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Cookery, American.

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THE

AMERICAN

SYSTEM OF COOKERY,

COMPRISING

EVERY VARIETY OF INFORMATION

FOR

ORDINARY AND HOLIDAY OCCASIONS.

BY

MRS. T. J. CROWEN,

Author of "Every Lady's Book," of which over two hundred thousand copies have been sold.

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REMARKS

ON THE

ARRANGEMENT AND FURNITURE OF THE BREAKFAST AND DINING-ROOM FOR FAMILIES.

The dining or breakfast-room should be cool, light, and airy, with not much more than the indispensable furniture.

In summer, the floor covered with a straw-matting or an oil-cloth; in winter, with a dark, warm-looking carpet.

A sideboard, or narrow tables, at the side or end of the room, for the convenience of dessert and changes of dishes; or else have dumb waiters, (which are stands supporting large trays.)

Most modern houses are built with sliding-closets: when the dining-room is above the kitchen, this is almost indispensable: or, the waiters' pantry—between the dining-room and kitchen—has an open communication with it, that the dishes may be passed to and from the cook, without the delay and awkwardness of opening and shutting the doors: or, when there are no servants in attendance, it is convenient to have the dessert arranged on a tray covered with a white napkin, and placed on a stand or small table at the left hand of the mistress or head of the table, and one on the other hand, for receiving empty plates, &c.

For Breakfast.

Have a white cloth, with the folds regular and perceptible; let each dish be polished with a soft napkin as it is placed upon the table, otherwise there is apt to be a dimness, from having been put together before they were perfectly dried; and further, to remove the traces of the necessary handling, in putting them to their places and returning them to the table.

The plates may be put in a pile at the left hand of the carver, or at regular intervals around the table. A vast difference may be made in the appearance and neatness of the table, by the manner in which the knives and forks, and spoons, and other paraphernalia, are placed.

The coffee-urn or pot should have on its brightest face, and all the recommendative warmth of its nature—ready for a free

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outpouring; the cream or boiled milk should not lack heat, and, not "to waste its sweetness" on the unappreciating air, should be contained in a covered pitcher of tin or other metal; the sugar-basin, whether of the same as the other dishes, or of metal, should be bright and covered, with a large-sized tea or sugar-spoon beside it; the cups and saucers may be placed in heaps of three, within the circle of the sugar, slop, and cream vessels. Let the urn or coffee-pot be set at the right-hand side of the one who serves it; and if tea is used, let it be placed on the same side in a line with it; the one to be least called for, to stand at the outer corner of the tray—which may be placed at the middle of the broadside of the table, or at one end.

Before putting the dishes on it, the tray should be covered with a white napkin, fringed at the ends.

Small napkins or doyles, folded in four and ironed very smoothly, may be laid at each plate, which should be reversed, or turned the bottom side up, and the knife and fork at the right-hand side, or the knife at the side and a silver fork in front of the plate. Since so it is, that many Americans dislike the use of a silver fork—finding it exceedingly clumsy and awkward—it is best to place the one belonging to the knife with it, at the side of the plate, leaving it optional which to make use of.

Let the cruet-stand or castor occupy the centre of the table. If there are more than five or six persons, have two small plates of butter, one at either end of the table, and opposite each other: let there be two plates of bread or rolls, or one of either of these, and the other place for hot griddle cakes, or corn bread, or toast.

Opposite the tray or head of the table, let the steak, or fry, (or whatever principal dish,) be placed, with the carving-knife and fork before it, and dishes of hominy or boiled rice, or mashed potatoes and boiled eggs or hash, opposite each other, and the plates of bread, between the steak-dish and tray, having one of the plates of butter between each two, and the castor in the centre; also one or two salt-stands filled with fine salt and neatly marked with a teaspoon or otherwise, and a salt-spoon across each, may be placed diagonally opposite each other. These, with a pitcher of ice-water and several tumblers, occupying the corners of the table on either side of the carver, complete the breakfast-table.

If there is a servant or waiter in attendance, let such stand at the left hand of the mistress or head of the table, with a small tray, and pass the cups to and from her, presenting it at the left-hand.

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HINTS

ON THE

ETIQUETTE OF THE DINNER TABLE.

Without a perfect knowledge of the art of carving, it is impossible to perform the honors of the table with propriety; and nothing can be more disagreeable to one of a sensitive disposition, than to behold a person, at the head of a well-furnished board, hacking the finest joints, and giving them the appearance of having been gnawed by dogs.

It also merits attention in an economical point of view; a bad carver will mangle joints so as not to be able to fill half a dozen plates from a sirloin of beef, or a large tongue; which, besides creating a great difference in the daily consumption in families, often occasions disgust in delicate persons, causing them to loathe the provisions, however good, which are set before them, if helped in a clumsy manner.

One cannot, therefore, too strongly urge the study of this useful branch of domestic economy; and I doubt not that whoever pays due attention to the following instructions, will, after a little practice, without which all precept is unavailing, speedily acquire the reputation of being a good carver.

A few hints are prefixed on the etiquette of the dinner table, which will be found useful. In that, however, much must be left to a quick and observant eye, and a determination to render yourself as agreeable as possible.

As Host.—The important day on which you feast your friends being arrived, you will be duly prepared to receive the first detachment. It were almost needless to observe that the brief interval before dinner is announced, may be easily filled up by the common-place inquiries after health, and observations on the weather; as the company increases, provided they were previously acquainted, you will find your labors in keeping up the conversation very agreeably diminished.

While your guests are awaiting the announcement of din-

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ner, it will be expedient that you should intimate to the gentlemen of the party, as unobtrusively as possible, which lady you wish each to take in charge, that, when the moment arrives for your adjournment to the dining-room, there may not be half a dozen claimants for the honor of escorting *la plus belle* of the party, while some plain *demoiselle* is under the painful necessity of escorting herself. Such a scene as this should be carefully provided against by the mode above suggested.

When dinner is announced, you will rise and request your friends to proceed to the dining-room, yourself leading the way, in company with your most distinguished female visitor, followed immediately by the hostess, accompanied by the gentleman who has the best claim to such an honor. The remainder of the guests then follow, each gentleman accompanied by the lady previously pointed out to him.

Arrived at the dining-room, you will request the lady whom you conducted to take her seat on your right hand; then, standing behind your chair, you will direct all your visitors to their respective seats.

Having taken your seat, you will now dispatch soup to each of your guests, from the pile of plates placed on your right hand, without questioning any whether you shall help them or not; but, dealing it out silently, you will first help the person at your right hand, then at your left, and so throughout the table.

You will not ask to be allowed to help your guests, but supply a plate in silence, and hand it to your servants, who will offer it to such of the company as are unprovided. Never offer soup or fish a second time.

If a dish be on the table, some parts of which are preferred to others, according to the taste of the individuals, all should have the opportunity of choice. You will simply ask each one if he has any preference for a particular part; if he replies in the negative, you are not to repeat the question, nor insist that he must have a preference.

Do not attempt to eulogize your dishes, or apologize that you cannot recommend them,—this is extreme bad taste; as also is the vaunting of the excellence of your wines, &c. &c.

Do not insist upon your guests partaking of particular dishes. Do not ask persons more than once, and never force a supply upon their plates. It is ill-bred, though common, to press any one to eat; and, moreover, it is a great annoyance to be crammed like turkeys.

Neither send away your plate, nor relinquish your knife and fork, till your guests have finished.

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Soup being removed, the gentleman who supports the lady of the house on her right, should request the honor of taking wine with her; this movement will be the signal for the rest. Should he neglect to do this, you must challenge some lady.

Until the cloth be removed, you must not drink wine except with another. If you are asked to take wine, it is a breach of etiquette to refuse. In performing this ceremony, (which is very agreeable if the wine be good,) you catch the person's eye, and bow politely. It is not necessary to say anything.

If you have children, never introduce them after dinner, unless particularly asked for, and then avoid it if possible.

Never make any observations to your servants at dinner, other than to request them to provide you with what you require, or to take away that which may be removed.

With the dessert, you will have a small plate, two wine-glasses, and *doyles*, placed before each guest. If fresh fruit be on the table, as pears, apples, nectarines, &c., a knife with a silver or silver-plated blade should be placed by the side of each plate; a steel blade, in addition to being discolored by the juices, imparts an unpleasant flavor to the fruit.

As Guest.—To dine out, it is usually understood that you must be invited; there are, however, some *gentlemen*, who have attained to that high degree of refinement which enables them to dispense with such a stupid ceremony. They drop in as dinner is being served up, when it is impossible that the party on whom they intrude can do other than request them to stay and dine, though we suspect he has a much stronger *inclination* to kick the unwelcome guest into the street.

We would recommend you to eschew such practices; but when invited, return an answer in plain terms, accepting or declining. If you accept, be there at the appointed time. It is inconvenient, on many accounts, to yourself and to your friends, either to be too late or too early.

You will probably have to wait a little time before dinner is announced. During this short period, render yourself as agreeable as possible to the assembled company.

Your host will doubtless point out to you the lady he wishes you to escort to the dining-room. You will be in readiness to attend upon her the moment you are summoned to adjourn. Offer her your right arm, and follow in order. Should you have to pass down stairs, you will give the lady the wall. You will take your seat at the table on the right hand of the lady you conducted.

Being seated, soup will be handed round. When offered, take it; but if you prefer fish, pass it on to your neighbor.

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You must not ask for soup or fish a second time; it will not be offered—you would not be so rude or selfish as to keep the company waiting for the second course, that you may have the pleasure of demolishing a double portion of fish.

Fish must be eaten with a silver fork, as the acid in the sauce, acting on the steel of an ordinary fork, gives an unpleasant flavor to the dish. For this reason, also, a knife should not be used in eating fish.

If asked whether you have a preference for any dish, or any particular part of a dish, answer plainly and distinctly as you wish.

Pay as much attention to your companion on your left, as politeness requires, but do not be unnecessarily officious. People do not like to be stared at when eating.

When you are helped to anything, do not wait until the rest of the company are provided. This is very common in the country, but shows a want of good breeding.

Do not allow your plate to be overloaded with a multifarious assortment of vegetables, but rather confine yourself to one kind. When you take another sort of meat, or a dish not properly a vegetable, you must change your plate.

If you have the honor of sitting on the right hand of the hostess, you will, immediately on the removal of soup, request the honor of taking wine with her.

Finally, to do all these things well, and to be *au fait* at a dinner party, be perfectly at you ease. To be at ease is a great step towards enjoying your own dinner, and making yourself agreeable to the company. Fancy yourself at home; performing all the ceremonies without any apparent effort. For the rest, observation and your own judgment will be the best guide, and render you perfect in the etiquette of the dinner-table.

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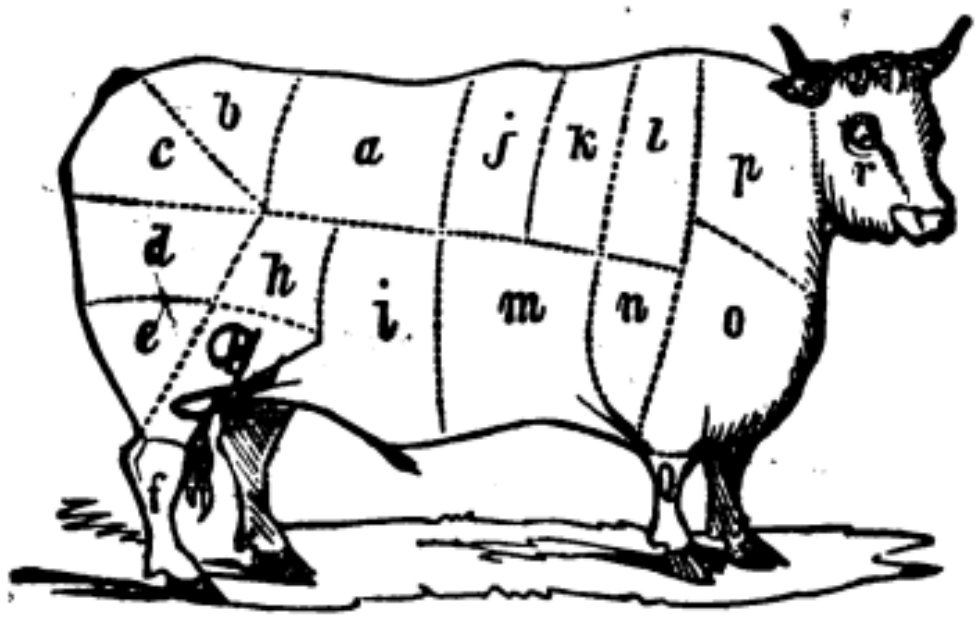
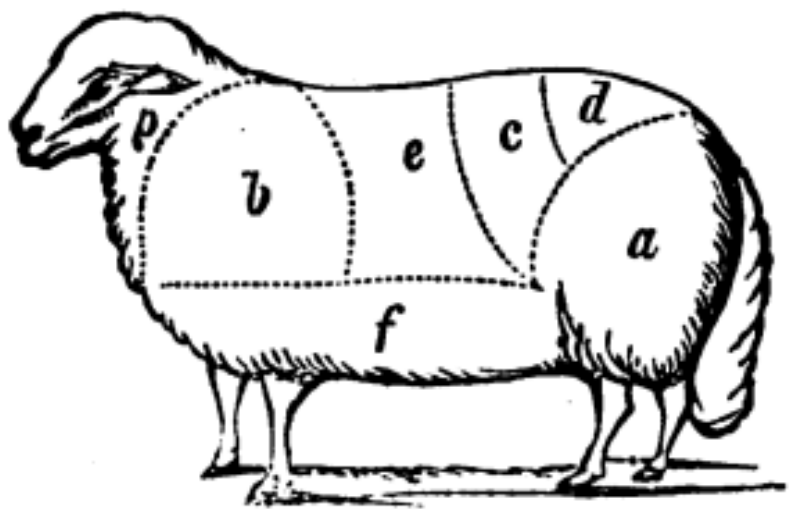
BEEF.



a The Sirloin.
b The Rump, or Round.
c Edge-Bone.
d Buttock.
e Mouse-Buttock.
f Leg.
g Thick Flank.
h Veiny Piece.
i Plate Piece.
j Ribs.
k Prime Ribs.
l Chuck Ribs.
m Brisket.
n Shoulder.
o Clod.
p Neck.
q Shin.
r Head.

MUTTON.



a Leg.
b Shoulder.
c Loin.
d Loin.
e Neck.
f Breast.

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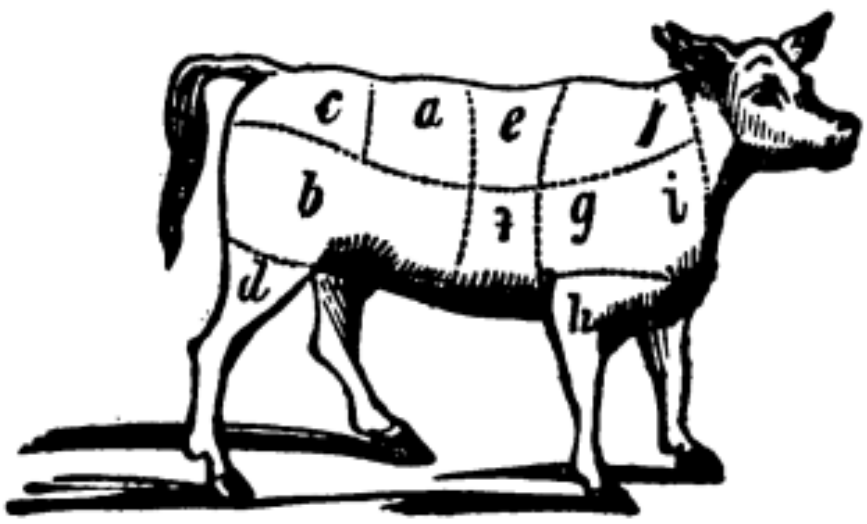
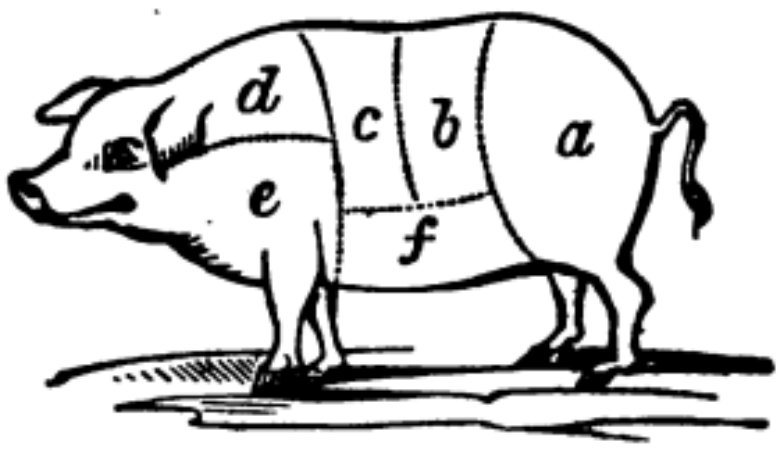
VEAL.



- *a* Loin, best end.
- *c* Chump End.
- *b* Fillet.
- *d* Knuckle:
- *e* Neck, best end.
- *f* Breast, best end.
- *h* Knuckle.
- *g* Blade-Bone.
- *j* Scrag, or Neck.
- *l* Breast.

PORK.



- *a* Ham.
- *b* Hind Loin.
- *c* Fore Loin.
- *d* Spare-Rib.
- *e* Hand, or Spring
- *f* Belly.

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CARVING.

In carving, your knife should not be too heavy, but of a sufficient size, and keen edge. In using it, no great personal strength is required, as constant practice will render it an easy task to carve the most difficult articles; more depending on address than force.

The dish should be sufficiently near to enable the carver to reach it without rising, and the seat should be elevated so as to give command over the joint.

Show no partiality in serving, but let each person have a share of such articles as are considered best; for however you conciliate the one you favor, you must bear in mind that you make enemies of the other guests.

FISH

Requires very little carving. It should be carefully helped with a fish-slice, which, not being sharp, prevents the flakes from being broken; and in salmon and cod these are large, and add much to their beauty. A portion of the roe, milt or liver should be given to each person.

Mackerel.

In helping, first cut off the head at 1, as that part is very inferior and unsavory: then divide down the back, and give a side to each. If less is asked for, the thickest end, which is the most choice, should be served. Inquire if the roe is liked. It may be found between 1 and 2. That of the female is hard, of the male, soft.

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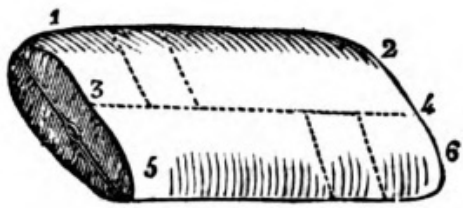


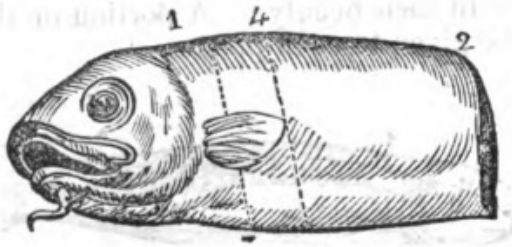
Salmon

Is rarely sent to the table whole, but a piece cut from the middle of a large fish, which is the best flavored part of it. Make an incision along the back. 1–2, and another from 5–6; then divide the side about the middle, in the line 3–4; cut the thickest part, between 1–3, 2–4, for the lean, the remainder for the fat. Ask which is preferred, and help as the fancy of your guests may demand. When the fish is very thick, do not venture too near the bone, as there it has an ill flavor, and is discolored.

In paying your respects to a whole Salmon, you will find the choice parts next the head, the thin part next; the tail is considered less savory.

Carp, Perch, Haddock, Etc.

will be easily helped, by attending to the foregoing directions. The head of the Carp is esteemed a delicacy, which should be borne in mind.



Cod's Head and Shoulders.

Introduce the fish-slice at 1, and cut quite through the back, as far as 2. Then help pieces from between 3 and 4; and with each slice give a portion of the sound, which lines the under side of the back bone. It is thin, and of a darker color than the other part of the fish, and is esteemed a delicacy.

Some persons are partial to the tongue and palate, for which you must insert a spoon into the mouth. The jelly part is

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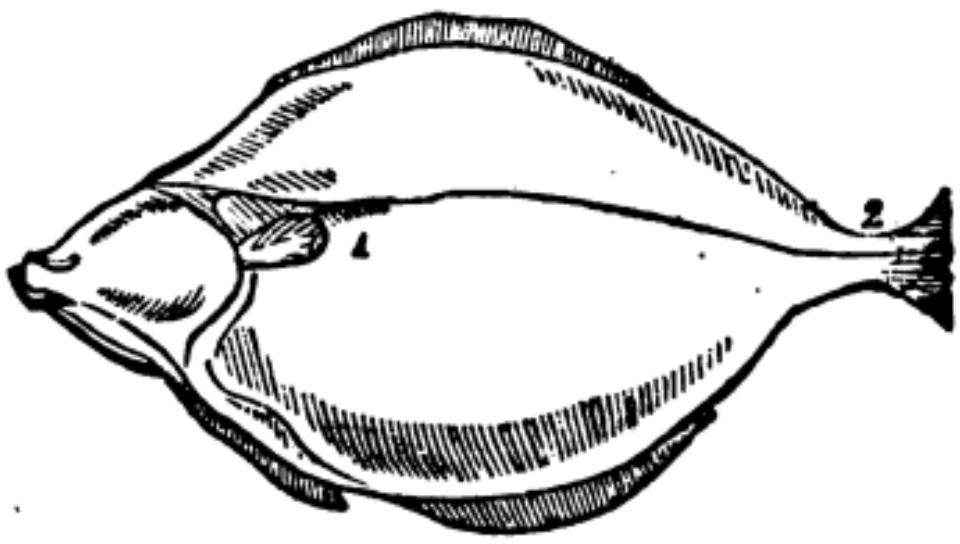
about the jaw; the firm part within the head, on which are some other delicate pickings; the finest portions may be found about the shoulders.



Turbot.

The under side of this fish is the most esteemed, and is placed uppermost on the dish. The fish-slice must be introduced at 1, and an incision made as far as 2; then cut from the middle, which is the primest part. After helping the whole of that side, the upper part must be attacked, and as it is difficult to divide the back bone, raise it with the fork, while you separate a portion with the fish-slice. This part is more solid, and is preferred by some, though it is less delicate than the under side. The fins are esteemed a nicety, and should be attended to accordingly.

Brill, Soles, Plaice,

and *flat* fish in general, may be served in the same manner as a Turbot.

JOINTS.

In helping the more fleshy joints, such as a Sirloin of Beef, Leg of Mutton, Fillet of Veal, cut thin smooth slices, and let the knife pass through to the bones of Mutton and Beef.

It would prevent much trouble, if the joints of the loin, neck and breast, were cut through by the butcher, previous to the cooking, so that when sent to table, they may be easily severed. Should the whole of the meat belonging to each bone be too thick, one or more slices may be taken off between every two bones.

In some boiled joints, round and aitch-bone of beef for instance, the water renders the outsides vapid, and of course un-

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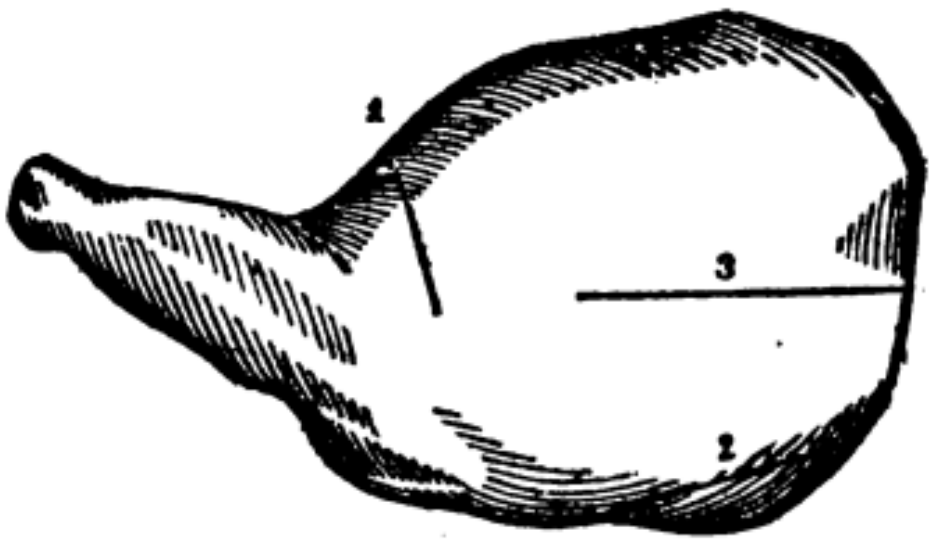
fit to be eaten; you will therefore be particular to cut off and lay aside a thick slice from the top, before you begin to serve.

Saddle of Mutton.

This is an excellent joint, and produces many nice bits. Cut the whole length of it close to the back bone, and take off some long thin slices in that direction. The upper division consists of lean; the fat may be easily got at by cutting from the left side.



Shoulder of Mutton.

Cut in to the bone at the line 1, and help thin slices of lean from each side of the incision; the prime part of the fat lies at the outer edge, at 2.

Should more meat be required than can be got from that part, cut on either side of the line 3, which represents the blade bone, and some good and delicate slices may be procured. By cutting horizontally from the under side, many "nice bits" will be obtained.

Loin of Mutton.

As the bones of this joint are divided, it is very easily managed. Begin at the narrow end, and take off the chops; when the joints are cut through, some slices of meat may be obtained between the bones.

Haunch of Mutton.

consists of the leg and part of the loin, cut so as to resemble a haunch of venison. It must be helped at table in a similar manner.

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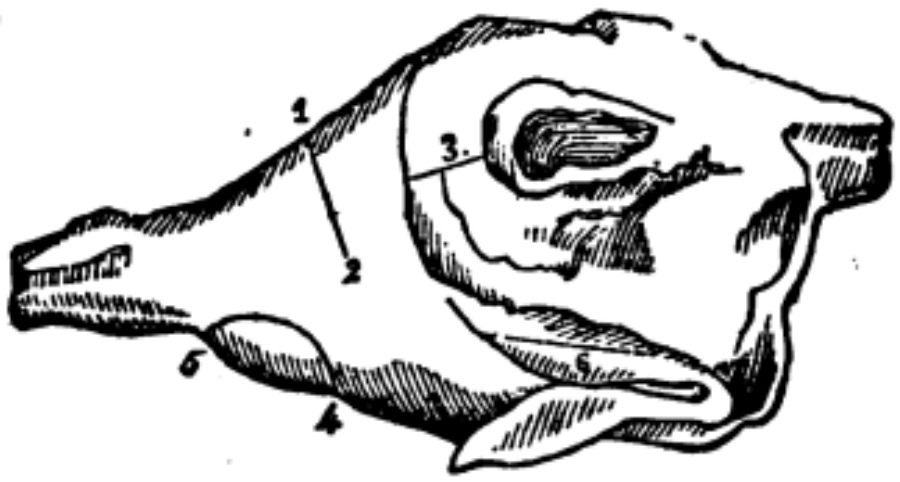
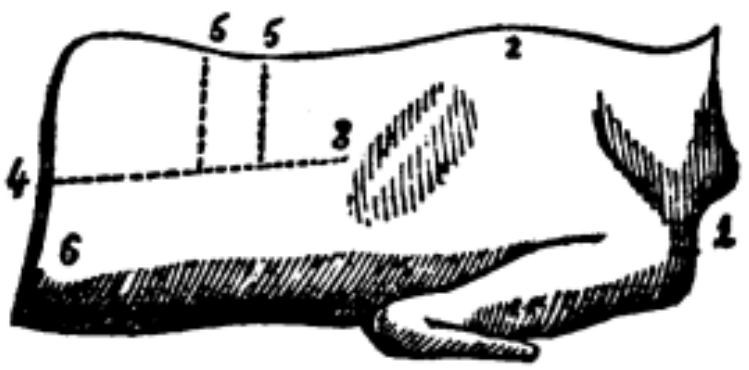


Leg of Mutton.

The finest part is situated in the centre, at 1, between the knuckle and farther end; insert the knife there, and cut thin, deep slices each way, as far in as 2. The outside rarely being very fat, some neat cuts may be obtained off the broad end, at 3. The knuckle of a fine leg is tender, though dry, and many prefer it, although the other is the most juicy. There are some good cuts on the broad end of the back of the leg, from which slices may be procured lengthways.

The cramp bone is by some esteemed a delicacy; to get it out, cut down to the thigh bone, at 4, and pass the knife under it in a semi-circular course, to 5.



Fore Quarter of Lamb.

First divide the shoulder from the scoven, which consists of the breast and ribs, by passing the knife under the knuckle, in the direction of 1, 2, 3, and cutting so as to leave a fair portion of meat on the ribs; lay it on a separate dish; the other part, which, after being sprinkled over with pepper and salt, should be divided in the line 3–4. This will separate the ribs from the gristly part, and you may help from either, as may be chosen, cutting as directed by the lines 5, 6.

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Shoulder of Lamb

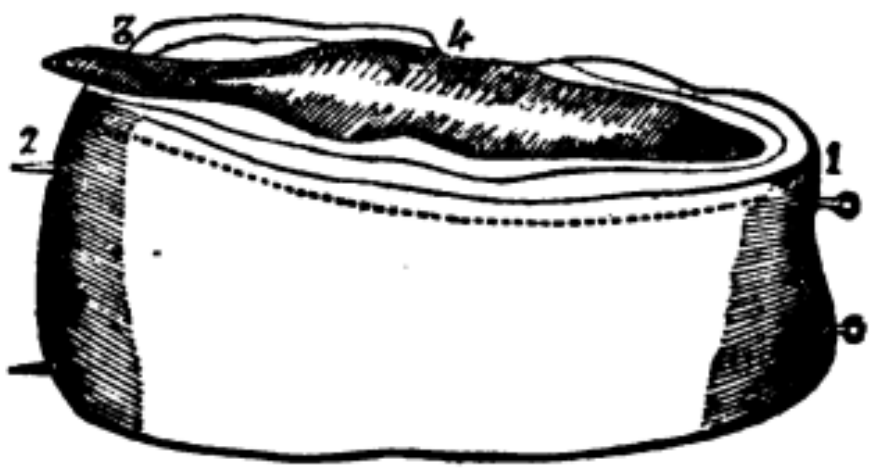
must be carved like a shoulder of mutton, of which it is a miniature edition.

Leg of Lamb.

Follow the directions given for leg of mutton, at page 422.

Loin of Lamb

may be helped similar to a loin of mutton. See page 421. This, and the two foregoing, being small joints, should be helped sparingly, as there is very little meat on them, especially when first in season.



Aitch-Bone of Beef.

Cut off and lay aside a thick slice from the entire surface, as marked 1–2, then help. There are two sorts of fat to this joint, and, as tastes differ, it is necessary to learn which is preferred. The solid fat will be found at 3, and must be cut horizontally; the softer, which resembles marrow, at the back of the bone, below 4.

A silver skewer should be substituted for the one which keeps the meat properly together while boiling, and it may be withdrawn when you cut down to it.

Round of Beef.

This joint is so very easy to attend to, that we have not deemed it necessary to give a drawing of it; it only requires a steady hand and a sharp knife. The upper surface being removed, as directed for the aitch-bone of beef, carve thin slices, and give a portion of fat with each.

You must cut the meat as even as possible, as it is of consequence to preserve the beauty of its appearance.

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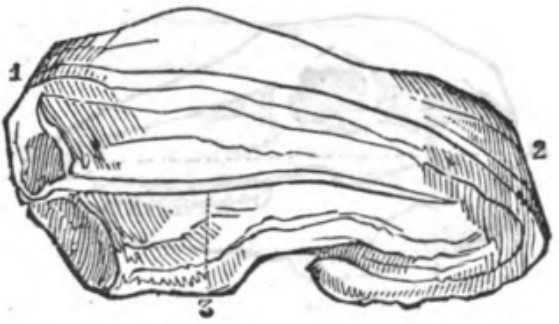
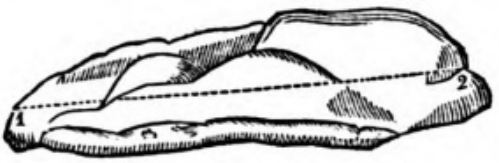


Sirloin of Beef.

