plenty of salt, and a small lump (size of a nut) of loaf-sugar; let them boil gently till done. Drain them through a colander and add to the soup, then serve with sippets of bread. Some cooks add a little chopped mint. The spinach gives a greener colour to the soup.

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

Precautions.—Fresh shelled peas, sweet butter, clean stewpans, good stock, constant stirring of the vegetables while stewing in the butter to prevent burning, are essential.

GREEN PEA PURÉE SOUP.

Ingredients.

Green Peas. Onion. Carrot. Stock.

1. Take a three-quart stewpan and boil three pints of green peas in plenty of salt and water, with one carrot and one onion. When the peas are sufficiently soft take out the carrot and onion; drain through a colander, and pass the peas through a tammy sieve; return the *purée* to the stewpan, and add two quarts of stock, a small teaspoonful of pounded loaf-sugar, and stir till it just comes to the boil. Stand it aside to simmer.

WITH RICE.

2. Boil four ounces of rice (see recipe for boiling rice); when done, put into a soup tureen; skim the soup, put half an ounce of sweet butter into the tureen, pour over the soup and stir till it is thoroughly melted, and serve. If the colour is too pale a few leaves of spinach passed through a fine sieve may be added. The rice for this soup is all the better if boiled with a little butter.

Precautions.—It is important to have fresh peas, and constant stirring till it comes to the boil.

GREEN PEA SOUP WITHOUT STOCK.

Ingredients.

Green Peas.

Proceed in precisely the same way as in the preceding recipe, using the water in which the peas have been boiled instead of stock.

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

Precautions.—Be sure to have fresh shelled peas, a clean stewpan, and carefully-boiled rice.

LENTIL SOUP (1).

Ingredients.

Small lentils.	Carrot.	Onion.
Bouquet garni.	Celery.	Stock.

Purchase three pints of lentils *à la reine.* There are two kinds—the small (*à la reine*) and the larger variety. The small are the better for making into a *purée.* Wash the lentils in two waters ; then put them into a clean four-quart stewpan, and add three quarts of water (clean rain water if you have it) a *bouquet garni,* one onion, size of tennis ball, with two cloves stuck in it, two or three leaves of celery, one carrot ¼ lb. Bring to the boil, skim if necessary, and let them simmer till the lentils are soft. Remove the *bouquet garni,* the onion, and carrot. Drain through a colander. Pound the lentils in a mortar and pass them through a sieve. Return the *purée* to the stewpan with two quarts of stock, continually stirring till it comes to the boil. Let it simmer for one hour with the lid only partly over. Cut up a small bunch of green celery leaves ; boil them in water, or better, in a little stock ; drain them through a colander, season, skim the soup ; put the celery into the soup tureen, pour the soup over, and serve.

Precautions.—Have good lentils, and good stock ; stirring to prevent burning, and not too much celery, or carrot.

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

LENTIL SOUP (2).

Ingredients.

Yellow lentils. Carrot. Onion. Celery.

Take a pint of yellow lentils, wash them in luke-warm-water—the bad ones float—put them in a stewpan with three pints of water, a small onion, one ounce, a sprig of celery, a quarter of an ounce, half a small carrot, one ounce, and a quarter of an ounce of salt. Boil: then allow the whole to simmer till the lentils are cooked (which you can ascertain by pressing one between the fingers, when it should bruise easily). To accelerate the cooking, pour in every half-hour a quarter of a tumbler of cold water, starting the boiling again after adding the cold water. (It was formerly usual to soak dry vegetables for *purées* for twenty-four hours, but the addition of cold water whilst boiling often renders this operation unnecessary.) The lentils being well done, drain them in a colander; reserve the liquor. Pass the lentils through a wire sieve on to a dish placed underneath to receive the *purée*. Moisten now and then, if necessary, with some of the liquor to facilitate the passing of the *purée*. When done, put the *purée* in a stewpan and add as much of the liquor as is required for the soup. Boil and simmer for half an hour, stirring with a wooden spoon. Put half an ounce of sliced bread in the soup tureen, and add half an ounce of fresh butter. Pour in the soup, stirring to melt the butter.

Precautions.—Be careful in selection of lentils, and see they are well cooked before making the *purée*.

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

LENTIL SOUP (3).

Ingredients.

Lentils.	Onion.	Salad oil.
Bouquet garni.	Rice.	Spinach.

Take a three-quart saucepan and put into it two quarts of warm water, half a pint of lentils, one onion with two cloves stuck into it, a *bouquet garni*, and a gill of good salad oil, or two ounces of butter. Let them come to the boil, and simmer for two hours, add two ounces of rice or pearl barley, and a pound of spinach blanched and chopped up. Let these boil together till well cooked, season before serving with pepper and salt.

Precautions.—This soup is thick, and requires almost constant stirring. It is very nourishing.

HARICOT BEAN SOUP.

Ingredients.

Haricot beans.	Bacon.	Onions.

Boil a pint of haricot beans; when half done, strain off the water and set them on with fresh boiling water, but in a smaller quantity; add one onion stuck with two cloves, a piece of bacon, weighing half a pound; add black pepper and salt to taste. Let the whole boil till the beans and bacon are cooked.

Precautions.—Have good beans and bacon, not too salt.

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

PEA SOUP.

Ingredients.

Peas. Spanish onion. Dripping. Dried herbs.

