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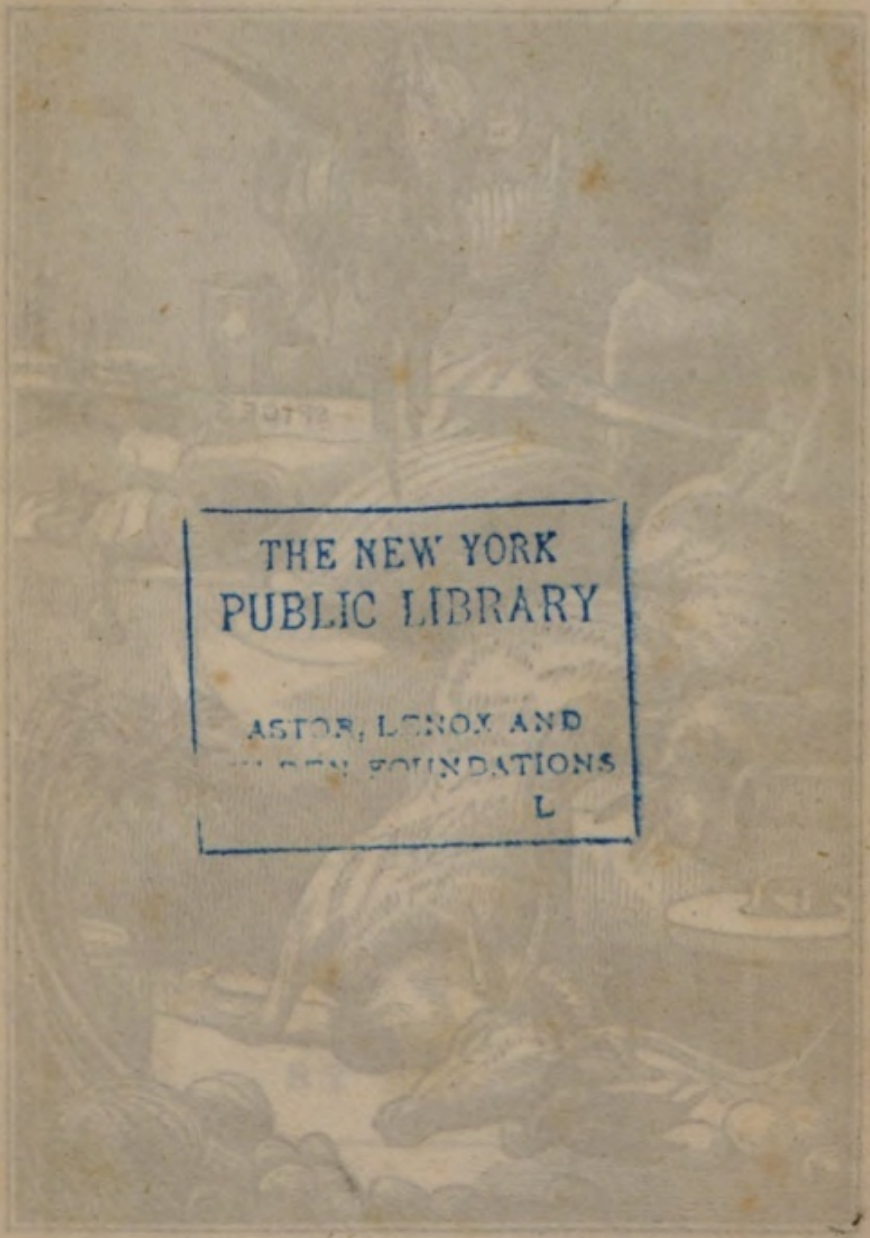

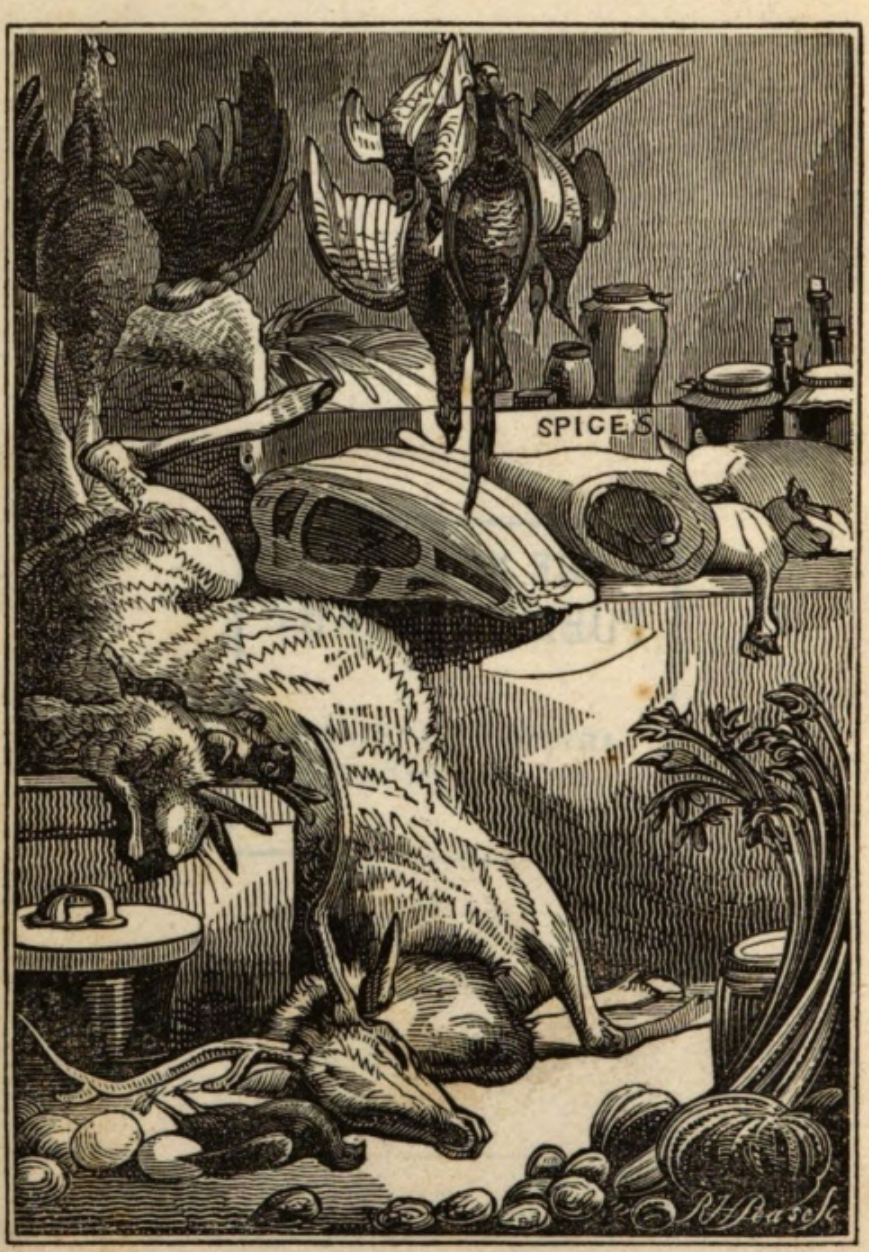

THE

# HOUSEKEEPER'S BOOK,

COMPRISING

ADVICE ON THE CONDUCT OF HOUSEHOLD AFFAIRS IN GENERAL; AND PARTICULAR DIRECTIONS FOR THE PRESERVATION OF FURNITURE, BEDDING, &c.; FOR THE LAYING IN AND PRESERVING OF PROVISIONS;

WITH A

## COMPLETE COLLECTION OF RECEIPTS

FOR ECONOMICAL

## DOMESTIC COOKERY.

THE WHOLE CAREFULLY PREPARED FOR THE USE OF

## AMERICAN HOUSEKEEPERS.

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BY A LADY.

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Frances Harriet McDougall

PHILADELPHIA:

WILLIAM MARSHALL & CO.

271 Market Street, corner of Seventh.

1837.

Entered according to the act of congress, in the year 1837, by WILLIAM MARSHALL & Co. in the clerk's office of the district court of the eastern district of Pennsylvania.

Philadelphia:
T. K. & P. G. Collins, Printers,
No. 1 Lodge Alley.

# PREFACE.

The plan of the present work is so fully set forth in the title page that little is left to be said by the author in the way of preface. It may, however, be proper to remark, that the work has been founded on the results of actual experience, and is intended for every day use; that the receipts, directions, and general advice have all been prepared with a strict view to utility, and true economy; and that nothing has been omitted which the author deemed subservient to the general design—the promotion of domestic happiness by attention to the constantly recurring and inevitable duties of good housekeeping.

*Philadelphia, February* 21, 1837.

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THE

# HOUSEKEEPER'S BOOK.

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## GENERAL OBSERVATIONS ON COMMENCING HOUSEKEEPING.

THE first care of a young married woman should be to ascertain, as precisely as possible, the sum of money which may be required annually towards the maintenance of her establishment; and then to form a determination to confine her expences *within that sum*. And, in order to enable herself to do this, she must be scrupulous to lay out, in every thing she purchases, a little less money than she can well afford. She must pause, before she rejects a house, which may, perhaps, be considered rather too small, but which, nevertheless, might be made to accommodate the family *well enough*; and which, at all events might be fitted up at a less cost than a larger one, and would certainly present a better appearance than a house that is rather too large for the quantity or for the style of its furniture, and which is also, perhaps, larger than is required for the number of its inhabitants.

It is very easy to remove from a small to a large house, when circumstances require it, and when it is quite certain

that means will not be wanting to continue an increase of expenditure; but it is a very different case, when necessity compels the descent from a large house to a small one. It is so easy to increase in our wants, and so difficult to give up what we have been accustomed to regard as necessary to us, that it is much to be desired that young people should begin the world with caution, and not multiply their wants, lest, in time, they exceed the means for gratifying them.

In buying furniture, I recommend every young lady to be content with that which is just good enough, rather than be induced to exceed her previous good intentions, and gratify her fancy at the expense of her comforts. She must not reject a sideboard, for instance, which would do very well, though it may not be of so new a fashion as another one, which would cost five, or probably, ten dollars more, but which would not answer the purpose any better. She must never yield to the seducing reflection, that "*only* five dollars more cannot make much difference;" for the same argument may equally well call for a greater outlay in the sofa, the tables, the carpet, the curtains, the grate, and the fire-irons and fender; to say nothing of the lamps, the mirrors, and other articles of ornament, which fashion makes articles of necessity with some persons. If "only five dollars" be given for some of these, and two, or even one dollar, for others, more than is necessary, she will find that the "difference" is very great by the time that she has fitted up only one room.

The rage for vieing with our neighbors shows itself in the bad taste by which houses are encumbered with unsuitable furniture. Massive sideboards, and large unwieldy chairs, occupy too much space in a small room, while heavy curtains and drapery, not only obscure the light, but they have an appearance rather inelegant than otherwise, whatever fashion may say, unless the room be large and lofty, or in

proportion to the size and weight of the cornices, cords, tassels and other ornaments, which give offence to the eye when too gorgeous or prominent.

Of equal bad taste with the choice of furniture, is the habit of changing it occasionally, to suit the varying of fashions; and this is so much the practice, that I have known even people in trade, having families to provide for, change what appeared to me a sufficiently good dining table or a sofa, that promised to serve its purposes for a life-time, and to give money besides, in order to have other tables or sofas, which were no handsomer, but only a little more fashionable.

It is so strange, that persons pretending to gentility, should not rather imitate the better class of their superiors, some of whom seem to value their high-backed chairs the more because they are old, and would on no account exchange them for modern finery. It is quite a rarity, and to me a very pleasing one, to see good old-fashioned furniture, nicely polished and otherwise in good order. When I see showy furniture in the houses of people of small fortunes, I cannot help suspecting that it has been purchased without being paid for; the long upholsterer's bill rises like a phantom before the couches, the ottomans, and the ottoman sofas, which are crowded into small drawing rooms; and my feelings of regret become almost indignation, when I see plate, which belonged to fathers and mothers, or to grandfathers and grandmothers, and spoons, which have touched those lips which spoke tenderness to our infancy, about to be bartered for the "Flower", the "Fiddle," or the "Shell Pattern," or for some other pattern that may happen to offer the newest temptation to vulgar taste.

I would recommend to every young woman, who has the good taste to wish that her house may be characterised by its simplicity, and be more remarkable for comfort than for

show; I would strongly recommend her, if she wish to spare herself and her family much discomfort, to avoid having show-rooms; such rooms, I mean, as are considered to be too fine to be habitually occupied by the family to whom they belong, and such as are kept shut up, except on particular occasions, when, and perhaps only a few times in the course of a year, a fire is lighted in a fine drawing-room, which is put in order to receive guests. Upon such occasions, children are seen to stare and look about them, as if they had never beheld the place before; the master of the house fidgets from one seat to another, as if he were any where but at home; and most likely before the entertainment is over, the mistress of the house is heard to remark, that she is "never so comfortable as in the room she is accustomed to;" thereby letting her friends know how much she is put out of her way by having the pleasure of their company. And this is being *refined!* True hospitality would conceal from guests any little additional trouble which their presence may unavoidably occasion; but thanks to the improved taste of the times, there is little real hospitality left; all friendly intercourse seems lost in ostentatious display, and in the vain attempts of each friend to outshine the other. Most people acknowledge this to be the case, and lament that it is so; yet few have the courage to pursue a different system. It is rare that we find the album, the closeted curiosity, or even the conversation of the assembled company, having charms sufficient to dissipate that gloom which infallibly attends such hospitality.

While she is fitting up her house, a young woman would do well to consider the number and the sort of servants she can afford to keep, and to regulate the style of the house accordingly. I recommend this to her in order that she may avoid that incongruity which one sometimes sees in houses where there is more ostentation than taste displayed, and

where a country servant of no experience will hesitate to touch a china plate or a glass dish, as though it were a thing to bite her, and will, at last, perhaps, let it fall, from a trembling anxiety to hold it fast. China, plate, pictures, and all ornamental furniture, require peculiar nicety; and the dusting and polishing of these must be repeated daily, or they reflect discredit, not upon the servants, but upon the mistress of the house, who will, therefore, do well not to encumber herself with more of such things than she can easily have kept in good order.

Flowers are the most beautiful ornaments, when nicely selected and arranged, that can belong to a house; for, though they perish, and do not last as a piece of china does, they afford infinite variety, and give such a liveliness and interest to every place that contains them, as no kind of manufacture, whether ancient or modern, ever did or will give.

Perfect and uniform neatness is indispensable, as well to the comfort of a house, as to its good appearance. By uniform neatness, I mean that nothing which presents itself, whether about the house, on the table, in the dress of servants, or in the dress of children; no one thing should be left open to unfavorable remark. A young woman who relaxes in attention to her own dress, merely because she has more important cares after, than she had before her marriage, does wrong; but she whose smart dress forms a contrast with the little soiled fingers which are forbidden to approach it; she who strikes the beholder as having bestowed care on herself, while her children bear the appearance of neglect, does infinitely worse. To preserve the neatness of a house, there must be more or less of constant attention. This will require strict watching on the part of the mistress. Sweeping, dusting, and polishing, should proceed daily, and should never wholly stop. Carpets should be swept every day with a hair broom; but only once a week with the car-

pet broom, because it wears them: and damp tea-leaves should always be used, whether in sweeping carpets or boards, as they lay the dust, which would otherwise fly over the furniture, and again settle on the floor. Bed-room carpets should be in different pieces, and not be nailed to the floor, for the convenience of shaking, which may, then, easily be done once in a week. Bed rooms should be swept every day, and a damp mop passed under the beds, chests of drawers, &c. &c., which will remove all the flue and dust and prevent accumulation of dirt, so that the washing of boards will not be necessary during the winter, except occasionally. In summer, indeed, frequent washings refresh-en the air, and are very necessary. The use of the mop is not popular with housemaids, but is a good practice, nevertheless; for collections of light dust engender little insects which it is very difficult to get rid of.

One branch of domestic duty which devolves upon the mistress of a house, is to keep an account of the expenditure of her family. She ought to make this as simple an affair as possible, by ascertaining, first, how much the housekeeping is to cost; that is to say, how much she can afford to expend in it; then, by keeping a very strict account of every article, for the first two months, and making a little allowance for casualties, she may be able to form an estimate for the year; and if she find that she has exceeded, in these two months, the allotted sum, she must examine each article, and determine in which she can best diminish the expence; and then, having the average of two months to go by, she may calculate how much she is to allow, each month, for meat, bread, groceries, washing, &c. &c. Having laid down her plan, whatever excess she may be compelled to allow in one month, she must make up for in the next month. I should not advise the paying for every thing at the moment, but rather once a week; for if a tradesman omit to keep an account of the

money received for a particular article, he may, by mistake, make a charge as for something had extra and upon trust. A weekly account has every advantage of ready money, and it saves trouble. I should recommend that all tradespeople be paid on a Monday morning, the bills receipted, indorsed (with the date of the year on the outside), and put by in a portfolio or case where they may be easily referred to as vouchers, or to refresh the memory as to the price of any particular article. It is a satisfaction, independent of the pecuniary benefit, for the head of a family to be able, at the end of the year, to account to herself for what she has done with her money.

Having established herself in the manner which I suggest; having, in the arrangement of her house, and in the choice of her servants, never lost sight of the two main objects of her care, namely, the comfort of her family, and the care of her purse; and having formed a plan for the maintenance of her household, which shall not allow its expenses to exceed the limits of her income, I advise every young woman to commence her housekeeping career by observing a strict adherence to order and regularity in the performance of those duties which devolve peculiarly upon herself; for, by so doing, she will not only set a good example to her family, but if the mistress of a house be regular in the superintendence of her domestic affairs, if she proceed, every day, to each department at the appointed time, and if she never pass over any neglect, in such a manner as to give her servants an idea that it had escaped her observation; if, in short, she be regular and punctual herself, her servants must be so too, and she will find that the business of housekeeping, which is, by the mismanagement of some persons, rendered so irksome, will be to her a matter of no difficulty and of comparatively little labour.

In addressing myself to young people, I do not think it

need seem impertinent if I venture a few hints on the subject of company. I do not intend, by this, to dictate to my young readers the kind of visitors they should invite to their houses. Yet, there are some things to be observed, even on this point, that are not altogether foreign to my general purpose; for, whoever your chosen friends or companions may happen to be, the mode which you adopt of entertaining them must necessarily be a matter of importance among the affairs of your house, and therefore, properly comes within the scope of domestic economy. I would advise every young lady to make it a general rule, not to invite to her house such visitors as she cannot entertain without trespassing on the comforts or conveniences of her family. True hospitality may be enjoyed without much ceremony, and may be offered in the plainest manner; but when efforts to be very hospitable make a disturbance of the usual arrangements of a house, they are inconsistent with their object. I should say, therefore, if I were giving advice to my own friend, let nothing be attempted which cannot be maintained without difficulty; let nothing be provided which cannot be provided in plenty; let nothing which is necessary be missed, and nothing produced which may appear to be out of place or uncalled for. In short, do nothing which you cannot really afford to do; and the result will be, that while you consult your own ease, you will, at the same time, insure that freedom from restraint which contributes, more than all besides, to make visiting agreeable, and which never fails to create, in your departing guest, those mixed feelings of regret at going, but of pleasure at the prospect of returning, which are amongst the most flattering acknowledgements that genuine hospitality can receive.

## HOUSEHOLD DUTIES AND OPERATIONS.

### HOUSE CLEANING IN SPRING.

THE Spring is more particularly the time for house cleaning and bleaching linen, &c., though of course these matters require attention in every month of the year; and as a servant has been known to begin scrubbing stairs from the bottom upwards, a few remarks on these common subjects may not be useless. Begin at the top of the house; first take up the carpets, and if they require it, send them at once to be scoured, that they may be ready to replace by the time the rooms are cleaned. Some persons object to send carpets and other things to a scourer, as their substance is in some degree injured by the process; they may be well cleaned by washing them with soda and water, after having been taken up, well beaten, and nailed down again.

Remove all the furniture out of the room, have the chimneys swept where fires have been in use, then scour the grates, &c.; wrap old towels (which should be set aside for such purposes) round the bristles of the broom, and sweep carefully and lightly the ceiling and paper; then with a flannel or sponge (which is preferable) and *soap* and water wash all the paint well, and as fast as one person wets let another follow with linen rags, and wipe the paint perfectly dry; let the windows be cleaned, and lastly, scrub the floor. The furniture should be well rubbed before it is replaced. It is a good plan to have the paper swept every three or four months. If the curtains and hangings are moreen, it is better to take them down for the summer months, and after a thorough shaking and brushing to pin them up in paper, linen, or silk, with camphor, which is the best, cleanest and most agreeable preservative from moths. Some persons use powdered black pepper.

### PRESERVATION OF LINEN.

The summer is the best season for examining and repairing household linen, as the days are long, and servants more at leisure from the absence of fires. Sheets should be turned sides to the middle *before* they get very thin to avoid patching, which has a very unsightly appearance. July is a good month for washing counterpanes, blankets, and heavy things in general, for they dry quickly, and are consequently of a better colour.

### MISCELLANEOUS DIRECTIONS.

A cook should always be supplied with a piece of floor-cloth to put at the end of her kitchen table, in order to keep it clean, as the dirt and grease from saucepans is more easily removed from floor-cloth than from wood; little round mats about an inch thick, and the size of a common plate, made of platted straw, with a straw ring by which they may be hung up, are very useful during the process of cooking, to place under stewpans and saucepans, when it is necessary to put them on the table.

In large establishments *each* servant should be furnished with brushes, pails, and whatever is requisite in her department, for her use *solely;* this prevents grumbling among servants; and in case of *misuse* or *disappearance*, blame will fall on the proper individual. It is astonishing how much confusion and discomfort may be avoided by attention to these trifles.

A mistress should provide her *housemaid* with a pair of strong gloves and a large coarse apron to clean her grates, &c. &c., which enables her to keep herself fit to be seen if called away in a hurry.

It is a good plan to give out on Saturday or Monday morning to each servant the quantity of soap allowed for

the week's consumption, as also of tea and sugar. Of the two latter a reasonable quantity is three ounces of tea and three-quarters of a pound of loaf-sugar, or one pound of moist; half a pound of butter, and a quartern loaf. Calculating by this allowance a pretty correct estimate of what should be the week's expenditure may be made, varying occasionally with circumstances. Regularity and punctuality are paramount qualifications in domestic management.

If the mistress of a house possesses that useful and admirable quality *neatness*, its effects will be seen extending through every department of her household, and order and regularity will reign to the exclusion of fidgetting, bustling, and eternal petty vexations. It is possible that *very* young housewives may require the information that there are four kinds of cloths which ought to be provided for the use of the kitchen—knife-cloths, dusters, tea, and glass-cloths. Of each of these eight may perhaps be sufficient, and if they be made of the materials proper for them, a servant will have no excuse for mistaking one for another, nor will a mistress fail, at a glance, to see if they be misappropriated. They should be placed, when clean from the wash, in four separate piles, in one of the dresser drawers, with the family breakfast-cloth, dinner-cloth and finger-napkins, tray and supper-cloths; here, too, the table-mats should be deposited, so that a servant, when going to lay the cloth, may experience as little delay as possible.

Knife-cloths should be made of very coarse brown harsh cloth ("*sheeting*," as it is styled in the shops,) ell wide; one yard will make six, three in width, and half a yard in length. Dusters are generally made of a checked manufacture of mixed cotton and flax; the cotton more readily picks up the dust, than pure linen. Half a yard square is the proper size. Tea and glass-cloths, three quarters in width, and one yard in length. These last-named cloths will be

found less "fluey," or "linty" if they are made of sheets, which, having been "*turned*" in time to prevent the necessity and unsightliness of piecing, are beginning to wear thin; thus the credit of always having good sheets may be easily procured, by replacing those which are cut up with new ones, and, at the same time, a better and more eligible material obtained for glass-cloths. To *ensure* freedom from lint on glass, the last wipe should be given with a wash leather kept for the purpose. That open, pretty-looking "*sleesy*" cloth which is sold under the name of glass-cloth, is a perfect nuisance, and wears out incredibly soon. In addition to the above, most persons add knife-tray cloths, house-cloths for cleaning, pudding-cloths, cheese-cloths, (a very clear gauze-like linen for throwing over dishes of food, to the exclusion of flies, &c., unless a house is well supplied with gauze covers,) and round towels.

Pillow-covers will be found of service in all families. They may be of the cheapest calico, made like a pillow-case, and tacked or run on to the pillows, occasionally removing them, that they may be washed;—once in the course of a twelvemoth will be often enough. The advantages resulting from the use of pillow-covers, are, that the ticking is thus preserved always fresh and clean; that a fine Holland pillow-case looks white and even, instead of the stripes of the ticking appearing through it; and that in the event of a pillow-case being on the decline, the flaws and thin places are not so apparent as they would be without the intervention of a calico cover.

It is very important that servants should carefully sift their cinders, for which purpose they should be supplied with a proper cinder sifter to save them from unnecessary dirt. New made candles should never be burned, and servants should be required to produce and burn up candle ends, to enable them to do which save-alls should be at hand. It

is but too true that in coals and candles, servants are inclined to waste and extravagance.

Wooden spoons are the best for cooking purposes, and it is a good plan to nail a piece of leather in some convenient place, with spaces between every nail, rather loose, to admit the handle of the spoon; they may be thus kept out of the way.

### HOUSE CLEANING IN AUTUMN.

At this season all summer decorations should be forthwith discarded, and every thing be ready to meet the sudden change in the weather, which may be expected from day to day. Carpets should be taken up and well beaten, to prevent the accumulation of the dust from fires *upon* summer dust, and the rooms scoured; muslin summer curtains should be removed, washed, and rough-dried, and be replaced by the winter set; and every ornament should be discarded from the grates, in which, after being nicely cleaned, a fire should be laid ready to be lighted at a moment's notice. Any small chimney ornament which would be injured by fire-dust, should either be removed or covered. In cleaning rooms and furniture the housemaid should be directed to take out the hair or any moveable seats of chairs, and thoroughly beat out the summer's dust; and it is a good plan to wash with a flannel and soap and water (not soda,) all painted and wicker-bottomed chairs; it is allowing the dust to accumulate month after month which makes the furniture look so very soon shabby in some houses. Carpets should be occasionally wiped over with a wet cloth, and then rubbed hard till dry; by this means the carpet is brightened, and the room, if much in use, is greatly refreshed. It is very unwise to allow servants to do things "any how," because there is no company; it is mistaken kindness to the servant, and causes much discomfort to the mistress when she happens to have her friends about

her; for when servants are *habitually* permitted to spare themselves *very much*, they dislike the additional trouble of having things tidy, and their ill-humour and bustle produce the painful feeling to the friends that they are treated as strangers. Servants should therefore be obliged to pay the same attentions when the family is alone as when there are guests; *they* will get the advantage in the end.

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## SERVANTS.

THE comfort and respectability of a house depend, in a great degree, upon the capability and the good conduct of the servants employed in it. Well dressed, that is to say, neatly dressed, clean looking, and well mannered servants always impress a visiter with a favourable idea of the house; while, on the contrary, there is no one so free from hasty judgment, as not to be more or less prejudiced against the mistress of a house, by the untidy appearance or the awkward behaviour of her domestics.

Good servants, those who understand their work, and are capable of fulfilling their respective offices without being constantly looked after, are worth any thing in the way of wages, compared to the ignorant and incapable ones who perform their services only as they are directed at every turn. A few dollars a year more to a good servant, than is given to a bad one, ought not, therefore, to be a consideration, the difference in wages being the only difference in cost; for the one consumes as much as the other; and the bad servant is, besides, the more likely of the two to waste, break, or damage whatever may be placed under her care.

In order to keep servants from neglecting their work, it

is necessary that the mistress of the house be strict in requiring the performance of their several duties, except when their own illness renders them incapable, or when other accidental circumstances may interrupt the ordinary routine of the house. If masters and mistresses be regular in their habits, the servants must be so likewise. The hours of meals should vary as little as possible; particularly the first meal of the day; for the work of each day may be said to commence immediately after the breakfast, and when that takes place one hour only after the usual time, the whole business of the house is sure to be retarded. It may frequently occur, even in families the most orderly, for the time of dining to be deferred. But this should not be allowed to happen, where it can be avoided; for if the dinner be ordered for two o'clock and it be kept waiting till half-past three one day, and perhaps later still another day, the cook will very likely be disappointed of performing some other piece of work, for which she had allotted the time. She may naturally grumble at having to waste that time in watching over the dinner, which she has, perhaps, taken pains to prepare; and if the dinner spoil before her eyes, she may fairly be excused if she reproach herself for having so uselessly taken trouble in its preparation. In a very short time, if this trial of her patience be repeated, the cook will become indifferent as to whether or not she please the palates of her employers; she will take her turn to be irregular, and that, perhaps, on some occasion when the dinner not being ready at the time it was expected may cause derangement of plans previously formed, and otherwise produce great inconvenience to the family. It would be unreasonable to find fault with the cook under such circumstances, for she would only be following the bad example of those whose business it was, more than hers, to preserve regularity in their domestic affairs. Indeed, good servants do not like to live with irregular masters and mistresses. Besides that it is not worth their while to be put out

of their own orderly ways, there really is no such thing as comfort or rest in a badly managed house, for such servants as are conscientious enough to wish to do their own duty and to consult the interests of those who employ them. The hours for going to bed and getting up should be as early as possible, consistently with the other arrangements of the house. It ought to be the care of some one of the family themselves, to see that fires have been put out, and that doors and windows have been secured.

The honesty of servants depends greatly upon the sort of bringing up they have had. But it also often depends, and with young servants especially, upon the temptations to be dishonest that they may have had to contend with; and it behoves every master and mistress to study to prevent all such temptations as much as possible. The practice of locking up does not, as a matter of course, imply *distrust*, but it denotes *care;* and a better principle than that of carefulness can scarcely be instilled into the mind of a poor person. I would as scrupulously avoid any thing which could lead a servant to imagine that I locked up my drawer or my tea-chest from *her*, as I would avoid giving the same idea to any lady of my acquaintance; but I should think myself criminal to leave tea, sugar, wine, or other things, open at all times, or only every now and then to have them locked up. The *habit* is bad; and it is the result, not of generosity, but of negligence; it is a habit, also, which cannot fail to excite in the minds of experienced and well disposed servants, feelings rather of contempt than of respect for their employers: while to the young, and more particularly to the already evil disposed, it is nothing less than a facility offered for the commission of crime. I have no doubt that thieving servants have often begun by deeds of comparative innocence. Little pilferings at the tea-chest, perhaps, have been the beginning of that which has ended in the depriving a poor girl of her good character, and, consequently, of all chance of

gaining her bread by honest means. To suspect all servants of being thieves, or disposed to become so, merely because they are servants, is as silly as it is unfeeling. I should never hesitate to give my keys to a servant, when it happened to be inconvenient to me to leave company, any more than I should hesitate to intrust them to one of my own family; but this act of confidence is far different in its effects from that neglect which often proceeds from mere idleness, and, while it proclaims a disregard of the value of property, is the occasion of so much waste, and in the end proves as ruinous to the employer as it is fatal in the way of example to the servant.

That "servants are great plagues" may be the fact; but I am, nevertheless, bold enough to assert that it is a greater plague to be without them. When all the hardships which belong to the life of a maid-servant are taken into consideration (which I am afraid they very rarely are), the wonder is, that the greater part of this class of persons are not rendered less obliging and less obedient to the will of their employers, and more callous to their displeasure, than we really find them.

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## THE KITCHEN.

The benefit of a good kitchen is well known to every housekeeper, but it is not every mistress that is aware of the importance of having a good cook. I have seen kitchens which appeared to be fitted up with every convenience, and certainly at considerable expence, which yet failed to send forth good dinners, merely because the lady of the house was not happy in her choice of a cook. I do not in the least admire epicures, or epicurism; and yet I would be more particular in the selecting of the servant who is to perform the business of preparing the

food of the family, than I should deem it necessary to be in selecting any of the other servants. In large establishments there is a greater quantity of cookery to be performed, and consequently, a greater quantity of waste is likely to be caused by unskilful cooks, than there can be in small families; but even in the latter, I have known considerable waste to be the consequence of saving a few pounds a year in the wages of a cook. An experienced cook knows the value of the articles submitted to her care; and she knows how to turn many things to account, which a person unacquainted with cooking would throw away. A good cook knows how to convert the remains of one dinner into various dishes to form the greater part of another dinner; and she will also, be more capable than the other of forwarding her mistress's charitable intentions; for her capability in cooking will enable her to take advantage of every thing which can be spared from the consumption of the family, to be converted into nourishing food for the poor, for those of her own class, who have not the comfort of a home such as she herself enjoys. The cook who knows how to preserve the pot-liquor of fresh meat to make soup, will, whenever she boils mutton, fowls, or rabbits, carefully take off the scum as it rises; and by adding peas, vegetables to flavour, seasonings and crusts of bread, she will make some tolerable soup for poor people, out of materials which an inexperienced cook would be very likely to throw away.

Of the same importance as the cooking, is neatness in serving the dinner, for there is a vast difference in its appearance, if it be neatly and properly arranged, in hot dishes, the vegetables and sauces suitable to the meat, and they apparently just taken from the fire; there is a vast difference between a dinner so served, and one a part of which is either too much or too little cooked, the meat

parting from the bone in one case, or looking as if it were barely warmed through in the other case; the gravy chilled and turning to grease, some of the vegetables watery, and the others crisp, while the edges of the dishes are slopped, and the block tin covers look dull, if not smeary. A leg of mutton or piece of beef either boiled or roasted, so commonly the dinner of a plain living family, requires as much attention, skill and nicety, as does the most complicated of made dishes; and a plain dinner well cooked, and neatly served, is as tempting to the appetite, as it is creditable to the mistress of the house, who invariably, and justly suffers in the estimation of her guests, for the want of ability in her servants.

Sauce-pans should be washed and scoured as soon as possible after they have been used; wood ashes, or very fine sand may be used for scouring; but the scouring should not be done with a heavy hand. They should be rinsed in clean water, and wiped dry, for they will rust, and then be turned down, on a clean shelf. The upper rim may be kept bright, but it does seem labour lost to scour that part where the fire reaches; besides which, the more they are scoured, the more quickly they wear out. Copper utensils must be well tinned, or they become poisonous. Never allow any thing to be put by in a copper vessel; but the fatal consequences of neglect in this particular have been too frequent, and are too well known for it to be necessary that I should say much in the way of caution.

The fire-place of a kitchen is a matter of great importance. I have not, it is certain, been so circumstanced as to witness the operations of *many* of the newly invented steam kitchens and cooking apparatuses which the last twenty years have produced, but those which I have seen, have failed to give me satisfaction. To say the truth, the inventors of cast-iron kitchens seem to me to have had

every other object in view, but that of promoting good cooking. It is certainly desirable and proper that every *possible* saving should be made in the consumption of fuel; but I am sure it is *not possible* to have cooking in perfection, without a proper degree of heat, and, as far as my observation has gone, meat cannot be well roasted unless it be before a good fire. I should save in many other things rather than in fuel, and I am often puzzled to account for the false economy which leads some people to be sparing of their fuel, at the same time they are lavish in other things infinitely less wanted. A cook has many trials of her temper, but none so difficult to bear as the annoyance of a bad fire; for with a bad fire she is never able to cook her dinner well, however much she may fret herself in the endeavour; and the waste caused by the spoiling in cooking meat, fish, poultry, game, &c. is scarcely made up for by saving a few cents in fuel. "Economy in fuel" is become so popular, that all sorts of inventions are resorted to, in order to go without fire; and the price of coals or wood is talked of in a fine drawing room, where the shivering guest turns, but turns in vain, to seek comfort from the fire, which, alas! the brightly polished grate does not contain. The beauty of the cold marble structure which rises above it, and is reflected in the opposite mirror, is a poor compensation for the want of warmth. I advise all young housekeepers to bear in mind that of the many things which may be saved in a house, without lessening its comforts, firing is *not* one.

It is best to make a provision of fuel in the month of August or September, and in sufficient quantity to last until the spring. It should be of the best kind; and should be paid for in ready money, in order to prevent an additional charge for credit. The first year of housekeeping will give the mistress a pretty correct average to go by;

and then she should watch the consumption carefully, but not too rigidly, as nothing gives so much the appearance of stinginess, as over carefulness of fuel.

The cook should be allowed a sufficiency of kitchen cloths, and brushes of the sorts suitable to her work. Plates and dishes will not look clear and bright, if they are not rinsed in clean water after they are washed, then drained, and wiped dry with a cloth which is not greasy. A handful of bran in the water will produce a nice polish on crockery ware.

They do not cost much, therefore there need be no hesitation to allow plenty of jelly bags, straining cloths, tapes, &c. &c. But these things should be kept very clean, and always scalded in hot water, before they are used.

A clock, in or near the kitchen, will tend to promote punctuality among all the servants.

The kitchen chimney should be frequently swept; besides which, the cook should, once or twice a week, sweep it as far as she can reach; for where there are large fires in old houses, accidents sometimes occur; and ever so little soot falling will sometimes spoil a dinner.