There are two modes of helping this joint. The better way is by carving long thin slices from 1 to 2; the other way is by cutting it across, which, however, spoils it. The most tender and prime part is in the direction of the line 3; there will also be found some delicate fat, part of which should be given with each piece.

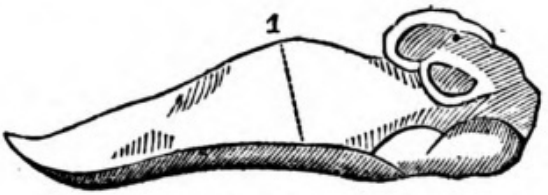
Ribs of Beef

may be carved similar to the sirloin, always commencing at the thin end of the joint, and cutting long slices, so as to give fat and lean together.



A Breast of Veal

is composed of the ribs and brisket, which must be separated by cutting through the line 1–2; the latter is the thickest and has gristles. Divide each portion into convenient pieces and proceed to help.



A Tongue.

Cut nearly through the middle, at the line 1, and take thin slices from each side. The fat is situated underneath, at the root of the tongue.

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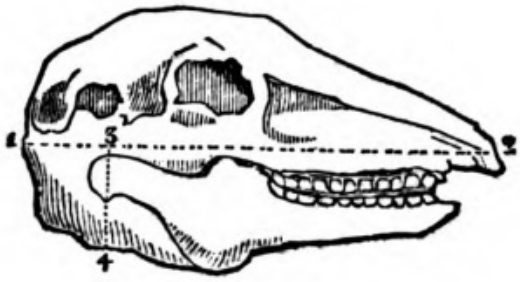
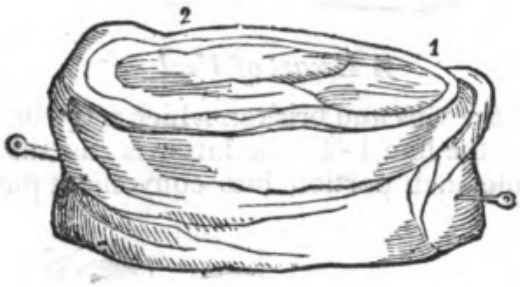


A Calf's Head.

Cut thin slices from 1 to 2, and let the knife penetrate to the bone. At the thick part of the neck end, 3, the throat sweetbread is situated; carve slices from 3 to 4, and help with the other part. Should the eye be asked for, it must be extracted with the point of the knife, and a portion given. The palate, esteemed a delicacy, is situated under the head, and some fine lean may be found by removing the jaw-bone; portions of each of these should be helped round.

A Loin of Veal

should be jointed previous to being sent to table, when each division may be easily cut through with a knife. The fat surrounds the kidney, and portions of each should be given with the other parts.



Fillet of Veal

resembles a round of beef, and should be carved similar to it, in thin and very smooth slices, off the top. Cut deep into the flap, between 1 and 2, for the stuffing, and help a portion of it to each person

Slices of lemon are always served with this dish.

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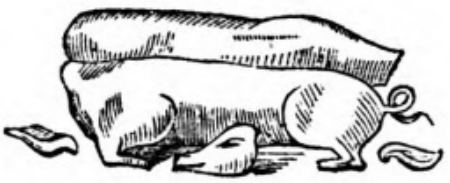


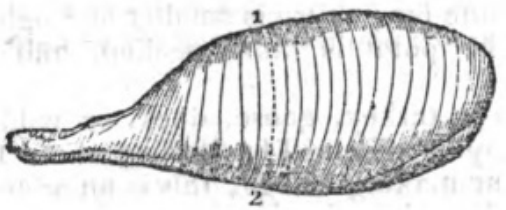
Roast Pig.

As this is usually divided as above, before sent to table, little remains to be done by the carver. First separate a shoulder from the body, and then the leg; divide the ribs into convenient portions, and send around with a sufficiency of the stuffing and gravy. Many prefer the neck end between the shoulders, although the ribs are considered the finest part; but as this all depends on taste, the question should be put. The ear is reckoned a delicacy.

Should the head not be divided, it must be done, and the brains taken out, and mixed with the gravy and stuffing.

A Loin of Pork

is cut up in the same manner as a loin of mutton. See page 421.



Leg of Pork

Commence carving about midway, between the knuckle and farther end, and cut thin deep slices from either side of the line 1. For the seasoning in a roast leg, lift it up, and it will be found under the skin at the large end.

Hand of Pork.

Cut thin slices from this delicate joint, either across near the knuckle, or from the blade bone, as directed for a shoulder of mutton. This forms a nice dish for a tete-a-tete dinner; there is not sufficient for a third person.

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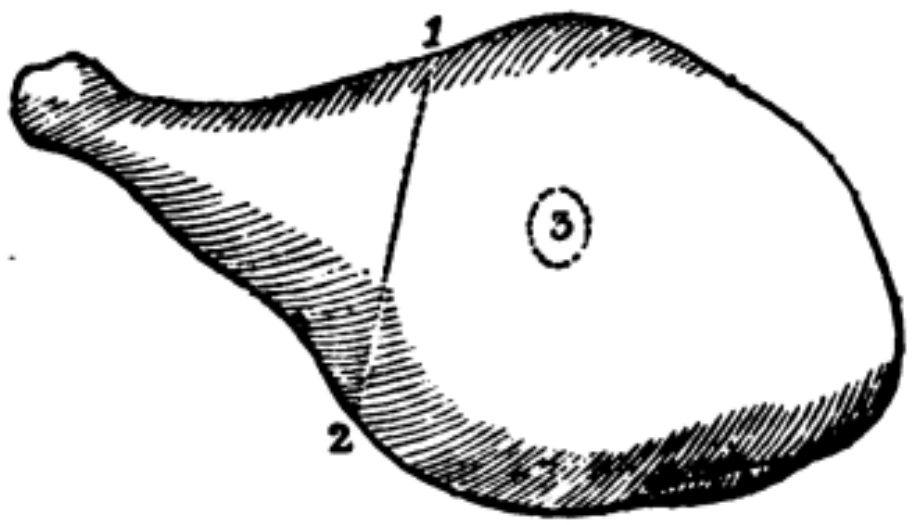


Ham.

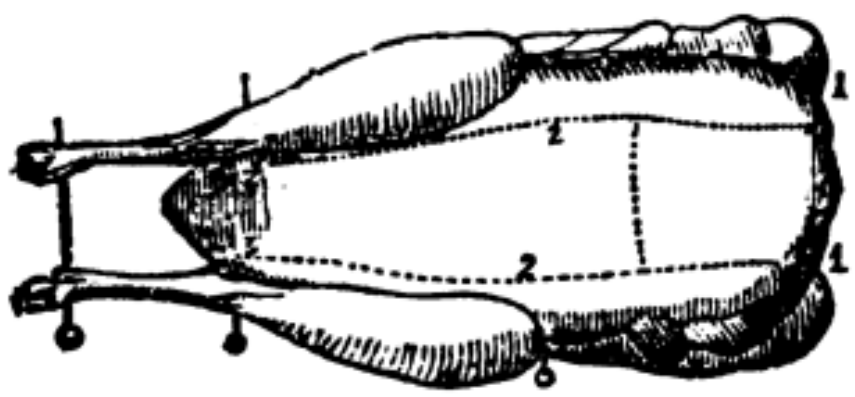
The usual mode of carving this joint, is by long delicate slices, through the thick fat, in the direction of 1–2, laying open the bone at each cut, which brings you to the prime part at once. A more saving way is to commence at the knuckle and proceed onwards.

Some persons take out a round piece at 3, and enlarge the hole, by cutting thin circular slices, with a sharp knife. This keeps the meat moist, and preserves the gravy, but seldom looks handsome.

POULTRY, GAME, ETC.

The carving-knife for poultry is smaller and lighter than the meat carver; the point is more peaked, and the handle longer.

In cutting up a turkey, goose, duck, or wild fowl, more prime pieces may be obtained by carving slices from pinion to pinion, without making wings; this is an advantage when your party is large, as it makes the bird go farther.



A Fowl.

It will be more convenient, in carving this, to take it on your plate, and lay the joints, as divided, neatly on the dish. Fix

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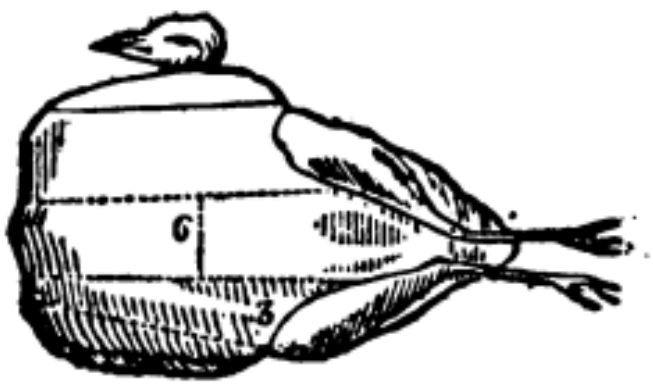
your fork in the middle of the breast, and take the wing off in the direction of 1-2; divide the joint at 1, lift up the pinion with your fork, and draw the wing towards the leg, which will separate the fleshy part more naturally than by the knife; cut between the leg and body at 3 to the bone, 2, give the blade a sudden turn, and the joint will break if the fowl is not old. When a similar operation is performed on the other side, take off the merrythought, by cutting in to the bone at 4, and turning it back, which will detach it; next remove the neck bones and divide the breast from the back, by cutting through the whole of the ribs, close to the breast. Turn up the back, press the point of the knife about half way between the neck and rump, and on raising the lower end it will separate easily. Turn the rump from you, take off the sidesmen, and the operation is complete.

The breast and wings are the most delicate parts, but the leg is more juicy in a young bird. Great care should be taken to cut the wings as handsome as possible.

A Partridge

is cut up in the same manner as a fowl, only, on account of the smallness of the bird, the merrythought is seldom divided from the breast. The wings, breast, and merrythought, are the finest parts of it, but the wing is considered the best, and the tip of it is reckoned the most delicious morsel of the whole.



A Pheasant.

Fix your fork in the centre of the breast, and make incisions to the bone at 1-2, then take off the leg in the line 3-4, and the wing at 3-5; sever the other side in the same manner, and separate the slices you had previously divided on the breast. In taking off the wings, be careful not to venture too near the neck, or you will hit on the neck bone, from which the wing

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should be divided. Pass the knife through the line 6, and under the merrythought towards the neck, which will detach it. The other parts may be served as directed for a fowl.

The breast, wings, and merrythought, are the most delicate parts, although the leg has a high flavor.

A Turkey.

The finest parts of this bird are the breast and wings; the latter will bear some delicate slices being taken off. After the four quarters are severed, the thighs must be divided from the drum-sticks, which, being tough, should be reserved till last. In other respects, a turkey must be dealt with exactly as recommended for a fowl, except that it has no merrythought.

Give a portion of the stuffing, or forced-meat, which is inside the breast, to each person.

Woodcocks, Grouse, etc.,

are carved similar to a fowl, if not too small, when they may be cut in quarters, and helped.

Snipes, being smaller, should be divided in halves.

Pigeons.

The usual way of carving these birds is to insert the knife at 1, and cut to 2 and 3, when each portion may be divided into two pieces, and helped. Sometimes they are cut in halves, either across or down the middle; but as the lower part is thought the best, the first mode is the fairest.

Should they be very large and fine, they may be served like fowls.

A Goose.

Take off the wing by putting the fork into the small end of the pinion, and press it close to the body; divide the joint at 1 with the knife, carrying it along as far as 2. Remove the leg, by cutting in the direction of 2–3, and divide the thigh

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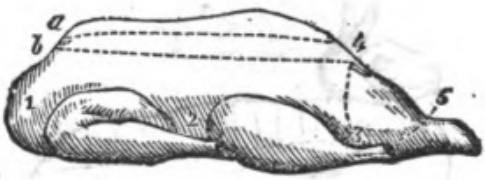
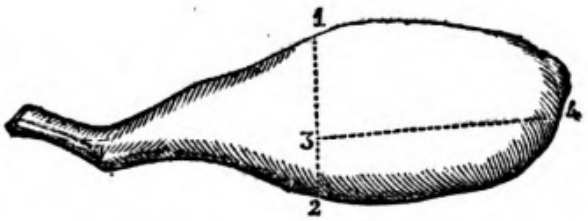


from the drumstick; then sever the limbs on the other side, and cut some long slices from each side of the breast, between the lines *a* and *b*.

To get at the stuffing, the apron must be removed, by cutting from 4 to 5 by 3. It is rarely necessary to cut up the whole of the goose, unless the company is large; but the merrythought may be taken off. There are two sidebones by the wing, which may be cut off, as likewise the back and lower sidebones. The best pieces are the breast and thighs

A Duck.

Remove the legs and wings as directed above for a goose, and cut some slices from each side of the breast. The seasoning will be found under the flap, as in the other bird. Should it be necessary, the merrythought, sidebones, &c., can be detached in the same manner as recommended for a fowl.



Haunch of Venison.

First let out the gravy, by cutting in to the bone across the joint at 1–2; then turn the broad end towards you, make as deep an incision as you can from 3 to 4, and help thin slices from each side. The greater part of the fat, which is much esteemed, will be found on the left side; and those who carve must take care to proportion both it and the gravy to the number of the company.

Hare.

Insert the point of the knife inside the shoulder at 1, and divide all the way down to the rump at 2: do the same on the

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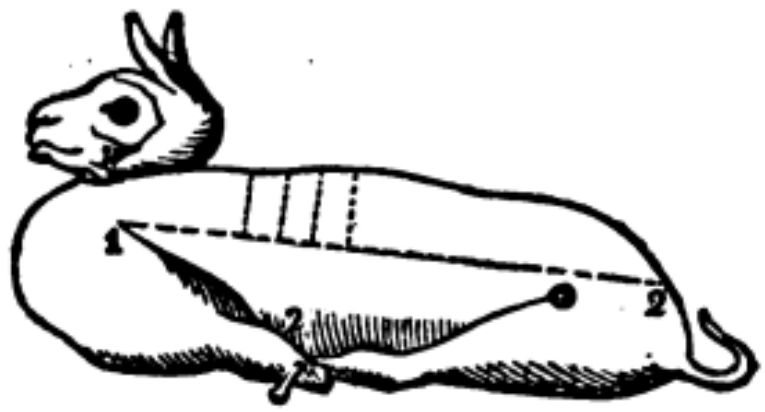

other side, and you will have the hare in three pieces. Pass the knife under the rise of the shoulder at 2–1, to take it off. The leg may be severed in a similar manner; then *behead it*, cut off the ears close to the roots, and divide the upper from the lower jaw. Next place the former flat on a plate, put the point of the knife into the forehead, and divide it through the centre, down to the nose. Cut the back into convenient portions, lay the pieces neatly on the dish, and proceed to serve the company, giving some stuffing, (which will be found in the inside,) and gravy to each person.

The prime parts are the back and legs; the ears are considered a luxury by some, as are the head and brains; they may be distributed to those that like them.

Should the hare not be very tender, it will be difficult to divide the sides from the back, but take off the legs, by cutting through the joints, which you must endeavor to hit. You will then be able to cut a few slices from each side of the back. Next dissever the shoulders, which are called the sportsman's joints, and are preferred by many. The back, &c., may then be carved as directed above.

Rabbit.

The directions for cutting up a hare will be amply sufficient o enable the carver to dispose of this animal. The best part is the shoulders and back, which must be divided into three or four pieces, according to its size. The head should not be given unless asked for.

Babbit's Yeast Powder is one of the improvements of the day. May be used in making biscuits, instead of cream of tartar and soda.

"What Cheer" Cakes.

An old friend with a new name. See "Turnpike" Cakes, page 277 of this book. Much trouble may be saved by purchasing a box of these yeast cakes, as they are the same as directed in the above mentioned recipe.

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THE

AMERICAN SYSTEM OF COOKERY.

SOUP.

Soup.—In soup making the greatest care is necessary that the vessel for it be perfectly clean, and free from any grease or sand.

An iron soup-pot must be washed with a tea-spoonful of potash or a bit of soda the size of a small nutmeg, dissolved in hot water, immediately after using; this will remove all greasiness and taste of onion, or any peculiar taste which might injure the next soup to be made.

An iron pot or well tinned or porcelain kettle is best for soup making.

Soup must have a sufficient time to make;—boil gently, that the meat be tender, and give out its juices.

The pot must not be uncovered more frequently than is necessary for skimming it clear.

The required quantity of salt put in with the meat will cause the scum to rise, and therefore make the soup clearer.

Allow a quart of water and a teaspoonful of salt for each pound of meat.

Soup may be made of any sort of fish, flesh or fowl; inferior pieces of meat, such as the neck or scrag, knuckle bone, etc.

Remains of cooked meats of several kinds together make a good soup; for this purpose, the meat should be chopped or cut small, and seasoned with pepper and salt, and hot water, (not boiling,) a quart to each pound of meat put to it; then let it simmer gently for half an hour before putting in the vegetables.

Care should be taken that no one seasoning predominates; for this reason the exact quantities of each sort is specified in the following receipts.

Take off every particle of scum as it rises, and before the vegetables are put in.

The greens and vegetables for soup must be carefully prepared, that is, picked clean and washed.

Where fat soup is not liked, the grease must be skimmed off before putting in the vegetables; it will then be fit for other uses.

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Soup meat must be put down in cold water and boiled very gently.

The water in which meat or fowls have been boiled, will make good broth; it is not rich enough for soup without the addition of other meat.

The meat from which soup has been made, is good to serve cold thus: take out all the bones, season with pepper, and salt, and catsup, if liked, then chop it small, tie it in a cloth, and lay it between two plates, with a weight on the upper one: slice it thin for luncheon or supper; or make sandwiches of it; or make a hash for breakfast; or make it into balls, with the addition of a little wheat flour and an egg, and serve them fried in fat, or boiled in the soup.

The vegetables used in soups are carrots, leeks, parsley, turnip, celery, tomatoes, ochras, cabbage, cauliflower, green beans, peas, and potatoes.

One leek, one large carrot, one bunch of parsley, two turnips for a pot of soup.

One head of celery, one leek, two small turnips, and five or six small potatoes, another.

Five or six tomatoes skinned and the seeds sqeezed out, one leek, a bunch of parsley, and five or six potatoes cut small, another.

Carrot, cabbage, turnip, tomatoes, and potatoes, another.

Ochras alone are sufficient vegetable for a dish of soup.

Green peas and new potatoes are enough for lamb soup.

Vermicelli or maccaroni are enough with the usual seasoning for chicken, lamb, or veal soup.

It is well to begin to prepare the vegetables as soon as the meat is put down.

Trim and scrape carrots clean, and cut them across in slices quarter of an inch thick, and notch the edge of each slice neatly, or cut each slice in stars or rings; or grate on a coarse grater—grated, it gives a fine amber color to the soup.

Wash parsley and cut it small. Pare turnips and cut them in slices quarter of an inch thick, then divide each slice in halves and quarters. Cut leeks in slices as thick as a dollar piece.

Cut celery in half inch lengths; the delicate green leaves impart a fine flavor to the soup.

Take the skins from tomatoes, and sqeeze out some of the seeds.

Shave cabbages in thin slices.

Slice ochras; boil cauliflower in water, then cut it small.

Pare potatoes if old, or scrape, if young ones. Slice old potatoes an inch thick, and put them into soup fifteen minutes before it is done.

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If the soup is too rich by boiling a long time, make it less so by the addition of boiling water.

Peas, sweet corn cut from the cob, green beans stringed and cut small, or lima beans may be used in soups.

Pearl barley or rice are used as thickening.

Grated carrot gives a fine amber color to soup; it must be put in as soon as the soup is free from scum.

To color soup brown; use browned flour or a little burnt brown sugar in the thickening.

Pounded spinach leaves, give a fine green color to soup. Parsley, or the green leaves of celery put in soup will serve instead of spinach.

Pound a large handful of spinach in a mortar, then tie it in a cloth and wring out all the juice; put this to the soup you wish to color green, five minutes before taking it up.

Mock turtle, and sometimes veal and lamb soups are liked this color.

Oehras give a green color to soup.

To color soup red, skin six red tomatoes, sqeeze out the seeds and put them into the soup with the other vegetables—or take the juice only as directed for spinach.

For white soups, which are of veal, lamb or chicken, none but white vegetables are used; rice, pearl barley, vermicelli, or maccaroni for thickening.

Oyster Soup.—Take of water and milk, each three pints, set it on the fire to boil; roll half a pound of butter crackers; or soda buiscuit fine, and add to the milk and water with a pint of oysters chopped fine; let it boil until the flavor of the oyster is given to the soup, and the crackers are well swelled, then add salt and pepper to taste, and three pints more of the oysters, with a quarter of a pound of sweet butter; cover it for ten minutes more, then serve in a tureen. A small salt-spoonful of cayenne pepper added when the oysters are put in is by most persons considered an improvement.

Another Oyster Soup.—Take a knuckle of veal or a leg of lamb; allow a quart of water and a teaspoonful of salt to each pound; set it over a gentle fire and let it simmer (after having come to a boil) for at least two hours; skim it clear, then put to it half a pound of rolled crackers, pepper and salt to taste, and a quart of oysters. Let it boil up once, then add a bit of butter the size of a large egg, and serve without the meat. Vermicelli or maccaroni may be used instead of crackers for this soup if preferred.

Lobster Soup.—After having boiled a lobster, take it from the shell, roll two or three crackers, and put them to the meat, which must be cut small—put of milk and water, each a quart, into a stewpan, with a tablespoonful of salt and a teaspoon-

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ful of pepper; when it is boiling hot, add the lobster, cut small, and the green inside if liked, and a quarter of a pound of sweet butter; let it boil closely covered for half an hour; break a dozen butter crackers, or six or seven soda buiscuit, into a tureen, pour the soup over and serve.

GREEN PEA SOUP.—Wash a small quarter of lamb in cold water, and put it into a soup-pot with six quarts of cold water; add to it two tablespoonsful of salt, and set it over a moderate fire; let it boil gently for two hours, then skim it clear; add a quart of shelled peas, and a teaspoonful of pepper; cover it, and let it boil for half an hour, then having scraped the skins from a quart of small young potatoes, add them to the soup; cover the pot and let it boil for half an hour longer; work quarter of a pound of butter, and a desert spoonful of flour together, and add them to the soup ten or twelve minutes before taking it off the fire.

Serve the meat on a dish with parsley, sauce over, and the soup in a tureen.

TURTLE SOUP.—Cut the head off the turtle the day before you dress it, and place the body so as to drain it well from blood; then cut up in the following manner: divide the back, belly, head and fins, from the intestines and lean parts; take care to cut the gall clean out without breaking; scald in boiling water the first named parts so as to take off the skin and shell; cut them in neat square pieces and throw them into cold water; boil the back and belly in a little water long enough to extract the bones easily, then make good stock of a leg of veal, a slice of ham, and the flesh of the inside of the turtle; let it do away until it is browned, then fill it up with water, and the liquor and bones of the boiled turtle. Season with sliced lemon, whole pepper, a bunch of parsley, a leek sliced, and salt to taste Let it boil slowly for four hours, then strain it to the pieces of the back, belly, head and fins of the turtle (take the bones from the fins); add to it half a pint of Madeira wine and quarter of a pound of fresh sweet butter, with a tablespoonful of flour worked into it, and a lemon sliced thin; let it boil gently for two hours, then serve.

In cutting up the turtle, the fat should be taken great care of; it should be separated and cut it neat pieces, and stewed tender in a little of the soup, and put into the tureen when ready to serve.

SOUP MAIGRE.—Melt half a pound of butter in a stewpan, slice six onions into it, add two heads of celery, cut small, one small cabbage, and a bunch of parsley, cut small; shake these together over the fire for fifteen minutes, then stir in three rolled crackers; add further, two quarts of boiling milk or water, and pepper and salt to taste; let it boil gently for three

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quarters of an hour, then take it from the fire, stir into it two well beaten eggs, and serve.

Mock Turtle Soup.—Clean and wash a calf's head, split it in two, save the brains, boil the head until tender in plenty of water; put a slice of fat ham, a bunch of parsley, cut small, a sprig of time, two leeks cut small, six cloves, a teaspoonful of pepper, and three ounces of butter, into a stew-pan, and fry them a nice brown; then add the water in which the head was boiled, cut the meat from the head in neat square pieces, and put them to the soup; add a pint of Madeira and one lemon sliced thin, add cayenne pepper and salt to taste; let it simmer gently for two hours, then skim it clear and serve.

Make a forcemeat of the brains as follows: put them in a stew-pan, pour hot water over, and set it over the fire for a few minutes, take them up, chop them small, with a sprig of parsley, a saltspoonful of salt and pepper each, a tablespoonful of wheat flour, the same of butter, and one well beaten egg; make it in small balls, and drop them in the soup fifteen minutes before it is taken the fire; in making the balls, a little more flour may be necessary. Egg balls may also be added.

Green Bean Soup.—String half a peck or less of young green beans, cut them in pieces an inch long, and finish the same as directed for green pea soup.

Split Pea Soup.—Put a quart of split peas in water to cover them, at night, with half a teaspoonful of saleratus; next day take them from the water in which they were soaked, and put to them two quarts of water and a pound of salt pork, with a bone of beef; let it boil gently until the peas are tender, then add five or six potatoes, and pepper to taste; cover it for fifteen minutes, then add a tablespoonful of butter and flour each, worked together; cover it until the potatoes are done, which will be about fifteen minutes: serve in a tureen.

Dried Bean Soup.—Make the same as split peas soup.

Fish Soup.—Take different sorts of small fish, steam them until tender; then add some veal broth, cut two turnips in slices, also one leek and one head of celery; let it boil for half an hour, then strain it, and take out the bones; season with pepper and salt, work a tablespoonful of wheat flour, with a quarter of a pound of butter, add egg balls; cover for ten minutes and serve.

Chicken Soup.—(*Yellow.*)—Take two pounds of veal or lamb, and one small chicken cut up; boil these in three quarts or water, skim it clear; slice a leek, or two white onions, grate two small or one large carrot, and put to the soup; add two tablespoonsful of salt and one of pepper; let it boil gently for nearly two hours, then add a tablespoonful of butter, and the

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same of flour worked together, cover it for fifteen minutes and serve in a tureen.

Take the chicken into a deep dish, add butter and pepper to it, and serve garnished with sprigs of parsley. The meat may be made in balls and put in the soup; chop it fine; add a tablespoonful of butter and flour each, and a saltspoonful of pepper, with one beaten egg; dip your hands in flour, and make the preparation in balls, drop them into soup with the butter and flour.

Onion Soup.—Put a quarter of a pound of butter in a stewpan, with six large white onions cut in slices, let them fry a nice brown, then add six crackers rolled, pepper to taste, and a quart of boiling water; let it simmer for fifteen minutes, and serve.

Hare Soup.—Skin and clean a hare, then cut it up; season with salt and pepper, and fry a nice brown with lard or butter; then put it in a soup-pot, with onions sliced and fried, a bunch of parsley fried, and enough hot water to cover it; let it simmer gently for half an hour, then add two or three blades of mace, a glass or two of Madeira or port wine, a tablespoonful of brown flour worked into a small teacup of butter; let it simmer for half an hour, and serve.

The bones of poultry added to this soup while boiling, and taken out before serving, will improve it. A teaspoonful of made mustard may be added.

A chicken, or old fowl, or duck soup may be made in the same manner.

Shin or Beef Soup.—Get a shin bone of beef weighing four or five pounds; let the butcher saw it in pieces about two inches long, that the marrow may become the better incorporated with the soup, and so give it greater richness.

Wash the meat in cold water; mix together of salt and pepper each a tablespoonful, rub this well into the meat, then put into a soup-pot; put to it as many quarts of water as there are pounds of meat, and set it over a moderate fire, until it comes to a boil, then take off whatever scum may have risen, after which cover it close, and set it where it will boil very gently for two hours longer; then skim it again, and add to it the proper vegetables, which are these—one large carrot grated, one large tunip cut in slices, (the yellow or ruta baga is best) one leek cut in slices, one bunch of parsley cut small, six small potatos peeled and cut in half, and a teacupful of pearl barley well washed; then cover it and let it boil gently for one hour, at which time add another tablespoonful of salt and a thickening made of a tablespoonful of wheat flour and a

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gill of water, stir it in by the spoonful; cover it for fifteen minutes and it is done.

Three hours and a half are required to make this soup; it is best for cold weather. Should any remain over the first day, it may be heated with the addition of a little boiling water, and served again.

Take the meat from the soup, and if to be served with it, take out the bones, and lay it closely and neatly on a dish, and garnish it with sprigs of parsley; serve made mustard and catsup with it. It is very nice pressed and eaten with mustard and vinegar or catsup.

In making this soup there may be this variation: instead of the last thickening make a batter of two well-beaten eggs, half a pint of milk, and as much wheat flour as will make a smooth batter, about as thick as pound cake; drop it by the spoonful into the boiling soup, until all is used, then cover it for fifteen minutes. This is called egg dumplings.

Beef Soup.—Take four pounds of beef, for four quarts of water, and finish with any vegetables you like, the same as shin-of-beef soup, or as follows:

Take two tablespoonfuls of salt, and one of pepper, (fine black) rub it well into the meat, then put it over a moderate fire, with one quart of water; let it boil very gently for one hour, then add three quarts of boiling water, cover it close, skim it clear, and let it boil very gently for another hour, in which time prepare the vegetables as follows—One large carrot scraped and cut in thin slices, one large or two small turnips cut in the same manner, six small potatoes of equal size cut in halves, and one head of celery, leaves and white part cut small; the carrots and turnips should be sliced about one-third of an inch thick.

When the first hour is up, put in the carrots, fifteen minutes after add the turnips and celery; after another fifteen minutes put in the potatos and a thickening made of two tablespoonfuls of flour and as much cold water as will make a smooth thin batter, stir it in by the spoonful, cover the pot for fifteen minutes; let it boil, and as soon as the potatoes are tender it is done. Soup should not be taken off the fire whilst making.

Beef Broth.—Take four pounds of beef, crack the bone in two or three places, wash it in cold water, and put it with a gallon of water over a moderate fire; add to it a heaping tablespoonful of salt, and a teaspoonful of pepper; let it boil slowly, take off the scum as it rises; in two hours add a bunch of parsley cut small, or a head of celery, let it simmer for an hour longer.

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☞ Toast some slices of bread a delicate brown, cut it in squares or lozenges, put them in a tureen, and pour the soup over.

A cup of pearl barley, well washed, and put in with the meat will be liked by invalids; or vermicelli, or maccaroni stewed tender in it, is both healthful and palateable.

A leek, or two or three tomatoes may be added to the broth.

Beef Broth—For sickness should be made in the same manner—with the addition of water—a teacup or more according to the strength required.

Take a pound of beef free from fat and gristle, cut it in small pieces, and put them into a bottle (a stone bottle is best) with a very little salt, hang it by a string into a kettle of hot water so that the water does not cover more than two-thirds of the bottle; cork it tightly and keep the water boiling five or six hours. Not a *drop* of water must be put to it; drain off the liquor, add salt to taste, and serve stale bread or toast with it; a little pepper may be added if allowed.

Veal or Lamb Soup.—The scrag or neck of veal or lamb, or the leg, is best for making soup. A slice of corned pork or ham is an improvement to veal or lamb soup.

For four pounds of meat allow four quarts of water; wash the meat in cold water, trim off the ends, and shape it neatly, then put it and the odd bits into a soup pot with a quart of cold water, a heaping teaspoonful of salt and a teaspoonful of fine pepper; cover it close, and let it simmer gently for one hour, then skim it clear; add three quarts of boiling water, and let it boil gently for one hour longer; then skim it again, and add sliced ochras, or any other vegetable which may be preferred—a leek sliced, a bunch of parsley cut small, and a carrot grated or cut in slices and the edges neatly notched; or a bunch of asparagus, the tops and green parts cut the size of peas or a little larger. These vegetables should be put in half an hour before the soup is done. Three hours will be required for making the soup; if asparagus is used, toast some thin slices of bread, butter them freely, cut them small, and put them in the tureen before putting in the soup.

For suitable combinations of vegetables, see introductory remarks.

Take up the meat by itself, and serve with drawn butter sauce and mashed potatoes.

