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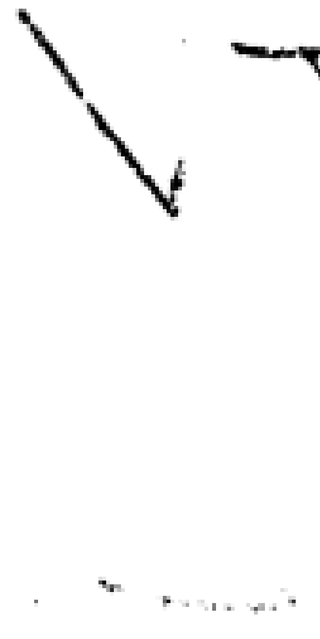

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THE

COOK'S OWN BOOK,

AND

HOUSEKEEPER'S REGISTER.

BEING RECEIPTS FOR

COOKING OF EVERY KIND OF MEAT, FISH, AND FOWL;

AND

MAKING EVERY SORT OF

SOUP, GRAVY, PASTRY, PRESERVES, AND ESSENCES.

WITH A COMPLETE

SYSTEM OF CONFECTIONERY;

TABLES FOR MARKETING;

A

BOOK OF CARVING;

AND

MISS LESLIE'S SEVENTY-FIVE RECEIPTS

FOR

PASTRY, CAKES, AND SWEETMEATS.

BY

A BOSTON HOUSEKEEPER.

New York and Boston:
C. S. FRANCIS AND COMPANY.
1854.

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PREFACE.

THE cook exercises a greater power over the public health and welfare than the physician, and if he should be a charlatan in his art, alas! for his employers. Hitherto, or until of late years, the cook has had to educate himself, while the physician appropriates all the knowledge of antiquity, and of every succeeding age; his individual cases are all classed according to general principles, while the rules that have regulated the preparation of our food, have been discordant and unnatural. In the present age, indeed, cookery has been raised to the dignity of an art, and sages have given their treatises to the world. Very has a monument in the cemetery of Père La Chaise, among the tombs of warriors, poets, and philosophers, recording of his life that 'it was consecrated to the useful arts.' Virgil however, writes that the best delights of Elysium were showered upon those who received wounds for their country, who lived unspotted priests, who uttered verses worthy of Apollo, or who, like Very, consecrated their lives to the useful arts. On the utilitarian principle the cook should be much elevated in public estimation, and were he to form a strict alliance with the physician, the patriarchal ages would return, and men would die of nothing but sheer old age.

After insanity, the most grievous affliction of Providence, or rather of improvidence and imprudence, is Dyspepsy: a malady that under different names has decimated the inhabitants of civilized countries, and of almost all countries, in which man is a 'cooking animal.' To the dyspeptic, the sun has no cheering ray, the air no elasticity or balm; the flowers are without fragrance, music is without melody, and beauty without charms. Life is a blank; affection has lost its power to soothe, and the blessings scattered by Providence, are converted into ministers of torment. Food becomes a bane; the very staff that supports life, gives the flagellation that renders life a curse. All that can delight is lost,—but all that can depress and sting, has a tenfold activity and power.

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The dyspeptic's 'May of life, has fallen into the sear, the yellow leaf.' Sleep that should visit every pillow but that of guilt, is to him no friend; if he slumbers, it is to dream, like Clarence, of hideous forms of suffering, and to wake to their reality. This is but a faint picture of Dyspepsy

'Her gloomy presence saddens all the scene,
Shades every flower and darkens every green,
Deepens the murmur of the falling floods,
And breathes a browner horror on the woods.'

This malady is beyond the science of the physician, but within the art of the cook; in the proverb, Doctor Diet is ranked above Doctor Quiet and Doctor Merryman; though all are good.

The late Mr. Abernethy referred almost all maladies to the stomach, and seldom prescribed any remedy but a proper diet. This it is the province of the cook to provide; and the design of this book to indicate. The work is not designed to spread a taste for pernicious luxuries: and every recipe has been sanctioned by custom. The responsibility of the cook is lightened, and his duty facilitated. He has here a dictionary of reference, an encyclopedia of his art. The details are full, and the authority is perfect. There were various works of merit that it was useful for the cook to study, but here are collected the best parts of all, with the convenience of alphabetical arrangement, and in the compass of a moderate volume. If it is a sin to waste the best gifts of Providence, it should be little less than a felony to spoil them. When we have collected the materials for a house, we never trust the building to an unskilful architect: yet we are often obliged to commit the preparation of our feasts as well as of our common food, to agents without knowledge. This knowledge is now supplied.

More than health depends on the proper preparation of food: our very virtues are the creatures of circumstances, and many a man has hardened his heart, or given up a good resolution, under the operation of indigestion. Who that knows the world, ever solicits with confidence a friendly or charitable act of another before dinner.

The natural and moral world are reciprocally dependent; soul and body are so linked, that when one loses its tone the other is deprived of its equanimity. The system of morals therefore becomes identified with that of cookery, and the great English moralist, who was learned in both systems, thus spoke of the connexion; 'Some people' said Doctor Johnson, 'have a foolish way of not minding, or of pretending not to mind, what they eat. I for my part mind my belly very studiously, and very carefully, and I look upon it that he who does not mind his belly will hardly mind any thing else.'

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It has been the study of the author, to make every recipe plain, and the proportions certain; little is left to discretion, that could be reduced to measure. The system of confectionery is perfect; and if strictly followed every cook may become a first rate confectioner. Labor, care, and expense have been bestowed upon the work, and the publishers feel so secure of its merit, and of the public want of such a book, that they have caused it to be stereotyped. This would have been hazardous with a novel or almost any literary work; but the number of those who eat is far greater than of those who read. A good book few can estimate; all can enjoy a good dinner, and the publishers anticipate a proportionate encouragement.

Having devised this work for families, we hope that it may offend no one, that we give a word of counsel to domestics: our book may be every way good, yet will its usefulness be much impaired if domestics are not docile and faithful.

We have fortunately, in this country, but one class of people: all are free, and all are politically equal. Our domestics are in New England designated as *help*, to indicate that they are the equals, and assistants, rather than the inferiors of their employers. Yet the feeling of independence may be carried too far, and it may be ungraciously expressed: There is no disgrace, and there should be no shame in filling well a subordinate station; the hired ploughman, maid, or cook are not, in an offensive sense, any more the *servants* of their employers, than the merchant and the lawyer. All these engage to perform certain services for an equivalent, and it is the duty of all to do them faithfully.

The number of domestics is very large — perhaps the average is five to four families—and it may be even greater. Yet, unfortunately for their welfare, interest, or character, they are almost constantly shifting, and in few families do they remain long. In England, a good domestic is often provided for during life, and it is a desirable situation. It might be so here, if our domestics would strive to accommodate themselves to their situation. There is hardly a family, in which a kind, respectful, and faithful domestic might not be retained for years, and at the best wages. Here then is a home, comfort, and friends. Yet the greater number are contented to live a few months in a place, till the best years of life have slipped away, without provision for age, and without friends, or home. The proverb of the rolling stone contains the best lesson for domestics.

Service in any department is no sacrifice of independence. A domestic is in all things as free as any other class, but it is a bad kind of independence that would lead one, when desired to do a

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thing in the line of a common employment, to do it ungraciously and rather as an irksome or unjust task, than as a duty.

Minor vexations, frequently repeated, are equal to greater individual calamities; as many small enjoyments constitute much of the pleasures of life. Around the social board every member of the family is collected thrice at least in twenty-four hours. Thither the head of the family returns from the labors or cares of his business to recruit his strength and to relax his mind. If he return to a table constantly and invariably ill spread; to a dinner to which he could invite no friend, and in which he can have no enjoyment; a cloud will gather on the calmest brow, and a feeling of dissatisfaction may be extended to other things. It is not beneath the solicitude of a good wife, who would not suffer any abatement in the affection of which she is the object, diligently to study this book, and constantly to provide a neat and well dressed repast.

BOSTON, March, 1832.

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MANAGEMENT OF FAMILIES.

In domestic arrangement the table is entitled to no small share of attention, as a well conducted system of domestic management is the foundation of every comfort; and the respectability and welfare of families depend in a great measure on the prudent conduct of the female, whose province it is to manage the domestic concerns.

However the fortunes of individuals may support a large expenditure, it will be deficient in all that can benefit or grace society, and in every thing essential to moral order and rational happiness, if not conducted on a regular system, embracing all the objects of such a situation.

In domestic management, as in education, so much must depend on the particular circumstances of every case, that it is impossible to lay down a system which can be generally applicable.

The immediate plan of every family must be adapted to its own peculiar situation, and can only result from the good sense and early good habits of the parties, acting upon general rational principles.

What one family is to do, must never be measured by what another family does. Each one knows its own resources, and should consult them alone. What might be meanness in one, might be extravagance in another, and therefore there can be no standard of reference but that of individual prudence. The most fatal of all things to private families, is to indulge an ambition to make an appearance above their fortunes, professions, or business, whatever these may be.

The next point, both for comfort and respectability, is, that all the household economy should be uniform, not displaying a parade of show in one thing, and a total want of comfort in another. Besides the contemptible appearance that this must have to every person of good sense, it is productive of consequences, not only of present, but future injury to a family, that are too often irreparable.

In great cities in particular, how common is it that for the vanity of having a showy drawing-room to receive company, the family are confined to a close back room, where they have scarcely either air or light, the want of which must materially prejudice their health.

To keep rooms for show, where the fortune is equal to having a house that will accommodate the family properly, and admit of this also, belongs to the highest sphere of life; but in private families, to shut up the only room perhaps in the house which is really wholesome for the family to live in, is inflicting a kind of lingering

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murder upon the inmates; and yet how frequently this consideration escapes persons who mean well by their family, but who still have a grate, a carpet, and chairs, too fine for every day's use.

Another fruit of this evil is, seeing more company, and in a more expensive manner than is compatible with the general convenience of the family, introducing with it an expense in dress, and a dissipation of time, from which it suffers in various ways.

Social intercourse is not improved by parade, but quite the contrary; real friends, and the pleasantest kind of acquaintance, those who like to be sociable, are repulsed by it. It is a failure therefore every way—the loss of what is really valuable, and an abortive attempt to be fashionable.

A fundamental error in domestic life of very serious extent, involving no less the comfort than the health of the family, arises from the ignorance or mistaken notions of the mistress of the house upon the subjects of diet and cookery.

The subject of cookery is thought by too many women to be below their attention, or, when practically engaged in, it is with no other consideration about it than, in the good housewife's phrase, to make the most of every thing, whether good, bad, or indifferent; or to contrive a thousand mischievous compositions, both savory and sweet, to recommend their own ingenuity.

If cookery is worth studying, as a sensual gratification, it is surely much more so as a means of securing one of the greatest of human blessings—good health; and we cannot quit this part of the subject of domestic management without observing, that one cause of a great deal of injurious cookery originates in the same vanity of show that is productive of so many other evils. In order to set out a table with a greater number of dishes than the situation of the family requires, more cookery is often undertaken than there are servants to do it well, or conveniences in the kitchen for the purpose. Thus some viands are done before they are wanted for serving up, and stand by spoiling, to make room for others; these are again perhaps to be succeeded by something else; and too often are things served up that had better be thrown away, than to be used for food.

The leading consideration about food ought always to be its wholesomeness. Cookery may produce savory and pretty looking dishes without their possessing any of the qualities of food. It is at the same time both a serious and ludicrous reflection that it should be thought to do honor to our friends and ourselves to set out a table where indigestion and all its train of evils, such as fever, rheumatism, gout, and the whole catalogue of human diseases lie lurking in almost every dish. Yet this is both done, and taken as a compliment. We have indeed the "unbought grace of polished society, where gluttony loses half its vice by being stripped of its grossness." When a man at a public house dies of a surfeit of beef steak and porter, who does not exclaim, what a beast!

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How infinitely preferable is a dinner of far less show where nobody need be afraid of what they are eating! and such a one will be genteel and respectable. If a person can give his friend only a leg of mutton, there is nothing to be ashamed of in it, provided it is a good one, and well dressed.

A house fitted up with plain good furniture, the kitchen furnished with clean wholesome-looking cooking utensils, good fires, in grates that give no anxiety lest a good fire should spoil them, clean good table linen, the furniture of the table and sideboard good of the kind, without ostentation, and a well-dressed plain dinner, bespeak a sound judgment and correct taste in a private family, that place it on a footing of respectability with the first characters in the country. It is only the conforming to our sphere, not the vainly attempting to be above it, that can command true respect.

COOKING UTENSILS.

The various utensils used for the preparation and keeping of food are made either of metal, glass, pottery ware, or wood; each of which is better suited to some particular purposes than the others. Metallic utensils are quite unfit for many uses, and the knowledge of this is necessary to the preservation of health in general, and sometimes to the prevention of immediate dangerous consequences.

The metals commonly used in the construction of these vessels are silver, copper, brass, tin, iron, and lead. Silver is preferable to all the others, because it cannot be dissolved by any of the substances used as food. Brimstone unites with silver, and forms a thin brittle crust over it, that gives it the appearance of being tarnished, which may be accidentally taken with food; but this is not particularly unwholesome, nor is it liable to be taken often, nor in large quantities. The discoloring of silver spoons used with eggs arises from the brimstone contained in eggs.—Nitre or saltpetre has also a slight effect upon silver, but nitre and silver seldom remain long enough together in domestic uses to require any particular caution.

Copper and brass are both liable to be dissolved by vinegar, acid fruits, and pearl-ash. Such solutions are highly poisonous, and great caution should be used to prevent accidents of the kind. Vessels made of these metals are generally tinned, that is, lined with a thin coating of a mixed metal, containing both tin and lead Neither acids, nor any thing containing pearl-ash, should ever be suffered to remain above an hour in vessels of this kind, as the tinning is dissolvable by acids, and the coating is seldom perfect over the surface of the copper or brass.

The utensils made of what is called block tin are constructed of iron plates coated with tin. This is equally to be dissolved as the tinning of copper or brass vessels, but iron is not an unwhole-

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some substance, if even a portion of it should be dissolved and mixed in the food. Iron is therefore one of the safest metals for the construction of culinary utensils; and the objection to its more extensive use only rests upon its liability to rust, so that it requires more cleaning and soon decays. Some articles of food, such as quinces, orange peel, artichokes, &c. are blackened by remaining in iron vessels, which therefore must not be used for them.

Leaden vessels are very unwholesome, and should never be used for milk and cream, if it be ever likely to stand till it become sour. They are unsafe also for the purpose of keeping salted meats.

The best kind of pottery ware is oriental china, because the glazing is a perfect glass, which cannot be dissolved, and the whole substance is so compact that liquid cannot penetrate it. Many of the English pottery wares are badly glazed, and as the glazing is made principally of lead, it is necessary to avoid putting vinegar, and other acids into them. Acids and greasy substances penetrate into unglazed wares, excepting the strong stone ware; or into those of which the glazing is cracked, and hence give a bad flavor to any thing they are used for afterwards. They are quite unfit therefore for keeping pickles or salted meats. Glass vessels are infinitely preferable to any pottery ware but oriental china, and should be used whenever the occasion admits of it.

Wooden vessels are very proper for the keeping many articles of food, and should always be preferred to those lined with lead. If any substance has fermented or become putrid in a wooden cask or tub, it is sure to taint the vessel so as to make it liable to produce a similar effect upon any thing that may be put into it in future. It is useful to char the insides of these wooden vessels before they are used, by burning wood shavings in them, so as to coat the insides with a crust of charcoal.

As whatever contaminates food in any way must be sure, from the repetition of its baneful effects, to injure the health, a due precaution with respect to all culinary vessels is necessary for its more certain preservation. There is a kind of hollow iron ware lined with enamel, which is superior to every other utensil for sauces or preserves: indeed it is preferable for every purpose

DIET.

That we require food, as vegetables require water, to support our existence, is the primary consideration upon which we should take it. But in our general practice of eating, it cannot be said, "we eat to live," but are living passages or channels, through which we are constantly propelling both solids and fluids, for the sake of pleasing our palates, at the severe cost often of our whole system.

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A reasonable indulgence in the abundant supplies of nature, converted by art to the purposes of wholesome food, is one of the comforts added to the maintenance of life. It is an indiscriminate gratification of our tastes, regardless of the consequences that may ensue from it, that is alone blamable. But so great is our general apathy in these respects, that even on the occurrence of diseases, from which we are all more or less sufferers, we scarcely ever reflect on our diet, as the principal, if not the sole cause of them. We assign them to weather, to infection, to hereditary descent, to spontaneous breeding, as if a disease could originate without a cause; or to any frivolous imaginary source, without suspecting, or being willing to own, mismanagement of ourselves.

We derive the renewal of our blood and juices, which are constantly exhausting, from the substances we take as food. As our food, therefore, is proper or improper, too much or too little, so will our blood and juices be good or bad, overcharged or deficient, and our state of health accordingly good or diseased.

By aliment, or food, is to be understood whatever we eat or drink, including seasonings; such as salt, sugar, spices, vinegar, &c. &c. Every thing, in short, which we receive into our stomachs. Our food, therefore, consists not only of such particles as are proper for the nourishment and support of the human body, but likewise contains certain active principles, viz. salts, oils, and spirits, which have the properties of stimulating the solids, quickening the circulation, and making the fluids thinner; thus rendering them more suited to undergo the necessary secretions of the body.

The art of preserving health, and obtaining long life, therefore consists in the use of a moderate quantity of such diet as shall neither increase the salts and oils, so as to produce disease, nor diminish them, so as to suffer the solids to become relaxed.

It is very difficult, almost impossible, to ascertain exactly what are the predominant qualities either in our bodies or in the food we eat. In practice, therefore, we can have no other rule but observing by experience what it is that hurts or does us good; and what it is our stomach can digest with facility, or the contrary. But then we must keep our judgment unbiassed, and not suffer it to become a pander to the appetite, and thus betray the stomach and health, to indulge our sensuality.

The eating too little is hurtful, as well as eating too much. Neither excess, nor hunger, nor any thing else that passes the bounds of nature, can be good to man.

By loading the stomach, fermentation is checked, and of course digestion impeded; for the natural juice of the stomach has not room to exert itself, and it therefore nauseates its contents, is troubled with eructations, the spirits are oppressed, obstructions ensue, and fever is the consequence. Besides, that when thus overfilled, the stomach presses on the diaphragm, prevents the proper play of the lungs, and occasions uneasiness in our breath-

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ing. Hence arise various ill symptoms and depraved effects throughout the body, enervating the strength, decaying the senses, hastening old age, and shortening life. Though these effects are not immediately perceived, yet they are certain attendants of intemperance; for it has been generally observed in great eaters, that, though from custom, a state of youth, and a strong constitution, they have no present inconvenience, but have digested their food, suffered surfeit, and borne their immoderate diet well; if they have not been unexpectedly cut off, they have found the symptoms of old age come on early in life, attended with pains and innumerable disorders.

If we value our health, we must ever make it a rule not to eat to satiety or fulness, but desist while the stomach feels quite easy. Thus we shall be refreshed, light, and cheerful; not dull, heavy, or indisposed. Should we ever be tempted to eat too much at one time, we should eat the less at another. Thus, if our dinner has been larger than usual, let our supper be less, or rather quite omitted; for there is no man, however careful of his health, who does not occasionally transgress in this way.

With regard to the times of eating, they must to a certain degree be conformed to family convenience, but ought to be quite independent of the caprices of fashion. The great things to be guarded against are, either eating too soon after a former meal, or fasting too long.—The stomach should always have time to empty itself before it is filled again.

Some stomachs digest their contents sooner than others, and if long empty it may destroy the appetite, and greatly disturb both the head and animal spirits; for, from the great profusion of nerves spread upon the stomach, there is an immediate sympathy between that and the head. Hence the head is sure to be affected by whatever disorders the stomach, whether from any particular aliment that disagrees with it, or being overfilled, or too long empty. Such as feel a gnawing in the stomach, as it is called, should not wait till the stated time of the next meal, but take a small quantity of light, easily digested food, that the stomach may have something to work on.

Young persons in health, who use much exercise, may eat three times a day. But such as are in years, such as are weak, as do no work, use no exercise, or lead a sedentary life, eating twice in the day is sufficient; or, as in the present habits of society, it might be difficult to arrange the taking only two meals, let them take three very moderate ones. Old and weak persons may eat often, but then it should be very little at a time.

The quality of our food is a subject of greater difficulty than the quantity; moderation is an invariably safe guide in the latter instance; but though always favorable to prevent ill effects from any error in quality, it will not always be effectual.

To a person in good health, with a strong stomach, and whose constant beverage is water, cold or tepid, according to the sea-

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son, or some aqueous liquor, the niceties of choice in food or cookery are less material than to persons with naturally weak stomachs, or to those in sickness, or for children. But all persons who would to a certainty preserve their health and faculties, and live out the natural term of life, should use plain food, as all high seasonings and compound mixtures have an injurious effect, sooner or later, on the strongest constitutions. If a few instances can be quoted to the contrary, these, like other anomalies in nature, cannot constitute an exception to a well established fact.

No part of our aliment is more important than our beverage It is essential to moisten and convey our more solid food into the stomach, and from thence to the respective parts of the body. To allay thirst, to dilute the blood, that it may circulate through the minutest vessels, to dissolve and carry off by the watery secretions the superfluous salts we take in our food; to answer these purposes no liquid is so effectual as pure water, with the exception of some few cases. No other liquid circulates so well, or mixes so immediately with our fluids. All other liquors are impregnated with particles which act strongly upon the solids or fluids, or both but water being simple, operates only by diluting, moistening, and cooling, which are the great uses of drink pointed out to us by nature. Hence it is evident that water is in general the best and most wholesome drink; but some constitutions require something to warm and stimulate the stomach, and then fermented liquors taken in moderation are proper; such as beer, ale, cider, wine &c. the choice and quantity of which depend on the age, constitution, and manner of living of the drinker; and to have them pure is above all things essential; as otherwise, instead of being of any benefit, they will be highly detrimental.

Drams, or distilled spirituous liquors, the use of which is unhappily very prevalent, are of the most poisonous qualities; and from their direful effects are the destruction of thousands. From the degree of heat they have undergone in distillation they acquire a corrosive and burning quality, which makes them as certain to kill as laudanum or arsenic, though not so soon. They contract the fibres and vessels of the body, especially where they are the tenderest, as in the brain, and thus destroy the intellectual faculties. They injure the coat of the stomach, and thus expose the nerves and weaken the fibres till the whole stomach becomes at last soft, flabby, and relaxed. From whence ensues loss of appetite, indigestion, and diseases that generally terminate in premature death. Spirituous liquors in any way, whether alone mixed with water, in punch, shrub, noyau, or other liqueurs, are all slow poisons.

It would be endless to enter on an account of the different qualities of all sorts of wines, but it may be said in general, that all the light wines of a moderate strength, due age and maturity, are more wholesome for the constitution than the rich, hot, strong,

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heavy wines; for the light wines inflame the juices of the body less and go off the stomach with less difficulty.

The last thing to be said concerning liquors is, that wine and all other strong liquors, are as hard to digest as solid strong food. This is not only evident with respect to persons of weak stomachs and digestion, but also from strong healthy people, who only drink either water or small beer at their meals, and are able to eat and digest almost double the quantity of what they could if they drank strong liquors. It appears very plain, therefore, that we should not drink strong liquors at our meals, as by their heat and activity they hurry the food undigested into the habit of the body, and by that means lay a foundation for various distempers. An abstinence, in short, from fermented liquors would preserve our mental faculties in vigor, and our bodies from many painful disorders that afflict mankind, as there is no doubt that we may principally ascribe to them the gout, rheumatism, stone, cancer, fevers, hysterics, lunacy, apoplexy, and palsy.

BOILING.

This most simple of culinary processes is not often performed in perfection. It does not require quite so much nicety and attendance as roasting; to skim your pot well, and keep it really boiling (the slower the better) all the while, to know how long is required for doing the joint, &c., and to take it up at the critical moment when it is done enough, comprehends almost the whole art and mystery. This, however, demands a patient and perpetual vigilance, of which few persons are capable.

The cook must take especial care that the water really boils all the while she is cooking, or she will be deceived in the time; and make up a sufficient fire at first, to last all the time, without much mending or stirring. A frugal cook will manage with much less fire for boiling than she uses for roasting.

When the pot is coming to a boil there will always, from the cleanest meat and clearest water, rise a *scum* to the top of it, proceeding partly from the water; this must be carefully taken off as soon as it rises.

On this depends the good appearance of all boiled things. When you have skimmed well, put in some cold water, which will throw up the rest of the scum.

The oftener it is skimmed, and the cleaner the top of the water is kept, the sweeter and the cleaner will be the meat.

If let alone, it soon boils down and sticks to the meat, which, instead of looking delicately white and nice, will have that coarse and filthy appearance we have too often to complain of, and the butcher and poulterer be blamed for the carelessness of the cook in not skimming her pot.

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Many put in *milk*, to make what they boil look white; but this does more harm than good: others wrap it up in a cloth; but these are needless precautions: if the scum be attentively removed, meat will have a much more delicate color and finer flavor than it has when muffled up.* This may give rather more trouble, but those who wish to excel in their art must only consider how the processes of it can be most perfectly performed: a cook, who has a proper pride and pleasure in her business, will make this her maxim on all occasions.

It is desirable that meat for boiling be of an equal thickness, or, before thicker parts are done enough, the thinner will be done too much.

Put your meat into *cold* water, in the proportion of about a quart of water to a pound of meat: it should be covered with water during the whole of the process of boiling, but not drowned in it; the less water, provided the meat be covered with it, the more savory will be the meat, and the better will be the broth.

The water should be heated gradually, according to the thickness, &c. of the article boiled. For instance, a leg of mutton of ten pounds weight should be placed over a moderate fire, which will gradually make the water hot, without causing it to boil for about forty minutes; if the water boils much sooner, the meat will be hardened, and shrink up as if it was scorched: by keeping the water a certain time heating without boiling, the fibres of the meat are dilated, and it yields a quantity of scum, which must be taken off as soon as it rises.

The editor placed a thermometer in water in that state which cooks call gentle simmering; the heat was 212°, i. e. the same degree as the strongest boiling.

Two mutton chops were covered with cold water; one boiled a gallop, while the other simmered very gently for three-quarters of an hour: the chop which was slowly simmered was decidedly superior to that which was boiled; it was much tenderer, more juicy, and much higher flavored. The liquor which boiled fast was in like proportion more savory, and when cold had much more fat on its surface. This explains why quick boiling renders meat hard, &c., because its juices are extracted in a greater degree.

Reckon the time from its first coming to a boil.

The old rule of 15 minutes to a pound of meat, we think rather too little: the slower it boils, the tenderer, the plumper, and whiter it will be.

For those who choose their food thoroughly cooked (which all will who have any regard for their stomachs), twenty minutes to a pound for fresh, and rather more for salted meat, will not be found too much for gentle simmering by the side of the fire, allowing more or less time, according to the thickness of the joint, and the coldness of the weather: to know the state of which, let a thermometer be placed in the pantry; and when it falls below 40°, tell

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your cook to give rather more time in both roasting and boiling, always remembering, the slower it boils the better.

Without some practice it is difficult to teach any art ; and cooks seem to suppose they must be right, if they put meat into a pot, and set it over the fire for a certain time, making no allowance whether it simmers without a bubble or boils a gallop.

Fresh-killed meat will take much longer time boiling than that which has been kept till it is what the butchers call *ripe;* and longer in *cold* than in *warm* weather : if it be *frozen*, it must be thawed before boiling as before roasting ; if it be fresh-killed, it will be tough and hard, if you stew it ever so long, and ever so gently. In cold weather, the night before the day you dress it, bring it into a place of which the temperature is not less than 45 degrees of Fahrenheit's thermometer.

The size of the boiling-pots should be adapted to what they are to contain : the larger the saucepan the more room it takes upon the fire, and a larger quantity of water requires a proportionate increase of fire to boil it.

In small families we recommend block-tin saucepans, &c. as lightest and safest. If proper care is taken of them, and they are well dried after they are cleaned, they are by far the cheapest ; the purchase of a new tin saucepan being little more than the expense of tinning a copper one.

Let the covers of your boiling-pots fit close, not only to prevent unnecessary evaporation of the water, but to prevent the escape of the nutritive matter, which must then remain either in the meat or in the broth ; and the smoke is prevented from insinuating itself under the edge of the lid, and so giving the meat a bad taste.

If you let meat or poultry remain in the water after it is done enough, it will become sodden, and lose its flavor.

Beef and mutton a little *under*-done (especially very large joints, which will make the better hash or broil,) is not a great fault ; by some people it is preferred : but lamb, pork, and veal are uneatable if not thoroughly boiled ; but do not *over*-do them.

A trivet or fish-drainer put on the bottom of the boiling-pot, raising the contents about an inch and a half from the bottom, will prevent that side of the meat which comes next the bottom from being done too much, and the lower part of the meat will be as delicately done as the other part ; and this will enable you to take out the contents of the pot, without sticking a fork, &c. into it. If you have not a trivet, use four skewers, or a soup-plate laid the wrong side upwards.

BAKING.

Baking is one of the cheapest and most convenient ways of dressing a dinner in small families; and, I may say, that the oven is often the only kitchen a poor man has, if he wishes to enjoy a joint of meat.

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I do not mean to deny the superior excellence of roasting to baking; but some joints, when baked, so nearly approach to the same when roasted, that I have known them to be carried to the table, and eaten as such with great satisfaction.

Legs and loins of pork, legs of mutton, fillets of veal, and many other joints, will bake to great advantage, if the meat be good; I mean well-fed, rather inclined to be fat: if the meat be poor, no baker can give satisfaction.

When baking a poor joint of meat, before it has been half baked I have seen it start from the bone, and shrivel up scarcely to be believed.

Besides those joints above mentioned, I shall enumerate a few baked dishes which I can particularly recommend.

A pig, when sent to the baker prepared for baking, should have its ears and tail covered with buttered paper properly fastened on, and a bit of butter tied up in a piece of linen to baste the back with, otherwise it will be apt to blister: with a proper share of attention from the baker, I consider this way equal to a roasted one.

A goose prepared the same as for roasting, taking care to have it on a stand, and when half done to turn the other side upwards. A duck the same.

A buttock of beef the following way is particularly fine. After it has been in salt about a week, to be well washed, and put into a brown earthen pan with a pint of water; cover the pan tight with two or three thicknesses of cap or foolscap paper: never cover anything that is to be baked with brown paper, the pitch and tar that is in brown paper will give the meat a smoky, bad taste: give it four or five hours in a moderately heated oven.

A ham (if not too old) put in soak for an hour, taken out and wiped, a crust made sufficient to cover it all over, and baked in a moderately heated oven, cuts fuller of gravy, and of a finer flavor, than a boiled one. I have been in the habit of baking small cod-fish, haddock, and mackerel, with a dust of flour, and some bits of butter put on them; eels, when large and stuffed; herrings and sprats, in a brown pan, with vinegar and a little spice, and tied over with paper. A hare, prepared the same as for roasting, with a few pieces of butter, and a little drop of milk put into the dish, and basted several times, will be found nearly equal to roasting; or cut it up, season it properly, put it into a jar or pan, and cover it over and bake it in a moderate oven for about three hours. In the same manner, I have been in the habit of baking legs and shins of beef, ox cheeks, &c. prepared with a seasoning of onions, turnips, &c.: they will take about four hours: let them stand till cold, to skim off the fat; then warm it up all together, or part, as you may want it.

All these I have been in the habit of baking for the first families.

The time each of the above articles should take depends much upon the state of the oven, and I do consider the baker a suf-

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ficient judge; if they are sent to him in time, he must be very neglectful if they are not ready at the time they are ordered.

ROASTING.

Let the young cook never forget that cleanliness is the chief cardinal virtue of the kitchen; the first preparation for roasting is to take care that the spit be properly cleaned with sand and water; nothing else. When it has been well scoured with this, dry it with a clean cloth. If spits are wiped clean as soon as the meat is drawn from them, and while they are hot, a very little cleaning will be required. The less the spit is passed through the meat the better; and, before you spit it, joint it properly, especially necks and loins, that the carver may separate them easily and neatly, and take especial care it be evenly balanced on the spit, that its motion may be regular, and the fire operate equally on each part of it; therefore, be provided with balancing-skewers and cookholds, and see it is properly jointed.

Make up the fire in time; let it be proportioned to the dinner to be dressed, and about three or four inches longer at each end than the thing to be roasted, or the ends of the meat cannot be done nice and brown.

A cook must be as particular to proportion her fire to the business she has to do, as a chemist: the degree of heat most desirable for dressing the different sorts of food ought to be attended to with the utmost precision.

The fire that is but just sufficient to receive the noble sirloin will parch up a lighter joint.

Never put meat down to a burned-up fire, if you can possibly avoid it; but should the fire become fierce, place the spit at a considerable distance, and allow a little more time.

Preserve the fat, by covering it with paper, for this purpose called "kitchen-paper," and tie it on with fine twine; pins and skewers can by no means be allowed; they are so many taps to let out the gravy: besides, the paper often starts from them and catches fire, to the great injury of the meat.

If the thing to be roasted be thin and tender, the fire should be little and brisk: when you have a large joint to roast, make up a sound, strong fire, equally good in every part, or your meat cannot be equally roasted, nor have that uniform color which constitutes the beauty of good roasting.