I should recommend every lady to make a receipt book for herself. Neither my receipts nor those found in any cookery book, can be supposed to give equal satisfaction to every palate. After performing any piece of cookery according to the directions which are given in the book, a person of common intelligence would be able to discover whatever was displeasing to the taste, and might easily alter the receipt, and so enter it in her own book that the cook could not err in following it. This plan will, if adopted, be found to save much trouble. The receipts should be made out, with great exactness, so as not to leave it to the cook's ingenuity to discover the right proportions of the different ingredients, if they are signified

by a *bit* of this one, a *pinch* of that one, a *scrape* of another, and so on.

As soon after breakfast as she conveniently can, the mistress of a house should repair to the kitchen; which ought to be swept up, the fire-place cleaned, teakettles, coffeepots, and any thing else which has been used in preparing the breakfast, put in their appropriate places, and the cook ready to receive her orders for the day. Without being parsimonious in her household, the mistress should see, with her own eyes, every morning, whatever cold meat, remains of pastry, bread, butter, &c. &c. there may be in the larder, in order that she may be able to judge of the fresh supply, which it may be necessary for her to make. Having done that, she should proceed to the store room, to give to the cook, the house-maid, and any other servants, such stores as they may each require for the day. This will take up very little time, if it be done regularly every morning; and this done, she will do well not to delay going to make her purchases, at once; lest visitors, or any accidental circumstance, should cause her to be late in her marketing, and so to derange the regularity of the dinner hour, the servants work, &c. &c. Many ladies in consequence of their own ill health, or that of their children, are compelled to employ their servants to make their purchases for them; but when they can avoid doing so it is much better. I do not say this from a suspicion that either tradespeople or servants are always likely to take advantage of an opportunity to impose upon their customers or their employers, but because I think that this important part of household management ought to be conducted by some one of the family, who must necessarily be more interested in the disposal of money properly than any servant can be. Besides which, more judgment is required to be here exercised than all servants possess. It may, for instance, occur,

that a servant is sent to a fishmonger's for a certain quantity of fish; and she obeys the order given her, and brings home the fish, but at a higher price, perhaps, than her mistress expected. Now if the lady had gone to market herself, she might have used her own discretion, in case she found that the weather, or any other circumstance had raised the price of fish for that day, she might make a less expensive fish suit her purpose, or turn to the butcher to supply her table. And this will also apply to the poulterer as well as to the butcher. Then, there is the hindrance to a servant in her work, if she be sent here and there, during the early part of the day; and on the other hand, there is the benefit which the lady of the house would derive by being compelled to be out of doors, and in exercise, for even a short time, almost every day.

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## BOILING.

THERE is no branch of cookery which requires more nicety than plain boiling, though, from its simplicity, many cooks think it requires less attention than some others. They think that to put a piece of meat into water, and to make that boil for a given length of time, is all that is needful; but it is not so. To boil a leg of mutton, or a fowl, as it ought to be boiled, requires as much care as to compound a made-dish. Meat which is poor and tough cannot be made tender and fine flavoured by boiling; but that which was, to all appearance, very fine meat before it was put into the pot, has often been taken out really good for nothing. And many a butcher and poulterer have been blamed, when the fault was wholly the cook's.

Meat should be put into cold water, and there should be

just enough of that to cover it, and no more. The longer in reason it is coming to a boil, the better: as a gradual heating produces tenderness, and causes a separation from the meat of the grosser particles, which rise in the shape of scum to the surface, and which should be carefully taken off. The finest leg of mutton that was ever placed on a table, must be disgusting, if garnished with flakes of black scum. Care should be taken to watch the first moment of the scum's appearing in order to remove it, and then, by throwing in a little salt, the remainder will be caused to rise; and if the fast boiling of the water render the scumming difficult, pour in a very little cold water. The practice of boiling meat, such as poultry, veal, and lamb, in flowered cloths, to keep it white, must have been the invention of lazy cooks as well as of tasteless and extravagant housewives; for the meat is rendered less juicy by this process, and the liquor in which it has been boiled, so good for broth or gravy, must be lost.

When the pot has been well scummed, and no more scum is to be seen, set it in such a situation on, or by, the fire, that it may continue to boil *gently* and *regularly*, for the time that the meat may require; and see that it do not stop boiling altogether at one time, and then be hurried to a wallop at another time, for this dries up its juices, hardens the meat, and tears it. A kettle of boiling water should be always at hand, wherewith to replenish the pot, as the quantity diminishes, taking heed not to exceed the original quantity namely, enough to *cover* the meat, for the less water there is, the better will the broth prove.

Salted meat, if very salt, should be washed, and, in some cases, *soaked* before it is boiled, as likewise all smoked meat. If there be an apprehension of its being too little salted, it must not be either washed or scraped, and may

be put on to boil, in water a little heated, because a slow process would help to freshen it.

No positive rule can be given for the time required to cook meat by boiling, any more than by roasting, for much depends on its freshness, and a piece of *solid* meat requires a longer time to boil than a joint of equal weight but of less thickness. Salted meat, and smoked meat require longer boiling than fresh meat, veal longer than beef, mutton or lamb; and pork, though ever so little salted, still longer than veal. A leg of mutton which has hung long, will boil in less time than one which is quite or nearly fresh; but then the former ought not to be boiled at all, it ought to be roasted, for the fire takes away mustiness, and all the little impurities with which the boiling water would only tend still more to impregnate the meat. A quarter of an hour, and a quart of water, to every pound of meat is the old-fashioned rule for boiling meat, but practice must teach this, as well as many other of the most important parts of culinary science. And by a little care and attention, a cook will soon gain sufficient experience, to preserve her from the risk of sending a joint to table either underdone, or in the shape of a bundle of rags.

When meat is sufficiently boiled, take it up directly; and if it have to wait, stand it over the pot it has been cooked in, to keep it hot; remaining in the water will sodden it.

The next thing for consideration, after that of cooking the meat properly, is the turning to account the liquor in which it has been boiled. This, let the meat be what it may, is good as a foundation for soups and gravies, unless it be the liquor of ham or bacon, and that can only be used in small quantities, to flavour other liquor; but in this way it is of great value. Nothing is so good as the liquor of pork, to make peas soup. When the liquor of boiled meat

is not wanted for the use of the family, it may always, at a trifling expense, be converted into wholesome and nourishing food for the poor.

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## ROASTING.

Meat for roasting ought to be kept longer than that which is to be boiled, or it will not though ever so good in itself, do credit to the cook. The proper length of time depends upon the state of the weather, and the age of the animal when killed. Two days of hot weather will do as much towards rendering meat fit for the spit, as a week of cold weather.

Next after the state of the meat, the thing of most consequence is the preparing the fire, which ought to be made up (of the size required by the length and breadth of the joint,) half an hour before the meat is to be put down. But meat should not at first be exposed to a fierce fire. If you use a coal fire let there be a backing of wetted cinders, or small coals, for this tends to throw the heat in front; lay large coals on the top, and smaller ones between the bars, give the fire time to draw up, and it will become clear. Before you put down the meat, stir the fire, clear it at the bottom, and see that it be free from smoke in front.

Some cooks have a practice of washing meat with salt and water, and wiping it dry, before it is roasted. Where there is any mustiness, or slimy appearance, that should be wiped off with a wet cloth, else I do not know that much washing is either necessary or beneficial. See that it be be properly jointed; if there be too much fat, cut it off (for it is better for puddings, in the shape of suet, than in that of dripping;) see also that the spit be brightly

clean, and take care to run it through the meat, in the right place, at once, for the more the meat is perforated the greater chance there will be given for the escape of the gravy. There is a great nicety required in spitting, in order that the joint may be accurately balanced. In the absence of spits, and smoke-jacks, a bottle jack, or a good stout nail with a strong string or a skein of worsted, will dangle a joint, and if the fire be made proportionably high to the length of the joint, there is no better mode of roasting. A strong skewer must be run in, at each end of the joint, in order that it may be turned.

The larger the joint the greater distance it should, at first, be placed from the fire, that the outside may not be shrivelled up, before the middle is warmed. A quarter of an hour to a pound of meat, is also the rule for roasting, and it admits of the same exceptions as in the case of boiling, with this addition, that fat meat takes longer to roast than lean meat, as do pork and veal, longer than any other kind of meat. Fillets and legs, on account of their solidness, longer than loins and breasts. Much depends upon the situation of the fire-place, and whether the joint be exposed to draughts of cold air, or whether it be preserved from them, and the fire assisted, by a meat screen. Where there is none, a contrivance must be resorted to, by way of substitute, such as small wooden horses, or chairs, with cloths hung over them, placed round the fire; these will keep off the cold, but a meat screen lined with tin, keeps in the heat, and acts as a reflector.

Twice, or if the roast be a large one, oftener, remove the dripping pan, pour off the dripping (it ought to be strained), draw the spit to a distance, and stir the fire, bring forward the hot coals, and put fresh fuel at the back. Be careful that cinders do not reach the dripping-pan, for the smoke which

they cause to arise from the fat, gives a disagreeable flavour to the meat, besides the injury done to the dripping, which is an article of great use in a family.

When the meat is nearly done, the steams will draw towards the fire; then take the paper off, and move the joint nearer to the fire, particularly the ends, if they want more cooking; sprinkle salt lightly over the roast, and baste it well; then pour off all the remaining dripping, dredge flour *very lightly* over the joint, and baste with a very little fresh butter, which will not injure the gravy in the pan, but will give a delicate froth to the meat. To the gravy which is now flowng from the meat, the best addition is a teacupful of boiling water.

With a clear strong fire, (and meat cannot be well roasted without a strong fire,) time allowed for gradual cooking, and by careful bastings, a cook may insure for her roasts that fine pale brown colour, to produce which is esteemed one of the greatest proofs of a cook's skill.

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## BROILING.

This department of the science of cooking is the most difficult to excel in, though it appears exceedingly simple, and is of general utility; for few persons like to dine on cold meat, and none scarcely dislike a broil. There is no economy in broiling, but such cold meat, poultry or game, as cannot be hashed with advantage, may be broiled and will make a better appearance on the table, as well as be more agreeable to the palate, than if served cold and dry, and without any accompaniment of sauce.

The great secret in broiling is to have a suitable fire.

It must be strong, bright and clear, and entirely free from smoke; if it is half burnt down, so much the better.

There should be two gridirons in the kitchen, one for meat and poultry, and the other for fish. Those which are contrived to hang before the fire are very useful in some cases. A gridiron should be rubbed clean immediately after it has been used, and never set aside with a particle of grease or soot attached to it.

Just before you lay meat on it, and after you have made it hot, rub the gridiron with a piece of fresh suet, if for meat; if for fish, rub with a bit of chalk. A pair of steak-tongs, to turn with, are indispensable.

Above all things it is necessary to the eating of a broil, that it be served immediately after it is done, that it be closely covered on its way from the fire to the table, and that the plates off which it is eaten, as well as the dish, on which it is served, be hot.

No skill in broiling will render tough beef fit to be eaten. Steaks are best when cut from the middle of the rump, after the meat has been killed five days, (if the weather permit,) or even longer, to ensure their being tender. They should be of about three quarters of an inch in thickness; beat them a very little. Sprinkle a little salt over the fire, lay the steaks on the hot gridiron, turn them frequently, and when the fat blazes and smokes much, quickly remove the gridiron for an instant till that be over, and the steak will be sufficiently done, in from ten to twelve minutes. Have a hot dish by the side of the fire; and, to gratify the taste of some persons, rub it with a piece of eschalot; at all events, let the dish be *hot*, and as you turn the steaks, from time to time, if there be any gravy on the top, drop it into the dish. Before you dish them, you may, if you like, put a piece of fresh butter, and a spoonful of catsup in the dish; then sprinkle the steaks with a little

salt, and lay them in the dish, and turn them, once or twice, to express the gravy. Garnish with horse-radish, or pickles. Oyster sauce, and many other sauces may be eaten with beef steak; but beef steak eaters declare that its own gravy, and some pepper and salt, are all that a good beef steak requires, unless it be a little sliced raw onion.

*Beef Steaks, with Potatoes.*—These must be beaten to make them flat; season them on both sides with pepper, salt, and such mixed spices as you choose the flavour of; then dip the steaks in melted butter, lay them on the gridiron, and broil them, as directed in the last receipt. Have a little finely-rubbed parsley, a piece of butter, and some pepper and salt, in a hot dish, and when the steaks are done, lay them in it, turn them once or twice, and arrange some slices of potatoes, fried, round them. Or have mashed potatoes in the dish, but quite hot, and lay the steaks on, as you take them from the gridiron.

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## FRYING.

This is not so difficult a process as broiling, and some meat is as delicate eating fried, as it would be if broiled, provided the fat which is used be nicely prepared, and not the least rancid. Few cooks are careful enough in this particular. Lard, butter, dripping, topfat (i. e. the cake of fat which is taken off soup or broth, when it has stood a night,) oil, and suet are all good for frying. But butter, suet and dripping ought to be clarified, before they are used for frying; the pan will not be so apt to burn, and the fat, of whatever sort it be, will have a more delicate taste. Housekeepers lose much of the credit

which they might otherwise obtain, by neglecting this, and similar niceties of the kitchen department. The pan should be thick at the bottom; indeed the generality of frying pans are too thin; an oval shape is the best, particularly for fish. The fire must not be fierce, as fat will scorch very soon, and the meat, in that case, be burnt, before it is cooked; neither must it be too slack, for then the meat will be soddened; and if it be fish, be of a bad colour, and not crisp. The heat of the pan may be ascertained by throwing a bit of bread in it; if the pan be too hot the bread will be quickly burnt up. The fat in which veal, lamb or sweetbreads have been fried, will do to fry fish with: let it stand to settle, then pour the top carefully from the sediment and put it by. The fat will be the richer, for the meat which has been cooked in it, and this will not injure the fish. Fritters and all pastry or sweet things, must be fried in good butter, lard or oil.

Particular skilfulness is required to fry fish nicely, and this skill is attainable only by practice. To ascertain the heat of the pan, dip the tail of the fish into the boiling fat, and if it become quickly crisp, the pan is ready.

Fries, as well as broils, must be served hot, and as soon as they are taken off the fire, or they will be spoiled.

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## COOKING OF MEAT.

### BEEF.

*Beef Steaks broiled.*—Cut your steaks rather thick, beat them well, then broil them on a gridiron over a clear, quick fire; but before you broil your steaks make a preparation with

some fresh butter, salt, parsley, chopped fine and mixed together with the juice of a lemon; put this preparation into a dish made very hot, and serve your steaks upon it.

You may garnish with fried slices of potato, slices of pickled cucumber, and cresses; some make use of anchovy sauce instead of the parsley.

*Beef Steaks broiled.*—The best steaks are cut from the middle of the rump; let them be cut half an inch thick, then beat with a rolling-pin; season them with pepper and salt; let the fire be very brisk and clear, the gridiron very clean; set the dish before the fire upon a chafing dish to keep hot; turn the steaks often with a pair of small tongs made on purpose; when they are done enough, lay them in the dish, and rub a bit of butter over them.

Be sure not to season them till they are put upon the gridiron.

*Beef Steak Pie.*—Take some fine rump steaks, beat them with a rolling-pin, then season them with pepper and salt according to taste. Make a good crust, lay in your steaks, fill your dish, then pour in as much water as will half fill the dish. Put on the crust, and bake it well.

*Beef Steak Pie.*—Beat your steaks with a rolling-pin, flour and season with pepper and salt; when seasoned and rolled with fat in each, put them in a dish, with puff paste round the edges; put a little water in the dish, and cover it with a good crust.

*Beef Steak Pudding.*—Beat your steaks with a rolling-pin, season them, and roll them with fat between; and if you approve *shred* onion, add a very little. Lay a paste of suet in a basin, and put in the rollers of steaks; cover the basin with a paste, and pinch the edges to keep the gravy in; cover with a cloth tied close, and let the pudding boil slowly, but for a length of time.

*Beef Steak Pudding.*—Take flour, chopped suet, some milk; a little salt, and one egg, and mix them well together. Roll out the paste, of half an inch thick, and sheet a basin or bowl with it; then trim the skin from the meat, beat the steaks well with a chopper, cut them into middling-sized pieces, season with pepper and salt, put them into the basin with blanched oysters and slices of potatoes, alternately (or slices of onion): cover the top with paste, and tie a cloth over the basin. Boil the pudding (if of a middling size) two hours, and when it is to be served up, put into it a little cullis and catsup.

*Beef Steak Pudding baked.*—Make a batter of milk, two eggs, and flour, or, which is much better, potatoes boiled and mashed through a cullender; lay a little of it at the bottom of the dish; then put in the steaks, prepared as above, and very well seasoned; pour the remainder of the batter over them, and bake it.

For roasting beef, boiling, &c. See pages 36 and 38, 40 and 42.

### MUTTON AND LAMB.

*To choose Lamb.*—The vein in the neck of a fore-quarter of lamb ought to be of a fine blue, it is then fresh. If it is of a green or yellow cast, it is stale; if in the hind-quarter, there is a faint disagreeable smell under the kidney, or if the knuckle is limp, it is not good; if the eyes are sunk, the head is not fresh; grass lamb is in season in April or May, and continues good till August. House lamb may be had in great towns generally all the year round, but is in its highest perfection in December and January.

*Fore-quarter* includes the shoulder, neck, and breast.

*Hind-quarter* is the leg and loin.

The *Head*; the pluck is generally sold with the head, which contains the liver, lights, heart, and melt.

The *Fry* contains the sweetbreads, and skirts, with some of the liver.

*A Stuffed Loin of Mutton.*—Take the skin off a loin of mutton with the flap on; bone it neatly; make a nice veal stuffing and fill the inside of the loin with it where the bones were removed; roll it up tight, skewer the flap, and tie twine round it to keep it firmly together; put the outside skin over it till nearly roasted, and then remove it that the mutton may brown. Serve with a nice gravy.

*Boiled Leg of Lamb.*—It should be boiled in a cloth that it may look as white as possible. Cut the loin in steaks, dip them in egg, strew them over with bread-crumbs, and fry them a nice brown, serve them round the dish, and garnish with dried or fried parsley; serve with spinach to eat with it.

*Quarter of Lamb Roasted.*—Take a fore-quarter of lamb, lard the upper side of the joint with lean bacon, and sprinkle the other side thick with bread crumbs; then cover with paper to prevent the meat from being burnt, and roast it. When nearly done, take it from the fire, and cover the part that has not been larded, a second time, with bread crumbs, seasoned with salt, and parsley chopped very fine; then put the lamb again before a bright fire to brown it.

*Lamb to Roast or Boil.*—A quarter of an hour is generally allowed to each pound of meat; a leg of lamb of five pounds will therefore take an hour and a quarter to roast or boil, the other joints in the same proportion.

*Mutton.*—The pipe that runs along the bone of the inside of a chine of mutton ought to be taken away; and if it is to be kept any length of time, the part close round the tail should be rubbed with salt, previously cutting out the kernel.

It is best for the butcher to take out the kernel in the fat on the thick part of the leg, as that is the part most likely to

become tainted. The chine and rib-bones should be wiped every day; and the bloody part of the neck be cut off, in order to preserve it. The brisket changes first in the breast; therefore, if it is to be kept, it is best, should the weather be hot, to rub it with a little salt.

When intended for roasting, it should hang as long as it will keep, the hind quarter particularly; but not so long as to become tainted.

Mutton for boiling ought not to hang long, as it will prevent its looking of a good colour.

The greatest care should be taken to preserve, by paper, the fat of what is roasted.

*Mutton Broth.*—Take two pounds of scrag of mutton, take out the blood, put it into a stewpan, and cover it with cold water; and when the water is lukewarm, pour it off, skim it well; then put it in again with four or five pints of water, a tea-spoonful of salt, a table-spoonful of grits, and an onion; set it on a slow fire, and when you have taken all the scum off, put in a few turnips, let it simmer *very slowly* for two hours, and strain it through a clean sieve.

*Mutton Broth.*—Cut a neck of mutton into pieces, preserving a handsome piece to be served up in the tureen; put all into a stewpan with three quarts of water, with a little oatmeal mixed in it; some turnips, onions, leeks, celery cut in pieces, and a small bunch of thyme and parsley. When it boils, skim it clean, and when nearly done, take out the piece you intend to serve in the tureen, and let the other pieces stew till tender; then have ready turnips cut into dice, some leeks, celery, half a cabbage, some parsley, all cut small, wash them, strain the liquor off the meat, skim it free from the fat, add it to the ingredients with the piece of mutton intended for the tureen, adding a little pearl barley. Season with salt, simmer all together till done, and serve with toasted bread on a plate.

*Haunch of Mutton.*—It should be kept as long as you can possibly keep it sweet by the different modes; and if necessary, wash it with warm milk and water, or vinegar, and when going to be dressed, be careful to wash it well, to prevent the outside from having a bad flavour from keeping; before you put the haunch to the fire, fold it in a paste of coarse flour, or strong paper; then set it a good distance from the fire, and allow proportionable time for the paste; do not take it off, till about thirty-five or forty minutes before serving the mutton, and then baste continually; bring the haunch nearer before taking off the paste, and froth it up in the same manner as venison. For gravy, take a pound and a half of loin of mutton, and simmer it in a pint of water till reduced to half, use no seasoning but salt; brown it with a little burnt sugar, and serve it up in the dish; but there should be a good deal of gravy in the meat, for though long at the fire, the covering and distance will prevent its roasting out. Serve with currant-jelly sauce.

*Leg of Mutton*—If your leg of mutton is roasted, serve with onion or currant-jelly sauce; if it is boiled, serve with caper-sauce and vegetables. In roasting or boiling, a quarter of an hour is usually allowed for each pound of meat.

*Leg of Mutton Stuffed.*—Make a stuffing with a little beef-suet chopped, some parsley, thyme, marjoram, a little grated lemon, nutmeg grated, pepper, salt, and a few bread crumbs, mix all together with the yolk of an egg, put this under the skin in the thickest part of a leg of mutton under the flap; then roast it, and serve it to table with some good gravy in the dish.

*Loin of Mutton*—Roast it; some people think it eats much better if cut lengthways, like a saddle. It may also be used for steaks, pies, or broth, only taking care to cut off as much fat as possible.

*Neck of Mutton.*—This joint is particularly useful, as so

many dishes may be made of it. The bone ought to be cut short.

The best end of the neck may be boiled, and served with turnips: or if you think proper, it may be roasted, or dressed in steaks, or made into pies, or used for harrico.

You may stew the scrags in broth, or in a little water, with small onions, some peppercorns, and a small quantity of rice, all served together.

When you wish that a neck which is to be boiled should look particularly well, saw down the chine bone, strip the ribs half way down, and chop off the ends of the bones about four inches.

To make the fat look particularly white, the skin should not be taken off till it is boiled.

The fat belonging to the neck or loin of mutton, if chopped very fine, makes a most excellent suet-pudding or crust for a meat pie.

*Mutton Pie.*—Take off the meat from a part of a loin of mutton, cut it into chops, and season with pepper and salt. Put a layer of chops into a deep dish, and upon them some slices of peeled potatoes, and some thin slices of onion; put the remaining chops over, cover with puff-paste, bake it. The chops may be passed with sweet herbs, &c., and when cold, put into small or large raised crusts, with potatoes.

*Shoulder of Mutton Stewed with Oysters.*—Let it hang for some days, then salt it well for two days; bone it, and sprinkle it with pepper and a bit of mace pounded, lay some oysters over, and roll the meat up tight, and tie it. Stew it in a little water, with an onion, and a few peppercorns, until it is quite tender. Have ready a little good gravy, and some oysters stewed in it; thicken it with some flour and butter, and when the tape is taken off the mutton, pour this sauce over it. Be careful to keep the stewpan closely covered.

*Mutton Steaks Broiled.*—Cut some mutton steaks from the loin, about half an inch thick, take off the skin, and part of the fat. As soon as the gridiron is hot, rub it with a little suet, lay on the steaks (place the gridiron over the fire aslant), turn the steaks frequently: when they are done, put them into a hot dish, rub them with a little butter.

## VEAL.

When the head is fresh, the eyes will appear full; if the shoulder vein is of a clear red, it is good; when there is any green or yellow spots, it is stale; the breast and neck, when good, should look white and clear; the loin is very apt to taint under the kidney, it will be soft and slimy when stale. Veal should never be kept long undressed, as it by no means improves from keeping.

*Boiled Veal.*—Veal should be well boiled, in a good deal of water; if boiled in a cloth, it will be whiter; serve it with tongue, bacon, or pickled pork, greens of any sort, and carrots, or onion sauce, white sauce, oyster sauce, parsley and butter, or white celery sauce.

*Veal Broth.*—Stew a knuckle of veal in a gallon of water, with two ounces of rice or vermicelli, a little salt, and a blade of mace. When thoroughly boiled and the liquor reduced to half, it is fit for use.

*Cold Veal Hashed.*—Cut it in slices, flour it, put it into a saucepan with a little good gravy, some grated lemon-peel, pepper, salt, and ketchup. Make it hot, then add a little lemon-juice.

*Minced Veal.*—Cut the veal into very small pieces, but do not chop it: take a little white gravy, a little cream or milk, a bit of butter rolled in flour, and some grated lemon-peel; let these boil till of the consistence of a fine thick cream; shake flour over the veal, and sprinkle it with a little salt, and white pepper; put it into the saucepan to

*Veal Sweetbreads.*—They are of themselves, generally considered very insipid, and are, therefore, usually served with a sharp relishing sauce; in whatever manner they are dressed, they commonly take their name from the sauce with which they are served.

*Veal Sweetbreads Fried.*—Cut them in long slices, and with a feather do them all over with yolk of egg; make a seasoning of pepper, salt, and grated bread; do them over with this, and fry them in butter; serve with butter sauce, with a little ketchup mixed in, or with gravy, or lemonsauce.

*Veal Sweetbreads to Stew.*—Parboil them, and stew them in a white gravy; add cream, flour, butter, nutmeg, salt, and white pepper.

*Calf's Head.*—Clean it very nicely, and soak it in water, that it may look very white; take out the tongue to salt, and the brains to make a little dish. Boil the head extremely tender; then strew it over with breadcrumbs and parsley chopped, and brown it. Boil the brains, and mix them with melted butter, scalded sage chopped, pepper and salt; lay them on a dish, and the tongue in the middle.

*Calf's Head Hashed.*—Boil the head almost enough, and take the meat of the best side neatly from the bone, and lay it in a small dish; wash it over with the yolks of two eggs, and cover it with crumbs, a few herbs nicely shred, a little pepper, salt, and nutmeg, all mixed together previously. Set the dish before the fire, and keep turning it now and then, that all parts may be equally brown. In the mean time slice the remainder of the head, and the tongue, (peeled;) put a pint of good gravy into a pan, with an onion, a small bunch of herbs, (consisting of parsley, basil, savory, knotted marjoram, and a little thyme,) a little salt and cayenne, a glass of sherry, and a little oyster liquor: boil this for a few minutes, and strain it upon the meat, which must be sprinkled with flour.

*Calf's Head Soused.*—Scald and bone a calf's head, and soak it for seven or eight hours, changing the water twice; dry it well. Season with salt and bruised garlic; roll it up, bind it very tight, and boil it in white wine, salt and water; when done, put it, with the liquor, in a pan, and keep it for use. Serve up either whole, or in slices, with oil, vinegar, and pepper.

*Calf's Liver.*—Cut a calf's liver in slices, and put it in a stewpan, with parsley, and green onions, cut small, and a piece of butter; shake it over the fire, and dredge in a little flour: moisten with a tumblerful of water, and as much of white wine, salt and pepper, boil it for half an hour. When quite done and the sauce nearly consumed, put in the yolks of three eggs, previously beaten with two spoonfuls of vinegar; thicken it over the fire, and serve.

*Calf's Liver Broiled.*—Slice it, season with pepper and salt, and broil nicely: rub a bit of cold butter on it, and serve hot.

*Calf's Liver Stewed.*—Cut a very good calf's liver into slices an inch thick, melt some butter in a frying-pan, and then put in the liver, and brown it well on both sides; season it well. Take it from the pan, and set it to stew with the butter, and chopped parsley, and a little flour; moisten it with half a pint of wine; give the sauce a boil, and when ready to serve, add a little vinegar.

## FOWLS.

*Directions for Choosing Fowls.*—All poultry should be very carefully picked, every plug removed, and the hair nicely singed with paper.

The cook should be careful in drawing poultry of all sorts, not to break the gallbag, for no washing will take off the bitter where it has touched.

If for roasting, black-legged fowls are the most moist. A

good-sized fowl will take from three quarters of an hour to an hour in roasting, a middling-sized one about half an hour, and a very small one, or chicken, twenty minutes.

Tame fowls require more roasting, and are longer in heating through than others. All sorts should be continually basted, that they may be served with a froth, and appear of a fine colour. The fire must be very quick and clear before any fowls are put down.

For boiling, choose those that are not black-legged; pick them carefully, singe, wash, and truss them. Flour them, and put them in boiling water; a good-sized one will be done in half an hour.

*Fowls Boiled with Rice.*—Stew a fowl in some well skimmed clear mutton broth, and seasoned with onion, mace, pepper, and salt. About half an hour before it is ready, put in a quarter of a pint of rice well washed and soaked. Simmer till tender; then strain it from the broth, and put the rice on a sieve before the fire. Keep the fowl hot, lay it in the middle of a dish, and the rice round it without the broth. The less liquor the fowl is done with, the better. Serve with gravy, or parsley and butter for sauce.

*Chicken Currie.*—Take the skin off, cut up a chicken, and roll each piece in currie-powder and flour (mixed together, a spoonful of flour to half an ounce of currie,) fry two or three sliced onions in butter; when of a light brown, put in the meat and fry them together till the meat becomes brown; then stew them together with a little water for two or three hours. More water may be added if too thick.

*Chicken Salad.*—Cut cold roast fowl into small long pieces, taking off the skin. Lay some lettuce, cut small, at the bottom of a salad-bowl, put the chicken on it with all sorts of salading, hard eggs cut in quarters, anchovies, cut in slips, season with the usual salad dressing.

### TURKEYS.

*Roasted Turkey.*—It may be either stuffed with sausage meat, or stuffing the same as for fillet of veal. As this makes a large addition to the size of the bird, take care that the heat of the fire is constantly to that part, as it frequently happens that the breast is not sufficiently done. A strip of paper should be put on the bone to prevent its scorching, while the other parts are roasting. Baste well, and froth it up. Serve with gravy in the dish, and bread sauce in a sauce tureen. A few breadcrumbs, and a beaten egg should be added to the stuffing of sausage meat.

*Hashed Turkey.*—Stir a piece of butter rolled in flour into some cream, and a little veal gravy, till it boils up; mince some cold roasted or boiled turkey, but not too small; put it into the sauce, add grated lemon-peel, white pepper, pounded mace, a little ketchup; simmer it up, and serve. Oysters may be added.

### GEESE.

*To Choose Geese.*—Be careful in choosing a goose that the bill and feet are yellow, as it will be young: when old the feet and bill are red. When they are fresh the feet are pliable; if stale they are dry and stiff.

*Goose Roasted.*—A goose should be stuffed with sage and onions, chopped small, and mixed with pepper and salt; boil the sage and onion in a litle water before they are chopped, or mix a few breadcrumbs with them when chopped; either will render them less strong. Put it first at a distance from the fire, and by degrees draw it nearer. A slip of paper should be skewered on the breast bone. Baste it very well. When the breast is rising, take off the paper, and be careful to serve it before the breast falls, it will be spoiled by coming to table flattened. Serve it

with good gravy and apple sauce, in boats. It will take about an hour and a half to roast.

### PIGEONS.

*Potted Pigeons.*—Be very particular that they are quite fresh; clean them thoroughly, and season them with salt and pepper; lay them close together in a small deep pan, for the smaller the surface, and the more closely they are packed, the less quantity of butter will be required; cover them with butter, then tie them over with very thick paper, and bake them. When cold, put them to dry in pots that will hold two or three in each, and pour butter over them, using that which was baked as part. Observe that the butter should be pretty thick over them, if they are done for keeping. The pigeons would lie closer, and want less butter, if they were boned, and put into the pot in an oval form. They may be stuffed with a fine forcemeat made with veal, bacon, &c., and they will eat extremely well. If a high seasoning is approved of, add mace, allspice, and a little cayenne pepper, before baking.

*Pigeons to Roast.*—Let the pigeons be thoroughly cleaned, leave in the livers, truss them, and put a stuffing into the crops, the same as for fillet of veal; put them down to roast, and singe them well; about a quarter of an hour will be sufficient to do them; froth them with butter; serve them garnished with water-cresses, good gravy under them, and parsley and butter in a boat.

### PORK.

*To Choose Pork.*—If the pork is fresh, the flesh appears cool and smooth; if tainted, it is clammy; the knuckle in general is affected first. There is a kind of pork called measly; when in this state it is extremely unwholesome to eat but you may easily discover when it is measly, the

fat being impregnated with small kernels. If the rind is tough, thick, and cannot easily be impressed by the finger, it is old. Pork fed at still houses does not answer for curing any way, the fat being spongy. Dairy fed pork is the best.

*Directions for Choosing Ham.*—In choosing a ham, run a knife into it at the knuckle; if it comes out clean and smells sweet, the ham is good; but, if on the contrary, the blade of the knife is smeared and smells rank, it is not good.

*To Boil Ham.*—Soak the ham according to its age, for twelve or twenty-four hours. Put it into a large saucepan full of cold water, and if a small one, let it simmer for two hours, and then boil an hour and a half, when done pull off the skin.

*Hog's Lard.*—The lard should be carefully melted in a jar, put into a kettle of water and boiled; run it into bladders that have been particularly well cleaned. It is best to have the bladders small, as the lard will keep better, for, after the air reaches it, it becomes rank. Whilst it is melting, put in a sprig of rosemary.

This being a very useful article in frying fish, it should be prepared with great care. Mixed with batter, it makes a fine crust.

*Roasted Pig.*—A pig to roast is best from three to four weeks old. Prepare a stuffing with slices of bread and butter sprinkled well with chopped sage, and seasoned with pepper and salt, laying five or six slices one upon another, and put them into the inside of the pig; skewer it well, to prevent it from falling out, and then spit it, previously rubbing it over with sweet oil; put it down before a moderate fire to roast for two hours, more or less, according to its size; when thoroughly done, take off the head, and split the pig straight down the back

(there must be a dish under ready to receive it); then dish up the two halves, and splitting the head, lay half at each end of the dish, pour some good strong gravy under it, and serve hot. Or you may take out the stuffing, and mix it with some melted butter, and serve it as a sauce; or sausage-meat may be put inside the pig, instead of the bread and sage. Some persons prefer having the pig baked, instead of roasted; it is equally good either way.

### KIDNEYS.

Cut them through the long way, score them, and sprinkle them over with a little pepper and salt; in order to broil all over alike, and to keep them from curling on the grid-iron, run a wire skewer right through them.

They must be broiled over a clear fire, being careful to turn them frequently till they are done; they will take about ten or twelve minutes broiling, provided they are done over a brisk fire; or, if you choose, you may fry them in butter, and make gravy for them in the pan (after the kidneys are taken out), by putting in a teaspoonful of flour; as soon as it looks brown, put in a sufficient quantity of water of make gravy; they will take five minutes longer frying than broiling. Garnish with fried parsley: you may improve them if you think proper, by chopping a few parsley leaves very fine, mix them with a bit of fresh butter, and a little pepper and salt, and then put some of this mixture over each kidney.

### RABBITS.

*Rabbit Pie.*—Cut a couple of young rabbits into quarters and bruise a quarter of a pound of bacon in a mortar, with the livers, some pepper, salt, a little mace, parsley cut small and a few leaves of sweet basil; when these are all beaten fine, line your pie-dish with a nice crust, then put a layer

of the seasoning at the bottom of the dish, and put in the rabbits; pound some more bacon in a mortar, mix with it some fresh butter, and cover the rabbits with it, and over that lay thin slices of bacon; put on the cover, and place it in the oven, it will be done in about two hours. When baked, take off the cover, take out the bacon, skim off the fat, and if there is not a sufficient quantity of gravy, add some rich mutton or veal gravy.

*To Roast Rabbits.*—They may be roasted with stuffing, and gravy. Serve with sauce made of the liver and parsley chopped in melted butter, pepper and salt.

*To Smother Rabbits.*—Truss and boil them, taking care to bring them gently to a boil, and then to let them simmer gently by the fire till they are done. Make some nice smooth onion sauce, or, if that be too strong, of half onion, and half apple, turnip, or bread, and melt the butter of which this is made, with milk or cream, in order that it may look white. When the rabbits are done, pour this hot over them.

## VENISON.

The choice of venison should be regulated by the appearance of the fat, which, when the venison is young, looks thick, clear, and close; as it begins to change first towards the haunches, run a knife into that part; if tainted you will perceive a rank smell, and it will have a green or blackish appearance.

If you wish to preserve it, you may by careful management and watching, keep it for a fortnight by the following method: wash it well with milk and water very clean, and dry it perfectly with cloths until there is not the least damp remaining, then dust pounded ginger over every part; this is a good preventive against the fly. When to be dressed,

wash it with a little lukewarm water, and dry it. Pepper should also be added to keep it.

*Roasted Venison.*—To dress the haunch, chop off the shank, take off the skin, but not any of the fat; then fasten it on the spit. Make a paste of flour and water, roll it out to the shape of the venison; lay it on thick upon the venison, paper over that, and secure it well with pack-thread. Let it roast at a good distance from the fire, and baste it frequently. About a quarter of an hour before serving, take off the paste, dredge it with flour, baste it with a bit of butter and sprinkle a little salt over it; and when of a fine brown colour, take it up, serve it on a dish, with a good gravy under it, and garnish the bone with cut paper. Serve with hot port wine, or currant jelly, in a boat. A neck of venison should be covered with paste, and roasted in the same manner as the haunch, only that it does not require being so much done.