The bones of poultry or cold roast beef put in with the meat to make the soup, and taken out before serving, improves the flavor of veal or lamb soup; cold fried or broiled

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steaks, whether of beef or lamb, may be added to the soup and improve it.

Vermicelli, maccaroni, green peas, ochras or tomatoes, may be used in these soups; a tablespoonful of sweet butter, with a heaping teaspoonful of flour worked into it, should be stirred into the soup, ten minutes before taking it from the fire.

Calf's Head Soup.—Get a cleaned calf's head, split it open, and save the brains to make forcemeat balls; put it in a soup-pot with five quarts of water, add to it a heaping teaspoonful of salt and a teaspoonful of pepper, set it over a moderate fire and take off the scum as it rises. After three hours, take out the head, take the bones from it, cut the best of it in square pieces, skin the tongue and cut it in slices, and return it to the soup; now add the vegetables, which are these: one head of celery cut small, one leek sliced thin, one large or two small carrots sliced thin and the edges neatly notched, and six equal sized small potatoes, pared and cut in halves; cover the pot for half an hour, then work two tablespoonfuls of butter with the same of flour and stir it into the soup. Make forcemeat balls of the brains, thus: scald and chop them small, add a teaspoonful of butter and the same of wheat flour, season with pepper and salt and make it in small balls; flour the outside of each, and drop them into the boiling soup fifteen minutes before it is done.

The soup may be served without the meat, except the tongue and balls—the meat may, in such case, be chopped and seasoned with pepper and salt to taste; then tie it in a muslin bag and press it between two plates until cold; serve sliced thin for sandwiches or supper—or make it a hash for breakfast.

Chicken Broth.—Cut up a full grown chicken, put to it three pints of cold water, a tablespoonful of salt, and half a teacup of pearl barley (or rice if preferred); cover it close and let it simmer for an hour, then skim it clear. add pepper to taste; take the chicken into a dish, put bits of sweet butter over, shake some pepper over, and serve with mashed potatos—serve the soup in a tureen.

The barley or rice may be omitted, and five or six rolled crackers, with a tablespoonful of butter, substituted when the broth is nearly done.

Veal Broth.—Boil gently a knuckle of veal in five pints of water; put to it a tablespoonful of salt, and half a teacup of well-washed rice or pearl barley; let it simmer gently for nearly three hours, taking off the scum as it rises; add pepper to taste.

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Instead of pearl barley or rice, vermicelli or rolled cracker may be used, or bread toasted and cut small and put in the tureen.

VERMICELLI SOUP.—Swell quarter of a pound of vermicelli in a quart of warm water, then add it to a good beef, veal, lamb or chicken soup or broth with quarter of a pound of sweet butter; let the soup boil for fifteen minutes after it is added.

TO MAKE EGG DUMPLINGS FOR SOUP.—To half a pint of milk put two well-beaten eggs, and as much wheat flour as will make a smooth, rather thick batter free from lumps; drop this batter, a tablespoonful at a time, into boiling soup.

EGG BALLS FOR SOUP.—Take the yolks of six hard boiled eggs and half a tablespoonful of wheat flour, rub them smooth with the yolks of two raw eggs and a teaspoonful of salt; mix all well together, make it in balls and drop them into the boiling soup a few minutes before taking it up.

MACCARONI SOUP.—To a rich beef or other soup, in which there is no seasoning other than pepper or salt, take half a pound of small pipe maccaroni, boil it in clear water until it is tender, then drain it and cut it in pieces of an inch length, boil it for fifteen minutes in the soup and serve.

MUTTON BROTH.—Take a scrag of mutton, cut it in thick slices, and rub each with pepper and salt; then put them into a soup-pot; allow a quart of water to each pound of meat, and cover the pot close; take off the fat and scum as it rises; after one hour add half a teacup of rice or pearl barley, one leek sliced thin, one turnip sliced, and any other vegetable which may be liked; let it boil slowly for nearly an hour longer, then serve.

CLAM SOUP.—Take fifty large or one hundred small sand clams, and their liquor from the shells; strain the liquor; add to it a quart of milk and water each; if the clams are large, cut each in two and put them into it; set them over a moderate fire until the clams are tender; (about one hour,) skim it clear; put to it half a pound of soda crackers broken small, or half a pound of butter crackers rolled fine; cover the pot for ten minutes, then add quarter of a pound of sweet butter and serve hot.

SAVOY SOUP.—Remove the outside leaves, cut in quarters and boil in clear water two small heads of Savoy cabbage; when tender drain off, and press all the water from them; put them to as much beef broth as will cover them; put it into a closely covered stew-pan or soup-pot over a moderate fire for one hour; set on the fire a large frying-pan with a quarter of a pound of sweet butter; let it become hot;

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shake flour from a dredging box over it, until the whole surface is white, then stir it until it becomes brown, taking care not to burn it; cut two large white onions into it, and fry them; as soon as they are nicely colored, add it to the soup; soak some crackers or sliced rolls in a quart of boiling milk or water and add it to the soup.

Veal or chicken broth may be used for this soup.

Stock for Gravy Soup or Gravy.—Cut the meat from a knuckle of veal, and put it with a pound of lean beef, into two quarts of water; add one tablespooful of salt, and a teaspoonful of pepper; cover it close and let it stew until very tender, then strain it and use for soup or gravy.

Vegetable Soup,(*Summer.*)—Take three or four young carrots, three young turnips, and one leek, scrape the carrots and peel the turnips, and cut them in thin slices; cut each slice of turnip in four; put them in two quarts of broth seasoned with salt and pepper to taste; cover it, and let them boil for fifteen minutes, then add a head of white lettuce cut small, and a bunch of parsley broken up; cover it and let them boil for fifteen minutes, longer and it is done.

Browning for Soups and Gravies.—Put two or three tablespoonfuls of brown sugar into a frying-pan, set it on the fire to brown, stirring with a spoon that it may not burn; when sufficiently dark colored, stir into it about a pint of boiling water; when it is thoroughly incorporated, put it into a bottle, and when cold, cork it close. Use a tablespoonful or more as may be wanted to give color to gravies or soup. Or put wheat flour into a frying-pan and brown it carefully without burning. Keep it dry in a box.

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FISH.

INTRODUCTORY REMARKS.—There are general rules for choosing fish of most sorts.

If the gills are red and full, and the whole fish firm and stiff, it is good.

If on the contrary, the gills are brownish, the eyes sunk, and the flesh flabby, they are stale.

One who is not a judge of fish, had better not trust to their own choice, but deal with those on whose word they can rely. Let such choose for you, it will be to their interest to serve you honestly.

Great care must be taken to see that the fish be properly cleaned before dressing; that is, they must be perfectly free from scales, and every particle of the inside scraped from the backbone; but not washed beyond what is really necessary, as that diminishes the flavor of most fish.

To boil fish, put it on the drainer of a fish-kettle and cover it with water just hot; let it boil gently, otherwise the skin will break before the inside is done.

Allow ten minutes for each pound of fish, unless it is very thick, then allow a few minutes longer. Small fish weighing a pound and a half or so will require about fifteen minutes. To try it pass a knife blade next the bone; if the flesh parts easily, and looks white, it is done.

If fish is not taken from the water as soon as done it will become woolly; if it is done before it is wanted, take it up, set it in the drainer crosswise of the kettle, and lay a folded napkin over the fish.

A suitable kettle for boiling or stewing fish is very necessary, and may be had from any of the hardware or furnishing stores. In the absence of a fish kettle, put the fish in a circle on a dinner plate, and tie a napkin over it, then put it in a large kettle. When done take it up carefully by the cloth, drain off all the water, take off the napkin and slide the fish on a white napkin, neatly folded on a large dish; garnish with sprigs of parsley, and serve.

Fresh shad, haddock, and whiting are considered by some persons better for salting a night before cooking.

Fresh water fish have often a muddy taste and smell, which may be got rid of by soaking in strong salt and water.

To FRY OR BROIL FISH PROPERLY.—After the fish is well cleansed, lay it on a folded towel and dry out all the water. When well wiped and dry, roll it in wheat flour, rolled crackers, grated stale bread, or Indian meal, whichever may be preferred; wheat flour will generally be liked.

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Have a thick-bottomed frying-pan or spider with plenty of sweet lard salted ; (a tablespoonful of salt to each pound of lard), for fresh fish which have not been previously salted ; let it become boiling hot, then lay the fish in and let it fry gently, until one side is a delicate brown, then turn the other ; when both are done, take it up carefully and serve quickly, or keep it covered with a tin cover, and set the dish where it will keep hot.

To Broil.—Have a clean gridiron, and a clear but not fierce fire of coals ; rub the bars with a bit of beef suet, that the fish may not stick ; fish must be broiled gently and thoroughly ; there are few things more offensive than underdone fish.

For the broil, have ready a dish with a good bit of butter in which is worked a little salt and pepper, enough for the fish. Lay the fish upon it, when both sides are nicely done, and with a knife blade put the butter over every part ; fish should be turned with a broad blade knife or a pancake turner.

All salt fish require to be soaked in cold water before cooking, according to the time it has been in salt. When it is hard and dry, it will require thirty-six hours soaking before dressing ; the water must be changed three or four times. When fish is not very salt or hard, twenty-four hours will be sufficient.

For frying fish, beef suet or dripping or sweet oil may be used instead of lard ; butter is not good, it spoils the color and tastes strong.

Fish have a fine appearance prepared in the following manner ; clean and wash them, and wipe them dry with a nice, soft towel ; then wet them over with beaten egg, and dip them in bread crumbs or rolled crackers. If done twice over with egg and cracker or crumbs, it will have a finer appearance.

The largest sized pan fish, weighing nearly or quite a pound each, should be scored or cut across each side from the head to the tail, nearly to the bone, and about an inch apart that it may be well done. Garnish with sprigs of parsley. Have ready a thick-bottomed frying pan, with plenty of lard salted ; let it become boiling hot ; lay the fish carefully in and let them fry gently, until one side is a rich yellow brown, then turn the other and do likewise ; when both are done take them carefully up on a hot dish and serve. Garnish with fried parsley.

Dried Codfish.—This should always be laid in soak, at least one night before it is wanted ; then take off the skin and put it in plenty of cold water ; boil it gently, (skimming it meanwhile) for one hour, or tie it in a cloth and boil it.

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Serve with egg sauce; garnish with hard boiled eggs cut in slices, and sprigs of parsley. Serve plain boiled or mashed potatoes with it.

STEWED SALT COD.—Scald some soaked cod by putting it over the fire in boiling water for ten minutes; then scrape it white, pick it in flakes, and put it in a stew-pan, with a table-spoonful of butter worked into the same of flour, and as much milk as will moisten it; let it stew gently for ten minutes; add pepper to taste, and serve hot; put it in a deep dish, slice hard boiled eggs over, and sprigs of parsley around the edge.

This is a nice relish for breakfast, with coffee and tea, and rolls or toast.

CODFISH CAKES.—First boil soaked cod, then chop it fine, put to it an equal quantity of potatoes boiled and mashed; moisten it with beaten eggs or milk, and a bit of butter and a little pepper; form it in small round cakes, rather more than half an inch thick; flour the outside, and fry in hot lard or beef drippings until they are a delicate brown: like fish, these must be fried gently, the lard being boiling hot when they are put in; when one side is done turn the other. Serve for breakfast.

TO MAKE A DISH OF COLD BOILED COD.—Chop fine some cold boiled cod, put to it an equal qauntity or more of boiled potatoes chopped and mashed; add a good bit of butter and milk to make it moist, and put it in a stew-pan over a gentle fire; cover it, and stir it frequently until it is thoroughly heated; taking care that it does not burn; then take it up, make it in a roll or any other form, mark the surface, take a pinch of ground pepper between your finger and thumb, and put spots at equal distances over it; or wet it over with melted butter, and brown it in an oven before the fire.

FRESH COD.—Fresh cod when good, are firm, and the gills red, and the eyes are full; if at all soft and flabby it is not good. A fine fish is thick at the back; the shoulder or piece near the head of a large cod is better for boiling than a small fish.

TO BOIL FRESH COD.—If you have not a fish kettle, after cleaning the fish carefully, lay it on a plate in a circle, and tie a clean towel about it; to a gallon of hot water put a table-spoonful of salt and a gill of vinegar; put in the fish and boil according to its weight.

Serve with plain boiled potatoes and drawn butter, parsley, or egg sauce.

Garnish with sprigs of parsley; lay a folded napkin on the dish under the fish.

BROILED FRESH COD.—Split a fresh codfish from head to tail

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by the backbone; cut each side into pieces about three inches wide; dip each piece in flour and broil it over a clear brisk fire of coals; lay the inside to the fire first. Have ready a steak dish, with a quarter of a pound of butter, in which is worked of salt and pepper each a teaspoonful; lay the pieces of fish on as they are done; turn them two or three times in the butter and serve. Or let the fish be cut across in steaks, of an inch in thickness, and finish in the same manner.

FRIED CODFISH STEAKS.—Cut the fish in steaks of about one inch thickness; or it may be split as for broiling; dip each piece in wheat flour, or rolled cracker, or Indian meal; have some lard, (which is salted in proportion, a tablespoonful of salt to a pound,) ler it become boiling hot in a frying-pan; lay in the steaks; let them fry gently, without stirring them, until one side is a fine brown, then turn each steak carefully with a broad knife; when both sides are done, serve hot, with sprigs of parsley over it.

BAKED COD.—Clean a good sized fish, weighing four or five pounds; wash it and dry it well in a cloth; rub it inside and out with a mixture of pepper and salt; cut a slice from a loaf of bread, spread it thickly with butter; moisten it with hot water, and fill the body of the fish; tie a thread around it to keep the dressing in, then put bits of butter, the size of a hickory nut, all over the surface; dredge flour over it until it looks white; then lay a trivet or some muffin rings in a dripping-pan, and lay the fish on; put in a pint of water to baste with, then put it in a hot oven and baste frequently; in one hour it will be done. Take it up on a hot dish, add a gill of vinegar to the gravy, or a lemon cut in very thin slices; dredge in a little flour; let it boil up once; stir it well; add a very little hot water if necessary, then strain into a gravy boat, lay the sliced over the fish, and serve.

HADDOCK.—These are chosen and dressed the same as cod.

SHAD.—These are in season from the last of March until May; they are chosen by the same rules as other fish.

These fish may be fried, baked, boiled, or salted.

FRIED SHAD.—Scale the fish, and cut off the head, then split it open down the back, at the side of the backbone; take out the entrails; keep the roe or eggs to be fried with the fish; then cut it in two from head to tail, and cut each side in pieces two or three inches wide; rinse them in cold water, wipe them dry, and dip each in wheat flour, and fry in salted lard; when the inside, which must always be cooked first, (of any fish) is done a fine brown, turn the other; the fat must be boiling hot when the fish is put in, and then fried gently, that it may not be too dark colored.

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The soft roe is much liked by some; fry it in the same manner, as also the eggs; these last must be well done.

Broiled Shad.—Cut the fish the same as for frying, or merely split it in two; lay it on a gridiron over a bright steady fire of coals; let it broil gently; put the inside to the fire first, that it may be done through; have ready a steak dish with nearly a quarter of a pound of sweet butter, and a teaspoonful of salt and pepper each, worked into it: when both sides of the fish are done, lay it on the dish, turn it several times in the butter, cover it with a tin cover, and set the dish where it will keep hot, until ready to serve.

Baked Shad.—Scale the shad clean, cut off the head, and split the fish half way down the back; scrape the inside perfectly clean; make a stuffing thus: cut two slices of a baker's loaf of wheat bread, spread each thickly with butter; sprinkle with pepper and salt, and a little pounded sage if liked; moisten it with hot water; fill the belly with this: wind a cord around it to keep in the stuffing; dredge the outside well with flour; stick bits of butter, the size of a hickory nut all over the outside; mix a teaspoonful each of salt and pepper together, and sprinkle it over the whole surface; then lay the fish on a trivet or muffin rings in a dripping pan; put in a pint of water to baste with, and keep the gravy from burning; if this all wastes before the fish is done, add more hot water; bake for one hour in a quick oven; baste frequently. When done take the fish on a steak dish; if there is not enough gravy in the pan, (there should be at least half a pint.) add more hot water; dredge in a heaping teaspoonful of flour, then put to it a bit of butter, and, if liked, a lemon sliced thin, and the seeds taken out. Stir it smooth with a spoon, and pour it through a gravy strainer into a gravy boat; lay the slices of lemon over the fish, and serve with mashed potatoes.

Sea Bass.—These fish may be fried or boiled. If fried, garnish with fried parsley. The largest of them for frying, weighing nearly a pound each, must be scored as directed in introduction to this chapter.

For boiling, serve with plain boiled potatoes, and drawn butter, or parsley, or lemon sauce.

Black Fish.—These fish may be boiled, fried, stewed, or broiled.

To Fry Black Fish.—Scale the fish, and scrape the inside clean to the back bone; wash it in water, with a little vinegar; wipe it dry with a clean towel; then dip it in wheat flour, or rolled crackers. Have in a thick-bottomed frying-pan plenty of lard salted, (a large tablespoon of salt to a pound of lard,) let it become boiling hot; then lay in the fish, and fry it gently,

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until one side is a fine brown; then turn it carefully. When both sides are done, take it up and serve.

Fried fish may be garnished or ornamented with sprigs of green or fried parsley, or thin slices of lemon. sliced.

Stewed Black Fish.—Put a fish weighing about five pounds on a fish-drainer; after having properly cleansed it, put it into the fish-kettle with hot water to cover it; add to it a few blades of mace, a large teaspoonful of salt, and a wineglass of port wine; let it simmer or boil gently for half an hour; then skim it clear; work into a smooth mass quarter of a pound of sweet butter, and a heaping tablespoonful of wheat flour; take from the fish part of the water in which it was boiled, leaving it scarcely covered; then add the flour and butter, with a teaspoonful of pepper; dip a bunch of parsley into boiling water, cut it small, and add it to the stew; cover it close for twenty minutes, and let it simmer gently; then take the fish up on a dish, and serve with the gravy or sauce over. A sliced lemon without the pits may be added with the parsley by those who like it. Serve with plain boiled or mashed potatoes.

Black fish dressed in this manner is very delicious.

Perch.—Clean these fish well, wash and wipe them dry, then fry them as directed.

Striped Bass.—These fish are best fried or boiled. See directions for boiling or frying fish.

Halibut.—Thisfi sh is fine, whethrer cut in steaks and broiled or fried; or the thick part boiled. Fry or broil as directed for codfish. Steaks or fillets cut from the tail part are very fine, and may be fried or broiled more nicely than any other.

To Boil Halibut.—Take a piece weighing four or five pounds, scrape the skin clean, dredge flour over it, and boil according to its weight,—ten minutes to a pound. Serve with plain boiled potatoes, and drawn butter, or egg, or parsley sauce. Cold boiled halibut may be served the same as codfish; any of the sauce which may remain may be put with the cold fish.

Salmon.—When salmon is fresh and good, the gills and flesh are of a bright red, the scales clear, and the fish stiff. When first caught there is a whiteness between the flakes, which, by keeping, melts down, and the fish becomes richer.

Salmon requires to be well broiled. When underdone it is unwholesome.

Boiled Salmon.—Run a long needle with a packthread through the tail, centre and head of a fish, to bring it in the form of a letter S. Put it in a fish-kettle, with hot water to cover it, and a small teaspoonful of salt (cut three or four

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slanting gashes in each side of the fish before making it into the form, otherwise the skin will break and disfigure it); allow ten minutes gentle boiling for each pound of fish. Or a piece of a large fish may be boiled.

Serve with lobster, or anchovey, or drawn butter sauce, and plain boiled or mashed potatoes.

Broiled Salmon.—Cut some slices about an inch thick, and broil them over a gentle, bright fire of coals for ten or twelve minutes. When both sides are done take them on to a hot dish; butter each slice well with sweet butter; strew over each a little salt and pepper to taste, and serve.

Salmon Trout.—Dressed the same as salmon.

Spiced Salmon (Pickled).—Boil a salmon, and after wiping it dry, set it to cool; take of the water in which it was boiled, and good vinegar each equal parts, enough to cover it; add to it one dozen cloves, as many small blades of mace, or sliced nutmeg, one teaspoonful of whole pepper, and the same of alspice; make it boiling hot, skim it clear, add a small bit of butter, (the size of a small egg,) and pour it over the fish; set it in a cool place. When cold it is fit for use and will keep a long time, covered close, in a cool place. Serve instead of pickled oysters for supper.

A fresh cod is very nice done in the same manner; as is also a striped sea bass.

Dried or Smoked Salmon.—Cut the fish down the back, take out the entrails and roe, and scale it, and rub the outside and in with common salt and hang it to drain for twenty-four hours.

Pound three ounces of salt-petre, two ounces of coarse salt, and two of coarse brown sugar: mix these well together, and rub the salmon over every part with it: then lay it on a large dish for two days; then rub it over with common salt, and in twenty-four hours it will be fit to dry. Wipe it well, stretch it open with two sticks, and hang it in a chimney, with a smothered wood-fire, or in a smoke-house, or in a dry, cool place.

Shad done in this manner are very fine.

Smoked or Dried Salmon, Broiled.—Rinse some smoked salmon in cold water, wipe it dry, and lay it on a clean gridiron, over a bright fire of coals. Turn it, and when it is thoroughly heated through, take it on a dish, butter it well with sweet butter, and pepper it to taste, and serve hot.

This is a fine relish for breakfast or supper. Broil smoked shad in the same manner. The inside of any fish must be put to the fire first.

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A Dish of Salt Salmon.—Salmon is often put down in brine. It is to be soaked and boiled, as directed for salt codfish, or it may be boiled for breakfast. Or pull off the skin, and pick in flakes the thickest side of a salmon; pour scalding hot water over it, let it stand for a few minutes; then pour it off; add to it enough milk or hot water to moisten it; put it over the fire and let it simmer for five minutes; then add a tablespoonful of butter, shake over it a little wheat flour and pepper to taste, stir it for a few minutes, and it is done. A fine relish for breakfast or supper.

Eels.—Eels to be good, must be as fresh caught as possible; skin them, cut off the heads, cut them open and scrape them clean to the back bone.

For frying or boiling, the middle sized fat ones are best; those caught in fresh water have a muddy taste, and should be put in salted water a short time before cooking. Eels may be boiled and served with drawn butter or parsley sauce, and boiled potatos.

Fricaseed Eels.—After skinning, cleaning and cutting five or six eels in pieces of two inches in length, boil them in water nearly to cover them until tender; then add a good sized bit of butter, with a teaspoonful of wheat flour or rolled cracker worked into it, and a little scald and chopped parsley; add salt and pepper to taste, and a wineglass of vinegar if liked; let them simmer for ten minutes and serve hot.

Fried Eels.—After cleaning the eels well, cut them in pieces two inches long; wash them and wipe them dry; roll them in wheat flour or rolled cracker, and fry as directed for other fish, in hot lard or beef dripping, salted. They should be browned all over and thoroughly done.

Eels may be prepared in the same manner and broiled.

Fresh Mackerel.—These fish to be good must be cooked as soon as possible after they are caught.

They may be broiled, fried, or baked the same as shad—also salted.

Dried Mackerel.—Take fresh caught mackerel, scale them and cut them down the back to the tail, leave the heads on; then hang them by the tail in a cool place to drain; strew some salt on the bottom of a pan; sprinkle the fish plentifully with it, and lay them two by two, the insides together, in a pan; let them lie twelve hours, then rinse off the salt, and hang them to drain for half an hour, after which pepper the insides a little and lay them on stones, aslant toward the sun, to dry; take care never to put them out when the sun is not hot on them, nor until the stones are heated and dry; lay the insides to the sun—they will be perfectly cured in one week;

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stretch them open with two sticks. Or instead of drying, after having prepared them in this manner, smoke them.

SALT MACKEREL.—Split fresh caught mackerel down the back, scrape the insides clean, spread them open on a board, and strew them plentifully with salt; then strew salt over the bottom of a tub; lay the fish two by two, the insides together, and lay them in the tub; strew salt between each layer; half coarse and haif fine salt; then cover them close—put plenty of salt above the last layer of fish.

TO DRESS SALT MACKEREL.—Take mackerel from the salt, and lay them inside downward in a pan of cold water for two or three days, change the water once or twice, and scrape the fish clean without breaking it. When fresh enough, wipe one dry and hang it in a cool place; then fry or broil, or lay one in a shallow pan, the inside of the fish down; cover it with hot water, and set it over a gentle fire or in an oven for twelve or fifteen minutes; then pour off the water, turn the fish, put bits of butter in the pan, and over the fish, sprinkle with pepper, and let it fry for five minutes, then dish it.

TROUT.—These may be stewed, fried, boiled or baked.

PIKE OR PICKEREL.—These may be stewed, fried or broiled.

There are many more fine fish not mentioned herein, but as the process of stewing, boiling, broiling, and frying is very nearly the same for all sorts of fish, it does not seem necessary to mention more.

HERRINGS.—These are eaten in three varieties—fresh, salted, smoked or red herrings.

Salted herrings are to be soaked in clean water before boiling, the same as mackerel.

Red herring are to be skinned, split in two, and the insides and back bone to be taken out; or they may first be broiled, then skinned.

To cook fresh herrings, scale and prepare them the same as any other fish.

TO BOIL FRESH HERRING.—Dry them well, rub them over with a little salt and vinegar, and skewer their tails in their mouths; lay them on a fish plate and boil for ten or twelve minutes in water slightly salted. Serve with plain boiled potatos and drawn butter.

CHOWDER.—Slice some fat salt pork very thin, strew it over with onions chopped small, and some fine pepper; then cut a haddock, fresh cod, or any other firm fish, in thin steaks; take out the bones, lay some of the sliced pork at the bottom of the kettle with some of the seasoning; then put a layer of fish, then put over some soaked crackers or biscuit, then another layer of the seasoned pork, after which fish and crackers and a

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few bits of butter, and so on alternately pork, fish and crackers, until the kettle is two-thirds full, then put in about a pint of water and cover the pot with a thick iron cover with a rim; set it over a gentle fire, put coals and ashes on the cover, and bake two or three hours or more, if the pot is large. When done, turn it out on a dish and serve with pickles. It may be baked in an oven.

SHELL FISH.

To Choose Lobsters.—These are chosen more by weight than size, the heaviest are best; a good small sized one will not unfrequently be found to weigh as heavily as one much larger. If fresh, a lobster will be lively and the claws have a strong motion when the eyes are pressed with the finger.

The male is best for boiling; the flesh is firmer, and the shell a brighter red; it may readily be distinguished from the female; the tail is narrower, and the two uppermost fins within the tail are stiff and hard. Those of the hen lobster are not so, and the tail is broader.

Hen lobsters are preferred for sauce or salad, on account of their coral. The head and small claws are never used.

To Boil Lobster.—Put in a large kettle water enough to cover the lobster, and salt, a dessert spoonful to a quart of water; when it boils fast put in the lobster, head first, which kills it instantly; keep boiling briskly for half an hour, then take it from the water with the tongs and lay it to drain; wipe off all the scum from it and rub it over with a bit of butter tied in a cloth, or some sweet oil; break off the large claws, and crack each shell without shattering, but so that they may come easily to pieces; lay a napkin on a large steak dish; with a sharp knife split the body from head to tail, and lay it open on the napkin; put a large claw at either end, and serve with melted butter sauce.

Or else take out all the meat from the shells, and lay it neatly on a dish, and serve with melted butter.

Buttered Lobster.—Boil a lobster, then take the meat from the shell, and mince or chop it small; put the coral and green inside if liked, (leave out what is called the lady,) to a wineglass of vinegar or hot water, and a quarter of a pound of

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fresh butter; add a saltspoonful of cayenne pepper, and made mustard, if liked; and put it with the lobster in a stew-pan over a gentle fire; stir it until it is thoroughly heated throughout. Serve hot: serve with lettuce in a salad bowl; garnish with hard boiled egg; serve rolls with it.—For supper or a second course dinner dish.

Lobster Salad.—Break apart one or two heads of white heart lettuce, lay the leaves in cold water, rinse them well, then shake the water from each leaf, and lay them, the largest first, in a salad bowl, the stalk inwards. Lay the delicate small leaves around the edge; or cut it all small before putting it in the bowl.

Having boiled a hen lobster, take the meat from the shell and cut it small; rub the coral to a smooth paste, with the green inside if liked, and a tablespoonful of oil or melted butter; add to it a teaspoonful of made mustard, and a saltspoonful of black pepper; add a gill of sharp vinegar; stir it smooth, then mix it with the minced lobster and salad, and serve with cold butter and crackers or rolls. The lobster and dressing must not be put with the lettuce until ready to serve.

To Choose Crabs.—If fresh, the joints of the claws will be stiff, and the inside have an agreeable smell; the heaviest for their size are best; light ones are watery. Crabs are stale when the eyes look dull.

To Boil Crabs.—Have a pot of boiling water in which is salt, (a tablespoonful to the quart) throw the crabs in, and keep them boiling briskly for twelve minutes, if large; then take them out, wipe the shell clean, and rub them over with a bit of butter; break off the small claws; spread a napkin on a large dish, and lay the crabs on it in regular rows, beginning at the outside. Serve with cold butter and rolls.

Soft Shelled Clams.—These are very fine if properly prepared. They are good only during cold weather and must be perfectly fresh.

Soft shelled clams may be boiled from the shells, and served with butter, pepper, and salt over.

To Boil Soft Shell Clams.—Wash the shells clean, and put the clams, the edges downwards, in a kettle; then pour about a quart of boiling water over them; cover the pot and set it over a brisk fire for three quarters of an hour; pouring boiling water on them causes the shells to open quickly and let out the sand which may be in them.

Take them up when done; take off the black skin which covers the hard part, trim them clean, and put them in a stew-

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pan; put to them some of the liquor in which they were boiled; put to it a good bit of butter, and pepper and salt to taste; make them hot; serve with cold butter and rolls.

STEWED SOFT SHELL CLAMS.—Get fifty clams taken from their shells, and freed from the black skin; wash them well in clear water and put them in a stew-pan with very little water; cover and set it over a gentle fire for half an hour; then add to them a bit of butter the size of a large egg or larger; dredge in a tablespoonful of flour, and salt and pepper to taste; stir it in them; cover the stew-pan for ten minutes, then serve hot. Many persons like the addition of a wine-glass of vinegar.

TO FRY SOFT SHELL CLAMS.—Get them from the shell, as they are very troublesome to clean. Wash them in plenty of water, and lay them on a thickly folded napkin to dry out the water; then roll a few at a time in wheat flour, until they will take up no more. Have a thick-bottomed frying pan one third full of boiling hot lard, and salted; (in proportion, a tablespoonful of salt to a pound of lard,) lay the clams in with a fork, one at a time; lay them close together and fry gently, until one side is a delicate brown, then turn carefully and brown the other; then take them off on a hot dish. When fried properly, these clams are very excellent.

HARD SHELL CLAMS.—Hard shell clams may be prepared for table in a variety of ways. The sand clams, either large or small, are preferable to any other, being whiter and more tender. Those called Quahogs are least delicate eating of all.

TO BOIL HARD SHELL CLAMS.—Wash the shells until they are perfectly clean, then put them into a kettle, with the edges downwards; add a pint of water, cover the pot and set it over a brisk fire; when the shells open wide they are done. Half an hour is generally enough for them; if a strong taste to the juice is not liked, put more than a pint of water to them. When done, take the clams from the shells into a deep dish; put to them some of the juice, a good bit of butter, and some pepper; or toast some thin slices of bread, butter them and cut them small, and put them in the dish before putting in the clams and juice.

STEWED CLAMS.—Take fifty large sand clams from their shells, and put to them their own liquor and water in equal parts, nearly to cover them; put them in a stew-pan over a gentle fire for half an hour; take off any scum as it rises, then add to them a teacup of butter, in which is worked a tablespoonful of wheat flour, and pepper to taste; cover the stew-

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pan, and let them simmer for fifteen minutes longer, then serve. Pour it over toast if preferred.

Substituting milk for water makes them more delicate and white.

Any other than sand clams, require one hour to stew; that is, three quarters of an hour before putting in the seasoning.

Fried Hard Shell Clams.—Get the large sand clams; wash them in their own liquor; dip them in wheat flour or rolled crackers as may be preferred, and fry in hot lard or beef dripping, without salt; or dip each one in batter made as for clam fritters.