Give the fire a good stirring before you lay the joint down; examine it from time to time while the spit is going round; keep it clear at the bottom, and take care there are no smoky coals in the front, which will spoil the look and taste of the meat, and hinder it from roasting evenly.

When the joint to be roasted is thicker at one end than the other, place the spit slanting, with the thickest part nearest the fire

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Do not put meat too near the fire at first; the larger the joint, the farther it must be kept from the fire: if once it gets scorched, the outside will become hard, and acquire a disagreeable, empyreumatic taste; and the fire being prevented from penetrating into it, the meat will appear done before it is little more than half done, besides losing the pale brown color, which it is the beauty of roasted meat to have.

Be very careful to place the dripping-pan at such a distance from the fire as just to catch the drippings: if it is too near, the ashes will fall into it, and spoil the drippings.

If it is too far from the fire to catch them, you will not only lose your drippings, but the meat will be blackened and spoiled by the fœtid smoke, which will arise when the fat falls on the live cinders.

A large dripping-pan is convenient for several purposes. It should not be less than twenty-eight inches long and twenty inches wide, and have a covered well on the side from the fire, to collect the drippings; this will preserve them in the most delicate state: in a pan of the above size you may set fried fish, and various dishes, to keep hot.

The time meat will take roasting will vary according to the time it has been kept, and the temperature of the weather; the same weight will be twenty minutes or half an hour longer in cold weather, than it will be in warm; and if fresh killed, than if it has been kept till it is tender.

Everybody knows the advantage of *slow boiling*. *Slow roasting* is equally important.

It is difficult to give any specific rule for time; but if your fire is made as before directed, your meat-screen sufficiently large to guard what you are dressing from currents of air, and the meat is not frosted, you cannot do better than follow the old general rule of allowing rather more than a quarter of an hour to the pound; a little more or less, according to the temperature of the weather, in proportion as the piece is thick or thin, the strength of the fire, the nearness of the meat to it, and the frequency with which you baste it; the more it is basted the less time it will take, as it keeps the meat soft and mellow on the outside, and the fire acts with more force upon it.

Reckon the time, not to the hour when dinner is ordered, but to the moment the roasts will be wanted. Supposing there are a dozen people to sip soup and eat fish first, you may allow them ten or fifteen minutes for the former, and about as long for the latter, more or less, according to the temptations the "BON GOUT" of these preceding courses has to attract their attention.

When the joint is half done, remove the spit and dripping-pan back, and stir up your fire thoroughly, that it may burn clear and bright for the browning; when the steam from the meat draws towards the fire, it is a sign of its being done enough; but you will be the best judge of that, from the time it has been down, the

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strength of the fire you have used, and the distance your spit has been from it.

Half an hour before your meat is done, make some gravy, and just before you take it up, put it nearer the fire to brown it. If you wish to froth it, baste it, and dredge it with flour carefully: you cannot do this delicately nice without a very good light. The common fault seems to be using too much flour. The meat should have a fine light varnish of froth, not the appearance of being covered with a paste. Those who are particular about the froth use butter instead of drippings.

A good cook is as anxiously attentive to the appearance and color of her roasts, as a young beauty is to her complexion at a birthday ball. If your meat does not brown so much, or so evenly as you wish, take two ounces of glaze, i. e. portable soup, put four table-spoonfuls of water, and let it warm and dissolve gradu ally by the side of the fire. This will be done in about a quarter of an hour; put it on the meat equally all over with a paste-brush the last thing before it goes to table.

Though roasting is one of the most common, and is generally considered one of the most easy and simple processes of cookery, it requires more unremitting attention to perform it perfectly well than it does to make most made dishes.

That made dishes are the most difficult preparations, deserves to be reckoned among the culinary vulgar errors; in plain roasting and boiling it is not easy to repair a mistake once made; and all the discretion and attention of a steady, careful cook, must be unremittingly upon the alert.

FRYING.

Frying is often a convenient mode of cookery; it may be performed by a fire which will not do for roasting or boiling; and by the introduction of the pan between the meat and the fire, things get more equally dressed.

The Dutch oven or bonnet is a very convenient utensil for small things, and a very useful substitute for the jack, the gridiron, or frying-pan.

A frying-pan should be about four inches deep, with a perfectly flat and thick bottom, twelve inches long and nine broad, with perpendicular sides, and must be half filled with fat: good frying is, in fact, boiling in fat. To make sure that the pan is quite clean, rub a little fat over it, and then make it warm, and wipe it out with a clean cloth.

Be very particular in frying, never to use any oil, butter, lard, or drippings, but what is quite clean, fresh, and free from salt Any thing dirty spoils the look; any thing bad-tasted or stale, spoils the flavor; and salt prevents its browning.

Fine olive oil is the most delicate for frying; but the best oil is expensive, and bad oil spoils every thing that is dressed with it

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For general purposes, and especially for fish, clean fresh lard is not near so expensive as oil or clarified butter, and does almost as well. Butter often burns before you are aware of it; and what you fry will get a dark and dirty appearance.

Dripping, if nicely clean and fresh, is almost as good as any thing; if not clean, it may be easily clarified. Whatever fat you use, after you have done frying, let it remain in the pan for a few minutes, and then pour it through a sieve into a clean basin; it will do three or four times as well as it did at first, *i. e.* if it has not burned: but, the fat you have fried fish in must not be used for any other purpose.

To know when the fat is of a proper heat, according to what you are to fry, is the great secret in frying.

To fry fish, parsley, potatoes, or any thing that is watery, your fire must be very clear, and the fat quite hot; which you may be pretty sure of, when it has done hissing, and is still. We cannot insist too strongly on this point: if the fat is not very hot, you cannot fry fish either to a good color, or firm and crisp.

To be quite certain, throw a little bit of bread into the pan; if it fries crisp, the fat is ready; if it burns the bread, it is too hot.

The fire under the pan must be clear and sharp, otherwise the fat is so long before it becomes ready, and demands such attendance to prevent the accident of its catching fire, that the patience of cooks is exhausted, and they frequently, from ignorance or impatience, throw in what they are going to fry before the fat is half hot enough. Whatever is so fried will be pale and sodden, and offend the palate and stomach not less than the eye.

Have a good light to fry by, that you may see when you have got the right color: a lamp fixed on a stem, with a loaded foot, which has an arm that lengthens out, and slides up and down like a reading candlestick, is a most useful appendage to kitchen fireplaces, which are very seldom light enough for the nicer operations of cookery.

After all, if you do not thoroughly drain the fat from what you have fried, especially from those things that are full dressed in bread crumbs, or biscuit powder, &c., your cooking will do you no credit.

The dryness of fish depends much upon its having been fried in fat of a due degree of heat; it is then crisp and dry in a few minutes after it is taken out of the pan: when it is not, lay it on a soft cloth before the fire, turning it occasionally, till it is. This will sometimes take fifteen minutes: therefore, always fry fish as long as this before you want them, for fear you may find this necessary.

To fry fish, see receipt to fry soles, which is the only circumstantial account of the process that has yet been printed. If the cook will study it with a little attention, she must soon become an accomplished frier.

Frying, though one of the most common of culinary operations, is one that is least commonly performed perfectly well

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BROILING.

Cleanliness is extremely essential in this mode of cookery.

Keep your gridiron quite clean between the bars, and bright on the top: when it is hot, wipe it well with a linen cloth: just before you use it, rub the bars with clean mutton-suet, to prevent the meat from being marked by the gridiron.

Take care to prepare your fire in time, so that it may burn quite clear: a brisk and clear fire is indispensable, or you cannot give your meat that browning which constitutes the perfection of this mode of cookery, and gives a relish to food it cannot receive any other way.

The chops or slices should be from half to three-quarters of an inch in thickness; if thicker, they will be done too much on the outside before the inside is done enough.

Be diligently attentive to watch the moment that any thing is done: never hasten any thing that is broiling, lest you make smoke and spoil it.

Let the bars of the gridiron be all hot through, but yet not burning hot upon the surface: this is the perfect and fine condition of the gridiron.

As the bars keep away as much heat as their breadth covers, it is absolutely necessary they should be thoroughly hot before the thing to be cooked be laid on them.

The bars of gridirons should be made concave, and terminate in a trough to catch the gravy and keep the fat from dropping into the fire and making a smoke, which will spoil the broil.

Upright gridirons are the best, as they can be used at any fire without fear of smoke; and the gravy is preserved in the trough under them.

N. B. Broils must be brought to table as hot as possible; set a dish to heat when you put your chops on the gridiron, from whence to the mouth their progress must be as quick as possible.

When the fire is not clear, the business of the gridiron may be done by the Dutch oven or bonnet.

Take care to have a very clear, brisk fire; throw a little salt on it; make the gridiron hot, and set it slanting, to prevent the fat from dropping into the fire, and making a smoke. It requires more practice and care than is generally supposed to do steaks to a nicety; and for want of these little attentions, this very common dish, which every body is supposed capable of dressing, seldom comes to table in perfection.

Ask those you cook for, if they like it under, or thoroughly done; and what accompaniments they like best; it is usual to put a table-spoonful of ketchup, or a little minced eschalot, into a dish before the fire; while you are broiling, turn the steak, &c. with a pair of steak-tongs, it will be done in about ten or fifteen minutes; rub a bit of butter over it, and send it up garnished with pickles and finely-scraped horse-radish.

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BROTHS AND SOUPS.

The cook must pay continual attention to the condition of her stew-pans, soup-kettles, &c. which should be examined every time they are used. The prudent housewife will carefully examine the condition of them herself at least once a month. Their covers also must be kept perfectly clean and well tinned, and the stew-pans not only on the inside, but about a couple of inches on the outside: many mischiefs arise from their getting out of repair; and if not kept nicely tinned, all your good work will be in vain; the broths and soups will look green and dirty, taste bitter and poisonous, and will be spoiled both for the eye and palate, and your credit will be lost.

The health, and even life of the family, depends upon this, and the cook may be sure her employers had rather pay the tinman's bill than the doctor's; therefore, attention to this cannot fail to engage the regard of the mistress, between whom and the cook it will be my utmost endeavor to promote perfect harmony.

If she has the misfortune to scorch or blister the tinning of her pan, which will happen sometimes to the most careful cook, I advise her, by all means, immediately to acquaint her employers, who will thank her for candidly mentioning an accident; and censure her deservedly if she conceal it.

Take care to be properly provided with sieves and tammy cloths, spoons and ladles. Make it a rule without an exception, never to use them till they are well cleaned and thoroughly dried, nor any stew-pans, &c. without first washing them out with boiling water, and rubbing them well with a dry cloth and a little bran, to clean them from grease, sand, &c., or any bad smell they may have got since they were last used: never neglect this.

Though we do not suppose our cook to be such a naughty slut as to wilfully neglect her broth-pots, &c., yet we may recommend her to wash them immediately, and take care they are thoroughly dried at the fire, before they are put by, and to keep them in a dry place, for damp will rust and destroy them very soon: attend to this the first moment you can spare after the dinner is sent up.

Never put by any soup, gravy, &c. in metal utensils; in which never keep any thing longer than is absolutely necessary for the purposes of cookery; the acid, vegetables, fat, &c. employed in making soups, &c. are capable of dissolving such utensils: therefore stone or earthern vessels should be used for this purpose.

Stew-pans, soup-pots, and preserving pans, with thick and round bottoms (such as saucepans are made with), will wear twice as long, and are cleaned with half the trouble, as those whose sides are soldered to the bottom, for sand and grease get into the joined part, and cookeys say that it is next to an impossibility to dislodge it, even if their nails are as long as Nebuchadnezzar's.

Take care that the lids fit as close as possible, that the broth,

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soup, and sauces, &c. may not waste by evaporation. They are good for nothing, unless they fit tight enough to keep the steam in and the smoke out.

Stew-pans and saucepans should be always bright on the upper rim, where the fire does not burn them; but to scour them all over is not only giving the cook needless trouble, but wearing out the vessels.

Lean, juicy beef, mutton, or veal, form the basis of broth; procure those pieces which afford the richest succulence, and as fresh killed as possible.

Stale meat will make broth grouty and bad tasted, and fat meat is wasted. This only applies to those broths which are required to be perfectly clear: fat and clarified drippings may be so combined with vegetable mucilage, as to afford, at the small cost of one penny per quart, a nourishing and palatable soup, fully adequate to satisfy appetite and support strength: this will open a new source to those benevolent housekeepers, who are disposed to relieve the poor, will show the industrious classes how much they have it in their power to assist themselves, and rescue them from being objects of charity dependent on the precarious bounty of others, by teaching them how they may obtain a cheap, abundant, salubrious, and agreeable aliment for themselves and families.

This soup has the advantage of being very easily and very soon made, with no more fuel than is necessary to warm a room. Those who have not tasted it, cannot imagine what a salubrious, savory, and satisfying meal is produced by the judicious combination of cheap homely ingredients.

The general fault of our soups seems to be the employment of an excess of spice, and too small a portion of roots and herbs.

There is no French dinner without soup, which is regarded as an indispensable *overture*; and believe it an excellent plan to begin the banquet with a basin of good soup, which, by moderating the appetite for solid animal food, is certainly a salutiferous custom.

We again caution the cook to avoid over-seasoning, especially with predominant flavors, which, however agreeable they may be to some, are extremely disagreeable to others.

Zest, soy, cavice, coratch, anchovy, curry powder, savory ragout powder, soup herb powder, browning, ketchups, pickle liquor, beer, wine, and sweet herbs, and savory spice, are very convenient auxiliaries to finish soups, &c.

The proportion of wine should not exceed a large wine-glassful to a quart of soup. This is as much as can be admitted, without the vinous flavor becoming remarkably predominant; though not only much larger quantities of wine (of which claret is incomparably the best, because it contains less spirit and more flavor, and English palates are less acquainted with it), but even *veritable eau de vie* is ordered in many books, and used by many (especially tavern cooks). So much are their soups overloaded

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with relish, that if you will eat enough of them they will certainly make you drunk, if they don't make you sick: all this frequently arises from an old cook measuring the excitability of the eaters' palates by his own, which may be so blunted by incessant tasting, that to awaken it, requires wine instead of water, and cayenne and garlic for black pepper and onion.

The art of composing a rich soup is so to proportion the several ingredients one to another, that no particular taste be stronger than the rest, but to produce such a fine harmonious relish that the whole is delightful. This requires that judicious combination of the materials which constitutes the "*chef d'œuvre*" of culinary science.

In the first place, take care that the roots and herbs be perfectly well cleaned; proportion the water to the quantity of meat and other ingredients, generally a pound of meat to a quart of water for soups, and double that quantity for gravies. If they stew gently, little more water need be put in at first than is expected at the end; for when the pot is covered quite close, and the fire gentle, very little is wasted.

Gentle stewing is incomparably the best; the meat is more tender, and the soup better flavored.

It is of the first importance that the cover of a soup-kettle should fit very close, or the broth will evaporate before you are aware of it.

Place your soup-pot over a moderate fire, which will make the water hot without causing it to boil for at least half an hour; if the water boils immediately, it will not penetrate the meat, and cleanse it from the clotted blood, and other matters which ought to go off in scum; the meat will be hardened all over by violent heat; will shrink up as if it was scorched, and give hardly any gravy: on the contrary, by keeping the water a certain time heating without boiling, the meat swells, becomes tender, its fibres are dilated, and it yields a quantity of *scum*, which must be taken off as soon as it appears.

It is not till after a good half hour's hot infusion that we may mend the fire, and make the pot boil: still continue to remove *the scum*; and when no more appears, put in the vegetables, &c. and a little salt. These will cause more *scum* to rise, which must be taken off immediately; then cover the pot very closely, and place it at a proper distance from the fire, where it will boil very gently, and equally, and by no means fast.

By quick and strong boiling the volatile and finest parts of the ingredients are evaporated, and fly off with the steam, and the coarser parts are rendered soluble; so you lose the good, and get the bad.

Soups will generally take from *three* to *six* hours.

Prepare your broths and soups the evening before you want them. This will give you more time to attend to the rest of your dinner the next day; and when the soup is cold, the *fat* may be

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much more easily and completely removed from the surface of it. When you decant it, take care not to disturb the settlings at the bottom of the vessel, which are so fine that they will escape through a sieve, or even through a TAMIS, which is the best strainer, the soups appear smoother and finer, and it is much easier cleaned than any sieve. If you strain it while it is hot, pass it through a clean tamis or napkin, previously soaked in cold water; the coldness of this will coagulate the fat, and only suffer the pure broth to pass through.

The full flavor of the ingredients can only be extracted by very long and slow simmering; during which take care to prevent evaporation, by covering the pot as close as possible: the best stew-pot is a digester.

Clear soups must be perfectly transparent; thickened soups, about the consistence of rich cream; and remember that thickened soups require nearly double the quantity of seasoning.

To thicken and give body to soups and sauces, the following materials are used: they must be gradually mixed with the soup till thoroughly incorporated with it; and it should have at least half an hour's gentle simmering after: if it is at all lumpy, pass it through a tamis or a fine sieve. Bread raspings, bread, isinglass, potato mucilage, flour, or fat skimmings and flour, or flour and butter, barley, rice, or oatmeal and water rubbed well together.

To their very rich gravies, &c. the French add the white meat of partridges, pigeons, or fowls, pounded to a pulp, and rubbed through a sieve. A piece of beef, which has been boiled to make broth, pounded in the like manner with a bit of butter and flour, and gradually incorporated with the gravy or soup, will be found a satisfactory substitute for these more expensive articles.

Meat from which broth has been made and all its juice has been extracted, is then excellently well prepared for POTTING, and is quite as good, or better, than that which has been baked till it is dry; indeed, if it be pounded, and seasoned in the usual manner, it will be an elegant and savory luncheon, or supper, and costs nothing but the trouble of preparing it, which is very little, and a relish is procured for sandwiches, &c. of what heretofore has been by the poorest housekeeper considered *the perquisite of the* CAT.

Keep some spare broth lest your soup-liquor waste in boiling, and get too thick, and for gravy for your made dishes, various sauces, &c.; for many of which it is a much better basis than melted butter.

The soup of mock turtle, and the other thickened soups, will supply you with a thick gravy sauce for *poultry*, *fish*, *ragouts*, &c.; and by a little management of this sort, you may generally contrive to have plenty of good gravies and good sauces with very little trouble or expense.

If soup is too thin or too weak, take off the cover of your soup-pot, and let it boil till some of the watery part of it has evaporated, or else add some of the thickening materials we have before men-

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tioned ; and have at hand some plain browning. This simple preparation is much better than any of the compounds bearing that name; as it colors sauce or soup without much interfering with its flavor, and is a much better way of coloring them than burning the surface of the meat.

When soups and gravies are kept from day to day, *in hot weather*, they should be warmed up every day, and put into fresh-scalded tureens or pans, and placed in a cool cellar; in temperate weather every other day may be enough.

We hope we have now put the common cook into possession of the whole *arcana* of soup-making, without much trouble to herself, or expense to her employers. It would greatly diminish the expense, and improve soups, if the agents employed to give them a zest were not put in above fifteen minutes before the finish, and half the quantity of spice, &c. would do. A strong heat soon dissipates the spirit of the wine, and evaporates the aroma and flavor of the spices and herbs, which are volatile in the heat of boiling water.

Warm fluids, in the form of soup, unite with our juices much sooner and better than those that are cold and raw: on this account, RESTORATIVE SOUP is the best food for those who are enfeebled by disease or dissipation, and for old people, whose teeth and digestive organs are impaired.

After catching cold, in nervous headaches, cholics, indigestions, and different kinds of cramp and spasms in the stomach, warm broth is of excellent service.

After intemperate feasting, to give the stomach a holyday for a day or two by a diet on mutton broth, or vegetable soup, &c. is the best way to restore its tone. "The stretching any power to its utmost extent weakens it. If the stomach be every day obliged to do as much as it can, it will every day be able to do less. A wise traveller will never force his horse to perform as much as he can in one day upon a long journey."

OBSERVATIONS ON CERTAIN ARTICLES.

We shall conclude these Introductory Observations, with a few remarks on the qualities of certain Articles in common use.

Butter.

Well made pure butter is lenient and nourishing, eaten cold, in moderation, with bread. But upon hot new bread, or hot toast, or used as sauce to animal food, it is not wholesome. In the two first instances it is very apt to turn acid in the stomach; and in the latter, to float uppermost in the stomach, and disturb the digestion. If melted thick and carefully, and eaten with vegetable food and bread only, it is not so liable to this objection.

Butter is good for dry, constipated habits, but not for such as are bilious, asthmatic, or corpulent.

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Honey.

Honey is nourishing and wholesome, particularly for persons with coughs, weak lungs, and short breath. It is balsamic, cleansing, and makes the body soluble.

Great care should be taken to get it fresh and pure; it is apt to turn sour by long keeping.

Sugar.

Sugar used in moderation is nourishing and good, but much of it destroys the appetite, and injures the digestion. Moist sugar is the sweetest, and most opening; refined sugar, of a binding nature. The preparations made of sugar, such as barley-sugar, sugar-candy, &c. are all indigestible and bad, as the good properties of the sugar are destroyed by the process it undergoes in the making them. They are particularly injurious to children, from cloying their delicate stomachs. Young children are in general better without sugar, as it is very apt to turn acid and disagree with weak stomachs; and the kind of food they take has natural sweetness enough in it not at all to require it.

Salt.

Salt, moderately used, especially with flesh, fish, butter, and cheese, is very beneficial, as it naturally stimulates weak or disordered stomachs, and checks fermentations. But if it be immoderately used it has a contrary effect. Very little salt should be used with vegetable food of the grain or seed kind; for the less salt that is put to it the milder, cooler, pleasanter, and easier of digestion it will be. Salt excites the appetite, assists the stomach in digesting crude phlegmatic substances, is cleansing, and prevents putrefaction; but if too much used, it heats and dries the blood and natural moisture. It is best for phlegmatic, cold, and moist stomachs; and most injurious to hot, lean bodies.

Salt-petre is particularly bad for bilious persons.

Vinegar.

Vinegar is cooling, opening, excites the appetite, assists digestion, is good for hot stomachs, resists putrefaction, and therefore very good against pestilential diseases. Too much use of it injures the nerves, emaciates some constitutions, is hurtful to the breast, and makes people look old and withered, with pale lips.

The best vinegar is that which is made of the best wines. Lemon-juice and verjuice have much the same qualities and effects as vinegar.

The commonest vinegar is least adulterated.

Mustard.

Mustard quickens the appetite, warms the stomach, assists in digesting hard meats, and dries up superfluous moisture. It seldom agrees with weak stomachs.

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Spices.

Cayenne pepper, black pepper, and ginger, may be esteemed the best of spices.

Nutmegs, cloves, mace, cinnamon, and allspice, are generally productive of indigestion and headache to weak persons.

Garlic, &c.

Garlic, onions, rocambole, shallots, leeks, and horse-radish, are occasionally good for strong stomachs, but generally disagree with weak stomachs.

Tea.

The frequent drinking of a quantity of strong tea, as is the general practice, relaxes and weakens the tone of the stomach, whence proceeds nausea and indigestion, with a weakness of the nerves, and flabbiness of the flesh, and very often a pale wan complexion. Milk, when mixed with it in some quantity, lessens its bad qualities, by rendering it softer, and nutritious; and, with a moderate quantity of sugar, it may then be a proper breakfast, as a diluent, to those who are strong, and live freely, in order to cleanse the alimentary passages, and wash off the salts from the kidneys and bladder. But persons of weak nerves ought to abstain from it as carefully as from drams and cordial drops; as it causes the same kind of irritation on the tender delicate fibres of the stomach, which ends in lowness, trembling and vapors.

It should never be drank hot by any body. Green tea is less wholesome than black or bohea.

Coffee.

Coffee affords very little nourishment, and is apt to occasion heat, dryness, stimulation and tremors of the nerves, and for these reasons is thought to occasion palsies, watchfulness, and leanness. Hence it is very plain that it must be pernicious to hot, dry, and bilious constitutions. If moderately used it may be beneficial to phlegmatic persons, but, if drank very strong, or in great quantities, it will prove injurious even to them.

The following remarks on Coffee, were published in London, by a physician. 1st. The raw coffee should be round and small grained, free from dirt and of a light color. It should have no appearance of mouldiness, and be kept quite free from any strong smell. It should not be long kept in sacks with other provisions, as there is no substance more apt to obtain strong and disagreeable odors from the presence of its neighbors. Rum injures it; and Miller even goes so far as to state that a few bags of pepper on board a ship from India upon one occasion spoiled the whole cargo.

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2nd. When the grains are large, flat, and of a green color, they should be kept on hand, in a dry situation, a long time before use. Every West India planter knows this fact, although his interest often induces him to send the article to market before it is old and dry enough.

3d. Roasting coffee is by far the most difficult operation of the housekeeper; when carried far enough, an aromatic oil is formed by the heat and forces itself out upon the surface of the grains, giving them a glossy appearance, and an odor which is considered their perfection; yet too little roasting prevents the aroma from appearing, and too much completely volatilizes it, leaving nothing but a flat bitter taste. The heat should be strong and the operation shortened as much as possible without burning the grains. The roaster should be close or well covered all the time, and in order to improve the looks and flavor, a small piece of butter may be added to the coffee, while parching.

4th. When thus prepared, coffee may be preserved for use in large quantities, without losing much of its freshness, provided the vessels containing it be well covered.

5th. An infusion of coffee is better than a decoction, simply because the heat, in the last case, being stronger and more lasting, drives off more of the aromatic oil. It is better, therefore, to grind the coffee very fine, and then to expose it, by means of a bag or strainer, to the action of boiling water, than to boil it any length of time. Heat, though unavoidable, injures the flavor, and the best coffee I remember to have tasted was made by exposing the powder to a pressure of *cold* water; a tea-spoonful of this extract, thrown into a cup of hot water, was sufficient. It is not a bad method to allow the ground coffee to lie in cold water between meals, and then prepare it by adding hot water. Just in proportion to the continuance of heat, in this and in the last operation, the fragrance disappears, and is replaced by a strong bitter taste, which, according to the experiments of Chenevix, depends upon the presence of tannin (resembling that in tan bark). Roasting, besides forming this bitter substance, deprives the coffee of its nutritious qualities.

Chocolate.

Is rich, nutritious, and soothing, saponaceous, and cleansing; from which quality it often helps digestion, and excites the appetite. It is only proper for some of the leaner and stronger sort of phlegmatic constitutions, and some old people who are healthy, and accustomed to bodily exercise.

Cocoa.

Is of the same nature as chocolate, but not so rich; and therefore lighter upon the stomach.

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Fruit.

Fruits are of different degrees of digestibility. Those of a hard texture, as some kinds of apples, melons, apricots, several sorts of fleshy plums, and all immature fruits, are difficult of digestion.

Strawberries, raspberries, currants, gooseberries, cherries, green-gages, peaches, nectarines, melting pears, mulberries, figs, grapes, medlars, when all quite ripe, are more easily dissolved in the stomach.

Fruit, moderately eaten, is wholesome, particularly as correcting the grossness of animal food. But an excess of it, and especially of unripe fruit, is productive of many diseases; amongst children in particular, it often occasions such as the nettle rash and St. Anthony's fire.

Fruit invariably disagrees with bilious persons; but is a sovereign remedy for the sea scurvy, and for diseases arising from an excess of animal food.

Nuts and Almonds.

Most kinds of nuts, and almonds, from their milky or oily nature, contain a good deal of nourishment; but they require to be well chewed, as they are difficult of digestion. Persons with weak stomachs should not eat them. The worst time at which they can be eaten is after a meal.

Olives.

Olives that have been gathered immature or unripe, and put into a pickle to keep them sound, are apt, especially if frequently eaten, to obstruct the stomach and passages. The best way of eating them is with good bread, when the stomach is properly empty To eat them upon a full stomach is very bad.

NOTE.

Receipts for making all kinds of Bread, Biscuits, Blancmange, Buns, Broth, Cakes, Creams, Custards, Jams, Jellies, Paste, Pies, Puddings, Soups, Sauces, &c., will be found under these general heads; the method of cooking the several meats are arranged under the name of each meat. Still there are interspersed throughout the book single receipts under the letter of the name, of which many of the above articles are composed. We will instance the following, viz:—

Cakes,—Almond, Crumpets, Echaudes, Fanchonettes, Flemish wafers, Frangipane, Gateau, Gingerbread, Hedgehog, Jumbles, Kisses, Lemon Bonbons, Macaroons, Madelains, Meat, Muffins, Oat, Orange, Perlingo, Sally Lunns.

Bread,—Almond, Brentford, Filbert, French Rolls, Rusks.

Creams,—Under various fruits of which they are made.

Veal,—Friar's chicken, Gratin, and many articles under Calf

Fowls,—See also Chickens, Capons.

Beef,—See also Ox.

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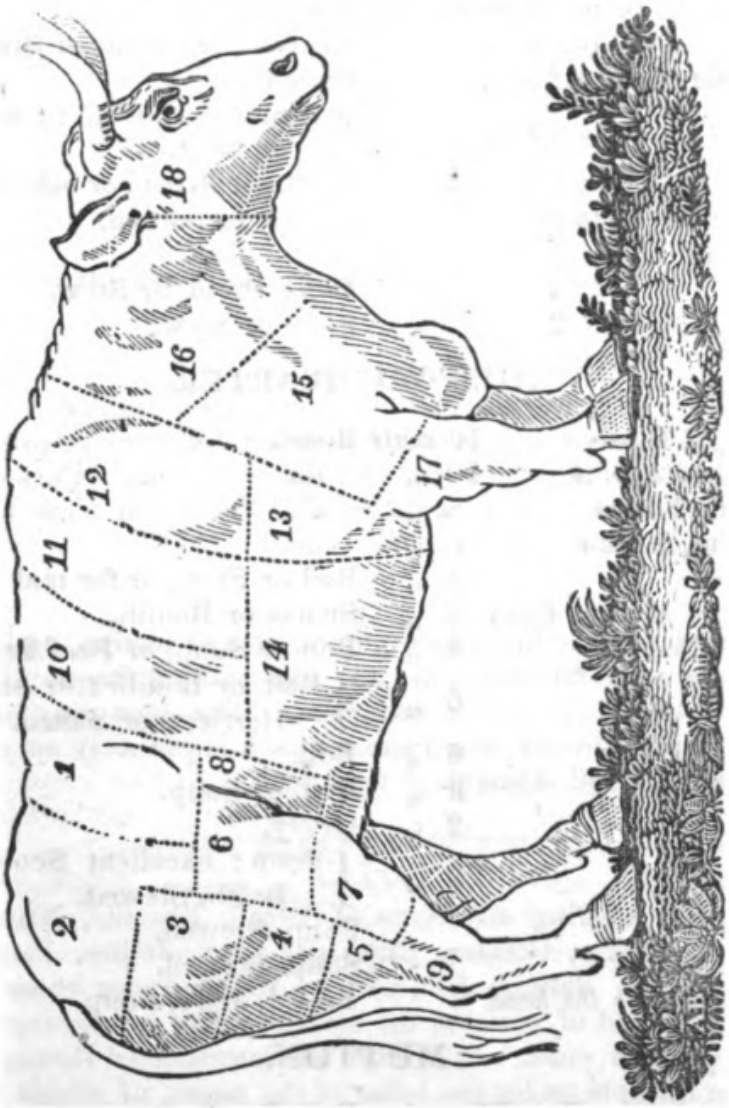
The following Engraving represents the method of dividing an Ox for the table, in England, and in most of the southern cities of the United States. The method in Boston varies considerably, dividing into smaller pieces, and this plan we pursue in the following tables; but the manner of cooking each is nearly the same.



1. Sirloin.
2. Rump.
3. Edge Bone.
4. Buttock.
5. Mouse Buttock.
6. Veiny Piece.
7. Thick Flank.
8. Thin Flank.
9. Leg.
10. Fore rib: Five ribs.
11. Middle rib: Four ribs.
12. Chuck: Three ribs.
13. Shoulder or leg-of-mutton piece
14. Brisket.
15. Clod.
16. Neck, or Sticking Piece.
17. Shin.
18. Cheek.

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MARKETING TABLES.

BEEF.

THE HIND QUARTER.

	Price per lb.	Method of cooking.
Sirloin	10 to 12 *cents*	Roasted.
Rump	10 to 12 „	Roasted, or Steak, or Stew.
Edge Bone	6 to 8 „	Boiled.
Round	8 to 10 „	Alamode, Boiled, or savory salted Beef.
Veiny Piece	6 to 8 „	Steaks or Roast ; or baked or salted
Thick Flank	6 to 8 „	Steaks, or corned.
Thin Flank	6 „	do.
Leg Ran	4 „	Boil ; Soup, or Stew.
Leg	2 „	Soup or Stew.

THE FORE QUARTER.

First Cut, 2 Ribs	10 *cents*	Roast.
Second Cut, 2 Ribs	10 „	do.
Third Cut, 2 Ribs	8 „	do.
Fourth Cut, 2 Ribs	6 „	do.
Chuck Rib	5 „	Boil or Stew, or for making gravy
Shoulder of Mutton Piece	5 „	Steaks or Bouilli.
Shoulder Clod	3 „	Boil or Soup, or Beef Sausages.
Brisket	6 „	Boil, or Bouilli ; or stewing, or Harricot, or Salted.
Rattleran	6 „	Boil.
Sticking Piece	3 „	Boil, or Soup.
Neck	2 „	Gravy.
Shin	2 „	Soup ; excellent Scotch barley Broth, Stewed.
Head (20 *cents*)		Soup, Stewed.
Tail (2 *cents*)		Soup, Stewed.
Heels, *given with the head*		Boiled, Jelly, Soup.