Take half a pound of good split peas, wash them in several waters, and let them soak all night in a pint of water. In the morning put two ounces of good butter or sweet dripping into a saucepan ; when it is melted add the peas, well drained from the water, with a lump of sugar the size of a walnut ; stir the peas frequently, and as they begin to thicken add from time to time a little water (half teacupful); when they have been on the fire about an hour add a Spanish onion, or two or three common ones, shredded very finely, half a teaspoonful of dried herbs, and half a teaspoonful of dried mint. Let all boil gently for two hours longer, add water as it thickens, and stir frequently to prevent burning, then rub through a coarse sieve, return the pulp to the saucepan with a quart of good stock, add salt and pepper to taste, let it boil five minutes, and the soup is ready.

This soup may be made with mutton broth, or with the liquor in which beef has been boiled, if not too salt. Then the water may be omitted and the broth used instead. If the soup is required to be very thick, use one pound of peas instead of half a pound.

Precautions.—This soup will require frequent stirring.

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

SCOTCH BROTH.

Ingredients.

Neck of Mutton. Onions. Leeks. Parsley.
Scotch barley. Turnips. Carrots.

Take a neck of mutton, and trim it as for cutlets, remove eight of the chops and put them aside on a dish. Put the remaining part of the neck into a three-quart saucepan with two quarts of cold water, with a little pepper and salt, and two onions, one with two cloves. When the water comes to the boil skim, add altogether half a pint of the following vegetables, made up of about equal quantities, carrots, turnips, leeks, and onions, cut up into quarter inch dice. Simmer for three hours. Blanch two ounces of Scotch barley, and finish cooking it in water with a little butter and salt. Put the chops into another stewpan, with some of the broth or stock, and nicely cook them. Drain the barley, and put it into the tureen with the chops. Remove the neck of mutton on to a dish, pour over it the broth, add a dessertspoonful of coarsely chopped parsley previously blanched, and serve.

Precautions.—Do not boil after adding the vegetables.

MUTTON BROTH.

Ingredients.

Scrag of mutton. Scotch barley. Turnip.
Parsley. Onion.

Take two pounds of scrag of mutton, and put it into a large basin, cover with cold water and a little salt to remove the blood, let it remain one hour. Then put it into a stewpan, with two quarts of water, with either one ounce of Scotch barley or rice or

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

oatmeal according to taste, and one onion. Let it come to the boil slowly, skim, and add two or three turnips cut into quarters. Let the contents simmer for two hours. A little chopped parsley or petals of marigolds are sometimes added; season with salt, strain into the tureen, and serve. For sick persons this broth should be prepared without any vegetable flavour, and should be carefully freed from fat.

Precautions.—This broth should be prepared slowly, and not too strong with turnip.

BRABANT BROTH.

Ingredients.

White stock. Spinach. Sorrel.

Put two quarts of good white stock into a clean three-quart saucepan, a handful of coarsely shredded spinach and a few leaves of sorrel, let these stew in the stock till tender, with a little pepper and salt and a small teaspoonful of sugar. Take a pint of cream or milk and beat it up with the yolks of four eggs, and just before serving mix the *liaison* with the soup.

Precautions.—Be careful with the sorrel, the acid flavour is sometimes objectionable.

JULIENNE SOUP (1).

Ingredients.

Carrots. Turnips. Onion. Leeks.
Celery. Chervil. Sorrel.

Take carrots (three ounces), turnips (three ounces), onion (one ounce), leeks (one ounce), celery (half ounce)—shred in small strips about one and a quarter inches long, melt one ounce and a half of good butter in a stewpan, and add the shredded

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

vegetables; fry to a nice brown colour, add three pints and a half of stock, and leave it to boil at one corner of the fire. When the vegetables are cooked, skim, put in a few leaves of sorrel, and a sprig of chervil, chopped finely, add a little powdered loaf-sugar, and serve in a soup tureen after having put in several crusts of bread cut up in small pieces.

Precautions.—Wash and dry the vegetables before shredding.

JULIENNE SOUP (2).

Ingredients.

Carrots.	Turnips.	Onions.
Leeks.	Sorrel.	Celery.
Chervil.		

This soup can be made all the year except in the months of January, February, and March, when the vegetables are too stringy to make a good Julienne.

Shred into small fillets one carrot, one turnip, one onion, a leek, and half head of celery, mince a little sorrel and chervil, and put these on a plate by themselves; melt an ounce and half of butter in a saucepan or stewpan, then add the shredded vegetables to stew in the butter till they are of a nice golden colour. Then add two pints of stock and leave it to boil; when the vegetables are cooked, skim the contents to remove any fat. A Julienne soup should be clear and transparent. When skimmed, add the minced sorrel and chervil and a little pounded loaf-sugar, and serve with small crusts of bread.

Precautions.—In this soup, use only the red portion of the carrot, and well dry the vegetables before frying.

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

SOUP FROM REMNANTS OF JOINTS.

Ingredients.

Bones. **Carrots.** **Turnips.**
Bouquet garni. Onions.

After all the meat available for a hash has been cut away from a leg of mutton, break the bones into pieces, the addition of a pound or two of fresh bones will be desirable, put them into a three-quart sauce-pan with two carrots and two turnips cut in quarters, and two whole onions, and a *bouquet garni.* Nearly fill the saucepan with water, add three cloves, a full tablespoonful of whole pepper and allspice in equal parts, and salt to taste. Set the saucepan on the fire, and let the contents simmer for four hours. Strain the broth, free it from fat, and use it as stock for any kind of thick soup. Pass through a hair sieve the carrots and one of the onions; melt an ounce of butter in a two-quart saucepan, and stir in a tablespoonful of flour. When the two are well mixed add a little of the stock, then the carrot and onion pulp, and gradually the remainder of the stock, or so much as will produce a *purée* of the consistency of pea soup. Pour it boiling hot over small dice of toasted or fried bread.

Precautions.—Take care that the soup is not too strongly flavoured with the vegetables.