Clam Fritters.—Take fifty small or twenty-five large sand clams from their shells; if large, cut each in two, lay them on a thickly folded napkin; put a pint bowl of wheat flour into a basin, add to it two well beaten eggs, half a pint of sweet milk, and nearly as much of their own liquor; beat the batter until it is smooth and perfectly free from lumps; then stir in the clams. Put plenty of lard or beef fat into a thick-bottomed frying pan, let it become boiling hot; put in the batter by the spoonful; let them fry gently; when one side is a delicate brown, turn the other.

Clam Chowder.—Butter a deep tin basin, strew it thickly with grated bread crumbs or soaked cracker; sprinkle some pepper over and bits of butter the size of a hickory nut, and, if liked, some finely chopped parsley; then put a double layer of clams, season with pepper, put bits of butter over, then another layer of soaked cracker; after that clams and bits of butter; sprinkle pepper over, add a cup of milk or water, and lastly a layer of soaked crackers. Turn a plate over the basin, and bake in a hot oven for three quarters of an hour; use half a pound of soda biscuit, and quarter of a pound of butter with fifty clams.

Oysters.—Oysters must be fresh and fat to be good. They are in season from September to May.

The small ones, such as are sold by the quart, are good for pies, fritters, or stews; the largerst of this sort are nice for frying or pickling for family use.

Oyster Fritters.—Take a quart of oysters, from their own liquor, strain it and add to it half a pint of milk and two well beaten eggs; stir in by degrees flour enough to make a smooth but rather thin batter; when perfectly free from lumps put the oysters to it, have some lard or beef dripping made hot in a frying pan, salt it a little, and when it is boiling hot put in the batter with a large spoon, having one or more oysters in each; hold it over a gentle fire until one side is a delicate brown—turn each fritter separately. When both sides are

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done, take them on a hot dish and serve for breakfast or supper.

Fried Oysters.—Take large oysters from their own liquor into a thickly folded napkin to dry them off; then make a tablespoonful of lard or beef fat hot, in a thick-bottomed frying-pan, add to it a half salt-spoonful of salt; dip each oyster in wheat flour, or cracker rolled fine, until it will take up no more, then lay them in the pan, hold it over a gentle fire until one side is a delicate brown; turn the other by sliding a fork under it; five minutes will fry them after they are in the pan. Oysters may be fried in butter, but it is not so good; lard and butter half and half is very nice for frying. Some persons like a very little of the oyster liquor poured in the pan after the oysters are done, let it boil up, then put it in the dish with the oysters; when wanted for breakfast this should be done.

Broiled Oysters.—Take the largest oysters from their own liquor, lay them on a folded napkin to dry off the moisture, then dip each one in wheat flour or rolled cracker, or first into beaten egg and then into rolled cracker; have a gridiron made of coarse wire, put it over a bright but not fierce fire of coals, lay the oysters carefully on, when one side is done turn the other, put some sweet butter on a hot plate, sprinkle a little pepper over, lay the oysters on and serve with crackers.

Oysters Roasted.—Wash the shells perfectly clean, wipe them dry, and lay them on a gridiron, the largest side to the fire; set it over a bright bed of coals, when the shells open wide and the oyster looks white, they are done; fold a napkin on a large dish or tray, lay the oysters on in their shells, taking care not to lose the juice: serve hot.

When oysters are served roasted at supper, there must be a small tub between each two chairs, to receive the shells, and large coarse napkins called oyster napkins. Serve cold butter and rolls or crackers with roasted oysters.

Oysters Stewed with Milk.—Take a pint of fine oysters, put them with their own liquor, and a gill of milk into a stew-pan, and if liked, a blade of mace; set it over the fire, take off any scum which may rise; when they are plump and white turn them into a deep plate; add a bit of butter, and pepper to taste.

Serve crackers and dressed celery with them. Oysters may be stewed in their own liquor without milk.

Oyster Pie.—For the paste see clam pie, or use puff paste. Butter a deep tin two quart basin, line the bottom and sides with the paste, rolled to about half an inch thickness; take a

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quart or three pints of oysters from their own liquor and put them into the pie; cut a quarter of a pound of sweet butter in bits the size of a hickory nut, strew these over the oysters; sprinkle over a teaspoonful of ground pepper, and dredge them white with wheat flour, then strain the oyster liquor over; add to it enough milk or water very nearly to reach the top of the paste; lay some skewers across; roll some of the paste to nearly half an inch thickness, make an aperture in the centre to allow the steam to escape, several small incisions with a knife on either side of the centre; cover the pie; dip your fingers in flour, and pinch the top and side paste neatly together. Bake nearly an hour in a quick oven; draw out the skewers before sending to the table.

Muscles.—Wash the shells clean, and put them in a kettle with a little water; set them over the fire until the shells are all open; then take them up, take out the beard from each one; put them in a deep dish, put butter, pepper, and salt over, and serve with catsup, and vinegar in a castor.

Stewed Muscles.—Having boiled them from the shells, take the beard out and put them in a stew-pan, with a little of the liquor in which they were boiled; strain it to them; add some cream or milk, and a bit of butter, and pepper and salt to taste; dredge flour over; stir them with a spoon, and let them simmer gently for ten minutes. Serve hot with toast.

MEATS.

DIRECTIONS FOR BUYING AND DRESSING BUTCHERS' MEAT.

To Choose Beef.—When beef is good it may be known by its texture and color; the lean will have a fine open grain of a deep coral or bright carnation red; the fat rather inclining to white than yellow; and the suet firm and white. Very yellow fat is generally sufficient proof of inferior beef.

The bett roasting pieces of beef are the prime ribs, sirloin, and what is known as the porter-house piece; it may be recognized by the bone.

The best steaks are cut from the sirloin and porter-house. The last mentioned cut probably took its name from having been the most highly esteemed steak, and so dished for the palate of the epicure at porter-houses, which were formerly

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the only eating-houses. Fine steaks may be cut from between the ribs.

The round of tender, fat beef, cuts very good steaks, as does also the cross-ribs, but these are juiceless compared with the other pieces. The lean of fat beef is the most juicy and tender.

The neck, shin, or marrow bone, leg or head make good soups.

Beef skirts are good for sausage meat, stewing, hashes, or for mince pie meat; or they may be broiled or fried.

To Fry Tripe.—Take prepared tripe, lay it in water, with a little water, over night; in the morning scrape the rough side clean, wipe it dry; then dip it in wheat flower or rolled crackers.

Have a thick-bottomed frying pan, put into it a cup of lard or beef dripping, let it become boiling hot; then lay the tripe in, the rough side down first, let it fry gently; when this side is a delicate brown turn the other and do likewise; then take it from the pan, add to the fat in which it was fried a wine-glass of vinegar, let it boil up once, then pour it in the dish with the tripe, or you may use water instead of vinegar.

Fricaseed Tripe.—Cut a pound of tripe in narrow strips, put a small cup of water or milk to it, add a bit of butter the size of an egg, dredge in a large teaspoonful of flour, or work it with the butter; season with pepper and salt, let it simmer gently for half an hour, serve hot. A bunch of parsley cut small and put with it is an improvement.

Beef Liver.—Cut the liver in thin slices, dip each slice in wheat flour or rolled crackers, and fry in hot lard or beef dripping; season with pepper and salt. It must be thoroughly cooked and a fine brown.

To Stew a Round of Beef.—Boil the beef until it is rather more than half done; gash it with a sharp knife, then rub it over with salt and pepper and sweet herbs chopped small; one sliced carrot, also a leek or onion cut small; dredge it white with flour; strew bits of butter over, and put it into a dinner pot with a pint or more of the water in which it was boiled; cover it close and let it bake or stew slowly for two hours; add a little hot water when it may be necessary to keep it from burning; turn it once; when it is nicely browned, take it up, add a little boiling water to the gravy, stir it well together, let it boil up once and then pour it over the meat.

Beef Heart Baked or Roasted.—Cut a beef heart in two, take out the strings from the inside; wash it with warm water, rub the inside with pepper and salt, and fill it with a stuffing of bread and butter moistened with water, and seasoned with pepper and salt, and, if liked, a sprig of thyme

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made fine; put it together and tie a string round it, rub the outside with pepper and salt, stick bits of butter on, then dredge flour over and set it on a trivet or muffin rings, in a dripping pan; put a pint of water in to baste with, then roast it before a hot fire, or in a hot oven; turn it round and baste frequently, One hour will roast or bake it; when done take it up, cut a lemon in thin slices, and put it in the pan with a bit of butter; dredge in a teaspoonful of flour; let it brown, add a small teacup of boiling water, stir it smooth, and serve in a gravy tureen.

Beef Kidneys.—These may be split and fried, or broiled, or they may be chopped small, and made a hash or stew. Cut them in half, or mince them, and put them in a stew-pan, with enough hot water to moisten them; then cover them close and let them simmer gently until tender: add a good bit of butter, pepper and salt to taste, and some browned flour; a wine-glass of wine or catsup may be added, if liked. Toast some thin slices of bread delicately brown, take off the crust and lay them in a dish, and put the stew or hash over. A finely chopped onion or leek may be added to it, if liked.

Hashed Beef.—Take some very rare done or uncooked beef, chop it small, one-fourth as much fat as lean, and moisten it with water or gravy: if with water, add a bit of butter rolled in flour; put it in a closely covered stew-pan, over a gentle fire for half an hour; then dredge in a little browned flour, add salt and pepper to taste, and cover it for fifteen minutes, and serve. Or cut some thin slices of toast in neat squares, put them in the dish, and put the hash on it; or serve it on boiled rice.

Some persons like a teaspoonful of made mustard or catsup put to it before dishing, it.

Beef Steaks.—Sirloin and what is known in New York markets as porter-house steaks, are the choicest cuts. If the beef is not very tender and young, it may be improved by beating gently with a rolling pin or potato beetle before cooking; the steaks should be nearly the theickness of an inch: beef steaks must on no account be washd. By keeping beef as long as possible without tainting, it may be improved in flavor, and will become more tender; broiling is by far the best manner of cooking beef steaks.

Fried Beef Steaks.—Cut some of the fat from the steak, and put it in a frying pan and set it over the fire; if the steaks are not very tender, beat them with a rolling pin, and when the fat is boiling hot, put the steak evenly in, cover the pan and let it fry briskly until one side is done, sprinkle a little pepper and salt over, and turn the other; let it be rare or well-done as may be liked; take the steak on a hot dish, add

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a wineglass or less of boiling water or catsup to the gravy, let it boil up once and pour it in the dish with the steak.

Beef and Onion Stew.—Cut two pounds of meat in pieces the size of an egg, and put it in a stew-pan with enough warm water nearly to cover it; cover the stew-pan and let it simmer slowly for half an hour; then skim it clear, peel five or six small onions and cut them in thick slices; pare half a dozen large potatoes and cut them in half, or quarters; add a tablespoonful of salt, and a small teaspoonful of pepper to the stewed meat; then put in the potatoes and onions. If the meat is lean, (it is best to have a small portion of fat,) add a bit of butter the size of a large egg; shake over it a tablespoonful of wheat flour, or work it into the butter; cover the stew-pan close, and let it stew gently that it may brown without burning; one hour is required for making this stew. If the potatoes are cut smaller than halves, they should be put in twenty minutes before it is done; half an hour will be required to cook them if cut in two.

To Roast Beef.—Have a bright, clear fire before putting down the roast; if it is large, have a fire according; let it be a clear, steady fire, with a bed of coals at the bottom—this is for a wood fire; for a coal fire, make one large enough to last the length of time required for the roast, (fifteen minutes for each pound of meat;) make the front of the fire clear from ashes, and brush up the hearth; rinse the meet in cold water, wipe it dry, mix salt and pepper, a teaspoonful of salt, and a salt-spoonful of pepper, for each pound of meat; rub it over every part, then put it evenly on the spit, taking care not to run it through the best parts, or if it is done in a reflector, set it on a trivet or muffin rings, and turn the pan about as occasion may require; then put it down at a little distance from the fire, that the outside may not be too much done before the inside is cooked; put at least a pint of water in the dripping-pan, with which to baste; replenish with boiling water, so that there shall not be less than a pint of gravy, when the meat is done, for a piece weighing five or six pounds; when about half done, clear the front of the fire, and set it a little nearer; turn the meat so that all sides may be done evenly; fifteen minutes before it is done, if you please, dredge with the fat of the meat wheat flour until it looks white; baste it freely, and set it to finish; when done, take it on to a large dish and cover with a tin cover; set the dripping over the fire, dredge in a small tablespoonful of flour, stir it smooth; when it is a fine brown, add a teacup of boiling water, let it boil up, stirring it meanwhile; then pour it through a gravy strainer into a tureen; if there is much

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fat skim nearly all of it off; or, instead of dredging in flour, make a thin, smooth batter of a tablespoonful of flour, and a small cup of cold water; let the gravy in the pan become boiling hot before stirring it in; then stir it smooth, and when it is a fine rich brown, strain it into the tureen and serve with the meat.

The vegetables most proper with roast beef are, plain boiled or mashed potatoes, with boiled spinach, beets or dressed celery, and turnips mashed, or squash. If you please, pickles, or grated horse-radish may also be served with roast beef instead of spinach or celery, with made mustard and catsup in the castor.

In roasting meat it should be so placed as to bring the largest or thickest part nearest the fire. In roasting beef its juciness depends on the frequercy of basting it, after it has fairly begun to roast.

VEAL.—Veal should not be kept long before dressing, as it by no means improves by keeping. The loin is apt to taint under the kidney. When soft and slimy it is stale; it will be cool and firm and have an agreeable smell when fresh.

In the shoulder, if the vein is a clear red, it is good. When there are any yellow or dark spots it is stale. The breast and neck when good look white and clear. Veal must always be well cooked.

The leg of veal is generally boiled or made soup of. The loin also may be boiled, but is best roasted, and cut in chops and broiled or fried. The shoulder may be roasted; it may be boned and stuffed and then roasted, or it may be split, after having been boned, and fried or broiled.

The breast may be roasted, stewed or broiled, or made a pie.

Steaks are cut from leg or shoulder. The neck or scrag may be cut in chops or fried, broiled, or stewed; or a dish of soup may be made of it.

Calf's liver is cut in steaks, and fried like beef liver, or it may be broiled and buttered.

Veal sweet-breads are roasted with the breast, or they may be fried or stewed.

Calf's head may be boiled and served with a sauce, and a soup made of the liquor in which it is boiled.

The head and feet are used for making jellies.

To BOIL VEAL.—Put in hot water, (not boiling,) to cover it, put to it a tablespoonful of salt, cover the pot, and let it boil very gently, taking off the scum as it rises; allow fifteen minutes for each pound of meat; four pounds of meat will require one hour gentle boiling. Serve boiled veal with drawn

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butter, or oyster, or lemon, or parsley sauce, and plain boiled potatoes, with pickles, or lettuce, or celery. Boil the loin and serve with egg sauce.

CALF'S HEAD.—Clean it very nicely, and soak it in salt and water, that it may look white, (clean as directed for beef tripe,) take out the eyes, take out the tongue to salt, and the brains to make a little dish; boil the head very tender, and serve with a sauce, or take it up, put bits of butter all over it, dredge with flour, and season with pepper and finely sifted sweet herbs, if liked; set it in a hot oven or before the fire; baste with some of the water in which it was boiled, or squeeze the juice of a lemon over; roast it a fine brown; then take it on a hot dish and put a tin cover over; add a piece of butter, the size of an egg, to the gravy; cut a small lemon in thin slices, and make the gravy boiling hot; add them to it; let them fry brown, then put a teaspoonful of browned flour, and a teacup of boiling water to the gravy and serve, with the meat. The lemon may be dispensed with if preferred—it will generally be liked.

TO MAKE A DISH OF CALF'S BRAINS.—Wash them in salt and water, then boil them tender, and take them in a dish; put butter and pepper over, and serve.

Or, after washing the brains in salt and water, wipe them dry, and dip them in wheat flour, or into beaten egg, and then into bread crumbs, and fry in hot lard or beef dripping; season with pepper and salt, and slices of lemon fried, if liked.

CALF'S HEAD CHEESE.—Boil a calf's head in water enough to cover it, until the meat leaves the bones, the take it with a skimmer into a wooden bowl or tray; take from it every particle of bone; chop it small: season with pepper and salt, a heaping tablespoonful of salt, and a teaspoonful of pepper will be sufficient; if liked, add a tablespoonful of finely chopped sweet herbs; lay a cloth in a cullender, put the minced meat into it, then fold the cloth closely over it, lay a plate over, and on it a gentle weight. When cold it may be sliced thin for supper or sandwiches. Spread each slice with made mustard.

CALF'S HEAD. *(a fine dish.)*—Boil a calf's head, (after having cleaned it,) until tender, then split it in two, and keep the best half; (bone it if you like) cut the meat from the other in uniform pieces, the size of an oyster; put bits of butter, the size of a nutmeg, all over the best half of the head; sprinkle pepper over, and dredge on flour until it looks white, then set it on a trivet or muffin rings in a dripping pan; put a cup of water into the pan and set it in a hot oven or before a hot fire; turn it that it may brown evenly; baste once or twice.

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Whilst this is doing, dip the prepared pieces of the head in wheat flour or batter, and fry in hot lard or beef dripping, a delicate brown; season with pepper and salt and slices of lemon, if liked. When the roast is done put it on a hot dish, lay the fried pieces around it and cover it with a tin cover; put the gravy from the dripping pan into the pan in which the pieces were fried, with the slices of lemon, and a teaspoonful of browned flour, and, if necessary, a little hot water. Let it boil up once, and strain it into a gravy boat and serve with the meat.

VEAL SWEETBREADS.—Wash them in warm water, then put them in a stew-pan with a little salt and pepper, and pour boiling water over to cover them; let them boil for five minutes, then take them up, wipe them dry, and dip them in rolled cracker, or egg batter, or wheat flour, and fry them in hot lard or beef dripping, Or, instead, wet them over with beaten egg, then dip them in rolled cracker until they will take no more, then fry them or broil on an oyster gridiron, (made of coarse wire.)

VEAL CHOPS.—Cut veal chops about an inch thick; beat them flat with a rolling-pin, put them in a pan, pour boiling water over them, and set them over the fire for five minutes; then take them up and wipe them dry; mix a tablespoonful of salt and a teaspoonful of pepper for each pound of meat; rub each chop over with this, then dip them, first into beaten egg, then into rolled crackers as much as they will take up; then finish by frying in hot lard or beef dripping; or broil them. For the broil have some sweet butter on a steak dish; broil the chops until well done, over a bright clear fire of coals; (let them do gently that they may be well done,) then take them on to the butter, turn them carefully once or twice in it, and serve. Or dip the chops into a batter, made of one egg beaten with half a teacup of milk, and as much wheat flour as may be necessary. Or simply dip the chops without parboiling into wheat flour; make some lard or beef fat hot in a frying pan; lay the chops in, and when one side is a fine delicate brown, turn the other. When all are done, take them up, put a very little hot water into the pan, then put it into the dish with the chops.

Or make a flour gravy thus: After frying them as last directed, add a tablespoonful more of fat to that in the pan, let it become boiling hot; make a thin batter, of a small tablespoonful of wheat flour and cold water; add a little more salt and pepper to the gravy, then gradually stir in the batter, stir it until it is cooked and a nice brown; then put it over the meat,

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or in the dish with it; if it is thicker than is liked, add a little boiling water.

VEAL STEWED WITH VEGETABLES, (*Ragout.*)—Wash three pounds of veal in cold water, then cut it small and put it in a stew-pan, with water nearly to cover it; add a tablespoonful of salt and a teaspoonful of pepper; cover the stew-pan and let it simmer for twenty minutes, then skim it clear. Whilst the meat is stewing, scrape one large or two small carrots and cut them in thin slices, quarter of an inch thick, notch the edges and put them in a stew-pan with boiling water to cover them and set it over the fire until they are tender; dip a bunch of parsley into boiling water, and mince it fine; cut a leek in thin slices; pare and cut six small potatoes in halves or quarters, then take the carrot from the water with a skimmer; put quarter of a pound of sweet butter to the meat; dredge over it a tablespoonful of browned flour and add the vegetables; cover the stew-pan and let it stew gently for half an hour; then take the meat on a dish, put the vegetables around it, pour the gravy over, and serve.

To ROAST VEAL.—Rinse the meat in cold water; if any part is bloody, wash it off; make a mixture of pepper and salt, allowing a large teaspoonful of salt and a salt-spoonful of pepper for each pound of meat; wipe the meat dry; then rub the seasoning into every part, shape it neatly, and fasten it with skewers, and put it on a spit, or set it on a trivet or muffin rings, in a pan; stick bits of butter over the whole upper surface; dredge a little flour over, put a pint of water in the pan to baste with, and roast it before the fire in a Dutch oven or reflector, or put it into a hot oven; baste it occasionally, turn it if necessary that every part may be done; if the water wastes add more, that the gravy may not burn; allow fifteen minutes for each pound of meat; a piece weighing four or five pounds will then require one hour or an hour and a quarter. When it is nicely browned and done, take it up; add a bit of butter the size of a large egg to the gravy, dredge in a tablespoonful of flour, stir it smooth, let it brown, add a cup of boiling water to it; then strain it into a gravy-boat, and serve with the meat; serve plain boiled or mashed potatoes with the meat, with such green vegetables as may be liked.

Plain boiled or mashed potatoes, with any other vegetable which may be liked may be served with roast veal; also pickles of any kind.

VEAL HASHED.—Cut a pound of cold veal small, season it to taste with pepper and salt, dredge a small teaspoonful of wheat flour over it, add a bit of butter the size of an egg, put it in a stew-pan, put water enough to make it moist; then

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cover it close and set it over a gentle fire for half an hour; stir it occasionally; if liked, a bunch of parsley may be cut small and added to it; when half done, toast some thin slices of bread delicately brown, cut it in small squares or diamonds, and serve the hash on it, for breakfast. A glass of wine may be added.

VEAL PIE.—Cut a breast of veal small and put it in a stew-pan, with hot water to cover it; add to it a tablespoonful of salt, aed set it over the fire; take off the scum as it rises; when the meat is tender, turn it into a dish to cool; take out all the small bones, butter a tin or earthen basin or pudding-pan, line it with a pie paste, (see clam pie,) lay some of the parboiled meat in to half fill it, put bits of butter the size of a hickory nut all over the meat, shake pepper over, dredge wheat flour over until it looks white; then fill it nearly to the top with some of the water in which the meat was boiled, roll a cover for the top of the crust, puff paste it, giving it two or three turns, and roll it to nearly half an inch thickness; cut a slit in the centre and make several small incisions on either side of it; lay some skewers across the pie, put the crust on, trim the edges neatly with a knife, bake one hour in a quick oven. A breast of veal will make two quart basin pies; half a pound of nice corned pork, cut in thin slices and parboiled with the meat, will make it very nice, and very little, if any butter, will be required for the pie; when pork is used no other salt will be necessary.

POTATO AND VEAL PIE.—Peel and cut small some cold boiled potatoes, cut some cold veal small, put some of the meat in the bottom of a baking-dish or tin basin, put on it a layer of potatoes, sprinkle pepper and salt over and bits of butter; then another layer of meat and potatoes and seasoning, and so continue until the pan is nearly full, then add to it water or gravy to moisten it, cover it with a pie crust, and bake in a quick oven for three quarters of an hour.

PORK, HAMS, &c.

TO CHOOSE PORK.—If the rind of pork is tough and thick, and cannot easily be impressed with the finger, it is old.

If fresh, the flesh will look cool and smooth; when moist or clammy it is stale. The knuckle is the first to become tainted.

Pork is often what is called measly, and is then almost poisonous; measly pork may easily be detected, the fat be-

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ing full of small kernels. Swill or still-fed pork is not fit for curing; either dairy or corn-fed is good.

Spare-Rib.—Broil the blade-bone and spare-rib nicely over a bright clear fire of coals; let it be well done. It is best to cover it whilst on the grid-iron, as by so doing it is sooner done and the sweetness is kept in. Put the inside to the fire first and let it be done nearly through before turning it; when done, take it on a hot dish, butter it well, season with pepper and salt, and serve hot.

Sausage Meat.—Take of pork three-quarters, and one of beef, chop it fine, put four ounces of fine salt, and one of pepper to every ten pounds of meat; mix the seasoning well into the meat; then put it in small muslin bags, tie them close, and hang them in a dry, cool cellar. When wanted for use, cut it in slices, or form it in small cakes, flour the outside of each, and fry in hot lard. Let them be nicely browned. Serve with boiled vegetables. Fine hominy may be boiled and served with them for breakfast.

Pork Sausages.—Take such a proportion of fat and lean pork as you like, chop it quite fine, and for every ten pounds of meat take four ounces of fine salt, and one of fine pepper; dried sage or lemon thyme, finely powdered, may be added, if liked; a teaspoonful of sage, and the same of ground alspice and cloves to each ten pounds of meat. Mix the seasoning through the meat, pack it down in stone pots, or put it in muslin bags. Or fill the hog's or ox's guts having first made them perfectly clean, thus: empty them, cut them in lengths, and lay them three or four days in salt and water, or weak lime water; turn them inside out once or twice, scrape them; then rinse them and fill with the meat.

To Roast a Pig.—Thoroughly clean the pig, then rinse it in cold water, wipe it dry; then rub the inside with a mixture of salt and pepper, and if liked, a little pounded and sifted sage; make a stuffing thus: cut some wheat bread in slices half an inch thick, spread butter on to half its thickness, sprinkled with pepper and salt, and if liked, a little pounded sage and minced onion; pour enough hot water over the bread to make it moist or soft, then fill the body with it and sew it together, or tie a cord around it to keep the dressing in, then spit it; put a pint of water in the dripping-pan, put into it a tablespoonful of salt, and a teaspoonful of pepper, let the fire be hotter at each end than in the middle, put the pig down at a little distance from the fire, baste it as it begins to roast, and gradually draw it nearer, continue to baste occasionally, turn it that it may be evenly cooked; when the eyes drop out

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it is done; or a better rule is to judge by the weight, fifteen minutes for each pound of meat, if the gre is right.

Have a bright, clear fire with a bed of coals at the bottom, first put the roast at a little distanbe, and gradually draw it nearer; when the pig is done stir up the fire, take a coarse cloth with a good bit of butter in it, and wet the pig all over with it, and when the crackling is crisp take it up; dredge a little flour into the gravy, let it boil up once, and having boiled the heart, liver, &c., tender, and chopped it fine, add it to the gravy, give it one boil, then serve.

To Bake a Pig.—Prepare a pig as for roasting, and lay it on a trivet or on muffin rings in a dripping-pan, stick bits of butter all over it, sprinkle pepper and salt over, and dredge some flour over; put a pint or more of water in the pan, then set it in a quick or hot oven, baste frequently, when nearly done, baste with a spoonful of butter, and close the oven to finish; then take it up, dredge a tablespoonful of flour to the gravy, set it over the fire to brown, stir it smooth, and if necessary add a little hot water, let it boil up once, then strain it and serve with the pig.

Pig to roast or bake may be stuffed with boiled potatoes, seasoned with butter, pepper, and salt, and made soft with a cup of milk.

To make a Dish of the Harslet.—Having boiled the heart, liver, &c., in water, with a little salt till tender, chop them small, add a good bit of butter or the gravy from the pan, put it in a stew-pan over a gentle fire, season high with pepper and salt, dredge in a large teaspoonful of flour, stir it and let it simmer gently until it is hot, then serve in a side dish with the pig.

Roast or baked pig may be served whole if small, or lay it on a dish, cut off the head, and before drawing out the spit, split the body in two from head to tail, lay the two halves together on the dish, split the head and lay a half on either side of the body with the ears. A quarter of a large pig may be roasted in the same way.

Sauces to serve with roast Pig or Pork.—Mashed potatoes, boiled onions, turnips mashed, pickled beets, mangoes or cucumbers, or dressed celery and cranberry sauce, stewed apples, or currant jelly.

To Roast a Loin.—Take a sharp penknife and cut the skin across, then cut over it in the opposite direction so as to form small squares or diamonds; rub every part of it with a mixture of salt and pepper, put bits of butter the size of a hickory nut over the skin side, and roast or bake it; serve with the gravy, boiled potatoes mashed, turnips mashed, and

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dressed celery or pickles, and tart apples stewed without sugar.

PORK TENDER LOIN.—This part of pork is the most delicate; it may be got where pork is cut up for packing or salting. It may be fried or broiled, if it is too thick, split it in two. Steaks cut from the tender-loin are nice, but not equal to the tender-loin, which is cut with the grain; steaks are cut across it. The chine of pork may be roasted.

PIGS' FEET SOUSED.—Scald and scrape clean the feet; if the covering of the toes will not come off without, singe them in hot embers, until they are loose, then take them off. Many persons lay them in weak lime water to whiten them. Having scraped them clean and white, wash them and put them in a pot of hot (not boiling) water, with a little salt and let them boil gently, until by turning a fork in the flesh it will easily break, and the bones are loosened. Take off the scum as it rises. When done, take them from the hot water into cold vinegar, enough to cover them; add to it one-third as much of the water in which they were boiled; add whole pepper and alspice, with cloves and mace if liked, put a cloth and a tight fitting cover over the pot or jar. Boil until the bones are loose.

Soused feet may be eaten cold from the vinegar, split in two from top to toe, or having split them, dip them in wheat flour and fry in hot lard, or broil and butter them. In either case, let them be nicely browned.

TO BOIL HAM.—Wash the ham in cold water two or three times, and put it in a kettle of hot (not boiling) water to cover it; let it boil gently, according to its weight (fifteen minutes to each pound) it must be kept slowly boiling all the time; keep the pot covered except to take off the scum as it rises; if it is likely to boil over, take the lid partly off.

Putting meat down to boil in cold water draws out its juices. Hard or fast boiling makes it tough and hard.

Ham which has been smoked a long time, should be soaked overnight.

When it is done, take of the skin, trim off the under side neatly, and put spots of pepper and stick cloves at regular intervals over the whole upper surface. Or dredge it well with wheat flour or rolled crackers, and brown it in a hot oven, or before a hot fire. Serve hot with the gravy from it, and boiled vegetables; or it may be served cold. Trim the bone with parsley, or the delicate leaves of celery, and put sprigs of the same around it on the dish; lemon sliced and dipped in flour, or batter and fried, may be laid over the ham and on the dish. Mashed potatoes, stewed apple, or cranberry,

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dressed celery, or boiled spinach, or cauliflower and mashed turnips are served with hot ham.

With cold ham serve pickles or dressed celery, or both, and bread and butter sandwich.

To Boil a Leg of Pork.—Take a leg of pork which has been in pickle for three or four days, soak it for half an hour in cold water to make it look white, then tie it in a nicely floured cloth, and put it in hot water to cover it. Boil the same as ham. When done, take a small sharp knife, and cut through the skin in a straight line about a quarter of an inch apart; put spots of pepper over and serve with the same vegetables as for ham; or with mashed potatoes, turnips mashed, and pickles or tart apples stewed without sugar. Currant jelly or cranberries may be served with ham or leg of pork.

Pigs' Cheek.—Is smoked and boiled like ham with vegetables; boiled cabbage or fried parsnips may be served with it.

Pork Chops, Steaks and Cutlets.—Fry or stew pork chops, after taking off the rind or skin, the same as for veal.

Cutlets and steaks are also fried, broiled, or stewed, the same as veal.

To Fry or Broil Salt Pork and Bacon.—Cut some slices from corned pork, or streaked bacon, (fat and lean), put them in a pan, pour boiling water over, set it over the fire, and let it boil up once; then pour the water off, and fry them in their own fat, sprinkle with pepper, and if liked, a little dried sage, or thyme, pounded fine; when both sides are nicely browned, take them up, put a little hot water or some vinegar in the pan, let it boil up once, and put it in the dish with the meat. Or, having fried the meat, dredge a teaspoonful of flour into the gravy; while it is hot, stir it about; then add a little hot water, stir it smooth, and pour it into the dish with the meat.

To Broil.—After having parboiled the slices with plenty of water in the pan, lay them on a gridiron, over a bright fire of coals; sprinkle a little pepper over; when both sides are done, put them on a hot dish, put a little butter over and serve. Or, whilst broiling, dip the slices several times into a dish of hot water.