## DUCKS.

*To Choose Ducks.*—Their feet should be supple, and they should be hard and thick on the breast and belly. The feet of a tame duck are thick, and inclining to a dusky yellow. The feet of a wild duck are reddish, and smaller than the tame; they should be picked dry. Ducklings should be scalded.

*Ducks Roasted.*—Season them with sage and onion shred, pepper and salt; half an hour will roast them. Gravy sauce or onion sauce. Always stew the sage and onion in a little water, as it prevents its eating strong, and takes off the rawness of them.

*Wild Ducks.*—These birds should be fat, the claws small, reddish and supple; if not fresh, on opening the beak they will smell disagreeable; the breast and rump should be firm

and heavy; the flesh of the hen-bird is the most delicate, though the cock generally fetches the highest price. Pick them dry, cut the wings very close to the body, take off the necks, draw and singe them, truss up the legs and skewer them; and having rubbed them with their livers, spit, and roast them; take them up with the gravy in, and serve with lemons.

*Wild Ducks.*—The entrails being taken out of the wild ducks, wipe them well with a cloth; put into the inside a bit of butter rolled in pepper and salt; when trussed, spit, and roast them quickly for a quarter of an hour, which will be enough, as the gravy should not run out before they are taken up; shake flour and salt over them, and froth them with butter. Put good strong gravy under them, and you may serve them with hot port wine in a boat.

*Wild Ducks.*—Half roast them; when they are brought to table slice the breast, strew on pepper and salt, pour over them a little port wine, and squeeze the juice of an orange or lemon over; add some gravy to this, set the plate over a lamp, cut up the bird, let it remain over the lamp till done, now and then turning it.

## FORCEMEAT.

*Ingredients for Forcemeat.*—Forcemeat should be made sufficiently consistent to cut with a knife, but not dry or heavy. No one flavour should predominate greatly; according to what it is wanted for, a selection may be made from the following list, being careful to use the least of those articles which are the most pungent:

Cold fowl, or veal, scraped ham, fat bacon, beef suet, crumbs of bread, parsley, white pepper, salt, nutmeg, yolks and whites of eggs, well beaten, to bind the mixture.

The forcemeat may be made with any of these articles

without any striking flavour; therefore any of the following different ingredients may be made use of to vary the taste.

Oysters, anchovies, savory, penny-royal, knotted-marjoram, thyme, basil, yolks of hard eggs, Cayenne garlick, Jamaica pepper, in fine powder, or two or three cloves.

*Tripe.*—Cut your tripe into small square pieces, and give them a few turns in some butter, with parsley, salt, and pepper; roll each bit in grated bread, and broil them slowly. When done serve them with slices of lemon.

*To keep Meat Hot.*—If your meat is done before you are ready to serve, take it up, set the dish over a pan of boiling water, put a deep cover over it, so as not to touch the meat, and then put a cloth over that. This way will not dry up the gravy.

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## PRESERVATION OF MEAT.

During the summer months meat requires constant attention. Every day it should be examined to remove fly-blows, if any; it should be carefully wiped dry under flaps and in all the little crevices, and skinny bits and kernels should be cut off, for they are the first to taint; under the flap of a leg of mutton is a skin which in hot weather soon assumes a yellow tinge; remove it, and with care a leg of mutton may be kept several days in the hottest weather; also in a rump of beef, there is a long vein visible, at the root of which, and buried deep, is a kernel, which if not taken out will in hot weather taint the whole joint; country butchers often omit to remove it. When meat is purchased for salting do not allow the butcher to send it any distance in the heat of the day; you can never be certain of its taking the

salt if it has been heated; if, however, there is no alternative, throw it into a tub of cold water for a few hours, then wipe it dry, and examine it well before salting. It should be sprinkled with salt to extract the blood the first day, on the next day be wiped with a clean cloth, and in warm weather the first brine must be thrown away, but in cold it may be boiled and all impurity be skimmed off; and then the meat may be regularly salted the second day. Canvass lids should be placed over salting tubs, to admit air and exclude flies, which are more destructive to salting meat than to fresh.

Care must be taken to secure bacon and hams from the fly, which is very destructive to them; the best method of preserving hams is by putting them into coarse calico or canvass bags; paper is apt to break in damp weather.

### TO CURE HAMS.

Let a leg of pork hang for three days; then beat it with a rolling-pin, and rub into it one ounce of saltpetre, finely powdered, and mixed with a small quantity of common salt; then let it lie all night. Make the following pickle: a quart of stale strong beer, half a pound of bay salt, half a pound of common salt, and the same of brown sugar; boil this for fifteen or twenty minutes, and then wipe the ham, dry from the salt, and, with a wooden ladle, pour the pickle, by degrees, and as hot as possible, over the ham; and as it cools, rub it well into every part. Rub and turn the ham every day, for a week, and then hang it, for a fortnight, in a wood smoke chimney. When you take it down, sprinkle black pepper over the bone, and into the holes, to keep it safe from hoppers, and hang up the ham in a thick paper bag.

### ANOTHER.

Beat the ham well with a rolling-pin, and then rub it all over with French brandy, and place it in a deep dish. Mix one ounce of saltpetre, a quarter of a pound of bay salt, and three ounces of juniper berries, if you have them: also put two good handfuls of common salt, and half a pound of coarse brown sugar, into a pint of strong ale; rub this well into the ham, and baste the ham with it, three or four times every day, for six weeks.

### ANOTHER.

Beat the ham well on the fleshy side with a rolling-pin, then rub into it, on every part, one ounce of saltpetre, and let it lie one night. Then take half a pint of common salt and a quarter of a pint of bay salt, and one pound of coarse sugar or treacle; mix these ingredients, and make them very hot in a stew pan, and rub in well for an hour. Then take half a pint more of common salt and lay all over the ham, and let it lie on till it melts to brine; keep the ham in the pickle three weeks or a month, till you see it shrink. This is sufficient for a large ham.

### TO PICKLE PORK.

For a hog of ten score. When it is quite cold, and cut up in pieces, have well mixed together two gallons of common salt, and one pound and a half of saltpetre; with this, rub, very well, each piece of pork, and, as you rub, pack in a salting tub, and sprinkle salt between each layer of pork. Put a heavy weight on the top of the cover, to prevent the meat's swimming. If kept close and tight in this way, it will keep for a year or two.—N. B. A leg of pork will be sufficiently salted in eight days. Rub and turn it every day.

### TO PICKLE A TONGUE.

Rub the tongue over with common salt; and cut a slit in the root of it, so that the salt may penetrate. Drain the tongue next day, and then rub it over with two ounces of bay salt, two ounces of saltpetre, and two ounces of coarse sugar, all mixed together. This pickle should be poured over the tongue, with a spoon, every day, as there will not be sufficient liquor to cover it. It will be ready to dress in three weeks or a month.

### TO SALT BEEF.

For a piece of twenty pounds weight.—Sprinkle the meat with salt, and let it lie twenty-four hours; then hang it up to drain. Take one ounce of saltpetre, a quarter of a pound of very coarse sugar, six ounces of common salt, all finely powdered, and rub it well into the beef. Rub and turn it every day. It will be ready for dressing in ten days, but may be kept longer. It should boil very slowly, and when done, should stand, in the pot, by the fire, half an hour.

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## STEWS.

### SCOTCH HOTCH-POTCH.

Take equal quantities of fresh beef and mutton, about a pound and a half of each, to three pints of water; chop them finely, and let them simmer gently in a stew-pan. When the meat becomes tender, season it with salt and pepper, and add a peck of peas, two pounds of potatoes, two or three young carrots, and two cauliflowers, a few onions, and dredge with flour. When the potatoes are done it will be ready. In the season when vegetables are in greatest

perfection, this is one of the most wholesome, agreeable and economical dishes that are made. This quantity will be sufficient for ten persons.

### IRISH STEW.

Four pounds of potatoes, and a pound and a half of meat, with a few onions, and one carrot, makes a good stew for six or seven persons. The meat must be cut into small pieces; if it is half mutton, it will be all the better; add about three pints of water. When the greater portion of the potatoes are in a pulp, it will be done. Season it with salt and pepper.

### SCOTCH BARLEY-BROTH.

To three quarts of water put a quarter of a pound of barley, which is to be put in when the water is lukewarm; two or three pounds of the lean end of the neck of mutton is best for this broth, but thin flank of beef is also very good. When it comes to a boil, put in half a bunch of turnips cut into quarters, two scraped carrots, and one whole one cut small, a handful of chopped parsley, two or three onions and salt and pepper. The slower it boils the better. It should be skimmed before the vegetables are added.

### A VERY ECONOMICAL DISH.

One pound of sausages, cut into pieces, with three pounds of potatoes, and a few onions, with about a table-spoonful of flour, mixed in cold water, and added to it, will dine five or six persons. It must be well boiled.

### VEAL AND RICE.

One pound of meat, and the same quantity of rice, stewed gently in three quarts of water, and seasoned with salt and pepper, will make an excellent dinner for a large family.

A little milk will make it richer, but it is a good family dish without. A few button onions, may be added, with a little parsley.

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## SOUPS.

Soup, such as we recommend, consists of a plain, wholesome sweet broth, which also serves as the basis of almost every sauce. When served up as *potage* it contains bread, or rice, or one of the Italian pastes. This broth has no thickening, and is free from any kind of sophistication.

The best vessel to make it in, is in an earthen pipkin of great depth, rather bulging out in the middle, and narrow at the bottom. One for an ordinary family might hold about five or six quarts. It should be prepared by being placed, nearly half full of water, upon a fire slow at first, but gradually increased to the greatest possible intensity. As the water evaporates rapidly, a little should be added from time to time. When all the under part of the pipkin is red hot, the vessel should be taken off the fire and placed upon the hob to cool gradually.

Put into such a pipkin four pounds of the shin of beef, a calf's foot, and a quarter of a pound of pig's liver—or, if this latter is not to be obtained, half a pound of bullock's liver. Fill the pipkin three-quarters full of water, and place it over a good fire. As the scum rises take it off. When the pot boils, add a bundle of leeks well cleansed and tied together, two turnips, three carrots, half of a parsnep, a small bundle of the green parts of celery, an onion with three cloves stuck into it, one clove of garlic, and a burnt flatted onion—

if you have one—if not, use instead, but two hours later, a crust of bread burnt, as if for toast and water. Should there be too much liquid in the pot for the addition of these vegetables, take some out, and add it afterwards to supply the loss by evaporation. Let the whole boil gently for about three hours, then let it simmer during three hours more—that is to say, it must be always at the boiling point without boiling up. The pot must be covered during the whole process. When the first two hours of the boiling are past, salt it to your taste, allowing for the evaporation, but add no pepper.

If you wish to have bouilli beef, you must have a larger pipkin; take a sufficient quantity of the brisket and put it into the soup, long enough before dinner to allow half an hour to each pound. This beef must be dressed without the pot being ever suffered to boil up. It will then be extremely tender.

The soup will always be improved if, instead of water, you use the liquor in which a leg of mutton has been boiled, or even a round of beef, if it be not too salt.

To prepare the soup the first day it is made, put some crusts of bread into a tureen, about ten minutes before dinner; pour over them a little more of the broth than will saturate them: cover the tureen, let it stand before the fire, and when the dinner is ready to be put upon the table, fill it up with broth.

The moment the soup is taken off the fire, it must be strained and put to cool in an open earthen pan. On the following day it may be used with rice, or vermicelli, or sago, or any of the fancy pastes of Italy.

An economical family need not waste the beef which has served to make the soup. A very palatable dish may be obtained from it the next day, in the following manner:—

when cold, cut it into little bits, and include all the gristle and gelatinous matter from the bones. Put a lump of butter into a stewpan; when it boils, add a third of a table-spoonful of flour; stir this into the boiling butter, and continue to stir it now and then. When the flour has become of a dark red colour, throw into it, by degrees, a tea-cupful of broth, half a glass of port wine, and a dessert-spoonful of walnut catsup. Let the whole boil gently for about a quarter of an hour; then add the meat, together with a little chopped parsley, and a chopped onion. Season it with pepper and salt, and let it simmer for a few minutes, but take care it does not boil.

### GOOD VEAL SOUP.

Boil a knuckle of veal gently in as much water as will just cover it, till fit to serve with parsley and butter or oyster sauce; save the liquor, and add to it the bones of the knuckle, with any others which may be in the house, or a few fresh shank or other bones from the butcher's, a slice of ham or lean bacon, a small quantity of rice, one or two blades of mace, a few white peppercorns, a head of celery, one carrot, one onion stuck with four or five cloves, and stew gently for three hours; about half an hour before it is done throw in a small bunch of sweet herbs, viz. parsley, lemon, and pot thyme, savory, and majoram. Strain and set aside till next day. Before warming up, carefully remove the fat, and when it boils flavour it with a little white wine and catsup, colour with a little nice browning, and throw in the gristles from the knuckle, and a few balls of veal stuffing. It may be as well to add, that recipes in cookery, however closely followed, will never insure success, unless the most delicate cleanliness in every culinary utensil is strictly preserved.

### ECONOMICAL SOUP.

A cook should save all the boilings from chickens, calf's head and veal for her stock-pot, and the bones of fresh meat and poultry. Soups and gravies are not so clear when made of meat which *has* been cooked, but where families are not very fastidious, soup may always be had at a very trifling expense as above. Where economy is essential, very excellent jelly may be made from knuckle of veal, *well* stewed, to supersede the use of calf's feet. Where much fish is fried, the cook should save all the small pieces of bread, cuttings of toast, &c., and put them in a paper bag in the oven to harden; when pounded in the mortar and sifted fine, they should be kept in a bottle or covered jar, and are very convenient for fried fish, or for strewing over hams and bacon.

### MOCK TURTLE SOUP.

Take four calf's feet, break the bones, and stew them in as much water as will cover them; take them out when all the meat and gristle will part from the bones; then put the meat into the liquor again, with half a pint of beef gravy, half a pint of white, or port wine, an onion stuck with cloves, a bunch of sweet herbs, salt, a little mace, Jamaica pepper, and Cayenne ditto; tie these all up in a muslin bag; when boiled enough add the yolks of eight eggs boiled hard, truffles, and forcemeat balls. The juice of lemons or oranges improves it.

### MULLAGATAWNY SOUP,

Is made, at the beginning, the same as the last receipt, and with these additions: put a few slices of bacon into the stewpan with the knuckle of veal, and no vegetables; let it simmer about an hour and three quarters; cut about 2 and a

half lbs. breast of veal into rather small pieces, add the bones and gristly parts of the breast, to the knuckle which is stewing; fry the pieces of meat, with six sliced onions, in a stew-pan, with a piece of good clarified dripping or butter. Strain the stock if it be done, and put the fry to it, set it on the fire, and skim carefully; then let it simmer for nearly an hour. Have ready mixed, in a batter, two dessert-spoonfuls of curry powder, the same of lightly-browned flour, and salt and cayenne as you choose, and add these to the soup. Simmer the meat till it be quite tender.

This soup is best made of veal, but fowls, rabbits, or mutton cutlets are very good, after being cut in pieces and fried. Ginger, mace, and eschalots, may be added, if the taste require them.

### OX-TAIL SOUP.

Three tails will make a good sized tureen full of soup; it is very strengthening, and is considered rather an elegant kind of soup, and by no means an expensive one. Have the tails divided at the points, rub with suet, and soak them in lukewarm water. Lay them into a stew-pan with five or six onions, a turnip, two carrots, some peppercorns, and about three quarts of soft water. Let it simmer for two hours and a half; take out the tails, cut them in small pieces, thicken the soup with browned flour mixed with top fat, then strain it into a fresh stew-pan, put in the pieces of meat, boil it all up and skim it; then put more pepper, if wanted, and either some catsup, or port wine.

### OX-HEAD SOUP.

Make this the day before it is wanted. Put half an ox cheek into a tub of cold water, and let it lie to soak for two hours. Then take it out, break the bones which are not already broken, and wash it well in lukewarm water. Then

put it in a pot, cover with cold water, and let it boil; scum carefully, and put in one head of celery, one turnip, two carrots, two large onions; two dozen berries of black pepper, the same of allspice, a good handful of parsley, some marjoram, savory and lemon thyme; cover the soup kettle close, and set it over a slow fire. As the liquor is coming to a boil, scum will rise, take that off, and let the soup stew gently by the fire for three hours. Then take out the head into a dish, pour the soup through a fine sieve into a stone ware pan, and set both by till the next day. Cut the meat into small pieces, skim all fat from the top of the liquor, and put about two quarts of it, and all the meat, into a clean sauce-pan, and let it simmer half an hour. Cayenne may be added to the other seasonings, and a glass of white wine, or a table-spoonful of brandy.

### GIBLET SOUP.

Scald two sets of giblets, and pick them very clean. If they are not quite fresh they will not do. Cut off the noses, split the heads, and divide the gizzards and necks into mouthfuls. Crack the bones of the legs, put all into a stew-pan, and cover them with cold water. When it boils scum the liquor well, and put in about three sprigs each, of lemon thyme, winter savory or marjoram, and a little bunch of parsley, also twenty berries of allspice and the same of black pepper, all tied up in a muslin bag; let this *stew very gently*, till the gizzards are tender; which will be in about an hour and a half. Lift out the giblets with a skimmer, or spoon with holes, into a tureen, and keep it covered, by the fire. Then melt one and a half ounces of fresh butter in a clean sauce-pan; stir in enough flour to make a paste, and pour into it, by degrees, a ladleful of the giblet liquor, and then add all the rest by degrees, and let it boil for ten minutes, stirring all the time, lest it should burn. Skim and strain

the soup through a fine sieve into a basin. Wash out the stew-pan, then return the soup into it, and season it with a glass of wine, a table-spoonful of mushroom catsup, and a little salt. Let it have one boil up, and then put the giblets in to get hot, and the soup is ready.

### FISH SOUP.

Soup made of fish is more delicate in taste, and more elegant in appearance than might be imagined, by persons wholly unacquainted with it. Oyster and lobster soup are the two most esteemed.

### OYSTER SOUP.

Veal will make the most delicate stock for this soup, it should be strong and clear; put it to a quart of the hard part of fresh juicy oysters, which have been pounded in a mortar with the yolks of six hard boiled eggs. Simmer for half an hour, then strain it into a fresh stew-pan, and put in another quart or more of oysters trimmed, and nicely washed from their shells, also some mace and cayenne, and let it simmer for ten minutes. Beat up the yolks of three eggs, take out a little soup in a cup, let it cool, then mix it by degrees with the eggs, and stir this into the soup, having first drawn that aside from the fire; stir all the time after you put this in until you send it to table, or it will curdle. You may give this soup any additional flavour you like. The oysters which are put in whole may be first run on fine wire skewers, and then fried.

## MADE DISHES.

WHAT has generally been understood by a "made dish" is, something too rich, and too highly seasoned, to be wholesome, and too expensive to be available for a family dinner. This is an error, for much that would not appear to advantage, or be palatable, in a plain boil or roast, may be made both by the means of stewing, and by the addition of suitable seasonings. The proper application of the latter must, of course, depend upon the discretion of the cook, whose main endeavour ought to be to use as little as possible, of herbs, spices, and seasonings; to study, to a scruple's weight, how much is actually necessary, to give the flavour required, and to give *no more*: this, and plenty of time allowed for the cooking, is the secret by which the French have attained their perfection in this particular branch of culinary science. It is a superabundance of flavouring ingredients which causes made dishes to be both unwholesome and expensive.

Cold meat is not generally liked, except at the breakfast table, and it is far less nourishing than warm meat. Besides which, a very little piece or odd and end parts of cold meat, poultry, game and fish, which would make a poor appearance, and contribute but little towards making up a dinner, if put on the table in their present state, may, by the help of a little gravy, a little seasoning, and care in the re-cooking, be converted into hash, ragout, fricassee, &c. as it may suit the taste or convenience of the housekeeper. Some experience is required to perform this branch of cookery well, but not more than is necessary to broil a mutton chop, or to boil a potatoe. But scrupulous and constant attention is required; therefore, a servant of all work, who is often called away from the kitchen whilst the dinner is cooking, must not be expected to excel in her ragouts.

It has been directed, in the making of soup, that it be not allowed to boil fast. Made dishes should never boil at all; gentle simmering is all that is necessary, and the lid of the stew-pan must not be removed, after the necessary skimming is over. Time should be allowed for gradual cooking, and when that is over, the stew-pan ought to stand by the fire a few minutes, that the fat may rise to the top, and be taken off before the dish is served. Indeed, ragouts are the better for being made the day before they are wanted, because then the fat can be more completely taken off. Shake the stew-pan, if there be danger of burning, but by removing the lid the savoury steams escape, and with them much of the succulent qualities of the meat.

Great delicacy is required in re-warming made dishes: they should merely heat through; and the safest mode is to place the stew-pan in a vessel of boiling water, where this is practicable.

All made dishes require gravy, more or less good, and in a family of half a dozen persons this, by a little previous forethought, may always be at hand; for the liquor in which meat has been boiled may be saved, and a very little seasoning, and flavouring, will make it palatable, and, if nicely thickened, it will be gravy for a ragout or fricassee of fresh meat.

### MACCARONI.

Boil 2 oz. in good broth or gravy, till tender; then put to it a small piece of butter, and a little salt, give it a turn in the stew-pan, and put it in the dish in which it is to be served. Scrape parmesan, Stilton, or any other dry rich cheese over it, and brown it before the fire in a Dutch oven.

### ANOTHER.

Mix together a pint of milk and a pint of water, and put in it two oz. maccaroni, and let it simmer slowly for three hours, till the liquor is wasted, and the maccaroni tender. Then add some grated cheese, a little salt and Cayenne, mix it well, and brown it before the fire. Maccaroni is exceedingly light and nourishing. Boiled in plain water and a little salt, till quite tender, and the gravy of roast or boiled meat, or a little good broth poured over it, it is very nourishing for an invalid.

### ASPARAGUS AND EGGS.

Beat 4 or 5 eggs well, with pepper and salt. Cut some dressed asparagus into pieces the size of peas, and stir them into the eggs. Melt 2 oz. butter, in a small stew-pan, pour in the mixture, stir till it thickens, and serve it hot on a toast.

### BEEF STEAK PIE.

The beef should be tender, and have a due portion of fat, but steaks cut from the rump are best. Cut the meat into small steaks, and roll them up as olives, or lay them, fat and lean properly mixed, flat in the dish, after having seasoned them with salt, pepper, and what spices you choose. Then put in half a pint of gravy, or half a pint of water, and a table-spoonful of vinegar. If you have no made gravy ready for the pie, a kidney or two, or a piece of beef kidney, will enrich the gravy of the beef, and is always a valuable addition to a savoury meat pie. Forcemeat, either in layers between the slices of beef, or in small balls, make this a much richer pie; some cooks put in a few large oysters.

### MUTTON PIE.

Cut cutlets from the leg, or chops from the neck or loin, season with pepper and salt, and place them neatly in a dish, fill this up with gravy or water, and, if you choose, strew over it a very little minced onion and parsley, and cover with a good plain crust.

### LAMB PIE.

The same as mutton pie; only as lamb is more delicate, it does not require so much seasoning, and it is best made into little pies, to turn out of patty pans.

### VEAL PIE.

Cut chops from the neck or breast, or cutlets from any other part, season them with salt, pepper, mace, nutmeg, lemon peel, or what herbs you like, lay them in the dish, and some very thin slices of bacon over them; pour in a little gravy, made from the bones or trimmings, or else a little water. Forcemeat balls, hard boiled yolks of eggs, scalded sweetbreads, veal kidneys, truffles, mushrooms, oysters and thick cream, may be used to enrich a veal pie. Slices of veal, spread with forcemeat, and rolled up as olives, may be baked in a pie; make a hole in the top part of the crust, and when it comes out of the oven, pour in some good gravy.

If the pie is to be very rich, place the olives in a dish, and between and round them, some small forcemeat balls, hard boiled yolks of egg, a few pickled cucumbers cut in round pieces, and a few pickled mushrooms; pour good gravy, which has been well seasoned, thickened, and strained, and enriched by a glass of white wine and the juice of a lemon.

### CHICKEN PIE.

Cut up the chickens and season well each joint, with salt, white pepper, mace, and nutmeg, lay them in the dish, with slices of ham or bacon, a few bits of butter, rolled in flour, and a little water, cover with a crust and bake it. This pie may be made richer, by putting veal cutlets, or veal udder, at the bottom of the dish, and by adding forcemeat balls and yolks of hard boiled eggs; also a good jelly-gravy made of veal or shanks of mutton, seasoned with peppercorns, onions, and parsley, and poured over the chickens before the pie is baked. A few mushrooms are an improvement.

### RABBIT PIE.

Make this the same as chicken pie. Forcemeat may be added to enrich it, made of the livers pounded, shred suet, anchovies, onion, pepper and salt.

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## COOKING OF FISH.

### OBSERVATIONS ON FISH.

THERE is a general rule in choosing most kinds of fish; if the gills are red, their eyes plump, and the whole fish stiff, they are good; if, on the contrary, the gills are pale, the eyes sunk, and the fish flabby, they are stale.

The greatest care should be taken that the fish is properly cleansed before being dressed, but not washed beyond what is absolutely necessary for cleaning, as by perpetual watering, the flavour is diminished. When clean, if the fish is to be boiled, some salt, and a little vinegar should be put into the water, to give it firmness. Care should be taken

to boil the fish well, but not to let it break. Cod and haddock are much better for being a little salted, and kept for a day.

There is often a muddy smell and taste attached to fresh-water fish, which may be got rid of by soaking it, after it has been thoroughly cleaned in strong salt and water; or, if the fish is not too large, scald it in the same; then dry, and dress it.

Care should be taken that the fish is put into cold water, and allowed to do very gently, otherwise the outside will break before the inside is done.

If the fish is not taken out of the water the instant it is done, it will become woolly; to ascertain when it is ready, the fish plate on which it is dressed may be drawn up, and if sufficiently done it will leave the bone. To keep hot for serving, and to prevent it from losing its colour, the fish plate should be placed crossways over the fish-kettle, and a clean cloth put over the fish.

Small fish may be either nicely fried plain, or done over with egg and bread-crumbs, and then fried. Upon the dish on which the fish is to be served, should be placed a folded damask napkin, and upon this put the fish, with the liver and roe; then garnish the dish with horse-radish, parsley, and lemon. Fish is a dish which is almost more attended to than any other.

To fry or broil fish properly, after it is well cleaned and washed, it should be wrapped in a nice soft cloth, and when perfectly dry, wetted with egg, and sprinkled all over with very fine bread-crumbs; it will look still better to be done over with egg and crumbs a second time. Then having on the fire a thick-bottomed frying-pan, with plenty of lard or dripping, boiling hot, put the fish into it, and let it fry tolerably quick till it is done, and of a nice brown yellow.

If it is done before it has obtained a nice brown colour,

the pan should be drawn to the side of the fire, the fish carefully taken up, and placed either upon a sieve turned upwards, or on the under side of a dish, and placed before the fire to drain, and finish browning; if wanted particularly nice, a sheet of cap paper must be put to receive the fish. Fish fried in oil obtains a much finer colour than when done in lard or dripping. Butter should never be used, as it gives a bad colour. Garnish your dish with a fringe of curled raw parsley, or with fried parsley.

When fish is to be broiled, it must be seasoned, floured, and done on a very clean gridiron; which, when hot, should be rubbed over with suet, to hinder the fish from sticking. It should be broiled over a very clear fire, to prevent its tasting smoky, and great care must be taken not to scorch it.

### CHOUDER.

Lay some slices cut from the fat part of pork, in a deep stew-pan, mix sliced onions with a variety of sweet herbs, and lay them on the pork. Bone and cut a fresh cod into thin slices, and place them on the pork; then put a layer of pork, on that a layer of biscuit, then alternately the other materials until the pan is nearly full, season with pepper and salt, put in about a pint and a half of water, cover the stew-pan very close, and let it stand, with fire above as well as below, for four hours; then skim it well, and put it in a dish.

### FRESH COD.

A cod-fish should be firm and white, the gills red, and the eye lively; a fine fish is very thick about the neck; if the flesh is at all flabby it is not good. The length of time it requires for boiling depends on the size of the fish, which varies from one pound to twenty; a small fish, about two or three pounds weight will be sufficiently boiled in a

quarter of an hour or twenty minutes after the water boils. Prepare a cod for dressing in the following manner:—empty and wash it thoroughly, scrape off all the scales, cut open the belly, and wash and dry it well, rub a little salt inside, or lay it for an hour in strong brine. The simple way of dressing it is as follows:—Tie up the head, and put it into a fish-kettle, with plenty of water and salt in it; boil it gently, and serve it with oyster sauce. Lay a napkin under the fish, and garnish with slices of lemon, horse-radish, &c.

### TO BOIL COD.

Wash, clean, and rub the inside of the fish with salt. Let it be completely covered with water, in the kettle. A small fish will be done in fifteen minutes after the water boils; a large one will take half an hour; but the tail being so much thinner than the thick part of the fish, it will be done too much if it be all boiled at once; therefore, the best way is, to cut that part in slices to fry, and garnish the head and shoulders with, or to serve in a separate dish. Lay the roe on one side, and the liver on the other side of the fish. Serve with it oyster sauce, or plain melted butter.

### SALT COD.

The flesh of good salt cod is very white, and the flakes large; the skin is very dark, almost black, and before it is dressed it should be soaked in milk and water, or water alone, for several hours; if very dry and salt, a whole day will not be too long. When you think the salt sufficiently soaked out, put the fish into a fish-kettle with plenty of cold water, set it on the fire; when nearly boiling, skim it, and let it simmer gently till done. Serve with it egg sauce, and garnish your dish with parsneps, or potatoes.

### TO CHOOSE MACKAREL.

Their gills should be of a fine red, their eyes full, and the whole fish stiff and bright: if the gills are of a faint colour, the fish limber and wrinkled, they are not fresh. They are in season in May and June.

### BOILED MACKAREL.

Boil them in salt and water, with a very little vinegar.

### MACKAREL BROILED OR FRIED.

They may be broiled or fried, and are extremely good either way, stuffed with crumbs of bread, parsley chopped, lemon-peel grated, pepper, salt, and nutmeg, mixed with yolk of egg; anchovy sauce and fennel sauce.

### PERCH BOILED.

Put them into cold water, and let them boil carefully; serve with melted butter and soy.

Or, set the perch on in cold spring water, with plenty of salt; as soon as they boil, skim them well, and place them aside to simmer till done; and serve them either with anchovy sauce, or with melted butter and soy.

### TO BOIL FISH.

The kettle which is used for boiling fish should be roomy, with a strainer to lay the fish upon. The water should, according to some cooks, be cold, and spring water, and it should be slow in coming to a boil: according to other cooks, it ought to be hot at the time of putting in the fish, upon the supposition that the shorter time it is in the water the better. I rather incline to this, for I must suppose that no fish, except that which is salted, can be the better for soaking. Experience must, however, be the best instructor;

and much must depend upon the size of the fish. Always put a good handful of salt in the water, as it assists to draw the slime from the fish, and tends to give it firmness. Vinegar may be added, also, for the latter purpose; particularly for cod and turbot. When the water boils, stand the fish-kettle by the fire, and let it simmer gently. The usual allowance of time is, twelve minutes to the pound; but practice alone can make a cook perfect in this, also. Great pains should be taken to arrive at perfection in cooking fish, for, besides that it is not eatable if underdone, and is good for nothing if overdone, it is equally unwholesome in either state.

### TO FRY FISH.

This is more difficult than to fry meat, and requires exceeding care and attention. It is, in some houses, considered an essential to the good appearance, as well as taste of fish, that lard be used in the frying; but this is a mistake, for dripping is just as good, and much less expensive. To fry well, fish must be quite fresh. Wash them, and lay them in the folds of a clean cloth to make them quite dry. Then flour them lightly, if they are to be covered with bread-crumbs, for if the fish be not quite dry, the bread-crumbs will not adhere to them. These bread-crumbs should be of very stale bread; or if you wish the fish to be very delicate in appearance, use biscuit powder. Having thus floured the fish, brush them over with the beaten yolk and white of egg, and then strew over the crumbs or powder, so as to cover every part of the fish. The frying-pan used for fish should be of an oval shape, and the same one should not be used for meat. The fire must be hot, but not fierce. If not sufficiently hot, the fish will be soddened, but if it be too hot, the fish will soon catch and burn. There should be fat enough to cover the fish; let it boil before you lay

in the fish, for frying is, in fact, *boiling in fat*. As the fat becomes hot, skim it with an egg slice. Try the heat of the pan by throwing a piece of bread into it, or just dip the tail of the fish into the fat, and if it become crisp at once, the pan is ready. After the fish is done, it ought to be well dried, before the fire, before it is sent to table. For this purpose, lay it on a soft cloth before the fire, and turn it every two or three minutes. If the frying fat has not been sufficiently hot, this will, in some measure, remedy the defect. Fat in which veal or lamb have been fried may be used afterwards for fish, when it has settled long enough to be poured from the sediment.

### TO FRY COD.

Cut in thick slices; flour, or egg, and cover these with bread-crumbs, or biscuit powder. Fry in plenty of hot dripping or lard. Slices of cod may also be stewed in gravy, like eels.

### COD'S HEAD AND SHOULDERS.

Wash it clean, then quickly dash some boiling water over it, which will cause the slime to ooze out; this should be carefully removed with a knife, but take care not to break the skin; wipe the head clean, and lay it on a strainer, in a turbot-kettle of boiling water; put in the salt and a tea-cupful of vinegar. Take care that it is quite covered. Let it simmer from thirty to forty minutes. It should drain before it is dished, and the dish be rather a deep one. Glaze it with beaten yolks of eggs, then strew over it fine grated bread-crumbs, lemon-peel, pepper and salt, stick into it some bits of butter, and set it before the fire; as it browns baste it with butter, constantly strewing more bread-crumbs and chopped parsley over it. A rich sauce for the above is made as follows: have made, in preparation, a quart of strong

beef or veal stock; or, if to be maigre, a rich, well seasoned, fish stock; thicken with flour mixed into butter, and then strain it; add to it 50 oysters, picked and bearded, the hard meat of a boiled lobster cut up, and the soft part pounded, 2 glasses of white wine (sherry is best,) and the juice of one lemon. Boil it, altogether, for 5 minutes, skim it, and pour part of it into the dish where the fish is; the rest serve in a sauce tureen. This dish may be garnished with fried smelts, flounders or oysters. When the French cook cod's-head in this way it has the addition of being stuffed with either meat or fish forcemeat and some balls of the same, fried, as a garnish. Cold cod may be dressed as cold turbot. Slices of cod may be boiled, as well as fried; but they should be as short a time as possible in the water; it should, therefore, boil soon after the slices are put into it. About ten minutes ought to do them. Shrimp sauce may be poured over these, or anchovy sauce. If you wish it to be rather rich, make a sauce of veal stock, a boned anchovy and pickled oysters, all chopped fine, pepper, salt, a glass of red wine, and a thickening of butter and flour. Boil up and skim, and pour over the slices of cod.

### COD'S SOUNDS,

Must be scalded and well cleaned. Rub with salt. Take off the outer coat, and parboil them. Then flour and broil them. Pour over a thickened brown gravy sauce, in which there should be a tea-spoonful of made mustard, added to cayenne and what other seasoning you like. They may be fried, and served with the same kind of sauce. *Or*, dressed in ragout, parboiled, cut in pieces, and stewed in good gravy.

## VEGETABLES.

### SPINACH.

SPINACH is a vegetable which we cannot too strongly recommend. It must be prepared as follows:—

After being carefully picked and washed four or five times in abundance of water, let it be put into boiling water containing some salt, in a large vessel where it may have plenty of room. The leaves that rise above the water must be pressed down. When the spinach is about half done, take it off the fire, strain it, and prepare some more boiling water and salt, in which it must be again boiled till sufficiently done. The moment it is so, throw it into a colander and keep pouring cold water over it for some time; then make it into balls, and with your hands press out every drop of water it contains; afterward chop it very fine until it becomes almost a paste.

Now put a lump of butter into a stew-pan, and place the spinach upon the butter; let it dry gently over the fire. When the moisture is evaporated, dredge it with a little flour, then add a small quantity of good gravy, with seasoning to your taste; let it boil up, and serve it up with bread fried in butter.

The Parisians are very fond of spinach with sugar, which is a great delicacy, and may be prepared in the following manner:—Boil some good cream just before you put the spinach in the stew-pan with the butter. When you have added the flour to the spinach as before directed, together with a little salt, put in the cream with some sugar and nutmeg, let it simmer for ten minutes, then serve it up on toast, with a very small quantity of pounded lump-sugar strewed over it.

### MODE OF DRESSING CAULIFLOWERS WITH PARMESAN CHEESE.

Having boiled the cauliflowers, prepare a sauce in the following manner. Into a quarter of a pound of butter rub a table-spoonful of flour. Then put it into a stew-pan; as the butter melts, add by degrees half a pint of water, or a little more if you require more sauce. Stir the whole until it boils; after it has boiled a couple of minutes, take it from the fire, and when entirely off the boil add the yolk of an egg, beat it up with a little lemon juice and half a table-spoonful of soft water. Shake the stew-pan till the whole is mixed and the sauce set.