MUTTON.

Leg	8 to 10 *cents*	Boil, Roast.
Loin	6 to 8 „	Chops—Roast, Boil,
Rack, neck end	5 to 6 „	Boil, Roast, Irish Stew, Harricot, Stewed, Broth.
Rack, best end	6 to 8 „	Chops, or Broth.
Shoulder	6 „	Roast.
Breast	6 „	Broth,—Grilled.
Head	4 „	Broth.
The Chine or the Saddle, two Loins. The Haunch is a Leg and part of the Loin,		Roasted, Venisonified.

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VEAL.

Loin	8 to 10 *cents*	Roast.
Leg	„ „	Cutlets, Roast, Boil.
Fillet	„ „	Roasted, Veal Olives, Scotch Collops.
Knuckle, or whole Leg	8 „	Broth, Ragout, Stew, Soup.
Breast	8 to 10 „	Roast,
Breast and Neck	6 „	Roast, Stew, Ragout, Curry
Rack	6 „	Soup—Chops to fry.
Shoulder	6 „	Roast, or Bake.
Brisket	8 „	Stewed, Ragout.
Cutlets	10 „	Fried, Broiled.
Head, scalded, (50 to 60 *cts. each*)		Broiled plain, Hash.

BEEF *is plentiest and cheapest from October to January; and best from January to May.*

VEAL *is best from April to July.*

MUTTON *is best from October to June.*

GRASS LAMB *is best from June to October.*

The Quality of Butcher Meat varies quite as much as the price of it —according to its age—how it has been fed—and especially how it has been treated the week before it has been killed.

PORK.

	Comes into Market.	*Plentiest.*
Roasting Pigs	May	June.
Quarter Pork	July	August.
Spare Ribs and Chine	Aug.	Nov. & Dec.
Middlings	salt, all the year.	
Bacon Hams	November, and continue all the year.	

POULTRY.

	Comes into Market.	*Plentiest.*
Chickens	July	Nov.
Fowls	All the year	do.
Ducks	July	October.
Geese	August	Nov.
Turkeys	September	Nov. & Dec.
Wild Ducks	do.	Oct. & Apr.
Brants	April	May.
Partridges	September	October.
Quails	do.	January.
Woodcocks	July	August.

Obs.—POULTRY *is in greatest perfection, when in greatest plenty.*

6. Veiny Pie *of it varies as much as the size and quality of it, and the*
7. Thick Flank. *t, and the demand for it.*
8. Thin Flank. *dearest from March to July, and cheapest about Sep-*
9. Leg. *me season commences, and the weather being colder. rought from more distant parts.*

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The above information will, we trust, be very acceptable to Economical Families, who, from hearing the very high price Poultry sometimes costs, are deterred from ever inquiring about it. In the cheap seasons we have noted, it is sometimes as cheap as Butcher-meat.

Those who pay the highest, do not always pay the dearest, price. In fact, the Best Meat is the cheapest; and those who treat a tradesman liberally, have a much better chance of being well served, than those who are forever bargaining for the Market Penny. In dividing the Joints, there is always an opportunity of apportioning the Bones, Fat, Flaps, &c. so as to make up a variation of much more than a penny per pound in most pieces; and a Butcher will be happy to give the turn of his knife in favor of that Customer who cheerfully pays the fair price of the article he purchases; have those who are unwilling to do so any reason to complain? Have they not invited such conduct.

DIRECTIONS FOR CURING AND COOKING PICKLED FISH.*

The use of *Pickled Fish*, such as Mackerel, Salmon, Shad, &c. is becoming more general than formerly, and would be still more extensive if the proper mode of preparing them for the table was better understood. These fish constitute not only a salutary diet, but in many cases makes a very beneficial change in our food.

Whoever will give the following directions a fair trial will become sensible of their value:—

First. The fish should be kept covered by the pickle by means of a flat stone or slate, laid on them. The oil, or animal fat, which floats on the top of the cask, should not be removed, as it prevents the fish from rusting; but in taking the fish from the barrel or keg, this oil ought to be put aside, care being taken not to let the fish touch it. *Secondly*—The fish should be washed clean, then put to soak in a large quantity of water for eight or ten hours, with the flesh side down. The time of soaking may be varied to suit the palate. It must again be washed clean, put it to soak six or eight hours in milk, (if you have it) then dry it by the fire. *Thirdly*—When dry lay it on the gridiron, with the flesh side downward, over pretty lively coals, for five minutes, or till it is moderately browned, then turn it with a plate, or some flat instrument that will not break the skin, and let it remain over the coals ten or fifteen minutes, or till it is cooked sufficiently. Slide it off the gridiron into the dish, and strip off the backbone with a broad knife: pat the fish, to cause the thick part of the fish to absorb the fat from the belly part; use no butter—then you will enjoy all the flavor and juices of the fish.

If a Mackerel or Shad so prepared does not relish, it must be more the fault of the palate, than of the food. How many articles, capable of being made into excellent dishes, are lost or spoiled from want of care and skill in dressing them.

* As the whole beauty of pickled Fish depends upon the right method of cooking it, we insert by itself the receipt of Capt. Henry Purkitt, Massachusetts Inspector of Fish, who obligingly handed it to the Editor.

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TABLE

OF

WEIGHTS AND MEASURES.

By which persons not having scales and weights at hand may readily measure the articles wanted to form any receipt, without the trouble of weighing. Allowance to be made for any extraordinary dryness or moisture of the article weighed or measured.

WEIGHT AND MEASURE.

Eggs - - -	ten eggs are -	one pound
Brown sugar -	one pound, two ounces, is	one quart.
White sugar, powdered	one pound, one ounce, is	one quart.
Loaf-sugar, broken -	one pound is - -	one quart.
Butter—when soft -	one pound is - -	one quart.
Indian meal - -	one pound, two ounces, is	one quart.
Wheat flour -	one pound is - -	one quart.

LIQUIDS.

Four large table-spoonfuls are - - -	half a gill.
Eight large table-spoonfuls are - - -	one gill.
Sixteen large table-spoonfuls are - - -	half a pint.

A common-sized wine-glass - - - -	half a gill.
A common-sized tumbler holds - - -	half a pint.

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THE ART OF CARVING;

WITH HINTS ON

THE ETIQUETTE OF THE DINNER TABLE.

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

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

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

I have prefixed a few Hints on the Etiquette of the Dinner Table, which I trust will be found useful. In that, however, much must be left to a quick and observant eye, and a determination to render yourself as agreeable as possible.

HINTS ON THE ETIQUETTE OF THE DINNER TABLE.

AS HOST.

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

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

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

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

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

Of course, you will carve the meats yourself, or why did you buy this book? surely, not with the intention of teaching your servants how to perform that important duty. You will not ask to be allowed to help your guests, but supply a plate in silence, and hand it to your servants, who will offer it to such of the company as are unprovided. Never offer soup or fish a second time.

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

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

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

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

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

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

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

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

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

AS GUEST.

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

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

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

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

Being seated, soup will be handed round. When offered, take it; but if you prefer fish, pass it on to your neighbor. You must not ask for soup or fish a second time; it will not be offered—you would not be so rude or selfish as to keep the company waiting for the second course, that you may have the pleasure of demolishing a double portion of fish.

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

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

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

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

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

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

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

THE ART OF CARVING.

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

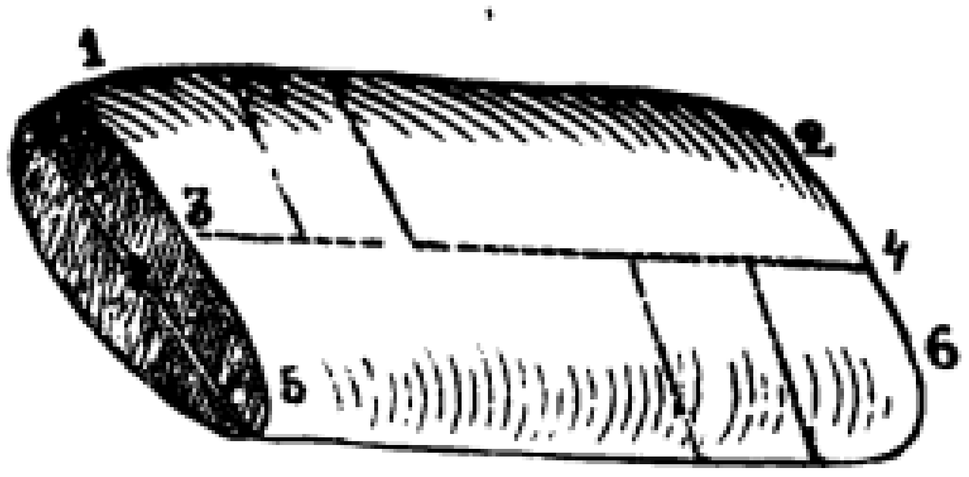
The dish should be sufficiently near to enable the carver to reach it without rising, and the seat should be elevated so as to give command over the joint.

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

SECTION I.

FISH

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



SALMON

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

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

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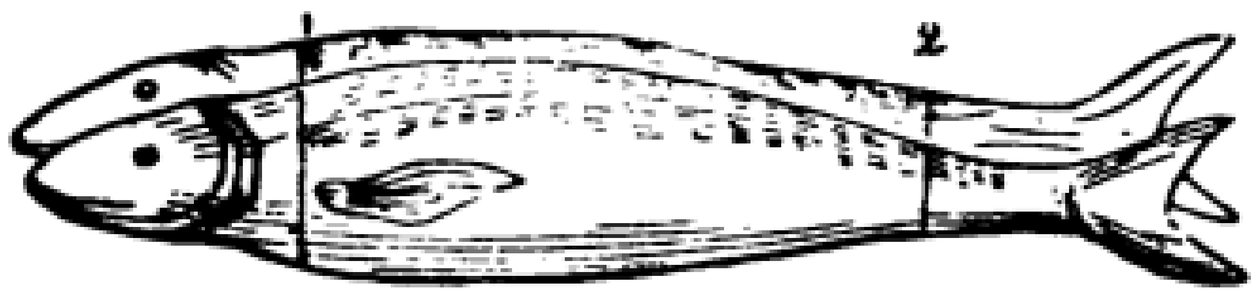
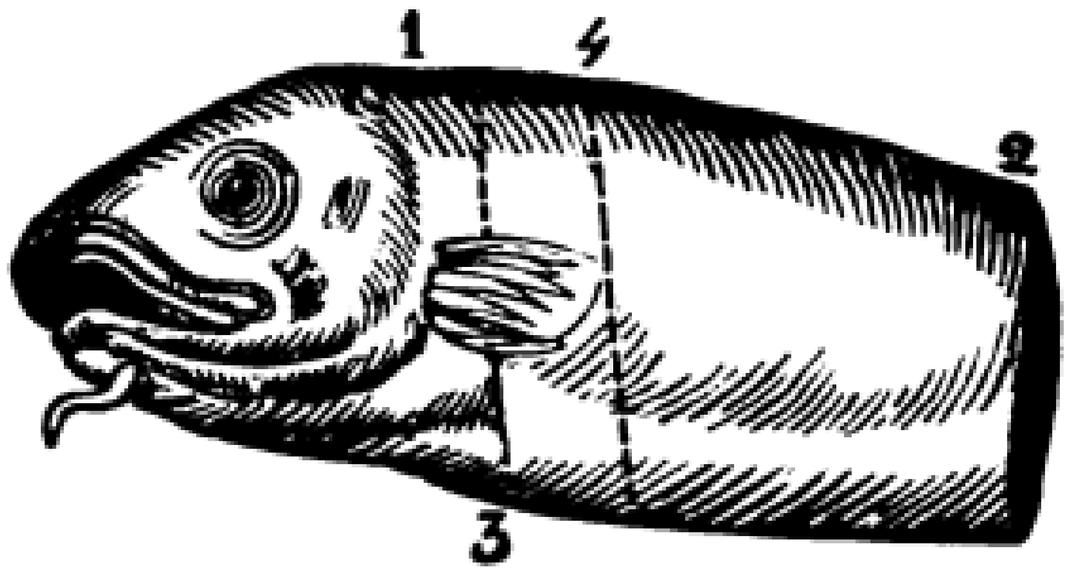


MACKEREL.

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

CARP, PERCH, HADDOCK, ETC.,

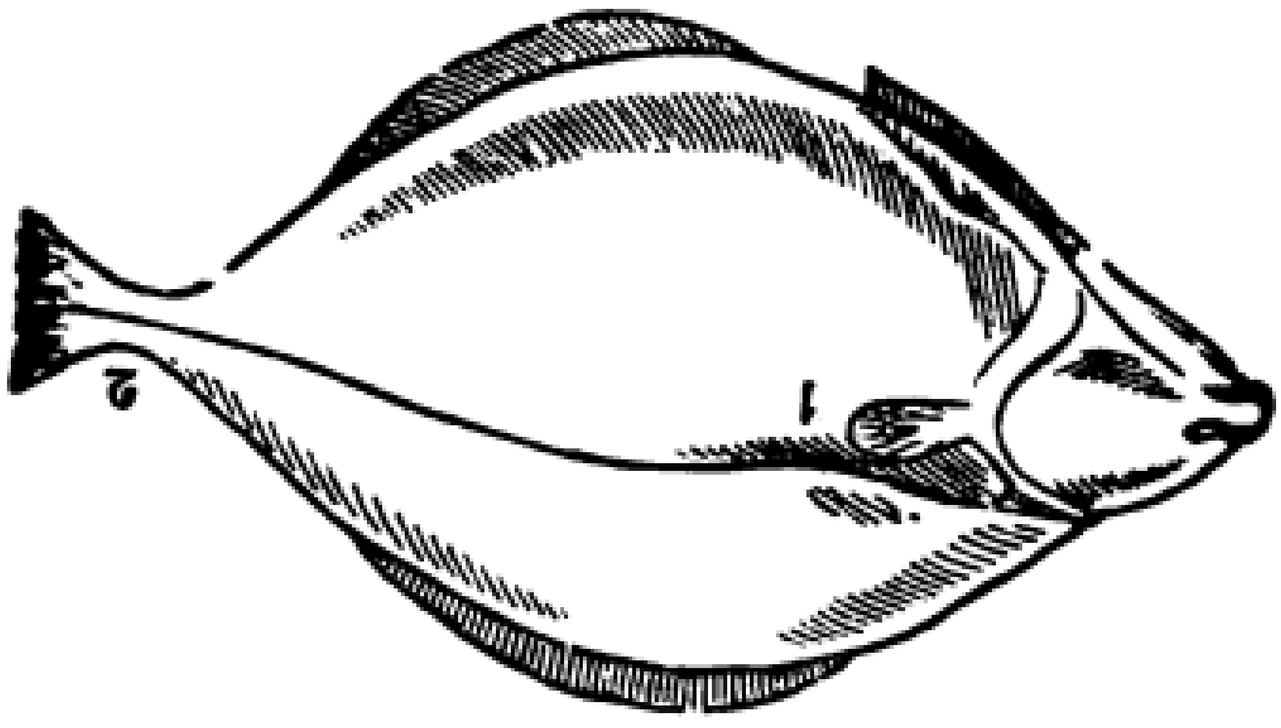
will be easily helped by attending to the foregoing directions. The head of the Carp is esteemed a delicacy, which should be borne in mind.



COD'S HEAD AND SHOULDERS.

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

Some persons are partial to the tongue and palate, for which you must insert a spoon into the mouth. The jelly part is about the jaw, the firm part within the head, on which are some other delicate pickings; the finest portions may be found about the shoulders.



TURBOT.

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

BRILL, SOLES, PLAICE,

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

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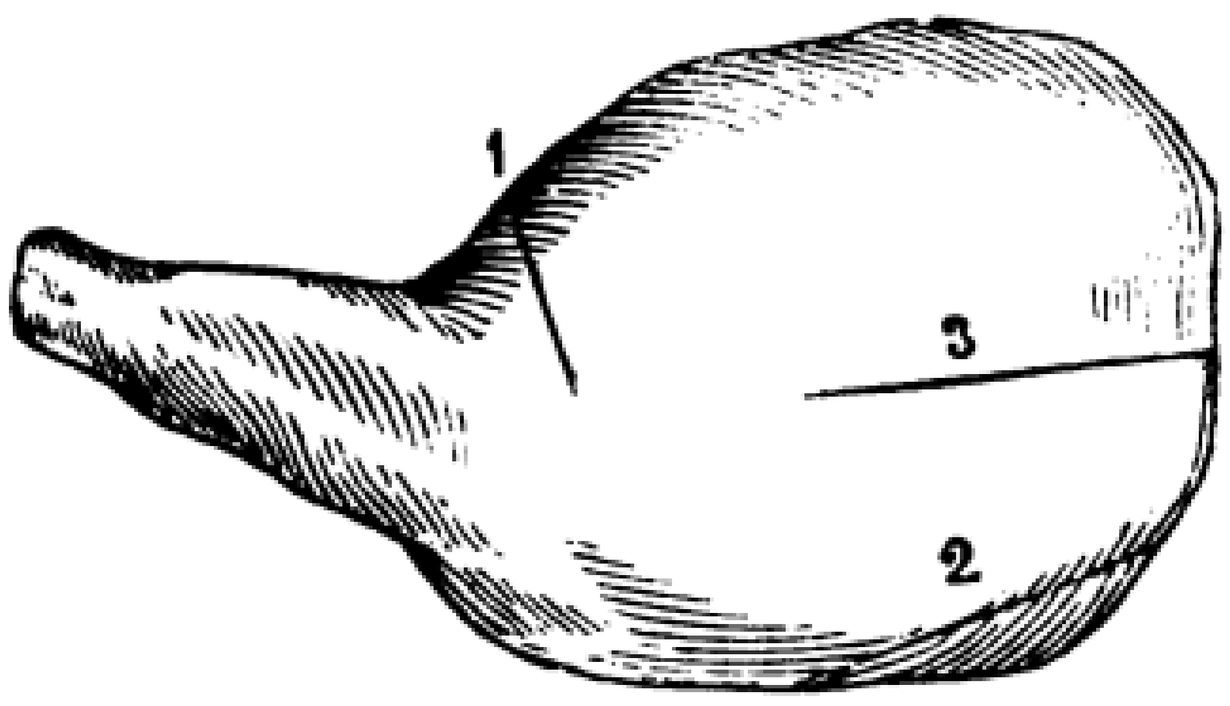
SECTION II.

JOINTS.

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

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

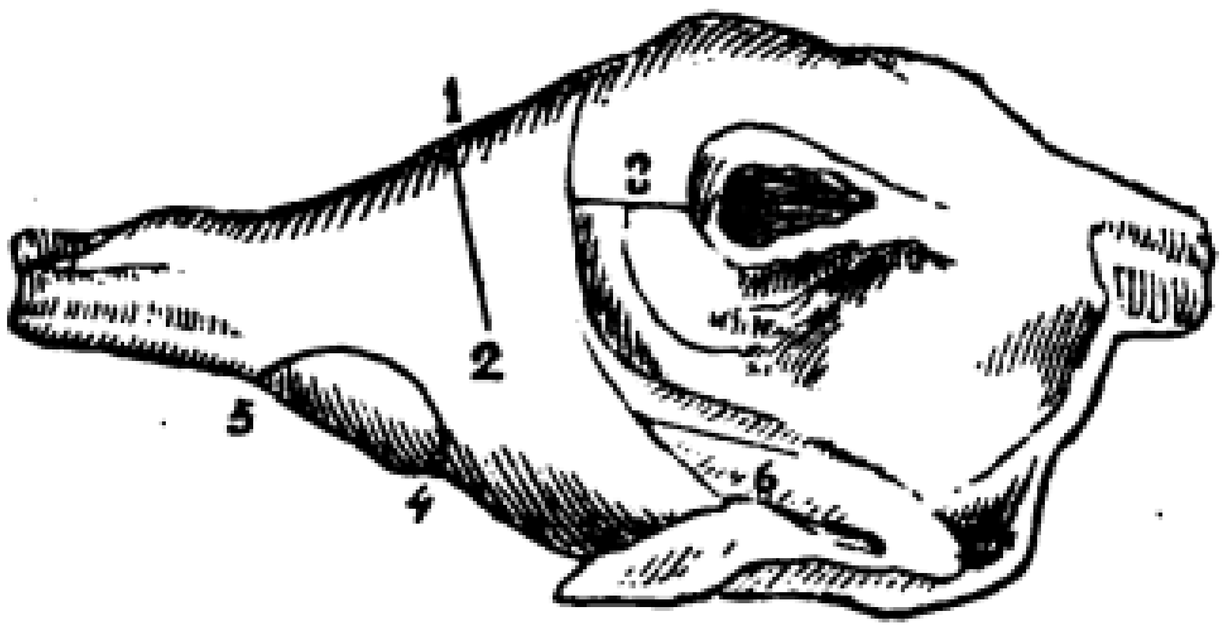
In some boiled joints, round and aitch-bone of beef for instance, the water renders the outsides vapid, and of course unfit to be eaten; you will therefore be particular to cut off and lay aside a thick slice from the top, before you begin to serve.



SHOULDER OF MUTTON.

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

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



LEG OF MUTTON.

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

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

HAUNCH OF MUTTON

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

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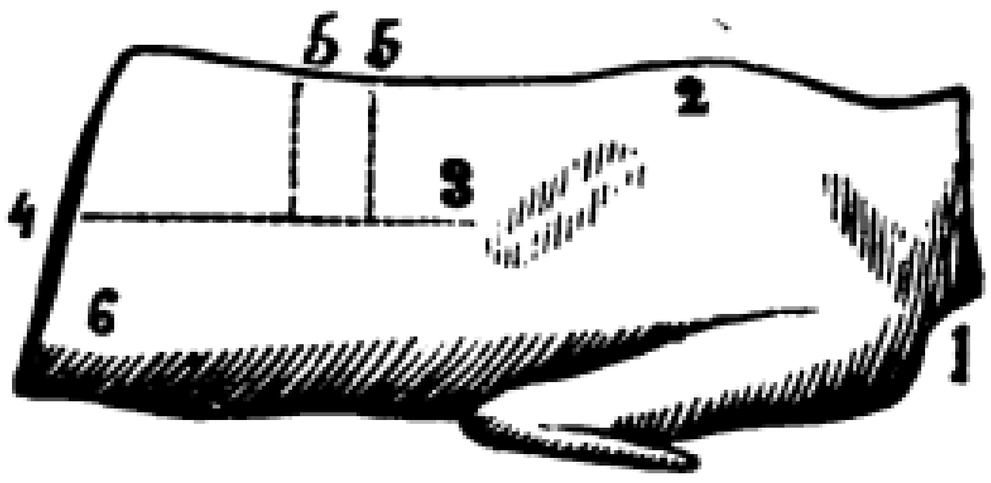
SADDLE OF MUTTON.

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

LOIN OF MUTTON.

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



FORE QUARTER OF LAMB.

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

SHOULDER OF LAMB

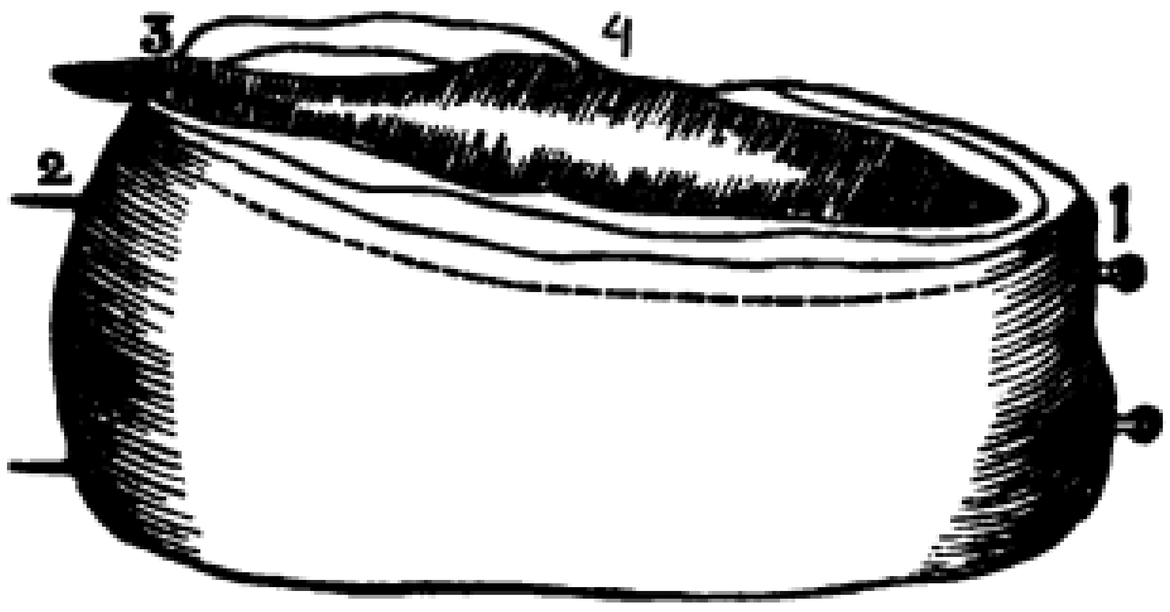
must be carved like a shoulder of mutton, of which it is a miniature edition.

LEG OF LAMB.

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

LOIN OF LAMB

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



AITCH-BONE OF BEEF.

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

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

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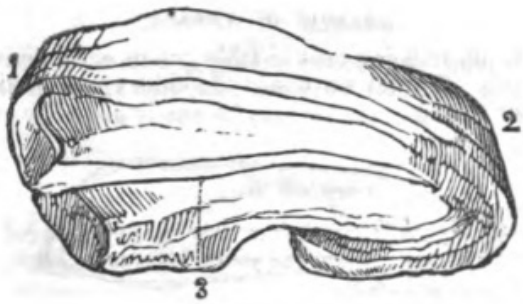


SIRLOIN OF BEEF.

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

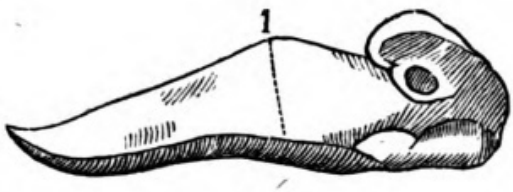
RIBS OF BEEF

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

ROUND OF BEEF.

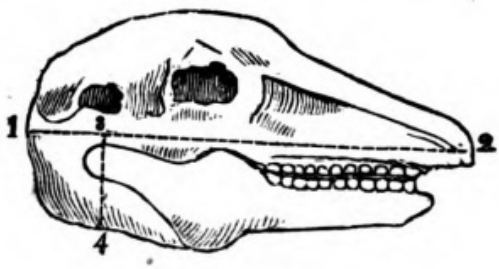
This joint is so very easy to attend to, that we have not deemed it necessary to give a drawing of it; it only requires a steady hand and a sharp knife. The upper surface being removed, as directed for the aitch-bone of beef, carve thin slices, and give a portion of fat with each.

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



A TONGUE.

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



A CALF'S HEAD.

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

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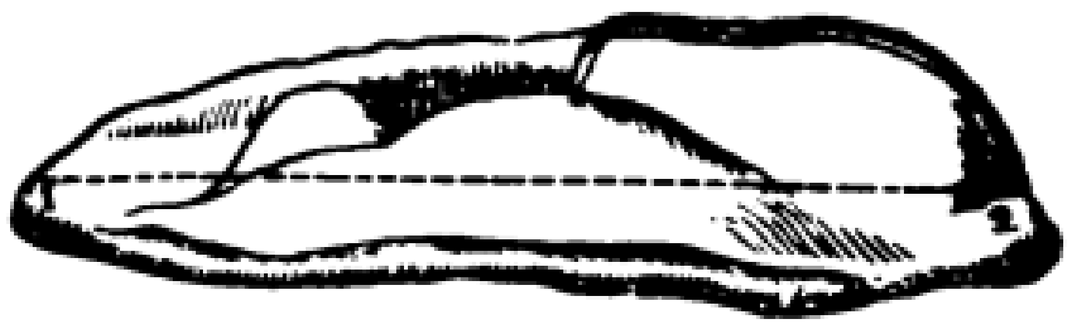
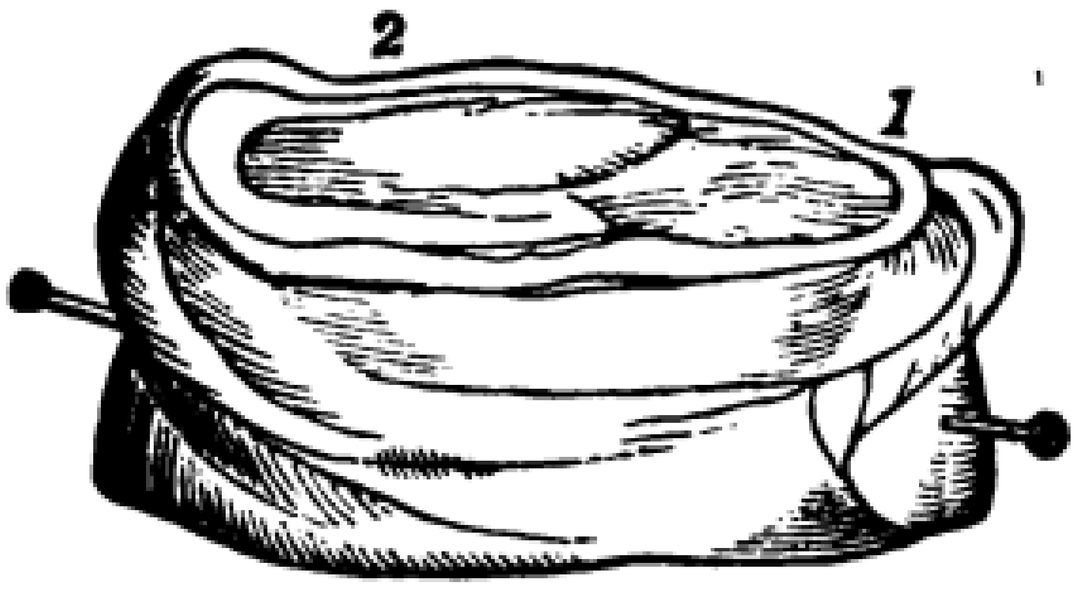
A LOIN OF VEAL

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



A BREAST OF VEAL

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



FILLET OF VEAL .

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

Slices of lemon are always served with this dish.

HAND OF PORK.

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

ROAST PIG.

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

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

A LOIN OF PORK

is cut up in the same manner as a loin of Mutton. See page xli.

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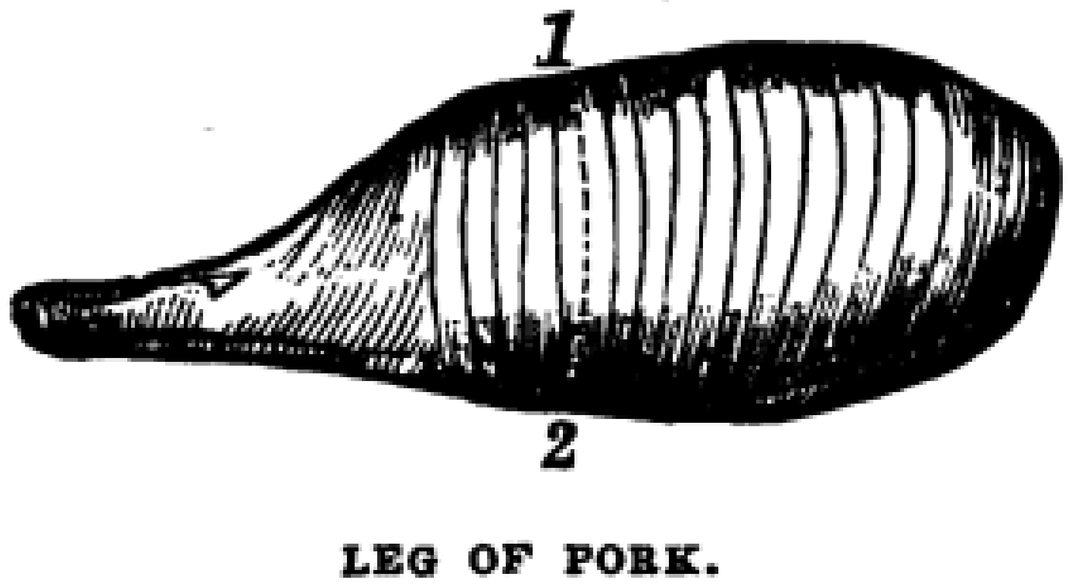
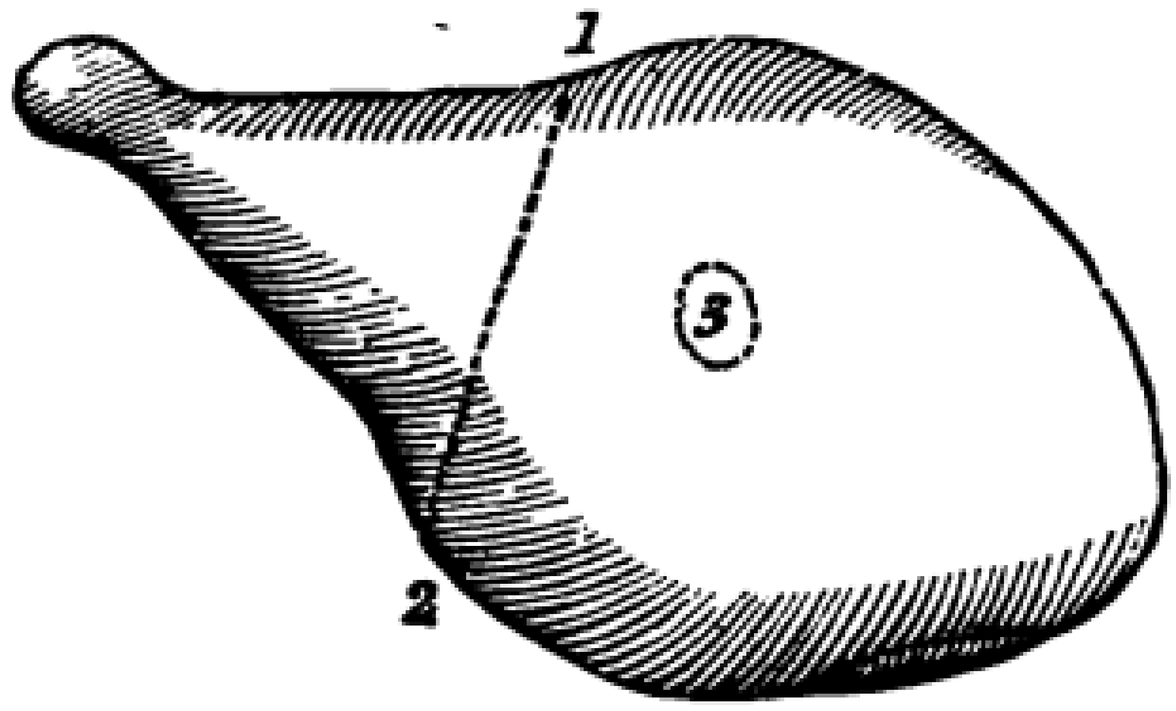


LEG OF PORK.