Salt pork is very nice fried thus: Cut it in thin slices, put them in the frying pan with hot water to cover them, set it over the fire, let it boil up once, then pour off the water, shake a little pepper over the meat, and fry it nicely in its own fat, both sides; then take it up, add to the gravy a large teaspoonful of flour, stir it smooth; then put to it a cup of milk,

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stir over the fire for a few minutes, shake pepper over, and put it in the dish with the meat.

Cold boiled potatoes sliced thin, may be fried in the pan, after pork or bacon, and served with it; parsnips boiled, cut in thin slices and fried, may also be served with fried salt meat.

Or, having boiled some cabbage or spinach, and pressed all the water from it, cut it small, put it on a steak dish, lay the fried meat on it, and pour the gravy over. Vinegar is generally eaten with the vegetables.

To Fry Ham.—Cut some fine slices from the large end of the ham, take off the skin, put them in a frying pan, and pour hot water over, set it over the fire and let it boil up once, then pour the water off, take the slices up, put a spoonful of lard in the frying pan and let it become hot; dip the slices in rolled cracker or wheat flour, and fry them a nice brown; when one side is done, turn the other, then take them on a dish, put a very little water in the pan, let it boil up once, put it over the meat. Or, if a flour gravy is wanted, make a thin batter with a teaspoonful of flour and cold water, and stir it into the gravy in the pan, let it brown, and if too thick, put a little hot water to it, stir it smooth and serve with the meat.

To Broil Ham.—Cut some slices of ham, quarter of an inch thick, lay them in hot water for half half an hour, or give them a scalding in a pan over the fire, then take them up and lay them on a gridiron, over bright coals; then take the slices on a hot dish, butter them freely, sprinkle pepper over and serve.

Or, after scalding them, wipe them dry, dip each slice in beaten egg, and then into rolled crackers, and fry or broil.

Ham Gravy.—When a ham is almost done with, cut off what meat remains on the bone, break or saw the bones small, and put it in a sauce-pan with hot water to cover it; set the stew-pan over the fire and let it simmer gently; then strain it, add a little pepper and fine sage if liked, dredge in a tablespoonful of browned flour, and add a bit of butter, stir it over the fire for a few minutes; then having toasted some slices of bread a nice brown, lay them in a dish and serve the gravy over.

Or, serve ham gravy with boiled vegetables.

Ham and Eggs Fried.—Cut some nice slices of ham, put them in a frying pan, cover them with hot water, and set the pan over the fire, let it boil up once or twice, then take out the slices and throw out the water, put a bit of lard in the pan, dip the slices in wheat flour or finely rolled crackers, and when the fat is hot put them into the pan, sprinkle a little

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pepper over; when both sides are a fine brown take them on a steak dish, put a little boiling water into the pan, and put it in the dish with the meat.

Now put a bit of lard the size of a large egg into the pan, add a salt-spoonful to it, let it become hot; break six or eight eggs carefully into a bowl, then slip them into the hot lard, set the pan over a gentle fire; when the white begins to set, pass a knife blade so as to divide an equal quantity of white to each yolk, cut it entirely through to the pan that they may cook the more quickly; when done take each one up with a skimmer spoon, and lay them in a chain around the meat on the dish. Fried eggs should not be turned in the pan.

POACHED EGGS WITH FRIED HAM.—Fry the ham as above directed, take a clean frying or omlet-pan, nearly fill it with boiling water, set it over a gentle fire, break the eggs singly into a cup and slip each into the boiling water, cover the pan for four or five minutes—when done, take them up with a skimmer on to a dish, sprinkle a little pepper and salt over, add a small bit of butter, and serve in a dish or over the ham.

PORK AND BEANS.—Take two quarts of dried white beans, (the small ones are best,) pick out any imperfections, and put them to soak in hot water, more than to cover them, let them remain one night; the next day, about two hours before dinner time, throw off the water, have a pound of nicely corned pork, a rib piece is best; put the beans in an iron dinner-pot, score the rind or skin of the pork in squares or diamonds, and lay it on the beans, put in hot (not boiling) water to cover them, add a small dried red pepper, or a salt-spoonful of cayenne, cover the pot close, and set it over a gentle fire for one hour; then take a tin basin or earthen pudding pan, rub the inside over with a bit of butter, and nearly fill it with the boiled beans, lay thep ork in the centre, pressing it down a little, put small bits of butter over the beans, dredge a little flour over them and the pork, and set it in a moderately hot oven for nearly one hour.

Serve in the dish in which it was baked, thus: Lay a nicely fringed small napkin on a dinner plate, set the basin or pan on that, turn the corners of the napkin up against it, and keep it in place by sprigs of green parsley or celery leaves on the plate under it, and so continue a wreath around the dish, concealing the pan entirely. Serve pickles and mashed potatoes with it.

SUCCATASH.—Take of dried sweet corn and white beans, one quart of dried sweet corn, to one or two of beans.

Put the beans to soak in a basin with water to cover them;

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rinse the corn in cold water and put them in a basin with water to cover it, let them remain until the next day; within two hours of dinner time, pour the water from the beans, pick out any imperfections, and put them with the corn, with the water in which it is soaked, into a dinner-pot; cut a pound of nicely corned pork in thin slices, put it to the corn and beans, and put over them hot water, rather more than to cover them, add a very small red pepper, or a salt-spoonful of cayenne, and cover the pot close; set it where it will boil very gently, for an hour and a half, then put it in a deep dish, add a bit of butter to it and serve.

The pork may be scored, and not cut up, if preferred, and served in a separate dish.

To Boil Salted or Corned Beef.—Wash the brine from a piece of corned beef and put it in a pot of hot (not boiling) water, take off the scum as it rises, then try if it is tender; let it boil gently. When it is done, take it up and press it between two plates.

Cabbage, or spinach, or some other greens, are generally boiled with salt beef; put down the beef in time that it may be done before it is time to boil the vegetables, and set it to press whilst the vegetables are boiling.

To Prepare the Cabbage—.Take off the discolored outside leaves, and cut each head in four; look well between the leaves to see that no insects are secreted; wash the quarters, and put them in the water in which the meat was boiled; set it over the fire and let it boil fast for three quarters of an hour; if you wish the potatoes boiled with it, choose large, equal sized ones, and put them in with the cabbage; when they are done take the potatoes into a covered dish, put the cabbage into a cullender, press out all the water. If you wish to have the meat hot, after pressing it, put it into the pot ten minutes before taking up the vegetables. Serve the cabbage and potatoes in covered dishes, and the meat on an oval dish.

Parsnip Stew.—Cut half a pound of fat salt pork or bacon in slices, and a pound of beef or veal in bits, put them in a dinner pot with very little water. Scrape some parsnips, and cut them in slices an inch thick, wash and put them to the meat; pare and cut six small sized potatoes in halves. Cover the pot close and set it over a bright fire for half an hour; then dredge in a tablespoonful of wheat flour, add a small bit of butter, and a small teaspoonful of pepper, stir it in, and set it over the fire to brown for fifteen minutes. Take the stew into a dish and serve.

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LAMB.

To Choose Lamb.—The vein in the neck of a fore-quarter of lamb will be a fine blue, if it is fresh; if it is of a green or yellowish color it is stale.

The hind quarter first becomes tainted under the kidney.

A fore-quarter includes the shoulder, neck and breast.

A hind-quarter is the leg and loin.

The pluck is sold with the head, liver, heart and lights. The melt is not used with us.

The fry contains the sweet-breads, skirts, and some of the liver.

Lamb may be hashed, stewed, roasted, fried, broiled, or made in a pie, the same as veal.

Harslet Hashed.—Skin the head and boil it with the liver, heart, &c. When tender, cut the meat from the head, and chop it fine with the other; season with salt and pepper to taste, dredge it white with flour, and put it to a cup of water, to keep it from burning, put it over a moderate fire, and stir it with a spoon until thoroughly heated: then serve in a deep dish with boiled rice or hominy. A bit of butter may be added before taking it up.

To Broil a Breast of Lamb.—Have a clear, bright fire of coals; when the gridiron is hot rub it over with a bit of suet, then lay on the meat, the inside to the fire first, let it broil gently, when it is nearly cooked through, turn the other side; let it brown nicely, put a good bit of butter on a steak dish, work a large teaspoonful of salt and a small one of pepper into it, lay the meat upon it, turn it once or twice, and serve hot.

The shoulder may be broiled in the same manner.

Lamb Stewed with Peas.—Cut the scrag or breast of lamb in pieces and put it in a stew-pan with water enough to cover it. Cover the stew-pan close, and let it simmer or stew for fifteen or twenty minutes; take off the scum, then add a tablespoonful of salt and a quart of shelled peas; cover the stew-pan and let them stew for half an hour; work a small tablespoonful of wheat flour with a quarter of a pound of butter, and stir it into the stew; add a small teaspoonful of pepper; let it simmer together for ten minutes. Serve with new potatoes, boiled. A blade of mace may he added if liked.

Quarter of Lamb Roasted.—Wash a quarter of lamb with cold water, mix a large tablespoonful of salt, and a heaping teaspoonful of pepper, and rub it well over every part of the

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meat: then split it or lay it on muffin rings or a trivet in a dripping pan; put a pint of water in the pan to baste with; set it before the fire in a Dutch oven or reflector, or in a hot stove oven, baste very often after it begins to roast; lay it so that the thickest part may be nearest the fire; allow fifteen minutes for each pound of meat; baste with the water in the pan until nearly done; add more to it as it wastes, then put to it quarter of a pound of butter, baste the meat with it, dredge it white with flour, stir up the fire to brown it.

To Prepare a Quarter of Lamb for Broiling.—Wash a quarter of lamb in cold water, then rub it all over with a mixture of salt and pepper, dredge well with wheat flour, and put it in a pot of hot (not boiling) water; cover the pot and let it boil gently, allowing fifteen minutes for each pound of meat; take off the scum as it rises. Serve with boiled potatoes and parsley, or drawn butter sauce, and mint sauce, and lettuce dressed. Break the leaves from some white heart lettuce and rinse each one in cold water, then cut them small, put a teaspoonful of made mustard with a teaspoonful of sugar, and the same of oil, beat them together in a cup; then add enough vinegar to fill a cup, and pour it over the lettuce.

MUTTON.

Observations on Mutton.—The pipe which runs along the bone inside of a chine or saddle of mutton, must be taken out. If it is to be kept any length of time wipe the meat perfectly dry, and rub pepper over it in every part. Whenever you find any moisture wipe it dry, rub it with pepper, and dredge flour over. The kernels should be taken out by the butcher.

Mutton for roasting or steaks should hang as long as it will keep without tainting. Let it hang in the air in a cool, dry place. Pepper will keep flies from it. The chine or rib bones should be wiped every day. The bloody part of the neck should be cut off. In the breast the brisket changes first. In the hind quarter, the part under and about the kidneys is first to taint.

Mutton for stewing or broiling should not be so long kept. It will not be so fine a color if it is.

The lean of mutton should be a clear red, fine, close grain, and tender to the touch. The fat should be firm and white.

Skewer a piece of letter paper over the fat of mutton whilst roasting. When nearly done, take it off.

Sheep Haslet Hashed.—When you cut up the sheep, take

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the heart, liver, and lights, wash them in cold water, then boil them tender, in plenty of water, and a tablespoonful of salt; take off the scum as it rises; then chop them fine, season with pepper, and sweet herbs, if liked, to taste; add quarter of a pound of butter, cut small, and enough hot water to moisten the hash; dredge in a tablespoonful of browned flour, and put the whole into a stew-pan, over a gentle fire, stir it frequently, and when it gets thoroughly heated, take it up; three-quarters of an hour is about the time required for it. Serve with boiled vegetables and pickles.

HAUNCH OF MUTTON.—Keep the haunch as long as you can, and have it sweet, wash it in vinegar and water, before dressing it. Before putting the meat to the fire, rub it all over with a mixture of pepper and salt; make a stiff paste of wheat flour and water, roll it thin, and put it over the meat; have a large, bright fire, and set the meat at a little distance from it (allow fifteen minutes to each pound of meat); when half done take off the paste, draw it nearer the fire, and baste freely, with water from the pan; turn it so that every part may be done; half an hour before taking it up, stir up the fire, put quarter of a pound of butter in the pan, baste with it, dredge the meat white with flour, baste again, turn the meat over, baste freely, and dredge more flour over, and baste again; the fire must be bright for finishing. When done, take it up, put the dripping-pan over the fire, cut a lemon in thin slices into it, dredge in a large tablespoonful of browned flour, stir it smooth for ten minutes, then strain into a gravy tureen, and serve with the slices of lemon. Or, instead of a lemon, put a wine-glass of port wine to the gravy.

Boiled potatoes, asparagus, or spinach, dressed celery, and currant jelly, is served with roast mutton.

Putting the paste over the meat, keeps in its juices, and therefore makes it sweeter. A gravy may be made of a pound of loin of mutton, cut small and simmered in a pint of water, till reduced to half; salt it a little, stir in a teaspoonful of browned flour, and a little pepper; let it boil up once, then strain it, and serve with the meat, and currant jelly.

A SHOULDER OF MUTTON.—Broil a shoulder of mutton over a clear bright fire of coals, let it broil gently, putting the inside to the fire first, cover it with a tin; when nearly done through, turn it; let it brown nicely; when it is done, take it on to a hot steak dish, sprinkle a small tablespoonful of salt, and a teaspoonful of pepper over; butter it freely, turn it once or twice in the seasoning, turn the inside down, cover it with a tin cover, and serve hot, with boiled hominy, or potatoes, for breakfast. The shoulder may be boned, before broiling.

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To Broil a Breast of Mutton.—Parboil a breast of mutton, then wipe it dry, and broil it as directed for shoulder.

Mutton Chop Fried.—Cut some fine mutton chops without much fat, rub over both sides with a mixture of salt and pepper, dip them in wheat flour or rolled crackers, and fry in hot lard or beef drippings, when both sides are a fine brown, take them on a hot dish, put a wine-glass of hot water in the pan, let it become hot, stir in a teaspoonful of browned flour, let it boil up once, and serve in the pan with the meat. A tablespoonful of currant jelly may be stirred into the gravy, or a wine-glass of port wine instead of water. Or cut a lemon in thin slices, take out the pits, and fry them brown with a bit of butter in the pan, dredge in a teaspoonful of browned flour, add a wine-glass of hot water, stir it for a few minutes over the fire, then serve in the dish with the meat.

Leg of Mutton Boiled.—Wash a leg of mutton, dredge it well with flour, and wrap it in a cloth, then put it in a pot of hot water, and boil according to its weight. Serve with drawn butter or parsley sauce, with boiled vegetables and pickles.

VENISON.

The choice of venison is regulated by the fat, which when young is thick, clear and close. As it always begins to taint first towards the haunches, run a knife into that part, if it is tainted you will perceive a rank smell, and it will have a greenish appearance.

Venison Steaks Fried.—Cut venison steaks from the leg or loin, half an inch thick, dip them in rolled crackers or wheat flour; make of lard and sweet butter equal parts, or beef drippings, half the size of an egg, hot in a frying-pan, rub the steaks over with a mixture of pepper and salt, cover the pan and let them fry quickly, until one side is a fine brown, then turn the other, and finish frying without the cover; take care that they are not over done, then add to the gravy a glass of red wine, or a wine-glass of hot water, with a tablespoonful of currant jelly, stir it over the fire for a few minutes, then put it in the dish with the meat, and serve as hot as possible. Steak dishes of block tin, with heaters, are used for beef or venison. Lean steaks of fat beef cooked in this way, are equal to venison, for which the beef should be kept till ready to taint, then rinse them in cold water, wipe them dry, and finish as directed; the steaks should be cut small like venison.

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Venison Roasted.—Venison may be roasted the same as beef.

Venison may be roasted, and served the same as beef, or with a spoonful of jelly in the gravy.

Venison Sauce.—Half a pint of port wine made hot, with a tablespoonful of white sugar, the same of currant jelly, and a bit of butter the size of a large egg.

POUTRY, GAME, &c.

In choosing poultry, the best way to determine whether it is young is to try the skin under the leg or wing; if it is easily broken it is young; or, turn the wing backwards; if the joint yields readily, it is tender; a fat fowl is best for any purpose.

After a chicken or fowl is killed, plunge it into a pot of scalding hot water; then pluck off the feathers, taking care not to tear the skin; when it is picked clean, roll up a sheet of white wrapping paper, set fire to it, and singe off all the hairs. Poultry should be carefully picked, and nicely singed.

For Roasting.—Bruise the bone of the leg close to the foot, and draw out the string from the hips; cut a slit in the back of the neck, pass your finger around the front, and draw out the crop, turn back the skin and cut off some of the neck, leave skin enough to turn over and fasten at the back. Cut off the vent, cut a slit from the end of the breast bone to it, and draw out the entrails, taking care not to break the gall; no washing will take off the bitter where it has touched; cut the entrail at the vent loose; break the back bone that it may lay flat on the dish when served; rinse the chicken inside with cold water, and wipe it dry, then rub it over with a mixture of salt and pepper. Prepare the stuffing as follws:

Cut two or three slices of wheat bread, spread it thickly with butter, season with pepper and salt, and if liked, a little powdered thyme, make it wet with milk or water and fill with it; take two or three stitches with a coarse thread and needle to draw the slit together and keep the dressing in, turn the legs close to the sides and run a wire skewer through; run another skewer through the joint of the wing, and through the body to the other wing, and after taking the gall from the liver, and the inside from the gizzard, wash them and put them between the pinions and body, or parboil them and chop them fine for the gravy. The chicken or fowl

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is now trussed for roasting. Black-footed poultry should never be chosen for boiling; for roasting they are as good.

For Boiling.—The apron or lower part of the body must be slit at the sides, and the legs put through; cut a slit across to take out the entrails and take out the crop, take care that it does not break and so part of it remain in, to your lasting disgrace; turn the wings over against the back. To the stuffing of a fowl for boiling may be added a half a pint of small oysters; season well with butter, pepper and salt, or a bunch of parsley chopped may be put to the dressing. A full grown fowl is best for boiling.

Boiled Fowl or Chicken.—Having trussed and stuffed a fowl, dredge it well with wheat flour, then put it into a pot of hot water, cover it close and let it boil gently, according to its weight and age; an old fowl may boil twice as long as a young one; allow fifteen minutes to the pound for a full grown fowl; take off the scum as it rises. Serve with plain boiled or mashed potatoes, drawn butter, parsley or oyster sauce.

Pickles and dressed celery are served with boiled fowls; also mashed turnips, boiled asparagus and cauliflower. Boiled ham or tongue, or corned beef, is generally served with boiled fowls.

An old fowl is fit for nothing but soup.

To Roast a Fowl or Chicken.—Have a bright, clear, and steady fire for roasting poultry; prepare it as directed; spit it, put a pint of hot water in the dripping pan, add to it a small tablespoonful of salt, and a small teaspoonful of pepper; baste frequently, and let it roast quickly, without scorching; when nearly done, put a piece of butter the size of a large egg to the water in the pan, when it melts, baste with it, dredge a little flour over, baste again, and let it finish; half an hour will roast a full grown chicken, if the fire is right. When done take it up, let the giblets (heart, liver and gizzard,) boil tender, and chop them very fine, and put them in the gravy, add a tablespoonful of browned flour, and a bit of butter, stir it over the fire for a few mitutes, then serve in a gravy tureen. Or put the giblets in the pan and let them roast.

Mashed potatoes, tomatoes stewed, mashed turnips, (rutabaga or yellow are best,) dressed celery, or lettuce, and pickles and mangoes, are served with roast fowls. Also currant jelly, stewed apples, or cranberry jam.

A fowl may be roasted in a hot stove oven, so as to be nearly as fine as before the fire; baste freely and often, and finish as directed for roasting before the fire; put muffin rings on a trivet in the dripping pan, and lay the fowl on, rub the

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outside over with pepper and salt, put bits of butter over, dust it lightly with flour; have a pint of water in the pan, let the oven be well heated, and baste often; make the gravy as before directed, be sure to have enough water in the pan, that the gravy may not burn; add hot water as it wastes.

To Stew or Fricassee Chickens.—Cut off the feet, cut off the legs at the hip, cut off the wings close to the body, take out the entrails; pass the knife close to the breast bone, up the sides to the wings, dividing the body in two, cut the back in two, (flatten each piece with a heavy stroke of the rolling pin or potato beetle,) make another incision close to the top of the breast bone, taking off what is called the wish bone, with the meat attached. This is for a full grown chicken, and is the proper way to carve a roast fowl.

Rinse the pieces in cold water, take the giblets (heart, liver and gizzard,) from the entrails, with the fat, split the gizzard, peel it from the gravel bag, and cut it in halves, wash them all, and put them with the chicken into a stew-pan, with hot water nearly to cover them; add to it a small tablespoonful of salt, and a saltspoonful of pepper, cover it close, and set it to boil very gently, take off any scum as it rises; when tender, for a full grown chicken, take a teacup of butter, or two ounces, work into it a small tablespoonful of wheat flour, then add it to the stew, with a bunch of parsley washed and cut small, cover the stew-pan for fifteen minutes, let it simmer gently, and serve.

Lay nicely toasted thin slices of bread on a steak dish, put the back and breast of the chicken on first, and the other parts around it, and put the gravy over; egg balls may be added to the stew.

Half a pound of nicely corned pork cut in thin slices, and stewed with the chicken, is liked by many persons; in that case no other salt will be required, and only half as much butter. A blade of mace may be added to the seasoning, if liked. Half an hour or three quarters will be required for stewing chickens, an hour for a large fowl.

Mashed potatoes, or boiled new potatoes and lettuce, or dressed celery and pickles, to be served with this stew.

To Fry Chicken or Fowl.—Cut up the chicken as for stewing or fricassee; make some lard or beef dripping hot in a frying-pan, rub each piece over with a mixture of pepper and salt; dip them in wheat flour or finely rolled cracker, and put them in the pan, the cut side down, cover them and let them fry rather quickly until it is a fine brown, then turn the other side; leave off the cover and brown it nicely; when done take

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them up, add a bit of butter to the pan, with a very little hot water, and put it in the dish with the chicken.

Chickens may be fried with butter only; but it is apt to make them too dark colored; lemon sliced thin, and browned in the pan after the chickens, may be served in the gravy if liked; or dredge a little wheat flour into the hot fat; stir it for a few minutes, and pour it in the dish.

CHICKEN PIE.—Cut off the legs and vent, cut a slit and take out the entrails; cut off the hips, and cut it in two at the leg-joint, cut off the wings with as much flesh attached as possible; split the body up the sides, cut the back in two and flatten the bone; cut the small bone from the upper part of the breast, with some of the meat, rinse in cold water, and unless the chickens are very young, put them in a stew-pan with water to cover them; add a large teaspoonful of salt, or half a pound of corned pork, cut in thin slices; add a saltspoonful of pepper; cover the stew-pan and let them boil slowly, until tender; skim it clear.

Make a paste crust, or as directed for pot-pie; rub butter over the sides of a pudding-pan or tin basin, and line it with the paste rolled to quarter of an inch thickness; put in the pieces of chicken, and pork, if it is used; put in butter the size of a small egg; cut it small. If pork is not used, take twice as much butter; dredge flour over until it is white; then put in water from the stew-pan; if there is not enough to fill nearly to the top of the pie, add more water; roll out a paste or puff paste crust; cut a slit in the centre; make three or four small incisions on either side of it; lay skewers across the pie; lay the crust over; trim off the edges and bake for three quarters of an hour in a moderately hot oven; ten or fifteen minutes before it is done, brush the top of the pie with the yolk of egg beaten with a little milk, and finish baking. Serve mashed potatoes and pickles, with meat or chicken pies.

The edge of the pie may be ornamented with leaves cut with a tin cutter, from sheets of paste; put them on twenty minutes before it is done baking. One full grown chicken will make two, two quart basin pies.

CHICKEN POT-PIE.—Take a full grown chicken or fowl; cut it as for stewing or pie; rinse it in cold water, and put it in a stew-pan with hot water to cover it; add half a pound of salt pork, cut in thin slices, if liked, or a large teaspoonful of salt; let it boil gently for half an hour, unless it be a young chicken, when it need not be parboiled, take off the scum; make a pie or pot-pie crust; make it rather more than half an inch thick; line the sides only of a dinner-pot; (if it extends too low

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down it will burn ;) put the meat in the bottom, take a piece of butter, the size of a large egg, and cut it in small bits, put it over the meat; not half as much butter will be required if pork is used; dredge it white with flour; put in the water from the stew-pan, and if it does not reach nearly to the top of the crust, add more hot water; lay skewers across the top; roll out the paste; reserve enough to cover the pie; cut the remainder in small squares and drop them in the pie; then put on the top crust; cut a slit in the centre, and cover the pot. Set it over a moderate fire, to boil gently for three-quarters of an hour; then take a fork and try the top crust; if it is done take the pie up.

The side crust should be about four or five inches wide, and if a large pie, reach nearly to the top of the pot, that there may be plenty of gravy.

A Chicken Salad.—Take a fine white bunch of celery (four or five heads), scrape and wash it white, reserve the delicate green leaves; shred the white part like straws, lay this in a glass or white china dish, in the form of a nest. Mince all the white meat of a boiled or white stewed fowl, without the skin, and put it in the nest.

Make a salad dressing thus: rub the yolks of two hard-boiled eggs to a smooth paste, with a dessert spoonful of salad oil or melted butter; add to it two teaspoonfuls of made mustard, and a small teaspoonful of fine white sugar, and put to it gradually (stirring it in), a large cup of strong vinegar.

Make a wreath of the most delicate leaves of the celery around the edge of the nest, between it and the chicken; pour the dressing over the chicken, when ready to serve; if the dressing is poured over too soon it will discolor the celery.

White heart lettuce may be used for the nest instead of celery.

Turkeys.—To choose a turkey, follow the directions for choosing chickens; a hen turkey is more plump and round, and is best for boiling.

A turkey should be young, full grown and fat.

The most highly esteemed mode of dressing is roast or boil.

Turkeys may be stewed, and if young, fried or broiled the same as chickens.

Roast and boiled turkeys are favorite holiday dishes; turkeys are roasted or boiled the same as fowls.

Roast Turkey.—Get a fine plump turkey, cut off the vent, cut a slit from the end of the breast bone to it, take out the

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entrails, take care not to break the gall on the liver: should the gall break on the liver, it must be thrown away, no washing will take off the bitter; take off the feet, and bruise the bone close to the foot, and draw out the string from the leg; cut a slit in the back of the neck, pass your finger around in front and draw out the crop; cut the neck short, leave skin enough to fasten over against the back; wash the inside with cold water, wipe it dry; mix a tablespoonful of salt with a teaspoonful of pepper, rub the inside well with this, and also the place of the crop; make a stuffing as follows: —

Cut slices of wheat bread, pour hot water or milk over to wet them; to half a sixpenny loaf put a quarter of a pound of butter, a teaspoonful of pepper, and a teaspoonful of chopped sage or thyme, if liked; fill the body with some of this, sew up the slit with a strong thread and coarse needle, put enough of the dressing in the crop to make it look full, then draw the skin of the neck over the back, and fasten it with a skewer, turn the legs close to the body, and run skewers through each hip joint, and with a strong thread tie the ends of the legs together; rub the outside over with pepper and salt, and put it evenly on the spit; put a pint of hot water in the pan to baste with, (add more according as it wastes,) roast it according to its weight, allowing fifteen minutes to each pound of meat.

The fire must be bright and clear and strong, though not fierce; if the turkey is large, set it at a little distance from the fire at first, let one side be put to the fire first, then turn the other, basting it freely with the water in the pan; the hips require the longest time to cook; gradually turn the turkey and baste, so that every part may be evenly done. When about two-thirds done, stir up the fire, add quarter of a pound of butter to the pan, and baste the turkey with it; dredge a little flour over, and turn it so that it may be nicely browned; take care not to scorch the breast bone; if necessary, skewer a piece of paper over it.

While roasting take the heart and liver, (carefully cut off the gall bag,) and boil them tender in water nearly to cover them; chop them fine, season with salt and pepper. When the turkey is done, strain the gravy in the pan, and put it to the chopped giblets in a stew-pan, dredge in a tablespoonful of browned flour, and strain to it some of the water in which the liver and heart were boiled, let it simmer for a few minutes, then put it in a tureen and serve with the turkey; Or if this gravy is not liked, dredge a little flour into the gravy in the pan, and set it over the fire, stir it for a few minutes, and if necessary, add a little hot water, then strain it through a gravy strainer into the tureen.

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Take up the roast, draw the skewers out, and take out the threads, lay it on a dish on its back, and serve with mashed potatoes, turnips mashed, dressed celery and pickles, stewed apples; cold boiled ham or tongue for a large dinner.

Mince pies for Christmas; pumpkin and apple pies for Thanksgiving.

A turkey may be stuffed with boiled potatoes mashed or chopped, and seasoned as directed for bread stuffing. Or for ordinary occasions, fat salt pork chopped small, may be used instead of butter.

FRICASEED TURKEY.—Cut up a small young turkey, rinse it in cold water, put it in a stew-pan, with water to cover it, cover the stew-pan and set it over a gentle fire; take off the scum as it rises, add a large teaspoonful of salt when it is tender and white; add a small teaspoonful of pepper, work a tablespoonful of flour with quarter of a pound of sweet butter, stir it into the fricasee by the spoonful. Dip a bunch of parsley in hot water chop it small, and put it in the stew-pan; cover it and let it simmer gently, for fifteen or twenty minutes, then serve with boiled rice or mashed potatoes for breakfast or dinner.

TO CHOOSE A GOOSE.—Be careful in choosing a goose that it is young; an old goose is very poor fare. If the skin and joints are tender and easily broken with the finger it is young; a fat goose is best.

The feet and bill of a young goose are yellow; in an old one they are red.

When fresh killed the feet are pliable; if stale they will be dry and stiff.

The loose fat from the inside of a goose should be taken out, and the fat from the lower part of the back. Goose grease may be used medically but not for eating.

Some persons use it for making pie crust and for common molasses cake instead of other shortening.

TO ROAST A GOOSE.—Pick it perfectly clean, cut off the legs at the joints, and singe it nicely; cut off the vent, cut a slit from the breast bone to it, or across, below the breast bone, draw out the entrails, take off that leading to the vent, take out all the loose fat, save the heart and liver, cut a slit at the back of the neck, and draw out the crop; cut off a part of the neck, leaving enough of the skin to fasten over against the back; wash the inside of the body with cold water, wipe it dry and rub it well with a mixture of salt and pepper; prepare the stuffing.

Cut a sixpenny loaf of wheat bread in slices, pour hot water over to wet them; then add a teaspoonful of salt and the same of ground pepper, and quarter of a pound of sweet butter,

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with a tablespoonful of finely powdered sage or thyme if liked. Fill the body, then sew up the slit, tie the ends of the legs together, or cut a place and put them in the body, pass a skewer through the hips, put the heart and liver between the wings and the body, and fasten close to it with a skewer; spit it, put a pint of water in the pan to baste with, have a bright, steady and clear fire with a bed of coals at the bottom, and set the goose at a little distance at first until it is heated through; put a teaspoonful of salt to the water in the pan and baste freely with it after it has begun to roast; put one side to the fire first, then the other; after that the back, and lastly the breast, that it may be evenly done; gradually draw it nearer the fire; when nearly done stir up the fire, put quarter of a pound of butter in the pan and baste with it; dredge a little flour over it, turn it that every part may be browned, allow fifteen minutes for each pound of meat; it must be well done, which will depend on the state and management of the fire.

If the gravy is very fat take some of it off; put the pan over the fire, let it become hot, then stir into it a thin batter made of a tablespoonful of wheat flour and cold water, stir it until it is brown and smooth; if it is thicker than is liked, add a little boiling water, stir it in, and pour it through a gravy strainer into a tureen.

A goose may be equally well dressed in a hot oven or stove.

Prepare it as directed for roasting, set a trivet or muffin rings in a dripping-pan and place the goose with its back upon the trivet or rings: put a pint of hot water in the pan put bits of butter the size of a large hickory nut over the body, dredge wheat flour over, and set it in a thoroughly heated brick or stove oven, baste it freely and often; when done take it from the pan, cover it, and set it before the fire to keep hot; put the pan over the fire, take out the rings or trivet, add a bit of butter the size of an egg, and when it is hot stir into it a thin batter made of a tablespoonful of wheat flour and cold water; if too thick add hot water to thin it; stir it smooth and pour through a gravy strainer into a tureen. A lemon sliced thin and fried in the gravy before putting in the batter and served over the goose, or put in the tureen with the gravy, is liked by some persons.