Now powder the cauliflowers with rasped Parmesan cheese; then pour the sauce over them: when the sauce is firmly set upon them, cover the surface with rasped cheese and bread-crumbs, and brown it.

### PEA STEW.

Shell a peck of young peas, and put them into a large quantity of cold water. Handle them well in the water with a quarter of a pound of fresh butter, which will make the peas stick together; then drain them in a colander. Put half a pound of bacon or ham, cut into small pieces an inch long, and half an inch wide, in the bottom of a stew-pan; place it upon the peas from the colander; upon them put half a dozen young onions, a cabbage lettuce, cut into very small pieces, and a bunch of parsley, which must be taken out before the peas are dished up:—the ham or bacon will salt the whole sufficiently. Place the stew pan over a slow fire, cover it close, and let its contents stew gently. Should the water in the lettuce and peas not prove sufficient half a wine-glassful may be afterwards added; but when

the peas are young, they generally yield a great deal of water, and some little always adheres to the butter; so that, if the stewing is not performed too rapidly, any addition of water is seldom required. When, on taking off the lid of the stew-pan, you find that the lettuce has sunk, and is affected by the steam, let the whole be turned, not with a spoon, but by tossing the stew-pan. A little pepper, and two pretty large lumps of sugar saturated with water, may then be thrown in. As soon as the peas are nearly ready, add some fresh cream, and a lump of butter rolled in flour. When the onions are thoroughly done, the peas will be found also sufficiently dressed, if they are young.

Stewed peas in the simple state may be prepared thus:—Handle the peas in water with butter, as before directed, and drain them in a colander; then put them into a stew-pan, with a bundle of parsley and green onions, some pepper and salt. If necessary, add half a wine-glassful of water. Let them sweat over a slow fire until the peas are done, taking care to shake and toss the stew-pan often to prevent their burning. When they are half done, add to them two lumps of sugar saturated with water. When done, take them off the fire; and when sufficiently off the boil, add the yolk of an egg, previously beaten up with a table-spoonful of cold water.

### ASPARAGUS.

We must here say a passing word on asparagus, which comes into season about the same time as green peas. This is one of the most wholesome vegetables we know; it has a strong diuretic, and a slightly aperient quality. It must be dressed as soon as possible after it is gathered, as it acquires a very disagreeable taste from being kept. Unlike most new vegetables, it may be spoiled by over-boil-

ing: it should be done in an open vessel, with plenty of water and a good handful of salt, and great care must be taken not to boil it to a sufficient extent to make it lose its crispness. It is eaten with white sauce or melted butter. The white sauce is preferable, and is made as follows:—

Mix half a table-spoonful of flour with half a pint of cold water, place it over the fire; add a quarter of a pound of butter, and a little salt. Keep stirring the whole until it boils. Let it boil until of a proper thickness, then take it off the fire. When sufficiently off the boil add the yolk of an egg, beat up with a table-spoonful of water and half that quantity of vinegar or verjuice.

### CABBAGE.

The great fault in this vegetable, when produced at our tables, is, that it is never more than half boiled. When properly dressed, it is one of the most wholesome and agreeable productions of the kitchen garden. There is a mode of preparing it with sausages, which is so delicious, though simple and cheap, that it ought to find a place here, as it may be found very useful and agreeable in families where there are many children, who are usually fond of such dishes, and with whom they certainly agree much better than strong animal food.

The day when you make soup, according to the recipe given in a former page, bleach or parboil a large cabbage in salt and water, then fry a pound of sausages, which put into a pie-dish with the cabbage over them, adding a small teacupful of broth. Place the whole upon the hob of the kitchen fire, or close before it, which ever is the most convenient, at the hour when you first put on the soup. Whilst this latter is making, skim the fat from the surface; every now and then moisten the cabbage with it. As the process of cook-

ing goes on, add salt and pepper to your taste. In about four hours the cabbage will be done.

### OYSTER PLANT.

There is a delicious vegetable very little used among us, though to be found at all our markets in the metropolis; we mean the Oyster Plant. It is of two kinds, the black and the white; the former is the best, being better flavoured and more tender. It is easily dressed. Scrape off the outer peel of the skirrets, then throw them into cold water with a little vinegar in it, which prevents them from changing colour. They must be boiled in plenty of water with a small quantity of salt, the juice of a lemon, and a lump of butter about the size of a nutmeg. When done, which may be ascertained by trying them with a fork, they may be be served up with white sauce, into which they must be put about five or six minutes before it is taken off the fire, and the thickening of egg added to it. They are likewise very nice fried in a thin batter, and may be served up with fried parsley over them. On being put into the dish, and before the parsley is added, they should be sprinkled with a little salt. This vegetable, also when boiled, makes an excellent salad with oil, vinegar, mustard, and a little cream. To it may be added some chopped parsley, a chopped anchovy, and a few capers.

### CARROTS.

Carrots, if young, need only be wiped when boiled; if old, they must be scraped before boiling. Slice them into a dish, and pour melted butter over them.

### CAULIFLOWERS.

Cut off the stalks, but leave a little green on; boil them

in spring water and salt; they are soon done, but they must not boil too fast. They may be also dressed in milk and water without salt.

### CAULIFLOWERS FRIED.

Pick, wash, and throw them into boiling water, with a little salt, and when three parts done, take them out, drain and put them into an earthen pan, with salt, pepper and vinegar; beat them up in this, and then fry them in a batter made as follows: three spoonfuls of flour, two eggs, a little salt, some oil, and a tea-spoonful of brandy.

### BOILED PARSNIPS.

Let them boil in plenty of water, with salt, till tender, then serve them on a dish by themselves; or, when boiled cut them in slices, and toss them up in a good bit of butter; they are generally eaten with salt fish.

### BOILED TURNIPS.

Pare them thick; when boiled, squeeze them well to thoroughly drain them from the water; mash them smooth, add a piece of butter, a little flour, pepper, and salt.

### TURNIP-TOPS.

This vegetable is in season during the early part of the spring; they should be very young, and all the stalks, and withered leaves taken off. Turnip-tops require a great deal of water to boil them; put in some salt, and serve them like spinach.

### TO PRESERVE VEGETABLES FOR THE WINTER.

French beans must be picked young, and a layer of them put three inches deep into a small wooden keg; sprinkle

them over with salt, and then put another layer of beans, and strew salt over them, and so on as high as you please: be careful not to put too much salt. Cover them with a plate or a piece of wood that will go into the keg, and place a heavy stone over it; a pickle will exude from the salt and beans; when wanted for use, cut, soak, and boil them the same as though they were fresh.

Keep carrots, parsnips and beet-roots, in layers of dry sand, and do not clean either them, or potatoes from the earth that remains about them.

Store onions should be kept hung up in a dry cold room.

Cut parsley quite close to the stalks, and dry it in a warm room, or in a very cool oven upon tins.

You may keep small close cabbages many weeks, by laying them, before the frost sets in, on a stone floor, which will blanch, and make them very fine.

### FRENCH MODE.

A most ingenious way of preserving vegetables all the winter, particularly green peas and French beans, has recently been discovered; by filling a middle-sized stew-pan with young peas, for instance, into which must be put two or three table-spoonfuls of sugar, and the stew-pan then set over a brisk charcoal fire. When the heat begins to act, stir up the peas, two or three times; then, as soon as they begin to yield water, pour them out into a dish to drain. Spread them out on paper in an airy place; not exposed to the sun, and turn them frequently so as to dry rapidly. Guard them from moisture, and you may have them green at Christmas without expense, and with very little trouble.

### TO MAKE KITCHEN VEGETABLES TENDER.

When peas, French beans, &c. do not boil easily, it has

usually been imputed to the coolness of the season, or to the rains. This popular notion is erroneous. The difficulty of boiling them soft arises from an excess of gypsum imbibed during their growth. To correct this, throw a small quantity of subcarbonate of soda into the pot along with the vegetables.—*From the French.*

### NEW POTATOES IN WINTER.

Take some dry vegetable mould, cover the bottom of a large box, about two inches thick, then lay potatoes of the kind (and the largest of their kind) called ox-nobles (chiefly used for cattle) side by side, so as to cover the mould; then cover these with two inches more mould, and so on for four or five courses. The box may stand covered with dry straw in any warm cellar. If this plan be adopted in the month of November, a very large supply of beautiful young potatoes will be obtained very soon after Christmas; and the potatoes may be repeated so as to have a succession till the season produces them in the natural way.

### POTATOES.

The potatoe should be put into cold salt and water, and boiled gently. When half done, the water should be changed, and the operation recommenced, but not with cold water; the second water, which must likewise be salted, must be previously boiled. When the fork indicates that the potato is nearly done, but before it breaks, the boiling should be checked by the addition of a cupful of cold water. Soon after this the potatoes will crack. The water should then be drawn off, and the vessel containing them placed upon the hob for five minutes, with the lid off, the potatoes being covered with a clean napkin. They are then found to be dry and mealy. They should be served up the moment

they are done, and should not be taken to table in a covered dish, because the steam rising from them is condensed by the cover of the dish, falls back upon them, and they become soddened and watery.

When potatoes are young, they may be dressed thus:—

Wash the young potatoes, which must be as nearly as possible of the same size; rub off the skin with a napkin and dry them well. Put into a stew-pan a good lump of butter. When it boils, throw the potatoes in. Do not cover the stew-pan. Every now and then toss the stew-pan so as to turn the potatoes, bringing those uppermost which were before underneath. When the fork easily penetrates the potatoes they are done, and must be taken up immediately, otherwise they would lose their savour and become flaccid. Strew a little salt over them, and garnish them with fried parsley. Serve them up immediately uncovered. Potatoes thus dressed are excellent with fish, and may appear with advantage at a formal dinner party.

### TO BOIL POTATOES.

Various are the ways for boiling potatoes, and few are the cooks who boil them well. But it seems to me that the best way, upon the whole, is, to *boil*, not steam them. So much depends upon the sort of potatoe, that it is very unfair to condemn a cook's ability in the cookery of this article, until it be fully ascertained that the fault is really hers, for I have seen potatoes that no care or attention could boil enough, without their being watery, and I have seen others that no species of cookery could spoil. They should be of equal size, or the small ones will be too much done, before the large ones are done enough; do not pare, or cut them; have so large a sauce-pan that your potatoes will only half fill it, and put in cold water sufficient to cover

them about an inch; so that, if it waste in boiling, they may still be covered; but too much water would injure them. Put the sauce-pan on the fire, if it be a moderate one, and as soon as the water boils, set it on one side, to simmer slowly till the potatoes will admit a fork, the cracking of the skin being too uncertain a test to venture a reliance upon; having tried them with the fork, if they are tender pour the water off, and stand the sauce-pan by the side of the fire, take off the cover, and lay a folded cloth, or coarse flannel, over the potatoes. Middling sized potatoes will be boiled enough in fifteen minutes. Some people, (and I have been told it is practised generally in Ireland), when they have poured off the water, lay the potatoes in a coarse cloth, sprinkle salt over, and cover them up, for a few minutes, then squeeze them lightly, one by one, in the folds of a dry cloth, peel and serve them. Some people peel potatoes for the next day's dinner and put them into cold water enough to cover them: over night, the water is poured off just before the potatoes are boiled. After the beginning of March potatoes should always be peeled before they are boiled, and after April they should always be mashed. Potatoes may be dressed in various ways to make pretty supper or side dishes, and there are many sauces suitable to enrich them.

### YOUNG POTATOES.

Pour boiling water over them in a sauce-pan, let it simmer, and they will soon be done.

### TO FRY OR BROIL POTATOES.

Cold potatoes may be cut in slices and fried in nice dripping, or broiled on a gridiron, and then laid on a sieve to drain; serve on a hot dish, and sprinkle a little pepper and salt over them. Garnish with a few sprigs of curled parsley, or the parsley may be fried and strewed over the slices.

### ANOTHER.

When the potatoes are nearly boiled enough, pour off the water, peel and flour them, brush them over with yolk of egg, then roll them in fine bread-crumbs or biscuit powder, and fry in butter, or nice dripping. *Or*, they may be gently stewed, in a sauce-pan, with butter; take care to turn them, while stewing. Lay them on a sieve to drain, and pour a white sauce over them, in the dish.

### TO MASH POTATOES.

When they are boiled purposely to mash, peel them and cut out all the specks first, and when they are done and the water has been poured from them, put them over the fire for two or three minutes, to dry, then put in some salt and butter and milk enough to moisten sufficiently for you to beat them to a mash. The rolling-pin does this better than any thing else. Cream is better than butter, and then no milk need be used. Potatoes thus mashed may be put into a shape, or into scallop-shells, with bits of butter on the top, and then browned before the fire; either way will make a very pretty dish. *Or*, they may be rolled up, with a very little flour and yolk of egg into balls, and browned in the dripping-pan under roast meat. These balls are very pretty to garnish some dishes with. Onions are sometimes boiled, pulped through a sieve, and mixed with mashed potatoes.

### TO ROAST POTATOES.

Some cooks half boil them first. They should be washed clean and well dried, before they are put into the oven, or before the fire. If they are large, they will take two hours to roast, and they should be all of a size, or they will not be done alike. *Or*, pour off the water, peel and lay them in a tin pan, before the fire, by the side of roasting meat. Baste

them, from the dripping-pan, and turn them that they may brown equally.

### TO BOIL CABBAGES.

After they have been well washed and cleaned, quarter them, if they are large. A young cabbage will be done in from twenty minutes to half an hour, but a full grown one will take nearly an hour. Have plenty of water, that the cabbages may be covered all the time they are boiling; and watch and take off all scum that rises. Serve melted butter with them.

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## PICKLES, SAUCES, GRAVIES, MACARONI, OMELET, OYSTERS, &c.

### TO POACH EGGS.

Make some spring water boil, skim it, and put a table-spoonful of vinegar in. Break off the top of the egg with a knife, and let it slip gently into the boiling water, turning the shell up over the egg, to gather in the white; this is a better way than that of first breaking the egg into a cup, and then turning it into the water, though this method requires a little dexterity. Let the sauce-pan stand by the side of the fire till the white is set, and then put it over the fire for two minutes. Take up the eggs with a slice; trim them with a knife, and serve them on toasts, spinach, brocoli, sorrel, slices of broiled ham, or in the centre of a dish, with pork sausages round.

### TO FRY EGGS.

Melt a piece of butter in a frying-pan, and slip the eggs in, as directed above. *Or*, lay some thin slices of well col-

oured bacon (not affected with rust), in a dish before the fire, to toast; break the eggs into teacups, and slip them gently into nice fresh boiling lard, in a frying-pan. When they are done, which will be in little more than two minutes, lay each one (first trimming the white) on a slice of the bacon. Make a sauce of a little weak broth, cayenne, made mustard and vinegar, and pour it into the dish.

### TO BUTTER EGGS.

Beat twelve eggs well, in a basin, with two table-spoonfuls of gravy, if you have it; melt a quarter of a pound of butter, stir the eggs and this together, in a basin, with a little pepper, salt and a finely minced onion, if liked. Pour this mixture backwards and forwards from one basin to another. Put it into a stew-pan on the fire, and stir constantly with a wooden spoon, to prevent burning. When the eggs are of a proper thickness, serve them, spread on a nice toast.

### PICKLES.

The great art of pickling consists in using good vinegar, and in selecting the articles to be pickled at the proper seasons.

Pickles are indigestible things, in themselves, but their liquor is good to give relish to cold meat, therefore the strongest vinegar should be used, because the less quantity of it will be required at table. The pickles themselves I should regard, mostly, as furnishing a handsome garnish. They should be kept in a dry place, and glass jars are the best, because with them it is easy to perceive whether the vinegar diminishes, and if it does, more should be boiled with spice, and poured cold over the pickles. Fill the jars three parts full with the pickles, but always let there be three inches above their surface of vinegar. If earthenware jars

are used, let them be unglazed: and bear in mind that vinegar should always be boiled in unglazed earthenware; though, in fact, it ought never to boil at all, but be made just scalding hot, for boiling causes much of its strength to evaporate. Keep the bottles closely stopped, with bungs, and over them a bladder, wetted in the pickle. When you cork a bottle up again, after opening it, put a fresh bladder over it, if you wish the pickles to keep a long time. When the pickles are all used, the vinegar should be boiled up with a little more spice, and bottled when cold. The colour of pickles is a matter of no small difficulty, though one of the greatest consequence, where they are used, as I recommend, by way of ornament.

### OYSTER SAUCE.

Beard the oysters (the number must depend on the quantity required), strain their liquor and let it stand for any sediment to fall, then pour it off clear into a sauce-pan, and add one blade of mace and two or three white peppercorns; let it boil for a few minutes; then throw in the oysters to let them just boil up; take them out and strain the liquor; boil the oysters and liquor again, adding some butter which has been rubbed in flour (on a trencher) and a little cream or milk.

### BREAD SAUCE.

Boil half a pint of milk, and put into it a tea-cupful of bread-crumbs a little powdered, small chopped onion which has been boiled in three waters, and let it simmer twenty minutes, then add a bit of fresh butter rolled in flour, just boil up, and serve.

### TO MAKE SOY.

One pound of salt, two pounds of common sugar, fried for

half an hour over a slow fire; add to this three pints of boiling water, of essence of anchovies about half a pint, a few cloves, and a bunch of sweet herbs; boil altogether till the salt is dissolved; when cold, bottle it for use.

### TO PICKLE ONIONS.

Put the onions into cold salt and water, let them stand all night; boil the spice in white vinegar, let it remain till it is cold; drain the onions well and pour the vinegar over; they will be fit for use in a few days.

### EGG SAUCE.

Boil three eggs hard, cut them in small squares, and mix them in good batter sauce, make it very hot, and squeeze in some lemon-juice before you serve it.

### GRAVY FOR A FOWL, WHEN THERE IS NO MEAT TO MAKE IT OF.

Nicely wash the feet of a fowl, and cut them, and the neck, into small pieces, simmer them with a little browned bread; a slice of onion, a bit of parsley, and thyme; some pepper and salt, and the liver and gizzard, in a quarter of a pint of water, simmer them till they are reduced to half. Take out the liver, bruise it, and strain the liquor to it. Then thicken it with flour and butter, and add a tea-spoonful of catsup.

### MACARONI.

Put a piece of butter, half a pound of macaroni, an onion stuck with two cloves, and a little salt into hot water, boil them for three quarters of an hour, and then, if the macaroni is flexible, take it out and drain it well. Put it into another saucepan with two ounces of butter, three of grated Parmesan cheese, a little pepper and nutmeg;

toss up the whole together, adding two or three spoonfuls of cream; and when done, put it on a dish, and serve it very hot.

### TO SERVE MACARONI.

Simmer it in a little stock, with pounded mace and salt. When quite tender, take it out of the liquor, lay it in a dish; grate over it a good deal of cheese, then over that put bread grated very fine. Warm some butter without oiling, and pour it from a boat through a little earthen colander all over the crumbs, then put the dish in a Dutch oven to roast the cheese, and brown the bread of a fine colour. The bread should be in separate crumbs, and look light.

### MINT SAUCE.

Take nice fresh mint, chop it small, and mix it with vinegar and sugar.

### TO MAKE MUSTARD.

Take some of the best flour of mustard and mix it, by degrees, to a proper thickness with boiling water, rubbing it extremely smooth; add a little salt, and keep it in a small jar closely covered, and only put as much into the mustard-pot as will be used in a few days; the mustard-pot should be daily wiped round the edges.

Or, Take a few spoonfuls of the flour of mustard, and carefully mix it with a little warm water, until it is of the consistence of honey; be particular that it is mixed perfectly smooth.

*For immediate use;* Take some mustard, and by degrees mix it quite smooth with new milk, adding a little cream. Mixed in this manner it will keep; it is very soft, and not in the least bitter.

### OMELET.

Take as many eggs as you think proper (according to the size of your omelet) break them into a basin with some salt and chopped parsley; then beat them well, and season them according to taste, then have ready some onion chopped small; put some butter into a frying-pan, and when it is hot (but not to burn) put in your chopped onion, giving them two or three turns; then add your eggs to it, and fry the whole of a nice brown; you must only fry one side. When done, turn it into a dish, the fried side uppermost.

### TO PICKLE ONIONS.

Peel the onions till they look white; boil some strong salt and water, and pour it over them; let them stand in this twenty-four hours, keep the vessel closely covered to retain the steam; after that time wipe the onions quite dry, and when they are cold, pour boiling vinegar, with ginger and white pepper over them. Take care the vinegar always covers the onions.

### ONION SAUCE.

Peel some onions, boil them in milk and water, put a turnip with them into the pot (it draws out the strength); change the water twice; pulp them through a colander, or chop them; then put them into a saucepan with some cream, a piece of butter, a little flour, some pepper and salt: they must be served very smooth.

Or, The onions must be peeled, and then boiled till they are tender; then squeeze the water from them; chop them, and add to them butter that has been melted rich and smooth, with a little good milk instead of water; give it one boil, and serve it for boiled rabbits, partridges, or knuckle of veal, or

roast mutton. A turnip boiled with the onions draws out their strength.

### OYSTERS IN BUTTER.

Make a butter with the yolk of one egg (or more, according to the quantity of oysters you intend to fry), a little nutmeg, some beaten mace, a little flour, and a little salt; dip in the oysters, and fry them in hog's lard to a nice light brown. If agreeable, a little parsley, shred very fine, may be put into the batter.

### FRIED OYSTERS.

Beat up the yolks of eggs with flour, salt, and nutmeg, dip your oysters in this, and fry them a light brown.

### OYSTER PATTIES.

Take some small patty-pans and line them with a fine puff paste, cover them with paste, putting a bit of bread into each; and when they are baked, have ready the following to put in the place of the bread:—Take some oysters, beard them and cut the other parts into small pieces, with a a very little grated nutmeg, the smallest quantity of white pepper and salt, a morsel of lemon-peel, cut as small as possible, a little cream, and a little of the oyster liquor; simmer it a few minutes before putting it into the patties.

### PICKLED OYSTERS.

Procure some of the largest sort of oysters, and wash four dozen in their own liquor; wipe them dry, strain the liquor off, add to it a dessert-spoonful of pepper, two blades of mace, three table-spoonfuls of white wine, and four of vinegar, and if the liquor is not very salt, you may put one table-spoonful of salt; simmer the oysters for a few minutes in the liquor, then put them into small jars, and boil up the

pickle, skim it, and when cold, pour it over the oysters; keep them closely covered.

### OYSTER SAUCE.

In opening the oysters save the liquor, and boil it with the beards, a bit of mace, and lemon-peel; in the meantime throw the oysters into cold water, and drain it off, strain the liquor, and put it into a sauce-pan with the oysters just drained from the cold water, with a sufficient quantity of butter, mixed with as much milk as will make enough sauce; but first rub a little flour with it; set them over the fire, and stir all the time, and when the butter has boiled a few times, take them off, and keep the sauce-pan close to the fire, but not upon it; for if done too much, the oysters will become hard; add a squeeze of lemon-juice, and serve. A little is a great improvement.

### SCALLOPED OYSTERS.

Put them into scallop-shells, strew over them bread-crumbs, with a little bit of butter; then put in more oysters, bread-crumbs, and a bit more butter at the top; set them in a Dutch oven, and let them do of a nice brown.

### STEWED OYSTERS.

Open, and take the liquor from them, then cleanse them from the grit; strain the liquor, and add the oysters with a bit of mace and lemon-peel, and a few white peppers. Simmer them very gently.

### PICKLE FOR TONGUES.

To four gallons of water, add two pounds and a half of treacle, eight pounds of salt, two ounces of saltpetre; boil it, and skim it until clear, sprinkle salt over the tongue, and let it stand two days; wipe it clean before you put it into the

pickle, which must be quite cold; boil the pickle every two or three months, adding two or three handfuls of salt, skimming it well.

Half the quantity is sufficient for two tongues.

### WALNUT KETCHUP.

Thoroughly well bruise one hundred and twenty young walnuts; put to them three quarters of a pound of salt, and a quart of good wine vinegar; stir them every day for a fortnight; then strain and squeeze the liquor from them through a cloth, and set it aside; put to the husks half a pint of vinegar, and let it stand all night; then strain and squeeze them as before, adding the liquor which is obtained from them to what was put aside the preceding day, and add to it one ounce and a quarter of whole black pepper, forty cloves, half an ounce of nutmegs bruised, or sliced, half an ounce of ginger, and five drachms of mace, and boil it for half an hour; then strain it off from the spices, and bottle it for use.

### WALNUT PICKLE.

Lay your walnuts in water, and change it every day for the space of three weeks to extract all the bitterness from them; make a pickle with spice, salt, and vinegar; let it boil a quarter of an hour, and pour over the walnuts.

### TO MELT BUTTER.

Break the butter, which ought to be very good, into small pieces, put them into a quite clean sauce-pan, with some thin sweet cream, or milk, milk and water, or water alone; dredge some fine dried flour over it, hold the sauce-pan over the fire, toss it quickly round (always one way) while the butter melts, and becomes as thick as very thick cream; then let it just boil up, turn the sauce-pan again quickly, and it is done.

Butter which is to have oysters, shrimps, lobsters, eggs or any such thickening ingredients, should be made rather thin, and if to be rich, a great proportion of sweet cream. If catsup or any flavoring ingredient is to be added, let the butter be melted with water only, and let the ingredient be stirred in, by degrees, just before you send it to table.

### BEEF GRAVY.

This forms the basis of many rich sauces, and is made of lean juicy meat. Cut about four pounds into thin slices, and score them; place a slice of raw bacon at the bottom of a stew-pan, lay the beef upon it, and some bits of butter; add half a large carrot, an onion, and a small head of celery, all cut up; also a small bunch of sweet herbs, and a bay leaf if you like. Set it over the fire to brown, shaking the sauce-pan occasionally that the meat may not stick. In half an hour the juices will be drawn; then put in the quantity of boiling water required. Let it be well scummed, and when that is no longer necessary, wipe clean the edges of the sauce-pan and lid, and cover it close. Let it simmer for nearly three hours, by the side of the fire; it should stand to settle, then strain it into an earthen vessel, and put it by in a cool place.

### TOMATA SAUCE.

Put the tomatas into a jar, and stand it in a cool oven. When they are soft, take off the skins, pick out the seeds, beat up the pulp, a clove of garlick, a very little ginger, cayenne, white pepper, salt and vinegar; rub it through a sieve, and then simmer it for a very few minutes. A little of the juice of beet-root will improve the colour.

### MINT SAUCE.

Wash and pick some nice young mint, and mince the leaves very fine; mix them with fine powdered sugar, put these into the sauce tureen and pour good white vinegar over them.

### SWEET SAUCE.

Melt some white or red currant jelly, with a glass or two of red or white wine. Or send the jelly to table in glasses, or glass dishes.

### LEMON SAUCE.

Pare a lemon, and take off all the white part; cut the lemon in thick slices, take out the seeds, and cut the slices into small pieces; mix them by degrees, into melted butter, but stir it, that the butter may not oil.

### CUCUMBERS AND ONIONS.

Boil in 3 pints vinegar, $\frac{1}{4}$ lb. flour of mustard, mixed as for table use; let it stand till cold. Slice a dozen large cucumbers, and $\frac{1}{2}$ dozen large onions; put them into jars with 2 oz. ginger, $\frac{1}{2}$ oz. white pepper, and a small quantity of mace and cloves, and pour the vinegar, when cold, over them. Tie down close.

### RED CABBAGE.

Get a firm dark-coloured middling sized cabbage, and, having cut out the stalk, divide the cabbage, and cut it into slices of the breadth of narrow straws; sprinkle salt over, and let it lie for two days; then drain the slices very dry, and fill the jar, or jars, 3 parts full, and pour a hot pickle over them, of strong vinegar, which has been heated, with a due portion of black pepper, ginger, and allspice.

Cover the jars to keep the steam in, and when the pickle is cold, put in the bungs, and tie bladders over.

### PICKLED MANGOES.

Take small musk-melons, cut out one piece large enough to remove all the seeds from the inside. Prepare a filling, of scraped horse-radish, whole mustard seed, sliced onions, whole cloves, and allspice. Put this mixture into the mangoes and then put in the piece you have cut out, sewing it with coarse thread in its original shape. Pickle the same as other pickles.

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## COFFEE, SHELLS, &c.

### TO MAKE COFFEE.

THERE are various recipes for preparing and refining coffee; the following is the best that has ever come under our view, and is available in all places. Procure your coffee fresh-roasted and not too brown, in the proportion of a quarter of a pound for three persons. Let it be Mocha, and grind it just before using. Put it in a basin, and break into it an egg, yolk, white, shell and all. Mix it up with a spoon to the consistence of mortar, place it with warm —not boiling—water in the coffee pot; let it boil up and *break* three times, then stand a few minutes, and, it will be as clear as amber, and the egg will give it a rich taste.

### COFFEE.

The coffeepot should be three parts full of boiling water; tne coffee is to be added a spoonful at a time, and well stirred between each; then boil gently, still stirring to prevent the mixture from boiling over as the coffee swells, and to

force it into combination with the water. This will be effected in a few minutes, after which, the most gentle boiling must be kept up during an hour. The coffee must then be removed from the fire to settle; one or two spoonfuls of cold water thrown in assists the clarification, and precipitates the grounds. In about an hour, or as soon as the liquor has become clear, it is to be poured into another vessel, taking care not to disturb the sediment.

Coffee made in this manner will be of the finest flavour, and may be kept three days in summer, and four or five in winter; when ordered for use, it only requires heating in the coffee-pot, and may be served up at two minutes' notice.

The grounds or sediment which remain, will make a second quantity of coffee, by boiling with fresh water for an hour; this is frequently used by servants. As this process requires some time, and a little attention, it is frequently the custom for the cook to make it in the evening, when the hurried work of the day is over.

*French method of preparing it.*—1st. Let your coffee be dry, not in the least mouldy or damaged.

2d. Divide the quantity that is to be roasted into two parts.

3d. Roast the first part in a coffee-roaster, the handle of which must be kept constantly turning until the coffee becomes the colour of dried almonds or bread-raspings, and has lost one eighth of its weight.

4th. Roast the second part until it assumes the fine brown colour of chestnuts, and has lost one-fifth of its weight.

5th. Mix the two parts together, and grind them in a coffee-mill.

6th. Do not roast or make your coffee until the day it is wanted.

7th. To two ounces of ground coffee, put four cups of cold water. Draw off this infusion, and put it aside.

8th. Put to the coffee which remains in the *biggin*, three cups of boiling water, then drain it off and add this infusion to that which has been put aside. By this method you obtain three cups more.

When your coffee is wanted, heat it quickly in a silver coffee-pot, taking care not to let it boil, that the perfume may not be lost by undergoing any evaporation. Then pour it into cups, which each person may sweeten according to his taste.

Particular care should be taken not to make coffee in a tin vessel, it should be made either in a china vessel, or one of delft ware, or in one of silver.

*To make with cold water.*—Upon two ounces of coffee pour seven cups of cold water; then boil it until the coffee falls to the bottom; when the froth has disappeared, and it is clear at the top like boiling water, it must be taken off the fire and allowed to stand; but as it often requires clearing, a little cold water should be poured into it the instant it is taken off the fire from boiling. A quicker method of clearing it is, by putting into it a small piece of isinglass. When it has stood a sufficient time to allow it to settle, pour off the infusion gently into another coffee-pot; it is then ready for use.

### COCOA SHELLS.

These make a most delightful drink for breakfast or supper. They are not much known except in New England, where they are much used, being considered more wholesome than coffee or tea. They can be obtained of the chocolate manufacturers, and have all the agreeable flavour of chocolate without the smallest particle of grease. They sell for about eighteen cents the pound; but they are so light

that a pound contains a sufficient quantity for several meals. The best way is to soak them in water over night and boil them in the same water in the morning. They require a great deal of boiling to be good. They are excellent nourishment for an invalid.

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## PUDDINGS, CUSTARDS, &c.

### DIRECTIONS FOR PUDDINGS.

Take the greatest care in boiling of a pudding, that the cloth is perfectly clean, otherwise the outside of the pudding will have a disagreeable flavour; to prevent this, the cloth should always be nicely washed and kept in a dry place, and when wanted for use, it should be dipped in boiling water, squeezed dry, and floured.

The water should boil quick when the pudding is put in and it should be moved about for a minute, for fear the ingredients should not mix.

When the pudding is done, a pan of cold water should be ready, and the pudding dipped into it as soon as it comes out of the pot, which will prevent its adhering to the cloth.

A bread pudding should be tied loose; if batter, it must be tied tight over, and a batter-pudding should be strained through a coarse sieve when all is mixed. In others, the the eggs only. If you boil the pudding in a basin or pan, take care, that it is always well buttered.

When you make your puddings without eggs, they must have as little milk as will mix, and must boil for three or four hours. A few spoonfuls of small beer, or one of yeast, is the best substitute for eggs. Your puddings will always be much lighter if you beat the yolks and whites

of the eggs long and separately. You may, if you please, use snow instead of eggs, either in puddings or pancakes. Two large spoonfuls will supply the place of one egg; the snow may be taken up from any clean spot before it is wanted, and will not lose its virtue, though the sooner it is used the better.

### BROWN BREAD PUDDING.

Mix well together half a pound of *dried* bread-crumbs, and the same weight of beef suet; one pound and a half of currants; half a pint of *fresh* bread-crumbs; a large spoonful of sugar; the yolk of six and the whites of three eggs; and having seasoned it with nutmeg and cinnamon, boil it for two hours. It may be served with or without sauce.

### ECONOMICAL PUDDING.

Make a nice light paste, but not very rich; roll it out thin, then spread some clean treacle all over it, and thereon sprinkle some dried currants; roll it up, and put a cloth round it; then boil it for about two hours, according to the size. The currants may be omitted, if preferred.

### CHRISTMAS PUDDING.

One pound of bread crumbs, rubbed through the colander; half a pound of flour; one pound and a quarter of suet *very finely* chopped; quarter pound of sugar; one pound of currants; half pound of rasins, stoned and chopped. Mix well together, and then add—two ounces candied citron; one ounce ditto orange-peel; one ditto lemon peel; one nutmeg, grated; a little mace, cinnamon, and three cloves pounded; quarter of a tea-spoonful of powdered ginger; the peel of one lemon finely chopped. Mix well again, and then add—one wine-glassful of brandy; one ditto white wine; the juice of one lemon. Mix well together, and then

stir in gradually six well-beaten eggs. Boil five hours, and sift sugar over the top when served.

It is exceedingly convenient when making Christmas pudding, to boil several at once in varions sized moulds or basins, as they will keep well for a month or six weeks, and can be served on an emergency by merely re-boiling them—say one hour for a pint basin. After the first boiling remove the cloth, and when the pudding is cold cover it with a dry clean cloth.

### PLAIN LEMON PUDDING.

The juice of three lemons, the peel of one rubbed off with sugar, six ounces loaf sugar powdered (excepting what has been used for the lemon peel,) a good sized teacupful of bread-crumbs; while it is soaking together, beat up four eggs, leaving out two whites; melt one ounce of fresh butter, and mix all well together; line and edge a dish with puff paste, pour in the above, and bake in a quick oven for three quarters of an hour.

### TAPIOCA PUDDING.

One quart of cold milk; six table spoonfuls of tapioca; set on the fire, and stir till it boils; add one ounce and a half powdered loaf sugar, and set it on the fire and let it boil a quarter of an hour, stirring occasionally; take it off and turn it into a pan or basin, and stir in *immediately* one ounce of fresh butter, and three eggs well beaten; pour it into a buttered pie or pudding dish, and bake gently one hour. This pudding may be *boiled* for one hour and a half, adding two eggs. In either case it is better to prepare the topica early enough for it to be quite cold before baking or boiling, and if boiled, it must stand a full quarter of an hour after it is taken up, or it will not turn out whole. It is a very deli

cate-looking pudding when boiled and ornamented with red jelly.

### A BAKED APPLE PUDDING.

Butter a pie dish and line it with crumbs of bread, then place a layer of apple (cut as for pie,) in the bottom of the dish, sprinkle it with moist sugar, then a layer of crumbs, and so on alternately till the dish is filled, ending with a *thick* layer of crumbs; pour melted fresh butter over it, and bake for an hour.

### PUDDINGS THAT ARE QUICKLY MADE AND WITHOUT MUCH EXPENSE.

Beat up four spoonfuls of flour with a pint of milk and four eggs to a good batter, nutmegs and sugar to your taste; butter teacups, fill them three parts full, and send them to the oven. A quarter of an hour will bake them.

### THE BAKEWELL PUDDING.

Having covered a dish with thin puff paste, put a layer of any kind of jam about half an inch thick, then take the yolks of eight eggs and two whites, half a pound of sugar, half a pound of butter melted, and almond flavour to your taste; beat all well together; pour the mixture into the dish an inch thick, and bake it about an hour in a moderate oven.

### APPLE DUMPLINGS.

Choose six or eight good sized baking apples, pare them, roll out some good paste, divide it into as many pieces as you have apples; roll and cut two rounds from each, put an apple on one piece and put the other over; join the edges neatly, tie them in cloths, and boil them.

*Baked.*—Make them in the same way, but instead of

tieing them in cloths lay them in a buttered dish and bake them.