CHANTILLY SOUP.

Ingredients.

Green peas. Parsley. Onions. Cucumber. Mint.

Put into a two-quart stewpan one pint and a half of green peas, a small bunch of parsley, and a small bunch

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

of mint with two finely-shredded onions (two and a half inches in diameter), and a small cucumber, peeled and cut into thin slices, add sufficient water to cover the vegetables, and boil with a teaspoonful of pounded loaf-sugar till they are soft enough to pass through a tammy sieve. Strain over a colander and make a *purée* of the vegetables. Stir the *purée* into three or four pints of stock, but do not boil after adding it or you will spoil the colour of the soup.

Precautions.—A proper mixture of the vegetables so as to agreeably blend the flavours.

BONNE FEMME SOUP.

Ingredients.

Lettuce. Onion. Chervil. Cucumber. Sorrel.

Shred finely a small handful of sorrel, four lettuces, one onion, two and a half inches in diameter, a sprig of chervil, and one moderate cucumber sliced. Place the vegetables, *except the chervil*, in a two-quart stewpan with one and a half ounces of butter, and a little flour. Simmer and stir for about ten minutes over a quiet fire.

Put into a large basin a full tablespoonful of flour, add three pints of white stock, and thoroughly mix. The liquor in which a fowl has been boiled, free from fat, will do quite well; the stock may, however, be made with beef or mutton, but the soup will not be so white. Add the soup to the contents of the stewpan, stir till it comes to the boil, then add a small teaspoonful of loaf-sugar. Skim and stand it aside to simmer for fifteen minutes. Just before serving add the chopped chervil, and a milk or cream *liaison*.

Precautions.—Do not burn, or brown, the vegetables

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

SOUP MAIGRE.

Ingredients.

Turnip. Carrot. Celery.
Onion. Green peas.

Melt slowly in a clean stewpan about one half ounce of butter; when melted add two onions, a quarter of a head of celery, a small carrot and turnips, all coarsely shredded. Let these vegetables stew in the butter for fifteen or twenty minutes until they are nicely browned, and stir frequently with a wooden spoon to prevent burning. Add three pints of boiling water, and, if at the proper season, three-quarters of a pint of green peas and six white pepper corns. When the vegetables are quite tender let the soup stand for a few minutes to clear, then strain into another stew-pan. Boil up and add an onion, half head of celery, a carrot and a turnip cut into fillets, or into wheels or into stars, with a vegetable cutter. When these vegetables are sufficiently cooked, the soup is ready. If necessary, season with pepper and salt.

Precautions.—Cleanliness, tender vegetables, and good butter are essential. Stir occasionally to prevent burning.

VEGETABLE MARROW SOUP.

Ingredients.

Vegetable marrow. Stock.

Take four young vegetable marrows, about six inches in length, the green variety is best, pare and remove the seeds, cut into small pieces of an equal size, and boil in about three pints of stock. When

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

sufficiently soft strain through a sieve into another stewpan, make the marrows into a *purée* and return it to the stock. Boil separately half a pint of cream and add to the soup, then thoroughly mix and serve. A milk *liaison* would be preferable to the cream.

Precautions.—Take care to remove all the seeds.

LEEK SOUP.

Ingredients.

Leeks. French roll. Potatoes.

Trim and wash six leeks, weighing altogether about six or seven ounces, cut them into pieces an inch long, and half an inch thick, put a little butter into a stewpan and cook till they are of a light brown colour; add one quart of warm water, a pinch of pepper and salt, then let them come to the boil and simmer for about twenty minutes. Cut a French roll into slices a quarter of an inch thick, divide each into four parts, and put into the tureen. Prepare a milk *liaison*, add it to the soup and then serve. To convert this into a *potatoe and leek soup* add, after pepper and salt, a quarter of a pound of sliced potatoes and let the whole boil gently till the potatoes are soft enough to make into a *purée*.

Precautions.—Carefully fry the vegetables.

ONION SOUP.

Ingredients.

Onions.

Take onions, weighing say nine ounces, cut them into slices and bleach them in boiling water. Take a two-quart stewpan and melt one ounce and a half of butter, add the onions and stir till they are of a light brown

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

colour, then thicken with a tablespoonful of flour and stir for two or three minutes. Add three pints of boiling water, and salt and pepper to taste. Stir till it comes to the boil. Let the contents simmer for five or ten minutes. Put into the soup tureen a few slices of dried bread and about one ounce of butter. Pour the soup gently, stirring all the time to dissolve the butter.

This soup may be improved with a *liaison.* All seasoning should be added just before serving.

Precautions.—Be careful to have good onions well boiled.

SPANISH SOUP.

Ingredients.

Onions.	Spinach.	Bread raspings.
Lettuce.	Celery.	Endive.
Bouquet garni.		

Thicken two quarts of water in a three-quart stewpan with bread raspings. These may be prepared by baking in an oven odd crusts of bread to a crisp brown colour. Then reduce to powder and pass through a sieve and keep in a dry place in a dry stoppered bottle. Take four or five onions, two inches in diameter, cut each into six pieces and add them to the water and bread raspings, with a little pepper and salt, cover the saucepan closely and boil for an hour and quarter. Strain the contents into a basin or back into the saucepan. Shred a quarter head of celery, one small lettuce, half head of endive, six leaves of spinach, and a small bunch of sweet herbs; then fry in butter. Melt an ounce and a half of butter in a three-quart stewpan, stir in some flour till nicely browned,

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

then add the shredded vegetables; in five minutes add the soup. Boil up till they are tender, skim, and pour into a soup tureen over fingers of fried bread.

Precautions.—Be careful to dry the vegetables before frying.