The stuffing may be made of boiled potatoes, chopped or mashed, instead of bread, and moistened with milk. An onion or leek finely minced may be added to the gravy if liked.

Half a pound of fat corned pork chopped small, may be put

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with the stuffing instead of butter for ordinary occasions, if preferred.

A young goose may be cut up and made in a pie or pot-pie.

An old goose may be rendered eatable thus:—Empty it and put it in hot water to cover it, and let it boi until tender, then roast it or make a fricasee.

The vegetables to be served with roast goose are as follows:

Plain boiled or mashed potatoes, mashed yellow turnips, or winter squash, apples stewed without sugar, or cranberry jam, boiled onions, pickles and dressed celery.

Dessert—Apple, pumpkin, custard or mince pies.

To Choose Ducks.—Ducks must be fat and plump and thick on the breast. If a duck is young the skin can be easily broken with the finger, and the feet are pliable.

Tame ducks are prepared for the table the same as young geese.

For roasting, have a hot fire and baste freely and often; half an hour will be sufficient for the smallest, the larger in proportion.

Wild ducks should be fat, the claws small, reddish and supple; if they are not fresh, on opening the beak there will be a disagreeable smell; the flesh of the hen is the most delicate.

Pick them clean without scalding, cut the wings close to the body and empty it, cut off a part of the neck, and singe them nicely.

Having drawn wild ducks, wipe them well inside with a cloth, rub each outside and in with a mixture of pepper and salt, cut a slice of wheat bread, dip it in hot water, spread it thick with butter, sprinkle pepper over and put it in the body, sew it up, truss the legs close to the body and fasten them with skewers; then split them or lay them on a trivet in a dripping-pan, have a bright, clear fire that they may roast quickly, put half a pint of water in the pan, put to it a teaspoonful of salt and an onion sliced thin, baste with this for ten or twelve minutes (to take off the fishy taste peculiar to wild ducks) throw it away, put half a pint of hot water in its place, put in a little pepper, baste the ducks with butter, dredge a little flour over and baste with the water in the pan; turn them them that every part may be done. Half an hour, with a hot fire and frequent basting, will roast them nicely. Serve the ducks as hot as possible.

Whilst the ducks are roasting, boil the giblets tender in a little water, chop or mince them fine, add to the mince pepper

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and salt, a small bit of butter and a tablespoonful of browned flour; when the ducks are done put it in the pan with the gravy, set it over the fire, stir it for a few minutes, then serve in a tureen. Make a glass of wine hot, put to it a tablespoonful of currant jelly and white sugar each, and serve with wild ducks, or put a wineglass of port in the pan; a few minutes before taking them up baste the ducks once or twice with it; add a toblespoonful of jelly and the gravy.

Or half roast wild ducks without seasoning. When they are brought to the table slice the breast, strew over pepper and salt, pour a little port wine over, or squeeze the juice of an orange or lemon over; add a bit of butter the size of an egg, sprinkle over a teaspoonful of fine white sugar, cut up the bird and set it over a chafing dish, turn it that it may be nicely done; or prepare it in this manner and set it on coals before a hot fire.

Canvas Back Ducks.—Canvas back ducks are served in the same manner as wild ducks, without the onion in the basting; as there is no disagreeable taste to destroy, that is not necessary.

Canvas back ducks may be served the same as goose or tame duck. Roast them according to their size.

EGGS, OMLETS, &c.

To Choose Eggs.—Fresh eggs when held to the light, the white will look clear, and the yolk distinct; if not good, they will have a clouded appearance.

When eggs are stale, the white will be thin and watery, and the yolk will not be a uniform color, when broken; if there is no mustiness, or disagreeable smell, eggs in this state are not unfit for making cakes, puddings, etc.

Eggs for boiling should be as fresh as possible; a new laid egg will generally recommend itself, by the delicate transparency of its shell.

To Boil Eggs.—Wash the shells clean in cold water before boiling; have a stew-pan of boiling water, into which put the eggs; keep it boiling—four minutes for very soft—five, that the yolk only may be soft—six minutes will boil the yolk hard, for eating. Eight minutes are required to boil eggs for salad, or garnish. When done, take them from the boiling water, into a basin of cold water, which will prevent the yolk turning dark or black.

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Boiled eggs will become harder, from the heat of the shell, if they lay a few minutes before breaking; if they are not to be served immediately, take them up a minute sooner than otherwise, and put them into a dish with a cover; in this way they will keep hot for ten or fifteen minutes, and become but little harder. If the water is kept fast boiling after the eggs are in, one minute less will do them, than if otherwise.

A more delicate way of eggs in the shells is this: Have a stew-pan of pure water, boiling hot, put the eggs in, cover the stew-pan without putting it over the fire; five minutes will do then for those who like soft eggs, and a minute or two longer for those who like them harder. The white of eggs boiled in this way is more like poached eggs; less firm than in the other manner.

The most healthful and delicate way of cooking eggs is to poach them thus: Have a clean stew-pan with boiling hot water, add to it a little salt; break the eggs one at a time into a cup, and from it slip them into boiling water; when the white is set and firm, which it will be after about five minutes, take each up with a skimmer, and lay them into a dish over a pot of boiling water; cover the dish; when all are done, put a bit of butter, and if liked, sprinkle pepper over them, and serve; in this way they may be kept hot and soft for a long time, so that you may do any number of them.

After boiling eggs as directed for garnishing; when they are quite cold, take off the shell, and cut them lengthwise in two; then cut each half in two and three. This looks well over spinach or lettuce or boiled fish; or cut them in slices across; or the white may be cut in long slips, and the yolk in slices or quarters.

Eggs Poached in Balls.—Put three pints of boiling water into a stew-pan; set it on a hot stove or coals; stir the water with a stick until it runs rapidly around, then having broken an egg into a cup—taking care not to break the yolk—drop it into the whirling water, continue to stir it until the egg is cooked; then take into a dish with a skimmer and set it over a pot of boiling water; boil one at a time, until you have enough. These will remain soft for a long time. Or, put some hot water in a frying-pan; break in the eggs; let it set over the fire, without boiling, until they are done; then serve on toast.

Omlet au Natural.—Break eight or ten eggs into a basin; add a small teaspoonful of salt and a little pepper, with a tablespoonful of cold water; beat the whole well with a spoon or whisk. In the meantime put some fresh sweet butter into

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an omlet pan, and when it is nearly hot, put in an omlet; whilst it is frying, with a skimmer spoon raise the edges from the pan that it may be properly done. When the eggs are set and one side is a fine brown, double it half over and serve hot. These omlets should be put quite thin in the pan; the butter required for each will be about the size of a small egg,

Scrambled or Stirred Eggs.—Break eight or more eggs into a basin, add to them a tablespoonful of sweet butter, cut into bits, and a teaspoonful of salt, make a little bit of butter hot in a frying-pan, pour in the eggs and let them cook. Stir them with a silver spoon until they are just set without becoming hard or brown; serve over toast.

French Omlet.—Break eight eggs into a basin, season with a small teaspoonful of salt, and a little pepper, and if likeo mace or nutmeg; add two tablespoonsful of milk or cream, two ounces of butter broken in bits, and a little parsley cut small, if liked, also a finely chopped shalot or white onion well washed.

Beat these ingredients well together with a spoon, put an ounce of butter in a frying-pan, let it become boiling hot, and pour the omlet in about half an inch thick; as it is cooking continue to stir it with a spoon, drawing it from the sides to the centre, that it may be evenly done; shake the pan now and then to free the omlet from it; let it fry gently; when it is a fine clear brown, turn it into a dish, and serve.

Smoked Beef with Eggs.—Cut some smoked beef in thin shavings or chips, put them into a frying-pan, and nearly fill it with hot water, set it on the fire and let it boil up once, then pour it off; add to the beef a good bit of lard, twice the size of an egg, for half a pound of the beef, shake a little pepper over and let it fry for a few minutes over a quick fire; then break two or three or more eggs into it, stir them together until the eggs are done, then turn it on to a dish.

Or after frying the beef with a little wheat flour dredged over, frp eggs, and serve with it the same as ham.

VEGETABLES.

Potatoes, *to boil.*—Wash them clean in two or three waters, take off a bit of the skin from each end, the size of a two shilling piece, or cut off a ring lengthwise from end to end; then put them into a stew-pan or pot, and pour boiling water over to cover them; add a teaspoonful of salt and cover the

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pot close; let them boil fast for half an hour, for small ones, or three-quarters of an hour for large; when done, take them up or pour the water off, and let them set for two or three minutes to dry off; then take the skins off, and serve them plain in a covered dish.

When old potatoes are not very fine, take off all the skin, and lay them in cold water for an hour before boiling; skim the pot whilst potatoes are boiling.

MASHED POTATOES.—Potatoes are not good for mashing until they are full grown; peel them and lay them in water for an hour or more before boiling, for mashing.

Old potatoes, when unfit for plain boiling, may be served mashed; cut out all imperfections, take off all the skin and lay them in cold water for one hour or more; then put them into a dinner-pot or stew-pan, with a teaspoonful of salt, cover the stew-pan, and let them boil for half an hour unless they are large, when three-quarters of an hour will be required; when they are done take them up with a skimmer into a wooden bowl or tray, and mash them fine with a potato beetle, melt a piece of butter the size of a large egg into half a pint of hot milk, mix it with the mashed potatoes until it is thoroughly incorporated, and a smooth mass; then put it in a deep dish, smooth the top over, and mark it neatly with a knife; put pepper over, and serve. The quantity of milk used must be in proportion to the quantity of potatoes.

Mashed potatoes may be heaped on a flat dish; make it in a crown or pine apple, stick a sprig of green celery or parsley in the top; or, first brown it before the fire or in an oven.

Mashed potatoes may be made a highly ornamental dish; after shaping it as taste may direct, trim the edge of the plate with a wreath of celery leaves or green parsley; or first brown the outside before the fire or in an oven.

HASHED POTATOES.—Peel and chop some cold boiled potatoes, put them into a stew-pan with a very little milk or water to moisten them, put to them a small bit of butter and pepper and salt, to taste, cover the stew-pan close and set it over a gentle fire for fifteen or twenty minutes; stir them once or twice whilst cooking. Serve hot for breakfast.

BAKED POTATOES.—Take as many large and equal sized potatoes as you wish, wash them perfectly clean in two or three changes of water, then wipe them dry, and put them in a quick oven for one hour; serve with cold butter, pepper and salt.

SWEET OR CAROLINA POTATOES.—The best sweet potatoes are

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from the Southern States: those raised in New Jersey are not nearly as sweet as those from the South.

The best manner of serving sweet potatoes is roasted or baked.

To Bake Sweet Potatoes.—Wash them perfectly clean, wipe them dry, and bake in a quick oven, according to their size—half an hour for quite small-sized, three-quarters for larger, and a full hour for the largest. Let the oven have a good heat, and do not open it, unless it is necessary to turn them, until they are done.

Roasted Sweet Potatoes.—Having washed them clean and wiped them dry, roast them on a hot hearth as directed for common potatoes, or put them in a Dutch oven, or tin reflector. Roasted or baked potatoes should not be cut, but broken open and eaten from the skin, as from a shell.

To Boil Sweet Potatoes.—Wash them perfectly clean, put them into a pot or stew-pan, and pour boiling water over to cover them, cover the pot close and boil fast for half an hour, or more if the potatoes are large; try them with a fork; when done strain off the water, take off the skins and serve.

Cold sweet potatoes may be cut in slices across or lengthwise, and fried or broiled as common potatoes; or they may be cut in half and served cold.

Sweet potatoes are made pie of, the same as pumpkin pie.

Young Turnips.—Cut off the green leaves of new turnips, leaving an inch or more of the stalks; pare them, and trim them neatly, then put them into a pot of boiling water, with a teaspoonful of salt; cover the pot, and let them boil fast for half an hour, or until perfectly tender; put butter and pepper over, and serve hot. Or serve with drawn butter over.

Ruta Baga—Or large winter turnip, may be cut in quarters or slices, and boiled with meat, and served with a little butter and pepper over; or boil in water with a little salt; take off the thick outside rind, and cut them in quarters or slices, and boil them for half an hour or more, until they are soft; then drain off the water, and mash them fine, add a bit of butter and pepper to taste, work them smooth, then put them into a covered dish, smooth the upper surface over, and mark it with a knife blade in flutes, meeting in the centre, or make it in a pyramid or pine-apple, and serve.

Summer Squash.—Young green squashes must be fresh to be fit for eating; if they are so, the outside will be crisp when cut with the nail.

Cut them in quarters, and if not very tender, pare off the outside skin; take the seeds and strings from the inside, and cut the squashes small, then put them into a stew-pan, with a

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teaspoonful of salt to a common sized squash; pour boiling water on nearly to cover them, cover the stew-pan, and let them boil fast, until they are tender, half an hour is generally enough; take them from the water into a cullender with a skimmer, press the water from them, then take them on to a dish, mash them smooth, add a bit of butter and pepper to taste, put them into a dish, and serve.

Winter Squash.—Cut the large yellow or winter squash small, take off the outside skin, and the inside strings and seeds; then put it into a stew-pan, with hot water to cover it, cover the stew-pan for half an hour or longer until they are tender, take them into a cullender with a skimmer, press out the water, then take them into a dish and mash them perfectly smooth, add a good bit of butter, and pepper and salt to taste; make it in a neat form the same as mashed turnips or potatoes; but do not brown it; put pepper over in spots, and garnish with sprigs of parsley, or celery leaves, if you wish it ornamental.

Sprouts and Greens.—Cabbage sprouts, young beet-tops, and the green leaves of young turnips, are boiled with salt meats, or in clear water, with a little salt.

Beets.—Winter beets should be put in cold water over night to take off the earthy taste which they are apt to have; before boiling wash them clean, put them into a pot of boiling water and boil fast; if not very large, one hour will be sufficient for them; should they be very large, one hour and a half or two hours will be required; when done take them into a pan of cold water, rub the skins off with the hands, and cut them in thin slices, put them into a deep dish, strew a little salt and pepper over and pour on cold vinegar nearly to cover them; prepare them an hour before serving, with roasted or fried meat; if to be served with cold or boiled meat, make a cup of vinegar hot, put a large tablespoonful of butter to it; add pepper and salt to taste, and serve hot. Winter beets may be cut in halves or quarters, and pickled by covering them with cold vinegar.

Beets must be washed, but never cut before boiling, else they will lose their fine color.

Spinach.—Take off every discolored leaf from the bunches; put them into a large pan or pail of water, and wash each cluster of leaves separately, shaking it well in the water, otherwise it will be gritty or sandy; washing it in this way, through two waters, will generally be enough; have a large kettle of water boiling fast, put in the spinach; cover the pot and let it boil fast for fifteen minutes, it will sink when done; then take it into a cullender with a skimmer, press the water from it, cut it small with a knife, press it again, put a good bit of butter

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and a little pepper to it; put it into a deep dish, smooth the surface over, let it rise high in the centre, cut a cold boiled egg in slices and lay them over, serve hot with a cover; or it may be served on a flat dish; put it neatly on, lay hard boiled and sliced egg over. Spinach is boiled with salt beef, pork or ham. After the meat is done, take it up and press it between two plates that it may be cut nicely, meanwhile, put the spinach into the pot, let it boil fast for fifteen minutes, then take it into a cullender, press all the water from it, cut it small, and serve with the meat. To be served with fried meat and gravy: boil it in water with a teaspoonful of salt, press the water from it and serve.

Green Peas.—Shell green peas, until you have a quart; half a peck in the shells will generally produce a quart of shelled peas. Put boiling water to cover them, add a teaspoonful of salt, cover the stew-pan, and boil fast for half an hour; then take one between your fingers, if it will mash easily they are done; drain off the water, take them into a deep dish, put to them a teacup or less of sweet butter and a little pepper; a small teaspoonful of white sugar is a great improvement; serve hot. Small young potatoes, nicely scraped, may be boiled and served with them, or in a separate dish with a little butter over.

Lamb and peas are a favorite dish in the spring of the year; they are nice with poultry, veal and mutton. A bit of saleratus or carbonate of soda the size of a pea, put with green vegetables, improves the color, and renders them more healthful; fast boiling keeps the color good.

Asparagus.—Choose green stalks of asparagras, the largest are best; cut off the white, tough part, wash the green in cold water, and tie it in small bundles that they may be taken up without danger of breaking, put them in hot water with a teaspoonful of salt, and let them boil fast for half an hour; toast some thin slices of bread a delicate brown, cut off the extreme outside crust, butter each slice freely, then lay them on small oval dishes; untie the asparagus and lay it on the toast, butter it a little, sprinkle pepper over and serve. Or it may be served without the toast; the toast may be moistened by putting a little of the water in which the asparagus, but boiled, over it.

Vinegar is eaten with asparagus; it is generally added at table by such as like it.

Asparagus may be laid on plain toast, and a little drawn butter pured over both.

Green Beans.—Cut the bud and stem end off, and take the strings from the sides of stringed beans, cut them in inch

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lengths, wash them in cold water, then put them into a stew-pan of hot water, add a teaspoonful of salt, cover the stew-pan and let them boil fast for half or three-quarters of an hour; take one up, if it will mash easily when pressed between the thumb and finger, they are done. Drain off the water, add sweet butter and pepper to taste, cut some nicely toasted bread in squares or diamonds, lay them on a dish, and serve the beans over.

Green beens when good, will be a bright color, and crisp when broken. They should be fresh picked.

Beans and Corn, Called Succatash.—Take the husks and silk from a dozen ears of sweet corn, and with a sharp knife cut the kernels from the cob, scrape gently what remains on the cob with the knife blade, string a quart or more of green beans and cut them in inch lengths or shorter; wash them and put them to the corn; put them with the corn into a a stew-pan, add half a pint of boiling milk or water, cover it close and let them boil rather gently for three-quarters of an hour, then add a teacup of butter, a teaspoonful of salt, and a salt-spoonful of pepper; stir them well together, cover it for ten minutes, take the beans and corn into a dish, with more or less of the liquids as may be liked.

This dish may be made without butter, by substituting half a pound of nicely corned fat pork, washed in cold water, and cut in slices as thin as a knife blade. No other salt is required.

Lima beans and sweet corn make the finest succotash.

Lima Beans.—Lay a quart of shelled Lima beans in cold water for one hour, then put them into a stew-pan and pour boiling water over to cover them, cover the stew-pan and let it boil fast for half an hour; then take one between your finger and thumb, if it will mash easily, it is done; drain off nearly all the water, add a small teacup of butter, a teaspoonful of salt, and a little pepper: cover them for a few minutes over the fire, then serve hot.

Carrots.—When young and small, carrots need only be washed without scraping; leave on about an inch length of the green, put them in a stew-pan with hot water to cover them, and a teaspoonful of salt; let them boil fast for twenty minutes, them take them into a dish, put butter and pepper over, and serve with boiled meat or poultry.

Old or Winter Carrots—Must be scraped and washed clean, then boil them tender, slice them, and serve with butter, pepper and salt over.

Carrots may be sliced before boiling, and served in the same manner. Carrots are mostly used for soups.

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CARROTS MASHED.—Scrape off the skin, wash them and boil them tender in a pot of boiling water, then take them up with a skimmer, mash them smooth, add butter, pepper, and a little salt, make them in a form with a knife blade, and serve with boiled or roast meat.

CAULIFLOWERS.—Cut off the stalks, boil the cauliflower in milk and water until it is tender, make a drawn butter and serve over it, or put bits of butter over, strew pepper over and serve hot.

PARSNIPS.—Young parsnips require only to be scraped before boiling, old ones must be pared thin and sliced, when tender put butter and pepper over and serve. Parsnips may be boiled or stewed with salt meat.

BOILED CABBAGE.—Trim off all the outside leaves of a head of cabbage, cut it in quarters and put it into a pot of boiling water, with a teaspoonful of salt, cover the pot close, and let the cabbage boil fast for half an hour, or it may require ten minutes longer; when the stalks are tender, take it up on to a cullender, press it slightly to free it from water, put a little butter and some pepper over it, and serve.

Or after having boiled it, chop it fine, put a bit of butter and some pepper to it, and serve hot in a covered dish.

RADISHES.—Radishes are of three sorts; the long red, the small button or turnip radish, and the winter or white radish.

Radishes should be fresh pulled and tender, to be in perfection for the palate, or to be healthful; to many persons they are positively injurious.

To prepare them for the table cut off all the leaves, leaving about an inch of the stalk, trim them neatly, and lay them in cold water for an hour, serve the long ones in a tumbler or celery glass half filled with water, serve the small ones on a plate; they are generally eaten with salt only; they may be served cut in thin slices, with vinegar, pepper and salt over.

LETTUCE.—The early lettuce and first fine salad are five or six leaves in a cluster; their early appearance is their greatest recommendation; cabbage or white heart lettuce is later and much more delicate; break the leaves apart one by one from the stalk and throw them into a pan of cold water, rinse them well, lay them into a salad bowl or a deep dish, lay the largest leaves first, put the next size upon them, then lay on the finest white leaves, cut hard boiled eggs in slices or quarters and lay them at equal distances around the edge and over the salad; serve with vinegar, oil, and made mustard in the castor.

Or having picked and washed the lettuce, cut the leaves small, put the cut salad in a glass dish or bowl, pour a salad

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dressing over and serve; or, garnish with small red radishes cut in halves or slices, and hard boiled eggs cut in quarters or slices; pour a salad dressing over when ready to serve.

Serve with boiled lobster, boiled fowls, or roasted lamb or veal.

Cucumbers.—Cucumbers are very unwholesome if not perfectly fresh gathered, which may be ascertained: press the finger nail into the rind, and if fresh it will be crisp, if it is tough or withered the cucumber is stale.

Cucumbers are eaten with salt only, or sliced, with vinegar, pepper and salt. Cut off an inch of the stem end, pare off all the green outside or rind, and lay rhem in cold water or on ice for an hour or more; when served cut them in quarters from end to end, or cut them in slices not thicker than a dollar piece, put them in a deep dish, strew a little salt and pepper over, and nearly cover them with good vinegar, when ready to serve.

Young green onions are sometimes peeled and cut in thin slices and served with cucumbers.

Shalots, or Green Onions.—Take off the outer skin or leaf, cut off all but about an inch or two of the green part, and lay them in cold water for an hour, then take them from the water on to a plate, and serve with salt.

Or, cut them in thin slices, sprinkle salt and pepper over, and vinegar nearly to cover them.

Winter or Store Onions.—White onions are used for boiling or pickling; red onions are eaten cut in thin sliecs; let them lay in cold water for half an hour, then throw it off, put salt, pepper and vinegar over; or cut in thin slices and fry as previously directed, with liver or beef.

To Boil Onions.—Take off the skin and outer shell until they are white, put them into a stewpan with a teaspoonful of salt, (to a dozen, medium size) and hot water to cover them; cover the stewpan and let them boil for half an hour or until they are tender, then take them into a dish with a skimmer, put a bit of butter the size of an egg to them, sprinkle pepper over and serve.

Boiled onions are served with roast fowl, goose, or turkey, or boiled or roast mutton.

To Boil Green Corn.—Get the short, full ears of sweet or sugar corn, trim off all the husks, leaving only the last inside leaves, have a kettle of boiling water with a small teaspoonful of salt to each quart, put in the corn and let it boil fast for half an hour, if young and tender, or longer if less tender; when done, drain off all the water, take off the remaining

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husks, lay a napkin on a large dish, lay the corn on, turn the corners of the napkin over it, and serve to eat with salt and cold butter.

Or break each ear of corn in pieces, about two inches long, or break each ear in two, tie them in a cloth and put them into a pot of boiling water with a small tablespoonful of salt, let it boil fast for half an hour if young and tender, or longer if necessary; some corn will require a full hour. When done take it from the water, and serve folded in a napkin.

Corn may be served in the following manner:—

Take off all the husks, then with a sharp knife cut it from the cob and put it in a stew-pan with a teacup of water to a quart of corn cut from the cob, cover it close and let it simmer gently for one hour; then add a large tablespoonful of butter, pepper and salt to taste, and serve hot.

Sweet or sugar corn is best for boiling. The ears are short and full, and the grains, when broken by the finger nail, are full of a sweet, milky fluid.

Common large ears of white corn may be improved by putting a tablespoonful of white sugar to the boiling water. Or it may be cut from the cob and finished as directed above, with the addition of the sugar.

Roasted Green Corn.—Strip off all the husk from green corn and roast it on a gridiron over a bright fire of coals, turning it as one side is done. Or, if a wood fire is used, make a place clean in the front of the fire, lay the corn down, turn it when one side is done; serve with salt and butter.

Egg Plant.—Cut an egg plant in thin slices, pare off the purple rind, then strew each slice with salt, and lay them together on a plate, placed slanting that the liquor which exudes may run off, after an hour rinse the slices, wipe them dry, dip each slice in batter or flour, and fry a nice brown, turning them that each side may be a nice brown, fry in seasoned fat or lard or sweet butter.

Mushrooms.—Mushrooms for eating grow in open pasture lands. Those which grow near or under trees, are poisonous.

Good mushrooms first appear very small, of a round form, on a small stalk; they grow very rapidly. The upper part and the stalks are white; as they increase in size the under part gradually opens, and shows a fringed fur of a fine salmon color, which continues more or less until the mushroom has gained some size, and then changes to a dark brown.

These marks should be attended to, and likewise whether the skin can be easily parted from the edge and middle, and whether they have a pleasant smell.

Those which are poisonous have a yellowish skin, and the

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under part has not the clear salmon color of genuine mushrooms. They have also a rank smell, and the fringe or fur is white or yellow.

Broiled Mushrooms.—Choose the largest, lay them on a small gridiron over bright coals, the stalk upwards. Broil quickly, and serve with butter, pepper and salt over.

Tomatoes.—These are cooked and dressed in a variety of ways.

Tomatoes may be sliced thin and served with salt, pepper and vinegar over for breakfast; or sliced and strewn with sugar and grated nutmeg for tea; for dinner they may be stewed or broiled or baked.

Tomatoes may be preserved in sugar, or as catsup, when out of season. Such as like them declare them to be equally excellent in each and every form or dressing.

Water Cresses.—These are used as a salad; pick out all discolored leaves, wash each cluster separately, and serve in a salad bowl, with cold boiled eggs sliced and put over; or cut the cresses fine, and serve with a salad dressing.

Leeks.—These are used principally for soups, they may be boiled and served with toast the same as asparagus.

Horse-Radish.—Lay fresh horse-radish in a pan of cold water for an hour or more, then pare or scrape off the outer skin, and grate it on a coarse grater; add a little salt to it, moisten with vinegar and serve with boiled fish or roast meat.

SAUCES

For Meat, Fish, Poultry, or Vegetables.

To Make Drawn Butter.—Put half a pint of milk in a perfectly clean stew-pan, and set it over a moderate fire; put into a pint bowl a heaping tablespoonful of wheat flour, quarter of a pound of sweet butter, and a salt-spoonful of salt; work these well together with the back of a spoon, then pour into it, stirring it all the time, half a pint of boiling water; when it is smooth, stir it into the boiling milk, let it simmer for five minutes or more and it is done.

Drawn butter made after this receipt will be found to be most excellent; it may be made less rich by using less butter.

Parsley Sauce.—Make a drawn butter as directed, dip a

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bunch of parsley into boiling water, then cut it fine and stir it into drawn butter a few minutes before taking it up.

Egg Sauce.—Make a drawn butter, chop two hard boiled eggs quite fine, the white and yolk separately, and stir it into the sauce before serving. This is used for boiled fish or vegetables.

Sour Sauce.—Make half a pint of good vinegar hot, stir it into a quarter of a pound of fresh butter, add a teaspoonful of made mustard, and a little pepper, and serve with boiled lobster or fish.

Cold Butter and Vinegar Sauce.—Beat a quarter of a pound of butter to a cream, with a gill of vinegar and a teaspoonful of pepper, dip a bunch of parsley into scalding water, chop or cut it small and beat it with the butter; a teaspoonful of made mustard may also be added. Serve with boiled meat or lobster.

Butter Sauce.—Beat a quarter of a pound of butter to a cream, add a teaspoonful of pepper and salt, each, beat it well together, and serve with roast or baked or boiled potatoes and cold meat; or, put it over boiled vegetables.

Shalot Sauce.—Take half a pint of water in which meat has been boiled, add a wineglass of vinegar and two or three shalots cut fine, and half a teaspoonful of salt; put these into a saucepan over the fire, work a teaspoonful of flour into a piece of butter the size of an egg, and stir them into the hot water and let them simmer for fifteen minutes. Serve with boiled meat.

To Brown Flour.—Take some flour into a pan or dish and set it in the oven or over some coals, stir it about that it may not burn but be nicely browned. Keep it in a dredging box for browning gravies.

Anchovy Sauce.—Soak some anchovies in a basin of cold water for two or three hours, then put them in a stew-pan with cold water, and set them on coals to simmer until the anchovies are dissolved; then strain the water, add to it a wineglass of red wine and half a pint of melted butter; let it simmer for quarter of an hour, then serve with boiled fish or meat.

Oyster Sauce.—Put half a pint of milk into a stew-pan, set it over a fire, mix a tablespoonful of wheat flour with a quarter of a pound of butter; when the milk boils put to it a pint of small oysters; then pour into the butter and flour half a pint of boiling water, stirring it all the time; when smooth, add it to the milk and oysters; add a small teaspoonful of salt and pepper, and serve with boiled meat, turkey, or fowls.

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MINT SAUCE.—Take nice fresh mint, chop it small, mix with it a teaspoonful of sugar, and vinegar to moisten t. Serve with roast lamb.

ONION SAUCE.—Peel some nice white onions and boil them tender, press the water from them, chop them fine, and put them to half a pint of hot milk; add a bit of butter and a teaspoonful of salt, and pepper to taste. Serve with boiled veal, or poultry, or mutton.

LOBSTER SAUCE.—Put the coral and spawn of a boiled lobster into a mortar, with a tablespoonful of butter, pound it to a smooth mass, then rub it through a sieve, melt nearly a quarter of a pound of sweet butter, with a wineglass of wine, or vinegar, add a teaspoonful of made mustard, stir in the coral and spawn and a little salt and pepper; stir it until it is smooth, and serve. Some of the meat of the lobster may be chopped fine, and stirred into it. Maderia wine should be used.

LEMON SAUCE.—Make a drawn or melted butter sauce, cut a lemon into very thin slices, take out the seeds and stir the slices into the sauce, give it one boil, then serve over boiled fish, fowl, or meat.

CREAM SAUCE.—Put quarter of a pound of butter in a stew-pan, with a small tablespoonful of wheat flour, a teaspoonful of chopped parsley, and the same of young onions of scallions, chopped fine; add a salt-poonful of salt, and the same of pepper and grated nutmeg, mix these well together, then add a glass of cream or rich milk, set it over the fire, and stir it with a silver spoon, until it is ready to boil; if it is too thick add more milk; this sauce should be kept stirring for fifteen minutes. Serve with boiled rabbits, meat, or poultry.

MELTED OR CLARIFIED BUTTER.—Put quarter of a pound of butter in a stew-pan by a gentle fire, let it remain until the scum rises and the milk settles to the bottom, take off the scum carefully with a spoon, then pour the butter carefully from the milk.

APPLE SAUCE.—Peel, quarter and core rich, tart apples, put to them a very little water, cover them and set them over the fire; when tender, mash them smooth, and serve with roasted pork, goose, or any other gross meat.

FRIED APPLES.—Wash fine fair apples without paring, and cut them in slices an eighth of an inch thick, and fry in hot lard or pork fat; serve with fried pork.

FRIED PEACHES.—Take peaches not fully ripe, wash them and wipe them; then cut them in slices quarter of an inch

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hick, and fry in the pan after pork; serve with the meat. this is a South Carolina dish.

Cranberry Sauce, or Jam.—Pick a quart of cranberries free from all imperfections, wash them, and put them into a stew-pan with a teacup of water, and the same of brown sugar, cover the stew-pan and let them stew gently for one hour; then mash them smooth with a silver spoon, dip a quart bow in cold water, pour in the cranberries, and set it to become cold; then turn it out on a dish or glass saucer, and serve with roast pork, ham, goose, or fowls.