### APPLE PUDDING BAKED.

Pare and quarter four large apples; boil them tender, with the rind of a lemon, in so little water, that when done, none may remain; beat them quite fine in a mortar; add the crumb of a small roll, four ounces of butter melted, the yolks of five and whites of three eggs, juice of half a lemon and sugar to taste; beat altogether and lay in a dish with paste to turn out.

### APPLE TART.

Pare, core, and cut the best sort of baking apples in small pieces, and lay them in a dish previously lined with a puff-crust; strew over them pounded sugar, cinnamon, mace, nutmeg, cloves, and lemon peel chopped small, then a layer of apples, then spice and so on till the dish is full, pour over the whole a glass and a half of white wine. Cover it with puff-crust, and bake it. When done, take off the crust and mix in with the apples two ounces of fresh butter, and then pour in two eggs well beaten; lay the crust on again, and serve either hot or cold. You may add pounded almonds and a little lemon juice.

### BARLEY PUDDING.

Take a pound of pearl barley well washed, three quarts of new milk, one quart of cream, and half a pound of double refined sugar, a grated nutmeg, and some salt; mix them well together, then put them into a deep pan, and bake it; then take it out of the oven, and put into it six eggs well beaten, six ounces of beef marrow, and a quarter of a pound of grated bread; mix all well together; then put it into another pan, bake it again, and it will be excellent.

### PEARL BARLEY PUDDING.

Get a pound of pearl barley, wash it clean, put to it three quarts of new milk, and half a pound of double refined sugar, a nutmeg grated; then put it into a deep pan, and bake it. Take it out of the oven, beat up six eggs, mix all well together, butter a dish, pour it in, bake it again an hour, and it will be excellent.

### BATTER PUDDING.

Take six spoonfuls of flour, put them in a stewpan with about a tea spoonful of salt and a half a nutmeg grated; mix this up with about a pint and a half of new milk; beat up six eggs in a basin and stir them well in the batter; butter a basin or mould well, pour it in, tie it tight with a cloth, and boil it two hours and a half; serve with wine sauce. This pudding may also be baked, for which three quarters of an hour are sufficient. Currants or stoned raisins may be added.

*Without eggs.*—Mix six spoonfuls of flour with a small portion of a quart of milk; and when smooth add the remainder of the milk, a tea spoonful of salt, two tea spoonfuls of grated ginger, and two of tincture of saffron; stir all together well, and boil it an hour. Fruit may be added or not.

### BREAD AND BUTTER PUDDING.

Cut a small loaf in thin slices of bread and butter, as for tea, butter a dish, lay slices over it, strew currants on them, then lay the bread and butter, strew currants, and so on till the dish is full. Beat up four eggs with a pint of milk, a little salt, nutmeg and sugar, and pour over the pudding. Lay a puff-paste round, and bake it; half an hour will be sufficient.

### BREAD PUDDING.

Cut two or three French rolls in slices, and soak them in a pint of cream or good milk; beat up the yolks of six eggs with them, and add sugar, orange-flower water, three pounded macaroons, and a glass of white wine; tie it up in a basin or buttered cloth, let the water boil when you put in the pudding, and boil it for half an hour. Serve with wine sauce.

### CHARLOTTE.

Cut a sufficient number of thin slices of white bread to cover the bottom and line the sides of a baking-dish, first rubbing it thickly with butter. Put thin slices of apples into the dish in layers, till the dish is full, strewing sugar and bits of butter between. In the mean time, soak as many thin slices of bread as will cover the whole, in warm milk; over which place a plate, and a weight, to keep the bread close upon the apples; let it bake slowly for three hours.

### CHERRY PUDDING.

Make a paste with butter, or suet chopped small, rubbed into flour, and moisten with water; line a basin (well buttered) with this, put in picked cherries, cover the top with a crust, tie it in a cloth, and boil it. Other fruit may be added. Some boil fruit puddings in a cloth without a basin.

*Another way.*—Make a plain batter pudding, and stir in picked cherries, taking care not to break them. The batter must be made thicker and with more eggs, than for plain boiling. Tie it in a cloth, and boil as any other pudding.

### CUSTARD.

Boil a pint of milk with lemon-peel and cinnamon; mix a

pint of cream, and the yolks of five eggs, well beaten; when the milk tastes of the seasoning, sweeten it enough for the whole; pour it into the cream, stirring it well; then give the custard a simmer till of a proper thickness. Do not let it boil; stir the whole time one way; then season with a large spoonful of peach water, and two tea-spoonfuls of brandy, or a little ratafia. If you wish your custards to be extremely rich, put no milk, but a quart of cream.

### BAKED CUSTARD.

Boil a pint of cream with mace and cinnamon; when cold, take four eggs, leaving out two of the whites, a little rose and orange-flower water, a little white wine, nutmeg, and sugar to your taste; mix them well together, and bake them in china cups.

### PLAIN CUSTARD.

Take a quart of cream or new milk, a stick of cinnamon, four bay leaves, and some mace; boil them all together; then well beat up twelve eggs, sweeten them, and put them into a pan; bake or boil them, stirring them all one way, till they are of a proper thickness; boil your spice and leaves first, and when the milk is cold, mix your eggs and boil it; you may leave out the spice, and only use the bay leaves, or in the room of that, four or five bitter almonds.

### CUSTARD PUDDING.

Mix a pint of cream with six eggs, well beaten, two spoonfuls of flour, half a nutmeg grated, and salt aud sugar to your taste; butter a cloth, and pour in your batter; tie it up, put it into a saucepan of boiling water, and let it boil for an hour and a half. Serve, with melted butter for sauce.

### MACARONI PUDDING.

Take an ounce or two of the pipe sort of macaroni, and simmer it in a pint of milk, and a bit of lemon-peel and cinnamon, till tender; put it into a dish, with milk, three eggs, but only one white, some sugar, nutmeg, a spoonful of almond-water, and half a glass of raisin wine; lay a nice paste round the edge of the dish, and put it in the oven to bake.

If you choose you may put in a layer of orange-marmalade, or raspberry-jam: in this case you must not put in the almond-water, or ratafia, you would otherwise add too much flavour it.

### OATMEAL PUDDING, NEW ENGLAND FASHION.

Steep a pint of whole oatmeal in a quart of boiling milk over night, in the morning shred half a pound of beef suet very fine, and mix with the oatmeal and milk, some grated nutmeg, and a little salt; with the yolks and whites of three eggs, a quarter of a pound of currants; a quarter of a pound of raisins, and a sufficient quantity of sugar to sweeten it; stir the whole well together, tie it pretty close, and boil it for two hours. Serve with melted butter for sauce.

### PANCAKES.

Make a good batter in the usual way with eggs, milk and flour; pour this into a pan, so that it lays very thin; let your lard, or whatever else you fry them in, be quite hot. When one side is done, toss it up lightly to turn it. Serve with lemon and sugar.

### PEAS PUDDING.

Take a pint of good split peas, aud having washed, soak

them well in warm water; then tie them in a cloth, put the pudding into a saucepan of hot water, and boil it until quite soft. When done, beat it up with a little butter and salt; serve it with boiled pork or beef.

### PLUM PUDDING.

Cut the crumb of a small loaf into slices, pour over them a sufficient quantity of boiling milk to soak them; when quite soft, beat the bread up with half a pound of clarified suet, half a pound of raisins stoned, half a pound of currants, sugar to the taste, five eggs well beaten, candied orange, lemon, and citron, and a few bitter almonds, pounded; mix the ingredients thoroughly, add a cup of brandy, pour it into a dish, and bake it. When done turn it out, and strew powder-sugar over.

These ingredients make as good a pudding, boiled. Take care to flour well the cloth, or mould used for this purpose. Few things require more boiling than a plum-pudding; be careful, therefore, to let it be sufficiently done.

### POTATOE PUDDING.

Having thoroughly boiled two pounds of potatoes, peel and pound them well, then mix them with half a pound of melted butter, the same of powder-sugar, and six eggs; beat the whole well, then add a handful or two of flour, and a glass of white wine; stir these in, tie it in a buttered cloth, and boil it for half an hour.

*Or*, To two pounds of potatoes, boiled and mashed, when cold, add three eggs well beaten, two ounces of moist sugar, a little nutmeg, and a pint of new milk; add lemon-peel if you please. Bake it.

### RICE PANCAKES.

Boil half a pound of rice in a small quantity of water, until quite a jelly; as soon as it is cold, mix it with a pint of cream, eight eggs, a little salt and nutmeg; make eight ounces of butter just warm, and stir in with the rest, adding to the whole as much butter as will make the batter thick enough. They must be fried in as small a quantity of lard as possible.

### RICE PUDDING BOILED.

Take six ounces of whole rice, and when sufficiently boiled, stir in a table-spoonful and a half of suet, shred fine; when that is melted, take it up, add one egg, and two ounces of moist sugar. Boil these together three quarters of an hour.

*Or*, Well wash and pick some rice, tie it in a cloth, leaving plenty of room for it to swell. Boil it in a quantity of water for an hour or two. When done; eat it with butter and sugar, or milk.

### RICE PUDDING WITH CURRANTS.

Tie five ounces of whole rice in a cloth, leaving it room to swell, boil it half an hour, then take it up, add three table-spoonfuls of suet, shred fine, five ounces of currants, and two eggs, well beaten; tie it up again, and boil it an hour and a half.

### DUTCH RICE PUDDING.

Soak four ounces of rice for half an hour, in warm water; then drain the water from it, and put it into a stewpan, with half a pint of milk, half a stick of cinnamon, and let it simmer until tender. When cold, add four whole eggs, well beaten, three ounces of sugar, a quarter of a nutmeg, a

good-sized piece of lemon-peel, and two ounces of butter melted in cream. Line a dish or mould, with light puff paste, put in the above, and bake in a quick oven.

### RICE PUDDING WITH FRUIT.

Swell the rice in a little milk over the fire; then mix with it either currants or goose-berries scalded, or apples pared and quartered, raisins, or black currants, add one egg to the rice, to bind it; boil it well, and serve with sugar.

### GROUND RICE PUDDING.

Boil a very large spoonful of ground rice in a pint of new milk, with lemon-peel and cinnamon. When cold, add sugar, nutmeg, and two eggs well beaten; put a puff-paste round your dish, put in the above, and bake.

### SMALL RICE PUDDING.

Simmer two large spoonfuls of rice in half a pint of milk until it is thick, then add to it a bit of butter the size of an egg, and about half a pint of thick cream, and give it one boil. When cold, mix the yolks of four eggs, and the whites of two, well beaten, sugar and nutmeg according to taste, add grated lemon, and a little cinnamon. Butter some little cups, lay some orange or citron at the bottom, and fill them about three parts full with the above. Bake three quarters of an hour in a slow oven. Serve the moment before they are to be eaten, with sweet sauce in a boat.

### SAGO PUDDING.

Boil two ounces of sago with some cinnamon, and a bit of lemon-peel, till it is soft and thick; mix the crumb of a small roll finely grated, with a glass of red wine, four ounces of chopped marrow, the yolks of four eggs well beaten, sugar according to taste; when the sago is cold, add this

mixture to it; stir the whole well together, and put it in a dish lined with a light puff paste, and set it in a moderate oven to bake; when done, stick it all over with citron cut in pieces, and almonds blanched and cut in slips.

*Or*, Boil two ounces of sago until tender, in a pint of milk; when cold, add five eggs, two biscuits, a little brandy, and sweeten according to taste; put this into a basin and boil. Serve with melted butter mixed with wine and sugar.

*Or*, Wash half a pound of sago in several waters (warm); then put it into a saucepan with a pint of good milk, and a little cinnamon; let it boil till thick, stirring frequently; pour it into a pan, and beat up with it half a ponnd of fresh butter; add to it the yolks of eight, and whites of four eggs, beaten separately, half a glass of white wine, sugar according to taste, and a little flour; mix all together well, and boil it. Serve with sweet sauce.

### SIPPET PUDDING.

Cut a small loaf into extremely thin slices, and put a layer of them at the bottom of a dish, then a layer of marrow, or beef-suet, a layer of currants, and then a layer of bread again, &c., and so continue until the dish is filled; mix four eggs, well beaten, with a quart of cream, a nutmeg, a quarter of a pound of sugar, and pour over; set it in the oven, it will take half an hour baking.

### SUET PUDDING.

Mix a pound and a quarter of flour, to a pound of shred suet, with two eggs beaten separately, a little salt, and as little milk as will make it. Let it boil for four hours. It eats very nice the next day, cut in slices and broiled.

### TAPIOCA PUDDING.

Put four table-spoonfuls of tapioca into a quart of milk, and let it remain all night, then put a spoonful of brandy, some lemon-peel, and a little spice; let them boil gently, add four eggs, and the whites well beaten, and a quarter of a pound of sugar. Bake it.

### GROUND RICE PUDDING.

Put four ouuces of ground rice into a stew-pan, stir into it, by degrees, one pint and a half of milk, add a bit of cinnamon and lemon peel, set it over the fire, and stir till it boils; beat it to a smooth batter, and let it simmer gently for a quarter of an hour; then add three eggs well beaten, a little powdered sugar, nutmeg, and a spoonful of orange flower water; stir all well together, and bake in a dish, with a paste border round it, for half an hour. Currants may be added to this. It may be boiled in a mould, for an hour. Indian corn flower makes a very good pudding, in the same way.

### PANCAKES.

These are very generally liked, though not the most wholesome things in the world. The batter requires long beating; but the art in making pancakes consists in frying them. The lard, butter, or dripping must be sweet, fresh, and hot, as for fish. Beat two eggs, and stir them, with a little salt, into three table-spoonfuls of flour (or allow an egg to each spoonful of flour,) add, by degrees, a pint of new milk; and beat it to a smooth batter. Make a small round frying-pan quite hot, put a piece of butter, or lard, into it, and, when it has melted, pour it out and wipe the pan; put a piece more in, and when it has melted and begins to froth, pour a ladle or tea-cupful of the batter in, toss the pan round

run a knife round the edges; and turn the pancake when the top is of a light brown; brown the other side; roll it up, and serve very hot. Before it is rolled up, some people spread currant jelly lightly over, or orange or apple marmalade. Cream, and more eggs may be used to make the pancakes richer. A little brandy, or peach water is an improvement. Serve white wine sauce. A lemon should be on the table, as some people like to flavour pancakes with the juice.

### FRITTERS.

Make batter the same as directed for pancakes, but stiffer; pour a large spoonful into boiling lard, or dripping; fry as many at a time as the pan will hold. Sift powdered sugar over, and serve them on a hot dish. Fritters are usually made with finely minced apple, or currants well washed and picked, stirred into the batter; or any sweetmeat which is stiff enough to be cut into little bits; or candied lemon or orange peel.

### APPLE FRITTERS.

Make a stiff common pancake batter. Boil half a stick of cinnamon in a breakfast-cupful of water, and set it by to cool. Peel and core some large apples, cut round slices, and steep them for half an hour, or more, in the cinnamon water; then dip each piece in the batter and fry them in lard, or clarified dripping. Drain them, dust sugar over each one, and serve them hot. *Or*, to make a very pretty dish: drop batter into the pan, enough to form a fritter the size of the slices of apple, lay a slice of apple upon that, and drop batter on the top. *Or*, the apples may be pared, cored, half baked (whole,) then dipped in batter, and fried.

### SWEET POTATOE PUDDING.

Boil the potatoes and mash them very smooth. To two cups full of potatoe add two cups of sugar, one of butter, one glass of brandy or wine, five eggs, one nutmeg and the grated rind of lemon. Bake with an under crust.

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## PASTRY, CAKES, &c.

### PASTE.

Be very particular that your slab or paste table, rolling-pin and cutters are clean, and free from all old paste, and be very careful that both the flour and butter are extremely good. Have a dry sieve always in readiness, in or by the flour tub, so as to use none without sifting it; for, though it may appear pure and fine, bran, or small particles of old paste may have fallen into it; sifting is, therefore, always necessary.

Weigh one pound of flour, lay it in a circle on the slab: break one egg into the centre, put a small quantity of salt, and a little bit of butter; mix all these together lightly, add a little water, mix them again, then add more water, and so proceed until it binds into paste; but take care that you do not make it too stiff, nor squeeze it much together, till you find there is sufficient water; then work it well together, and roll it out on the slab, but do not roll it too thin; work a pound of butter on the slab, spread it out to the size of the paste, with a knife cut it off altogether, and lay it on the paste; then double the ends of the paste together, to inclose the butter; then give it one turn, thus: roll it out till you just perceive the butter through the paste; turn the end

which is next to you half way over, and the other end over that, roll it once or twice with the rolling-pin, then let it stand; this is called one turn; then in three minutes time, turn it again, and so proceed until you have given it six turns then roll it out any shape you please.

### LEMON PUFFS.

Half a pound of double refined sugar beat and sifted, grate into it the yellow rind of one large lemon, or two smaller ones, then whip up the white of an egg to a froth, and mix the three ingredients together, working them to the consistency of good paste; lay this on writing paper, bake it in a very slow oven; lay some round and some long, do not touch them with your hands.

### MRS. HILL'S CAKES.

A pound of flour, a pound of sugar, a quarter of a pound of butter, the yolks of two eggs, and the peel of two lemons cut very small, to be rolled into thin cakes; to be put into the oven to bake when the bread is drawn.

### IRISH PLUM CAKE.

Take one pound of butter beat to a cream, a pound of sugar dried and pounded, eight eggs, if small ones nine, the yolks beat, and the whites whisked to a light froth, one pound of well dried currants, one nutmeg, a noggin of brandy, two ounces of dried citron, the same quantity of sweet almonds, one pound and a quarter of flour dried and sifted; the almonds, citron and currants must be added just before it is put in the oven.—

### BISCUITS.

A pound and a half of flour made wet with equal quantities of milk and water moderately warm, made stiff, and

rolled out very thin; cut them to any size you please, prick them, and bake them in a moderate oven on a tin. No flour to be put on the tins or biscuits.

### QUICKLY MADE AND CHFAP CAKE.

Five eggs, leaving out two whites and beaten separately, the whites to a froth; five ounces of sugar dissolved in three parts of a wine-glass of water, put into a saucepan to boil, and pour the dissolved sugar, boiling, into the eggs; when nearly cold, mix in a quarter of a pound of flour by degrees. Three quarters of an hour in a quick oven will bake it.

### LEMON SOLID.

Dissolve ten ounces of isinglass in a little milk; grate the rinds of four lemons into their juice: sweeten one quart of cream with powdered loaf sugar; add the lemon juice to the cream, *stirring* it *all* the time, and when the isinglass is quite cold (but not stiff) add *it* also; stir it well and strain it through muslin into a mould.

### FRITTERS WHICH MAY BE MADE QUICKLY.

One egg; two spoonfuls of flour; a little sifted sugar and ginger; milk sufficient to make a smooth batter; cut a middling sized apple into thick slices, and put into the batter, and with a *spoon* put them into the frying pan, with just the batter which is taken up in the spoon; have a sieve with the bottom up, and, as fried, lay the fritters upon it to drain. The above quantity is sufficient for a small dish for supper.

### LIQUID JELLY.

Take six lemons, pare them very thin, squeeze out the juice, and put in the peel without the seeds; let it stand all

night, then put in half a pound of loaf sugar, mixing it well with the juice; add one pint of boiling water, and one pint of *sweet* but *good* wine; mix all well together; then add one pint of boiling milk, boil it altogether *once*, then strain it through a jelly bag; it will sometimes run clear the second or third time, and sometimes requires to run through oftener.

### MINCED MEAT FOR PIES.

A pound and a half of boiled tongue; two pounds of beef suet two pounds of cleaned currants; one pound of cleaned and stewed raisins, chopped fine; three-quarters of a pound fine moist sugar; the peel of two large lemons chopped fine; half anounce of cloves and mace; one ounce of nutmeg; the juice of one lemon; half-pint of brandy; half-pint of port-wine; candied peel according to taste. This mixture improves by standing a few weeks, and adding a little brandy from time to time. To be kept in a cool dry place.

### MRS. BARTON'S SPONGE CAKE.

Dissolve three-quarters of a pound of lump sugar in half a pint of water, simmer it over a slow fire until it is quite clear, then pour it into a bowl, adding the grated rind of a lemon, and keep stirring until it is cold. Then take the yolks of eight eggs and the whites of two; beat them for a quarter of an hour; mix the eggs and syrup together, and beat the mixture half an hour longer. Just before you put it into the oven, stir in by degrees half a pound of flour. One hour and a quarter will bake it.

### LEMON CHEESE-CAKE.

One pound of lump sugar broken into pieces; six eggs, leaving out two whites; the juice of three lemons, the rinds of two grated, and a quarter of a pound of butter.

Put all these ingredients into a pan, stirring them gently over a slow fire, until the mixture becomes thick and looks like honey. This mixture will keep for twelve months, if put in a jar, tied down with a paper, and kept in a dry cool place.

### GOOD PLAIN GINGERBREAD.

Three-quarters of a pound of flour; a quarter of a pound of butter; a quarter of a pound of sugar; a quarter of a pound of treacle; a table-spoonful of cream, and ginger to the taste. Mix all together into a stiff paste; roll it out thin and cut into small cakes: a little candied orange and lemon peel is a great improvement.

### FAMILY POUND CAKE.

One pound of flour, dried; half pound of butter beat to a cream; half a pound of pounded white sugar half a pound of currants, dried (these may of course be omitted, or caraways substituted if preferred,) four eggshalf a pint of milk. Bake it carefully.

### PLAIN CAKE.

Three quarters of a pound of flour; the same of moist sugar; quarter pound of butter; one egg; two table-spoonfuls of milk. Mix all together, and bake it.

### RICE CAKES.

Eight eggs; half the whites; whip them swiftly for ten minutes; half pound of ground rice; six ounces powdered sugar. The peel of one lemon grated; whip all together half an hour with a whisk, butter the tin and bake twenty minutes. If a few caraway seeds are added, this cake is strongly recommended for weak stomachs.

### TEA CAKES.

Melt in milk two ounces of butter, mix with it a pound of flour, add one egg and a spoonful of yeast; make up the dough in small round cakes; *flatten them a little;* bake them on a buttered tin. These cakes are intended to be buttered and eaten hot.

### GERMAN PUFFS.

A quarter of a pound of almonds beat well in a mortar with a little wine, or cream, six eggs, three whites, three spoonfuls and a half of flour, half a pint of cream, quarter of a pint of butter; sweeten to your taste; butter your cups and bake them half an hour; this quantity makes twelve puffs in middle-sized tea-cups.

### BATH BUNS.

Rub together, with the hand, one pound of fine flour and half a pound of butter; beat six eggs, and add them to the flour with a table spoonful of good yeast. Mix them altogether with half a tea cup full of milk; set it in a warm place for an hour; mix in six ounces of sifted sugar, and a few caraway seeds. Mould them into buns with a table-spoon on a baking plate; throw six or eight caraway comfits on each, and bake them in a hot oven about ten minutes. These quantities should make eighteen buns.

### QUEEN CAKE.

Beat one pound of butter to cream, with some rose-water, one pound of flour dried, one pound of sifted sugar, twelve eggs, beat all well together; add a few currants washed and dried; butter small pans of a size for the purpose, grate sugar over them; they are soon baked. They may be done in a Dutch oven.

### COMMON SEED CAKE.

One pound of flour, a quarter of a pound of butter, a quarter of a pound of sugar, a few caraways, a pint of milk, a spoonful of yeast, mixed well together; let it stand a long time before the fire, then put it in the oven.

### SPONGE CAKE.

Weigh ten eggs, and their weight in very fine sugar, and that of six in flour; beat the yolks with the flour, and the whites alone, to a very stiff froth; then by degrees mix the whites and the flour with the other ingredients, and beat them well half an hour. Bake in a quick oven an hour.

### CARAWAY CAKES.

To a pound of flour, add a pound of fresh butter, eight spoonfuls of good yeast, four spoonfuls of rose-water, the yolks of three eggs, as many caraways as you please, four ounces of sugar, knead all into a paste, make it up into any form you please, and when they come out of the oven, strew over powdered sugar.

### GINGERBREAD.

Rub one pound of butter well into three pounds of flour; then add one pound of powdered sugar, one pound of treacle, and two ounces of ginger pounded and sifted very fine; one nutmeg grated very fine; then warm a quarter of a pint of cream, and mix all together; you may add caraways and sweetmeats if you choose; make it into a stiff paste, and bake it in a slow oven.

If cake or biscuits are kept in paper or a drawer, they will acquire a disagreeable taste. A pan and cover, or tu-

reen, will preserve them long and moist; or if to be crisp, laying them before the fire will make them so.

### GINGERBREAD WITHOUT BUTTER.

Mix two pounds of treacle: of orange, lemon, citron, and candied ginger, each four ounces, all thinly sliced; one ounce of coriander seeds, one ounce of caraways, and one ounce of beaten ginger, in as much paste as will make a soft paste; lay it in cakes or tin plates, and bake it in a quick oven. Keep it dry in a covered earthen vessel, and it will be good for some months.

### GINGERBREAD NUTS.

Take four pounds of flour, half a pound of sifted sugar, an ounce of carraway seeds, half an ounce of ginger pounded and sifted, six ounces of fresh butter, and two ounces of candied orange-peel cut into small slices; then take a pound of treacle or honey, and a gill of cream, make them warm together; mix it, with all the ingredients, into a paste, and let it lay six hours: then roll it out, make it into nuts, and bake them in a moderate oven.

### GINGER CAKES.

Put four pounds of flour upon the dresser; then take a copper sauce-pan, and break into it six eggs, and mix them well with a spoon; add one pint of cream to them, and beat them well; put the saucepan over the fire, stir till your mixture is warm; put two pounds of butter into the cream and eggs, and one pound of sugar, and keep stirring it over a very slow fire, just to melt all the butter; put in four ounces of pounded ginger, and as soon as all the butter is melted, pour it all into the middle of the flour; mix it as well as you possibly can, till it becomes a fine paste, then roll it out with flour under it, on your dresser; cut them to the size of the

top of a tea-cup, a quarter of an inch in thickness; and before you put them into the oven (which should be very hot,) place three papers under them.

### JUMBLES.

Mix one pound of fine flour with one pound of fine powder sugar, make them into a light paste with whites of eggs well beaten; add half a pint of cream, half a pound of fresh butter, melted, and a pound of blanched almonds, pounded; knead them all together, thoroughly, with a little rose-water, and cut out the jumbles into whatever forms you think proper; bake them in a gentle oven.

### MACAROONS.

Take a pound of sweet almonds blanched, and nicely pounded, add a little rose-water to prevent their oiling; add a pound of sifted sugar, then whisk the whites of ten eggs to a solid froth, and add to the above; beat all together for some time. Have ready water paper on tin plates, drop the mixture over it separately, the size of a shilling, or smaller: sift over them a little sugar, and bake them.

### MINCE PIES.

Weigh two pounds of scraped beef, free from skin and strings; of suet, picked and chopped, four pounds, then add six pounds of currants, nicely cleaned, and perfectly dried, three pounds of chopped apples, the peel and juice of two lemons, a pint of sweet wine, a nutmeg, a quarter of an ounce of cloves, the same quantity of mace, in the finest powder; mix the whole well together, and put it into a pan, and keep it covered in a dry cool place.

Have some citron, orange, and lemon peel, ready; and put some of each in the pies when made.

### MINCE PIE WITHOUT MEAT.

Take a pound of currants, a pound of apples chopped fine, a pound of moist sugar, a pound of suet well chopped, a quarter of a pound of raisins, stoned and chopped small, the juice of two lemons, the rind of one shred fine, nutmeg, and mace, according to taste, and a glass of brandy. Mix all well together, put it in a pan, and keep it closely tied up.

### MUFFINS.

Mix two pounds of flour with a couple of eggs, two ounces of butter melted in a pint of milk, and four or five spoonfuls of yeast; beat it thoroughly, and set it to rise two or three hours. Bake it on a hot hearth in flat cakes, and turn them, when done, on one side.

*Or*, Take two quarts of warm water, two spoonfuls of yeast, three pounds of flour; heat it well for half an hour, and let it stand an hour or two; bake them on an iron baking-stove (rub it well over with mutton-suet as often as they are laid on); as soon as they begin to colour turn them; they will be sufficiently baked when coloured on both sides.

### RHUBARB TART.

Let the stalks be of a good size, take off the thin skin, and cut them into lengths of four or five inches; lay them in a dish, and put over a thin syrup of sugar and water; cover with another dish, and let it simmer slowly for an hour upon a hot hearth, or do them in a block-tin saucepan. As soon as cold, make it into a tart; when tender, the baking the crust will be sufficient; or you may cut the stalks into little bits, the size of gooseberries, and make your tart the same as gooseberry tart.

### RICE CHEESE.

Boil an ounce of rice, thick as hasty pudding, in rather less than half a pint of milk (new); pour it hot on an ounce and a half of butter, the same weight of Lisbon sugar, mixing it well together; let it stand till cold; then add one egg, and the yolk of another, and a little white wine.

### ROLLS.

Warm an ounce of butter in half a pint of milk, then add a spoonful and a half of yeast of small-beer, and a little salt. Put two pounds of flour into a pan, and put in the above. Set it to rise for an hour; knead it well; make it into seven rolls, and bake them in a quick oven.

### FRENCH ROLLS.

Rub one ounce of butter into a pound of flour; then add to it one egg beaten, a little yeast that is not bitter, and a sufficient quantity of milk, to make a dough of moderate stiffness. Beat it well, but do not knead it; let it rise, and bake on tins.

*Or*, Warm three spoonfuls of milk, and the same quantity of water, with a bit of butter the size of a walnut, put it to two spoonfuls of thick yeast; put this into the middle of rather more than a quart of flour, mix the whole together to the consistence of a batter-pudding, adding more flour if necessary, to make it the proper thickness; strew a little flour over it, from the sides and if the weather is cold, set it at a little distance from the fire; do this three hours before it is put into the oven; when it breaks a good deal through the flour and rises, work it into a light paste with more warm milk and water; let it lie till within a quarter of an hour of setting into the oven, then work them lightly into rolls; flour a tin, and drop them on, handle them as little as pos-

sible; set them before the fire. About twenty minutes will be sufficient time to bake them; put a little salt into the flour. Rasp the rolls.

### HOT SHORT ROLLS.

Dry before the fire a sufficient quantity of flour to make three penny rolls, or larger if you like; add to it an egg well beaten, a little salt, two spoonfuls of yeast, and a little warm milk; make into a light dough, let it stand by the fire all night. Bake the rolls in a quick oven.

### RUSKS.

Melt four ounces of butter in half a pint of new milk; then add to this seven eggs well beaten, a quarter of a pint of yeast, and three ounces of sugar, put this mixture, by degrees, into as much flour as will make an extremely light paste, more like batter, and set it to rise before the fire for half an hour; then add more flour to make it rather stiffer, but not stiff. Work it well, and divide it into small loaves or cakes about five or six inches wide, and flatten them. When baked and cold, slice them the thickness of rusks, and brown them a little in the oven.

### APPLE PIE.

Russetings, ribstone pippins, and such other apples as have a little acid, are the best for baking. Pare, core, and slice the apples, throwing them into cold water to prevent their turning black, sprinkle sugar between, as you put them into the pie dish, also a little pounded cinnamon and cloves. Some slices of quince are a great improvement, or quince marmalade, or candied citron or orange peel. Put a strip of paste round the edge of the dish, and cover with a rich light paste.

### CRANBERRY TART.

The cranberries should be stewed first, with brown sugar, and a very little water, and then baked in open tarts, or in patty-pans, lined and covered with very light puff paste.

### TARTS OF PRESERVED FRUITS.

Cover patty-pans, or shallow tins or dishes, with light puff paste, and lay the preserve in them, cover with light cross bars of puff paste, or with paste stars, leaves, or flowers. For the most delicate preserves, the best way is to bake the paste first, then put in the preserves, and ornament with leaves, baked for the purpose, on tins.

### MINCE PIES.

Par-roast, or slightly bake, about two pounds of good lean beef, and two pounds of good beef suet; chop both these fine, and put to them two pounds of apples pared, cored, and chopped; also one pound of raisins, stoned, and three pounds of currants, washed, picked, and both chopped; one pound of good moist sugar, half a pound of citron, and one pound of candied lemon or orange peel, both cut into thin slices; mix all these well together, in a brown pan, and add two nutmegs grated, one ounce of salt, one ounce of ginger, half an ounce of coriander seeds, half an ounce of allspice, half an ounce of cloves, the juice of six lemons, and their rinds grated, half a pint of brandy, and a pint of sweet, or ginger wine. Mix it well together, and it will keep for some time, if covered close, and in a cool place. When you are about to use any of it, stir up well from the bottom, and add a little more brandy, to the quantity you use. Cover patty-pans, saucers, or shallow pie dishes, with a rich puff, or plain paste, fill them with the mince, and cover with a paste, pare

and mark the edges neatly. Bake them, in a moderate oven, half an hour, and send them to table quite hot. Orange flower water is an improvement, and madeira may be used instead of sweet wine.

*Or*, boil two calf's feet till they are quite tender, and let them get cold; then mince the meat with suet, apples, and well washed currants. Put to the mixture a quarter of a pint of raisin or any white wine, and then put it in a pie dish; cover with a thin rich crust, and bake it half an hour.

### SQUASH PIE.

Equal quantities of squash and apple. Strain them when boiled, and add seven eggs to a quart of squash; milk, rose water, sugar, spice, &c, to the taste. Bake with an under crust.

### PUMPKIN PIE.

Boil the pumpkin and strain very carefully. Mix the same as for squash, but pumpkin requires rather more seasoning as it has a stronger flavour.

### WHORTLEBERY CAKES.

These are very nice if made right. Make a nice batter and add as much fruit as you like. Sweeten or not as you please; but molasses is better than sugar. Bake a good while either in a solid cake or in small cakes. Eaten hot with butter they are very nice.—These berries make a very nice pudding if added to a batter made either of flour or indian meal. Sweetened with molasses.

### DOUGH NUTS.

A pound and a half of flour, three eggs, half a spoonful of pearlash, two ounces of butter, six ounces of sugar, one

cup of milk. Spice to your taste, and fry them in sweet lard.

### HARD GINGERBREAD.

Four pounds of flour, two pounds of sugar, one pound of butter, eight eggs, and two teacups of sifted ginger. Roll this out on tin sheets as thin as you please and bake in a quick oven. This is an excellent cake to keep.

### DROP CAKE.

Three pounds of flour, two of sugar, one of butter, twelve eggs. Season with lemon or spice and a little rose water, drop on sheets, sift sugar over them, and put a few sugar carraway seeds.

### BLACK CAKE, OR NEW ENGLAND WEDDING CAKE.

One pound of dry flour, one pound of sweet butter, one pound of sugar, twelve eggs, two pounds of raisins, (the Sultana raisins are the best) two pounds of currants. As much spice as you please. A glass of wine, one of brandy, and two table spoonfuls of rose-water, two of lemon brandy and a pound of citron. Mix the butter and sugar as for pound cake. Sift the spice, and beat the eggs very light. Put in the fruit last, stirring it in gradually. It should be well floured. If necessary add more flour after the fruit is in. Butter sheets of paper and line the inside of one large pan or two smaller ones. Lay in some slices of citron, then a layer of the mixture, then of the citron and so on till the pan is full. This cake requires a tolerably hot and steady oven, and will need baking four or five hours according to its thickness. It will be better to let it cool gradually in the oven. Ice it when thoroughly cold.

# MAKING AND BAKING OF BREAD.

## FLOUR.

People in the flour trade generally knead a small quantity by way of experiment; if good, it immediately forms an adhesive, elastic paste, which will readily assume any form, without danger of breaking: pure and unadulterated flour may likewise be easily distinguished by other methods. Seize a handful briskly, and squeeze it half a minute; it preserves the form of the cavity of the hand in one piece, although it may be rudely placed on the table. Not so that which contains foreign substances: it breaks in pieces more or less—that mixed with whiting being the most adhesive, but still dividing and falling down in a little time. Flour mixed with ground stones, bones, or plaster of Paris, loses its form at once, and the more bran there may be in it, the sooner it will be flat on the board. It may also be observed, that genuine flour will longer keep the impression even of the grains of the skin, than that which is adulterated, the latter very soon throwing up the fine marks. Let a person of a moist skin rub flour briskly between the palms of both hands: if there be whiting among it, he will find resistance; but if white pure flour, none. If there is time, put a table-spoonful into a basin and mix with cold water until it is of the consistence of pudding-batter; then set a small pan upon the fire with half a gill of water: when this water is hot, but before it boils, pour in the batter, and let it boil three minutes. If sound, the flour will unite as a good sound pudding; if unsound, it breaks, curdles, and appears somewhat watery. Again; drop the juice of a lemon, or good vinegar upon flour: if the flour be pure, it remains at rest; if adulterated, an immediate commotion takes place. This is the readiest method of detecting stone-dust and

plaster of Paris. Or, after having dipped the fore-finger and thumb partially in sweet oil, take up a small quantity of flour: if it be pure, you may freely rub the fingers together for any length of time; it will not become sticky, and the substance will turn nearly black; but if whiting be mixed with the flour, a few times rubbing turns it into putty; but its colour is very little changed.