SPANISH ONION SOUP.

Ingredients.

Spanish onion.

Melt in a stewpan one ounce of butter or sweet dripping, add one large Spanish onion (shredded), and one and a half ounces of wheat flour or pea flour. Stir continually for five or ten minutes, then add three pints of boiling water, a little salt and pepper, skim, and boil till the onions are thoroughly cooked. Add a milk or cream *liaison*, cut up some pieces of bread and put in the tureen, pour over the soup and serve.

Precautions.—Avoid hurry or boiling quickly, and let the onions be well cooked.

ASPARAGUS SOUP.

Ingredients.

Asparagus. Stock.

Take a bundle of fresh green asparagus and remove all the tender parts and points. Put the points aside for the soup and plunge the other parts into boiling water, with a little salt, and let them blanch for three minutes, then drain through a colander. Take a clean three-quart stewpan and melt one ounce of butter with one ounce of flour, add the blanched asparagus and stir the contents for about five minutes. Then add

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

two quarts of good white stock. Simmer till the asparagus is cooked, strain into another stewpan, make a *purée* of the asparagus and return to the soup and boil steadily for fifteen or twenty minutes; skim if necessary. Boil the asparagus points in salt and water. Pour the soup into the tureen and add the asparagus points.

To make the soup much better, mix in the tureen two ounces of butter and half a pint of cream, and well stir when pouring in the soup.

Precautions.—The asparagus must not be tough or stringy.

POOR MAN'S SOUP.

Ingredients.

Potatoes. Onions. Parsley.

Shred three ounces of onions, and put them into a clean three-quart saucepan, with one ounce of butter or dripping or skimmings of saucepans, cook to a pale-brown colour, constantly stirring; now add one ounce of flour, and cook it for five minutes in the dripping, add three pints of boiling water and stir till it boils up, skim, add one pound of potatoes, shredded or cut into small slices, and boil till they are cooked, add pepper and salt and a dessertspoonful of chopped parsley, boil up, and pour into the tureen over half-inch squares of bread. This soup can be made very nourishing by using oatmeal or peameal instead of flour. If too thick, add a little more water. A milk *liaison* is a valuable addition to this soup.

Precautions.—See that the fat and onions do not burn or get too dark a colour.

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

CABBAGE AND BACON SOUP.

Ingredients.

Savoys or cabbages. Bouquet garni. Bacon.

Take two or three young summer cabbages or savoys, remove the outside leaves, wash them in plenty of salt and water, cut them across into pieces one inch in length, and remove the hard stalk. Take a pound of bacon or salt-pork, scrape it clean, and cut it down to the rind into fillets three-quarters of an inch in section, but do not cut the rind which is to hold the meat together; the fillets are easily removed with the ladle when serving the soup. Place the bacon rind downwards in a three-quart saucepan, then a muslin bag with a teaspoonful of whole pepper, or two cloves and three allspice, and a *bouquet garni*, add the cabbage, cover well with cold water, let it come to the boil, skim, and let the contents simmer till the cabbages are well cooked. Towards the end, add salt if the meat is not very salt. Serve with slices of bread in the tureen.

Precautions.—Young cabbages and bacon not too lean, are necessary.

OX-TAIL SOUP (1).

Ingredients.

Ox-tail. Butter. Onions.
Bouquet garni. Carrot. Stock.

Take two ox-tails of average size, cut them up at the joints, obtain as nearly as possible pieces of the same bulk. Put them into cold water with a little salt, and let them remain two hours to remove the blood. Drain them and dry them in a clean cloth;

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

put them into a three-quart stewpan with two ounces of butter, and a few pieces of lean beef, and cook till nicely browned, add two quarts of stock, one onion with two cloves stuck in it, and a *bouquet garni.* Bring to the boil, and skim and simmer for three or four hours till the tails are cooked. While the soup is simmering slice three young carrots, and cook them with fifteen button onions in a little stock. Take the pieces of tail from the soup, remove the bones, and put the meat only into the tureen with the carrots and strain, over the soup, and serve.

Precautions.—Careful cooking in the butter, and tender carrots are required.

OX-TAIL SOUP (2).

Ingredients.

Ox-tail. Carrots. Stock.
Onion. Bouquet garni.

Cut up an ox-tail at the joints, and soak for two hours in water with a little salt to remove the blood, then dry the pieces in a clean cloth. Put them into a stewpan with two ounces of butter, and cook till the pieces are nicely browned, add a little flour and stir it, then strain in three pints of stock or water, tie up two small leeks, parsley, celery, two bay leaves, thyme and eschalot into a faggot, two carrots, and one onion, with three cloves, a little pepper, salt, and mace; let the whole simmer for three or four hours, skim carefully, strain, and serve.

Precautions.—Careful cooking in the butter, tender vegetables, and not too strong a flavour, are essential.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

MULLIGATAWNY SOUP.

Ingredients.

Veal. Carrot. Onions. Turnip.
Ham. Apples. Curry powder.

Take a small knuckle of veal, cut it up, break the bones, and put it into a stewpan with one half ounce of butter, a quarter of a pound of lean ham, a small carrot and turnip, two onions, and four apples, all cut into quarters; add half a pint of water. Set the stewpan over a brisk fire, moving the meat frequently with a wooden spoon; let it remain until the bottom of the stewpan is covered with a brownish glaze, then add three tablespoonfuls of curry-powder, one of curry paste, and a quarter of a pound of flour: stir well in, and add four or five pints of water, a teaspoonful of salt, half a teaspoonful of sugar; when boiling place it at the corner of the fire, and let it simmer for two hours and a half, skimming off all the fat, then pass it through a tammy into a tureen. Trim some of the pieces of veal and put them back into the stewpan to boil up, and add them to the soup, and serve with plain boiled rice, on a separate dish. Ox-tails, or pieces of rabbit, or fowl, left from a previous dinner, may be served in it instead of veal, or the pieces of veal may be prepared separately, and the soup strained over them in the tureen.