Cheese Roasted.—Grate three ounces of dry cheese, and mix it with the yolks of two eggs, put four ounces of grated bread, and three of butter, beat the whole together in a mortar with a dessert spoonful of made mustard, a little salt and some pepper; toast some slices of bread, cut off the outside crust, cut it in shapes and spread the paste thick upon them, and put them in a Dutch oven, let them become hot and slightly browned, serve hot as possible.

To Make Welsh Rabbit.—Cut or grate some good cheese, put a bit of butter and some made mustard to it, put it in a frying pan over the fire and stir it smooth; a little milk may be added to it; when it is hot and a smooth paste, spread it on slices of nicely toasted bread and serve hot.

To Make Toast.—Cut slices from a loaf of wheat bread, let them be smooth, even, and half an inch thick, have a bright fire and toast them quickly; when both sides are a fine brown lay the slices on a hot plate and put a tin cover over until served.

Milk Toast.—Having toasted the bread nicely, spread it with sweet butter, make some milk hot, add a small bit of butter, and a little salt to it, then pour it over the toast and serve. Or lay toasted bread in a deep plate or dish; to a pint of milk put a teaspoonful of salt and a teacup of butter, make it boiling hot, then pour it over the toast; some persons work a small teaspoonful of flour with the butter and stir it into the milk when it is boiling hot; stir it for a few minutes, then pour it over the toast.

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DIRECTIONS

For making Puddings, etc.

For Boiling Puddings.—Have a tin form or muslin bag—the former should have a close fitting cover, and be rubbed over the inside with a bit of butter before putting the pudding in it, that it may not stick; the latter should be first dipped into boiling water, then well floured on the inside.

Tin forms may be bought, or small covered pails, of two or three quarts capacity, for large or small puddings; these are more easily kept sweet than are muslin bags. Tie a batter pudding close.

Bread puddings, or those made of corn meal, should be loose, as they swell very much in boiling.

The water must be boiling hot when the pudding is put in, and continue to boil until it is done. If a pudding is boiled in a bag, it must be turned frequently whilst boiling, otherwise it will stick to the pot.

There must be enough water to cover the pudding if it is boiled in a bag: if boiled in a tin form do not let the water quite reach the top of it.

To boil a pudding in a tin basin, dip a cloth in hot water, dredge it with flour and tie it closely over the basin.

When the pudding is done, take it from the water, give whatever it is boiling in one sudden plunge into cold water, then turn it out immediately; this will prevent it sticking. If there is any delay in serving the pudding, cover it with a napkin or the cloth in which it was boiled; it is best to serve as soon as turned out.

Baked Puddings.—Bread, corn meal, or rice require moderate heat; batter or custard require a quick oven; the time required for baking each particular one is given with the receipt for making it.

Eggs for puddings are beaten enough when a spoonful can be taken up without strings.

A baked pudding must be served in whatever it is made. It is well to improve their appearance as much as possible. They may be served the same as meat pies, substituting small apples or other small fruit for the parsley or green leaves.

Soufflees, or light puddings, require a quick oven. These should be made so as to be done at the moment for serving, otherwise they will fall and flatten.

Boiled Apple Pudding *with Eggs*.—Make a batter with two

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well beaten eggs and a pint and a half of milk, with a pint bowl heaping full of wheat flour, beat it until smooth and light: pare, quarter and core five or six large, tender, tart, or sour apples, and stir them into the batter with a teaspoonful of salt, tie it in a pudding bag and boil for two hours. Turn it out on a dish and serve with sugar, butter and nutmeg sauce.

APPLE DUMPLINGS.—Pare, quarter and core eight fine tender tart apples, make a pie crust, roll it to half an inch thickness, cut it in round pieces the size of a tea plate, lay as many pieces of apples in the centre as it will contain, gather the edges up and pinch them together over the apple, have a pot of boiling water, and when the dumplings are all made drop them in; cover the pot and let them boil gently for nearly an hour; then take each one carefully with a skimmer on to a dish, serve quickly, with butter, sugar and nutmeg, worked together, or with butter and syrup; to be eaten out open, and the sauce or syrup and butter over.

A more healthful paste may be made for apple puddings or dumplings thus: To a pint of sour milk or buttermilk and half a pint of water, put a small teaspoonful of saleratus, dissolved in a little hot water: put wheat flour into an earthen basin, make a hollow in the centre, add a teaspoonful of salt and the buttermilk, etc., work in the flour until it is a soft dough, flour your hands and divide it in pieces the size of a common apple, then flatten it between your hands, to about half an inch thickness, or rather less put a quartered apple in the centre, then draw the edges of the paste together over it, pinch it close, strew some flour over a large dish and lay each dumpling on, (the gathered side down,) until they are finished. Have a pot of boiling water, drop the dumplings in, cover the pot and let them boil gently for nearly an hour; serve with sugar or syrup and butter.

This paste is both light and delicate; a pie paste is not so; very few persons can eat it without positive injury.

CHEAP BATTER PUDDING.—Beat three fresh eggs with six dessert spoonsful of wheat flour; beat until very light, then stir into it gradually a quart of milk; add one tablespoonful of sweet butter, and two of sugar; of salt and essence of lemon, or peach water, each a teaspoonful; grate half a nutmeg to it, beat it well together, put it into a buttered basin or mould for one hour, in a hot oven; when done, turn it out, or serve in the basin. This pudding may be boiled; omit the sugar, butter, and flavoring, boil two hours, and serve with wine sauce.

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RICH BATTER PUDDING.—Beat six eggs with six large spoonsful of wheat flour, until very light, then stir it into a quart of milk, beat them well together, butter a dish, and bake for one hour in a hot or quick oven. Serve with brandy or wine sauce; instead of brandy or wine, lemon juice may be used.

This pudding may be tied in a cloth, and boiled for two hours; serve with a sauce. Or it may be baked in small cups.

FLOATING ISLAND.—Set a quart of rich milk to boil, when it does so, stir into it two small tablespoonsful of white sugar, and the beaten yolks of six eggs; flavor with lemon or rose, or peach water; whip the whites to a high froth; when the custard is thick, put it into a deep china dish, and heaped the frothed eggs upon it; it may be finished by putting spoonsful of jelly or jam over the frothed eggs, and serve.

PLUM PUDDING.—Take half a pound of wheat flour, half a pound of raisins stoned and chopped, and the same of currants, picked, washed, and dried; use milk enough to stir easily with a spoon, add half a pound of suet chopped fine, and four well beaten eggs and a large teaspoonful of mace, cinnamon and alspice; mix all well together and boil it for two hours and a half in a cloth or tin. Serve with butter and sugar, or wine sauce. Plum pudding, if cold, may be warmed in a pan with some of the sauce.

LEMON PUDDING.—Beat half a pound of fresh butter to a cream with half a pound of white sugar, powdered fine, then add to it eight eggs well beaten, and a large fresh lemon grated with the skin, stir it well together, line a dish with puff paste, fill with the pudding and bake in a quick oven for nearly an hour.

ISINGLASS.—There are three sorts of isinglass—American, and English, and Russia, which is three times the price of the others; only one third as much is required of it as of Cooper's isinglass (for a quart of milk) which is one ounce.

BLANC-MANGE.—Boil a pint of cream and a quart of milk together; clarify an ounce and a half of isinglass, and stir it into the cream; make it sweet with white sugar, and flavor with lemon and rose, or with vanilla, or orange flower water, and a teaspoonful of salt. Let it boil up once, stirring it well. Have ready some earthen moulds dipped in cold water; fill them with the blanc-mange. When perfectly cold turn them out, or when ready to serve.

Red jelly or jam is served with blanc-mange.

Three ounces of almonds skinned or blanched, and pounded to a smooth paste, stirred into the milk with the isinglass, may

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be considered an improvement. Strain it through a bit of coarse muslin into the moulds.

INDIAN MEAL DUMPLINGS.—Put a pint of yellow corn meal into a large bowl; pour boiling water into it, stirring it all the time; make it a moist paste to mould in your hands; add a teaspoonful of salt, stir it in; make it in balls the size of a teacup, flour the outside, and drop them into a pot of boiling water, and let them boil for one hour. These may be boiled with salt meat. Serve with a sweet sauce or syrup

BOILED INDIAN MEAL PUDDING.—On half a pint of Indian, or corn meal, pour a quart of boiling milk, stirring it all the time; add a teaspoonful of salt; beat two, three or four eggs, very light; and when the batter is nearly cold, stir them into it; put the pudding into a cloth or tin mould and boil two hours. Serve with a sauce, or with butter and syrup.

BOILED SUET, PUDDING.—Into a quart of boiling milk, stir gradually as much sweet corn meal, as will make a thick batter; add a teacup of beef suet chopped fine, and a teaspoonful of salt; tie it loosely in a bag, and boil two hours. Quarter of a pound of raisins may be added to the batter. Serve with syrup.

BOILED BATTER PUDDING.—Beat three eggs very light with a teacup of wheat flour and a teaspoonful of salt, then stir it into a quart of milk, put it in a tin form or well floured pudding cloth, and boil fast for two hours. Serve with wine or other sauce.

BAKED BREAD PUDDING.—Break stale bread in small bits, to fill a pint bowl, put it into a quart of warm milk; when it is soft beat it fine, add two well beaten eggs, half a nutmeg grated, a bit of butter the size of a large egg, and two tablesponfuls of sugar, with a teaspoonful of salt; a teaspoonful of lemon extract is an improvement. Bake one hour in a hot oven.

SMALL CUSTARDS.—Boil a quart of milk, beat from four to six eggs light, and when the milk is nearly cold, stir them into it; add a teaspoonful of salt, and two tablespoonfuls of sugar, grate half a nutmeg over, and the yellow part of a lemon, or a small teaspoonful of lemon extract.

Butter some custard cups and nearly fill them, set them in a shallow pan, and fill it nearly to the top of the cups with boiling water, set in a hot oven or on some coals for half an hour, then take the cups out, wipe them and serve on a custard stand, or lay a napkin over a large dish or tray, and set the cups on it. Serve with ripe fruit, with sugar, or with preserves.

RICE PUDDING, *without Eggs.*—Wash a wineglass of rice in

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two or three changes of water, make a quart of milk sweet with a teacup of sugar, add a teaspoonful of salt and half a nutmeg, grated; put the rice to the milk and bake in a moderate oven for nearly two hours.

Rice Pudding, *with Eggs.*—Beat two or more eggs light and stir them into a quart of milk, with a teaspoonful of salt and a wineglass of rice well washed; put to it two tablespoonfuls of sugar, half a nutmeg, grated, and a tablespoonful of butter. Bake one hour in a quick oven.

Cream Custard—Beat six eggs light, stir them into a quart of cream, sweeten with loaf sugar to taste, add half a nutmeg grated, and a teaspoonful of lemon or vanilla extract, or if preferred, peach water. Bake one hour in a quick oven, in a buttered basin, with or without a bottom crust.

Dried Currant Pudding—One pound of currants cleaned and dried, one pound of suet chopped fine, half a pound of wheat flour or bread crumbs, half a nutmeg, grated, one teaspoonful of ginger, and one teaspoonful of salt; make it moist with milk, work it well together, tie it in a pudding bag, and boil for two hours; serve with wine or brandy sauce.

Corn Meal Pudding.—Put two quarts of water into a clean dinner pot or stew-pan, cover it, and let it become boiling hot over the fire; then add a tablespoonful of salt, take off the light scum from the top, have sweet fresh yellow or white corn meal; take a handful of the meal with the left hand, and a pudding stick in the right, then with the stick stir the water around, and by degrees let fall the meal; when one handful is exausted, refill it; contintue to stir and add meal until is as thick as you can stir easily, or until the stick will stand in it, stir it a while louger; let the fire be gentle; when it is done enough it will bubble or puff up; turn it into a deep basin, this is eaten cold or hot, with milk or with butter, and syrup or sugar, or with meat and gravy, the same as potatoes or rice.

This is the genuine way of making soupon, sometimes called hasty pudding, which, however, is a misnomer; few of the old Dutch round Schenectady, or there about, would not be disturbed at hearing it called by other than its ancient name, soupon.

PUDDING SAUCES.

Wine Sauce.—Beat quarter of a pound of sweet butter to a cream, add gradually to it quarter of a pound of fine white sugar and a wineglass of wine, with half a nutmeg grated;

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continue to beat it until it is light and white, then mould it in a neat form, and serve.

Lemon Sauce.—Make as directed for wine sauce, using lemon instead of wine.

Sweet Sauce.—Work a teacup of sugar into a teacup of butter with a teaspoonful of flour and half a nutmeg grated; when it is a smooth paste, stir gradually into it half a pint of boiling water, set it over the fire for ten minutes, stir it all the time, then turn it into a tureen and serve, with boiled batter or apple puddings. A glass of wine may be added to this, or a lemon sliced thin and cut into dice; put it in before putting it on the fire.

Cranberry Sauce—Wash a pint of cranberries, and pick out all imperfections, put them in a stew-pan, put a small teacup of water to them, put a large teacup of sugar over, cover them and let them stew gently for nearly an hour, then add a teacup of butter to them, stir it in and serve poured over boiled rice, or in a sauce dish.

Apple Sauce.—Pare, quarter and core quarter of a peck of rich tart apples, put them in a stew-pan with a teacup of water, add some finely chopped lemon peel, and a large cup of sugar, grate half a nutmeg over, and cover the stew-pan; let them stew gently for half an hour, then mash them fine, add a teacup of butter, and serve with boiled rice, or boiled batter pudding.

Rich Lemon Sauce, *for Puddings.*—Boil a fresh skin lemon in plenty of water until a straw will penetrate it, then cut it in slices, and each slice in quarters; put to them and the juice a teacup of sugar and the same of butter, with a large teaspoonful of wheat flour worked into it; put all together into a stew-pan and stir in gradually half a pint of boiling water, keep it over the fire for ten minutes, stirring it all the time, then serve with half a nutmeg grated over.

Sauce for Plum Pudding.—Take the yolks of three eggs, add a gill of cream and three tablespoonfuls of white sugar set it over the fire, stir it until it is thick, then add a glass of brandy to it, stirring it all the time.

DIRECTIONS

For Baking and Making Pies, Tarts, &c., and a Few hints for the Economical.

Be careful that the oven, whether of brick or a range or stove, be perfectly clean and free from any sugar or fat from anything which may have run over whilst baking.

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The delicacy of pastry depends as much upon the baking as the making, therefore strict attention should be paid to the the following directions:

Puff paste requires a quick oven heat; a hot oven would curl the paste and scorch it.

Tart paste or short paste requires a degree less of heat.

For raised or light crust, the oven may be heated as for puff paste.

A brick oven must be thoroughly heated, that is, have a body of heat, else it will render pastry or cakes heavy; this must be attended to before beginning to bake; there may be sufficient heat to raise, and yet not enough to finish baking.

A range or stove oven is more easily managed; it is necessary to have it thoroughly heated, and a well sustained fire to keep it so, for those things which require the greatest degree of heat; those requiring less will be baked after these are done; there should always be a good heat at the bottom; some stove ovens are so well constructed as to have a regular heat throughout.

When baking with coal, if the fire is not brisk enough, do not put on more coal, but add a stick or two of hard wood, or if nearly done, put in a stick of pine wood.

Common Puff Paste, *for Pies.*—Put one pound of sifted wheat flour on the slab, or into an earthen basin; make a hollow in the centre, work into it quarter of a pound of lard, and a teaspoonful of salt; when it is mixed through the flour, add as much cold water as will bind it together; then strew a little flour over the paste-board, or table; flour the rolling-pin, and roll out the paste to half an inch thickness; divide half a pound of butter in three parts; spread one evenly over the paste; fold it up, dredge a little flour over it, and the paste-slab, or table; roll it out again, spread another portion of the butter over, and fold, and roll again; so continue until all the butter is used; roll it out to quarter of an inch thickness for pies.

This paste is for the upper crust of pies, or to line tartlet pans, for shells for fruit, or preserves. Puff paste should not be used for the under crust of pies; when not having space enough to rise it becomes greasy and heavy, and consequently unwholesome. Half a pound of shortening worked into a pound of flour, with a teaspoonful of salt and enough water to bind it, will make an under crust rich enough.

Family Pie Crust, *Short.*—Put a pound of sifted flour into a bowl, work into it half a pound of sweet lard, or beef dripping, with a dessert spoonful of salt; when it is thoroughly mixed through, put to it enough cold water to bind it together, flour the paste-slab or table, and rolling-pin, take a part of the paste and roll it to less than a quarter of an inch thickness.

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This will be quite rich enough for health or taste.

A bit of volatile salts, the size of a small nutmeg, dissolved in a little hot water and put to the paste with the water to bind it, will make it more light and delicate.

For the upper or outside crust of a pie, roll the paste out thin, spread a bit of butter half the size of an egg over it, fold it up, roll it out again and cover the pie.

TRIFLES.—Work one egg and a tablespoonful of sugar to as much flour as will make a stiff paste, roll it as thin as a dollar piece and cut it in small round or square cakes, drop two or three at a time into the boiling lard; when they rise to the surface and turn over they are done; take them out with a skimmer and lay them on an inverted sieve to drain. When served for dessert or supper, put a spoonful of jelly on each.

APPLE PIE.—Rub a pie dish over with a bit of butter, line it with short pie crust rolled thin, pare some rich tart apples, and cut them in small pieces, fill the pie dish an inch thick, lay them evenly over; if the apples are sour, use a teacup of sugar to a quart bowl of cut apples, strew it over them, then grate half a nutmeg over, strew a salt-spoonful of salt evenly over, and half a teaspoonful of ground cinnamon; then cover with a paste or puff paste crust; trim off the edges with a sharp knife, cut a slit in the centre, or make it before putting it over the pie; pass a giggling iron around the pie half an inch inside of the edge, and bake for nearly an hour in a quick oven; if they are quite small half an hour will bake them. You may gild the tops by brushing them over with the yolk of an egg, beaten with a little milk, before putting them in the oven, or when half done.

APPEE TART.—Peel and slice some nice tart apples and stew them with a small teacup of water and the same of sugar to a quart of sliced apples; add half a nutmeg grated, a salt-spoonful of salt, and a little grated lemon peel or lemon extract, or half a teaspoonful of ground cinnamon, set them to become cold; line some small pie plates with rich pie paste or light puff paste, put in the stewed apples, half an inch deep, roll out some of the paste, wet it over slightly with the yolk of an egg beaten with a little milk and a teaspoonful of sugar, cut it in strips the width of a finger, and lay it in bars or diamonds across the tart, lay another strip around the edge, trim off the outside neatly with a sharp knife, and bake in a quick oven until the paste loosens from the dish.

DRIED APPLE PIE.—Cut out all imperfections from tart dried apples (a sharp pair of scissors is best for this purpose) then rinse them in cold water, put them in a vessel and put water

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over, three inches more than to cover them, let them stand one night, then put them over a gentle fire with the water in which they were soaked, cover them and let them stew gently; boil a lemon in water until a straw will pierce the skin, cut it in thin slices, or smaller, and put it to the apples with the juice from it, add half a pound of clean brown sugar for each quart of apples, let them stew until they are soft, then turn them into dishes to become cold.

Rub the pie dishes over with a small bit of sponge dipped butter, line them with pie paste, put in the stewed apple half an inch thick, thinning it toward the edge, roll an upper crust rather thin, cut three or four small slits each side of the middle and put it over the pie, trim them neatly with a sharp knife and bake in a quick oven for three-quarters of an hour.

Dried Peach Pie.—Prepare the fruit and finish the same as dried apple.

Dried Peach Tart.—Make the same as directed for dried apple tart.

Peach Pie.—Peaches for pie may be ripe but not soft; pare them, cut them up and finish as directed for apple pies. Unripe peaches may be pared and stewed as directed for apple tart, and baked in a pie or tart.

Whole Peach Pie.—Take small sized peaches not fully ripe, pare them without cutting them up, line a dish with pie paste, lay the peaches in close together, put in a little water, for a pie the size of a large dinner plate, strew over a small teacup of sugar, dredge a small teaspoonful of flour over, grate half a small nutmeg over, and a salt-spoonful of salt, and cover the pie; cut a slit in the centre and bake for one hour in a quick oven.

Cranberry Pie or Tarts.—Pick a quart of cranberries free from imperfections, put a pint of water to them, and put them in a stew-pan over a moderate fire; put a pound of clean brown sugar to them, and stew them gently until they are all soft, then mash them with a silver spoon, and turn them into a dish to become cold, then make them in pies or tarts, and bake. Many persons put flour in cranberry pies; it is a great mistake, as it completely spoils the color of the fruit.

Lemon Pie.—Boil six fresh lemons in fair water until a straw will penetrate the skin, then take them out, chop them fine, and take out the pips; to a pound of light brown sugar put a teacup of water, let it boil, skimming it clear until it is a nice syrup, then put in the lemon and set it to cool; cover a shallow plate with pie-paste, put in the lemon, spread out to nearly the edge, cover with paste, cut a slit in the centre and bake.

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RHUBARB PIE.—Cut the large stalks off where the leaves commence, strip off the outside skin, then cut the stalks in pieces half an inch long, line a pie dish with paste rolled rather thicker than a dollar piece, put in a layer of the rhubarb nearly an inch deep; to a quart bowl of cut rhubarb put a large teacup of sugar, strew it over with a salt-spoonful of salt and half a nutmeg grated; cover with a rich pie crust, cut a slit in the centre, trim off the edge with a sharp knife, and bake in a quick oven until the pie loosens from the dish. Rhubarb pies made in this way are alogether superior to those made of the fruit stewed.

WHORTLEBERRY PIE.—Put a quart of picked huckleberries into a basin of water, take off whatever floats, take up the berries by the handful, pick out all the stems and unripe berries, and put them into a dish; line a buttered pie dish with a pie paste, put in the berries half an inch deep, and to a quart of berries put a teacup of brown sugar, and half a teacup of water; dredge a teaspoonful of flour over, strew a salt-spoonful of salt, and half a nutmeg grated over; cover the pie, cut a slit in the centre, or make several small incisions on either side of it, press the two crusts together around the edge, trim it off neatly with a sharp knife, and bake in a quick oven for three-quarters of an hour.

RIPE CURRANT PIE.—Make as directed for huckleberry pie; use twice as much sugar, and a puff paste crust.

GREEN CURRANT PIE OR TARTS.—Pick the currants free from stems, stew them as directed for rhubarb tarts, and make in pie or tarts.

GOOSEBERRY TARTS AND PIES.—Take off the stems and blostom end; wash them and stew them the same as rhubarb for tarts; make them in pies, or make them in tarts; strew a little sugar over, and bake.

BLACKBERRY PIE.—Pick the berries clean, rinse them in cold water, and finish as directed for huckleberries.

CUSTARD PIES.—Boil a quart of milk, beat four or five eggs light, and stir them gradually into it, and finish as directed for cream pies.

PUMPKIN PIE.—Cut up a nice cheese pumpkin, take out the seeds and stringy inside, pare off the rind, and cut the pumpkin small, then put it in a kettle with a teacup of water; cover the vessel, and set it over a gentle fire, until the pumpkin is soft enough to mash when lightly pressed; then set a colander or sieve into a basin, take the stewed pumpkin into it, and press it through into the basin with a ladle or wooden spoon; when it is all rubbed through, add to it milk enough to make a thin batter, to every quart of this batter put four

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well beaten eggs; make it sweet, a small teacup of sugar, and a saltspoonful of salt, for each quart, is about what will generally be liked; grate in a nutmeg, and a teaspoonful of extract of lemon, and some ground ginger, if liked.

Line flat bottomed pie dishes with pie paste, and nearly fill them with the pumpkin mixture, lay a strip of paste around the edge, trim off the outside neatly, and bake three-quarters of an hour in a quick oven; the top of the pie should be delicately brown. Ornament as directed for cream pies.

A less number of eggs than is mentioned in this receipt, may be used; pumpkin pies are sometimes made without any eggs; these are less delicate, as may be supposed.

To Make Mince Pie Mixture.—Weigh two pounds of chopped meat, put to it two pounds of suet free from strings or skin, and chopped fine; add two pounds of currants, picked, washed, and dried, and four pounds of peeled and chopped rich tart apples, with the juice of two lemons, and the chopped peel of one; a pint of sweet wine, and one large nutmeg grated, or a teaspoonful of ground mace, three pounds and a half of sugar, quarter of an ounce of ground cloves, or allspice, and the same of cinnamon, and a large tablespoonful of salt; mix the whole well together, put it in a stone pot or jar, cover it close and set it in a cool place for use; mix it well together before using.

Mince Pies.—Line a pie dish with a nice puff paste, rolled to twice the thickness of a dollar piece, put in the pie mixture half an inch deep, and spread it to within a finger width of the edge; roll out a puff paste crust, turn a plate the size of the one on which the pie is made on to it, and with a knife cut the paste around, the size of the plate, then take the plate off, make three small incisions with the end of the knife on either side of the middle, take it carefully up, and cover the pie with it, press it lightly with the finger against the bottom crust, put in quick oven for three-quarters of an hour; the top may be brushed over with the yolk of an egg beaten with a little milk. Mince pies made in this way should be served warm

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DIRECTIONS.

For Making Varieties of Bread, Biscuit, Rolls, Cakes, &c., &c.

Introductory Remarks.—An oven to bake well, should have a regular heat throughout, but particutarly at the bottom,

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without which, bread or cakes will not rise or bake well; bread and cakes are as often spoiled in baking as in making.

To Make Wheat Bread.—Put seven pounds of wheat flour in a large bowl or tray, heap it around the sides, leaving a hollow in the centre; put into it a quart of warm water, add to it a large tablespoonful of salt, half a teaspoonful of saleratus, (dissolved in a little water,) and half a gill of baker's yeast; have three pints more of warm water, and with as much of it as may be necessary, make the whole in a rather soft dough, work it well with both hands, (see directions for kneading bread,) when it is smoth and shining, strew a little flour over, lay a thickly folded cloth over it, and set it in a warm place for four or five hours, then knead it again for fifteen minutes, cover it, and let it set to rise again; when it is like a sponge, work it down again, divide it in loaves, either two or four, and bake in a quick oven, according to their size; one hour, if divided in two loaves; half an hour each, if divided in four.

In cold weather, bread should be mixed in a warm room, and not allowed to become cold whilst mixing: have a thickly folded cloth, warm it, and lay it over, and set the bowl in a warm place; if there is any difficulty about its rising, set the bowl or tray over a kettle of hot water. It is as well to mix this bread at night, in cold weather, and cover it close, in a warm room, until morning.

To Make Twist Bread.—Let the bread be made as directed for baker's or for wheat bread, then take three pieces as large as a pint bowl each; strew a little flour over the pasteboard or table, roll each piece under your hands, to twelve inches length, making it smaller in circumference at the ends than in the middle; having rolled the three in this way, take a baking tin, lay one part on it, join one end of each of the other two to it, and braid them together the length of the rolls, and join the ends by pressing them together; dip a brush in milk, and pass it over the top of loaf; after ten minutes or so, set it in a quick oven, and bake for nearly an hour.

Wheat and Indian Bread.—Put three pints of water over the fire, when it is boiling hot, add a large tablespoonful of salt, stir into it sweet white corn meal, until it is a thick batter; continue to stir it for ten minutes, that it may not burn, then turn it into a dish, stir into it a quart of cold water; when it is cool enough to bear your hand in it, pour it into a bowl, in which is seven pounds of wheat flour, heaped around the sides, so as to leave a hollow in the centre; add to it a gill of bakers yeast, and half a teaspoonful of saleratus, dis-

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solved in a little hot water, then work the whole into a smooth dough, work it or knead for nearly an hour, then strew a little flour over it, lay a thickly folded cloth over, and set it in a warm place for five or six hours in summer, or mix at night in winter; when light, work it down, set it to rise again for one hour, then heat the oven, work the bread down, and divide it in loaves, and bake, according to their size, in a quick oven; when taken from the oven, turn them over in the pans, and set them to become cold; if the crust is hard, wrap them in a towel as soon as taken from the oven.

Rye Bread.—Make the same as wheat and Indian bread, substituting rye flour for wheat. Or thus: to a quart of warm water stir as much wheat flour as will make a smooth batter, stir into it half a gill of baker's yeast, and set it in a warm place to rise; this is called setting a sponge; let it be mixed in some vessel which will contain twice the quantity; in the morning put three pounds and a half of rye flour into a bowl or tray, make a hollow in the centre, pour in the sponge, add a dessert spoonful of salt, and half a small teaspoonful of saleratus, dissolved in a little water, make the whole into a smooth dough, with as much warm water as may be necessary; knead it well, cover it, and let it set in a warm place for three hours, then knead it again, and make it in two or three loaves; bake in a quick oven one hour, if made in two loaves, or less if the loaves are smaller.

Rye Bread Cake.—Take from the risen dough, the size of a small loaf, work into it a small teacup of shortening, make it in a flat cake, rather more than an inch thick, and bake twenty five minutes in a quick oven.

Graham Bread.—Make as directed for wheat and indian bread, using unbolted wheat flour instead of superfine.

Bread Cake or Biscuit.—Take from risen bread dough, the size of a small loaf, work into it one egg and a large tablespoonful of lard when it is thoroughly amalgamated, flour the hands and make it in balls the size and shape of a hen's egg; rub a tin pan over with a bit of sponge dipped in butter, lay them in so as to touch each other until the pan is full, wet the tops over with milk, then set them into a quick oven for twenty minutes, serve hot for breakfast or tea. When eaten break them open—to cut them would make them heavy.

These cakes are very nice when cold for breakfast or tea.

Wheat and Indian Crumpets.—Put half a gill of yeast into a quart of warm milk with a teaspoonful of salt, stir in wheat flour to make a good batter, set it in a warm place to rise, in the morning add a teacupful of butter and a handful of yellow

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corn meal; bake them on a hot griddle, which must be rubbed over with lard each time before putting on the cakes; a spoonful of batter for each cake.

INDIAN GRIDDLE CAKES.—Beat two eggs light, stir them into a quart of sweet milk with a teaspoonful of salt and enough corn-meal to make a good batter, bake as soon as mixed, on a hot griddle rubbed over with a bit of suet or fat pork; a a tablespoonful of batter for each cake.

JOHNNY CAKE.—Put a quart of fresh corn meal into a basin, add a heaping teaspoonful of salt, stir into it boiling water until it is all moistened, then with your hands make it in cakes half an inch thick, and bake them on a hot griddle rubbed over with a bit of pork fat or beef suet; let them do slowly; when one side is done turn the other; they may be baked in an oven for twenty minutes; or put the cake on a flat board or iron plate, and slant it in front of the fire; when one side is done, turn the other; serve hot, split them open and butter freely; they are eaten with fried pork.

INDIAN MEAL MUFFINS.—Pour boiling water into a quart of yellow corn meal, stirring it all the time until it is a thick batter, let it cool; when only warm, add a small teacup of butter, a teaspoonful of salt, and a tablespoonful of yeast, with two well beaten eggs; set it in a warm place for two hours, then stir it smooth, and bake in small cakes on a hot griddle; when one side is a rich brown, turn the other, lay them singly on a hot dish, and serve. These may be made without the yeast, and baked as soon as mixed.

YEAST CAKES, CALLED TURNPIKE CAKES.—Put a quart of hops into two quarts of water, cover them and let them boil, then strain it hot over a quart of fresh corn meal, stir it well together, when cooled, so as to bear your hand in, add a teacupful of good yeast, or one turnpike cake dissolved in warm water, stir it well, make it in cakes the size of the top of a tumbler, and rather less than half an inch thick, lay them on a board, and set them in a dry, warm, but rather airy place, to rise and harden, do not put them in the sun; when one side is dry, turn the other, and so turn them from side to side, until they are thoroughly dry and hard; should the weather prove damp, these cakes may be dried near the fire. Keep them in coarse paper bags, in a dry, cool place; half of one of these cakes, dissolved in a cup of warm water, is enough for seven pounds of flour. These will remain good for months.

BUCKWHEAT GRIDDLE CAKES.—Put three pints of warm water into a stone pot or jar, add a gill of baker's yeast, or an inch square of turnpike cake dissolved in a little warm water, add a heaping teaspoonful of salt, and half a small teaspoonful of

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saleratus, have a pudding stick or spatula and gradually stir in enough buckwheat flour to make a nice batter, beat it perfectly smooth, then cover it and set it in a moderately warm place until morning, a large handful of cornmeal may be put with the flour, and it is by many persons considered an improvement.