### MAKING BREAD.

*Process of setting the sponge.*—Put twenty-four pounds of flour into an oblong wooden baking-trough, or a glazed earthen pan, large enough to contain twice the quantity of the flour employed. Make a deep round hole in the centre of the flour, and pour into it the diluted yeast; stir into it with a large spoon so much of the surrounding meal as will make it up into a sort of batter of the consistence of thin paste: this process is called "setting the sponge." Cover the mixture with dry flour to the depth of at least the eighth of an inch, and then throw over the trough or pan a linen or woollen cloth. Many persons omit this useful preparatory process, but the bakers always adopt it: the object is to give strength and character to the ferment by communicating the quality of *leaven* to a small portion of the flour; a quality which then is soon extended to the whole mass: chemists term the action so excited, the *panary* fermentation, in contradistinction to that which yeast gives to the wort of malt, &c. &c. Setting sponge is also a measure of wise precaution; for many a batch of flour, which would have been totally ruined for bread, had the barm been foul or inert, and mixed up, at first, with the entire bulk of flour, has been saved by this test of the goodness of the yeast.

*Forming the dough.*—After the sponge has stood some time, it will be found to have swelled considerably, and formed cracks in the covering of flour: when these cease to

increase and widen it will be time to make up the dough. Flour, we have said, drinks up a considerable quantity of water, in fact, it becomes chemically combined with it; but few persons can form an opinion how much is absorbed. On this point housewives are far too remiss: for though perfectly dry and good meal will take up much more water than that prepared from ill-harvested sprouted corn; and though, also, the same flour will, in different states of weather, vary in its absorbent power, yet there exists too much of a careless ignorance on this important point. We request that the conscientious economist will note carefully every result, and thus make an approach towards accuracy; and in the mean time we state that, as twenty-four pounds of good flour will yield about thirty-two pounds of bread, the weight thus increased must chiefly be acquired from the volume of water absorbed, which will be one gallon; again, since much gas and vapour are expelled during the rising and baking of the dough, two quarts more of water should be allowed: the proportions then would be twenty-four pounds of flour to twelve pounds (pints) of water, and therefore that quantity, or more, should be at hand, heated to the degree of new milk. In winter the heat ought to be considerably higher; but in all seasons, as flour is a cold, heavy substance, it will require to be assisted by a genial temperature.

Everything being in readiness, scatter about four ounces of salt over the dry flour, put some warm water to the sponge, work some of the flour into it, and thus add portions of water and flour till the whole becomes sufficiently moist to be formed by kneading with the fists, into a firm, compact dough. The texture must be such that it can be brought together into a solid mass in the middle of the trough or pan, and then it is to be dusted over with flour to prevent it from adhering to the surface of the vessel. This dough is to stand covered over to swell, and in cold weather the

vessel should be placed near the fire. If the ferment be well formed in the sponge, it will act upon and distend the whole mass in the course of an hour; we have seen it rise and swell so much as to fill the vessel and raise up the covering cloth; and, like the sponge, it ought to be taken at the height of the action, and formed into loaves before it begins to fall back.

*Heating the oven.*—By the term oven, we mean to express one built of, and arched at the top with, sound bricks, the bottom being laid with good tiles close jointed, those iron appendages to grates and kitchen ranges, called ovens, being generally worse than useless for bread. Bricks are slow conductors of heat; they receive it gradually, and retain it pertinaciously: hence, a baker's oven, which is heated daily, or nearly so, *always produces* the best and most equally baked loaves: iron, on the contrary, is a rapid conductor; hence, though the oven will become hot enough, it cannot retain its temperature without perpetual accessions of actual fire: the bread, therefore, is either burnt, or it is unequally baked; frequently, also, the loaves are flat and their texture too solid.

If the batch required be large, and the family possess a good bread oven, the bread, of course, will be baked at home; but if there be no proper oven, and three or four small or middle-sized loaves be made, it will be wise to send them to a baker, with whom an agreement may readily be made to bake them upon very moderate terms. Many persons adopt this method, and we know a family which has the finest bread we ever saw, where the loaves are prepared and sent to a baker twice a week. The disadvantage of an oven at home is this: it becomes cold, and therefore can never, by any weekly heating, be uniformly "soaked," as it is termed. The baker's oven *never loses its heat:* the bread therefore rises higher, and is lighter; we recommend

it then, as a point of economy, that a small family should not generally attempt to bake at home.

Furze, small brushwood, and sound fagots, are the best materials for the fire; with the first (where it is at hand,) it can be lighted, and a blaze of intense heat maintained, till the bulk of hot fuel be sufficient to kindle the fagots. One hour will bring a good oven to that state which will raise the bread to its height, and then heat the loaf to its centre without charring the crust; therefore it may be laid down as a good general rule, that the fire should be kindled at the same time that the dough is made up.

There is an art of heating an oven with precision, which can only be acquired by observation and practice, unless, indeed, it happen that the operator (as is sometimes the case) possess a sort of intuitive perception of the effects of fire. A criterion of a well-heated oven *used to be* the *whiteness* of a stone, (called technically *the baker*,) which formerly was built into the wall, towards the further end of the oven. These stones are now rarely admitted: therefore a judgment must be formed by the clearness of the bricks of the sides and arch, and by the lively sparkling of the embers. The former criterion proves that the bricks have received enough of body heat to consume that black carbonaceous coating which the smoke communicates to them at the early stage of fire: the second shows that the principle of combustion is in full activity, and not rendered inert by a cold surface either at the top, bottom, or sides. Finally, if the brick-work be hot enough, and the point of a long stake be rubbed forcibly over any part of it, so as for the moment to make a black trace of charcoal, this trace will be burnt off, and the bricks left clear in a second of time. We cannot particularise further now; therefore suffice it to observe that the dough being completely up, and the oven hot nearly together, the former must be cut, and slightly pressed (not forcibly

kneaded) and rolled into the form of loaves, which are to be dusted over with flour one by one, while another person draws out the hot embers with a hook of iron fixed at the end of a long pole, and cleans the bottom of the oven with a wet mop made of long shreds of woollen cloth or coarse sacking. The loaves are then placed side by side in the oven by means of an instrument called a baking peel, which consists of a flat beach board fixed to a long handle: this board, as well as the loaves, should be dredged with flour, so as absolutely to prevent adhesions of the dough to the board of the peel.

When the loaves are in the oven the door must be securely closed; and if the fire have been well managed, the bread will be regularly baked in an hour and a half or two hours, according to the size of the loaves.

### YEAST.

For a seceipt for making yeast the reader is referred to Miscellaneous Receipts in another part of the volume.

### PLAIN BISCUITS.

To one pound of flour, put the yolk of one egg, and milk sufficient to mix into a stiff paste, knead it smooth, then roll out thin, cut it in round shapes, prick with a fork, and bake them in a slow oven.

### ANOTHER.

To one pound of flour, add one quarter pound of butter, beaten to a cream, five ounces of loaf sugar, five eggs and some carraway seeds: beat the whole well for an hour, and pour the biscuits on tins, each one a large spoonful. If not sufficiently thin and smooth, when worked together, add another egg, or a little milk.

### INDIAN CORN BISCUITS.

To one half pound of butter, add six ounces pounded sugar, and three eggs well beaten; when well mixed, add three quarters of a pound of corn flour, a little nutmeg, and some carraway seeds; beat well, and bake on little tins.

### ANOTHER.

Into three quarters of a pound of flour, rub four ounces of butter, add four ounces of sifted loaf sugar, and nearly one ounce of carraway seeds; make it into a paste with three eggs, roll out thin, and cut the cakes with a wine glass, or in any other shape you like.

### RUSKS.

Boil a quart of milk, and let it get cold, then put to it half a pint of yeast, two eggs, two ounces of coriander seeds, two ounces of carraway seeds, a little ginger, and one quarter pound of finely pounded sugar, beat these all together and then add as much flour as will make a stiff paste: divide it into long thin bricks, put these on tins and let them be before the fire a short time to rise, and then bake them. When cold, cut in slices, and dry them in a slack oven.

### ANOTHER.

Melt one half pound of butter in a quart of milk, let it cool, then add one egg, half a pint of yeast, and four ounces of sifted sugar, beat this for a few minutes, then work into it enough fine flour to make a light dough, and set it by the fire to rise. Make this into little loaves, and bake them on tins, in a quick oven; when half done take them out of the oven, split and put them back to finish.

## JELLIES, JAMS, &c.

### APPLE JELLY.

TAKE apples, codlings or nonsuch, pare and cut them in slices, put them into a deep stewpan, with as much water as will cover them, boil them gently till they will mash, and then strain them through a jelly-bag; to every pint of liquor add one pound of loaf sugar; boil it till it comes to the top for ten minutes, then pour it into a mould with or without sliced lemon peel. A quart only should be done at a time; the apples should be full grown but not too ripe. This jelly will keep, and make a pretty dish at any time.

### RED CURRANT JELLY.

Strip the currants, put them in jars or pans, and bake them; strain off the juice through a sieve; having loaf sugar pounded and dried, in the proportion of one pound to one pint of juice, set the juice over the fire, and when *boiling*, throw in the sugar gradually, stirring the whole time; this must be done quickly, for by the time all the sugar is stirred in, the juice will be ready to jelly, and if left too long over the fire, the jelly will become candied. Pour into small-sized jars. By this method, the jelly will be perfectly clear without skimming, which saves waste and trouble.

### RICE JELLY.

Half a pound of Carolina rice; three pints and a half of water. Put it on cold; *boil* it one hour. Beat it through a sieve; when cold it will be a firm jelly, which, when warmed up in milk is a nutritious and very agreeable food. Add one pint of milk to the pulp which remains in the sieve, boil it for a short time, stirring constantly to prevent burn-

ing; then strain as before, and if eaten at once it resembles thick milk; if allowed to get cold it becomes jelly as the former.

### ARROW-ROOT BLANC MANGE.

Take two ounces of genuine arrow-root, and beat it up with a little cold milk to about the thickness of cream; then boil a pint and a half of milk and pour upon it, stirring it all the time; flavour and sweeten it to your taste; boil it ten minutes, stirring it all the time; pour it into the mould and leave it till next day.

### ARROW-ROOT CUSTARDS.

Four eggs; one dessert spoonful of arrow-root; one pint of milk; sweetened and flavoured to your taste.

### ARROW ROOT PUDDING.

Mix two table spoonfuls of arrow-root with a little milk; then pour it into a pint of boiling milk, stirring it; and when cold add four eggs, some sugar, brandy or ratifia; boil it in a basin, and put a buttered paper over the top.

### ISINGLASS JELLY.

Two ounces of isinglass to a quart of water, boil till it is dissolved; strain it into a basin upon a slice of lemon-peel pared very thin, six cloves, and three or four lumps of sugar; let this stand by the fire for an hour; take out the lemon and cloves, and add four table-spoonfuls of brandy.

### APPLE JELLY.

One pound of apples pared and cored; one pound of lump sugar put to a gill of water, so as to clarify the sugar; add some lemon peel; it must then boil until it is stiff; put it into a mould, when cold turn it out. If there is any diffi-

culty in getting it out, the mould may be *just* put in warm water. This is a cheap and pretty looking jelly.

### ITALIAN CREAM.

Mix a pint of thick cream with the juice of a large lemon, and a glass of white wine; put the peel of the lemon in whole, with a sufficient quantity of loaf sugar; beat them well together with a whisk; put a clear muslin over the mould, and pour the cream in; let it drain till the following day, then turn it out carefully. There are earthenware moulds on purpose with small holes to let out the whey.

### BLANC MANGE.

To one ounce of picked isinglass, put a pint of water, boil it till the isinglass is melted, with a bit of cinnamon; put to it three quarters of a pint of cream, two ounces of sweet almonds, six bitter ones blanched and beaten, a bit of lemon-peel, sweeten it, stir it over the fire, let it boil, strain and let it cool, squeeze in the juice of a lemon, and put into moulds; garnish to your fancy.

### DUTCH BLANC MANGE.

Put a pint of cleared calf's-foot jelly into a stew-pan; mix with it the yolks of six eggs, set it over a fire, and whisk till it begins to boil; then set the pan in cold water, and stir the mixture till nearly cold, to prevent it from curdling, and when it begins to thicken fill the moulds.

### CALVES' FEET BLANC MANGE.

Pick all the the black spots from two boiled feet, slice them into a stew-pan, with a quarter of a pint of Mountain wine, and rather more water; let them stew gently; add the yolks of three eggs beaten and strained, with a quarter of a pint of cream and a little flour, a little lemon peel and

juice, sweeten with fine sugar, strain it into a dish. When nearly cold, stick on the top some jar raisins, scalded to plump, almonds blanched into slips, citron, lemon, and orange peel sliced. It may be put in a basin; when cold turn it out.

### CURRANT JELLY.

Set on the fire in a sugar-pan a pint of smooth clarified sugar; when it boils, put in a quart of picked red currants, in which let them boil for half an hour; be careful to skim them well, and at times add a little cold water to raise the scum; when boiled enough run the liquor through a sieve into a basin, in which you have squeezed three lemons, then put in some isinglass, and set your jelly in a mould in ice as usual.

*Or*, For this purpose the ripest red currants should be taken, as the white are not so good for jelly; crush them, and press out all the juice into a glazed pan; cover it very closely, and set it in a cold place for six days; then with great care remove the thick skin which then covers the juice, and pour it into another vessel, throwing away what remains at the bottom; when the juice is perfectly clear, weigh it, and for each pound take half a pound of crushed sugar, put them on the fire together, and much scum will soon rise; this must all be taken off; let it remain on the fire for about an hour; then try it as follows: put a small quantity on a very cold plate, and if, when it cools, it becomes thick, and of proper consistence, take the pan from the fire; if that is not the case, let it remain until that is the case. Pour out the jelly whilst hot; it must be quite cold before you cover it with paper.

### RED CURRANT JELLY.

Strip off the currants, put them in a jar, set the jar in

a kettle of hot water, let it boil an hour; then throw the currants and juice into a fine lawn sieve, press out the juice, and to every pint of juice put a pound of double-refined sugar; put them in a preserving pan, set it over a charcoal fire, and keep stirring till it is a jelly, which you will know by taking a little out to cool; be careful to take off the the scum as it rises, and when it is jellied and very clear, pour it into glasses; when cold, cut round pieces of paper that will just cover the jelly, dipped in brandy; put white paper over the glasses, twisting round the top.

### BLACK CURRANT JELLY.

Make it the same way as the red currant jelly, only with this difference, that you may use very coarse sugar.

### GOOSEBERRY JAM.

Take what quantity you please of red, rough, ripe, gooseberries; take half their quantity of lump sugar; break them well, and boil them together for half an hour, or more, if necessary. Put it into pots, and cover with paper.

### GRAPE JELLY.

Take out the stones, then mash the grapes with your hands, (they must be ripe) then squeeze them through a cloth to extract all the juice from them, and boil and finish the same as currant jelly. Use half a pound of sugar to each pound of fruit.

### RASPBERRY JELLY.

Take two thirds of raspberries, and one third red currant; pick them, press the juice through a sieve into a pan, cover, and place in a cellar, or any other cool place for three days; at the end of that time raise the thick skin formed at the top, and pour the juice into another vessel; weigh

it, and put it, with half the quantity of sugar, into a preserving pan, set it on the fire; a great deal of scum will rise at first, which must all be taken off; leave it on the fire for an hour; then pour a few drops on a cold plate, if it cools of the proper consistence for jellies, take it from the fire, and whilst hot pour it into pots. Let the jelly be quite cold before the pots are covered.

### LIQUID JELLY.

Take six lemons, pare them very thin, squeeze out the juice, and put in the peel without the seeds; let it stand all night, then put in half a pound of loaf sugar, mixing it well with the juice; add one pint of boiling water, and one pint of *sweet* but *good* wine; mix all well together; then add one pint of boiling milk, boil it altogether *once*, then strain it through a jelly bag; it will sometimes run clear the second or third time, and sometimes requires to run through oftener.

### CALF'S FOOT JELLY.

The day before you want the jelly, boil 2 feet in $2\frac{1}{2}$ quarts of water, till they are broken and the water half wasted, strain and put it by in a cool place. The next day remove all fat as well as sediment, put the jelly into a sauce pan with sugar, raisin wine, lemon juice, and peel to your taste. Let it simmer, and when the flavour is rich, add the whites of five eggs well beaten, and, also, their shells; let it boil gently for twenty minutes, but do not stir it; then pour in a tea-cupful of warm water, let it boil five minutes longer; take the saucepan off the fire; cover close, and let it stand by the side for half an hour. After this it ought to be so clear as to require only once running through the jelly bag, which must be first dipped in hot water.

## PRESERVES.

To excel in preserving the fruits of common use in a family is a matter of great consequence, as they are much better and much cheaper when preserved at home, than when bought of the confectioner. A little practice will teach any mistress of a house as much of this art, as it is requisite for her to be acquainted with; but this is a department which ought to have her personal superintendence.

The fruit for every sort of jelly or preserve, ought to be the best of its kind; ripe enough, but not over ripe; gathered *on* a dry day, and *after* a dry day. The sugar should be of the best quality, and plenty of it should be allowed, for it is mistaken economy to save sugar in making preserves; they are not good, neither will they keep; and much is wasted by boiling up a second time. Long boiling injures the colour of preserves, but they *must* be boiled too long, if there be not a sufficiency of sugar allowed to keep them. Let the bags and sieves which are used in making jelly, be kept delicately clean; wring them out of hot water the instant before you use them. Do not squeeze the bag, or press the fruit much, or your jelly will not be clear; this is not wasteful, for the fruit which is left, with a little more fresh fruit added to it, will make very nice jam, or black butter, a nice and useful preserve. In boiling jams, try a little in a saucer; when it cools, if the juice runs off, the jam requires longer boiling.

Some persons use no sugar which is not clarified, but I think that, for common preserves, such as are usually made in private families, good loaf sugar, not clarified, answers every purpose. After the preserve is poured into the jar, or pot, in which it is to be kept, let it stand uncovered for for two days, then put brandy papers over, and cover with

bladders, or paper, tied down close. Keep them in a dry place, or they will become musty, but not in a hot situation, or they will dry up, and be utterly spoiled.

### TO BOTTLE RED CURRANTS.

Cut them carefully from the stalks, so that the skins may not be broken, into clean and perfectly dry quart bottles, adding gradually, as you fill, two ounces of finely-sifted loaf sugar; this may be done with a tea-spoon, so that the sugar may fall on each layer of currants. Fill the bottles, and rosin the corks; and the best plan of keeping them, as well as bottled gooseberries, is in a bottle rack, with the necks downwards, as they are thus secured from coming in contact with damp walls. It succeeds much better than burying them in the earth.

### TO BOTTLE GREEN GOOSEBERRIES.

There are several ways of bottling green gooseberries, but the following appears to be the best. Having filled wide-mouthed bottles with *hairy* gooseberries, place them up to the neck in a copper of cold water; let the water boil until the fruit begins to shrink, or look scalded; then remove the *fire* from under the copper, and let the bottles remain until the water becomes cold; then take them out, and fill them up with cold spring water, which *has been boiled*, and pour a few drops of salad oil on the top of the water, which will remain on the surface and exclude the air. Some persons fill the bottle with water before boiling instead of afterwards, and cork, rosin, and place in the bottle rack, as directed for currants.

### CRANBERRIES.

For pies and puddings, with a good deal of sugar.

Stewed in a jar, with the same; this way they eat well

with bread, and are very wholesome. Thus done, pressed, and strained, the juice makes a fine drink for people in fevers.

### CRANBERRY JELLY.

Make a very strong isinglass jelly. When cold, mix it with a double quantity of cranberry-juice pressed, sweeten it, and boil it up; then strain it into a shape. The sugar must be good lump, or the jelly will not be clear.

### CRANBERRY AND RICE JELLY.

Boil and press the fruit, strain the juice, and, by degrees, mix into it as much ground rice as will, when boiled, thicken to a jelly; boil it gently, stirring it, and sweeten to your taste. Put it in a basin or form, and serve to eat with milk or cream.

### CRANBERRY TART.

This tart is made like all other fruit tarts; the best cranberries should be used and well washed; a quarter of a pound of sugar is the proper quantity for a quart of cranberries; to this must be added the juice of half a lemon. Serve it cold.

### FIGS, TO KEEP ALL THE YEAR FIT FOR USE.

Put some figs in a large earthen jar, with a layer of their own leaves between them; then boil some water and honey, skimming it well (be careful not to make it too thick of the honey), and pour it warm over the figs; then stop the jar very close. When you take out the figs for use, soak them for two hours in warm water.

### TO PRESERVE GREEN GAGES.

You must choose the largest, when they begin to soften; split without paring them, and having previously weighed an equal quantity of sugar, strew a part of it over them; blanch the kernels with a small sharp knife; next day, pour the syrup from the fruit, and boil it with the other sugar, very gently, for six or eight minutes; skim, and add the plums and kernels. Simmer till clear, taking off any scum that rises; put the fruit singly into small pots, and pour the syrup and kernels upon it.

### MARMALADE.

Marmalade may be composed of almost any fruits; the best, however, for this purpose are, apricots, peaches, oranges, quinces, egg-plums, apples, &c. They are usually made by boiling the fruit and sugar together to a kind of pulp, stirring them constantly whilst on the fire: it is kept in pots, which must not be covered till the marmalade is quite cold. The proportion of sugar is half a pound to each pound of fruit.

### BAKED PEARS.

Take half a dozen fine pears; peel, cut them in halves, and take out the cores: put them into a pan with a little red wine, a few cloves, half a pound of sugar, and some water. Set them in a moderate oven till tender, then put them on a slow fire to stew gently; add grated lemon-peel, and more sugar if necessary. They will be sufficiently red.

### QUINCE MARMALADE.

Gather the fruit when fully ripe, and of a fine yellow; pare, quarter, and core it. Put the quinces into a sauce-pan with a little water, set them on the fire until they are quite

soft; then take them out, and lay them on a sieve to drain; rub them through; weigh the pulp; boil an equal quantity of sugar; then add the pulp, stir them together over the fire, until it will fall from the spoon like a jelly, the marmalade is then fit to be put into pots, and when cold, cover them close.

### RASPBERRY JAM.

Take four parts of raspberries and one part of red currant juice, boil it for fifteen or twenty minutes, with an equal weight of sugar. Skim off the dross as it rises.

*Or*, use raspberries alone, and no juice.

### BLACK BUTTER.

This is a very nice preserve to spread on bread, for children, and is made of currants, gooseberries, cherries, raspberries or strawberries. To every two pounds of fruit, put one pound of sugar, and boil, till it is reduced one fourth.

### TO PRESERVE STRAWBERRIES WHOLE.

The fruit should be of the fine scarlet kind, and not over ripe; have its weight in sifted sugar, and sprinkle *half* of it over the fruit, and let it stand all night. The next day, simmer it gently with the rest of the sugar, and a little currant juice, if you have any, till it will jelly.

### QUINCES.

Pare the quinces very thin, and put them into a stew-pan; cover with their parings, and fill the sauce-pan with hard water, set it over a slow fire, and keep the lid close that the steam may not escape; when the fruit is tender take it out; and then put to one quart of water two pounds and a half of lump sugar, and make a clear syrup of it; put in the quinces, boil them for ten or twelve minutes, and

set them by for four or five hours; then boil them again, for five or six minutes, take them off the fire, and set them by two days; boil again, for ten minutes, with the juice of two lemons. Let the quinces be quite cold, put them into broad pans, so that they stand singly, and pour the syrup over them. Cover with brandy papers, and skins over the whole.

*Or*, cut the quinces in quarters, and to five pounds of fruit, put three pounds of sugar, and half a pint of water; lay a piece of white paper over them, to keep in the steam, and let them simmer gently, for three hours.

Fruit pastes are made by boiling the fruit with clarified sugar to a thick marmalade, then mould it into thin cakes, and dry them in a stove.

### PEACHES IN BRANDY.

Gather peaches before they are quite ripe, prick them with a large needle, and rub off the down with a piece of flannel. Cut a quill and pass it carefully round the stone, to loosen it. Put them into a large preserving pan, with cold water rather more than enough to cover them, and let the water gradually become scalding hot. If the water does more than simmer very gently, or if the fire be fierce, the fruit will be likely to crack. When they are tender, lift them carefully out, and fold them up in flannel, or a soft table cloth, in several folds. Have ready a quart, or more as the peaches require, of the best white brandy, and dissolve ten ounces of powdered sugar in it. When the peaches are cool, put them into a glass jar, and pour the brandy and sugar over them. Cover with leather and a bladder. *Apricots* and *Plums* in the same way.

## COOKERY FOR THE SICK.

### BARLEY GRUEL.

TAKE three ounces of pearl barley, of which make a quart of barley-water; if it be not white, shift it once or twice; put in two ounces of currants clean picked and washed, and when they are plumped, pour out the gruel and let it cool a little; then put in the yolks of three eggs well beaten, half a pint of white wine, and of new thick cream half a pint, and lemon peel; then sweeten with fine sugar to your taste; stir it gently over the fire, until it is thick as cream.

### BEEF TEA.

Cut a pound of fleshy beef in thin slices; simmer with a quart of water twenty minutes, after it has once boiled, and been skimmed. Season, if approved; but it has generally only salt.

### MILK PUNCH.

Beat up two eggs well, mix them in a quart of milk, sugar, nutmeg, and lemon-peel to your taste; boil it gently, stirring it all the time till thick enough; take it off the fire a very few minutes, then add to it a full quarter of a pint of rum. It must be stirred all the time the rum is pouring in, or it will not be good.

### PANADA.

Boil some pieces of stale bread in a sufficient quantity of cold water to cover them, with a little cinnamon, lemon-peel, and carraways; when the bread is quite soft, press out all the water, and beat up the bread with a small piece of butter, a little milk, and sugar to the taste; a little spice may be added.

*Or*, Set a little water on the fire with a glass of white

wine, some sugar, a very little nutmeg, and lemon-peel; meanwhile grate some crumbs of bread: the moment the water boils up, put in the bread-crumbs (without taking it off the fire,) and let it boil as fast as it can. When of a proper consistence, that is, when just of a sufficient thickness to drink, take it off the fire.

### SAGO.

Let it soak for an hour in cold water, to take off the earthy taste; pour that off, and wash it well; then add more water, and simmer gently until the berries are clear, with lemon-peel and spice. Add wine and sugar according to taste, and boil all up together.

### RECIPE FOR A SORE THROAT.

Take a glass of olive or sweet oil, and half a glass of spirits of turpentine: mix them together, and rub the throat externally, wearing flannel round it at the same time. It proves most effectual when applied early.

### NATURAL DENTIFRICE.

It is a fact, but not generally known, that the common strawberry is a natural dentrifice; and that its juice, without any previous preparation whatever, dissolves the tartareous incrustations on the teeth, and makes the breath sweet and agreeable.

### BARLEY WATER.

Upon one ounce of pearl barley, after it has been well washed in cold water, pour half a pint of boiling water, and then boil it for a few minutes; the water must then be strained off and thrown away; afterwards a quart of boiling water must be poured over the barley; and which should then be boiled down to one pint and a quarter, and strained

off. The barley water thus made is clear and mucilaginous; and when mixed with an equal quantity of good milk and a small portion of sugar, is an excellent substitute for the mother's milk, when infants are, unfortunately, to be brought up by hand. Without milk, it is one of the best beverages for all acute diseases, and may have lemon juice, raspberry vinegar, apple tea, infusion of tamarinds, or any other acidulous substance that is agreeable to the palate of the patient, mixed with it.

### GRUEL.

This farinaceous nutriment may be made either with grits or oatmeal. When grits are used, three ounces of them, after being very well washed, should be put into two quarts of water and boiled very slowly, until the water be reduced to one half of the original quantity. During the boiling it should be stirred frequently; and, when finished, it should be strained through a hair sieve. For oatmeal gruel, three ounces of meal must be put into a basin, and bruised with the back of the spoon; small quantities of water being successively mixed with it, and each quantity poured off into another basin, before more be mixed: and this must be continued until about a quart of water has been mixed with the oatmeal. The remains of the oatmeal should then be thrown away, and the water in which it was bruised is to be boiled for twenty minutes, stirring it the whole of the time.

By either of these methods, a mild, demulcent, agreeable nutriment is prepared, which is useful in the same cases in which barley water is employed; and it may, likewise, be mixed with milk or with any acid substance. Gruel, however, is more likely to become sour than barley water, and should never be kept longer than forty-eight hours in winter and twenty-four in summer.

### ARROW ROOT,

Forms an excellent nutritive mucilage. Put two tea-spoonfuls of the powder into a half-pint basin; mix them smooth with a few tea-spoonfuls of cold water, and then let another person pour boiling water over the mixture while you continue to stir it, until it forms a kind of starchy-looking substance.

Arrow root, thus prepared, may be used in the same manner as gruel. It is well adapted for the food of infants, because it is less liable to ferment than either gruel or barley water; and, for the same reason, it is the best fluid nourishment for those who are afflicted with diseases of indigestion. As it is very insipid, it requires either milk, or wine, or acids, to be mixed with it, whichever may suit the taste and the state of habit of the person for whom it is intended. It forms an excellent pudding, when prepared like rice, for children who are a little beyond the age of infancy.

### DECOCTION OF ICELAND LIVERWORT.

An ounce of the liverwort must be carefully freed from the moss, fragments of stalks, and particles of dirt, with which it is frequently mixed, by rubbing it between the hands in cold water. Then steep it, for two hours, in such a quantity of cold water as will completely cover it; after which it must be bruised, pounded, or cut, and the steeping continued for three or four hours longer in a fresh quantity of boiling water, which, when the steeping is finished, must be strained off by pressure. The liverwort is then to be put into a quart of fresh water, and kept boiling until the fluid be reduced two-thirds, or to a pint and a quarter. When strained and allowed to cool, it forms a thick mucilage, free from any bitter taste; and may be rendered very

palatable by the addition of sugar and lemon juice; or by white wine, in those cases which permit the use of wine.

This decoction of liverwort is an excellent demulcent nutriment, in consumption, dysentery and in convalesence from acute diseases, and particularly after the hooping cough, in which case the bitter need not be completely removed, as it tends to invigorate the digestive organs.

### WHITE WINE WHEY.

To make this whey, put half a pint of milk diluted with a quarter of a pint of water into a sauce-pan, which must be placed on the fire uncovered. Watch the moment when the milk boils, which may be known by the frothing and rising up of the milk to the top of the pan; pour into it, at that instant, two glasses of white wine, and a tea-spoonful of powdered sugar, which should be previously mixed with the wine. The curd will immediately form; and, after boiling the mixture for a few minutes, may be separated from the whey, either by letting it settle at the bottom, and then pouring off the whey clear from it, or by straining it through a fine sieve.

### BALM, MINT, AND OTHER TEAS.

These are simple infusions, the strength of which can only be regulated by the taste. They are made by putting either the fresh or the dried plants into boiling water in a covered vessel, which should be placed near the fire for an hour. The young shoots both of balm and of mint are to be preferred, on account of their stronger aromatic qualities. These infusions may be drunk freely in feverish and in various other complaints, in which diluents are recommended. Mint tea, made with the fresh leaves, is useful in allaying nausea and vomiting.

### BEEF TEA,

Is too frequently prepared, by simply boiling a piece of beef in a given quantity of water; but by this method it generally resembles gravy soup more than beef tea, and is then unfit for the use of the sick. To make it properly, cut half a pound of good lean beef into very thin slices; spread the slices in a hollow dish, and having poured over them a pint and a half of boiling water, cover up the dish, and place it near the fire for half an hour, and then boil it over a quick fire for about eight minutes. The tea, after having the scum taken off, should stand for ten minutes, after which it is to be poured off clean, and seasoned with a little salt.

Beef tea thus made is a light and pleasant diluent, and very useful when the bowels and stomach are in a weak and irritable state. When used as a food for infants, it should always be prepared in this manner; and nothing answers better as a breakfast, for those who are habitually sick in a morning, either from a redundance of bile, intemperance, or other causes.

### VEAL TEA,

Is prepared in the same manner as beef tea; and may be used under similar circumstances.

### CHICKEN TEA,

Is prepared by cutting, in small pieces, a chicken, from which the skin and fat have been removed; and then boiling the pieces, for twenty minutes, in a quart of water, with the addition of a little salt. The tea should be poured from the meat before it is quite cold. It is useful in the same cases as beef and veal tea.

### TOAST AND WATER,

May be made by pouring over toasted bread either a pint of cold or boiling water. In the latter mode it should be made some hours before it is wanted, that it may have time to become perfectly cool.

### ISINGLASS JELLY.

In cases of extreme debility, isinglass is sometimes ordered to be taken in small quantities. An ounce, when dissolved in a pint of boiling water, forms, when cold, a light jelly, a tea-spoonful of which may be mixed with tea, or milk and water. A very pleasant beverage may, also, be made of orange juice and water, with the addition of the isinglass jelly. A lady, after being reduced to extreme weakness by a severe illness, and being incapable of taking any thing solid, recovered her strength, although by very slow degrees, with but little more nourishment than what the isinglass, given to her in every liquid she drank, afforded her. From this case, it would appear to be an excellent corroborant; but medical men think, that jellies are less nutritive than they are generally supposed to be by those who are not of the profession.

### CALVES' FEET BROTH.

Boil three feet in four quarts of water, with a little salt: it should boil up first, and then simmer, till the liquor is wasted one half: strain and put it by. This may be warmed (the fat having been taken off,) a tea-cupful at a time, with either white or port wine, and is very nourishing for an invalid.

*Or*, The feet may be boiled with two ounces of lean veal, the same of beef, half of a penny roll, a blade or two of mace,

a little salt and nutmeg, in about four quarts of water: when well boiled, strain it, and take off the fat.

### BREAD JELLY.

Take a two-penny roll, pare off all the crust, and cut the crumb into slices, toast these slices on both sides, of a light brown. Have ready a quart of water that has boiled, and become cold, put the slices of bread into it, and let it boil gently until the liquor becomes a jelly, which you will ascertain, by putting some in a spoon to cool. Then strain it through a thin cloth, and put it by for use. When to be taken, warm a tea-cupful, and put to it a little sugar, a little grated lemon peel, and wine or milk as you choose; if for children, the latter would be preferable. This jelly is of so strengthening a nature that one spoonful contains more nourishment than a tea-cup of any other jelly.

### A MUTTON CUSTARD, FOR A COUGH.

Into a pint of good skim milk, shred two ounces of fresh mutton suet, and let it come to a boil, and then simmer gently, for an hour, stirring it from time to time. Strain, and take it at bed time. This is an old-fashioned remedy, but very good for tightness on the chest.

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## CORDIALS.

### NOYEAU.

In some cordials the flavouring article should be first mixed with the syrup; in others the sugar should be dissolved in an infusion of the flavouring substance; and in

others, this substance should be first mixed with the spirit. The last-mentioned is the way in which we make noyeau.

Take half a pound of bitter almonds and the thinly prepared rind of a fine lemon; blanch the almonds and shred the lemon peel into small bits; put them together into a mortar, and bruise them to as fine a powder as possible; put the powder into a gallon stone bottle, and add two quarts of diluted spirits of wine (a quart of spirits of wine, and a quart of water.) Cork the bottle particularly well; make a point of shaking it thoroughly once every day, and at the end of a week it will be ready for the next stage of the process. Now make a syrup of two pounds of lump sugar to a quart of water; let it stand till cold, and then pour it into a bottle; mix the whole well by shaking the bottle, and let it stand another week. Now strain the liquor from the almond powder, &c., and filter the liquor through white blotting-paper; a common funnel will do for the purpose, putting a a few slips of wood down the inside of the funnel. To make the filter, take a sheet of blotting paper, square it, put corner to corner and double it again; the slips of wood prevent the paper from adhering closely to the sides of the funnel, and in that way accelerate the process. The noyeau is now ready for bottling: it should be most carefully corked. It *may* be drunk directly; but it ought not to be used for at least two months; and it will not have reached its *perfection* in less than a year: indeed, it will go on *improving* for many years. Noyeau, thus made, has deceived the best and nicest judges, and is really scarcely inferior to that which is imported.

The same method of procedure, as that given above for the preparation of noyeau, serves to make two other most delicate and grateful liqueurs. Lemon and cinnamon cordial,

are made in this way; these luxurious potations are obtained in a state of perfection greatly superior to any that can be bought for money. The way of making them, usually advised in the books, is to use the essential oil of lemon peel, or of cassia. (The oil of real cinnamon is not so easily to be obtained, as is commonly imagined: that of cassia is almost always substituted for it, or it is adulterated largely with the oil of cassia—and cassia is a poor substitute for cinnamon. We have repeatedly made cordials in this way; and our account of these seducing liquors would hardly be perfect, did we not mention the mode that we followed. We use the past tense, because we *now* never adopt it.

Take oil of peppermint, or of lemon-peel, or of cassia (as one or other of these liqueurs is wanted) a drachm. Drop the oil on a few lumps of loaf-sugar in a mortar, pound, and mix intimately the oil and the sugar; add *gradually* twelve ounces of spirits of wine, mixing the whole well together. Dissolve twelve ounces of lump sugar in three quarters of a pint of water; bring the syrup to the boil; let it cool, add it to the spirit; shake the whole well; and bottle.

### LEMON CORDIAL—LEMON BRANDY.

Take eight fine lemons, having a clear and unspotted skin and a rough surface. Pare the rind off very thin; divide it into small shreds; put it into a bottle; add a pint of spirits of wine—a dozen blanched and bruised bitter almonds are a judicious addition; cork the bottle; let it stand six days. Make a syrup of a pound of treble-refined sugar; bring it to the boil; let it cool; pour it into the bottle; shake the whole well; let it stand six days more; filter through blotting-paper; and the cordial is made. So prepared, it is perfectly clear, and of a fine delicate lemon colour. It will

be ready for drinking in a few weeks, but will be greatly the better for being kept longer.