Precautions.—Have a good curry powder, and give constant attention till the water is added.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

GIBLET SOUP.

Ingredients.

Giblets. Bouquet garni.

Scald and pick very clean two sets of goose, or four of duck giblets (the fresher the better), wash them well in two or three warm waters, cut off the beaks and split the heads, divide the gizzards and necks into mouthfuls. If the gizzards are not cut into pieces, the rest of the meat will be done too much. Crack the bones of the legs, put them into a stewpan, cover them with cold water; when they boil take off the scum, then put in a bundle of herbs, such as lemon thyme, winter savory, or marjoram, about three sprigs of each, and double the quantity of parsley. Twenty berries of all-spice, the same of black pepper; tie these up in a muslin bag, and stew very gently till the gizzards are tender. This will take from an hour and a half to two hours and a half, according to the size and age of the giblets. Take them up with a skimmer, put them into the tureen, and cover down close to keep warm till the soup is ready. Melt an ounce of butter in a clean stewpan, stir in a dessert-spoonful of flour; then pour to it by degrees a gill or half a pint of the giblet liquor, add the remainder by degrees; let it boil about ten minutes, stirring it all the while; skim it and strain it through a fine sieve into a basin; wash out the stewpan, then return the soup into it, and season it with a glass of wine, a little mushroom catsup, and a little salt; let it have one boil up,

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

and then put the giblets in to get hot, and the soup is ready.

Precautions.—Young giblets and freedom from scum are essential.

SOUP MAIGRE.

Ingredients.

Green peas.	Bouquet garni.	Bread raspings.
Sugar.	Lettuce.	Parsley.
Leek.	Celery.	

Take a three-quart saucepan, add to two quarts of water a pint and a half of green peas, a *bouquet garni*, a tablespoonful of bread raspings, a very small piece of mace, pepper and salt, three cloves, and a small teaspoonful of pounded loaf-sugar; simmer for two hours; strain into another stewpan, then add another half-pint of peas.

Fry lightly in some butter the coarsely shredded heart of one lettuce, a little chopped parsley, one leek, half-ounce of celery, add these to the soup, and let them simmer till cooked. Pour into the tureen, and serve.

Precautions.—Tender vegetables and careful frying are essential.

VEGETABLE SOUP.

Ingredients.

Onions.	Turnips.	Carrots.
A new roll.	Oatmeal.	Dried herbs.

Shred three good-sized onions, fry them to a nice brown colour in an ounce and a half of sweet dripping or butter, then put them into a saucepan with three

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

pints of water. Cut into small slices one large or two small turnips and the same of carrots, add them to the onions, with a pinch of dried herbs, pepper and salt. Boil gently three hours without the lid, then thicken with a spoonful of flour or oatmeal; boil ten minutes longer, and serve with pulled bread.

Precautions.—Young turnips and sweet dripping are necessary, and the onions carefully fried.

Pulled bread.—Take a new roll, pull it in half, tear out the crumb in small pieces with a fork, put them into the oven until crisp.

POTATO SOUP.

Ingredients.

Onions. Potatoes.

Take two pounds of potatoes, after they are peeled, and cut them into thin slices, or shred them; shred six ounces of onions. Take a three-quart saucepan and melt two ounces of butter or sweet beef dripping; put in the onions, let them cook five minutes in the butter, stir occasionally, then add the potatoes and three pints of water, or milk and water, or skim-milk; when the potatoes and onions are thoroughly soft, strain through a horse-hair sieve, return the liquor to the stewpan, and pass through the vegetables; stir the *purée* into the soup, season with pepper and salt.

The addition of a milk or cream *liaison* is a great improvement.

Precautions.—Do not blacken the onions; and frequently stir before making the *purée*.

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

FISH SOUP.

Ingredients.

Soles. Celery. Parsley.

Skin and fillet a pair of soles, cut out of the fillets with a cutter, in pieces the size of a penny. Put the head bones and all the trimmings into a saucepan, with one quart of stock, a large handful of parsley, a piece of celery, one onion stuck with two cloves, a blade of mace, and pepper and salt to taste. Let this boil slowly from three to four hours, skim and strain the liquor, put it on the fire again, and when it boils put in the cut pieces of sole. When they are cooked take them out, put them into the soup tureen with a little chopped parsley (blanched); then strain the soup into the tureen, and serve.

Precautions.—Do not allow the pieces of fish to remain in the soup after they are cooked.

VERMICELLI SOUP.

Ingredients.

Vermicelli. Parmesan cheese. Stock.

Take three ounces of vermicelli and bleach for five minutes in boiling water with a little salt; drain in a colander, and when cold plunge it into three pints of boiling stock, skim, and let it simmer gently for ten minutes, with frequent stirring, and it is ready. Rice, tapioca, sago, and all macaroni soups are prepared in the same way. When macaroni proper is used, it should be wiped with a clean cloth, and cut into one-inch lengths before adding to the boiling stock. Some boil the vermicelli or macaroni or

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

pastes separately in boiling stock or water, drain, and put into the tureen, and pour over the boiling stock. Vermicelli and all *pastes* for soups are varieties of macaroni, and should be of the best quality. A plate of grated Parmesan cheese should be served with these soups.

Precautions.—Be careful not to make the vermicelli too soft by over boiling.

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

LECTURE IV.

MISTRESSES AND SERVANTS.