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



HAM.

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

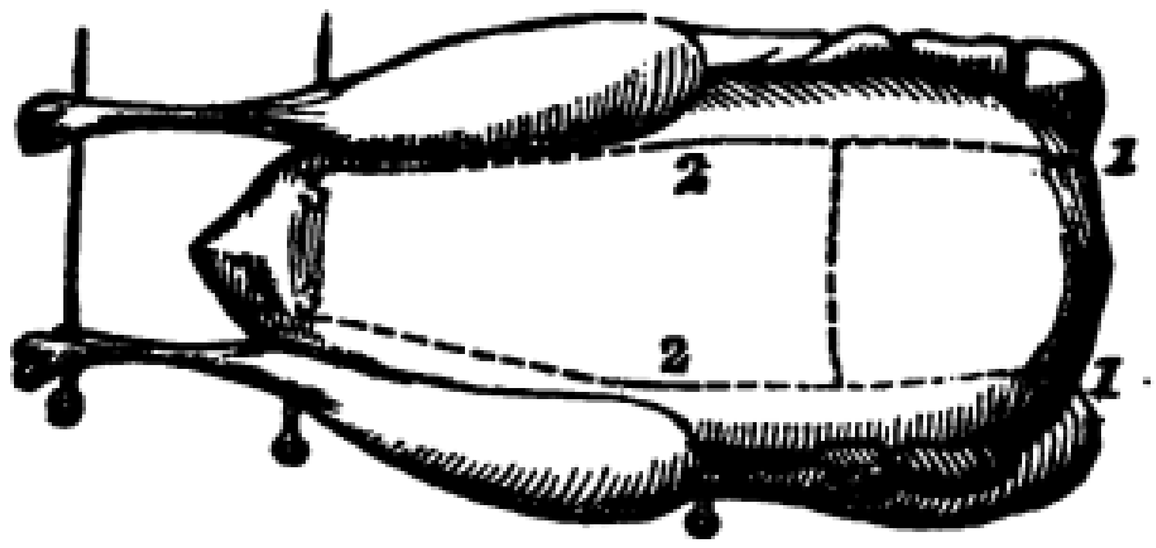
Some persons take out a round piece at 3, and enlarge the hole, by cutting thin circular slices with a sharp knife. This keeps the meat moist, and preserves the gravy, but seldom looks handsome.

SECTION III.

POULTRY, GAME, ETC.

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

In cutting up a Turkey, Goose, Duck, or Wild Fowl, more prime pieces may be obtained by carving slices from pinion to pinion, without making wings; this is an advantage when your party is large, as it makes the bird go farther.



A FOWL.

It will be more convenient in carving this to take it on your plate, and lay the joints, as divided, neatly on the dish. Fix your fork in the middle of the breast, and take the wing off in the direction of 1-2; divide the joint at 1, lift up the pinion with your fork, and draw the wing towards the leg, which will separate the fleshy part more naturally than by the knife; cut between the leg and body at 3 to the bone, 2,

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give the blade a sudden turn, and the joint will break if the fowl is not old. When a similar operation is performed on the other side, take off the merrythought, by cutting in to the bone at 4, and turning it back, which will detach it; next remove the neck bones and divide the breast from the back, by cutting through the whole of the ribs, close to the breast. Turn up the back, press the point of the knife about half way between the neck and rump, and on raising the lower end it will separate easily. Turn the rump from you, take off the sidesmen, and the operation is complete.

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

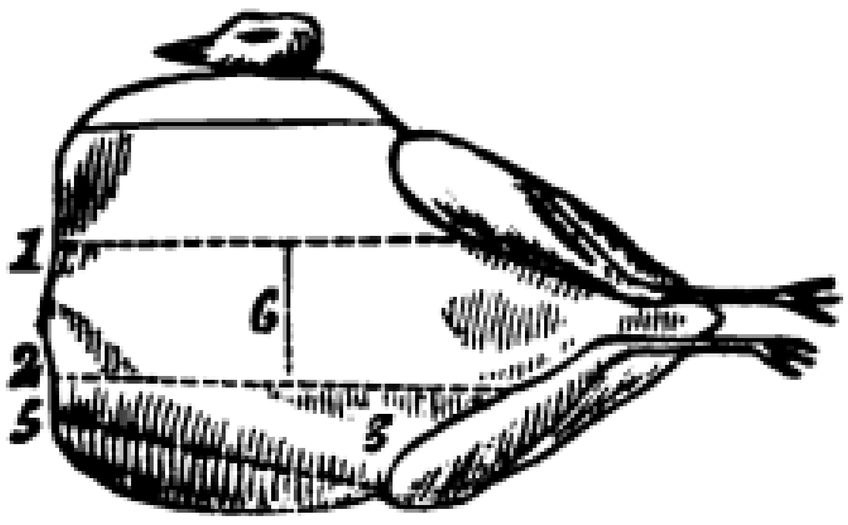
A TURKEY.

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

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

A PARTRIDGE

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



A PHEASANT.

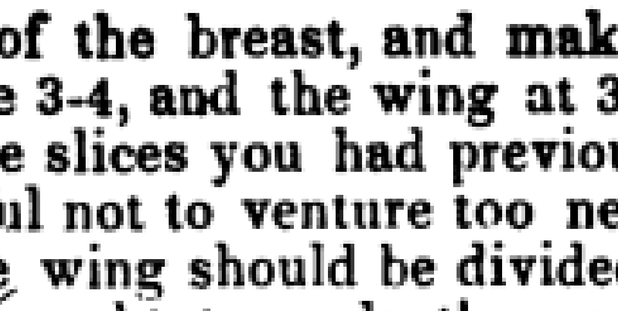
Fix your fork in the centre of the breast, and make incisions to the bone at 1-2, then take off the leg in the line 3-4, and the wing at 3-5; serve the other side in the same manner, and separate the slices you had previously divided on the breast. In taking off the wings, be careful not to venture too near the neck, or you will hit on the neck bone, from which the wing should be divided. Pass the knife through the line 6, and under the merrythought towards the neck, which will detach it. The other parts may be served as directed for a fowl.

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

WOODCOCKS, GROUSE, ETC.

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

Snipes, being smaller, should be divided in halves.



PIGEONS.

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

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

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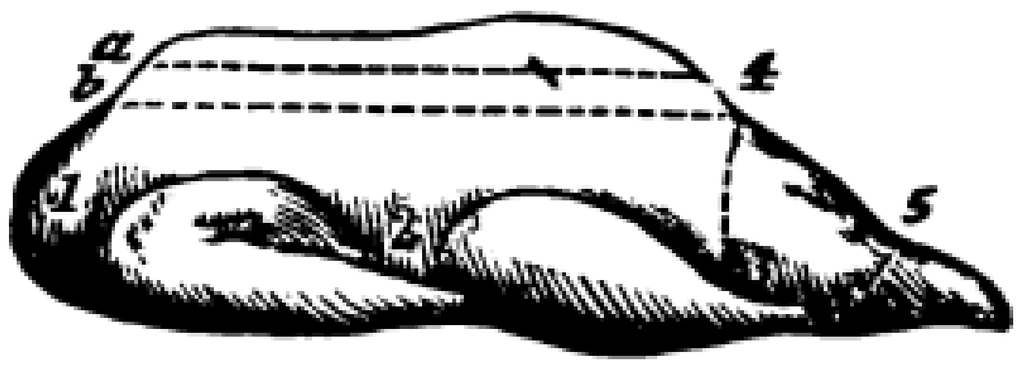


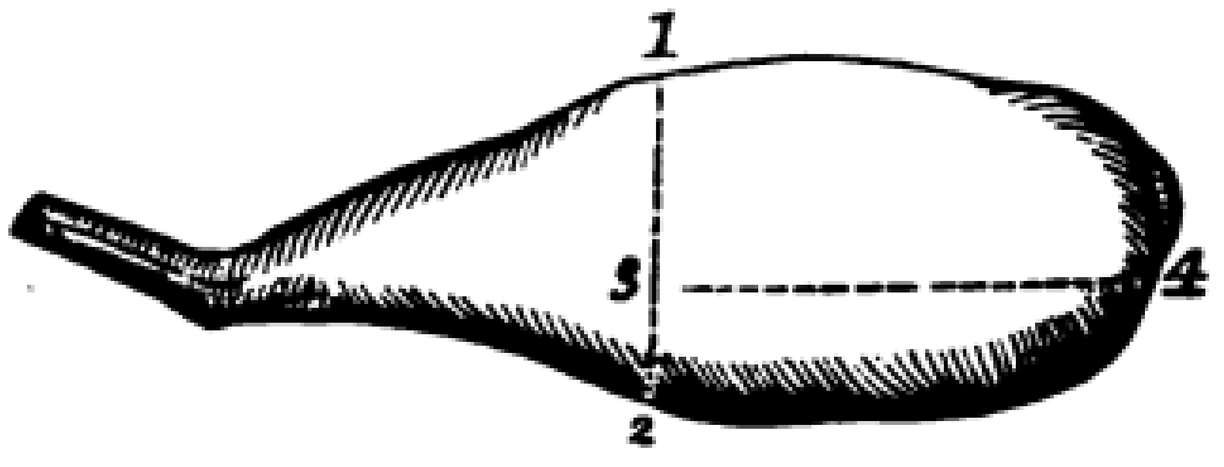
A GOOSE.

Take off the wing by putting the fork into the small end of the pinion and press it close to the body; divide the joint at 1 with the knife, carrying it along as far as 2. Remove the leg by cutting in the direction of 2-3, and divide the thigh from the drumstick; then sever the limbs on the other side, and cut some long slices from each side of the breast, between the lines *a* and *b*.

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

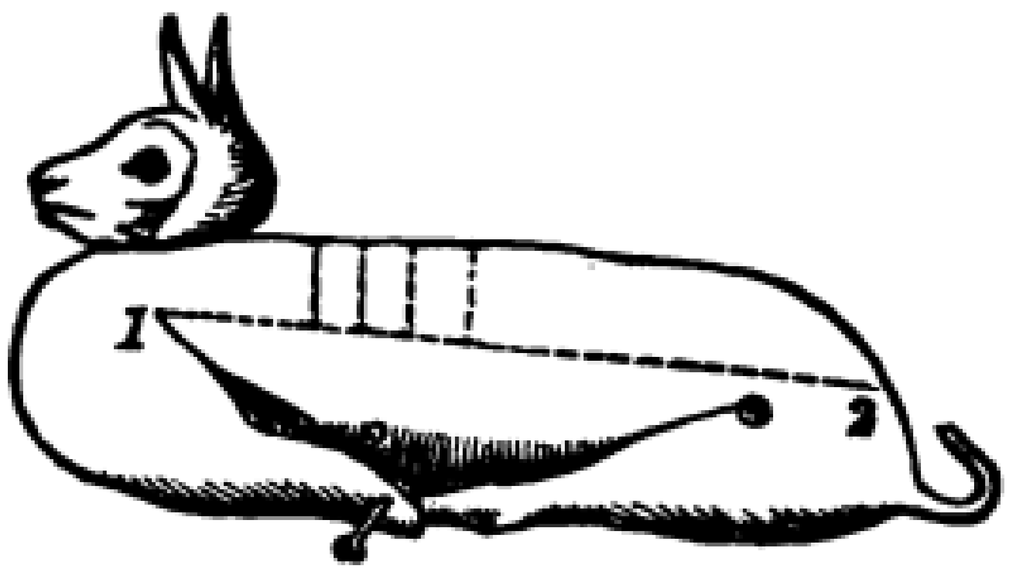
A DUCK.

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



HAUNCH OF VENISON.

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



HARE.

Insert the point of the knife inside the shoulder at 1, and divide all the way down to the rump, at 2: do the same on the other side, and you will have the hare in three pieces. Pass the knife under the rise of the shoulder, at 2-1, to take it off; the leg may be severed in a similar manner: then *behead it*—cut off the ears close to the roots, and divide the upper from the lower jaw. Next place the former flat on a plate, put the point of the knife into the forehead, and divide it through the centre

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down to the nose. Cut the back into convenient portions, lay the pieces neatly on the dish, and proceed to serve the company, giving some stuffing (which will be found in the inside) and gravy to each person.

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

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

RABBIT.

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

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THE

COOK'S OWN BOOK.

ABERDEEN CRULLA. (*See Cakes.*)

ALAMODE BEEF. (*See Beef.*)

ALAMODE VEAL. (*See Veal.*)

ALMOND CHEESECAKES. (1) Take half a pound of Jordan almonds, lay them in cold water all night; the next morning blanch them in cold water; then take them out and dry them in a clean cloth, beat them very fine in a little orange flower water; then take six eggs, leave out four whites, with a little beaten mace; beat them well in a marble mortar; take ten ounces of fresh butter, melt it, add a little grated lemon-peel, and put them in the mortar with the other ingredients; mix all well together and fill your patty-pans, having lined them with thin puff paste.

ALMOND CHEESECAKES. (2) Blanch and pound four ounces of almonds, and a few bitter with a spoonful of water; then add four ounces of sugar pounded, a spoonful of cream, and the whites of two eggs well beaten; mix all as quick as possible; put into very small patty-pans, and bake in a pretty warm oven twenty minutes.

ALMOND CHEESECAKES. (3) Blanch six ounces of sweet, and half an ounce of bitter almonds; let them lie half an hour in a drying stove, or before the fire; pound them very fine in a mortar, with two table-spoonfuls of rose water, to prevent them from oiling; set into a stew-pan half a pound of fresh butter; set it in a warm place, and cream it very smooth with the hand, and add it to the almonds, with six ounces of sifted loaf sugar, a little grated lemon-peel, some good cream, and four eggs; rub all well together with the pestle; cover a patty-pan with puff paste; fill in the mixture; ornament it with slices of candied lemon-peel and almonds split, and bake it half an hour in a brisk oven.

ALMOND CONSERVE, BURNT. Blanch and cut six ounces of sweet almonds into small strips, lay them on paper and put them into an oven; when they are brown, take them out, and throw them into two pounds of sugar boiled to *petit casse*, stir the mixture well until it begins to blow, and then pour it into paper cases or moulds.

ALMONDS, ENGLISH FASHION. Mix almonds and filberts scalded in equal quantities; chop one half very fine, cut the rest each into two or three slices; put the whole in double their weight of sugar, prepared by boiling it with some lemon-peel rasped; stir the almonds very well in the sugar, taking it off the fire, and add one or two whites of eggs; pour it in paper large enough to contain the whole, and cut it in slices for use as you think proper, when baked as usual.

ALMOND FRAZE. Blanch a pound of Jordan almonds, and steep them in a pint of cream, ten yolks, and four whites of eggs; take out the almonds and pound them fine in a marble mortar; then mix them again in the cream and eggs, put in sugar and grated bread, and stir them all together; then put some fresh butter into the pan, let it be hot and pour it in, stirring it in the pan till they are of a sufficient consistence; and when enough, turn it into a dish, strew sugar over it, and serve it up.

ALMOND FRITTERS. Blanch three quarters of a pound of sweet almonds, pour over them three table-spoonfuls of rose water, and in a quarter of an hour a pint of cream; let them stand two or three hours, then pound them in a mortar till they become quite a paste; add the beaten yolks of six eggs, two or three pounded Naples biscuit; sweeten with pounded loaf sugar, and mix all well together; melt a quarter of a pound of fresh butter in a frying-pan, and when hot, pour in the mixture, and stir it constantly till thick, and of a light brown color. Serve it with sifted loaf sugar over the top.

ALMOND BROWN GINGER-BREAD. Beat a quarter of a pound of blanched almonds with thin gum-water, a few drops of lemon-juice, a little powdered cinnamon, and some ginger finely grated and

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seered to give it a brown color; sweeten and smooth it well, roll it out thin, and cut it into squares; dry it in a stove or before the fire.

ALMOND ICEING, for BRIDE CAKE. The whites of six eggs, a pound and a half of double-refined sugar, a pound of Jordan almonds blanched and pounded with a little rose water; mix altogether and whisk it well for an hour or two, lay it over the cake and put it in the oven.

ALMOND MACAROONS, BITTER. Take a pound of bitter almonds, rub them well in a clean cloth, and beat them to a paste with the whites of three or four eggs; then put them into an earthen pan with three pounds of powder-sugar, mix them together well, and if the paste should be too dry, moisten it with white of egg. Drop it on sheets of paper in lumps about the size of a walnut, and bake them in a close, gentle oven.

ALMOND MACAROONS, SWEET, Are done in the same way. But two pounds of sugar are sufficient for a pound of almonds.

ALMOND MILK SOUP. Take half a pound of sweet almonds, put them on the fire with some water until near boiling, then blanch and throw them into fresh water; drain and pound them. Boil a pint of water, a little sugar, salt, cinnamon, coriander, and lemon-peel, for a quarter of an hour, and rub the almonds through a sieve to this. Lay some slices of toasted bread in a dish, and pour the milk of almonds on it, as hot as possible without boiling.

ALMOND PUFFS. Blanch two ounces of sweet almonds, and beat them fine with orange flower water, whisk the whites of three eggs to a high froth, strew in a little sifted sugar, mix the almonds with the sugar and eggs, and add more sugar till as thick as paste. Lay it in cakes, and bake it on paper in a cool oven.

ALMOND RICE. Blanch sweet almonds, and pound them in a marble mortar; mix them in a little boiling water; press them as long as there is milk in the almonds, adding fresh water every time; to every quart of almond-juice, put a quarter of a pound of rice and two teaspoonsful of orange flower water; mix them all together, and simmer it over a slow charcoal fire; stir it repeatedly, and when done, sweeten it at pleasure; serve it with beaten cinnamon strewed over.

ALMOND ROLLS, BITTER. Blanch and pound eight ounces of almonds five of sweet and three of bitter) to a very fine paste; then place eight ounces of flour on your slab; make a hole in the middle, and put into it eight ounces of powder-sugar, the yolks of four eggs, and a grain of salt; mix them all well together into a firm smooth paste; roll it out and cut it into four equal parts; roll each piece to the same length; cut them into pieces about the size of a walnut, and form them to the shape of a wild turnip, and as you do them put them on a baking-tin lightly buttered; *dorez* them and bake them of a proper color in a moderate oven. When they are taken from the oven, let them stand a little while to dry.

ALMOND PUDDING. (*See Pudding.*)

ALMOND TUMBLES. Blanch and pound three ounces of almonds very fine, when almost beaten enough, take the white of an egg beaten to froth, one pound of double-refined sugar well beaten, and put it in by degrees, working it into a paste with your hands, roll it out and bake it on buttered plates in a hot oven.

AMERICAN BLANCMANGE. (*See Blancmange.*)

AMERICAN GINGERBREAD. Take half a pound of fresh butter melted, one pound and a half of dried and sifted flour, the same quantity of brown sugar, a quarter of a pound of pounded ginger, nine eggs, the yolks and whites separately beaten, one glass of rose water, and one of white wine; mix all these well together, and beat it for an hour; then with a spoon spread it over flat tin pans, about the thickness of a penny-piece; bake it of a light brown, and while warm, cut it into oblong pieces, and place them on end till cool, when they will be very crisp.

AMERICAN VINEGAR. (*See Vinegar.*)

AMERICAN SNOW BALLS. Boil some rice in milk till it be swelled and soft; pare and carefully scoop out the core of five or six good-sized apples, put into each a little grated lemon-peel and cinnamon; place as much of the rice upon a bit of linen as will entirely cover an apple, and tie each closely. Boil them two hours, and serve them with melted butter, sweetened with sugar.

ANCHOVIES Wash half a dozen anchovies, and take the meat from the bones; cut them into four fillets, place them on a dish with some sweet herbs, cut small; and the yolks and whites of hard eggs, also cut small.

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ANCHOVY BUTTER. Wash your anchovies carefully, take out the bones, and dry them; then pound them in a mortar until they are reduced to a paste; and mix this paste with double the quantity of fresh butter.

ANCHOVIES, BUTTER OF. Wash from the pickle some fine young anchovies, bone, and take off the heads, then pound them in a mortar with fresh butter till quite smooth, and rub it through a sieve.

ANCHOVY PASTE. Pound them in a mortar, then rub it through a fine sieve; pot it, cover it with clarified butter, and keep it in a cool place. If you have essence of anchovy, you may make anchovy paste extempore, by rubbing the essence with as much flour as will make a paste. *Mem.*—This is merely mentioned as the means of making it immediately; it will not keep.

ANCHOVY POWDER. Pound the fish in a mortar, rub them through a sieve, and make them into a paste with dried flour, roll it into thin cakes, and dry them in a Dutch oven before a slow fire; pounded to a fine powder, and put into a well-stopped bottle, it will keep for years; it is a very savoury relish, sprinkled on bread and butter for a sandwich, &c. See Oyster Powder.

ANCHOVY TOAST. (1) Cut some thin slices of bread about the length and breadth of a finger; fry them in oil. Place them on a dish, and pour on them a sauce made of oil, vinegar, whole pepper, parsley, scallion, and shallots, cut up together. Then cut the anchovies into thin slices, and lay them on the toast.

ANCHOVY TOAST. (2) Bone and wash the anchovies, pound them in a mortar with a little fresh butter; rub them through a sieve and spread them on a toast. You may add, while pounding the anchovies, a little made mustard and curry powder, or a few grains of Cayenne, or a little mace or other spice. It may be made still more savoury, by frying the toast in clarified butter.—N. B. Keep your anchovies well covered; first tie down your jar with bladder moistened with vinegar, and then wiped dry; tie leather over that: when you open a jar, moisten the bladder, and it will come off easily; as soon as you have taken out the fish, replace the coverings; the air soon rusts and spoils anchovies.

ANCHOVY TOAST. (3) Bone and roll up two or three anchoivies, place them upon pieces of dry toast, and garnish with curled parsley.

ANGELICA TO CANDY. Cut the stalks when thick and tender, put them on in boiling water, and when very tender, drain it off, and throw them into cold water; peel off the skin, and scald them in a thin sirup, made with the same proportion of sugar that there is of fruit; heat it twice a day till the sirup is almost dried in, and then dry them under garden glasses, or in a stove, and turn them twice a day.

APPLES. Cooks, in choosing apples for culinary purposes, should always be guided by the weight, the heaviest being always the best; and those are particularly to be taken, which, upon being pressed by the thumb, yield with a slight cracking noise. Large apples possessing these qualities should be taken in preference to small ones, as there is less waste in peeling and coring.

APPLE BLACK-CAP. (1) Divide twelve large apples in halves, core them, and place them on a thin patty-pan or mazarine, quite close to each other, with the flat side downwards; squeeze a lemon into two spoonfuls of orange flower water, which pour over them; shred fine some lemon-peel, throw it over them, and grate fine sugar all over. Set them in a quick oven, and bake them half an hour. When served, strew fine sugar all over the dish.

APPLE BLACK-CAP. (2) Pare the apples, lay them in your pan, strew a few cloves over them, a little lemon-peel cut very small, two or three blades of cinnamon, and some coarse sugar; cover the pan with brown paper, set it in an oven with the bread, and let it stand till the oven is cold.

APPLES, TO BAKE WHOLE. Put some sound and well chosen apples into a pan, with a small proportion of cloves, a little lemon-peel, some brown sugar, a glass or more of red wine, according to the quantity of fruit; put them into a quick oven, and bake them at least one hour. The sugar to be limited according to the quality of the apples.

APPLES, CHARLOTTE OF. (*See Charlotte.*)

APPLE CHEESECAKES. Pare, core, and boil twelve apples with sufficient water to mash them; beat them very smooth, add six yolks of eggs, the juice of two lemons, and some grated lemon-peel, half a pound of fresh butter beaten to a cream, and sweetened with powder sugar, beat it in with the apples. Bake in a puff crust and serve open.

APPLES CLEAR. Boil half a pound

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of loaf sugar in a pint of water; take off the scum, and put in some large apples, pared, cored, and cut into quarters, with the peel and juice of a lemon; let them boil till clear, without a cover upon the sauce-pan.

APPLES COMPOTE. (1) Cut some apples in half, core them, prick the skins with a knife and throw them into cold water; then put them into a pan with some clarified sugar, and stew them gently till tender; place the apples in a dish, and pour the sirup through a sieve over them.

APPLES COMPOTE. (2) Pare and cut half a dozen fine apples in half, and put them into a pan with a little water and lemon-juice; then clarify half a pound of sugar, and when you have skimmed it put in your apples, and the juice of a lemon; turn the apples frequently. As soon as you find the fork will penetrate them, they are sufficiently done, and may be taken out; strain and reduce the syrup; strain it again, and then pour it over your apples, which may be served either hot or cold. Garnish with the peel of a very red apple, cut into various devices, and laid on the apples.

APPLES, WHOLE. The proceeding is the same as the last, except that the apples, when pared, are not divided, and the cores are taken out with a piercer.

APPLE DUMPLINGS. Pare and scoop out the core of six large baking apples, put part of a clove, and a little grated lemon-peel, inside of each, and enclose them in pieces of puff paste; boil them in nets for the purpose, or bits of linen, for an hour. Before serving, cut off a small bit from the top of each, and put in a tea-spoonful of sugar, and a bit of fresh butter; replace the bit of paste, and strew over them pounded loaf sugar.

APPLE DUMPLINGS, BAKED. Make them in the same way, but instead of tieing them in cloths lay them in a buttered dish and bake them.

APPLES, DRIED OR BAKED. Always choose the clearest of baking apples, prick them rather deep with a pointed knife in several places, and put them in a moderate oven upon a baking plate; when half done squeeze them pretty flat with the hands, strew them on both sides with powder sugar, and put them again into a soaking oven, with some more sugar over them. Keep them in a dry place.

APPLES FESTOONED. Peel some golden pippins, core them whole, and stew them to three parts with sugar and a little water; make the sirup pretty rich to clog to the apples; wrap them round with a thin paste, cut with a paste-cutter, and make knots or flowers with the same paste to put on the top of the apples; rasp some sugar over, and bake a very short time.

APPLE FLOATING ISLAND. Bake or scald eight or nine large apples; when cold pare and pulp them through a sieve, beat this up with fine sugar; put to it the whites of four or five eggs that have been beaten with a little rose water; mix it a little at a time, and beat it till it is light; heap it on a rich custard or on jelly.

APPLE FOOL. Pare, core, and cut into thin bits, some good stewing apples; stew them till tender, with a little water, two cloves, a bit of cinnamon, and the peel of half a lemon; pulp half a pound through a sieve, and add the same weight of brown sugar, the juice of a lemon, and the whites of two eggs; beat them all together for an hour. Serve it upon rich cream, or a boiled custard, in a glass dish. It may be made in the same way as the gooseberry fool, as may also stewed rhubarb.

APPLE FRAZE. Cut apples into thick slices, and fry them of a clear light brown; take them from the pan, and lay them to drain; they may be pared or not; then make a batter. Take five eggs, leaving out two whites, beat them up with cream or flour, and a little white wine, make it of the consistence of pancake batter; pour in a little melted butter, mixed with nutmeg and sugar. Let the batter be hot, and drop in the fritters, laying on every one a slice of apple, and then a spoonful of batter on each. Fry them of a pale brown, when taken up, strew double-refined sugar all over them.

APPLE FRITTERS. (1) Beat the yolks of eight eggs, the whites of four, well together, strain them into a pan; then take a quart of cream, make it moderately hot, and add two glasses of sack, three-quarters of a pint of ale, and mix them well together When it is cool, put to it the eggs, beating it well together, then add nutmeg and ginger grated, salt and flour at pleasure. The batter should be pretty thick; then put in sliced apples, or scraped pippins, and fry them quick in butter.

APPLE FRITTERS. (2) Pare, core, and cut your apples into quarters, soak them for two or three hours in brandy, sugar, green lemon-peel, and orange flower water; when they have thoroughly imbibed the flavor of these ingredients, drain, and put them

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into a cloth well sprinkled with flour, and shake them so that the flour may adhere all over them; fry them of a good color, glaze with sugar and a hot salamander.

APPLE FRITTERS. (3) Stew some apples cut small, together with a little water, sugar, lemon-peel, and cinnamon; when soft, add a little white wine, the juice of half a lemon, and a bit of fresh butter; when cold, mix them with a batter, as for Tunbridge puffs, or enclose them in rounds of puff paste. Fry, and serve them with sifted loaf sugar over them.

APPLE FRITTERS. (4) Four well-beaten eggs, half a pint of cream, two table spoonfuls of yeast, three of white wine, and two of rose water; half a tea spoonful of grated nutmeg, and of salt; make it into a thick batter with flour, peel and core two or three apples, cut them into thin bits, and mix them with the batter; cover it over, let it stand, placed near the fire, about an hour; drop it into boiling lard, and serve them in a napkin with sugar strewed over them. Gooseberries previously stewed may be done in the same way.

APPLES, GLAZED. Peel a dozen of apples and leave the tails; gore at the opposite side not quite through, and boil them with half a pint of red wine, some sugar, and a spoonful of brandy, simmer slowly that they may not break; when nearly done, take them out, reduce the sirup to a *caramel*, and put in the apples, rubbing them all over with it; or you may wrap them in a paste, rasp sugar over, bake a short time, and glaze with a white glaze.

APPLE MARMALADE. (1) Boil some pippins till they begin to get tender, then put them into cold water; pare and core them; squeeze the pulp through a sieve and put it over the fire, letting it remain till it becomes very thick; then weigh an equal quantity of fine sugar; boil it till the sugar arises in sparkles which cluster together; put the marmalade to it, and stir them well with a wooden spoon till the apple begins to boil; then take it off and when a little cool, put it into pots, but do not cover them till quite cold.

APPLE MARMALADE. (2) Pare, core, and cut your apples into small pieces, put them into water with a little lemon-juice to keep them white. Take them out after a short time and drain them. Weigh, and put them into a stew-pan; if for present use, half a pound of sugar will be sufficient for each pound of apples, but if for keeping, double that quantity will be necessary. Add to it a stick of cinnamon and the juice of a lemon. Put the stew-pan over a brisk fire and cover it; when the apples are pulped stir the mixture till of the proper consistence: then put the marmalade into pots.

APPLES IN PANCAKES. Cut some apples very small, stew them with a little white wine, grated lemon-peel, pounded cinnamon, and brown sugar; mash them, and spread it over pancakes; roll them up, and serve with sifted loaf sugar over them.

APPLE POUPETON. Pare some good baking apples, take out the cores, and put them into a skillet; to a pound and a half of apples, put a quarter of a pound of sugar, and a wine glass of water. Do them over a slow fire, add a little cinnamon, and keep them stirring. When of the consistence of a marmalade, let it stand till cool; beat up the yolks of four eggs, and stir in four table spoonfuls of grated bread, and a quarter of a pound of fresh butter; then form it into shape, bake it in a slow oven, turn it upside down on a plate, and serve.