### CINNAMON CORDIAL.

Take an ounce of the finest cinnamon; bruise it in a mortar, put it into a bottle, and add a pint of spirits of wine. Now proceed exactly as is done in making lemon brandy, excepting that it will be well to strain through fine muslin, before filtering through blotting-paper, as the cinnamon clogs up the filter, and greatly retards the process.

### GINGER CORDIAL.

Take two ounces of *the very best* ground ginger: put it into a large earthen vessel (*a stew-pot*); pour on it two quarts of cold water; stir well with a clean stick, or a *silver* spoon; put the vessel into the oven of the common kitchen range; when it begins to simmer, stir again; and when it boils open the oven door; and let it continue to simmer *gently* for six hours, occasioually stirring it, then take it out of the oven, and cover it up. The next day, put it into the oven again for six hours, stirring it every now and then. Take it out; let it stand to cool, and when cold pour off the clearer liquor, for most of the ginger will have fallen to the bottom. There should be a quart of liquor; if there is more, the simmering must be continued longer; if less, water should be added to make up the deficiency. Now dissolve in the quart of ginger water two pounds of treble-refined lump sugar: bring it to the boil; add to it *when cold* a quart of spirits of wine; stir the whole well together; and filter. When bitter almonds are not thought objectionable, the addition of a few to the spirits of wine, some few days before it is added to the ginger syrup, will be found an improvement. This cordial has a little but not much colour. It should be kept longer than

most of the others; but in six months it will be in tolerable condition.

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## ESSENCES.

### ESSENCE OF GINGER.

Put three oz. of fresh grated ginger, and 1 oz. of thinly cut lemon peel into a quart of brandy, and let it stand ten days, not forgetting to shake it every day.

### ESSENCE OF ALLSPICE.

Of oil of pimento, 1 drachm, strong spirit of wine, 2 oz. mix these together by degrees, and a few drops will give the flavour of allspice to a pint of either gravy or mulled wine.

### ESSENCE OF NUTMEG, CLOVE OR MACE.

Have 2 oz. of the strongest spirit of wine, and put into it 1 drachm of either nutmeg, clove or mace. A few drops will give sufficient flavour.

### ESSENCE OF CINNAMON.

Two oz. of strong spirits of wine, and 1 drachm of oil of cinnamon.

### ESSENCE OF SEVILLE ORANGE, AND LEMON PEEL.

Rub lump sugar on the lemon or orange, till it is quite saturated with the rind, then scrape the sugar so saturated, into the jar you keep it in, and rub the rind again, and so on, till you have enough; press the sugar down close, and keep it for use. This imparts a very nice flavour to custards and puddings. Tincture of lemon peel is made by paring the peel very nicely, and steeping it in brand.y

## FLOWERS.

It is not unfrequent to ornament rooms with artificial flowers; yet these, however beautiful, have no odour: but a cheap and elegant substitute may be found by taking natural flowers in bloom, and dipping them in alcohol, or strong spirits of wine, for about a quarter of an hour; after which the colour will appear to have entirely faded. As they become dry, however, they may be arranged for the beaupots, when it will be found that their colours will revive, and their odour will be prolonged much beyond the usual time.

Most flowers begin to droop and fade after being kept during twenty-four hours in water; a few may be revived by substituting fresh water; but all (the most fugacious such as the poppy, and perhaps one or two others excepted) may be completely restored by the use of *hot water*. For this purpose, place the flowers in scalding water, deep enough to cover about one-third of the length of the stem: by the time the water has become cold, the flowers will have become erect and fresh; then cut off the end of the stems, and put them into cold water. It may be added, that a few grains of salt dropped into the water in which flowers are kept, preserves them greatly from fading, keeping them in bloom double the period that pure water will.

We have seen another ingenious method of preserving flowers throughout the winter, which may serve as a cheap and pleasing mode of decoration. The plan is to pluck the flowers when half blown, and to put them in an earthen vessel with a close cover, immersing them, with the stalks downwards, in a mixture of water and verjuice, of each equal parts, sprinkled with a small portion of bay salt. The vessel must be well closed up and kept in a warm place, safe from the action of frost; and then, on the coldest day

in winter, nothing more is necessary than to take them out, wash them in fair water, and hold them before a gentle fire, when they will open as if in all their vernal bloom.

As the flowering of bulbous roots is always an agreeable decoration of the drawing-room in winter, it may be amusing to state an easy method of encouraging it rapidly even in the coldest weather. Take three ounces of nitre, one ounce of common salt, half an ounce of potash, half an ounce of sugar, and dissolve them in a pint of rain-water. Keep your glasses near the fire. Change the water every ten or twelve days; and each time put in about half a tea-spoonful of this mixture.

### MANAGEMENT OF PLANTS IN ROOMS.

To treat on the proper management of plants in houses is a subject attended with considerable difficulty; every genus requiring some variation, both in soil, water, and general treatment. If the room where the plants are intended to be placed is dark and close, but few will ever thrive in it;—if, on the contrary, it is light and airy, with the windows in a suitable aspect to receive the sun, plants will do nearly as well as in a green-house. But if they are observed to suffer, the effects may generally be traced to one of the four following causes:—Want of proper light and air—injudicious watering—filthiness collected on the leaves—or, being potted in unsuitable soil.

1st. *Want of proper Light and Air*,—is perhaps the most essential point of any to be considered; for, however well all other requisites are attended to, a deficiency in either of these will cause the plants to grow weak and sickly. Let them always be placed as near the light as they can conveniently stand, and receive as much air as can be admitted, when the weather will allow. Indeed those persons who have no other conveniency than the house to keep them in

will find that they derive immense advantage from being, during fine weather, in spring and autumn, turned out of doors in the evening, and taken in again in the morning—the night-dews contributing greatly to their health and vigour.

2d. *Injurious Watering*—does more injury to plants in rooms than many persons imagine. To prevent the soil ever having a dry appearance is an object of importance in the estimation of very many; they therefore water to such an excess that the mould becomes sodden, and the roots consequently perish.—Others, to avoid this evil, run exactly into the opposite extreme, and scarcely give sufficient to sustain life. This, however, is by no means so common a practice as that of giving too much; for in general, if any thing appears to be the matter with the plants, large doses of water are immediately resorted to; and if recovery is not speedy, this nostrum is again administered, with but little doubt of its infallible restorative powers:—but such persons like an unskilful physician who gluts the weakly stomach of his patient, only hasten on what they are trying to prevent. This overplus of water will show its bad effects by the very dark colour and flabby disposition of the leaves; and if the plant receives too little, the leaves will turn yellow, and eventually die.

The best plan is, always to allow the soil in the pot to have the appearance of dryness, (but never sufficient to make the plant flag,) before a supply of water is given, which should then be pretty copious; but always empty it out of the pan or feeder in which the pot stands, as soon as the soil is properly drained. The water used for the purpose ought always to be made about the same temperature as the room in which the plants grow—never use it fresh from the pump—either let it stand in a warm room all night, or take off the chill by adding a little warm water to it, or the growth of the plants will be much checked.

3d. *Filthiness collected on the Leaves*,—may either arise from insects, or dust; the former may be speedily remedied, by placing the plants under a hand-glass, or any thing that is convenient, and burning some tobacco until they become well enveloped in the smoke;—and the latter may be removed by occasionally washing them on the head with pure water, either by means of a syringe, the rose of a watering-pan, or with a sponge, when the filth still adheres.

4th. *Being Potted in Unsuitable Soil*,—is by far the most difficult part of the business to rectify, for no certain line can be drawn, unless each genus was treated on separately; which cannot be done in a book like the present.

Bulbs of most sorts flourish in rooms with less care than most other kinds of plants. Hyacinths should be planted in autumn. In preparing pots for them, select such as are about four inches deep and three inches wide, put a little rotten dung in each pot, fill each pot up with light rich soil, and plant the bulbs so shallow that nearly half the bulb stands above the soil; plunge the pots in the open air, and cover them six or eight inches deep with rotten bark. During spring take them out as they are wanted to bring into flower, and set them in the window of a warm room where they will be fully exposed to the sun. Those who do not possess a garden may set the pots in a cellar or out-house, or in the corner of a yard, and cover them with light soil or sand until they are wanted to bring into the room to flower. When the leaves begin to decay after they have done flowering give them no water; when the leaves are dead, take them out of the soil and remove the offsets, and lay them in an airy situation until the time of planting.

If grown in water glasses, they require to be placed in a light airy situation, and the water will require to be changed once in three or four days. If drawn up weakly,

it will be necessary to support the stems with sticks, split at the bottom so as to fit on the edge of the glasses at the top. This, however, will not be necessary if they be kept in a light and airy situation. When out of flower, plant them in pots of soil to perfect their leaves, and treat them as above; they will then flower again the succeeding year.

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## PRESERVATION OF PLATE.

### CLEANING PLATE.

In establishments in which a butler's pantry and a footman are to be found, the plate is of course well attended to; but in families where it is left to the care of a female servant, who has multifarious occupations daily to be despatched, unless a regulation be made and insisted upon, the plate that is in constant use will be very soon bruised and scratched, and in its appearance will more resemble tin or "queen's metal," than silver. The best plan is to provide a wicker basket with three compartments in it, and the handle in the middle. One will contain the smaller spoons and forks; the other will hold the salt-cellars, mustard-pot, &c., and the third will receive the soup-ladle, fish-slice, gravy-spoons, &c. With even one servant this plate may be kept in excellent condition by a little care. It should never be left in the kitchen, or any other part accessible to strangers; a sideboard drawer, or inner closet in a store-room, would be desirable. A japanned tray also, should be provided, with a clean knife-cloth at the bottom; and before the dishes are removed at dinner time, every spoon that has been used, should be laid upon the cloth in the tray, and be set away in a kitchen drawer, until the tea things are washed in the evening; this regulation will insure

their not being tossed into the dish-tub, to be scratched and shuffled about among the plates and dishes; and most probably, from being emptied away into any receptacle for hog-wash, or down a drain, &c. A servant should also be instructed to wash spoons one at a time, and not to take them up, several together in the hand, like a bundle of quills.

The best material for cleaning plate that is in constant use is soap and water, with a soft cloth: if a dark tarnished spot should appear, a little damp whitening on a small brush will soon remove it. For plate that has long lain by, liquor-castors, cruet-stands, &c., first wash it with the incomparable soap and water, and if needful (in consequence of tarnish), smear it all over with whitening and spirits of wine, or common gin, set it to dry, and then brush it off. Decanter-stands, and other articles which must not be washed, on account of the varnished satin wood, and green baize, should be subjected to the latter treatment only.

The best plate powder is the purest whiting; because it is soft, and is not a metallic preparation, as rouge is, and other advertised plate powders; these act upon the silver, and wear it rapidly away. The only objection to whiting is, that it gives the plate a poor and white appearance, whereas the hue that is imparted to it by rouge, is that dark and steel-like surface, at once so beautiful and rich.

After the plate has been washed with hot water, rub it over with a mixture of levigated hartshorn and spirits of turpentine, which is the best preparation I have known for cleansing plate and renewing its polish. Remember, that two good-sized leathers are required for cleaning plate, one of which should be kept for rubbing off the hartshorn-powder, and the other for polishing up the silver afterwards. This process should be performed twice a week; but on other days, merely rubbing with the leathers, after washing, will be sufficient. I have never seen any plate look better than that which is cleaned according to this direction, and

there is nothing in the ingredients I have mentioned that can in the least injure the silver, which is sometimes the case with the nostrums that servants employ. The only thing to be strictly regarded by the servant who uses it, is to rub it off so well that the plate shall not retain the slightest smell of the turpentine. The turpentine is useful in removing every particle of greasiness from the plate, which mere washing will not do. I have seen some plate cleaned with muriatic acid, which gives a very high polish, but also a deep colour to the plate, almost resembling steel. The hartshorn and turpentine give as good a polish as the acid, without injuring or changing the colour of the silver.

Many people still prefer whiting and water, which cleans tolerably well, but does not renew the polish. When silver has, through neglect, become very dim and dirty-looking, it is necessary to boil it in soap and water for some little time, and afterwards the turpentine and hartshorn-powder can be used to great advantage.

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## PRESERVATION OF BEDS, CARPETS, &c.

Furs and woollen cloths are preserved in the same way; and if a house is much infested with moths, the parcels should be put into a cool oven, or hot closet, every three or four weeks for a night, and then be opened, and every article well shaken, and replaced; it is very important to keep them in a dry cool place. General neatness, however, is the greatest enemy to these troublesome insects, and be frequently clearing out wardrobes and drawers, all such intruders are disturbed. It is well to expose to the air (but not the sun) and thoroughly shake any stocks of linen or woollen clothes which are lying out of use. As bugs have become so general a nuisance, it is necessary to observe that

much care and attention are required to exterminate them. This may be done by taking the bedsteads entirely asunder, and washing every part of them with a strong solution of corrosive sublimate; if they infest the walls, the paper should be removed, and the walls washed with the same preparation before repapering them; and in inveterate cases, the floor should be painted all round the skirting board to the extent of about four inches. As the corrosive sublimate is a strong poison, the bottle containing it should be so marked, and a caution given to whoever applies it. Perhaps the cheapest preparation is a solution of the sublimate in spirit of turpentine, with the addition of water; the powerful smell of the turpentine will tend to further the object in view. It is a bad plan to nail carpets down in bed-rooms; the dust occasioned by sweeping them on the floor injures the furniture, and prevents the frequent scrubbing of the floor, which is so essential to health and cleanliness; they should be of a convenient size for taking up, and beating very frequently.

As winter approaches, it is impossible to be too careful in keeping *spare* beds and blankets properly aired. In damp weather, a bed which has been unoccupied for three successive nights, is unfit for the use of a delicate person, or indeed, of any one; if they cannot be put under the occupied beds of the house, a cleanly servant should sleep in them alternately. A *state bed*, above all things, should be avoided, for it is only at the hazard of life or health that it can ever be used. A hospitable and judicious housewife will always keep a pair of sheets aired in case a friend should unexpectedly drop in late in the evening, when there would not be time to do it *thoroughly*. In damp houses a chafing-dish of coals should occasionally be put into spare bed-rooms, leaving the doors open for the damp air to escape.

It is advisable, on account of neatness, and *consequently*

*of economy*, to provide *bed-covers*, to be laid over the beds when the rooms are being swept. The quantity of dust which settles on other articles of furniture will convince those who observe it that a due proportion will fall on the bed-cover; and, in the absence of this neat appendage to a housemaid's paraphernalia, on the counterpane or quilt. A *half-tidy*, and much more troublesome method is sometimes adopted, that of turning the counterpane wrong side outwards, on the occasion of sweeping; but this is objectionable, if only in consequence of the dust that must be unnecessarily communicated to the blanket. A bed-cover may be made of any slight material—our own is of *matress* ticking, which is cheap and preferable to any other article for the purpose. In turning sheets, &c., a knife or scissors should never be used to cut open the seams, as is too commonly done, for the edges are almost inevitably cut from time to time. Though picking out the stitches with a pin appears a tedious process, it will in the end prove shorter than the other plan, which involves the necessity of hemming the edges as well as pulling out the ends of cut thread.

When roller-blinds become a little worn, it is a good plan to turn the top to the bottom, and, by adding a false hem at the top, the worn part may be cut off without unduly shortening the blind.

### BROOMS.

The brooms of a domicile are of various sorts; and, like every other article of domestic utility, of various qualities; nor are the best kinds to be ascertained by young housekeepers by intuition, neither should servants be intrusted with the commission to purchase them. Shopkeepers are not always honest if servants are; and the less collison that is allowed, or even hazarded between them on all occasions, the more advantageous it will be to a mistress. Experience

alone, in the matter of brooms, can determine the good qualities and comparative merits of these essentials to our household comfort.

We will begin with the carpet-broom, that darling vehicle of a housemaid in her daily work of destruction to the beautiful woofs which grace our floors. With what regret have we listened to the *tearing* noise of one of these vile bundles of harsh rushes scratching up the nap, under the strong arm and ruthless vigour of a servant! These gay brooms, begirt with gilded crimson leather, are one of the most expensive articles in a house; for they not only destroy the carpets, even when quite new, but they quickly wear down; and, in that state of stubborn jagged twigs, a stable broom could commit little less havoc. The best brush for our carpeted floors is a long handled one, with rounded ends, the hairs very stiff, and about as long as those in a clothes brush. This, at all events, will suffice for the purpose six days out of the seven; so that only once a week, instead of every day, the use of the genuine carpet broom may be permitted. Two house-brooms should always be provided, one for the sleeping apartments (which should be kept up stairs), and one for the kitchen; and these, indeed *all* brooms, should have round ends; we deprecate those which are usually seen with ends sharp and square, that seem to have been invented expressly to chip the paint from the skirting boards.

### CARPETS.

When carpets are taken up to be beaten, it is a usual, though erroneous plan, to have them dragged over a grass plot, in order to "brighten their colours."—No green sward at this time of the year *can* be in a fit state for such an expedient; and injury from the mud and worm-casts will be

the inevitable consequence. A carpet should be suspended on a stout line, between two trees; or if that be impracticable, on a set of palings; and beaten on the *wrong* side, by three, four, or even six persons, (according to the size of it,) each person having a *pliable* stick, with the end of it tied round strongly with cloth, so as to form a nob, in order to prevent the carpet from being frayed, or the seams split by the sharp edge of the stick; which is too often a consequence if the stick be unguarded. When thoroughly beaten on the wrong, it must be turned on the right side, and again be subjected to the same treatment. When bed rooms are not covered entirely with carpeting, it is usual to have "bed-round carpets," *mitred* at the corners. This mitring is an improvement on the old fashion of three straight pieces, (the longest bit at the feet,) but when a bed-round carpet is mitred, it is very difficult to shake, requiring two or three persons, besides the certainty of splitting the seams. It is, therefore, desirable to make an alteration that shall obviate the inconvenience, without spoiling the pretty finish which the mitred corners produce. This is effected by having the carpets cut out as if to be mitred; but, instead of joining the corners, let them be finished off with binding, the same as the ends, and *left open*. When laid down, they will present exactly the same appearance, and the inconvenience of the joined corners will be obviated.

### CLEANING BEDS.

A decoction of bitter apple, about sixpenny worth in a pint of water, is an easy and simple preventive to the increase of these insects. Crevices in walls, and the joinings between the boards in floors, ought to be rubbed over three or four times with a small brush dipped in the decoction.

### TO CLEAN CARPETS.

Mix ox gall and water; rub the carpet with a flannel dipped into the mixture, then rub dry with a linen cloth. It has occurred for carpets to shrink after being thus wetted; therefore the safest way is to let it be securely fastened to the floor.

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## WASHING.

In all large "washes," the linen, and especially cotton stockings, should be put to soak over night; both soap and labour are thus saved. You should always provide your washers with little wooden bowls to throw their soap into, which will prevent their letting it stand in the water wasting; make also a proper flannel "blue-bag," and let it be a rule that this and the bowls shall be delivered up after the wash, that they may be set aside in readiness for another occasion.

It is a very bad plan to allow clothes to remain long dirty; in large families, three weeks should be the longest space between the washes, for not only are the clothes injured, but more soap and labour are required to get them clean.

In washing flannels, prepare a lather expressly of soft water, soap, and a good deal of blue. Do *not* rinse them after the lather, but wring them as dry as possible, shake them and hang them out. Flannel should be scalded before it is made up, since it *will* shrink in the first washing. To remove the starch or "dressing" from new Irish linen, it should be put to soak in cold water over night, and be scalded next morning. Silk of almost any colour may be washed

by putting it in soak for a night in cold soft water (for black silk add some blue), the next day wash it out, wring it as dry as you can, and wipe off the wet that remains with a soft cloth; then mangle or iron it.

### WASHING WITH SODA.

Four ounces of Sub-Carbonate of Soda. Half a pound of Soap cut in small pieces—four pails of water. Put the clothes in soak over night. In the morning, put the above quantities together. When the water is *boiling hot*, wring out the clothes, put them into the kettle and let them boil one hour. Take them out and wash them through warm water, and rinse them through cold water. This does not answer for flannels or coloured clothes but it makes white clothes very clear and white without the labour of rubbing them and is of course more economical.

The soda can be bought by the pound for twenty-five cents.

### WASHING MUSLIN DRESSES, &c.

In washing muslin dresses, the colours may be prevented from running by the following method: take out all the gathers at the tops of the sleeves and at the waist; wash the dress quickly in the usual way, but with the water cool; as soon as it is rinsed, rool it smoothly in a sheet, and leave it till dry.

The texture of those beautiful French thread stockings and gloves, which have obtained the supremacy over those of silk, is so delicate, that peculiar care is requisite in the method of washing them. The following is the most approved. A lather of *cold* water is to be made in a saucepan; the stockings are to be well soaped and placed in it over the fire. When they have boiled take them out; and,

having made a fresh cold lather, let them again boil. If this simple process be well performed, the stockings and gloves, on being a second time removed, will require little more than rinsing. Thus, the fabric is uninjured by rubbing,—a bad plan—that destroys our stockings much more rapidly than we can wear them out. When silk stockings have been nicely washed and coloured, instead of mangling they should be stretched on a board and rubbed on the right side with clean flannel till dry; when mangled, they often have a watered appearance. Laces, nets, and clear muslins, should not be ironed upon the ironing blanket; but a piece of soft linen should be laid over the blanket to prevent the starch from taking up the nap of wool and giving a thick appearance to the lace. Silk dresses, gauze ribands, &c., will wear clean longer, especially in London, if well rubbed now and then with a clean soft cloth, not linty (an old pocket-handkerchief answers the purpose admirably).

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## MISCELLANEOUS RECEIPTS.

### RECIPE FOR TAKING WAX OUT OF CLOTH.

Hold a red hot iron (a poker will do) steadily within an inch or so of the cloth, and in a few minutes the wax will wholly evaporate; then rub the cloth with some whitish brown paper to remove any mark that may remain.

### DELICIOUS SALINE DRAUGHTS.

Carbonate of soda and white sugar, of each twenty grains; lemon or tartaric acid, twenty-five grains; mix with water, in two glasses, as usual. If you substitute a half lemon for the acid, it is still nicer.

### CURE FOR THE RHEUMATISM.

Mix well together one quarter of an ounce of ether and an ounce of amber oil. Rub the part affected first with a flannel, till quite warm, then with the hand; rub on a little of the mixture, and cover it with a warm flannel. Repeat the application twice a-day till cured.

### RECENT COLD.

A tea-spoonful of sal-volatile, taken in a small quantity of water or white wine whey at bed time, is a good remedy for a recent cold. Bathing the nose in warm water is also a great relief.

### RECIPE FOR THE STING OF A WASP, BEE, OR OTHER INSECT.

Wet the part stung, and rub a piece of indigo upon it, which will instantly remove the pain.

### TO GET RID OF THE STING OF A NETTLE OR OTHER VEGETABLE.

Rub the part affected with balm, rosemary, mint, or any other aromatic herb, and the smart will at once cease.

### RECIPE FOR BURNS.

For a burn by vitriol or by any similar cause, apply the white of eggs, mixed with powdered chalk, and lay it over the parts burnt with a feather, and it will afford immediate relief. We have seen this tried most successfully to a child who had accidently taken some vitriol into its mouth.

### TO EFFACE SPOTS OF GREASE FROM SILKS.

The recipes for this are very numerous, and, with one exception, are all objectionable or ineffectual. Turpentine will extract the grease but will form an edge wherever it is

applied: ether fails to touch either the spot or the remains of the turpentine: French chalk absorbs the offending matter, but leaves a muddy or dull appearance, that is almost as unsightly as the grease. Advertised remedies (all of them, however, which have fallen under our observation,) whether in the form of ball, cake, or liquid, equally fail, however carefully applied. The only safe and really infallible method of extracting grease spots from silks (of even the most delicate hues,) is the following, which should be applied as soon after the discovery of the injury as possible, in order that no further mischief may be caused by dust or dirt settling on the grease. Hold the part firmly, to prevent the silk from being creased; then with a clean soft white cloth (an old cambric pocket handkerchief is the best material) rub the spot very briskly, but not with sufficient violence to fray the silk; change the portions of the handkerchief frequently; the silk may be held to the fire to assist the operation, but this is not needful. In the course of a minute or two the spot will have entirely disappeared. This *we know* to be effectual.

### TO POLISH MAHOGANY TABLES.

Grate very small a quarter of an ounce of white soap; put it into a new glazed earthen vessel with a pint of water; hold it over the fire till the soap is dissolved; then add the same quantity of white wax cut into small pieces, and three ounces of common wax. As soon as the whole is incorporated it is fit for use. When used, clean the table well, dip a bit of flannel in the varnish when *warm*, and rub it on the table; let it stand a quarter of an hour, then apply a hard brush in all directions and finish with a bit of clean dry flannel. This will produce a gloss like a mirror; and, to those who dislike the smell of turpentine or oil, will be found very useful.

### IRON MOULDS.

Spirit of salt, oxalic acid, salt of lemons, are the usual applications to extract those unsightly stains; and as they are all so much of the same nature, that, unless great caution be used in their applications, the article will drop into holes, it becomes every mistress of a family to consider whether such a risk should be left to a laundress, or whether *she* be not the more likely person to effect a perfect application, as she must or ought to have her own interests at heart, more strongly than a person wholly indifferent to her. The only caution requisite, is to rinse the article thoroughly after the application.

### TO CLEAN MARBLE.

Pound very finely a quarter of a pound of whitening and a small quantity of stone blue; dissolve in a little water one ounce of soda, and mix the above ingredients carefully together with a quarter of a pound of soft soap. Put the whole into an earthen pipkin, and boil it for a quarter of an hour on a slow fire, carefully stirring it. Then, when quite hot, lay it with a brush upon the marble, and let it remain on half an hour. Wash it off with warm water, flannel, and scrubbing-brush, and wipe it dry.

### TO MAKE BLACKING.

Three ounces of ivory black; two ounces of treacle; half an ounce of vitriol; half an ounce of sweet oil; quarter of a pint of vinegar, and three quarters of a pint of water. Mix the oil, treacle, and ivory black gradually to a paste; then add the vitriol, and by degrees, the vinegar and water. It will produce a beautiful polish.

### OIL FOR FURNITURE.

For polishing mahogany furniture, we would mention, and *recommend* the following—it is simply *cold drawn linseed oil.* The property of this oil differs from that of most other oleaginous fluids; essential oils, as those of cinnamon, cloves, &c, are pungent; that of others is soft and lubricating, as olive, palm, gallipoli, neatsfoot. But linseed oil possesses more particularly a tendency to harden and become solid, on long exposure to the air. It is this peculiar quality that is taken advantage of in its application to furniture; and which, with a little patience, and no hard rubbing, will produce a varnish far superior in durability, beauty, and usefulness to French polish, or any mixture for the purpose, which we have ever seen; and we believe that there is scarcely one which we do not know, and have not made trial of.

A very little linseed oil is to be poured into a saucer; then, with a small piece of clean rag smear the furniture with it. In a few minutes, wipe it off with an old duster kept for the purpose; and then rub the tables, &c. quite clean, with a second cloth. This simple, easy operation, performed regularly once a week, will *gradually* produce a polish that is unrivalled: for unless it were to be washed with *soap*, it will not injure; boiling water even might be poured over it with impunity; indeed, occasional washing with plain water, is an advantage to it. Unlike the easily spoiled varnishes of the shops, furniture that is rubbed with this oil is not so readily scratched; and, if it be, the next week's application will nearly obliterate the marks. Again, the pores of the wood being filled with the application, it becomes very hard, and is able to resist the attacks

of insects. We have possessed articles of furniture thus polished, so beautiful, that our simple plan has been conjectured to be a newly invented preparation—"yet unknown to fame." We are aware that this method of beautifying furniture is *well*, but not *generally* known.

### PRESERVATION OF EGGS.

A simple plan, and one which has long proved successful, is to bury the eggs in salt; of course the eggs must be fresh, and they should be placed *upright not on the side*. In this way, eggs will keep good for a year. It is, perhaps, well to add, that this is an excellent mode of taking eggs to sea. The vessel in which the eggs are placed should be kept in a cool, dry situation; and a thick layer of salt should be placed at the top of it. At the season when eggs are plentiful, and consequently cheap, it will be wise to think about laying in a store of them. In cities, particularly, fresh eggs are, in the winter months, a delicacy scarcely attainable, and this merely from want of a little foresight.

### TO MAKE GINGER BEER.

One ounce of bruised ginger, one ounce of cream of tartar, one lemon juice and peel, one pound of loaf-sugar, one gallon of *boiling* water; add one spoonful of yeast to work it and bottle it in stone jars before it is cold.

### TO CLARIFY SUGAR.

Take four pounds of sugar, and break it into pieces; put into a preserving-pan the white of an egg, and a glass of pure spring water; mix them well with a whisk, add another glass, still whipping, until two quarts of water have been put in; when the pan is full of froth, throw in the sugar, and set it on the fire, being careful to skim it every time the

scum rises, which will be the case as the sugar boils up. After a few boilings, the sugar will rise so high as to run over the edges of the pan, to prevent which, throw on it a little cold water; this will lower it instantly, and give time for the skimming, for the scum should never be taken off whilst the sugar is bubbling; the cold water stills it, and that is the moment to skim it. Repeat this operation carefully three or four times,when a whitish light scum only will rise; then take the pan off, lay a napkin, slightly wetted, over a basin, and pour the sugar through it.

The scum thus taken off, put into a china basin; and when the sugar is clarified, wash the pan and the skimmer with a glass of water, which put to the scum, and set it aside for more common purposes.

### TO MAKE YEAST.

Boil for half an hour two quarts of water, thickened with about three spoonfuls of fine flour, and sweetened with nearly half a pound of brown sugar; when almost cold, put it into a jug, adding four spoonfuls of fresh yeast; shake it well together, let it stand uncovered near the fire for a day, to ferment. There will be a thin liquor on the top, pour this off; shake the remainder and cork it up for use. To make a half peck loaf you should use a quarter of a pint of the above.

### TO PRESERVE POTATOES.

The Scotch method of preserving eggs, by dipping them in boiling water (which destroys the living principle,) is too well known to need further notice. The preservation of potatoes, by similar treatment, is also a valuable and useful discovery. Large quantities may be cured at once, by putting them into a a basket as large as the vessel containing the boiling water will admit, and then just dipping them for

a minute or two at the utmost, the germ, which is so near the skin, is thus "killed," without injuring the potatoe. In this way several tons might be cured in a few hours. They should then be dried in a warm oven, and laid up in sacks or casks, secure from the frost, in a dry place. Another method of preserving this valuable root is, first to peel them, then to grate them down into a pulp, which is put into coarse cloths, and the water squeezed out by putting them into a common press, by which means they are formed into flat cakes. Those cakes are to be well dried, and preserved for use as required. This is an excellent and ingenious mode of preserving potatoes, although attended with too much trouble on the large scale. It is said, that a piece of lime put into the water into which potatoes are boiling, will render the heaviest, light and flowery.

### PORTABLE GINGER BEER.

A beverage, equal in flavour to ginger beer, and in its medicinal effects far more wholesome, besides the convenience of being portable, may be made in the following manner;—

Take of powdered lump sugar, two drams. Carbonate of soda, half a dram. Mix them together.

Take of Tartaric acid, half a dram, best ginger powder, five grains, essence of lemon, one drop. Mix them together.

Dissolve the above powders in separate glasses, containing together, about half a pint of cold spring water; when dissolved, mix the contents of each glass, and let it be drank immediately.

The proportion of ginger may be increased to double or quadruple the quantity, agreeable to the palate; it should be the finest kind, (the subtile powder as it is called) which, with the other ingredients, may be obtained at any druggist's.

The powders, when made, should be kept from damp. A cubic box of four inches will receive six dozen of them.

### TO CORRECT THE ACIDITY OF PORTER, &c.

Porter and other malt liquors, are apt to become very sour, and consequently unwholesome; to remedy which, take as much Carbonate of Soda as will lay upon a dime, (or more if the liquor be very acid) and put it into a tumbler—pour over it a little of the liquor sufficient to dissolve it: fill up the glass with the beer, and it will effervesce, (more or less according to the strength of acid) during which state it should be drank immediately: as, if allowed to stand long, it will not be so agreeable in flavour.

The most acid liquor will be rendered as mild as new.

To persons affected with indigestion or stomach complaints, or with whom porter disagrees, this method will be found of great use, in tending to the removal of such complaints.

### YEAST.

The following method of making yeast for bread, is both easy and expeditious. Boil one pound of good flour, a quarter of a pound of brown sugar, and a little salt, in two gallons of water, for one hour; when milk-warm, bottle it, and cork it close. It will be fit for use in twenty-four hours. One pint of this will make eighteen pounds of bread.

### TO PREVENT THE SMOKING OF A LAMP.

Soak the wick in strong vinegar, and dry it well before you use it; it will then burn both sweet and pleasant, and give much satisfaction for the trifling trouble in preparing it

### METHOD OF OBTAINING FLOWERS OF DIFFERENT COLOURS ON THE SAME STEM.

Split a small twig of the elder bush lengthways, and having scooped out the pith, fill each of the compartments with seeds of flowers of different sorts, but which blossom about the same time, surround them with mould, and then tying together the two bits of wood, plant the whole in a pot filled with earth properly prepared. The stems of the different flowers will thus be so incorporated as to exhibit to the eye only one stem, throwing out branches covered with flowers analagous to the seed which produced them.

### USEFUL RECIPE FOR EFFECTUALLY TAKING OUT SPOTS OF INK FROM LINEN.

Take a piece of mould candle (the tallow of which is commonly of the finest kind), melt it, and dip the spotted part of the linen in the melted tallow, then put it to the wash. It will come perfectly white from the hands of the laundress, and there will never be any hole in the spotted part. This experiment has been tried, and found superior to salt of lemons, or spirits of salts, which often destroy the linen.

### RECIPE EFFECTUALLY TO DESTROY BED BUGS.

Take two ounces of quicksilver, and the whites of two eggs, and so on in this ratio for a larger or smaller quantity. Beat the quicksilver and the whites together until they unite and become a froth. With a feather then apply the compound thus formed to the crevices and holes in your bedsteads. This done once or twice in a year will prove effectual.

### A FIRE PROOF AND WATER PROOF CEMENT.

To half a pint of milk put an equal quantity of vinegar, in order to curdle it; then separate the curd from the whey, and mix the whey with the whites of four or five eggs, beating the whole well together. When it is well mixed, add a little quick lime, through a sieve, until it has acquired the consistence of a thick paste. With this cement broken vessels, and cracks of all kinds, may be mended. It dries quickly, and resists the action of fire and water.

### TO RENDER SHOES WATER PROOF.

Mix a pint of drying oil, two ounces of yellow wax, two ounces of turpentine, and half an ounce of Burgundy pitch, carefully over a slow fire. Lay the mixture, whilst hot, on the boots or shoes with a sponge or soft brush; and when they are dry lay it on again and again, until the leather becomes quite saturated, that is to say, will hold no more. Let them then be put away, and not be worn until they are perfectly dry and elastic: they will afterwards be found not only impenetrable to wet, but soft and pliable, and of much longer duration.

### FOR AN OBSTINATE COUGH.

Take a half-pound of the best honey, and squeeze the juice of four lemons upon it; mix them well together, and add a small portion of sugar-candy. A tea-spoonful may be taken every time the cough is troublesome, and in a very short time a cure will be effected.

### PRESERVATION OF EGGS.

Relative to the preservation of eggs by immersion in lime-water, M. Peschier has given most satisfactory evidence of the efficacy of the process. Eggs which he had preserved

for six years in this way, being boiled and tried, were found perfectly fresh and good; and a confectioner of Geneva has used a whole cask of eggs preserved by the same means. In the small way eggs may be thus preserved in bottles or other vessels. They are to be introduced when quite fresh, the bottle then filled with lime-water, a little powdered lime sprinkled in at last, and then the bottle closed. To prepare the lime-water, twenty or thirty pints of water are to be mixed up with five or six pounds of slaked quick-lime put into a covered vessel allowed to clear by standing, and the lime-water immediately used.

### MILDEW ON LINEN, &c.

The mildew upon linen proceeds from their being put away damp from the wash, and it is a very difficult blemish to remove. When it has unfortunately occurred, you will find that soap rubbed on, and afterwards fine chalk scraped upon the spots, with a day's exposure to the sun, will remove it, if not at once, at least upon a repetition.

Fruit and red wine stains may be removed by a preparation of equal parts of slaked lime, potass, and soft soap, and by exposure to the sun while this preparation is upon the stain. Salt of lemon (*oxalate of potass*) will remove ink and iron mould.

When linen or muslins are scorched, in the getting up, without being actually burnt, a brown mark is left upon the spot, which may be removed by laying some of the following composition on it, before the article is again washed:—Slice six large onions, and express the juice, which must be added to a quart of vinegar, with one ounce of rasped soap, a quarter of a pound of fuller's earth, one ounce of lime, and one ounce of pearl-ashes. Boil the whole, until the mixture becomes thick, and apply it to the scorched spot while it is hot.