Be ye kind one to another.

He that is slothful in his work is brother to him that is a great waster.

THE false notions which have grown up about work are at the bottom of much of our social discomfort. I have often insisted in this school on the dignity of all necessary labour, and nothing but false pride would ever make a woman ashamed of being known to work. There is a perennial blessedness in the faithful performance of household duties. Do you suppose that any man in his senses thinks less of his wife because she looks well to the ways of her own household? There is no occasion to put yourselves on terms of equality with your cooks, but a more frequent friendly intercourse between mistresses and their servants would help to a better mutual understanding.

A faithful good servant is a household blessing; on her temper frequently depends your temper; if a cook, she is the guardian of your health as well as your temper, but a cook who cannot cook, who does not know or care to know, who has no love of her art, who will not learn to make the best of everything, is a destroyer of your happiness, a prodigal waster of your substance,

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

and the sooner you clear the house of such a nuisance the better. I have met at morning prayers servants and mistresses with bad tempers. The religion of life has to do with the common duties of life; it is the habit of thinking and doing good things all the day long, and of being cheerful and good-natured to those who serve us; and if kindness on the part of a mistress fails to obtain kindness in return, then the sooner you part the better. But ask yourself, has there been anything in my conduct, or wishes, or language, or treatment towards my servants unbecoming a lady and a christian?

Perquisites, I have often spoken against. No invention of the devil has been a more fruitful source of dishonesty and of waste, and mostly among servants. The percentage of the tradesman, the sale of kitchen grease, which is often good dripping, the skimmings of saucepans, and fat meat most useful in the kitchen, ought to be discountenanced in every household. To sell fat at fourpence per pound and purchase lard at elevenpence; to purchase egg powders and charge for eggs, is simply dishonest. Better give your cooks two or three pounds a year more, and encourage them to make the best of everything, than allow perquisites. Well may Mrs. Brown believe that the race of honest servants, like the Trilobite, is an extinct species. The maid of all work is a maid of no work; the cook is extravagant, impudent and short tempered, the housemaid is an untidy slattern, and the lady's maid a proud time-serving minx. If a mistress when engaging a servant knew how to perform the various duties of a house, she would not have

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

so much trouble in obtaining a good servant, and the only way to learn these duties is to do them.

The physical exertion would be healthful; the scrubbing of a room, the use of a pestle and mortar, the wringing of a blanket, the sweeping of a carpet, and the making of bread, are the best calisthenic exercises for ladies. The physical effort called forth in the performance of these duties would be far more beneficial to health than either tatting or wool-work. You must not understand by these remarks that I am speaking against accomplishments in a lady; but of what value are these accomplishments unless they teach the elegancies and duties of domestic life. A knowledge of cooking may go, and has often gone, with the highest culture, and most delicate refinement. The most elegant and accomplished ladies at the cookery school are among the best cooks; they can clean a saucepan or they can prepare a dinner that would do no discredit to a professional cook. I wish this habit was more fashionable among the middle classes. The modern housewife often thinks it genteel to affect the most oblivious ignorance of household work; can you wonder at servants taking advantage of this ignorance, and speaking despisingly of their mistresses, as stuck up know-nothings? Now the true remedy for this state of things is the better education of all classes in the practical performance of household work, and the chief duty of every household, around which all other duties aggregate, is cooking.

I sometimes wonder how many of the young ladies one meets at places of public amusement, are able to undertake the duties of managing a house, and yet I

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

have read somewhere that every lady expects before she is thirty to undertake these duties. I sometimes hear them not only acknowledge their ignorance of all household work, but make a boast of it, as if nothing would so debase them in the estimation of their acquaintances, as their ability to make a loaf of bread or to prepare their husband's dinner. White hands, pretty faces, large chignons, curiously cut panniers, high-heeled boots, and an artless ignorance of the practical work of a house, may appear to a poor deluded soul of a young man rather interesting, but, alas for the man who marries such a woman, unless he also marries the Bank of England! He soon learns that this world is made up of hard rugged facts and experiences, and that the most romantic of persons must have something to eat. To sit and look at a doll will not satisfy an empty stomach, or make the pot boil, or put anything into it. The young ladies are not entirely to blame; their mothers have rather encouraged their ignorance of domestic management, but happy beyond description is the young woman, whatever her rank or station in life, who has been early taught the blessedness of household work. If mistresses were better taught, there would be little difficulty with servants, but it is hopeless to expect better instructed servants, or better behaved servants, until we have better instructed mistresses; and in dealing and speaking with domestic servants, remember that of one flesh and of one blood He made all nations. You must not interpret what I am about to say as unfavourable to orphan schools and asylums for girls. It is the practice of these institutions to send girls at sixteen or

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

seventeen into domestic service. Their first situation is often a place where the mistress would be all the better for doing the work herself, and whose circumstances do not admit of her acting justly towards a servant. The first situation often disgusts a girl with domestic service, and she prefers the slavery of the needle and the factory, and the freedom of the street. In large establishments everything is done by machinery. Hot and cold water, coals, cleaning, washing, drying, and even scrubbing and sweeping, are done by steam; potatoes are washed, and food is cooked, not in pounds, but tons. You might as reasonably expect a man to learn farming in a hot house, as to obtain good domestic servants (except by accident) from large establishments. The whole economy of these places is unfavourable to domestic service; a servant of all work generally begins life by wheeling for hours on the pavement a perambulator with two children, crying or sucking vigorously at the ends of india-rubber gas-tubing. Everything about her is wretched, depressing, and uncomfortable, and in a month she makes a change, till at last, if she fall no lower, she becomes the wife of a soldier or of a bricklayer's labourer, and the one room, called a home, is a den of filth and misery, and with a baby in her arms she goes into the streets to sell lucifers. I have been told by a lady of some experience that these girls generally make the worst of wives. But domestic service was once the highest ambition of girls, and would be again if we would only act a kindly part towards them, and do a little to make the poor things happy and hopeful. Almost among the earliest things