APPLE PRESERVE. (*See Preserves.*)

APPLES AND RAISINS. Pare and cut twelve apples into quarters, and each quarter into four pieces, put them into a pan with four ounces of good fresh butter, two of sugar, over which the *zeste* of an orange has been grated, and a quarter of a pound of currants well washed; toss up these ingredients over a moderate fire for a few minutes and then let them cool. Make a round under-crust seven inches in diameter, moisten the edge and put on it a band of puff paste three-quarters of an inch high and half an inch thick; put your apples, &c. in this so as to form a sort of dome, cover them with the puff paste, taking care that it does not extend beyond the band, upon which it must be pressed down; wash it over with white of egg, and bake it in a gentle oven for about an hour. When a little cooled, take the whites of two eggs, whipped to a strong froth and mixed with two ounces of powder sugar, and mask with it your cake, sprinkling it with sifted sugar; then, having drained and dried some currants, mix them with sugar, and strew them over the dome; form a crown of small *meringues* with the remainder of the white of egg, and place it on the band; cover them with sifted sugar, and color the whole of a clear yellow in the oven, and then serve immediately.

APPLES IN RICE. (1) Scoop out the cores, and pare, very neatly, half a dozen good-sized apples; boil them in thin, clarified sugar; let them imbibe the sugar, and

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be careful to preserve their form. Make a marmalade with some other apples, adding to it apricot marmalade, and four ounces of rice previously boiled in milk, with sugar and butter, and the yolks of two or three eggs; put them into a dish for table, surround it with a border of rice, and place the whole apples in the rice, and marmalade and bake it. When done, put into each of the apples a tea spoonful of any kind of sweetmeat you may think proper.

APPLES IN RICE. (2) Pare, core, and cut four or five good apples in quarters; boil some rice in a cloth, and when soft put in the apples, tie it up very loose, and boil gently till sufficiently done.

APPLE SOUFFLET. Prepare apples as for baking in a pudding, put them into a deep dish, and lay upon the top, about an inch and a half thick, rice boiled in new milk with sugar; beat to a stiff froth the whites of two or three eggs, with a little sifted loaf sugar, lay it upon the rice, and bake it in an oven a light brown. Serve it instantly when done.

APPLE A LA TURQUE. Neatly pare and pierce out the cores of eight or ten apples, put them on the fire with a thin sirup of clarified sugar, cover them close and let them simmer gently; turn them, that both sides may be done. When thoroughly done lay them on a dish, with a wet paper over them. Put a paste round the dish you serve them in, and bake in a gentle oven to harden it, then put in a layer of apple sauce, over which put the apples, and fill the holes where the cores were with dried cherries or apricot jam, then cover it with the apple sauce; beat up the whites of six eggs to a froth, and add powder sugar till they appear quite smooth; make the apples warm, and lay the white of egg over them, smooth it neatly over, and sift some powder sugar over it; color it in a gentle oven.

APPLE WATER. Cut three or four large apples into slices, put them into a jug, and pour a quart of boiling water over them; cover the jug. When quite cold, strain and sweeten it, and add a little lemon-juice.

APRICOTS IN BRANDY. Weigh equal quantities of loaf sugar and of apricots; scald them, and take off the skins. Clarify and boil the sugar, put the fruit into it, and let it remain for two or three days; put the apricots into glasses. Mix with the sirup the best pale brandy, half and half, and pour it over the apricots and keep them closely covered. Peaches and nectarines may be done in the same way.

APRICOTS, CHARLOTTE OF. Choose twenty-four fine, plump, but not too ripe, apricots, pare and divide them into eight parts, toss them up in a quarter of a pound of fine sugar, and two ounces of warm butter; in the meantime line a mould as directed (*see Charlotte*); pour in the apricots, and finish as usual. When turned on your dish, cover it lightly with apricot marmalade, and serve it immediately.

APRICOTS TO DRY. Pare the apricots, and carefully take out the stones; blanch the kernels, and put them into the apricots; strew over a pound of fruit the same quantity of finely-pounded loaf sugar, and let them stand till the sugar has extracted the juice, then boil all together gently; when the fruit is tender, take it out with care, and boil the sirup till very rich; pour it over the fruit, and in three days put it upon dishes, and dry them in the sun under garden glasses, turning them once or twice a-day, to keep the shape as round as possible. Any inferior apricots may be cut down and boiled in the sirup, for tarts.

APRICOT MARMALADE. Take some fine apricots, and choose from amongst them those which are of the deepest yellow and the ripest, (they must not be too ripe.) Peel them, take out the stones, and chop them up; weigh twelve pounds of them and put them into a preserving-pan, with nine pounds of powder sugar; place your pan over a quick fire, and keep your preparation constantly stirring with a long wooden spoon. To find out when the marmalade is sufficiently done, let a few drops fall into a glass of cold water, and if they do not spread in the water your marmalade is ready to put into pots. Another method of ascertaining when your marmalade is done is by taking some on the end of your finger and thumb, and just rub them together, and if on separating them you find the marmalade forms a thread, it is sufficiently done.

APRICOTS A LA PORTUGAISE. Take a dozen of ripe apricots, cut them in half, and take out the stones; place them on a silver plate, and pour over some clarified sugar, with a little water; put them on a stove without covering them; when sufficiently done, take them from the fire, and strew sugar over; then put on the lid of the baking-pan under the fire, to make them of a good color.

APRICOTS, WHOLE. Choose the finest yellow, but not too ripe, apricots; take off the stalks, prick them on each side with a pin, make an incision with the point of a knife, through which extract the stone

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Then put them on the fire with as much water as will cover them, until near boiling, when, if soft, the apricots should be thrown into cold water; take care they are all equally tender. Drain them on a hurdle, and in the meantime clarify and boil some sugar to the degree you require; put in a little water, and when it boils remove it from the fire, and add to it the fruit, and having given them a few boilings together, let them cool, then drain and place them in your *compotiers*.

ARTICHOKES AND ALMONDS. Take half a pound of sweet almonds blanched and beat fine, with two tea spoonfuls of orange-flower or rose water; then take a quart of cream, and boil it with a small quantity of cinnamon and mace; sweeten it with fine sugar, and mix it with the almonds; stir them together, and strain it through a sieve. Let the cream cool, and thicken it with the yolks of six eggs; then garnish a deep dish, and lay paste at the bottom; then put in shred artichoke bottoms, being first boiled; and upon these a little melted butter, shred citron, and candied orange; repeating the same until the dish is nearly full, then pour in the cream, and bake it without a lid. When it is baked, grate sugar over it, and serve it hot. Half an hour will serve to bake it.

ARTICHOKES BOILED. Soak them in cold water, wash them well, then put them into plenty of boiling water, with a handful of salt, and let them boil gently till they are tender, which will take an hour and a half, or two hours: the surest way to know when they are done enough, is to draw out a leaf; trim them and drain them on a sieve; and send up melted butter with them, which some put into small cups, so that each guest may have one.

ARTICHOKES TO BOIL. Cut off the stalks close to the bottom, wash them well, and let them lie for some hours in cold water; put them on in boiling water with a little salt in it, cover the pan closely, and boil them an hour and a half. If they are old, and have not been fresh gathered, they will take a longer time to boil. Melted butter is served with them in a sauce-tureen.

ARTICHOKE BOTTOMS, TO DRY AND PICKLE. Half boil the artichokes, strip off the leaves, and pull out the choke; put the bottoms into small jars, and cover them with a cold boiled brine of salt and water; put melted mutton suet on the top to exclude the air, and tie bladder over them. To dry them, they are boiled as for eating, the leaves and choke pulled out, and the bottoms dried upon dishes in an oven, and then kept in paper bags. When to be dressed, they must be laid into warm water, and soaked for two or three hours; they may then be plain boiled, and eaten with melted butter, or stewed in gravy with a little mushroom catsup, pepper, and salt, and thickened with a bit of butter rolled in flour. They are a great improvement to all made dishes and meat pies.

ARTICHOKE BOTTOMS, PICKLED. Boil the artichokes till the leaves can be pulled off without breaking the bottoms; leave on the part called the choke, set them aside till cold, then put them into wide-mouthed bottles. Boil, in vinegar, some salt, pepper, mace, and sliced nutmeg, and, when cold, pour it over the artichokes; tie bladder over the bottles.

ARTICHOKES, JERUSALEM. (1) Are boiled and dressed in the various ways directed for potatoes. N. B—They should be covered with thick melted butter, or a nice white or brown sauce.

ARTICHOKES, JERUSALEM. (2) They must be neatly peeled, and boiled very gently by the side of the stove, with a little salt in the water; when done (but not too much, or they will not look well) place them on the dish, and serve with plain butter, or any other sauce you please.

ARTICHOKES, JERUSALEM, TO FRICASSEE. Wash and scrape or pare them; boil them in milk and water till they are soft, which will be from a quarter to half an hour. Take them out and stew them a few minutes in the following sauce:—Roll a bit of butter, the size of a walnut, in flour, mix it with half a pint of cream or milk; season it with pepper, salt, and grated nutmeg. They may be served plain boiled, with a little melted butter poured over them. Scorzonera is fricasseed in the same manner.

ARROW-ROOT. Mix with two or three table-spoonfuls of arrow-root half a pint of cold water; let it stand for nearly a quarter of an hour, pour off the water, and stir in some pounded sugar; boil a pint of milk, and pour it gradually upon the arrow-root, stirring it one way all the time. Or it may be made with water in which lemon peel has been boiled, and then a glass of Port or white wine and a little nutmeg stirred into it.

ASPARAGUS. Set a stew-pan with plenty of water in it on the fire; sprinkle a handful of salt in it; let it boil, and skim it; then put in your asparagus, prepared thus:

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scrape all the stalks till they are perfectly clean; throw them into a pan of cold water as you scrape them; when they are all done, tie them up in little bundles, of about a quarter of a hundred each, with bass, if you can get it, or tape (string cuts them to pieces;) cut off the stalks at the bottom that they may be all of a length, leaving only just enough to serve as a handle for the green part; when they are tender at the stalk, which will be in from twenty to thirty minutes, they are done enough. Great care must be taken to watch the exact time of their becoming tender; take them up just at that instant, and they will have their true flavor and color: a minute or two more boiling destroys both. While the asparagus is boiling, toast a round of a quartern loaf, about half an inch thick; brown it delicately on both sides; dip it lightly in the liquor the asparagus was boiled in, and lay it in the middle of a dish: melt some butter, then lay in the asparagus upon the toast, which must project beyond the asparagus, that the company may see there is a toast.

ASPARAGUS, BOILED. Scrape and tie them in small bundles; cut them even, boil them quick in salt and water; lay them on a toast dipped in the water the asparagus was boiled in; pour over them melted butter.

ASPARAGUS AND EGGS. Toast a slice of bread, butter it, and lay it on a dish; butter some eggs thus: take four eggs, beat them well, put them into a sauce pan with two ounces of butter, and a little salt, until of a sufficient consistence, and lay them on the toast; meanwhile boil some asparagus tender, cut the ends small, and lay them on the eggs.

ASPARAGUS, FRENCH. Boil it, and chop small the heads and tender part of the stalks, together with a boiled onion; add a little salt and pepper, and the beaten yolk of an egg; beat it up. Serve it on sippets of toasted bread, and pour over it a little melted butter.

ASPARAGUS SOUP. (*See Soups.*)

ASPICK. Take a knuckle of veal, a knuckle of ham, a thick slice of beef, and if they will not make your jelly stiff enough, add two calf's feet, or some swards of bacon rasped; put them into a sauce-pan with a pint of rich stock, and sweat it over a stove till reduced to a glaze, then moisten it with stock, boil and skim it well. Put to it two onions, two carrots, salt, parsley, scallions, four cloves, two bay leaves, and a clove of garlick; let the whole stew for seven hours, then strain off the liquor or *consomme*. Break four eggs into a stewpan, and put to them the *consomme* when cold, the juice of two lemons, and two spoonfuls of tarragon, and beat it with a whisk over the fire till near boiling, and when it does so, remove your stew-pan to a smaller fire, and place fire on the lid for half an hour; then pass it through a wet napkin doubled. If the jelly is not sufficiently clear, clarify it a second time. Put a layer of this jelly, about half an inch thick, at the bottom of an aspick mould, garnish it with truffles, whites of eggs, sprigs of parsley, &c. according to your taste, pour in another half inch of the jelly, while liquid, with great care, so as not to discompose your garnish, then put either calf's brains, breasts of fowl, veal sweetbreads, cocks' combs, kidneys, fat livers, or game. Be sure to lay whatever you may use, as equal and smooth as possible, then fill up your mould with jelly, and let it stand till set. When wanted, dip the mould in hot water an instant, place your dish on the top and turn it over.

ATTELETS, OYSTER. (*See Oysters.*)

ATTELETS are silver skewers.

AUNT MARY'S PUDDING. (*See Puddings.*)

B.

BACCHIC CREAM. (*See Cream.*)

BACCHIC SAUCE. (*See Sauce.*)

BACON. Cover a pound of nice streaked bacon or salt pork with cold water, let it boil gently for three-quarters of an hour; take it up, scrape the under side well, and cut off the rind: grate a crust of bread not only on the top, but all over it, and put it before the fire for a few minutes: it must not be there too long, or it will dry it and spoil it. Two pounds will require about an hour and a half, according to its thickness; the hock or gammon being very thick, will take more. The boiling of bacon is a very simple subject to comment upon; but our main object is to teach common cooks the art of dressing common food in the best manner. Bacon is sometimes as salt as salt can make it, therefore before it is boiled it must be soaked in warm water for an hour or two, changing the water once; then pare off the rusty and smoked part, trim it nicely on the under side, and scrape the rind as clean as possible. *Mem.*—Bacon is an extravagant article in housekeeping; there is often twice as much dressed as need be: when it is sent to table as an accompaniment to boiled poultry

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or veal, a pound and a half is plenty for a dozen people. A good German sausage is a very economical substitute for bacon; or fried pork sausages.

Note.—Bacon in England and salt pork in America are the same thing. What we name bacon, the English call ham.

BACON TO BROIL. Make up a sheet of paper into the form of a dripping-pan; cut your bacon into thin slices, cut off the rind, lay the bacon on the paper, put it upon the gridiron, set over a slow fire, and it will broil cleanly.

BACON AND EGGS. Cut a quarter of a pound of streaked bacon into thin slices, and put them into a stewpan over a slow fire, taking care to turn them frequently; when sufficiently done, pour the melted fat of the bacon into a dish, break over it seven or eight eggs, add two spoonfuls of gravy, a little salt and pepper, and stew the whole over a slow fire: pass a salamander over it, and serve.

BACON, GAMMON, TO BAKE. Lay it to steep all night in water, scrape it clean, and stuff it with all manner of sweet herbs, as thyme, sage, savory, sweet marjoram, penny-royal, strawberry leaves, violet leaves, and fennel; chop these small, and mix them with the yolks of hard eggs, pepper and nutmeg beaten, and boil it until tender. When it is cold pare off the under side, pull off the skin, season it with pepper and nutmeg, and put it in a pie or pasty, with whole cloves and slices of raw bacon laid over it, and butter; close it, and bake it.

BACON OR HAM SLICES. Ham, or bacon, may be fried, or broiled on a gridiron over a clear fire, or toasted with a fork: take care to slice it of the same thickness in every part. If you wish it curled, cut it in slices about two inches long (if longer, the outside will be done too much before the inside is done enough); roll it up, and put a little wooden skewer through it: put it in a cheese-toaster or Dutch oven, for eight or ten minutes, turning it as it gets crisp. This is considered the handsomest way of dressing bacon; but we like it best uncurled, because it is crisper, and more equally done. Slices of ham or bacon should not be more than half a quarter of an inch thick, and will eat much more mellow if soaked in hot water for a quarter of an hour, and then dried in a cloth before they are broiled, &c.

BACON RELISHING RASHERS. If you have any cold bacon, you may make a very nice dish of it by cutting it into slices about a quarter of an inch thick; grate some crust of bread, as directed for ham and powder them well with it on both sides; lay the rashers in a cheese-toaster, they will be browned on one side in about three minutes, turn them and do the other. These are a delicious accompaniment to poached or fried eggs: the bacon having been boiled first, is tender and mellow. They are an excellent garnish round veal cutlets, or sweetbreads, or calf's head hash, or green peas or beans, &c.

BAIN MARIE. A flat vessel, containing boiling water, meant to hold other saucepans, either for purposes of cookery or to keep dishes hot. The advantages of preserving the heat of dishes by the *bain marie* is this, that no change is effected in the flavor of the ingredients.

BALM BEER. (*See Beer.*)

BANBURY CAKES. (*See Cakes.*)

BARLEY CREAM. (*See Cream.*)

BARLEY WATER. Take a couple of ounces of pearl barley, wash it clean with cold water, put it into half a pint of boiling water, and let it boil for five minutes; pour off this water, and add to it two quarts of boiling water: boil it to two pints, and strain it. The above is simple barley water. To a quart of this is frequently added two ounces of figs, sliced; the same of raisins, stoned; half an ounce of liquorice, sliced and bruised; and a pint of water. Boil it till it is reduced to a quart, and strain. *Obs.*—These drinks are intended to assuage thirst in ardent fevers and inflammatory disorders, for which plenty of mild diluting liquor is one of the principal remedies: and if not suggested by the medical attendant, is frequently demanded by honest instinct, in terms too plain to be misunderstood: the stomach sympathizes with every fibre of the human frame, and no part of it can be distressed without in some degree offending the stomach: therefore it is of the utmost importance to sooth this grand organ, by rendering everything we offer to it as elegant and agreeable as the nature of the case will admit of: the barley drink prepared according to the second receipt, will be received with pleasure by the most delicate palate.

BARLEY BROTH. (*See Broth.*)

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

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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.

BARLEY PUDDING. (*See Pudding.*)

BARBERRY JELLY. (*See Jelly.*)

BARBERRY CONSERVE. Put a pound of ripe barberries and half an ounce of powdered fennel seed into a silver vessel, with a glass of water; boil them three or four times, and press the juice through a sieve. Replace the vessel on the fire with the juice, and add to it a pound and a half of sugar, boiled *au casse*. Boil together a few times, and then pour the conserve into cases.

BARBERRY SIRUP. (*See Sirup.*)

BARBERRIES TO PICKLE. Boil the bruised berries of a few bunches in salt-and-water; strain, and put a gill of the liquor to a quart of vinegar, with an ounce of salt, a quarter of a pound of loaf sugar, a quarter of an ounce of pounded ginger, and a little sliced horse-radish; boil and strain it, then pour it hot over the barberries, the finest bunches having been previously selected and placed in jars; when cold, cover them closely with bladder. They may also be kept in a jar, with a strong brine of salt-and-water poured over them. When any scum is observed upon the surface, the brine must be poured off, and some fresh added. They are kept closely covered.

BARBERRY SIRUP. (*See Sirup.*)

BASIL VINEGAR. (*See Vinegar.*)

BATH BUNS. (*See Buns.*)

BATTER FOR FISH, MEAT, FRITTERS, &c. Prepare it with fine flour, salt, a little oil, beer, vinegar, or white wine and the whites of eggs beat up; when of a proper thickness it will drop out of the spoon about the size of a nutmeg at once. Fry in oil or hog's lard.

BATTER PUDDING. (*See Pudding.*)

BEANS. Cut, wash, and boil the beans, and then throw them into a cullender. Put a piece of butter into your table-dish, lay the beans on it, and garnish them with chopped parsley laid round like a cord; heat the dish and serve.

BECHAMELLE. Reduce some sauce *tournee* over a good fire, moisten with chicken broth or *consommc*, constantly stirring to prevent its catching; when of the proper consistence, add two glasses of boiling cream, continue stirring; pass it through a hair sieve and serve.

BECHAMEL, OR WHITE SAUCE. Cut in square pieces, half an inch thick, two pounds of lear veal, half a pound of lean ham; melt in a stewpan two ounces of butter; when melted, let the whole simmer until it is ready to catch at the bottom (it requires great attention, as, if it happen to catch at the bottom of the stewpan, it will spoil the look of your sauce); then add to it three table-spoonfuls of flour; when well mixed, add to it three pints of broth or water (pour a little at a time, that the thickening be smooth); stir it until it boil; put the stewpan on the corner of the stove to boil gently for two hours; season it with four cloves, one onion, twelve pepper-corns, a blade of mace, a few mushrooms and a fagot made of parsley, a sprig of thyme, and a bay leaf. Let the sauce reduce to a quart, skim the fat off, and strain it through a tamis cloth. To make a bechamel sauce, add to a quart of the above a pint of good cream; stir it until it is reduced to a good thickness; a few mushrooms give a good flavor to that sauce; strain it through a tamis cloth.

BEEF. The names of the various pieces, according to the method of dividing the carcass, are as follows:—The hind quarter contains the Sirloin; Rump; Edge-bone; Buttock, or Round; Mouse Buttock; Veiny Piece; Thick Flank; Thin Flank; Leg Ran; Legs; Fore Rib; Five Ribs.—The fore quarter contains the Middle Rib of four ribs; Chuck of three ribs; Shoulder, or Leg-of-Mutton Piece, containing a part of the Blade-bone; Brisket; Clod; Neck End, or Sticking Piece; Shin; Cheek. Besides these are the Tongue and Palate. The Entrails consist of the Heart; Sweetbreads; Kidneys; Skirts; and three kinds of Tripe, the Double, the Roll, and the Red Tripe.

Ox beef is considered the best. The flesh should feel tender, be fine in the grain, and of a bright red color, nicely marbled or mixed with fat. The fat should be white, rather than of a yellow color.

Heifer beef is excellent when finely fed, and is most suitable for small families. The bone should be taken out of a round of beef before it is salted, and it must be washed, skewered, and bound round firmly before being boiled. Salt beef should be put on with

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plenty of cold water, and when it boils the scum removed. It is then kept simmering for some hours. A piece weighing fifteen pounds will require three hours and a half to boil. Carrots and turnips for garnishing should be put on to boil with the beef. If in the least tainted, a piece of charcoal may be boiled with it.

When beef is to be kept any length of time, it should be carefully wiped every day. In warm weather, wood vinegar is an excellent preservative: it is put all over the meat with a brush. To protect the meat from flies, it may be sprinkled over with pepper. Tainted meat may be restored by washing in cold water, afterwards in strong chamomile tea, after which it may be sprinkled with salt and used the following day, first washing it in cold water. Roughly pounded charcoal rubbed all over the meat also restores it when tainted. In Scotland meat is frequently kept a fortnight smothered in oatmeal, and carefully wiped every day; and if it should be a little tainted, it is soaked some hours before it is used, in oatmeal and water.

These directions equally apply to all sorts of meat. The sirloin is the prime joint for roasting. When to be used, it should be washed, then dried with a clean cloth, and the fat covered over with a piece of white paper tied on with thread. The spit should be kept at all times exceedingly clean: it must be wiped dry immediately after it is drawn from the meat, and washed and scoured every time it is used. Care should be taken to balance the roast properly upon the spit, but, if not exactly right, it is better to make it equal by fastening on a leaden-headed skewer than to pierce it again. The fire should be prepared by putting on plenty of coals at the back. When put down, it should be about ten inches from the fire, and gradually drawn nearer. It is first basted with a little butter or fresh dripping, and then well basted with its own fat all the time it is roasting. Ten minutes before serving, it should be sprinkled with a little salt, then dredged with flour, and basted till it is frothed. When it is drawn from the spit some gravy will run out, to which may be added a little boiling salt-and-water poured along the bone: the beef is then garnished with plenty of finely scraped horse-radish. A sirloin, weighing about fifteen pounds, should be roasted for three hours and a half. A thinner piece of the same weight requires only three hours. In cold weather meat requires longer roasting than in warm, and if newly killed than if it has been kept.

BEEF ALAMODE. (1) Take about eleven pounds of the mouse buttock, or clod of beef, or a blade-bone, or the sticking-piece, or the like weight of the breast of veal; cut it into pieces of three or four ounces each; put three or four ounces of beef drippings, and mince a couple of large onions, and put them into a large deep stewpan; as soon as it is quite hot, flour the meat, put it into the stewpan, keep stirring it with a wooden spoon; when it has been on about ten minutes, dredge it with flour, and keep doing so till you have stirred in as much as you think will thicken it; then cover it with boiling water (it will take about a gallon), adding it by degrees, and stirring it together; skim it when it boils, and then put in one drachm of ground black pepper, two of allspice, and two bay leaves; set the pan by the side of the fire, or at a distance over it and let it stew very slowly for about three hours; when you find the meat sufficiently tender, put it into a tureen, and it is ready for table.

BEEF ALAMODE. (2) Take the bone out of a small round of fine ox beef, cut some fat bacon in long strips, dip them into common and shallot vinegar mixed, and roll them in the following seasoning: Grated nutmeg, black and Jamaica pepper, one or two cloves, and some salt, parsley, chives, lemon-thyme, notted marjoram, and savoury, shred quite small. Lard the beef very thickly, bind it firmly with tape, and rub the outside with the seasoning. Put it into a saucepan, with the rind of a lemon, four large onions, the red part of three or four carrots, and two turnips cut into dice; add a tea-cupful of strong ale and one of vinegar; let it stew for six or eight hours, turning it two or three times. Half an hour before serving, take out the beef and vegetables, skim off the fat, strain the sauce, and thicken it with a little flour-and-water mixed smooth, add a tea-cupful of Port wine, return it all into the pot, and let it boil.

BEEF ALAMODE. (3) Take a rump or piece of beef, bone it, beat it well and lard it with fat bacon, then put it into a stewpan with some rind of bacon, a calf's foot, an onion, carrot, a bunch of sweet herbs, a bay leaf, thyme, a clove of garlic, some cloves, salt, and pepper, pour over the whole a glass of water, let it stew over a slow fire for six hours at least. A clean cloth should be placed over the stew pan before the lid is put on, which must be carefully closed. When it is done, strain the gravy through a sieve, clear off the fat, and serve.

BEEF ALADAUBE. Take a round, a rump, or a veiny piece of beef, lard it with bacon, half roast it, or fry it brown; put it into a stewpan or a pot that will just hold it; add some gravy, an onion stuck with cloves, half a pint of white wine, a gill of vinegar, a bunch of sweet herbs, pepper cloves, mace, and salt; cover it down very close, let it but just simmer till it is tender,

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take two ox palates, two sweetbreads, truffles, morels, artichoke bottoms, stew them all together in some gravy, and pour over the beef; have ready some forced meat balls fried, make some long, others round, dip some sippets into batter, fry and cut them three corner ways, and stick them into the meat; lay the balls round the dish.

BEEF ALABRAISE. (1) Bone a rump of beef; lard it very thickly with salt pork seasoned with pepper, salt, cloves, mace, and allspice, and season the beef with pepper and salt; put some slices of bacon into the bottom of the pan, with some whole black pepper, a little allspice, one or two bay leaves, two onions, a clove of garlic, and a bunch of sweet herbs. Put in the beef, and lay over it some slices of bacon, two quarts of weak stock, and half a pint of white wine. Cover it closely, and let it stew between six and seven hours. Sauce for the beef is made of part of the liquor it has been stewed in, strained, and thickened with a little flour and butter, adding some green onions cut small, and pickled mushrooms. It is poured hot over the beef.

BEEF ALABRAISE. (2) After a rump of beef has hung for five or six days, bone, and lard it thickly, but so as not to appear upon the surface, with bits of salt pork or ham cut about half an inch square, and rolled in the following seasoning well mixed:—Finely minced onion, parsley, thyme, a little garlic, pepper, and salt. What is left over of the seasoning add to a pint of vinegar, one of Port wine, and a tea-cupful of salad oil; steep the beef in this for one night; the following day paper it, and roast it in a cradle spit. Baste it well, and serve it with a thick brown gravy. A little lemon-juice and sliced pickled cucumbers may be added. Garnish with slices of boiled carrot and scraped horseradish.

BEEF ALANGLAISE. Take a rump of beef, or any piece you like better of the same size; tie it up neatly with packthread, and put it into a stewpan with two or three carrots, a parsnip, three or four onions, a bunch of parsley and green onions, a clove of garlic, a bay leaf, thyme, and basil; moisten with some stock or water, season, and let the beef stew gently till half done, then put in a few small cabbages, prepared in the following manner; boil a large cabbage, and having squeezed it perfectly dry, take off the leaves one by one, and put within each leaf a little veal or other forcemeat, surrounding it with three or four more of the leaves, in such a manner as to form little cabbages, something larger than an egg; tie these with packthread, and let them be stewed with the beef. When the whole is done, clean away the outside loose fat, and put your beef in a dish, cut the little cabbages in half, and place them round the dish, with the cut side outward. Take a little of the stew, strain it through a sieve, and having skimmed off the fat, add a little cullis to thicken it. Reduce this over the fire to the consistence of a sauce, serving it over the meat and cabbages.

BEEF BALLS. Mince very finely a piece of tender beef, fat and lean; mince an onion, with some boiled parsley; add grated bread crumbs, and season with pepper, salt, grated nutmeg, and lemon-peel; mix all together, and moisten it with an egg beaten; roll it into balls; flour and fry them in boiling fresh dripping. Serve them with fried bread crumbs, or with a thickened brown gravy.

BEEF BOUILLI. (1) In plain English, is understood to mean boiled beef; but its culinary acceptation, in the French kitchen, is fresh beef dressed without boiling, and only very gently simmered by a slow fire. Cooks have seldom any notion, that good soup can be made without destroying a great deal of meat; however, by a judicious regulation of the fire, and a vigilant attendance on the soup-kettle, this may be accomplished. You shall have a tureen of such soup as will satisfy the most fastidious palate, and the meat make its appearance at table, at the same time, in possession of a full portion of nutritious succulence. This requires nothing more than to stew the meat very slowly (instead of keeping the pot boiling a gallop, as common cooks too commonly do), and to take it up as soon as it is done enough. See "Soup and bouilli," "Beef Shin stewed," "Scotch barley broth." Meat cooked in this manner affords much more nourishment than it does dressed in the common way, is easy of digestion in proportion as it is tender, and an invigorating, substantial diet, especially valuable to the poor, whose laborious employments require support.

BEEF BOUILLI. (2) Take a rump of beef, or part of one; bone and tie it together in a neat form, and put it into a pot, with any odd bits of butcher's meat you may happen to have in the house, either beef, veal, or mutton; you may add, also, the bones, feet, and necks of poultry or game, the meat of which has been taken for other dishes; place your pot on a moderate fire, not quite full of water, and skim gently. When it has boiled a short time, put in some salt, turnips, six carrots, and six onions, into one of which you should stick three cloves; add a bunch of leeks. Let the whole boil gently, till the beef is perfectly done; then take it out, and serve

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it up either with fresh parsley, with a sauce, or with onions or other vegetables.

BEEF BROSE. After any large piece of beef has been taken out of the pot it was boiled in, skim off the fat with part of the liquor, and boil it in a saucepan. Have ready in a bowl oatmeal that has been toasted brown before the fire, pour in the boiling liquor and stir it a little; if too thick, add more liquor, and send it to table quite hot.

BEEF BAKED. Let a buttock of beef which has been in salt about a week, be well washed and put into an earthen pan, with a pint of water; cover the pan tight with two or three sheets of *foolscap* paper—let it bake four or five hours in a moderately heated oven.

BEEF BAKED WITH POTATOES. Boil some potatoes, peel, and pound them in a mortar with one or two small onions; moisten them with milk and an egg beaten up; add a little salt and pepper. Season slices of beef, or mutton chops, with salt and pepper, and more onion, if the flavor is approved; rub the bottom of a pudding dish with butter, and put a layer of the mashed potatoes, which should be as thick as a batter, and then a layer of meat, and so on alternately till the dish is filled, ending with potatoes. Bake it in an oven for one hour.

BEEF TO COLLAR. Cut off the end of a brisket of beef, and bone it; sprinkle it with salt and saltpetre, and let it lie a week; mix together some grated nutmeg, Jamaica and black pepper, some chopped lemon thyme, sweet marjoram, and parsley; strew it over the meat, roll it up hard, sew it in a cloth, put it into a large jar of water, tie it closely, and bake it in an oven; take it out of the jar and press it with a heavy weight. When it is quite cold, take off the cloth, and keep it dry.

BEEF BROTH. (*See Broth.*)

BEEF, COLD RUMP STEAKS TO WARM. Lay them in a stewpan, with one large onion cut in quarters, six berries of allspice, the same of black pepper, cover the steaks with boiling water, let them stew gently one hour, thicken the liquor with flour and butter rubbed together on a plate; if a pint of gravy, about one ounce of flour, and the like weight of butter, will do; put it into the stewpan, shake it well over the fire for five minutes, and it is ready; lay the steaks and onions on a dish and pour the gravy through a sieve over them.

BEEF CULLIS. (*See Cullis.*)

BEEF, COLD TENDERLOIN. (1) Cut off entire the inside of a large sirloin of beef, brown it all over in a stewpan, then add a quart of water, half a pint of Port wine, a tea-cupful of strong beer, two table-spoonfuls of vinegar, some pepper, salt, and a large onion finely minced; cover the pan closely, and let it stew till the beef be very tender Garnish with pickles.

BEEF, COLD TENDERLOIN. (2) Cut off the meat, with a little of the fat, into strips three inches long and half an inch thick; season with pepper and salt, dredge them with flour, and fry them brown in butter; then simmer them in a rich brown gravy; add of mushroom catchup, onion, and shallot vinegar, a table-spoonful each. Garnish with fried parsley.

BEEF FILLET IN MADEIRA. Lard a good fillet of beef, the same as for roasting, join the ends together, and place it in this manner in a stewpan, with some onions, carrots, and a *bouquet garni*, some *consomme* and Madeira, cover it with a buttered paper; let it boil for a moment, and afterwards let it boil slowly. Put fire upon the top of your stewpan. When it is done strain the broth through a silk sieve, reduce it, and serve it as a sauce to your meat.