To Bake Buckwheat Cakes.—Set a griddle over a gentle, steady fire, when it is hot, rub it over with a bit of suet or fat fresh pork on a fork; the griddle must be hot but not scorching; put the batter on in small cakes, when one side is nicely browned and about half cooked through, turn them.

These cakes to be in perfection, must be not much thicker than a dollar piece, and both sides a delicate brown. Should the batter prove too thick it may be made thinner with sweet milk, this will also make them bake a finer color. The best of sweet butter and syrup to be served with buckwheat cakes hot from the griddle; should the cakes be preferred thicker than mentioned in this receipt, it is an easy matter to make them so; take care that they are baked through.

Buckwheat may be mixed the same as wheat muffins, and baked on a griddle.

Muffins.—Mix with a pint of warm milk two well beaten eggs, half a teaspoonful of melted butter and half a gill of baker's yeast with a teaspoonful of salt and a bit of saleratus the size of a large pea (dissolved in hot water) stir in enough sifted wheat flour to make a thick batter, set it in a warm place to rise, for three hours in warm weather, or longer in winter; it may be mixed at night for breakfast next morning —put a griddle over the fire, when it is hot rub it over with some fat, grease the inside of the rings, set them on and half fill them with the batter, or they may be done without rings; when one side is done turn the other; bake a light color, as they are done break each one open, put a bit of butter in each, and set them in front of the fire until served; muffins should never be cut open. Cold muffins may be toasted and served hot.

Tea Rusk.—To a pint of warm milk, put half a gill of baker's yeast, a teaspoonful of salt, and half a small teaspoonful of saleratus, dissolved in a little hot water, put to it enough wheat flour to make a soft dough, mix well and smooth, cover it, and set it in a warm place for two hours, to rise; when light, add half a teacup of sugar, and a cup of melted butter, work them well into the dough, flour your hands well, and make it in small cakes, (the size of a large egg, or a trifle larger,) lay them close together in a buttered pan, dip your hand in a little

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sweetened milk, and pass it lightly over the tops of the rusks, set them in a quick oven for half an hour; serve hot.

Common Buns.—Rub four ounces of butter into two pounds of flour, with four ounces of fine sugar and a teaspoonful of carraway seeds, and the same of salt; add half a gill of yeast, and as much warm milk as will make a soft dough; set it in a warm place to rise, (it will be light after about three hours;) strew a paste-slab and rolling pin with flour, and roll out the dough to half an inch thickness, and cut them in large round cakes; lay them on baking tins; wet the tops over with milk, strew sugar over each, and put them on tins in a quick oven for fifteen minutes.

Milk Biscuits.—Warm two ounces of sweet butter in a gill of sweet milk, and with it wet a pound of flour into a very stiff paste; beat it with a rolling-pin, and work it very smooth; roll it a quarter of an inch thick; cut it in small round cakes; stick each with a fork, and bake ten minutes in a quick oven.

To Make Doughnuts.—Take of risen wheat-bread dough the size of a quart bowl; work into it a teacup of butter, two teacups of clean brown sugar, rolled fine, half a nutmeg, grated, a teaspoonful of ground cinnamon, and two eggs; work it to a smooth paste; strew some flour over a paste-table and rolling-pin; put on some of the paste, and roll it to a quarter of an inch thickness; rub more flour over the rolling-pin, if the paste sticks; cut it in small squares, stars, or diamonds; fry in hot fat.

To Fry Doughnuts and Crullers.—Have a small iron or porcelain kettle; put into it a pound of lard, set it over a gentle fire; when it is boiling hot, drop a bit of the dough in to try it; if the fat is not hot enough, the cakes will absorb it, and thereby be rendered unfit for eating; if to hot, it will make them a dark brown outside before the inside is cooked: boiling hot is about the heat the fat should be; if it is at a right heat, the doughnuts will in about ten minutes be of a delicate brown outside, and nicely cooked inside: five or six minutes will cook a cruller; try the fat, by dropping a bit of the dough in; if it is right, the fat will boil up when it is put in: keep the kettle in motion all the time the cakes are in, that they may boil evenly: when the cakes are a fine color, take them out with a skimmer on to an inverted sieve.

Doughnuts.—Take a pound of flour, a quarter of a pound of butter, three quarters of a pound of clean brown sugar, rolled fine, one nutmeg, grated, and a teaspoonful of ground cinnamon; mix these well together; then add a tablespoonful of baker's yeast, with as much warm milk, with saleratus the size of a pea dissolved in it, as will make a smooth dough; knead it for a few minutes, cover it, and set it in a warm place to

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rise, for three hours or more, until it is light; then roll it out to a quarter of an inch thickness; cut it in small squares or diamonds, and fry as directed.

Plain Crullers.—Take half a pint of sour milk or butter-milk, one teacup of butter, two teacups of sugar, three well-beaten eggs, and a small teaspoonful of powdered saleratus dissolved in a little hot water; add a teaspoonful of salt, half a nutmeg, grated, and a teaspoonful of ground cinnamon; work in as much sifted wheat flour as will make a smooth dough; work it well together; roll the cakes to twice the thickness of a dollar piece; cut it in pieces two inches square; cut it in fingers, twist each a little, and join the ends together, and fry as before directed. These cakes may be cut in rings, stars, baskets, or any other fancy shapes.

Cake Waffles.—Three teacups of sugar rolled fine, one cup of butter, three well-beaten eggs, half a teaspoonful of saleratus, dissolved in a teacup of milk, stir in sifted wheat flour, until it is a thick batter, add to it half a nutmeg grated, and a teaspoonful of lemon extract, put in a teaspoonful of salt, and stir it for some time.

Make the waffle irons hot, dip a sponge in melted butter, and rub it over every part, put a large spoonful or two of the mixture in for each cake, close the iron, and set it over hot coals or a stove; let them remain for six or eight minutes, then turn the iron over; after six or eight minutes open it, if the cake is a nice color, and loosens, take it out; and so continue until you have enough.

Wafers.—Two tablespoonsful of white sugar, two ditto of butter, one teacup of flour, half a teaspoonful of lemon extract, or a tablespoonful of brandy, and half a nutmeg grated, work them well together, cut it in bits the size of your thumb, make a wafer iron hot, rub it inside with a bit of butter, put in a bit of the dough, press the irons together upon it, and bake it a delicate brown, then take it out, slip another bit in, and so continue until all are done; or roll the paste as thin as a dollar piece, cut it in small cakes, and bake it four or five minutes in a quick oven.

Jumbles.—Three pounds of flour, one pound and a half of butter, one pound of sugar, and six well-beaten eggs, add half a grated nutmeg, and a teaspoonful of lemon extract, or a teaspoonful of ground cinnamon; work it well together, then roll it out to eighth of an inch thickness, grate loaf sugar over, cut it in round cakes, make an aperture in the centre of each, lay them on tin plates, and bake ten minutes in a quick oven.

White Cakes.—Take half a pound of sifted flour, rub into it one ounce of butter, and a quarter of a pound of fine sugar,

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add one egg, half a teaspoonful of car. away seeds, and as much milk as will make it a paste; roll it out to quarter of an inch thickness. or thinner, cut it in small round cakes, and bake on tin plates in a quick oven, ten or twelve minutes.

Spice Cakes.—Two pounds of sifted flour, three quarters of a pound of sugar, three quarters of a pound of butter, one tablespoonful of ground spices, one teaspoonful of salt, and two tablespoonsful of yeast; mix it to a nice dough with warm milk, cover it, and set it a warm place for three hours; then roll it thin; cut it in small cakes, and bake ten or twelve minutes in a quick oven. These may be fried as doughnuts.

Wine Cakes.—Mix eight ounces of flour with half a pound of finely-powdered sugar, beat four ounce of butter with two tablespoonsful of wine; then make the flour and sugar into a paste with it, and four eggs, beaten light; add carraway seeds, and roll the paste as thin as paper; cut the cakes with the top of a tumbler, brush the tops over with the beaten white of an egg, grate sugar over, and bake ten or twelve minutes in a quick oven; take them from the tins when cold.

Soft Gingerbread, *(Molasses.)*—Take half a pint of sour milk or buttermilk, half a pint of molasses, one teacup of butter, or salted lard, or beef fat, one large teaspoonful of saleratus, dissolved in a little hot water, two well-beaten eggs, half a nutmeg, grated, a teaspoonful of ground cinnamon, and a large spoonful of ground ginger; mix in sifted wheat flour, until it is a thick batter which you can stir easily with a spoon; beat it well together for some time, then pour it an inch deep in square tin pans, buttered; bake half an hour in a quick oven: to ascertain whether it is done, try as directed in introductory remarks.

Soft Gingerbread, *without Eggs*—Make as directed for soft gingerbread, omitting the eggs, and using two teaspoonfuls of saleratus instead of one; dissolve it it in a teacupful of warm water.

Molasses Cup Cakes.—Two cups of molasses, one cup of butter, one cup of milk, one teaspoonful of powdered saleratus dissolved in a little hot water, one teaspoonful of lemon extract, half a nutmeg, grated, and two well-beaten eggs; stir in, by degrees, enough flour to make it as stiff as you can stir easily with a spoon, beat it well until it is very light, rub a two-quart tin basin over with a bit of butter, line it with white paper, and put the cake in it; bake forty minutes in a quick oven; try if it is done, by running a broom splint in at the thickest part; if it comes out clean it is done. This is a delicious cake.

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GINGER NUTS.—Into three pounds and a half of wheat flour work half a pound of butter; add half a pound of sugar and a pint and a half of molassess, half a nutmeg, grated, and a teaspoonful of ground ginger; put to it a large teaspoonful of salertus, dissolved in a little hot water; make it a nice dough, roll it thin, and cut it in small cakes; put them on baking tins, and bake fifteen minutes in a quick oven.

COMMON CUP CAKE.—One teacup of butter, two of sugar, four of flour, four well beaten eggs, one cup of sour milk, one teaspoonful of saleratus, dissolved in a little water, one teaspoonful of lemon extract, or a wineglass of brandy, and half a nutmeg, grated; beat up the mixture well, butter two two-quart basins, line them with white paper, and divide the mixture between them; bake in a quick oven three quarters of an hour.

POUND CAKES.—One pound and a half of flour, one pound of butter, one pound of fine white sugar, ten eggs, one gill of brandy, half a nutmeg grated, and a teaspoonful of vanilla or lemon extract, or orange flower water.

Beat the butter and sugar to a cream, beat the eggs to a high froth, then put all together, beat it until it is light and creamy, put it in basins lined with buttered paper, let the mixture be an inch and a half deep, and bake in a moderate oven for one hour, then try it; when done, turn it gently out, reverse the pan, and set the cake on the bottom until cold, let the paper remain until the cake is to be cut.

SPONGE CAKE.—One pound of sugar finely ground, half a a pound of sifted flour, eight eggs, one teaspoonful of salt, one tablespoonful of rose brandy, or a teaspoonful of lemon extract.

Beat the yolks of the eggs, flour and sugar together, until it is smooth and light, beat the whites of the eggs to a high froth, then beat all together until well mixed; one teaspoonful of cream of tartar, and half a teaspoonful of soda sifted dry into the flour.

Butter a square tin pan, line it with paper and put in the mixture more than an inch deep; bake in a moderate oven.

DIET BREAD.—One pound of sifted flour, one pound of fine sugar, one teaspoonful of salt and nine eggs. Make and finish the same as sponge cake.

LOAF CAKE.—One pound of butter beaten to a cream, two pounds of sugar rolled fine, three pounds of sifted wheat flour, six well beaten eggs, three teaspoonfuls of powdered saleratus dissolved in a little hot water, one tablespoonful of ground cinnamon, and half a nutmeg grated, add one pound of cur-

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rants, well washed and dried, one pound of raisins stoned and cut in two; work the whole well together, divide it in three loaves, put them in buttered basins, and bake one hour in a moderate oven.

French Tea Cake.—Beat ten eggs to a high froth, dissolve half a teaspoonful of volatile salts in a little hot water, let it stand to cool, then put it to the eggs and beat for ten minutes, add four ounces of powdered loaf sugar, and the same of sifted flour, beat them well together, line square tin pans with buttered paper, put in the cake mixture nearly an inch deep, and bake in a quick oven. When served, cut it in squares.

Drop Cakes.—Beat eight eggs very light with one pound of powdered sugar and twelve ounces of flour, flavor with lemon or rose and half a nutmeg grated; if the mixture is not beat enough the cakes will run into each other; make them in small oblong cakes, on sheets of paper, grate sugar over each, bake in a moderate oven, when done take them from the paper with a knife.

Wedding Cake.—One pound of flour, nine eggs, the whites and yolks beaten separately, one pound of butter beaten to a cream, one pound of sugar, one teacup of molasses, nutmegs grated, or ground mace, one ounce, one teaspoonful of ground alspice, one teaspoonful of cinnamon and a gill of brandy; beat this mixture well.

Having picked, washed and dried three pounds of currants, and stoned and cut in two three pounds of raisins, strew half a pound of flour over them, mix it well through and stir them with a pound of citron cut in strips into the cake.

Line round tin pans with buttered paper, put the mixture in an inch and a half or two inches deep, and bake in a moderate oven an hour and a half or two hours. See directions for icing a cake.

Plum Cake.—Make a cake of two cups of butter, two cups of molasses, one cup of sweet milk, two eggs well beaten, one teaspoonful of powdered salaratus, dissolved with a little hot water, one teaspoonful of ground mace or nutmeg, one teaspoonful of ground alspice, a tablespoonful of cinnamon and a gill of brandy; stir in flour to make a batter as stiff as may be stirred easily with a spoon, beat it well until it is light, then add two pounds of raisins stoned, and cut in two two pounds of currants, picked, washed and dried, and half a pound of citron, cut in slips. Bake in a quick oven.

This is fine, rich, cake, easily made and not expensive.

Rich Bride-Cake.—Take four pounds of sifted flour, four pounds of sweet fresh butter beaten to a cream, and two

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pounds of white powdered sugar; take six eggs for each pound of flour, an ounce of ground mace or nutmegs, and a tablespoonful of lemon extract or orange-flower water.

Wash through several waters and pick clean from grit, four pounds of currants, and spread them on a folded cloth to dry; stone, and cut in two, four pounds of raisins, cut two pounds of citron in slips, and chop or slice one pound of blanched almonds.

Beat the yolks of the eggs with the sugar to a smooth paste, beat the butter and flour together and add them to the yolks and sugar; then add the spice and half a pint of brandy, and the whites of the eggs beaten to a froth; stir all together for some time, strew half a pound of flour over the fruit, mix it through, then by degrees stir it into the cake.

Butter large tin basins, line them with white paper and put in the mixture two inches deep, and bake in a moderate oven two hours. The fruit should be prepared the day before making the cake.

Cocoanut Macaroons.—Make these the same as almond macaroons, substituting grated cocoanut for powdered almonds; finish the same as almond macaroons.

To Make Icing for Cakes.—Beat the white of two small eggs to a high froth; then add to them quarter of a pound of white sugar ground fine like flour; flavor with lemon extract or vanilla; beat it until it is light and very white, but not quite so stiff as kiss mixture; the longer it is beaten the more firm it will become. No more sugar must be added to make it so. Beat the frosting until it may be spread smoothly on the cake.

This quantity will ice quite a large cake over the top and sides.

To Ice or Frost Cake.—Make an icing as above directed, more or less, as may be required.

Turn over the basin in which the cake was baked, and set the cake on the bottom, then spread the icing on the sides with a piece of card paper or Bristol board, about four inches long and two and a half wide, then heap what you suppose to be sufficient for the top in the centre of the cake, and with the card paper spread it evenly over, set it in a warm place to dry and harden, after which ornament it as you may fancy.

If sugar ornaments are put on, it should be done whilst it is moist or soft.

For small cakes, where a thin icing only is required, it must not be beaten as stiff. Let it be so as to flow for the last coating of a cake that it may be smotth.

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To Make Coffee.—Get a coffee pot of block tin for making coffee, is the best, and also the easiest mode. Take off the cover of the top, remove all the loose apparatus, and put in it dry coffee finely ground, up to the inside rim near the bottom, then replace the strainers, press them down into the coffee, and set it on to a hot hearth or on the back of the range when all has run through, fill it again and so continue until the coffee is of the strength desired. If made very strong it may be reduced when served, by half filling the cups with boiling hot milk or water.

To Make Chocolate.—Scrape or grate the chocolate, take a tablespoonful of it for half a pint, half.and.half milk and water; put it in a perfectly clean stew-pan, make the chocolate a smooth paste with a little cold milk, and stir it into the milk and water when it boils, cover in for ten minutes or longer; add sugar to taste, unless French chocolate is used, which is prepared sweet enough.

Serve soda biscuit, or rolls, or toast, with it.

To Make Tea.—Have ready a kettle of water boiling fast, pour some into the teapot, let it remain for a few minutes, then throw it out; measure a teaspoonful of tea for each two persons, put it in the pot, pour on it about a gill of boiling water, cover it close for about five minutes, then fill it up; you will thus keep the strength good and equal.

If the compauy is large, it is best to have some of the tea drawn in the covered pitcher, and replenish the tea pot or urn when it is exhausted.

To Make Lemonade.—Squeeze the juice from twelve fine lemons, put it to one pound of loaf sugar, pour a little boiling water to the peels, cover them; when cold, strain it off, and put it to the juice and sugar; put the prepared juice in decanters, and make with ice water in summer, or boiling water, in winter; put a wineglass of this to half a pint of water.

Lemons sliced as thin as a dollar-piece, and the edge cut in notches or points, may be put one in each glass.

Crushed raspberries or strawberries, thin-sliced pine-apple, may be added to lemon.

To Make Ice Cream.—Ice pots for making ice cream are of two sorts, block-tin and pewter. Of these, pewter is best, the substance to be iced congealing more gradually than in the former, an object much to be desired; when the ice is formed too quickly, it is apt to be rough and coarse, like hail, especially if it is uot well worked with a spatula or flat wooden spoon.

The other utensils necessary for the operation, are a deep pail six or eight inches larger in diameter, than the ice pot with a vent peg at the bottom, and a wooden spatula ten or

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twelve inches long; then having put the cream (or whatever it may be,) into the ice pot, put a layer of ice broken fine, and mixed with coarse salt in the pail; set on the ice pot, fill the space around the sides with ice broken fine, and mixed with coarse salt, nearly to the top of the pot; take care that none of the ice gets into it, strew over the top of the ice a large handful of coarse salt, cover it with a woolen cloth, and let it stand for fifteen minutes; then take the cover from the ice pot, and with the spatula, stir the contents up together, so that those parts which touch the sides of the mould, and consequently congeal first, may be mixed with the liquid in the middle, work it well for ten minutes or so, then replace the cover; take the ice pot by the ears, and stir it back and forth for quarter of an hour, then open the mould a second time, and stir the cream as before. Continue these operations alternately until the cream or whatever it is to be frozen, is perfectly smooth, and free from lumps.

During the process, take care to let out the water which will collect at the bottom of the pail, by means of the vent peg; keep the ice pressed close to the pot.

It is to be served in a mould; after having nicely frozen the cream, put some of it in, press it close to the shape, put in more, and press it close until the mould is full, cover it, and set in a pail of fine ice, mixed with salt, for one hour; then take it out, wipe the mould dry with a cloth dipped in hot water, then turn it into a deep plate, and serve quickly.

Wine Jelly.—Into a clean porcelain lined kettle put a quart of water, add to it a pound of crushed sugar, the white, and shells of two eggs; When it is boiling hot, put to it a pint of Madeira wine, and a wineglass of pale brandy with the juice of two lemons and a small stick of cinnamon, stir the whole well together, and having dissolved an ounce and a half of isinglass or gelatine, in a little hot water, stir it in, continue to boil gently, for half an hour or more, then having pared off the yellow rind of the lemons, put them into the jelly strainer, pour the jelly over, and let it drain slowly through. Should it not be perfectly clear, make it hot and run it through a second time, and set it in a cool place.

Calf's Feet Jelly.—Wash and clean a set of large feet, boil them in eight quarts of water, until reduced to four, then strain it, and set it to cool; when cold, take off every particle of fat from the top, take up the jelly, leaving any sediment that may be at the bottom; set it over the fire again, and when it is dissolved, before it is hot, add the whites of six eggs beaten to a high froth, the juice of six lemons, and a pint of Maderia wine, sweeten it to taste, with fine white sugar, let it boil,

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(skimming it well,) until it is perfectly clear, put some of the yellow skins of the lemons in the jelly bag, and strain the jelly through; this gives a fine amber color; if it is not a good color, strain it again; if not sufficiently firm a jelly, boil over a gentle fire until it is so. A wineglass of pale brandy may be added and a stick of cinnamon.

To Make Simple Syrup.—Put half a pint of water to each pound of sugar, when it is all dissolved set it over a gentle fire, let it boil for half an hour; when it is clear and boiling hot, spread a wetted napkin over a basin, pour the syrup in and strain it through; flavor to taste.

Cream Candy.—To three pounds of loaf sugar put half a pint of water, set it over a slow fire for half an hour; then add to it a teaspoonful of gum arabic, dissolved, and a teaspoonful of vinegar. When boiled to candy, bright and clear, take it off; flavor with vanilla, lemon, rose, or orange.

Rub the hands over with a bit of sweet butter, and pull the candy between them until it is white; then stretch it out in wide thin strips and cut it in lengths; or make it in rolls and twist, or braid it.

Common Twist.—To three pounds of common sugar put one pint of water and boil it over a slow fire for half an hour, then skim it clear; continue to boil it until it is candy; try some in a saucer. When boiled enough, take it off, rub the hands with a little butter, take that which is cooled, and pull it as you would molasses candy, until it is white, then twist or braid it, and cut it in strips.

Molasses Candy (Taffy.)—Put a pint of common molasses in a stewpan, over a slow fire, let it boil, stir it to prevent its running over the top, or if necessary, take it off; when it has boiled more than half an hour try it, by taking some in a saucer; when cold, if it is brittle and hard, it is done; flavor with lemon, sassafras, or vanilla, and pour it quarter or half an inch deep in buttered tin pans. Shelled peanuts, (ground nuts) or almonds may be stirred into it, enough to make it thick, or but a few.

Molasses candy may be made a light color by pulling it in your hands, having first rubbed them over with a bit of butter, to prevent the candy sticking to them, during the process.

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DIRECTIONS

FOR PRESERVING FRUITS.

To Green Fruit for Preserving in Sugar or Vinegar.—Apples, pears, limes, plums, apricots, &c., for preserving or pickling may be greened thus:

Put vine-leaves under, between, and over the fruit in a preserving kettle; put small bits of alum, the size of a pea, say a dozen bits to a kettle full; put enough water to cover the fruit, cover the kettle close to exclude all outer air, set it over a gentle fire, let them simmer; when they are tender drain off the water; if they are not a fine green let them become cold, then put vine-leaves and a bit of salaratus or soda with them, and set them over a slow fire until they begin to simmer; a bit of soda or saleratus the size of a small nutmeg will have the desired effect; then spread them out to cool, after which finish as severally directed.

To Color Fruit Yellow.—Boil the fruit with fresh skin lemons in water to cover them, until it is tender; then take it up, spread it on dishes to cool, and finish as may be directed.

To Clarify Sugar, *for Preserving*.—Put into a preserving pan as many pounds of sugar as you wish; to each pound of sugar put half a pint of water, and the white of an egg to every four pounds; stir it together until the sugar is dissolved; then set it over a gentle fire; stir it occasionally, and take off the scum as it rises: after a few boilings up, the sugar will rise so high as to run over the side of the pan; to prevent which, take it from the fire for a few minutes, when it will subside, and leave time for skimming. Repeat the skimming until a slight scum or foam only will rise; then take off the pan, lay a slightly wetted napkin over a basin, and then strain the sugar through it.

To Bottle Fruit.—Cherries, strawberries, sliced pine-apple, plums, apricots, gooseberries, &c., may be preserved in the following manner—to be used the same as fresh fruit.

Gather the fruit before it is very ripe; put it in wide-mouthed bottles made for the purpose; fill them as full as they will hold, and cork them tight; seal the corks; put some hay in a large saucepan, set in the bottles, with hay between them, to prevent their touching; then fill the saucepan with water to the necks of the bottles, and set it over the fire until the water is nearly boiling, then take it off; let it stand until the bottles are cold, then keep them in a cool place until wanted, when the fruit will be found equal to fresh.

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PINE-APPLE PRESERVE.—Twist off the top and bottom, and pare off the rough outside of pine-apples; then weigh them and cut them in slices, chips, or quarters, or cut them in four or six. and shape each piece like a whole pine-apple; to each pound of fruit put a teacup of water; put it in a preserving kettle, cover it, and set it over the fire, and let them boil gently until they are tender and clear; then take them from the water, by sticking a fork in the centre of each slice, or with a skimmer, into a dish.

Put to the water white sugar, a pound for each pound of fruit; stir it until it is all dissolved; then put in the pine-apple, cover the kettle, and let them boil gently until transparent throughout; when it is so, take it out, let it cool, and put it in glass jars: let the syrnp boil or simmer gently until it is thick and rich, and when nearly cool pour it over the fruit. The next day secure the jars as before directed.

Pine-apple done in this way is a beautiful and delicious preserve. The usual manner of preserving it, by putting it into the syrup without first boiling it, makes it little better than sweetened leather.

QUINCE JELLY.—Quinces for jelly should not be quite ripe, they should be a fine yellow, rub off the down from them, core them and cut them small, put them in a preserving kettle with a teacup of water for each pound, let them stew gently until soft, without mashing, put them in a thin muslin bag with the liquor, press them very slightly; to each pint of the liquor put a pound of sugar; stir it until it is all dissolved, then set it over the fire and let it boil gently, until by cooling some on a plate, you find it a good jelly, then turn it into pots or tumblers and when cold, secure as directed for jellies.

QUINCE AND APPLE JELLY.—Cut small and core an equal weight of tart apples and quinces, put the quinces into a preserving kettle, with water to cover them, cover and set it over the fire until they are soft, then add the apples, let them boil until they are almost a pulp, (there should be enough water to cover them,) them put them into a jelly bag and strain without pressing it; to each pint of the liquor put a pound of white sugar, put it over the fire and let it boil gently, until by trying some on a flat plate you find it a fine jelly; when cool, put it in pots or tumblers, the next day cover as directed.

After making the best jelly, squeeze the juice from the pulp, put a teacup of clean brown sugar to a pint of it, boil it, taking off the scum as it rises; when it is a nice jelly put it in pots.

CITRON.—Cut the citron in wedge-shapen slices from stem to bud end, let the outside be nearly an inch thick, take out the seed part and boil them with lemons, to make them

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yellow, or green them, as directed at the beginning of this subject, until they are tender, but not soft, then lay them out singly on flat dishes to cool, and finish as directed for water-melon preserves.

To Preserve Apples.—Pare and core and cut them in halves or quarters, take as many pounds of the best brown sugar, put a teacup of water to each pound; when it is dissolved set it over the fire, and when boiling hot, put in the fruit, and let it boil gently until it is clear, and the syrup thick, take the fruit with a skimmer on to flat dishes, spread it to cool, then put it in pots or jars, and pour the jelly over.

Lemons boiled tender in water and sliced thin, may be boiled with the apples.

Apple Jelly.—Pare and core tart juicy apples, and cut them small, put to them a little water, and boil them in a covered vessel until they are soft, and the liquor, glutinous, then strain them without squeezing, put one pound of white sugar to each pint of juice flavor with lemon extract, and boil until by cooling some in a saucer, you find it a fine jelly, strain it through thin muslin into moulds. Put sugar and grated nutmeg to the apples, from the jelly bag, and stew them to a thick marmadale.

Peach Marmadale.—Peel ripe peaches, stone them, and cut them small; weigh three quarters of a pound of sugar to each pound of cut fruit, and a teacup of water for each pound of sugar; set it over the fire; when it boils skim it clear, then put in the peaches, let them boil quite fast, mash them fine and let them boil until the whole is a jellied mass, and thick, then put it in small jars or tumblers; when cold, secure it as directed for jellies. Half a pound of sugar for a pound of fruit will make nice marmadale.

To Dry Peaches.—Take ripe, but not soft peaches, pare them, and take out the stones, and cut them in halves or quarters, or smaller; spread them on flat dishes or boards, and set them where the sun will shine all day upon them; take them in at dusk or sunset; they should not be put out when the weather is damp or cloudy.

Peaches dry nicely in an oven after the baking is done.

Turn peaches whilst they are drying, that they may dry quickly and perfectly, else they will become musty. Keep them in bags tied closely, and hung up.

To Dry Apples.—Apples may be dried in the same manner; pare off every particle of the skin, and take out all and core; dry them where no dust may come to them.

The best apples for drying are those too sour to use in any other way.

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Barberries.—Preserve them the same as currants; or they may be preserved in molasses. Pick them from the stems, and put them into a jug or jar with molasses to cover them. The acid soon destroys all taste of molasses. The small winter or frost grape may be done in the same manner.

Gooseberries Preserved.—Take the blossom from the end and take off the stems; finish as directed for strawberries or currants.

To Keep Red Gooseberries.—Pick gooseberries when fully ripe, and for each quart, take quarter of a pound of sugar and a gill of water, boil together until quite a syrup, then put in the fruit and continue to boil gently for fifteen minutes; then put them into small stone jars; when cold cover them close; keep them for making tarts or pies.

Cubrant Jelly without Cooking.—Press the juice from the currants and strain it; to every pint put a pound of fine white sugar, mix them together until the sugar is dissolved, then put it in jars, seal them and expose them to a hot sun for two or three days.

To Dry Plums.—Split ripe plums, take the stones from them and lay them on plates or seives to dry in a warm oven or hot sun; take them in at sunset and do not put them out again until the sun will be upon them; turn them that they may be done evenly; when perfectly dry, pack them in jars or boxes, lined with paper, or keep them in bags; hang them in an airy place.

To Preserve Pears.—Take small, rich, fair fruit, as soon as the pips are black, set them over the fire in a kettle, with water to cover them; let them simmer until they will yield to the pressure of the finger, then with a skimmer take them into cold water, pare them neatly, leaving on a little of the stem, and the blossom end; pierce them at the blossom end to the core, then make a syrup of a pound of sugar for each pound of fruit; when it is boiling hot pour it over the pears, and let it stand until the next day; when drain it off, make it boiling hot and again pour it over; after a day or two put the fruit in the syrup over the fire, and boil gently until it is clear, then take it into the jars or spread it on dishes, boil the syrup thick, then put it and the fruit in jars.

To Stew Pears.—Pare them and cut them in halves, if large, or leave them whole, if small; put them in a stewpan with very little water, cover them and let them stew till tender, then add a pint bowl of brown sugar to quarter of a peck of pears, let them stew until the syrup is rich; a lemon boiled with the pears and sliced thin when the sugar is put in, im-

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proves both the flavor and color; or a wine-glass of red wine may be used instead.

To Bake Pears.—Wash half a peck of tart pears, cut the stems so as to leave only an inch length; put them in an iron pot over the fire with half a pint of water and a pint of molasses to them; cover the pot or kettle and let them boil rather gently until the pears are soft and the syrup rich, almost like candy; take care not to scorch it.

To Stew Quinces.—Pare and cut them in quarters, take out the cores, put them into a stew-pan with half enough water to cover them, cover the pan, and let them boil till tender, add half a pound of sugar to each pound of cut quinces, cover them and let them stew until the syrup is rich and thick.

To Stew Peaches.—Take small under-ripe peaches, pare them neatly, and put them into a kettle with water nearly to cover them, and set them over a gentle fire; to each quart of peaches, put half a pound of sugar; let them stew until the syrup is rich. Serve cold for tea or dessert.

To Stew Apples.—Pare ripe tart apples, and cut them in quarters or smaller; core them, and put them in a stew-pan, with a teacup of water and the same of sugar to a quart or more of cut apples; then set them over the fire, let them simmer gently for nearly an hour; turn them into a flat dish, and set them to cool. Grate half a nutmeg over, if liked.

Small apples may be stewed in this way without cutting them; pare them, and core them with a small knife or apple-corer; a lemon boiled, and sliced thin, may be stewed with them; a small teaspoonful of lemon extract may be put to them whilst stewing.

Grape Jelly.—Take ripe grapes, press them from the skins; then put them in a coarse cloth, and press out all the juice; put half a pound of sugar to each pint of juice, and finish the same as currant jelly.

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