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

I can remember, were two clean, fresh-complexioned young women, with strong boots and straw bonnets of their own plait; they were the daughters of a small farmer in a neighbouring village, and they had come to thank my grandmother for some little kindness before they went to service. They had each a glass of mead and a piece of cake. I recollect the waggon waiting at the end of the village, and most of the people had turned out to wish them good luck and good bye. They sat behind on their little wooden boxes (made by the village wheelwright), which they opened to show my grandmother, and they looked very pretty and cheerful. The waggon, with six horses, started on its journey, and my grandmother and I walked across the meadow to meeting. I was a little boy without a mother. It was a lovely evening, the sun went down and seemed to rise again. At meeting there were only about five or six persons. We sat quietly for some time, as was the custom, and we often separated without a word, but this evening my grandmother, who was not a minister, prayed fervently that God would be a perpetual shield and protection to these two girls, who were not of our way of thinking on religious matters. Compare this with two sisters leaving Whitechapel or Lambeth for service in our time!

Domestic servants were once taken from a very different class of society. Farmers and small tradespeople used to train their daughters with a view to service, but the servants were treated more as equals and as part of the family. Now they are frequently taken from the lowest class of society. It is in these

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

times something for a poor girl to have a cheerful fire, a comfortable bed, a clean hearth-stone, plenty of food and decent clothing; and these, I should hope, are secured in most houses by domestic servants. In return for these, the mistress has a right to faithful service, obedience, carefulness, cleanliness, order, and a kindly interest in the welfare and happiness of the family; although a servant, there is nothing to prevent her feeling that she is one of the family. It was this feeling which kept girls in their first situations till they either married, or died old servants in the service which they entered as young women. It is sometimes said, that this cannot be done in small houses where only one or two servants are kept; but I know from experience that it is just as easy to keep servants for years in small houses as in large. I have been married twenty-three years, and I have never kept but one servant, and have never had but three, and two of them left to be married, and I believe the offer of double the wages would never have induced one of them to leave us. The great secret is to treat servants kindly, to take an interest in them, and in most instances kindness begets kindness. If you find your efforts to engage the love of your servant of no avail, then the sooner you separate the better; but, before separating, ask yourself, "is it from any fault of mine that I have failed?" Never keep a servant who feels no interest in the family, or who would not rise in the middle of the night to serve you, or who performs her daily work without a smile. I like to hear a girl sing over her work; it shows she is happy.

In dress, which is a constant source of complaint

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

and misery in many families, let mistresses set an example of neatness and good taste. The vulgarity of the rich people is, for the most part, far worse in its influence on society than the vulgarity of poor people. Nothing conveys a better idea of a woman's culture, whether a servant or a mistress, than the propriety and neatness of her dress.

"Neat, trim, and tidy, there she stood,
No finery of dress,
But simple, modest, woman-like,
And pretty not the less.

"No hoop to swing and knock about,
The firm and well-starched skirt
Sits well, and just was short enough
To clear the dust and dirt.

"And round her pleasant, cheerful face
No vulgar colours shone;
The neat white frill and well-brushed hair
Had beauty of its own."

If there is any tendency to vulgarity in the style or colour of the mistress's dress or bonnet, any large display of jewellery, these will be exaggerated in the servant. Teach your servants good taste in dress, not by tracts, and sermons, and fault finding, but by the more powerful example of a meek and quiet spirit; and a mistress ought to feel rather complimented than angry when her example is followed by others. The love of ornament is no doubt instinctive in a woman, and those who have had a better education should guide and direct it among those who have not had the same opportunities. A clean, neatly dressed,

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

cheerful servant, is a perpetual charm in every household.

The only certain method of making good servants, is to make those dependent on you respect and love you. They cannot be made by fear to fulfil your wishes, but love and respect will command anything. The subject may appear too homely and commonplace to require consideration; it is however one of importance. We are all in some sense servants one of another; the rich are as dependent on the poor as the poor are on the rich. There is a mutual servitude and a mutual obligation in every condition of life, and there is no sense in assuming high looks, and thinking and acting otherwise. The best servants are those who are best served; and the goodwill and kindness which we show to others are by them accorded to us; for it is a sin to suppose that domestic servants are by nature worse than their mistresses. We cannot have a better example of what our behaviour towards servants should be than that afforded by Boaz in his language to his reapers, when he came into the harvest field where Ruth the Moabitess was gleaning. Ruth, as we may all remember, was a young widow, living with her mother-in-law Naomi. These two came down to Bethlehem in the time of barley harvest, and Ruth went to glean in the field which belonged to Boaz. Instead of flying into a passion and uttering oaths, or indulging in coarse jokes to those working and gleaning, the address of Boaz to his servants was, "The Lord be with you!" and they answered him, "The Lord bless thee."

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

LECTURE V.

HASHES AND STEWS.

Better is a dinner with herbs where love is than a stalled ox and strife therewith.

If music be the food of love, play on.