### COCKROACHES.

There is one species of vermin, which cannot be expelled too soon from a residence, when once they take post near the kitchen fire; for they will soon swarm thence, all over the house, to the utter destruction of clothes, hats, pictures, &c. It is pleasant, indeed, to hear the cricket 'chirping on the hearth,' but the cockroach ought to be expelled. The remedy is short, and infallible. Take a small quantity of white arsenic finely pulverized, strew it on crumbs of bread, and lay it near the haunts of these insects: a few nights will suffice; but dogs, cats, and other pets must be kept out of the way of partaking of the fare.

### VELVETS.

It is perhaps not generally known, that velvets are readily restored, by passing the under side of the velvet over a warm smoothing iron. The best way of doing this is for one person to hold the velvet tight, and another to pass the iron over it on the wrong side; after which the garment must be spread out, and a brush, or very fine whisk, like those now sold about the streets by Dutch women, passed gently yet briskly over the pile. The good effect of this, even upon the most worn-out velvet, will scarcely be credited, until tried; and it is equally applicable to velvets that are but little worn.

### CLEANING BLACK DRESSES.

A very simple yet certain mode of removing stains from mourning dresses is, to take a good handful of fig-leaves, which must be boiled in two quarts of water until reduced to a pint. Squeeze the leaves, and put the liquor into a bottle for use. The articles, whether of bombazine,

crape, cloth, &c., need only be rubbed with a sponge dipped in the liquor, when the effect will be instantly produced.

### VINEGAR.

As vinegar forms such an important part of cookery, it must be always important to ascertain that it is unadulterated. The chemical process is simple. In a test glass of vinegar put three or four drops of acetate of barytes, which will produce a white precipitate. Filtrate through paper, and heat the powder in a tobacco-pipe until red-hot. Then put it into spirit of salt, or diluted aqua-fortis. If the precipitate dissolves, the vinegar is genuine. If it does not, then the vinegar is adulterated with oil of vitriol. If metallic adulteration is suspected, especially in distilled vinegar, take the following tests: add liquid ammonia to vinegar until its odour predominates; then if the mixture assumes a bluish tint, you may depend upon the presence of copper.

Again, add water, impregnated with sulphuretted hydrogen to the suspected vinegar. If it becomes black, or yields a black precipitate, the presence of lead is obvious.

### TO POT BUTTER FOR WINTER USE.

In the summer, when there is plenty of butter, care should be taken to preserve enough for winter use. But observe, that none but good butter, which has been well made, and is quite free from buttermilk, will pot well. Have potting pans, to hold from six to ten pounds of butter. Put a thick layer of butter in the pan, press it down hard, then put a layer of salt, and press that down, then more butter and so on: allowing one ounce of salt to every pound of butter. If this be too salt, it can be freshened by being washed in cold water, before it is sent to table. Always keep the top well covered, with salt, and as that turns to brine, more

salt may be required. Tie paper over, and keep the pan in the dairy, or the cellar. Some persons use one quarter part of lump sugar, and the same of saltpetre, to two parts of common salt, but I never, that I am aware of, tasted butter so preserved. The richer and finer flavoured the butter is when fresh, the better it will answer to pot.

### LAVENDER WATER.

Eight ounces of spirits of wine, one drachm of oil of lavender, ten drops ambergrease, and twenty drops of essence of bergamot.

### MILK OF ROSES.

Two ounces sweet almonds, beaten to a paste, forty drops of oil of lavender, and forty ounces of rose water.

### TO CLEAN PAINT.

Put a very little pearl-ash or soda into the water, to soften it, then wash the paint with a flannel and soft soap; wash the soap off, and wipe dry with clean linen cloths.

### TO CLEAN PAPERED WALLS.

The very best method is to rub with stale bread. Cut the crust off very thick, and wipe straight down from the top, then go to the top again, and so on. The staler the bread the better.

### STOVE POLISH.

For polishing stoves the best thing is the British Lustre, as it does not soil the hands on touching. It is sold at the apothecaries, and directions for using are printed on the outside of each package.

### POLISHING BRASS.

Take an ounce of oxalic acid and dissolve in a pint of water or spirit. Rub with a piece of flannel and wash afterwards with soap and water. This imparts a beautiful polish to brass and is perfectly clean. It should be remembered where there are children, that this acid is a deadly poison.

### SHAVING SOAP.

A very nice soap for shaving may be made by mixing a quarter of a pound of Castile soap, one cake of old Windsor soap, a gill of lavender water, the same of cologne water and a very little alcohol. Boil all these together, until thoroughly mixed.

### RENNET.

A most excellent article in case of sickness and very convenient at all times in a family. The great difficulty in buying it in the market is its being so greasy. The apothecaries in Boston prepare it in such a way that it is as dry and transparent nearly as isinglass. About two ounces of this put into a pint of wine. When you wish to make custard season the milk to your taste, and warm it blood warm. Two great spoonfuls of the wine put to this will make a firm custard. It should be used very soon after preparing. To make whey, warm the milk and add more of the wine and let it stand until separated from the curd, which it will soon if the curd be broken with a spoon.

### PICKLE TO PRESERVE BUTTER.

Half a pound of salt, one ounce of salt-petre, half a pound of sugar, three quarts of water dissolved together. Skim the pickle till clear.

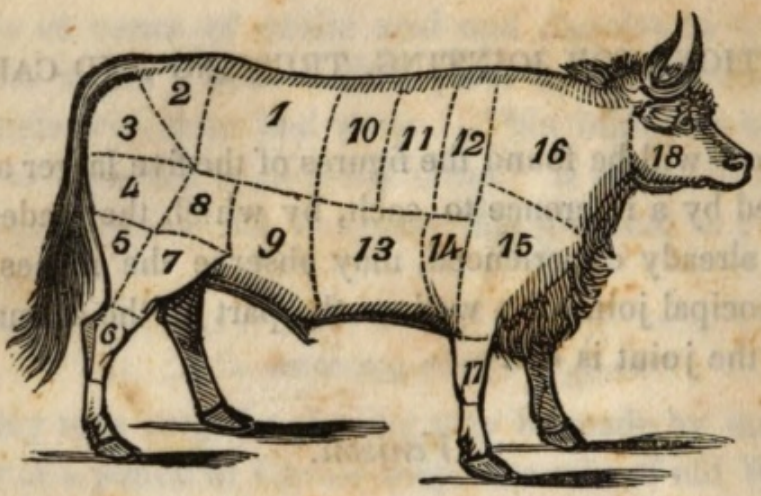
## DIRECTIONS FOR JOINTING, TRUSSING AND CARVING.

Below will be found the figures of the five larger animals followed by a reference to each, by which the reader, who is not already experienced, may observe the names of all the principal joints, as well as the part of the animal from which the joint is cut.

### *Venison.*

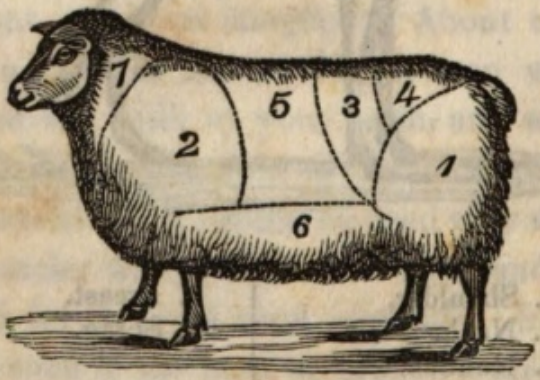

1. Shoulder.
2. Neck.
3. Haunch.
4. Breast.
5. Scrag.

## *Beef.*




1. Sirloin
2. Rump.
3. Edge Bone.
4. Buttock.
5. Mouse Buttock.
6. Leg.
7. Thick Flank.
8. Veiny Piece.
9. Thin Flank.
10. Fore Rib: 7 Ribs.
11. Middle Rib: 4 Ribs.
12. Chuck Rib: 2 Ribs.
13. Brisket.
14. Shoulder, or Leg of Mutton Piece.
15. Clod.
16. Neck or Sticking Piece.
17. Shin.
18. Cheek.

## *Mutton.*



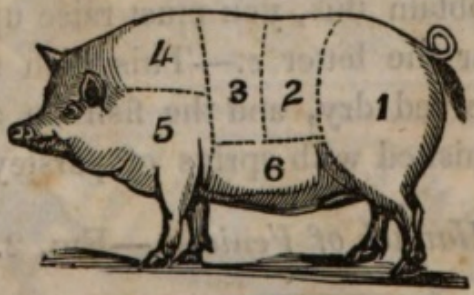

1. Leg.
2. Shoulder.
3. Loin, Best End.
4. Loin, Chump End.
5. Neck, Best End.
6. Breast.
7. Neck, Scrag End.

*Note.* A Chine is two Loins: and a saddle is two Loins, and two Necks of the Best End.

## *Veal.*

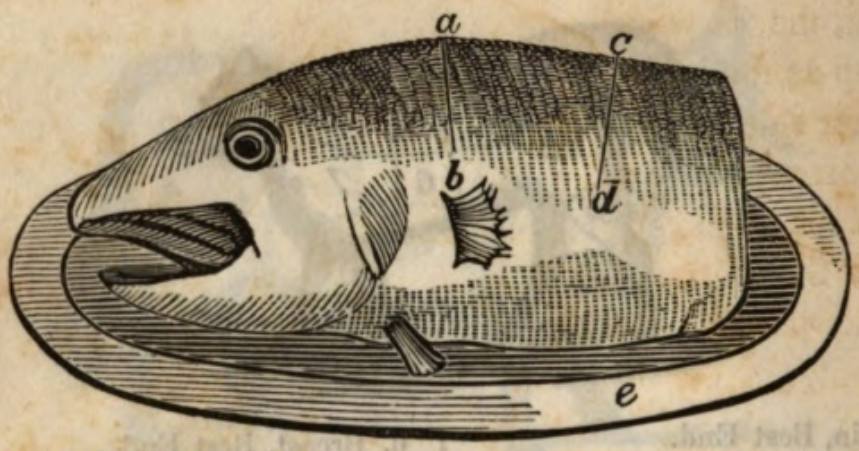

1. Loin, Best End.
2. Fillet.
3. Loin, Chump End.
4. Hind Knuckle.
5. Neck, Best End.
6. Breast, Best End.
7. Blade Bone or Oyster-part.
8. Fore Knuckle.
9. Breast, Brisket End.
10. Neck, Scrag End.

## *Pork.*



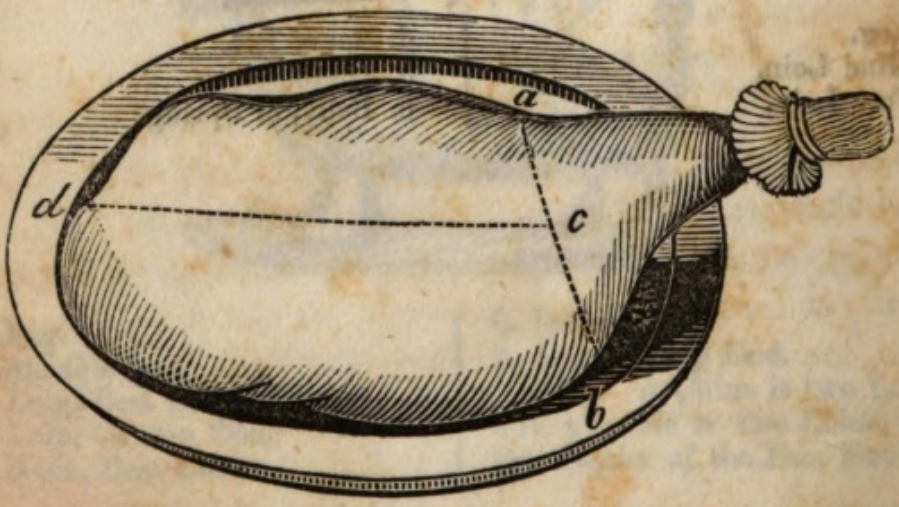

1. Leg.
2. Hind Loin.
3. Fore Loin.
4. Spare Rib.
5. Hand.
6. Belly, or Spring.

*Cod's Head.*—Fig. 1.




*Cod's Head* (*Fig* 1) is a dish in the carving of which you have nothing to study beyond that preference for particular parts of the fish which some persons entertain. The solid parts are helped by cutting through with the fish-trowel from *a* to *b* and from *c* to *d*, and so on, from the jaw-bone to the further end of the shoulder. The *sound* lies on the inside, and to obtain this, you must raise up the thin part of the fish, near the letter *e*.—This dish never looks so well as when served dry, and the fish on a napkin neatly folded, and garnished with sprigs of parsley.

*Haunch of Venison.*—Fig. 2.

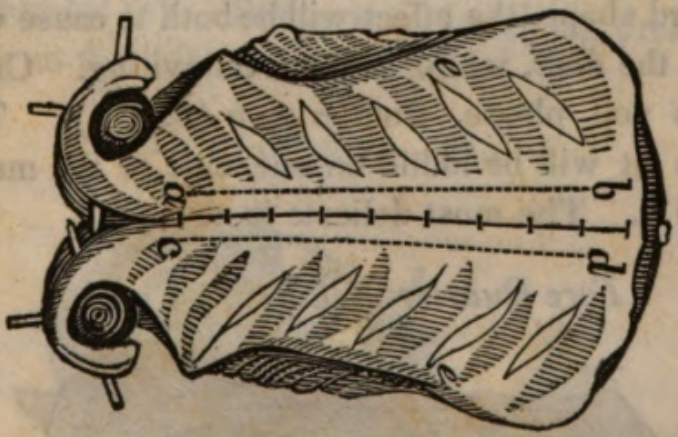



*Haunch of Venison* is cut (as in *Fig.* 2.) first in the line

*a* to *b*. This first cut is the means of getting much of the gravy of the joint. Then turning the dish longwise towards him, the carver should put the knife in at *c*, and cut as deep as the bone will allow, to *d*, and take out slices on either side of the line in this direction. The fat of venison becomes cold so very rapidly, that it is advisable, when convenient, to have some means of giving it renewed warmth after the joint comes to table. For this purpose, some use water-plates, which have the effect of rendering the meat infinitely nicer than it would be in a half chilled state.

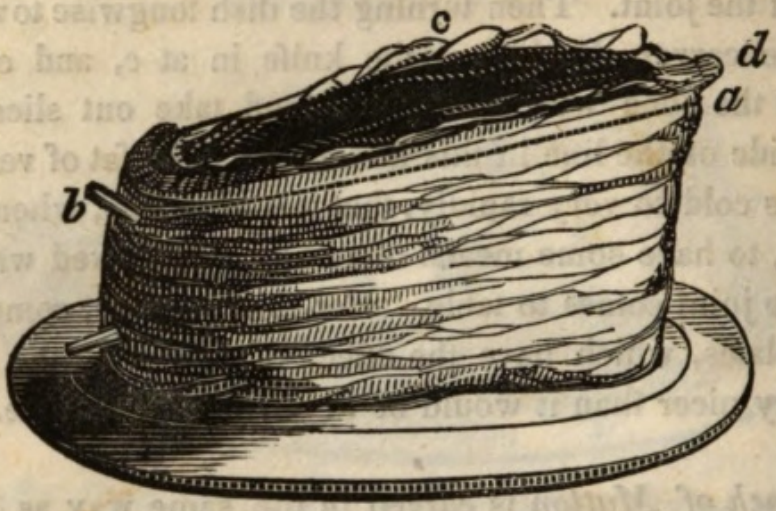
*Haunch of Mutton* is carved in the same way as *Venison*.

*Saddle of Mutton*.—Fig. 3.



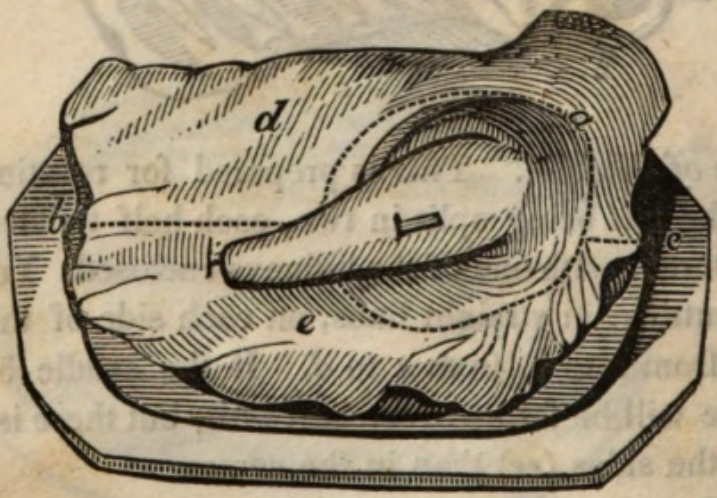

*Saddle of Mutton*. This is prepared for roasting as in *Fig*. 3, the *tail* being split in two, each half twisted back, and skewered, with one of the kidneys enclosed. You carve this by cutting, in straight lines, on each side of the backbone, as from *a* to *b*, from *c* to *d*. If the saddle be a fine one, there will be fat on every part of it; but there is always more on the sides (*ee*) than in the centre.

*Edge Bone of Beef.*—Fig. 4.




*Edge Bone of Beef*, like the Round of Beef, is easily carved. But care should be taken, with both of these, to carve neatly; for if the meat be cut in thin slices or in pieces of awkward shape, the effect will be both to cause waste and to render the dish, while it lasts, uninviting. Cut slices, as thin as you please, from *a* to *b* (*Fig* 4). The best part of the fat will be found on one side of the meat, from about *c* to *d*. The most delicate is at *c*.

*Fore Quarter of Lamb.*—Fig. 5.




*Fore Quarter of Lamb* is first to be cut so as to divide the *shoulder* from the rest of the quarter, which is called the

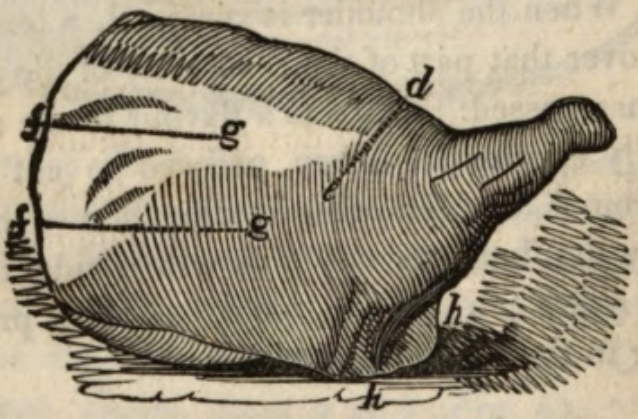
*target*. For this purpose, put the fork firmly into the shoulder joint, and then cut underneath the blade-bone, beginning at *a* (*Fig* 5), and continue cutting all round in the direction of the circular line, and pretty close to the under part of the blade-bone. Some people like to cut the shoulder large, while others take off no more meat with it than is barely necessary to remove the blade-bone. It is most convenient to place the shoulder on a separate dish. This is carved in the same way as the shoulder of mutton (see *Fig.* 7). When the shoulder is removed, a lemon may be squeezed over that part of the remainder of the joint where the knife has passed: this gives a flavour to the meat which is generally approved.—Then, proceed to cut completely through from *b* to *c*, following the line across the bones as cracked by the butcher; and this will divide the *ribs* (*d*) from the *brisket* (*e*). Tastes vary in giving preference to the ribs or to the brisket.

*Leg of Mutton.*—Fig. 6.


The above engraving represents a leg of mutton served up in the dish, lying upon its back. The best parts are in the middle at *e*, between the knuckle and further end. Begin to help from *e* to *f*, in thin deep slices down to the bone. If the outside should not be sufficiently fat, cut some slices from the broad end from *h* to *i*; this part is most juicy, though many prefer the knuckle of very fine mutton, which,

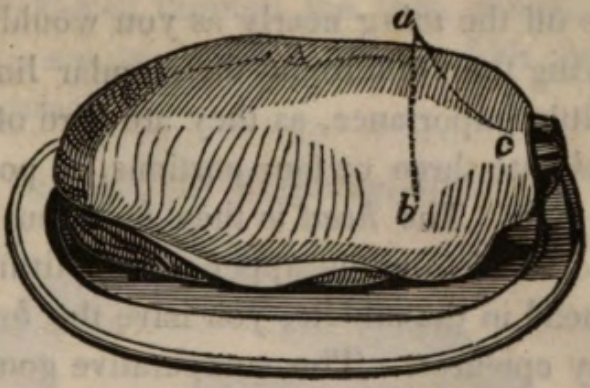
though dry, is tender. On the back of the leg may be cut some very fine slices, from the broad end, longways. Wether mutton may be easily known by a round lump of fat at the edge of the broad part at *d*. The cramp-bone, as it is called, may be cut out, by taking hold of the shank bone with the left hand, and cutting down to the thigh bone at *g*, then passing the knife under it in the direction *g k*.

*Shoulder of Mutton.*—Fig. 7.



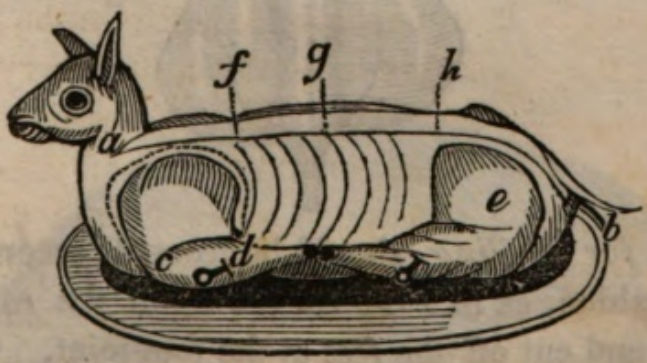

A shoulder of mutton is here represented with the back uppermost. When this joint is not over-roasted, it is very full of gravy, and by many preferred to a leg, as having many very delicate and savoury parts in it. When it is first cut, it should be in the hollow part of it in the direction *d e*, down to the bone: this being done, the gravy runs first into the dish, and slices should be then taken off, on each side the cut. The best flavoured fat lies on the outer edge, and should be cut out in thin slices in the direction *hh*. When all is taken from the hollow part, in the line *d e*, some very good slices may be cut, on each side the ridge of the blade-bone, in the direction *f g*. The line between the two dotted lines is the edge or ridge of the blade-bone, which cannot be cut across. On the under-side of a shoulder, there are some very fine cuts, very full of gravy, which are by some preferred to the upper part.

*Ham.*—Fig. 8.




*Ham* is generally cut by making a deep incision across the top of it, as from *a* to *b*, and down to the bone. Those who like the *knuckle* end, which is the most lean and dry, may cut towards *c:* but the prime part of the ham is that between *a* and the thick end. Some prefer carving hams with a more slanting cut, beginning in a direction as from *a* to *c*, and so continuing, throughout, to the thick end. The slanting mode is, however, apt to be very wasteful, unless the carver be careful not to take away too much fat in proportion to the lean.

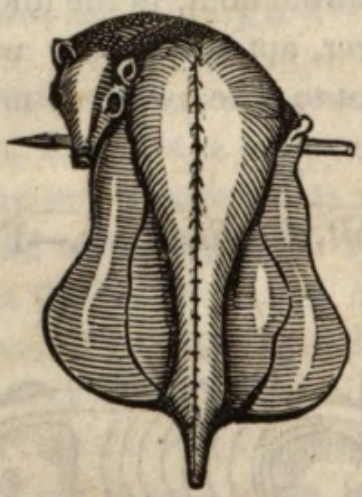
*Rabbit, for Roasting.*—Fig. 9.




*Rabbit, for Roasting*, is prepared for the spit as in *Fig.* 9.—To carve: begin by cutting through near to the back-bone, from *a* to *b*; then, make a corresponding cut

on the other side of the back-bone; leaving the *back* and the *head* in one distinct piece. Cut off the *legs* at the hip-joint (*e*), and take off the *wing* nearly as you would the wing of a bird, carrying the knife round the circular line (*c*). The *ribs* are of little importance, as they are bare of meat. Divide the *back* into three or four portions, as pointed out by the letters *f g h*. The *head* is then to be cut off, and the lower jaws divided from the upper. By splitting the upper part of the head in the middle, you have the *brains*, which are prized by epicures. The comparative goodness of different parts of a rabbit will depend much on the age, and also upon the cooking. The back, and the legs, are always the best. The wing of a young rabbit is nice; but this is not so good in an old one, and particularly if it be not thoroughly well done.

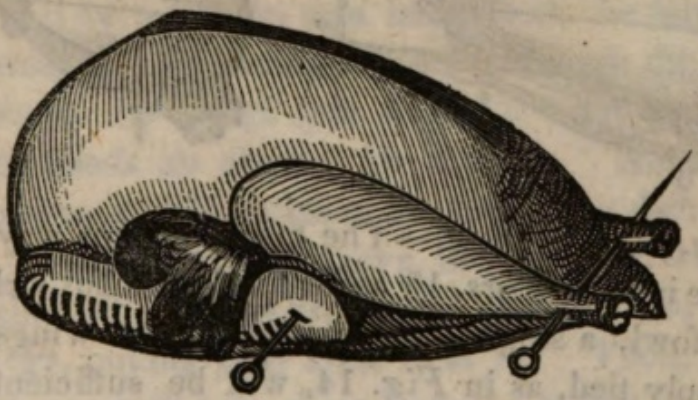
*Rabbit for Boiling*.—Fig. 10.



*Rabbit for Boiling*, should be trussed, according to the newest fashion, as in *Fig.* 10. Cut off the *ears* close to the head, and cut off the *feet* at the foot-joint. Cut off the *tail*. Then make an incision on each side of the back-bone at the *rump end*, about an inch and a half long. This will enable you to stretch the legs further towards the head. Bring the *wings* as close to the body as you can,

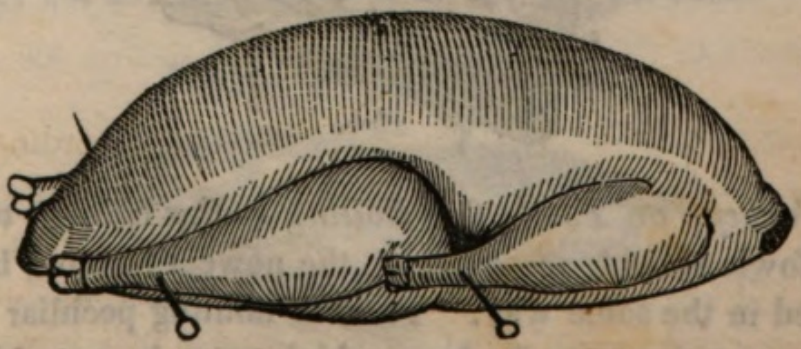
and bring the legs close to the outside of the wings. The *head* should be bent round to one side, in order that, by running one skewer through the legs, wings, and mouth, you may thus secure all and have the rabbit completely and compactly trussed.

*Turkey for Roasting*.—Fig. 11.



*Turkey for Roasting*, is sometimes trussed with the *feet* on; and I have even seen it brought to table with the *head* as well as the feet. But such trussing is exceedingly ugly, and altogether unworthy of a good cook. The manner here described (see *Fig.* 11) is the most approved. If the breast bone be sharp, it should be beaten down, to make the bird appear as plump as possible.—See *Carving*, in observations on *Fig.* 15.

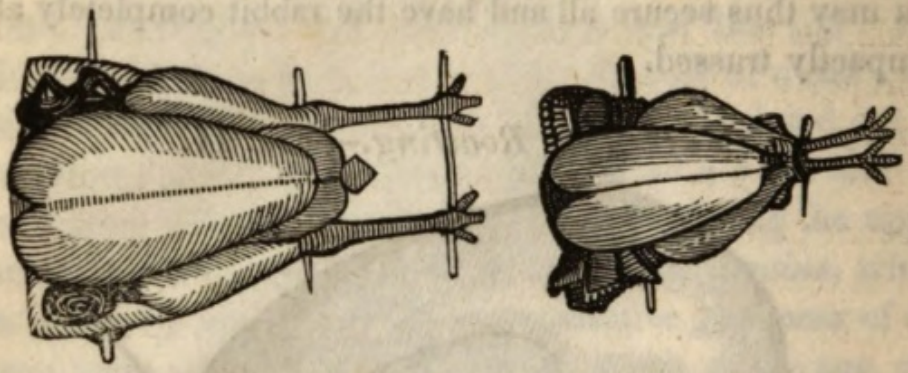
*Goose*.—Fig. 12.



*Goose*.—For Carving, see observations on *Fig.* 15.

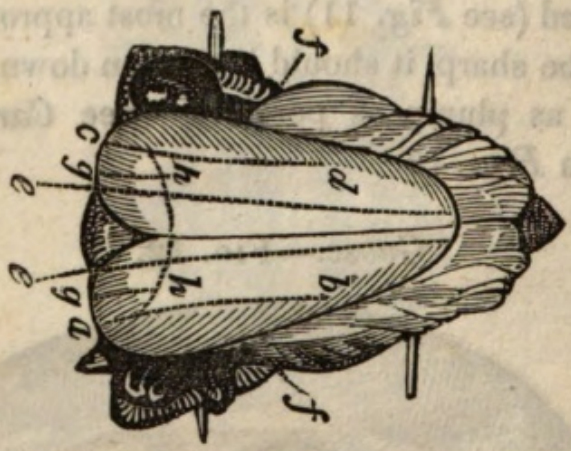
*Fowls for Roasting.*

FIG. 13. FIG. 14.



*Fowls, for Roasting.*—The most modern way of trussing these is as in *Figs.* 13 and 14. If it be but a chicken, or a small fowl, a single skewer through the wings, and the legs simply tied, as in *Fig.* 14, will be sufficient. But a large fowl is best kept in shape by the other method (*Fig.* 13).—See *Carving*, in observations on *Fig.* 15.

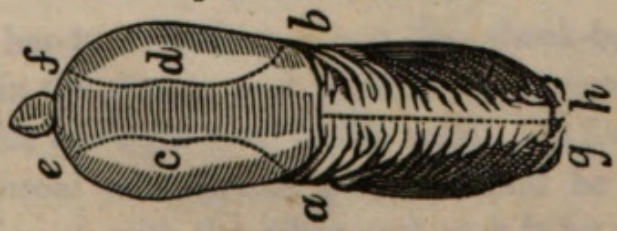
*Turkey, or Fowl, for Boiling.*—FIG. 15.



*Turkey, or Fowl, for Boiling.*—For boiling, turkeys and fowls should, according to the newest fashion, both be trussed in the same way. There is nothing peculiar in this way, excepting as to the legs, which are to be trussed *within the apron.* To do this, the cook must first cut off the

feet, and then, putting her fingers into the inside of the fowl, separate the skin of the leg from the flesh, all the way to the extreme joint. The leg, being drawn back, will thus remain, as it were in a bag, within the apron; and, if this be properly done, there need be no other break in the skin than what has been occasioned at the joint by cutting off the feet. If it be a turkey, or a large fowl, the form may be better preserved by putting a skewer through the legs as well as through the wings (*see Fig* 15). But with small fowls, there needs no skewer for the legs. All skewers used in trussing should be taken out before the dish comes to table. To carve fowls, turkeys, &c. see *Fig.* 15. Begin by taking off the *wings*, cutting from *a* to *b*, *c* to *d*. Next the *legs*, putting your knife in at *f f*. Then, if it be a large bird, you will help slices from the *breast* (*e e*). But with the smaller birds, as chickens, partridges, &c. a considerable portion of the breast should come off with the wing, and there is not enough left to spare any thing more from the breast-bone. The *merrythought*, situated at the point of the breast-bone, is taken off by cutting straight across at *h h*. In helping, recollect that the *liver-wing* is commonly thought more of than the other. The *breast-bone* is divided from the back by simply cutting through the ribs on each side of the fowl. The *neck-bones* are at *g g;* but for these see *Fig.* 16, and the directions for carving the *back.*

*Back of a Fowl.*—Fig. 16.




Rest your knife firmly on the centre of the back, at the same time turning either end up with your fork, and this

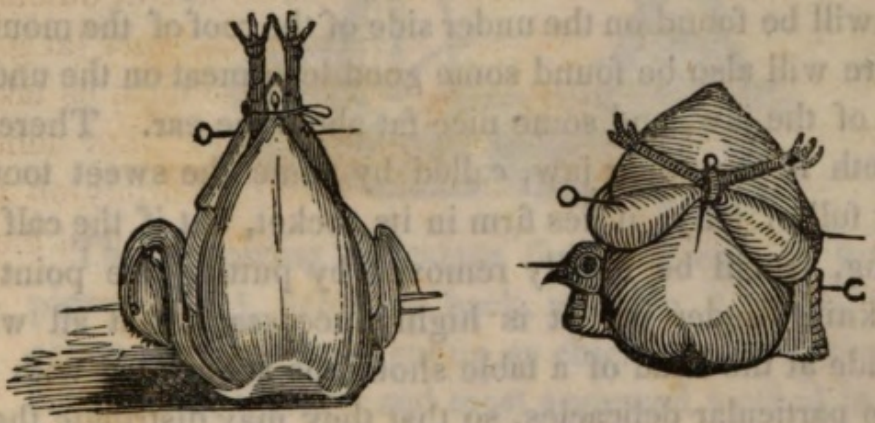
part will easily break in two at *a b*. The *side-bones* are at *c d*; and to remove these, some people put the point of the knife in at midway the line, just opposite to *c d;* others at the rump end of the bones, *e f*. The *neck-bones* (at *g h*) are the most difficult part of the task. These must be taken off before the breast is divided from the back; they adhere very closely, and require the knife to be held firmly on the body of the fowl, while the fork is employed to twist them off.

*Duck.*—Fig. 17.

*Breast.* *Back.*

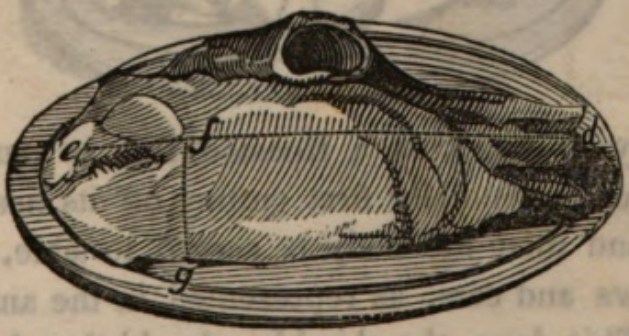
*Duck.*—This should be trussed as in *Fig.* 17. The *leg* is twisted at the joint, and the *feet* (with the *claws* only cut off) are turned over and so brought to lie flat on the rump.—For *Carving*, see observations on *Fig.* 15.

*Pheasant*.—Fig. 18. *Partridge*.—Fig. 19.



*Pheasant* and *Partridge*.—These two are trussed nearly in one way, as in *Figs*. 18 and 19, excepting, that the *legs* of the partridge are raised, and tied together over the apron crossing each other. For *Carving*, see observations on *Fig*. 15.

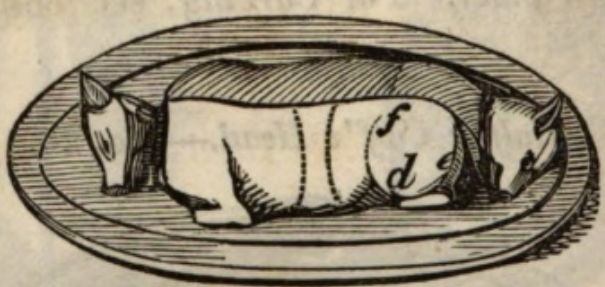
*Half a Calf's Head*.—Fig. 20.




First cut handsome slices along the cheek-bone in the fleshy part, in the direction *d e*, as in the annexed engraving; letting the knife go close to the bone. At the neck end *f*, lies the throat sweetbread, which should be helped in slices from *f* to *g*, with the other part, as it is by many considered the best part of the head; the eye may be forced from the socket by putting the point of the knife in a slant-

ing direction towards the middle, cutting round so as to separate the meat from the bone; the eye may then be divided. The palate is reckoned by some a great delicacy; this will be found on the under side of the roof of the mouth. There will also be found some good lean meat on the under side of the jaw, and some nice fat about the ear. There is a tooth in the upper jaw, called by some the sweet tooth, very full of jelly; it lies firm in its socket, but if the calf is young, it will be readily removed by putting the point of the knife under it. It is highly necessary that all who preside at the head of a table should be acquainted with all these particular delicacies, so that they may distribute them to their friends. The tongue and brains are served up in a separate dish.

*Roasted Pig.*




It is very seldom that a Roasted Pig is sent to table whole, the cook generally first cutting off its head and dividing it; and then the body is served to table, garnished with the jaws and ears, as represented in the annexed engraving. This done, the shoulder should then be taken off from the body, by passing the knife under it in a circular direction, and the leg separated as shown in the dotted line *d*, *e*, *f*. The ribs may then be divided into two or more parts, helping at the same time an ear or jaw with it, with some of the sauce also. Pieces may be cut from the legs and shoulders. Some consider the neck end the finest part, while others give the ribs the preference.

*Pigeons.*—Fig. 22.


This engraving represents the back and the breast of a pigeon: No 1, being the back, and No. 2, the breast. Pigeons are sometimes cut up as chickens are, but being such small birds, the best and most approved method is either to divide them in half from top to bottom, or to cut them across. In order to cut them down, begin at the neck, and cut down in a line to *d*, (No. 2) in preference to cutting from *f* to *e*, by *d*, as shown in No 1; the latter way being exceedingly unfair; as the lower part of a pigeon is unquestionably the best.

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