BEEF FILLET ROASTED. This fillet lies only in the inside of the sirloin next to the chine, and is the tenderest part of the ox; spit this on a small spit, but do not run it through the best part of the meat: roast it gently, and baste it with butter; catch gravy in a dish while the beef is roasting; in the meantime make a sauce for it with sweet herbs and parsley shred fine, the yolks of four eggs, an onion, and some orange-peel chopped small; put these into sweet butter, gravy, a spoonful or two of strong broth and vinegar, stew them all together. Put your beef into this sauce, and serve it hot.

BEEF FRICANDEAU. Take a nice bit of lean beef, lard it with bacon, seasoned with pepper, salt, cloves, mace, and allspice. Put it into a stewpan with a pint of broth, a glass of white wine, a bundle of parsley, all sorts of sweet herbs, a clove of garlick, a shallot or two, four cloves, pepper and salt. When the meat is become tender, cover it close; skim the sauce well, and strain it. Set it on the fire, and let it boil till it is reduced to a glaze. Glaze the larded side with this, and serve the meat on sorrel sauce.

BEEF GOBBETS. Take about six pounds of any piece of beef, except the leg or shin, cut it into pieces about the size of a hen's egg, put them into a stewpan, and just cover

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them with water, put them over the fire, and when the scum rises, skim it clear off, then put in some cloves, mace, allspice, and whole pepper, tied in a muslin, six heads of celery, cut an inch long and well washed, a carrot or two cut in slices, two turnips cut in dice, a bundle of sweet herbs, some pepper and salt, and a crust of bread; stew it till the meat is tender, and then take out the spice, herbs, and bread; have some crusts of French roll crisped before the fire, put them in a dish, and put the meat, &c. over them. You put in two ounces of Scotch barley or rice when you put in the herbs.

BEEF GRAVY. (*See Gravy.*)

BEEF H-BONE. Is to be managed in exactly the same manner as the round, but will be sooner boiled, as it is not so solid. An H-bone of 20lbs. will be done enough in about four hours; of 10lbs. in three hours, more or less, as the weather is hotter or colder. Be sure the boiler is big enough to allow it plenty of water-room: let it be well covered with water: set the pot on one side of the fire to boil gently: if it boils quick at first, no art can make it tender after. The slower it boils, the better it will look, and the tenderer it will be. The same accompanying vegetables as in "Beef Salt Round." Dress plenty of carrots, as cold carrots are a general favorite with cold beef. *Mem.*—Epicures say, that the *soft*, fat-like marrow, which lies on the back, is delicious when hot, and the *hard* fat about the upper corner is best when cold.

BEEF HASHED. (1) Take three or four onions, chop them very fine, and put them into a stewpan, with a piece of butter and a little flour; stir it over the fire till nearly done and well browned; then moisten them with a little stock and half a glass of wine, adding some salt and coarse pepper; let them stew till they are thoroughly done, and very little sauce remains; then put in the cold beef, minced small, and let the whole simmer till it has taken the flavor of the onion. When you serve, add a spoonful of mustard and a little vinegar.

BEEF HASHED. (2) Cut some of the underdone part of the beef, in slices, with some of the fat, put it into a small stewpan, with some onion or shallot, (a very little will do), a little water, pepper, and salt: boil it till the onion is quite soft, then put some of the gravy of the meat to it, and the hash. Do not let it boil; have a small hot dish with sippets of bread ready, and put the hash into it, but first mix a large spoonful of vinegar with it; if shallot vinegar is used there will be no need of the onion or raw shallot. You may add a spoonful of walnut liquor or catchup. Observe, that it is owing to *boiling* hashes or minces, that they get hard. All sorts of stews, or meat dressed a second time, should be only simmered; and this last only hot through.

BEEF HAM. Rub a little common salt over a piece of beef of about twenty pounds weight; take out the bone, and in one or two days, rub well into the beef the following ingredients, finely pounded and well mixed:—two ounces of sal-prunella, four ounces of brown sugar, six ounces of bay salt, one ounce of white pepper, and of cloves and nutmeg, a quarter of an ounce each; then strew over it half a pound of common salt. Let it lie fifteen days, turning it daily. It is then hung up; or when taken out of the pickle, it may be boiled, and allowed to stand till cold in the water in which it was boiled; or it may be baked in a deep dish, covered with a course paste.

BEEF HEART, TO ROAST. Wash it well, and clean all the blood carefully from the pipes: parboil it ten or fifteen minutes in boiling water; drip the water from it; put in a stuffing which has been made of bread crumbs, minced suet or butter, sweet marjoram, lemon thyme, and parsley, seasoned with salt, pepper, and nutmeg. Put it down to roast while hot, baste it well with butter, froth it up, and serve it with melted butter and vinegar; or with gravy in the dish, and current jelly in a sauce-tureen. To hash it, follow the directions given for hare.

BEEF HUNG, BURGESS'S METHOD OF BOILING. Hung beef for grating should be put on in boiling water, and, to preserve the color, kept boiling as fast as possible. Allow for six pounds of beef one hour and a half. It will keep good for a length of time.

BEEF, HUNTING. Rub well into a round of beef weighing about forty pounds, three ounces of saltpetre; let it stand five or six hours; pound three ounces of allspice, one of black pepper, and mix them with two pounds of salt, and seven ounces of brown sugar. Rub the beef all over with the salt and spices, let it remain fourteen days, and every other day turn and rub it with the pickle; then wash off the spices, and put it into a deep pan. Cut small nearly six pounds of beef suet, put some into the bottom of the pan, put the greater part upon the top of the beef. Cover it with a course paste, and bake it eight hours. When cold, take off the crust, and pour off the gravy. It will keep good for three months. Preserve the

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gravy, as a little of it improves the flavor of hashes, soups, or any made dishes.

BEEF KIDNEY. Take some kidneys, cut them into thin slices, and broil them with a piece of butter, some salt, pepper, parsley, and green onions, and a clove of garlick, the whole should be shred fine; when they are sufficiently done, take them off the fire (they should not broil too long, or they will become tough); add, when you serve them, a few drops of vinegar and a little cullis. Beef kidneys may likewise be served, with shallot sauce, or sauce *piquante*.

BEEF KIDNEY SAUCE. (*See Sauce.*)

BEEF MINCED. (1) Take some cold roasted fillet of beef, cut out all the fat and suet, then chop the meat as fine as possible, and put it into a reduced Spanish sauce made boiling hot; when ready to serve, add a bit of butter to it. Serve your mince with soft boiled eggs round it, or with pieces of toasted bread.

BEEF MINCED. (2) Mince your beef very small; put it into a saucepan with a little gravy and a little of the fat of fowl or any other fat, moisten it with some stock and a little white wine; season according to your taste, then let it simmer over a gentle fire till it is sufficiently done.

BEEF OLIVES. Cut the beef into long thin steaks; prepare a forcemeat made of bread-crumbs, minced beef suet, chopped parsley, a little grated lemon-peel, nutmeg, pepper, and salt; bind it with the yolks of eggs beaten; put a layer of it over each steak; roll and tie them with thread. Fry them lightly in beef dripping; put them in a stew-pan with some good brown gravy, a glass of white wine, and a little Cayenne; thicken it with a little flour and butter; cover the pan closely, and let them stew gently an hour. Before serving, add a table-spoonful of mushroom catchup; garnish with cut pickles.

BEEF AND OYSTER SAUSAGES. Scald three-quarters of a pint of oysters in their own liquor; take them out and chop them finely; mince one pound of beef and mutton, and three-quarters of a pound of beef suet; add the oysters, and season with salt, pepper, mace, and two cloves pounded; beat up two eggs, and mix them well with the other ingredients, and pack it closely into a jar. When to be used, roll it into the form of small sausages; dip them into the yolk of an egg beaten up; strew grated bread crumbs over them, or dust with flour, and fry them in fresh dripping. Serve them upon fried bread hot.

BEEF PRESSED. Salt a piece of brisket (thin part of the flank) or the tops of the ribs, with salt and saltpetre, five days, then boil it gently till extremely tender; put it under a great weight, or in a cheese press, till perfectly cold. It eats excellently cold, and for sandwiches.

BEEF POTTED. Take three pounds of lean beef, salt it two or three days with half a pound of common salt, and half an ounce of saltpetre; divide it into pieces of a pound each, and put it into an earthen pan just sufficient to contain it; pour in half a pint of water; cover it close with paste, and set it in a very slow oven for four hours: when taken from the oven pour the gravy from it into a basin, shred the meat fine, moisten it with the gravy poured from the meat, and pound it thoroughly in a marble mortar with fresh butter, till it becomes a fine paste, season it with black pepper and allspice, or cloves pounded, or grated nutmeg; put it in pots, press it down as close as possible, put a weight on it, and let it stand all night; next day, when it is quite cold, cover it a quarter of an inch thick with clarified butter, and tie it over with paper.

BEEF SALT ROUND. As this is too large for a moderate family, we shall write directions for the dressing half a round. Get the tongue side. Skewer it up tight and round, and tie a fillet of broad tape round it, to keep the skewers in their places. Put it into plenty of cold water, and carefully catch the scum as soon as it rises: let it boil till all the scum is removed, and then put the boiler on one side of the fire, to keep *simmering* slowly till it is done. Half a round of 15lbs. will take about three hours: if it weighs more, give it more time. When you take it up, if any stray scum, &c. sticks to it that has escaped the vigilance of your skimmer, wash it off with a paste-brush: garnish the dishes with carrots and turnips. Send up carrots, turnips, and parsnips, or greens &c. on separate dishes. Peas pudding, and MY PUDDING, are all very proper accompaniments. N. B.—The outside slices, which are generally too much salted and too much boiled, will make a very good relish as potted beef. For using up the remains of a joint of boiled beef, see also Bubble and Squeak.

BEEF RAGOUT. Take a rump of beef, cut the meat from the bone, flour and fry it, pour over it a little boiling water, about a pint of small beer; add a carrot or two, an onion stuck with cloves, some whole pepper, salt, a piece of lemon-peel, a bunch of sweet herbs; let it stew an hour, then add some good gravy; when the meat is tender take it

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out, strain the sauce, thicken it with a little flour; add a little celery ready boiled, a little catchup, put in the meat, just simmer it up. Or the celery may be omitted, and the ragout enriched by adding mushrooms fresh or pickled, artichoke-bottoms boiled and quartered, and hard yolks of eggs. A piece of flank, or any piece that can be cut free from bone, will do instead of the rump.

BEEF RISSOLES. Chop finely a pound of lean tender beef, and a quarter of a pound of beef suet; pound them in a marble mortar; mix with it a quarter of a pound of grated bread, a little onion, and a head of garlick bruised; season with salt and pepper; bind it with three eggs well beaten; make it up into small cakes, fry them of a light brown, then stew them in gravy for fifteen or twenty minutes.

BEEF RIBS BONED AND ROLLED. When you have kept two or three ribs of beef till quite tender, take out the bones, and skewer it as round as possible (like a fillet of veal): before they roll it, some cooks egg it, and sprinkle it with veal stuffing. As the meat is more in a solid mass, it will require more time at the fire; a piece of tenor twelve pounds weight will not be well and thoroughly roasted in less than four and a half hours. For the first half hour, it should not be less than twelve inches from the fire, that it may get gradually warm to the centre: the last half hour before it will be finished, sprinkle a little salt over it; and if you wish to froth it, flour it, &c.

BEEF RUMP BAKED. Take a rump of beef, what size you please, bone and lard it, season it with salt and fine spices put it into a stewpan just large enough to hold it, together with half a pint of white wine, some green onions, mushrooms, and shallots; some lean bacon is an improvement. Close the edges of the pan with a strong paste; let it stew in an oven for five or six hours according to the size of your meat, then serve it with its own sauce strained. You may dress a sirloin in the same way.

BEEF RUMP TO STEW. (1) Bind the beef tightly, stick in four cloves, and put it in a saucepan, with three quarts of water, a quarter of an ounce of black pepper half beaten, some salt, a bunch of sweet herbs, and three anchovies; turn it often, and when half done take it out, pour off the liquor; put in the beef again, with a pint of Port wine and half a pint of table beer made scalding hot, and some of the liquor strained; stew it till tender, clear off the fat, and if the sauce is not strong enough, add well-seasoned beef gravy; thicken it with flour rubbed down in a little cold water. Dish the beef, and pour the gravy round it.

BEEF RUMP TO STEW. (2) Tie up the beef, and put it on to stew with nearly as much cold water as will cover it; add three pounds of fat bacon cut into slices, a handful of thyme, eight onions, four small carrots, two turnips, two or three bay leaves, some black pepper, a little allspice, mace, and three cloves, a pint of Port wine and one of Sherry. Let it stew gently between seven and eight hours. Take out the beef, strain the liquor, and skim off all the fat; thicken it with a little flour rubbed down in cold water, boil it up, and pour it over the beef. Have ready carrots and turnips, cut according to fancy, and boiled tender in weak gravy, and put them round the beef before serving.

BEEF RUMP-STEAKS STEWED. The steaks must be a little thicker than for broiling: let them be all the same thickness, or some will be done too little, and others too much. Put an ounce of butter into a stewpan, with two onions; when the butter is melted, lay in the rump-steaks, let them stand over a slow fire for five minutes, then turn them and let the other side of them fry for five minutes longer. Have ready boiled a pint of button onions; they will take from half an hour to an hour; put the liquor they were boiled in to the steaks; if there is not enough of it to cover them, add broth or boiling water, to make up enough for that purpose, with a dozen corns of black pepper, and a little salt, and let them simmer very gently for about an hour and a half, and then strain off as much of the liquor (about a pint and a half) as you think will make the sauce. Put two ounces of butter into a stewpan; when it is melted, stir in as much flour as will make it into a stiff paste; some add thereto a table-spoonful of claret, or Port wine, the same of mushroom catchup half a tea-spoonful of salt and a quarter of a tea-spoonful of ground black pepper: add the liquor by degrees; let it boil up for fifteen minutes; skim it, and strain it; serve up the steaks with the onions round the dish, and pour the gravy over. Veal cutlets or mutton chops may be done the same way, or as veal olives.

BEEF RUMP-STEAK BROILED WITH ONION GRAVY. Peel and slice two large onions, put them into a quart stewpan, with two table-spoonfuls of water; cover the stewpan close, and set it on a slow fire till the water has boiled away, and the onions have got a little browned; then add half a pint of good broth, and boil the onions till they are tender; strain the broth from them, and chop them very fine, and season it with

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mushroom catchup, pepper, and salt: put the onion into it, and let it boil gently for five minutes; pour it into the dish, and lay over it a broiled rump steak. If instead of broth you use good beef gravy, it will be superlative.

BEEF SAUSAGES. Take two beef steaks about the size of two hands, and the thickness of a finger; beat them well to make them flat, and pare the edges of them; then mince the parings with beef suet, parsley, green onions, mushrooms, two shallots, and some basil leaves, the whole shred fine, and mixed into a forcemeat with the yolks of four eggs; spread this forcemeat on the slices of beef, and roll them up in the form of sausages; tie them up with packthread, and stew them with a little stock, a glass of wine, some salt, pepper, an onion stuck with two or three cloves, a carrot, and a parsnip; when they are done, strain the liquor; and, having skimmed off the fat, reduce it over the fire to the consistence of a sauce. Take care that the sauce is not too higly flavored, and serve it over your sausages; or they may be served with any ragout of vegetables you please. To serve the sausages cold, to make a dish for the second course, reduce the sauce by letting it boil with the sausages till almost all the fat is consumed; then let them stand to cool with what remains of the sauce adhering to them, and serve upon a napkin.

BEEF, SHORT OR SPICED. (To be eaten cold.) Hang up ten or twelve pounds of the middle part of a brisket of beef for three or four days, then rub well into it three ounces of finely powdered saltpetre, and, if spice is approved of, one ounce of allspice, and half an ounce of black pepper; let it stand all night, then salt it with three pounds of well-pounded bay salt, and half a pound of treacle, in which let it remain ten days, rubbing it daily. When it is to be boiled, sew it closely in a cloth, let the water only simmer, upon no account allowing it to boil, for nine hours over a slow fire, or upon a stove. When taken out of the water, place two sticks across the pot, and let the beef stand over the steam for half an hour, turning it from side to side, then press it with a heavy weight. It must not be taken out of the cloth till perfectly cold.

BEEF SOUP. (*See Soup.*)

BEEF, SPRING GARDEN. Cut a piece of lean beef into thin slices like *Scotch collops*, lard it thick with bacon, and put it into a pan with salt, pepper, mace, two or three bay leaves, and a bunch of sweet herbs; bake it; then clear out all the gravy, and fill it up with clarified butter.

BEEF TO SALT FOR IMMEDIATE USE. Salt a round of beef moderately upon the tops and sides, put it upon sticks, or the tongs of a cheese-tub, over a tub of cold water, and the salt will be drawn through it, so that it will be fit for boiling next day.

ANOTHER METHOD IS—To rub for half an hour into any piece of beef a good quantity of salt, and let it lie for three or four days without touching it, when it may be used.

BEEF SIRLOIN. The noble sirloin of about fifteen pounds (if much thicker, the outside will be done too much before the inside is enough), will require to be before the fire about three and a half or four hours; take care to spit it evenly, that it may not be heavier on one side than the other; put a little clean dripping into the drippingpan, (tie a sheet of paper over it to preserve the fat), baste it well as soon as it is put down, and every quarter of an hour all the time it is roasting, till the last half hour; then take off the paper, and make some gravy for it; stir the fire and make it clear: to brown and froth it, sprinkle a little salt over it, baste it with butter, and dredge it with flour; let it go a few minutes longer, till the froth rises, take it up, put it on the dish, &c. Garnish it with hillocks of horse-radish, scraped as fine as possible with a very sharp knife. A Yorkshire pudding is an excellent accompaniment.

BEEF SHIN STEWED. Desire the butcher to saw the bone into three or four pieces, put it into a stewpan, and just cover it with cold water; when it simmers, skim it clean; then put in a bundle of sweet herbs, a large onion, a head of celery, a dozen berries of black pepper, and the same of allspice: stew very gently over a slow fire till the meat is tender; this will take from about three hours and a half, to four and a half. Take three carrots, peel and cut them into small squares; peel and cut ready in small squares a couple of turnips, with a couple of dozen of small young round silver button onions; boil them, till tender; the turnips and onions will be enough in about fifteen minutes; the carrots will require about twice as long: drain them dry. When the beef is quite tender, take it out carefully with a slice, and put it on a dish while you thicken a pint and a half of the gravy: to do this, mix three table-spoonfuls of flour with a tea-cupful of the beef liquor; stir this thoroughly together till it boils, skim off the fat, strain it through a sieve, and put your vegetables in to warm; season with pepper, salt, and a wine-glass of mushroom catchup, or Port wine, or both, and pour it over the beef. Dr. Kitchener commends this dish as one of the very best that can be carried to

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table, and advises it be called *Ragout Beef.* A LEG OF MUTTON is excellent dressed the same way.

BEEF STEAKS, BROILED. Cut the steaks off a rump or the ribs of a fore quarter; beat them well with a rolling-pin. Have the gridiron perfectly clean and heated over a clear quick fire; lay on the steaks, and, with meat tongs, keep turning them constantly, till they are done enough; throw a little salt over them a little before taking them off the fire. Serve them as hot as possible, plain, or with a made gravy and sliced onion, or rub a bit of butter upon the steaks the moment of serving. Mutton chops are broiled in the same manner.

BEEF STEAKS, STEWED. Fry the steaks in a little butter; take them out of the pan, and fry in it a minced onion; return the steaks, with a little boiling water or gravy, some pepper, salt, and a table-spoonful of vinegar; stew them gently for two or three hours; thicken the sauce with butter rolled in flour; and serve with or without pickles.

BEEF STEAK PIE. (*See Pie.*)

BEEF STEAK PUDDING. (*See Pudding.*)

BEEF STEAKS, DRESSED. Cut thin steaks, longer than they are broad, off a rump; beat them with a rolling-pin; season them with pepper, salt, and finely minced onion; roll and tie them with a thread; cut them even at the ends; fry them brown with a little butter; make a sauce with a piece of butter browned with flour, some gravy or water, a minced onion, pepper, and salt. Boil it, and add the steaks, and let them stew an hour. Before serving, add some mushroom catchup, and take off the threads.

BEEF, SCARLET. Mix a little mace, cloves, allspice, black pepper, and saltpetre together, rub it well into two pounds of tender lean beef; let it lie six days, turning it daily, and rubbing it with the pickle; then roll and tie it firmly with tape; put it and the pickle into a small jar, with a slice or two of beef suet under and over it; tie it closely, and bake it an hour. It is eaten cold, cut in thin slices, and garnish with parsley. If long kept, the color fades.

BEEF STEWED. (1) Stew in five quarts of water the middle part of a brisket of beef weighing ten pounds, add two onions stuck with two cloves, one head of celery, one large carrot, two turnips cut small, a handful of sorrel leaves, half an ounce of black pepper, and some salt. Stew it gently for six hours. Make a strong gravy with carrots and turnips, the turnips to be scraped and fried of a brown color in butter; add pepper, salt, a little Cayenne; thicken it with flour and butter, and pour it over the beef, with the carrots and turnips.

BEEF STEWED. (2) Take ten pounds of a brisket of beef, cut the short ribs, and put it into a well-buttered saucepan, with two large onions, stuck with three or four cloves, two or three carrots cut into quarters, a bunch of sweet herbs, a small lemon sliced, and five quarts of water; let it stew seven hours. Strain and clarify the gravy—thicken it with butter and flour. Chop the carrots with some capers, mushroom catchup, and Cayenne. Any other pickle that is liked may be added.

BEEF STOCK. (*See Stock.*)

BEEF, MUTTON, OR VEAL TEA. Cut a pound of lean gravy meat into thin slices; put it into a quart and half a pint of cold water; set it over a very gentle fire, where it will become gradually warm; when the scum rises, let it continue simmering gently for about an hour; then strain it through a fine sieve or a napkin; let it stand ten minutes to settle, and then pour off the clear tea. N. B.—An onion, and a few grains of black pepper, are sometimes added. If the meat is boiled till it is thoroughly tender, you may mince it and pound it and make potted beef.

BEEF TRIPE FRICASSEE. Let your tripe be very white, cut it into slips, put it into some boiled gravy, with a little cream and a bit of butter mixed with flour; stir it till the butter is melted; add a little white wine, lemon-peel grated, chopped parsley, pepper and salt, pickled mushrooms, or lemon-juice; shake all together; stew it a little.

BEER, SPRUCE. When ten gallons of water, six pounds of molasses, and three ounces of bruised ginger have boiled together for half an hour, two pounds of the outer sprigs of the spruce fir are to be added, and boiled for five minutes; the whole is then to be strained through a hair sieve, and when milk-warm, put into the cask, and a teacupful of good yeast stirred well into it. When it has fermented a day or two, it is to be bunged up, and the following day bottled. It will be fit for use in a week. The ginger is sometimes omitted, and instead of the spruce fir, three ounces of the essence may be used, which is to be well whisked, together with the molasses, and a gallon or two of warm water; then put into the cask,

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which is to be filled up with water, and the yeast added.

BEER, SPRUCE. (2) The proportions are ten gallons of water, three quarts of molasses, a tea-cupful of ginger, the same of allspice, three ounces of hops, three ounces and a half of the essence of spruce, and half a pint of good yeast. The hops, ginger, and allspice, must be boiled together till the hops fall to the bottom; the molasses and spruce are then to be dissolved in a bucket-full of the liquor, the whole strained into a cask, and the yeast well stirred in; when the fermentation ceases, the cask is to be bunged up.

BEER, BALM. Eleven gallons of water and ten pounds of brown sugar are to be clarified with the whites of twelve eggs, carefully skimmed and boiled till nearly reduced to ten gallons; two pounds and a half of the yellow flower of lemon balm being put into a cask, the liquor, when milk-warm, is to be poured over it, and four or five table-spoonfuls of thick yeast added. The cask must be filled up morning and evening with what works over it, and bunged up when the fermentation ceases. In a month the beer may be bottled, and in two or three months it will be fit for drinking. Half the quantity of the flower of lemon balm will probably be found to communicate a flavor sufficiently strong, if added when the fermentation is nearly over.

BEER, GINGER. For a ten-gallon cask, eleven gallons of water, fourteen pounds of sugar, the juice of eighteen lemons, and one pound of ginger are allowed; the sugar and water are boiled with the whites of eight eggs, and well skimmed; just before coming to the boiling point, the ginger, which must be bruised, is then added, and boiled for twenty minutes; when cold, the clear part is put into the cask, together with the lemon-juice and two spoonfuls of yeast; when it has fermented for three or four days, it is fined, bunged up, and in a fortnight bottled. It may be made without the fruit.

BEER, GINGER, QUICKLY MADE. A gallon of boiling water is poured over three-quarters of a pound of loaf sugar, one ounce and a quarter of ginger, and the peel of one lemon; when milk-warm, the juice of the lemon and a spoonful of yeast are added. It should be made in the evening, and bottled next morning, in half-pint stone bottles, and the cork tied down with twine.

BEER TO BOTTLE. When the briskness and liveliness of malt liquors in the cask fail, and they become dead and vapid, which they generally do soon after they are tilted; let them be bottled. Be careful to use clean and dried bottles; leave them unstopped for twelve hours, and then cork them as closely as possible with good and sound new corks; put a bit of lump sugar as big as a nutmeg into each bottle: the beer will be ripe, *i. e.* fine and sparkling, in about four or five weeks: if the weather is cold, to put it up the day before it is drunk, place it in a room where there is a fire. Remember there is a sediment, &c. at the bottom of the bottles, which you must carefully avoid disturbing; so pour it off at once, leaving a wine-glassful at the bottom.

*** If beer becomes hard or stale, a few grains of carbonate of potash added to it at the time it is drunk will correct it, and make draught beer as brisk as bottled ale.

BEET ROOT, May be either baked or boiled; it will take from an hour and a half to three hours, according to the size of the root, to cook properly.

BEET ROOT PICKLED. Boil the roots tender, peel, and cut them in what shape you please. Put them into a jar, and pour over them a hot pickle of vinegar, pepper, ginger, and sliced horse-radish. You may add capsicums and Cayenne.

BENTON SAUCE. (*See Sauce.*)

BENTON CAKES. (*See Cakes.*)

BIRDS POTTED, HOW TO PRESERVE WHEN THEY BEGIN TO GROW BAD. When birds have come a great way they often smell so bad that they can scarcely be borne from the rankness of the butter, by managing them in the following manner they may be made as good as ever. Set a large saucepan of clean water on the fire; when it boils take off the butter at the top, then take the fowls out one by one, throw them into that saucepan of water half a minute, whip it out, and dry it in a cloth inside and out; continue till they are all done, scald the pot clean; when the birds are quite cold, season them with mace, pepper and salt, according to taste, put them down close in a pot, and pour clarified butter over them.

BISCUITS. (1) Weigh eight eggs, an equal weight of sugar, and the weight of four in flour; beat up the yolks of five, and put them in an earthen vessel with some rasped lemon-peel and the sugar, beat them together for a long time, then add the whites of eleven eggs also well beaten, then mix in the

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flour by degrees, pour this into paper cases of whatever form and size you please; strew powder sugar over them, and bake in a cool oven.

BISCUITS. (2) Make a pound of flour, the yolk of an egg, and some milk into a very stiff paste; beat it well, knead till quite smooth, roll very thin and cut into biscuits, prick and bake in a slow oven till dry and crisp.

BISCUITS, ALMOND. (1) Blanch and pound a quarter of a pound of sweet almonds, sprinkling them occasionally with fine sugar; then beat them up for a quarter of an hour with an ounce of flour, the yolks of three eggs, and four ounces of fine sugar, adding afterwards the whites of four eggs whipped to a froth: have ready some paper moulds made like boxes, about the length of two fingers square; butter them within, and put in the biscuits, throwing over them equal quantities of flour and powdered sugar: bake in a cool oven, and when the biscuits are done of a good color, take them out of the papers. Bitter almond biscuits are made in the same manner, with this difference, that to two ounces of bitter almonds must be added one ounce of sweet almonds.

BISCUITS, ALMOND. (2) Take eight ounces of sweet, and as many bitter almonds, fifteen whites, and eight yolks of eggs, two ounces of flour, and two pounds of powder sugar, pour boiling water on your almonds, and almost immediately after turn that away and pour cold water on them; rub off the skins one by one with a napkin, then pound them to a paste in a mortar, moistening them with the whites of two eggs. Beat the fifteen whites to a snow, and the eight yolks with half the quantity of the sugar, and then mix them with the almond paste; put the remainder of the sugar into a basin; sift some flour over it; stir the mixture till all the ingredients are thoroughly incorporated, and pour it into small paper cases, glaze them with the sugar and flour sifted over them. Bake them in a pretty warm oven.

BISCUITS, ALMOND (SMALL). Beat up the yolks of three eggs for ten minutes, with four ounces of powder sugar and one ounce of bitter almonds well pounded; then add a whole egg, and beat it up five minutes longer. Whip the whites to a strong froth; mix them and an ounce and half of fine sifted flour with the yolks; work this paste well, and then pour it into small well-buttered copper moulds melon-shaped; glaze them; sprinkle them with powder sugar, and bake for eighteen or twenty minutes in a moderate oven.

BISCUITS, ALMOND (SOUFFLES). Blanch half a pound of sweet almonds, cut them into dice and dry them in the oven. Make a glaze with the whites of two new-laid eggs; mix the almonds and a pinch of crisped orange-flowers into this, and put it into very small paper cases; do not fill them above half full, as they rise considerably in the oven, and would otherwise fall over and spoil their appearance; bake them in a moderately heated oven. As soon as they are pretty firm, they are done.

BISCUITS, ANISE (SMALL). Wash four drachms of starred anise, and dry it in the oven; work up the yolks of five eggs and a quarter of a pound of powder sugar for about ten minutes; whip the whites to a strong froth, and mix them lightly with the yolks: add a quarter of a pound of dry sifted flour and the anise; pour this paste into a paper case, eleven inches long by seven wide. Bake it in a slow oven for about forty or fifty minutes, when, if firm, take it out. As soon as it is cold remove the paper, and cut the biscuits into whatever forms you please: dry them in the oven until they become brittle.

BISCUIT, BREAD. Dry fine flour and powder sugar, of each half a pound, thoroughly: beat up four very fresh eggs for ten minutes, then add the sugar, beat them ten minutes longer, put the flour, and continue beating ten minutes more. Butter your baking plates and bake. Caraway or aniseed may be added, if you please.

BISCUITS, BUTTER. Make a paste as for sweet biscuits, and when you have put in the flour, pour over it eight ounces of melted butter, after it has cooled a little; mix them together a short time with a wooden spoon, and put into buttered moulds, which must only be filled three parts, as the paste puffs up considerably, and would rise from the moulds, without care.

BISCUIT CAKE. (*See Cake.*)

BISCUITS, CHESTNUT. Take six ounces of roasted and skinned chestnuts, a little grated lemon-peel, a pound and a half of powder sugar, and ten whites of eggs. Pound the chestnuts to a paste, and then beat it up in an earthen pan with the other ingredients; when your paste is of a proper thickness, take it up with a knife, and lay it on paper, and form into biscuits whatever size you please. Bake them in a moderate oven, and when of a nice color take them out. Do not remove them from the paper till they are cold.

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BISCUITS, DROP. (1) Pound and sift a pound of fine sugar, take the yolks of seven and the whites of ten eggs and beat well separately for an hour. Dry and sift a pound of fine flour, and when cold mix it with the eggs and sugar, beat all together for a quarter of an hour, drop upon paper, sift sugar over, and bake them.

BISCUITS, DROP. (2) Beat a pound of sugar, the yolks of four, and whites of two eggs, with a little white wine, then put in a pound of flour, and a few seeds, mix all well together. Butter a paper, lay your batter on in spoonfuls, ice them with fine sugar, and set them in a gentle oven.

BISCUITS EN CAPSULE. Put half a pound of fine sugar into an earthen pan, and pour over it the yolks of twelve eggs; put the whites into a preserving-pan, and whisk them for half an hour; in the meantime the sugar and yolks of eggs must be stirred with a wooden spoon, and pour them on the whites; stir them gently, add six ounces of fine flour and two of powder sugar sifted, and the grated rind of a lemon. Mix it all well together, but with great care, lest the snow of the whites should fall. With this fill some small buttered moulds, or paper cases, and bake them in a quick oven to a deep yellow, first sprinkling them with sugar. If they are in moulds, turn them out when baked; but they may remain in the paper cases, which need not be buttered.

BISCUITS, FILBERT. Take half a pound of filberts, an ounce of bitter almonds, the whites of six, and the yolks of three eggs, an ounce of flour, and half a pound of sugar; blanch and pound the filberts and almonds, adding, occasionally, a little white of egg to prevent their oiling. Beat the whites to a snow, then the yolks, mix the latter with half the sugar; beat them well, and having mixed the other ingredients together, put them into a sieve, and whilst you are beating, sift them into the whites; when all are thoroughly incorporated, pour the preparation into paper cases, and bake them in a moderate oven. A little grated lemon-peel, or any other aromatic ingredient added to the yolks, greatly improves these biscuits.