HASHED mutton is the horror of most husbands, but this arises from its not being properly prepared. The first thing required is tender meat; if the leg or shoulder of mutton be tough the hash will be tough; but good tender mutton, with every piece which has seen the fire carefully removed, and if the hash be properly prepared, may be made a palatable inviting dish. Cold mutton, with a few sprigs of parsley and mashed potatoes, is considered by most men a sufficient justification for not coming home to dinner; but what is good enough for the wife and children, ought to be good enough for the husband. I quite admit that the greasy messes called hashes are not very inviting to a man after a hard day's work; but there ought to be no such thing as greasy messes, nor any place where a man can obtain a better, a cheaper, or happier dinner than with his wife and children. As for bachelors, it is not of much consequence where they dine or what they eat. The family dinner is the humanizing influence of every household. There is a freedom which

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

never obtains at any other time, and you get at the inner life and thoughts of your children. Sir Thomas Lawrence used to invite his sitters to dinner that he might strictly understand the natural expression of their characters. It should be the study of the wife to make the plainest food varied and attractive by good cooking, and she has a right to expect in return love from her husband and children, and a kindly interest in all the affairs of the family.

It is now some years ago, more than one likes to remember, that I had a bachelor friend; we used to take long walks together, and discuss the affairs of the country, and put everything right. My friend was a philosopher: he used to say, "Well, I've seen so many fellows make a mess of getting married that I shall be very careful what sort of woman I marry, that is, if I should ever be fool enough to marry."

All this, and much more, my friend used to preach to me whenever an opportunity offered. We were both in the convict service, but not as convicts; he was my senior and had a salary of about 150*l.* a-year, rising up to 250*l.* He was moved from the country to London, and for a time we were separated. In course of time I came to London, and our walks and our friendship (which was the purest and most disinterested I have ever known) were renewed; but my friend had become a changed character. He talked of the misery of being alone in London, and he frequently spent his evenings at a house where there were two young ladies, one of whom was very accomplished. She could do something in water-colours and wool-work, could talk French, knew all about the

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

kings of Judah, and the march of the Ten Thousand; and, among other accomplishments, she could sing at the Penny Readings. I reminded my friend of a verse in Ecclesiasticus, "Avoid the company of a singing woman, lest thou be overcome with her attempts." He was a little angry, but was anxious to introduce me to the other daughter, but I had given offence to the mother by a speech at the Christian Young Men's Tea-party, at which the mother and these young ladies were present. I said that halt the young ladies of the present day would wonder how the apple got into the dumpling, and all the mothers and the young ladies present considered this very insulting. As all the parties are now dead, there can be no impropriety in my referring to this circumstance. My friend got married on 200*l.* a-year, and a man and his wife may live respectably and comfortably on 200*l.* a-year, if the woman knows how to cook and the family is not too large. He took a semi-detached villa, one of those ugly plaster things in which the neighbourhood of London abounds. Two months after my friend was married, he wished me to dine with him and be introduced to his wife. We met by appointment at the station and arrived at the semi-detached villa, which was like a packing-case with square holes. The hideous cast-iron railings in front, the compo steps leading to the front door; the sixpenny knocker, painted black, with a goat's head; the newly varnished door, cracked and split in every direction by the sun, like a map of Europe. The newly gravelled path; the yellow marble paper and narrow passage, with the drawing-room separated from the dining-room by folding-doors, which would

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

neither open nor shut; cheap ugly fireplaces, with iron sufficient to make a railway 25 per cent. was the leading idea of the man who built it. Inside and outside there was nothing but show and untruthfulness.

The drawing-room carpet was beginning to show by faint white lines the exact width of the flooring-boards. The kitchen chimney had caught cold and smoked, so we had to wait about three quarters of an hour beyond the time appointed for dinner, which neither improved my friend's temper nor his language. I kept saying it was all right, and as we had nothing to do, waiting was of no consequence. At last the happy moment arrived. Only a plain dinner, fish and a leg of mutton; they kept a very plain cook and a waiting maid. I thought this rather strong on two hundred a year, but everybody must be the best judge of their own affairs. A piece of turbot came up like fish-soup, in small pieces; it had been boiled to rags and strained over a colander, and I should never have known what kind of fish it was if I had not been told. My friend, I could see, was getting uncomfortable; he complained about good fish being spoilt and the waste of food and so on. Then followed the leg of mutton, black all over except the ends. Attempts had been made to scrape off the black, which had removed the skin, which had been clumsily stuck on again; it looked anything but nice. When the knife went into it off came the skin, and you could see that from about three-quarters of an inch from the outside it was as fresh and as tough as it was in the butcher's shop. My friend was bursting with anger, but his wife said, very blandly, "Cut off the outside, my dear, the remainder

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

will do for hash ; I am told it is all the better for not being too much done."

Then came the vegetables, cabbages and potatoes, the potatoes in a squashy condition and the cabbages raw. My friend now made use of language I had never heard him use before. His wife remonstrated with him, she threw all the blame on the servants, who had, perhaps, never seen a leg of mutton before, except in a butcher's shop. After my friend was a little more composed he said to his wife, "You ought to have seen to the cooking yourself." And now for the climax. His wife replied, "Very complimentary to know that when you married me you thought you were marrying a cook." My friend swore, it was not his habit. His wife cried and left the room, and this is how two young persons commenced their married life on two hundred a year.

We went into the garden and smoked ; my friend seemed a little comforted with his pipe. I began to feel he had made a mistake, but his was one of those natures that could not or would not be reasoned with. He gradually took to dining away from home, and spending his evenings with sporting men or at billiards, he became a gambler and a drunkard, lost his situation, and died at thirty-one in an hospital. His wife endeavoured to earn a livelihood for herself and her little child by teaching music, and after a wearisome struggle the child died, and the mother shortly followed to that place where the weary are at rest. What a misfortune that this young lady had never been taught the practical duties of domestic life, for God intended that man and wife should be happy in this world, but Pride, Pretence,

Digitized by Google Original from NEW YORK PUBLIC LIBRARY