BISCUIT, FRENCH. Weigh five eggs, and their weight in dried and sifted flour, and in finely-pounded loaf sugar; beat the whites of the eggs to a stiff froth, and by degrees beat in the sugar and the flour, and then add the beaten yolks; with a spoon half fill yellow tea-cups, previously rubbed with butter, and sift loaf sugar over the top. Bake them in a quick oven. Or, drop the biscuit in a round form upon sheets of white paper buttered; sift sugar over them.

BISCUIT, KING'S. Put half a pound of butter into a basin, and work it about well with a wooden spoon; break six eggs and whisk them well, add a half pound of powder-sugar, and whisk ten minutes longer, and then mix them with the butter; stir in six ounces of currants, and the same of dried flour. When all is well mixed, drop it, the size of a shilling, on paper, and bake in a quick oven. Take them off while hot.

BISCUIT, LEMAN'S. Sift and dry a pound of fine flour; rub it into a quarter of a pound of butter, two ounces of pounded and sifted loaf sugar, and a bit of volatile salt about the size of a nut; mix in as much new milk warmed as will make it into a stiff paste; work it well together, and let it remain for two or three hours, and then roll it out, and make it into small square biscuits, and into round balls a little flattened; prick them with a fork, and bake them upon tins in a quick oven. Take care they do not become brown.

BISCUITS, NAPLES. Put three-quarters of a pound of fine flour to a pound of fine sifted sugar; sift both together three times, then add six eggs beaten well, and a spoonful of rose-water; when the oven is nearly hot, bake them, but not too wet.

BISCUIT, THE NUNS. Take the whites of twelve eggs, and beat them to a froth; a pound of almonds, blanch them, and beat them with the froth of the whites of eggs, as it rises; then take the yolks, and two pounds of fine sugar and beat them well together, then mix the almonds with the sugar and eggs; then add half a pound of flour, with the peel of four lemons grated, and some citron shred small; put the composition in little cakepans, and bake them in a quick oven, and when they are colored, turn them on tins to harden the bottoms: but before you set them in the oven again, sift on them some double-refined sugar. Let the pans be buttered, and fill them half way.

BISCUITS, POTATO. (1) Beat the yolks of fifteen eggs with a pound of sifted sugar, grate the rind of a lemon on a piece of lump sugar; scrape off the yellow sugar with a knife, and having dried it well, add it to the above, and continue to beat till it becomes quite white; in the meantime whip up an equal number of whites, and mix them lightly with the rest; then sift into it half a pound of potato flour; stir it in, and pour the preparation into paper cases, but not to fill them; glaze, and place the cases on paper

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laid on a clean baking-tin, and bake in a moderate oven.

BISCUIT, POTATO. (2) Beat separately the yolks and whites of fifteen eggs, and with the yolks beat a pound of pounded and sifted loaf sugar, and the grated peel of a lemon; when very light add the whites, and sift in through a silk sieve half a pound of flour of potatoes; mix all lightly together, half fill paper cases, and strew over them roughly pounded sugar, put a piece of paper upon a board, place the paper cases upon it, and bake them in a moderate oven. To ornament them, put here and there upon the top a little red-currant jelly, and serve them.

BISCUITS, THE QUEEN'S. Take a pound and a half of flour, a pound and a half of fine sugar, the whites of twenty-four, and the yolks of eighteen eggs, put in coriander seeds beaten small at discretion; mix these well together, and make them into a soft paste, add a little soft yeast or not. Lay this paste on paper, or in crusts about two inches broad, and four inches long, set them in a moderate oven, and when they begin to turn brown, take them out, and lay them on paper, in a dry place.

BISCUITS, RICE. Take the grated rind of a lemon, the whites of sixteen eggs, the yolks of six, half a pound of rice flour, ten ounces of powder sugar, two ounces of apple, and the same of apricot, marmalade, and two ounces of orange-flowers. Pound the marmalades and orange-flowers together, then add the whites of eggs, whipped to a snow; beat the yolks with the sugar for a quarter of an hour, put them to the rest, and when well mixed in, add the lemon-peel and rice-flour; work all together, pour the preparation into paper cases, bake them in a moderate oven, and glaze them.

BISCUITS, SMALL. Make a paste with a quarter of a pound of flour, three spoonfuls of fine powder sugar, and the same of marmalade; add whites of eggs to work it pretty soft; and make this paste to what shape and size you please.

BISCUITS, SPUNGE. Beat together, for half an hour, four well-beaten eggs, and half a pound of finely-pounded loaf sugar; then mix in lightly six ounces of dried and sifted flour, and the grated peel of a lemon, or a tea-spoonful of essence of lemon, with a table-spoonful of rose water. Flour the pans, fill them half full, and sift pounded sugar over them. Bake them in a quick oven.

BISCUITS, ST. CLOUD. Sift two ounces of rice-flour through a tammy into an earthen pan, with half a pound of powder sugar, the yolks of four eggs, and a little green lemon grated; beat them up together for a quarter of an hour: whisk the whites of eight eggs to a froth and mix them with the yolks. Put this into buttered moulds or paper cases, and bake in a moderate oven. When done take them from the mould while hot, and ice them in the following manner: beat up half the white of an egg and two spoonfuls of powder-sugar with a wooden spoon, add occasionally a few drops of lemon-juice; when it becomes quite white lay it over the biscuits; and place them in the oven a minute to dry.

BISCUIT, SUGAR. (1) The weight of eight eggs in finely-pounded loaf sugar, and of four in dried flour; beat separately the whites and yolks; with the yolks beat the sugar for half an hour, then add the whites and the flour, and a little grated nutmeg, lemon-peel, or pounded cinnamon. Bake them in yellow tea-cups, or drop them upon paper, as the French biscuits.

BISCUIT, SUGAR. (2) Mix together one pound of dried and sifted flour, the same quantity of pounded and sifted loaf sugar, ten well-beaten eggs, and a few pounded cloves. Drop this upon floured tins, and bake it.

BISCUIT, SWEET. One pound of flour, half a pound of butter, the same quantity of finely-pounded sugar, and two eggs, without being beaten; make it all into a very stiff paste with cool water, roll it out, and to form the biscuits, roll a bit of the paste into a ball about the size of the yolk of an egg, flatten it a little, and place them upon tins to bake.

BISCUITS, YARMOUTH. Pick and wash half a pound of currants, dry them well, rub a little flour with them, and put them with half a pound of powder-sugar, three-quarters of a pound of sifted flour, and half a pound of fresh butter; mix them into a paste with three eggs, roll it out to the thickness of the eighth of an inch, cut them into what shapes you please. Bake them of a light color in a hot oven.

BISHOP. Roast four good-sized bitter oranges till they are of a pale brown color; lay them in a tureen, and put over them half a pound of pounded loaf sugar, and three glasses of claret; place the cover on the tureen, and let it stand till next day. When required for use, put the tureen into a pan of boiling water, press the oranges with a spoon, and run the juice through a sieve; then boil the remainder of the bottle of claret, taking

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care that it do not burn; add it to the strained juice, and serve it warm in glasses.

BLANC. A mixture of butter, salt, water, and a slice of lemon; also as follows:—Cut a pound of beef suet, and the same of fat bacon into dice, half a pound of butter, the juice of a lemon, salt and pepper, one or two onions, a bunch of parsley, a little thyme, a bay leaf and spice.

BLANCMANGE. (1) 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. Blancmange may be colored green by adding spinach-juice; red, by a bit of cochineal in brandy, let it stand half an hour and strain it; yellow with saffron.

BLANCMANGE. (2) Boil for a few minutes a pint and a half of new milk, with an ounce of picked isinglass (if in summer, one ounce and a quarter), the rind of half a lemon peeled very thin, a little cinnamon, and a blade of mace, and two and a half ounces of lump sugar: blanch and pound eight or ten bitter, and half an ounce of sweet almonds very fine, with a spoonful of rose water, and mix them with the milk; strain it through a lawn sieve or napkin into a basin, with half a pint of good cream. Let it stand half an hour; pour it into another basin, leaving the sediment at the bottom, and when nearly cold fill it into moulds; when wanted, put your finger round the mould; pull out the blancmange; set it in the centre of a dish, and garnish with slices of orange. N. B.—About half a gill of noyeau may be substituted for the almonds.

BLANCMANGE. (3) Boil till dissolved, in a large tea-cupful of water, three-quarters of an ounce of isinglass; when milk-warm, add it to a quart of rich cream, with a stick of cinnamon, the peel of a lemon, two or three laurel leaves, or a few bitter almonds; sweeten with pounded loaf sugar; stir it over the fire, and let it boil for two or three minutes; strain it through a bit of muslin into a deep dish, and stir it till nearly cold, then pour it into an earthen-ware mould or shape; the following day, dip the mould into warm water for a minute or so, clap it with the hand to loosen the edge, place the glass or china dish over the mould, and turn it out quickly upon the dish. As much cow-heel stock as will half fill the shape may be substituted for the isinglass.

BLANCMANGE. (4) Blanch and pound with a little ratafia, or rose-water, two ounces of sweet, and six bitter almonds; dissolve three-quarters of an ounce of isinglass; add it, when milk-warm, to a quart of good cream; half milk half cream may be used; mix in the almonds the peel of a small lemon, and a bit of cinnamon; sweeten it with pounded loaf sugar, let it stand for two or three hours, put it into a saucepan, stir it constantly, and let it boil for six or eight minutes; strain it through a lawn sieve, and stir it till nearly cold, then pour it into a mould.

BLANCMANGE. (5) Blanch and pound one ounce of sweet almonds with a glass of sherry, and a table-spoonful of pounded loaf sugar; add it to three-quarters of an ounce of isinglass dissolved in half a pint of water, and boil it till the flavor of the almonds be extracted, stirring it all the time; strain it through a bit of thin muslin, and mix with it a quart of good cream; stir it till quite cold, and pour it into a shape.

BLANCMANGE, AMERICAN. Mix half a pint of cold water with two ounces of arrowroot, let it settle for fifteen minutes, pour off the water, and add a table-spoonful of laurel water, and a little sugar; sweeten a quart of new milk, boil it with a little cinnamon, and half the peel of a lemon; pick out the cinnamon and lemon, and pour the boiling milk upon the arrow-root, stirring it all the time. Put it into a mould, and turn it out the following day.

BLANCMANGE, DUTCH. Wash one ounce and a half of isinglass, pour a pint and a half of boiling water over it, let it stand for an hour, and then boil it for twenty minutes; strain, and when it is nearly cold, add the beaten yolks of six eggs, a pint of Lisbon wine, the peel of one and juice of two lemons, with a stick of cinnamon, and sweeten with pounded loaf sugar; stir it over the fire till it begin to simmer, but do not allow it to boil; pick out the peel and cinnamon, pour it into a basin, stir it till nearly cold, and put it into a shape.

BLANCMANGE EGGS. Make a small hole at the end of four or five large eggs, and let out all the egg carefully; wash the shell, drain, and fill them with blancmange, place them in a deep dish filled with rice or barley to keep them steady, and when quite cold, gently break and peel off the shell. Cut the peel of a lemon into delicately fine

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shreds, lay them into a glass dish, and put in the eggs; or serve them in a glass dish with a pink cream round them.

BLACK COCK, MOOR GAME, AND GROUSE, Are all to be dressed like partridges; the black cock will take as much as a pheasant, and moor game and grouse as the partridge. Send up with them currant-jelly and fried bread crumbs.

BOILING. See directions at beginning of the book.

BOLAR CAKE. *See Cake.*

BRANDY PUDDING. *See Pudding.*

BRAISING PAN. A deep well-tinned copper vessel, with two ears, the lid of which must close hermetically, and have a ledge round so that coals or hot ashes may be placed on the top when necessary.

BRAISING. This is a method of dressing meat, poultry, &c. &c. without its undergoing any evaporation. It is done by lining a braising-pan with thin slices of bacon, beef, or veal, upon which place whatever you may intend to *braise*, and also add carrots, onions, lemons, bay leaf, herbs, pepper and salt.

BRAWN, A COLLAR OF. Wash, scrape, and clean very thoroughly a large pig's head, feet, and ears; lay them into salt and water, with a little saltpetre, for three hours. To make the collar larger, boil two ox heels, with the head, feet, and ears, till all the bones can be taken out easily, then put the head round the mould, and the feet and small pieces into the middle; put it together while hot, and press it with a heavy weight till it becomes cold. Boil for half an hour, in as much of the liquor as will cover the brawn, one handful of salt, one ounce of pepper, and one or two bay leaves. When cold, pour it over the brawn.

BRAWN, MOCK. Take the blade bone out of the shoulder, and boil it gently two hours or more, according to the age of the boar. When it is cold, season it very highly with pepper, Cayenne, salt, a very little allspice, minced onion, and thyme. Let it lie a night in this seasoning; the following day, make a savoury forcemeat of pounded veal, ham, beef suet, minced parsley, thyme, and an onion, a little lemon-peel, salt, nutmeg, pepper, and Cayenne; bind it with an egg beaten, and stuff where the bone has been taken out. Put it into a deep pan with the brown side downwards, and lay under it twigs or small sticks, to keep it from sticking to the bottom; pour in a bottle of beer, and put it into the oven. When nearly done, take it out and clear off all the fat, add a bottle of Madeira and the juice of a large lemon, return it to the oven, and bake it till it become as tender as a jelly, so that a straw will pierce it easily. If the boar is an old one, it will require to be baked six or seven hours. This dish is eaten hot.

BRAWN, TO BAKE. Take raw lean brawn, and the same quantity of fat bacon, mince them small, then pound them in a stone mortar, with a handful of sage, seasoned with salt, pepper and ginger, add the yolks of eggs, and some vinegar, then put the brawn into a cold paste, lay on butter and bay leaves, make your pie round and bake it. To be eaten cold.

BREAKFAST CAKE. *See Cake.*

BREAD. (1) Put a quartern of flour into a large basin, with two tea-spoonfuls of salt; make a hole in the middle; then put in a basin four table-spoonfuls of good yeast; stir in a pint of milk, lukewarm; put it in the hole of the flour; stir it just to make it into a thin batter; then strew a little flour over the top; then put it on one side of the fire, and cover it over; let it stand till the next morning; then make it into dough; add half a pint more of warm milk; knead it for ten minutes, and then set it in a warm place by the fire for one hour and a half: then knead it again, and it is ready either for loaves or bricks: bake them from one hour and a half to two hours according to the size.

BREAD. (2) Mix into six pounds of sifted flour one ounce of salt, nearly half a pint of fresh sweet yeast as it comes from the brewery, and a sufficient quantity of warmed milk to make the whole into a stiff dough; work and knead it well upon a pasteboard, on which a little flour has been strewed, for fifteen or twenty minutes, then put it into a deep pan, cover it with a warmed towel, set it before the fire, and let it rise for an hour and a half, or perhaps two hours; cut off a piece of this sponge or dough; knead it well for eight or ten minutes, together with flour merely sufficient to keep it from adhering to the board; put it into small tins, filling them three-quarters full; dent the rolls all round with a knife, and let them stand a few minutes before putting them into the oven. The remainder of the dough must then be worked up for loaves, and baked either in or out of a shape.

BREAD, ALMOND. Take a pound o the best almonds, slice them the round way

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beat and sift a pound of double-refined sugar, and strew it over the almonds as you cut them, stirring them frequently to prevent their sticking together; when all the sugar is used, put them into an earthen basin, with a few carraway seeds, a little gum dragon (dissolved in rose-water and strained), three grains of musk and ambergris dissolved in fine sugar, and the whites of two eggs beaten to a very light froth, and two spoonfuls of fine flour; when well mixed lay them on wafers the size of macaroons; open them with a knife or bodkin, lest two or three pieces stick together; the quicker you lay them, the better they will look; put them into a well-heated oven, taking care they do not scorch; when half baked, take them out, wash them with the white of an egg beaten to a froth, grate a little fine sugar over them, and bake them about half an hour longer.

BREAD AND BUTTER PUDDING. *See Pudding.*

BREAD, CHESTNUT. Roast a hundred fine chestnuts, being careful not to burn them; peel them well, and pound them with butter and double cream; pass them through a sieve; add two eggs, and then strain them again. Weigh your paste, and for every pound, allow half a pound of powder, a little vanilla in powder, and two ounces of flour; mix these together, and form of the preparation as many chestnuts as it will make; lay them on a sheet of wafer paper, butter and *dorez* them several times, and then bake them in a hot oven.

BREAD CHEESECAKES. Slice a large French roll very thin, pour on it some boiling cream; when cold, add six or eight eggs, half a pound of butter melted, some nutmeg, a spoonful of brandy, a little sugar, and half a pound of currants. Put them in puff paste as other cheesecakes.

BREAD, TO SERVE WITH COFFEE. Whip up the whites of ten eggs to a thick snow; add to them the yolks beaten with eight ounces of powder-sugar, place it over a charcoal fire, and whip it for half an hour, then take it from the fire, and whip again until cold. Mix in eight ounces of sifted flour. Have ready buttered two moulds lined with paper, pour the paste into them, and bake them in a moderate oven; when done, take them out of the moulds and remove the paper; when cold, cut them in slices about the size of a finger. Place them on a plate of copper, over a charcoal fire, and when one side is brown, turn them and brown the other side. These if kept dry will be good for a long time.

BREAD CRUMBS, FRIED. Rub bread that has been baked two days, through an iron sieve or cullender; put them into a stew-pan with two ounces of butter; place it over a moderate fire, and stir them with a wooden spoon till of a fine gold color; spread them on a sieve, and let them stand ten minutes to drain, turning them often.

BREAD, FRENCH. Take half a bushel (or six pounds) of flour, put it on the slab, make a hole in the centre, in which put two ounces of yeast; make your dough with warm water, to about the consistence of *brioche;* work it up well, adding two ounces of salt, dissolved in a little warm water; cover, and set it in a warm place to rise; on this part of the operation depends the quality of the bread. Having left the dough one or two hours, (according to the season), knead it again, and leave it as before, for two hours. In the meanwhile, heat the oven, divide the dough into eight equal parts, of which form as many loaves, into any shape you please; put them into the oven as quickly as possible. As soon as they are done, rub the crusts with a little butter, which will give it a fine yellow color.

BREAD, FRENCH, OR ROLLS. Take half a bushel or six pounds of sifted flour, knead it into dough, with two quarts of milk, three-quarters of a pound of warm butter, half a pound of yeast, and two ounces of salt; when the whole is well worked up, cover, and leave it to rise. In two hours time, form it into rolls, and lay them on tinned plates. Place them in a slow oven. When they have been in an hour, put them into a very hot oven for twenty minutes. Rasp them as soon as they are baked.

BREAD FRITTERS. Boil half a pint of milk till reduced to half, with a little sugar, salt, half a spoonful of orange-flower water, and a little lemon-peel shred fine; have ready some pieces of crumb of bread, cut about the size of half-crowns, but thicker; put them into the milk to soak a little, then drain, flour, and fry them. Glaze them with sugar, and pass the salamander over them.

BREAD, LONDON. To make London bread, put a bushel of good flour which has been ground a month or six weeks, in one end of the trough, and make a hole in the middle of it. Take nine quarts of warm water, and mix it with one quart of good yeast; put it into the flour, and stir it well with your hands; let it remain until it rises as high as it will go, which will take about an hour and a quarter. Watch it carefully to its ultimate height, and do not suffer it to

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fall; then make up the dough with eight quarts more of warm water and one pound of salt; work it well with your hands, and then cover it over with a sack or other coarse cloth. Put the fire into the oven; heat it thoroughly, and by the time it is hot, the dough will be ready. Next make the dough into loaves, not exceeding four or five pounds each, sweep out the oven clean, and put in the loaves. Shut the oven close, and they will be baked in about two hours and a half; then open the oven, and draw the bread. In summer the water need not be more than blood warm, but in winter it must be a few degrees higher in heat. During a hard frost, however, the water should be as hot as the hand could bear it, though not sufficiently hot to scald the yeast, as that would spoil the whole batch of bread. Other quantities of bread are made in the same proportion.

BREAD, PLAIN SHORT. The same proportions of flour and butter must be used as in the receipt for short bread; this must be mixed together, rolled out, but not made quite so thick as in the rich kind; but in the same form, pricked with a fork, and pinched all round. A little sugar may be added.

BREAD, RICE. Take a pound of rice, and let it simmer in two quarts of water till it is quite tender; when it is of a proper warmth mix it thoroughly with four pounds of flour, adding yeast and salt, the same as for other bread; the proper quantity of yeast to be used, is about four spoonfuls; knead it well; then set it to rise before the fire. A portion of the flour should be reserved to make up the loaves. If the rice should require more water, it must be added, as some rice swells more than other.

BREAD, SPICED, COMMON. (1) Boil three pounds of honey in a gallon of water for a quarter of an hour; then pour it on the flour in the trough; mix them together well, until the flour will imbibe no more liquid; when a little cooled, add three ounces of potash, infused the night before in half a pint of milk, knead the whole well, putting to it some pounded anise. Roll out the paste, and with paste-cutters of various forms, cut it into little figures, lay them on a well-oiled tin, and bake them; when done, wash them over with milk. With this paste spiced nuts are made; when formed, lay them on tins, and leave in a warm place for two or three days before they are baked.

BREAD, SPICED, (2) FLEMISH. The evening before you wish to make your spiced bread, dissolve three ounces of white potash in half a pint of milk, and set it aside. The next morning put a considerable quantity of sifted flour into a trough make a hole in the heap, into which pour six pounds of clarified honey; whilst boiling, stir it well with a strong spatula, until the honey reduced to a firm paste, will imbibe no more flour, then spread it all over the bottom of the trough, and leave it for about ten or fifteen minutes; at the end of that time, if the paste be sufficiently cool for you to bear your hand on it, rub its surface with the infusion of potash; then let a strong person knead it, in the same manner as the bakers knead bread. Have ready a number of different-sized moulds of pear tree wood, on which are cut (pretty deep) octagons of various dimensions; then cut your paste into as many pieces as you have moulds, in the following proportions:—for the mould containing a pound, take eighteen ounces of paste; for a half pound, fourteen ounces; a quarter of a pound seven ounces of paste, and so on; knead each piece separately on the slab, rub them with flour to prevent their adhering, and then put them into the respective moulds; press it down tight; in a minute or two turn them over, place them on a tin plate (previously rubbed with olive oil), and with a soft brush take off what flour may remain on the surface of the spiced bread, and bake them in a moderate oven. Whilst they are baking, dissolve some isinglass in a sufficient quantity of beer, with which, by means of a hair pencil, wash the outside of the spiced bread as soon as it is done; and then, while it is moist and warm, decorate it with blanched almonds, candied lemon and orange peel, cut into dice. You may, if you think proper, cut these sort of sweet meats into very small pieces, and knead them into your paste at first. When they are nearly cold, separate the pieces with a knife.

BREAD, SHORT. For two pounds of sifted flour allow one pound of butter, salt or fresh; a quarter of a pound of candied orange and lemon peel, of pounded loaf sugar, blanched sweet almonds, and carraway comfits, a quarter of a pound each; cut the lemon, the orange peel, and almonds into small thin bits, and mix them with a pound and a half of the flour, a few of the caraway comfits, and the sugar; melt the butter, and when cool, pour it clear from the sediment into the flour, at the same time mixing it quickly. With the hands, form it into a large round of nearly an inch thick, using the remainder of the flour to make it up with; cut it into four, and with the finger and thumb pinch each bit neatly all round the edge; prick them with a fork, and strew the rest of the carraway comfits over the top. Put the pieces upon white paper dusted with flour, and then upon tins. Bake them in a moderate oven.

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BREAD, TIPSY. Pare off the crust, and cut into thin round slices of four or five inches, the crumb of a twopenny or threepenny roll; spread over each bit raspberry or strawberry jam, and place the slices one over the other pretty high in a glass dish, and pour over them as much sherry, sweetened with sugar, as the bread will soak in; stick round the sides, and over the top, blanched sweet almonds, cut like straws, and pour a custard round it. It may be made the day before, or two or three hours before dinner, and with the crumb of loaf bread.

BREAD SAUCE. *See Sauces.*

BRENTFORD ROLLS. Mix with two pounds of flour a little salt, two ounces of sifted sugar, four ounces of butter, and two eggs beaten with two spoonfuls of yeast, and about a pint of milk; knead the dough well, and set it to rise before the fire. Make twelve rolls, butter tin plates, and set them before the fire again to rise. When of a proper size, bake them for half an hour.

BRIOCHE. Divide half a quartern of flour into three parts, and knead into one of them half an ounce of yeast and a little warm water, wrap it in a cloth and set it by, in summer time for a quarter of an hour, and in winter for a whole hour. When it has risen, put it to the remainder of the flour, with a pound and a half of butter, ten eggs, half a glass of water, and nearly an ounce of salt; knead them together with your hand thoroughly, and then wrap it in a clean napkin and leave it nine or ten hours. Cut the paste into the size you wish to make the cakes, moisten, and roll them in the hand, flatten the top, and gild them with the yolk of an egg. Half an hour will be sufficient to bake the small ones; large cakes will require an hour and a half.

BROILING. See directions at beginning of the book.

BROCCOLI. Set a pan of clean cold water on the table, and a saucepan on the fire with plenty of water, and a handful of salt in it. Broccoli is prepared by stripping off all the side shoots, leaving the top; peel off the skin of the stalk with a knife; cut it close off at the bottom, and put it into the pan of cold water. When the water in the stewpan boils, and the broccoli is ready, put it in; let it boil briskly till the stalks feel tender, from ten to twenty minutes; take it up with a slice, that you may not break it; let it drain, and serve up. If some of the heads of broccoli are much bigger than the others, put them on to boil first, so that they may get all done together. *Obs.*—It makes a nice supper-dish served upon a toast, like asparagus. It is a very delicate vegetable, and you must take it up the moment it is done, and send it to table hot.

BROTH, BARLEY. Chop a leg of beef in pieces, boil it in three gallons of water, with a carrot and a crust of bread, till reduced to half; then strain it off and put it into the pot again with half a pound of barley, four or five heads of celery cut small, a bunch of sweet herbs, an onion, a little chopped parsley, and a few marigolds. Let it boil an hour. Take an old cock or large fowl and put it into the pot, boil till the broth is quite good. Season with salt, take out the onion and herbs, and serve it. The fowl may be omitted.

BROTH, OF BEEF. Wash a leg or shin of beef very clean, crack the bone in two or three places, add to it any trimmings you have of meat, game, or poultry (heads, necks, gizzards or feet) and cover them with cold water. Watch and stir it up well from the bottom, and the moment it begins to simmer, skim it carefully. Your broth must be perfectly clear and limpid—for on this depends the goodness of the soups, sauces, and gravies, of which it is the basis. Then add some cold water to make the remaining scum rise, and skim it again. When the scum has done rising, and the surface of the broth is quite clear, put in one carrot, a head of celery, two turnips, and two onions. It should not have any taste of sweet herbs, spice or garlic; either of these flavors may be added afterward, if desired. Cover it close, set it by the side of the fire, and let it simmer very gently, so as not to waste the broth, for four or five hours or more, according to the weight of the meat. Strain it through a sieve into a clean and dry stone pan, and set it in the coldest place you have.

☞ This is the foundation of all sorts of soups and sauces, brown and white.

BROTH, CHICKEN. Take the remaining parts of a chicken from which panada has been made, all but the rump; skin, and put them into the water it was first boiled in, with the addition of a little mace, onion, and a few pepper-corns, and simmer it. When of a good flavor, put to it a quarter of an ounce of sweet almonds beaten with a spoonful of water; boil it a little while, and when cold, take off the fat.

BROTH, CHICKEN PECTORAL. Prepare a chicken in the usual way, and put it into a saucepan with two pints and a half of water, two ounces of pearl barley,

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the same of rice, and two ounces of the best honey; boil all together, skimming well for three hours, until it be reduced to two-thirds.

BROTH, JELLY. Take a joint of mutton, a capon, a fillet of veal, and three quarts of water; put these into an earthen pan, and boil them over a gentle fire till reduced to half; then squeeze all together, and strain the liquor through a napkin.

BROTH, MUTTON. Take two pounds of scrag of mutton; to take the blood out, put it into a stewpan, and cover it with cold water; when the water becomes milk-warm, pour it off; then put it in four or five pints of water, with a tea-spoonful of salt, a table-spoonful of best grits, and an onion; set it on a slow fire, and when you have taken all the scum off, put in two or three turnips; let it simmer very slowly for two hours, and strain it through a clean sieve.

BROTH, MUTTON, FOR THE SICK. Have a pound and a half of a neck or loin of mutton; take off the skin and the fat, and put it into a saucepan; cover it with cold water, (it will take about a quart to a pound of meat), let it simmer very gently, and skim it well; cover it up, and set it over a moderate fire, where it may stand gently stewing for about an hour; then strain it off. It should be allowed to become cold, when all the greasy particles will float on the surface, and becoming hard, can be easily taken off, and the settlings will remain at the bottom. N. B.—We direct the meat to be done no more than just sufficiently to be eaten; so a sick man may have plenty of good broth for nothing; as by this manner of producing it, the meat furnishes also a good family meal. This is an inoffensive nourishment for sick persons, and the only mutton broth that should be given to convalescents, whose constitutions require replenishing with restorative aliment of easy digestion. The common way of making it with roots, onions, sweet herbs, &c. &c. is too strong for weak stomachs. Plain broth will agree with a delicate stomach, when the least addition of other ingredients would immediately offend it.

BROTH, MEAGRE, OR SOUP WITH HERBS. Set on a kettle of water, put in two or three crusts of bread, and all sorts of good herbs; season with salt; put in butter, and a bunch of sweet herbs; boil it for an hour and a half: then strain it through a sieve, or napkin. This will serve to make lettuce soup, asparagus soup, soup *de sante*, &c. with herbs.

BROTH, MULLAGATAWNY, OR CURRY. Make about two quarts of strong veal broth, seasoned with two onions, a bunch of parsley, salt and pepper; strain it, and have ready a chicken, cut in joints and skinned; put it into the broth, with a table-spoonful of curry-powder; boil the chicken till quite tender, and a little before serving, add the juice of a lemon, and stir in a tea-cupful of cream. Serve boiled rice to eat with this broth.

BROTH, RICE VEAL. Wash clean six pounds of a knuckle of veal, and cut it in two, put it in a saucepan with four quarts of boiling water, half a pound of rice well washed, a little mace, white pepper, and salt, and a handful of chopped parsley; let it boil for two hours. Serve part of the meat in the tureen with the broth. The thick part of the knuckle may be sent up as a separate dish, with parsley and butter poured over it.

BROTH, WHITE. Boil a fowl, and when it is enough, take it up, and put it into a dish; then boil your cream with a blade of mace, and thicken it with eggs; then put in the marrow of one beef bone, and take some of the broth, and mingle them together; put to it a spoonful of white wine, and let it thicken on the fire; then put the fowl bot out of the broth, set it on a chafing-dish of coals, and serve it.

BROWN ROUX, OR THICKENING. Put into a nicely tinned saucepan about a pound of fresh butter, melt it slowly, and dredge in flour till it becomes like a paste, carefully stirring it all the time, put it for a few minutes upon a quick fire, and then return it to where there is less heat, and stir it till it assumes a light brown color, when it may be put into a jar. These thickenings keep for sometime.

BROWNING, Is a convenient article to color those soups or sauces of which it is supposed their deep brown complexion denotes the strength and savouriness of the composition. Burned sugar is also a favorite ingredient with the brewers, who use it under the name of "essentia bina" to color their beer: it is also employed by the brandy makers, in considerable quantity, to color brandy; to which, besides enriching its complexion, it gives that sweetish taste, and fulness in the mouth, which custom has taught brandy drinkers to admire, and prefer to the finest Cognac in its genuine state. When employed for culinary purposes, this is sometimes made with strong gravy, or walnut catchup. Those who like a *gout* of acid may add a little walnut pickle. Put half a pound of pounded lump sugar, and a table-

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spoonful of water, into a clean iron sauce-pan, set it over a slow fire, and keep stirring it with a wooden spoon till it becomes a bright brown color, and begins to smoke; then add to it an ounce of salt, and dilute it by degrees with water, till it is the thickness of soy; let it boil, take off the scum, and strain the liquor into bottles, which must be well stopped: if you have not any of this by you, and you wish to darken the color of your sauces, pound a tea-spoonful of lump sugar, and put it into an iron spoon, with as much water as will dissolve it; hold it over a quick fire till it becomes of a very dark brown color; mix it with the soup, &c. while it is hot.

BRUNSWICK TART. *See Tart.*

BRUSSELS SPROUTS TO BOIL. Trim and wash them perfectly clean, and let them lie an hour in cold water. Put them on in boiling water, with a little salt, and boil them till tender. Drain off the water, and serve them hot.

BUBBLE AND SQUEAK. Chop small some boiled white cabbage; season it with pepper and salt, and fry it with a little butter; pepper and broil some slices of cold boiled salted beef; put the fried cabbage into a dish, and lay round it the slices of broiled beef, and serve it very hot. The beef does best when underdone.

BUNS, BATH. Rub together, with the hand, one pound of fine flour and a half a pound of butter; beat six eggs, and add them to the flour with a table spoonful of good yeast. Mix them all together 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.

BUNS, COMMON. Rub four ounces of butter into two pounds of flour, four ounces of sugar, a few Jamaica peppers, and a few carraway seeds. Put a spoonful or two of cream into a cup of yeast, and as much good milk as will make the above into a light paste; set it by the fire to rise. They will bake quickly on tins; you may add nutmeg.

BUNS, CROSS. To the above mixture put one ounce and a half of ground allspice, cinnamon and mace, mixed, and when half proved, press the form of a cross with a tin mould in the centre, and finish as above

BUNS, PLUM. To two pounds of the plain bun paste, put half a pound of currants, a quarter of a pound of candied orange-peel, cut into small pieces, half a nutmeg grated, half an ounce of mixed spice, such as allspice, cinnamon, &c. Mould them into buns, jag them round the edges with a knife, and proceed as above.

BUNS, PLAIN. To four pounds of sifted flour put one pound of good moist sugar; make a cavity in the centre, and stir in a gill of good yeast, a pint of lukewarm milk, with enough of the flour to make it the thickness of cream; cover it over, and let it lie two hours; then melt to an oil (but not hot) one pound of butter, stir it into the other ingredients, with enough warm milk to make it a soft paste; throw a little flour over, and let them lie an hour; have ready a baking-platter rubbed over with butter; mould with the hand the dough into buns, about the size of a large egg; lay them in rows full three inches apart; set them in a warm place for half an hour, or till they have risen to double their size; bake them in a hot oven of a good color, and wash them over with a brush dipped into milk when drawn from the oven.

BUNS, RICHER. Put four pounds of fine flour into a wooden bowl; set a sponge of it with a gill of yeast and a pint of warm milk; then mix with it one pound of sifted sugar, one pound of oiled fresh butter, coriander seeds, cinnamon, and mace, a small quantity of each, pounded fine. Roll the paste into buns, set them on a baking-plate rubbed with butter, put them in a moderate oven to prove; then wash them with a paste-brush dipped in warm milk, and bake of a good color.

BUNS, SCOTS CHRISTMAS. Take four pounds of raisins stoned, two and a half of currants well cleaned and dried, half a pound of almonds blanched, of candied orange and lemon-peel a quarter of a pound each, cut small; of pounded cloves, pepper, and ginger, half an ounce each, four pounds of flour, and twenty-two ounces of butter. Then rub the butter with the flour, till well mixed together; add a little warm water, and a quarter of a pint of fresh good yeast, and work it into a light smooth paste; cut off nearly one-third of the paste, to form the sheet or case, and lay it aside; with the rest work up the fruit, sweetmeats, and spices; make it into a round form like a thick cheese. Roll out the sheet of paste, lay the bun in the centre, and gather it all round, closing it at the bottom, by wetting the edges of the paste, and cutting it so as to lie quite flat. Turn it up, and run a wire or small skewer through

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from the top to the bottom every here and there, and prick the top with a fork. Double and flour a sheet of gray paper, and lay the bun upon it; bind a piece round the sides, also doubled and floured, to keep the bun in a proper shape. Bake it in a moderate oven.

BUNS, SEED. Take two pounds of plain bun dough, and mix in one ounce of caraway seeds, butter the insides of tart-pans, mould the dough into buns, and put one into each pan; set them to rise in a warm place, and when sufficiently proved, ice them with the white of an egg beat to a froth, lay some pounded sugar over that, and dissolve it with water splashed from the icing-brush. Bake ten minutes.

BURDWAN STEW. Cut into joints a cold fowl or duck, put it into a stewpan, with half a pint of gravy, a large wine-glass of ale, half a one of white wine, the juice of half a lemon, a tea-spoonful of soy and Cayenne; of mushroom catsup, lemon pickle, cucumber vinegar, corach escavecke, a dessert-spoonful each. Heat all thoroughly before serving.

BUTTER BURNT. Put two ounces of fresh butter into a small frying-pan; when it becomes a dark brown color, add to it a table-spoonful and a half of good vinegar, and a little pepper and salt. *Obs.*—This is used as sauce for boiled fish or poached eggs.

BURNET VINEGAR. *See Vinegar.*

BUTTER BISCUITS. *See Biscuits.*

BUTTER CAKES. *See Cakes.*

BUTTER, CLARIFIED. Put the butter in a nice, clean stewpan, over a very clear, slow fire; watch it, and when it is melted, carefully skim off the buttermilk, &c. which will swim on the top; let it stand a minute or two for the impurities to sink to the bottom; then pour the clear butter through a sieve into a clean basin, leaving the sediment at the bottom of the stewpan. *Obs.*—Butter thus purified will be as sweet as marrow, a very useful covering for otted meats, &c. and for frying fish equal to the finest Florence oil; for which purpose it is commonly used by Catholics, and those whose religious tenets will not allow them to eat viands fried in animal oil.

BUTTER, FRENCH MELTED. Mix, in a stewpan, with a quarter of a pound of fresh butter, a table-spoonful of flour, a little salt half a gill of water, half a spoonful of white vinegar, and a little grated nutmeg. Put it on the fire, stir it, and let it thicken, but do not allow it to boil, lest it should taste of the flour.

BUTTER, MELTED. (1) Dust a little flour over a quarter of a pound of butter, put it into a saucepan, with about a wine-glass of water; stir it one way constantly till it be melted, and let it just boil: a round wooden stick, is the best thing to stir butter with in melting. If the butter is to be melted with cream, use the same proportion as of water, but no flour; stir it constantly, and heat it thoroughly, but do not let it boil. To oil butter, cut about a quarter of a pound into slices, put it into a small jar, and place it in a pan of boiling water. When oiled, pour it off clear from the sediment.

BUTTER, MELTED, (2) Is so simple and easy to prepare, that it is a matter of general surprise, that what is done so often, is so seldom done right. It is spoiled nine times out of ten, more from idleness than from ignorance, and rather because the cook won't than because she can't do it; which can only be the case when housekeepers will not allow butter to do it with. Good melted butter cannot be made with mere flour and water; there must be a full and proper proportion of butter. As it must be always on the table, and is the foundation of almost all our sauces, we have,

Melted butter and oysters,
——————— parsley,
——————— anchovies,
——————— eggs,
——————— shrimps,
——————— lobsters,
——————— capers, &c. &c. &c.

I have tried every way of making it; and I trust, that I have written a receipt, (3) which, if the cook will carefully observe, she will constantly succeed in giving satisfaction. In the quantities of the various sauces I have ordered, I have had in view the providing for a family of half a dozen moderate people. Never pour sauce over meat or even put it into the dish; however well made, some of the company may have an antipathy to it; tastes are as different as faces: moreover, if it is sent up separate in a boat, it will keep hot longer, and what is left may be put by for another time, or used for another purpose.

BUTTER, MELTED. (3) Keep a pint stewpan; for this purpose only. Cut two ounces of butter into little bits, that it may melt more easily, and mix more readily; put it into the stewpan with a large tea-spoonful (*i. e.* about three drachms) of flour, (some prefer arrow-root, or potato starch)

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and two table-spoonfuls of milk. When thoroughly mixed, add six table-spoonfuls of water; hold it over the fire, and shake it round every minute (all the while the same way), till it just begins to simmer; then let it stand quietly and boil up. It should be of the thickness of good cream. N. B.—Two table-spoonfuls of mushroom catchup, instead of the milk, will make as good mushroom sauce as need be, and is a superlative accompaniment to either fish, flesh, or fowl. *Obs.*—This is the best way of preparing melted butter; milk mixes with the butter much more easily and more intimately than water alone can be made to do. This is of proper thickness to be mixed at table with flavouring essences, anchovy, mushroom, or cavice, &c. If made merely to pour over vegetables, add a little more milk to it. N. B.—If the butter oils, put a spoonful of cold water to it, and stir it with a spoon; if it is very much oiled, it must be poured backwards and forwards from the stewpan to the sauceboat till it is right again. MEM.—Melted butter made to be mixed with flavouring essences, catchups, &c. should be of the thickness of light batter, that it may adhere to the fish, &c.

BUTTER, OILED. Put two ounces of fresh butter into a saucepan; set it at a distance from the fire, so that it may melt gradually, till it comes to an oil; and pour it off quietly from the dregs. *Obs.*—This will supply the place of olive oil; and by some is preferred to it either for salads or frying.

BUTTER SAUCE. *See Sauce.*

C.

CABBAGE AND CHEESE SOUP. *See Soup.*

CABBAGE, TO STEW. Wash a cabbage well, slice it as for pickling, and put it into a stewpan, with half a tea-cupful of Port wine, and a bit of butter kneaded in flour, a little salt and pepper; stir it till the butter is melted; cover the pan, and let it stew a little, but not to become too soft; as it eats better rather crisp; add a table-spoonful of vinegar, give it one boil, and serve it hot. The wine may be omitted.

CABBAGE, TO PICKLE. Choose two middling-sized, well-colored, and firm red cabbages, shred them very finely, first pulling off the outside leaves; mix with them nearly half a pound of salt, tie it up in a thin cloth, and let it hang for twelve hours; then put it into small jars, and pour over it cold vinegar that has been boiled with a few barberries in it; tie the jar over closely with bladder; or boil, in a quart of vinegar, three bits of ginger, half an ounce of pepper, and a quarter of an ounce of cloves. When cold, pour it over the red cabbage.

CAKES. PREPARATORY REMARKS. The currants and raisins should be prepared as directed under the article headed, Puddings and Pies, and the flour dried before the fire on a large sheet of white paper, then sifted and weighed. Almonds should be blanched by pouring hot water over them, and, after standing some minutes, taking off the skin, then throwing them into rose or cold water. When not pounded, they should be cut lengthwise into thin bits. Sugar should be roughly pounded, rolled with a bottle upon white paper, and then sifted. All spices, after being well dried at the fire, should be finely pounded and sifted. Lemon and orange-peel must be pared very thin, and pounded with a little sugar. The butter, after being weighed, should be laid into cold water, or washed in rose water, and if salt, be well washed in several waters. The yolks and whites of eggs should be separately and long beaten, then strained; two whisks should be kept exclusively for that purpose, as the whites especially require to be managed with the greatest care. A horn spoon should be used for mixing those cakes which are not directed to be beaten with the hand. To make cakes light, salvolatile, or smelling salts, may be added immediately before putting them into the oven, allowing, to a sponge cake, made of one pound of flour, one tea-spoonful; and two or three to a large plum cake. Cheese cakes, queen cakes, sponge biscuits, and small sponge cakes, require a quick oven till they have risen; afterwards the heat should be more moderate. Plum, seed cakes, and all large kinds, must be well soaked, and therefore do not require a brisk oven. To preserve their color, a sheet of white paper is put over them, and after they have risen and become firm, they are turned round. To ascertain if a large cake be sufficiently done, a broad bladed knife is plunged into the centre of it, and if dry and clean when drawn out, the cake is baked; but if anything adheres to the blade, it must instantly be returned to the oven, and the door closed. When the oven is too hot, it is better to lessen the fire than to open the door.

CAKE. Take two pounds and a half of dried and sifted flour, the same of well cleaned and dried currants, two pounds of fresh butter, two of finely-pounded and sifted loaf sugar, a nutmeg grated, a tea-spoonful of pounded cinnamon, one ounce of citron and

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candied orange-peel, cut small, the yolks of sixteen, and the whites of ten eggs, beaten separately; then with the hand beat the butter to a cream, and add the sugar, then the eggs by degrees, and the flour in the same way, and then the currants, sweetmeats, and spice, one glass of orange-flower water, and one of brandy. Butter a tin pan, line it with white paper buttered, put in the cake, and bake it in a moderate oven four hours.

CAKE, ALMOND. Blanch half a pound of sweet, and three ounces of bitter almonds; pound them to a paste in a mortar with orange-flower water; add half a pound of sifted loaf sugar, and a little brandy; whisk separately, for half an hour, the whites and yolks of twenty eggs, add the yolks to the almonds and sugar, and then stir in the whites, and beat them all well together. Butter a tin pan, sift bread raspings over it, put the cake into it, over the top of which strew sifted loaf sugar. Bake it in a quick oven for half or three-quarters of an hour.

CAKES, ALMOND SMALL. One pound of butter beaten to a cream, half a pound of finely-pounded and sifted loaf sugar, half a pound of dried and sifted flour, and the same quantity of blanched sweet almonds cut into thin small bits, one well-beaten egg, and a little rose water, must be mixed well together, and with a spoon dropped upon wafer paper or tins, and then baked.

CAKE, ALMOND. (1) Take eight ounces of Jordan and one ounce of bitter almonds, blanch and pound them very fine; then beat in with the almonds the yolks of eight eggs, and whisk up the whites to a solid froth. Then take eight table-spoonfuls of sifted sugar, five spoonfuls of fine flour, a small quantity of grated lemon-peel and pounded cinnamon, and mix all the ingredients. Rub the inside of a mould with fresh butter, fill it with the mixture and bake it of a light color.

CAKE, ALMOND. (2) Put a gill of flour upon a pie-board, and make a hole in the middle to receive a piece of butter the size of an egg, a little salt, a quarter of a pound of fine sugar, and six ounces of sweet almonds pounded very fine: knead the whole, and form it into a cake; bake, and glaze it with sugar and a hot salamander.

CAKE, ALMOND. (3) Weigh three eggs in their shells, take the same weight of flour, of the finest fresh butter, and of grated loaf sugar. Pound with these ingredients three ounces of sweet almonds blanched; add a little grated lemon-peel, or orange-flower water, and the whites and yolks of three eggs. Continue pounding till the whole forms a smooth paste. Butter the bottom of a baking-pan, and put in the cake with fire above and below. This cake may be served either hot or cold, with grated sugar over it.

CAKES, ANISEED. Put in an earthen pan eight ounces of sugar pounded, and the yolks of ten eggs; stir them together with a wooden spoon for half an hour. In the meantime have the whites of your eggs whipped to a thick snow, and then pour in the sugar and yolks. When thoroughly mixed, add an ounce of good aniseed, previously washed and dried, and ten ounces of flour; stir the whole gently, and then with a spoon lay it on white paper in cakes about the size of a crown-piece; sprinkle them with fine sugar, and bake. Remove them from the paper, while hot, with a knife.

CAKE, APPLE. Pare and core a d en apples, and make them into marmalade, with the *zeste* of a lemon and a little cinnamon, and pass them through a bolting; put them into a stewpan, with a spoonful of potato flour, half a pound of sugar, and two ounces of butter; dry it over the fire, and when cold add to it six eggs, stir them well in, and having buttered a mould, pour your preparation into it, and bake it in a slow oven; when done, turn it in a dish and serve it.

CAKE, ABERDEEN CRULLA. Beat to a cream a quarter of a pound of fresh butter, and mix with it the same quantity of pounded and sifted loaf sugar, and four well-beaten eggs; add flour till thick enough to roll out; cut the paste into oblong pieces about four or five inches in length; with a paste cutter, divide the centre into three or four strips; wet the edges, and plait one bar over the other, so as to meet in the centre; throw them into boiling lard, or clarified suet; when fried of a light brown, drain them before the fire, and serve them in a napkin, with or without grated loaf sugar strewed over them.

CAKE, BANBURY. Set a sponge with two table-spoonfuls of thick yeast, a gill of warm milk, and a pound of flour; when it has worked a little, mix with it half a pound of currants, washed and picked, half a pound of candied orange and lemon peel cut small, one ounce of spice, such as ground cinnamon, allspice, ginger, and grated nutmeg: mix the whole together with half a pound of honey; roll out puff paste a quarter of an inch thick, cut it into rounds with a cutter, about four inches over, lay on each with a spoon a small quantity of the mixture;

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close it round with the fingers in the form of an oval; place the join underneath; press it flat with the hand; sift sugar over it, and bake them on a plate a quarter of an hour.

CAKES, BATH BREAKFAST. Rub into two pounds of flour half a pound of butter, and mix with it one pint of milk a little warmed, a quarter of a pint of fresh yeast, four well-beaten eggs, and a tea-spoonful of salt; cover it, and let it stand before the fire to rise for three-quarters of an hour; make it into thick cakes about the size of the inside of a dinner plate; bake them in a quick oven, then cut them into three, that the middle slice, as also the top and bottom may be well buttered. Serve them very hot.

CAKE, BAIRN BRACK. To three pounds of dried flour allow one pound of fresh butter, one pound of good brown sugar, two ounces of caraway seeds, eight well-beaten eggs, three table-spoonfuls of fresh yeast, and some grated nutmeg; dissolve the butter in a pint of milk, so as to make the whole into a dough, not very stiff; work it well; cover it with a cloth, and set it before the fire to rise; when well risen, bake it in a buttered tin. When it becomes dry, it may be toasted and eaten with butter.

CAKES, BONNET. Boil in half a pint of water, for ten minutes, a bit of cinnamon, and of lemon-peel; strain, and mix it with three table-spoonfuls of flour, and stir it over the fire for two or three minutes; add a bit of butter the size of a walnut; when cold, mix in the beaten yolks of two eggs, a little salt and pepper; beat it well, drop a dessert-spoonful of the mixture into boiling lard, then drain them upon the back of a sieve, and when served, throw over pounded loaf sugar. Instead of the salt and pepper, a little preserve may be dropped upon each, before the sugar is thrown over.

CAKE, BABA. Take the fourth part of two pounds of flour, lay it on your paste-board or slab, and having made a hole in the middle of it, put in half an ounce of yeast, work it up with one hand, whilst with the other you pour in warm water; make it into a rather soft paste, put into a wooden bowl, first pricking it in a few places, cover it with a cloth and let it stand. When it has risen well, take the remainder of the flour, and spread it on the first made paste; mix them well together, adding to them half an ounce of salt, six eggs, a pound of fresh butter, half a pound of stoned raisins, two ounces of currants, half a glass of Malaga wine, and a little saffron in powder. Work them up together thoroughly, roll it out two or three times, and then let it stand for six hours; then having buttered a mould, pour in your preparation and bake it.

CAKE, BOLAR. One pound of flour dried in a slow oven, two spoonfuls of yeast, some almond milk, and water to mix for a sponge; when raised, beat up three-quarters of a pound of clarified butter, three eggs, and three-quarters of a pound of sugar, well-beaten till the spoon comes clean away; then add cinnamon powder, candied orange and lemon. Bake in earthen basins, well buttered; keep it before the fire till put in the oven.

CAKE, BOLAR. When the sponge is beat, as for the last, instead of mixing the sugar, it is rolled in the sugar and cinnamon

CAKE, DUTCH BOLAR. Done, as above, without sugar; then prick holes with a sharp pointed knife, and while it is hot pour in three-quarters of a pound of clarified sugar, flavored with cinnamon or orange-flower. Almonds and sweetmeats are previously put in the cake. Ornament your cake with harlequin sugar-plums. This was a favorite cake of Queen Charlotte.

CAKE, BREAD. Take the quantity of a quartern loaf from the dough when making white bread, and knead well into it two ounces of butter, two of Lisbon sugar, and eight of currants. Warm the butter in a tea-cupful of good milk. By the addition of an ounce of butter, or sugar, or an egg or two, you may make the cake better. A tea-cupful of raw cream improves it much. It is best to bake it in a pan, rather than as a loaf, the outside being less hard.

CAKE, BRIDE. Take four pounds of fine flour well dried, four pounds of fresh butter, two pounds of loaf sugar, pounded and sifted fine, a quarter of an ounce of mace, and the same quantity of nutmegs; to every pound of flour put eight eggs; wash and pick four pounds of currants, and dry them before the fire; blanch a pound of sweet almonds, and cut them lengthways, very thin, a pound of citron, a pound of candied orange, a pound of candied lemon, and half a pint of brandy; first work the butter with your hand to a cream, then beat in your sugar a quarter of an hour; beat the whites of your eggs to a very strong froth; mix them with your sugar and butter; beat the yolks half an hour, at least, and mix them with your cake; then put in your flour, mace, and nutmeg; keep beating it till the oven is ready; put in your brandy, and beat the currants and almonds lightly in; tie three sheets of paper round the bottom of your hoops to keep it from running

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out; rub it well with butter, put in your cake, and the sweetmeats in three lays, with cake between every lay; after it is risen and colored, cover it with paper before your oven is stopped up; it will take three hours baking.

CAKE, BRIE. Take some rich cheese, knead it with a pint and half of flour, three quarters of a pound of butter, and a little salt; moisten it with five or six eggs beaten up; when it is well kneaded, let it stand for an hour; then form your cake and bake as usual.

CAKES, BENTON-TEA. Rub into a pound of flour, six ounces of butter, and three spoonfuls of yeast, and make into a paste with new milk; make into biscuits, and prick them with a clean fork.

CAKES, BUTTER. Beat a dish of butter with your hands to a cream, add two pounds of sifted sugar, three pounds of dried flour, and twenty-four eggs, leave out half the whites, and then beat all together for an hour; when you are going to put it in the oven add a quarter of an ounce of mace and a nutmeg, a little sack and brandy, seeds and currants, if you think proper.

CAKE, WITHOUT BUTTER. Take the weight of three eggs in sugar, and the weight of two in flour; when the five eggs are well beaten, gradually add the sugar, and then the flour, with a little grated lemon-peel, or a few caraway seeds. Bake it in a tin mould, in rather a quick oven.

CAKES, CHESHIRE. Beat for half an hour the yolks of eight, and the whites of five eggs; add half a pound of pounded and sifted loaf sugar, a quarter of a pound of dried and sifted flour, and the grated peel of a small lemon; beat all well together, and bake it in a floured tin.

CAKES, CARAWAY. (1) Three quarters of a pound of flour, half a pound of butter well rubbed into it, a quarter of a pound of sifted loaf sugar, and some caraway seeds; make these into a stiff paste with a little cold water, roll it out two or three times, cut it into round cakes, prick them, and bake them upon floured tins. For a change, currants may be substituted for the caraway seeds.

CAKES, CARAWAY. (2) Mix half a pound of sifted loaf sugar with a pound of flour and a quarter of a pound of butter, add some caraway seeds; make it into a stiff paste, with three well-beaten eggs, and a little rose water; roll it out thin, cut it into round cakes, prick them with a fork, and bake them upon floured tins in a quick oven.

CAKES, CURD CHEESE. Boil, in two quarts of cream, the well-beaten yolks of four, and the whites of five eggs; drain off the whey gently, and mix with the curd grated nutmeg, pounded cinnamon, three table-spoonfuls of best rose water, as much white wine, four ounces of pounded loaf sugar, the same quantity of butter beaten to a cream, and of pounded biscuit. Mix all these ingredients well together, and stir in a quarter of a pound of currants. Bake it in a large tin, or in patty-pans lined with paste; or it may be baked in a dish previously buttered.

CAKES, CURRANT. (1) Take two pounds of fine flour, one pound and a half of butter, the yolks of five or six eggs, one pound and a half of sugar, six spoonfuls of white wine, three spoonfuls of caraway seeds, two nutmegs, and one pound of currants; beat up the butter with your hand till it is very thin; dry the flour well; put in the caraway seeds, and nutmegs, finely grated; afterwards put them all into your batter, with the eggs, white wine, and rose water; mingle them well together; put in the currants; let your oven be pretty hot, and as soon as they are colored they will be sufficiently done.

CAKES, CURRANT. (2) Take half a pound of cleaned and dried currants, the same quantity of dried and sifted flour, a quarter of a pound of pounded sugar, a quarter of a pound of fresh butter, four yolks, and three whites of eggs, both well beaten, and a little grated nutmeg or pounded cinnamon; then beat the butter to a cream; add the sugar, and then the eggs and the flour; beat these well for twenty minutes, mix in the currants and the grated nutmeg. Drop the cakes in a round form upon buttered paper, or bake them in small tins in a quick oven.

CAKES, CURRANT. (3) Take six ounces of currants, the same quantity of pounded loaf sugar, a little grated nutmeg, half a pound of butter, and three-quarters of a pound of dried and sifted flour; rub the butter with the flour till they be well mixed, then add the other ingredients, and bind them with three beaten yolks of eggs, and two or three spoonfuls of rose or orange-flower water; roll it out, and cut it into round cakes with the top of a wine glass or a tin.

CAKE, COMMON. (1) Take two

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quarts of flour, mix with it three-quarters of a pound of butter, a tea-cupful of fresh yeast, one pint of milk, nine well-beaten eggs, two pounds of well-cleaned currants, one pound and a half of good brown sugar, the grated peel of a lemon, and one nutmeg; a glass of brandy must be stirred in just before it be put into a buttered tin. Bake it for two hours or more.

CAKE, COMMON. (2) Rub into one pound of flour a quarter of a pound of good butter; mix, with two well-beaten eggs, and a table-spoonful of fresh yeast, as much warm milk as will make the flour into a very thick batter. Let this remain near the fire, covered with a cloth for an hour, then mix into it six ounces of good brown sugar, and nine ounces of well-cleaned and dried currants; let it stand again for half an hour, and bake it in a buttered tin for an hour.

CAKE, COMMON. (3) One pound and a half of flour, one pound of good brown sugar, eight well-beaten eggs, and one ounce of caraway seeds, are to be mixed together; then add of fresh yeast, milk, and of water, one table-spoonful each. Let it stand a little time, and bake it in a floured tin.

CAKES, COLD HARBOR. Dissolve one ounce of butter in as much milk warmed as will make four pounds of flour into a stiff paste; about two pints may be required; add half a tea-spoonful of salt, one egg beaten together with a table-spoonful of yeast; mix it all well, cover it with a cloth, and let it remain before the fire for half an hour; then make it into small round balls, and bake them upon tins in a quick oven.

CAKES, CREAM. (1) Put a pound of flour upon a pie-board; make a hole in the middle, put in half a pint of clotted cream, and a little salt; mix the paste lightly, let it stand for half an hour, then add half a pound of butter; roll it out five times, the same as puff paste, and form it into small cakes; gild them with the yolk of egg, and bake in an oven.

CAKES, CREAM. (2) Sift some double-refined sugar; beat the whites of seven or eight eggs; shake in as many spoonfuls of the sugar; grate in the rind of a large lemon; drop the froth on a paper, laid on tin, in lumps at a distance; sift a good deal of sugar over them; set them in a moderate oven; the froth will rise; just color them; you may put raspberry jam, and stick two bottoms together; put them in a cool oven to dry.

CAKES, CREAM. (3) Put into a stewpan, two glasses of cream, a quarter of a pound of butter, the rind of a lemon, cut small, a quarter of a pound of powder-sugar, and a pinch of salt. Set it on the fire, and when it begins to boil, put it by the side of the stove; take out the lemon-peel, and add, by degrees, as much flour as the liquid will bear; keep stirring it constantly, and place it on the fire again, for five minutes, then pour it into a basin; add to it, one by one, as many eggs as will make the paste stick to the fingers; put the paste on a slab, and make your cakes of a round form.

CAKES, CANAPES. Roll out three quarters of a pound of puff paste, keeping it long and narrow; do not let it be more than a quarter of an inch thick, and about three inches wide. Cut the paste across with a sharp knife, in slips three-eights of an inch in width, and place them on the cut side, on a baking-plate, each two inches apart; bake them in a hot oven, and when nicely colored, sprinkle them with sugar, and glaze them. When done, remove them from the plate; and just before they are served, mask them with apricot marmalade, or any other you may like better, and arrange them on your dish *en couronne*.

CAKES, CURD. Take a quart of curds, eight eggs, leaving out four whites; put in sugar, grated nutmeg, and a little flour; mix these well together, heat butter, in a frying-pan, drop them in, and fry like fritters.

CAKES, DERBY OR SHORT. Rub in with the hand one pound of butter into two pounds of sifted flour; put one pound of currants, one pound of good moist sugar, and one egg; mix all together with half a pint of milk: roll it out thin, and cut them into round cakes with a cutter; lay them on a clean baking-plate, and put them into a middling-heated oven for about five minutes.

CAKE, DIET BREAD. Boil, in half a pint of water, one pound and a half of lump sugar; have ready one pint of eggs, three parts yolks, in a pan; pour in the sugar, and whisk it quick till cold, or about a quarter of an hour; then stir in two pounds of sifted flour; case the inside of square tins with white paper; fill them three parts full; sift a little sugar over, and bake it in a warm oven, and while hot remove them from the moulds.

CAKE, DAUPHINE. Beat separately the whites and yolks of twenty eggs; to the yolks add a pound of pounded and sifted loaf sugar, the grated peel of one lemon, and

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two or three table-spoonfuls of orange-flower water; then stir in the whites, and lightly mix in half a pound of dried and sifted flour. Bake it in a moderate oven.

CAKE, FASHION. Mix a handful of flour with a pint of good cream, half a pound of beef suet, melted and sifted, a quarter of a pound of powder-sugar, half a pound of raisins, stoned and chopped, dried flowers of orange, a glass of brandy, a little coriander, and salt; bake it as all other cakes, about an hour, and glaze or garnish it.

CAKE, FOURRES. Make a puff paste, form it into two equal parts the size of the dish in which you mean to place your cake, and the thickness of two crowns each; then take one of the cakes and put upon it some sweetmeats, leaving about an inch, as a border, all round; wet it with water and place the other cake upon it, draw up the edges carefully with your fingers; gild them with the yolk of egg, and bake them in an oven.

CAKE, FRENCH. Twelve eggs, the yolks and whites beaten well and separately, one pound of pounded and sifted loaf sugar, the grated peel of a large lemon, half a pound of sifted and dried flour, the same weight of sifted and dried ground rice, four ounces of sweet, and one of bitter almonds, pounded in a mortar together, with a table-spoonful of orange-flower water. Mix all these ingredients gradually, and beat them well. Paper the pan, and bake the cake for one hour.

CAKE, FAMILY. Take rice and flour, of each six ounces, the yolks and whites of nine eggs, half a pound of lump sugar, pounded and sifted, and half an ounce of caraway seeds. Having beaten this one hour, bake it for the same time in a quick oven. This is a very light cake, and is very proper for young people and delicate stomachs.

CAKES, RICH GINGERBREAD. To one pound of dried and sifted flour, allow half a pound of pounded loaf sugar, three-quarters of a pound of fresh butter washed in rose water, one pound of treacle, one nutmeg grated, the weight of a nutmeg of pounded mace, and as much of pounded cinnamon, one ounce of pounded ginger, one and a half of candied orange and lemon-peel, cut small, half an ounce of blanched sweet almonds, cut it into long thin bits, and two well-beaten eggs. Melt the butter with the treacle, and when nearly cold, stir in the eggs and the rest of the ingredients; mix all well together, make it into round cakes, and bake them upon tins.

CAKE, GINGERBREAD. Take two pounds of treacle, two and a quarter of flour, of brown sugar and fresh butter three-quarters of a pound each, four ounces of caraway seeds, the same quantity of candied orange-peel cut small, four well-beaten eggs, and half an ounce of pearl ashes; beat the butter to a cream, and mix it with the rest of the ingredients. The next day work it well up, and bake it in a buttered tin.

CAKE, GLOVE. With flour make into a paste thick enough to roll out, the beaten yolks of ten eggs, five table-spoonfuls of rich sweet cream, a little sugar, and some cardamons; cut it into fanciful forms with small tins, and throw them into fresh boiling lard or butter; when of a light brown color, drain them before the fire. If fried in butter, add a little water to the butter, and make it boiling hot.

CAKES, GIRDLE. Rub three ounces of fresh butter into one pound of flour, with half a tea-spoonful of salt; moisten with a sufficiency of sweet butter-milk to make it into a paste; roll it out, and cut it into cakes with a cup or tumbler, and bake them upon a girdle.

CAKES, HONEY. One pound and a half of dried and sifted flour, three-quarters of a pound of honey, half a pound of finely pounded loaf sugar, a quarter of a pound of citron, and half an ounce of orange-peel cut small, of pounded ginger and cinnamon, three quarters of an ounce. Melt the sugar with the honey, and mix in the other ingredients; roll out the paste, and cut it into small cakes of any form.

CAKES, HEART. With your hand work a pound of butter to a cream, then put to it twelve eggs, with only six of the whites well-beaten, a pound of dried flour, a pound of sifted sugar, four spoonfuls of good brandy, and a pound of currants washed and dried before the fire. As the pans are filled, put in two ounces of candied orange and citron, and continue beating the cake till you put it into the oven. This quantity will be sufficient to fill three dozen of middling sized pans.

CAKES, IRISH SEED. Beat to a cream eight ounces of fresh butter, and a quarter of a pint of rose water, putting in a table-spoonful of rose water at a time; by degrees, mix into it a pound of sifted loaf sugar, and then nine well-beaten eggs; add twelve ounces of flour, and three of flour of rice dried and sifted, a quarter of a pound of blanched and pounded sweet or bitter almonds, a tea-spoonful of essence of lemon,

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and one ounce of caraway seeds; beat all these well together; bake it in a cake tin, which must be buttered and lined with paper, also buttered. It will require about one hour and a half to bake in a quick oven. It may be made without the almonds or the essence of lemon.

CAKES, LITTLE. To a pound of flour dried, add a pound of lump sugar rolled very fine, the peel of two lemons chopped small, and five ounces of butter; mix them thoroughly; let it stand sometime before the fire, then add three eggs well beaten, the whites separately, pick them with a fork into small lumps, and bake them on a tin: this quantity will make about eighty cakes. Instead of lemon-peel you may, if you please, add sixty bitter almonds blanched and beaten with white of egg until they are quite fine.

CAKES, MANON. Form some puff paste into an under-crust and cover some baking-plates with it; then spread all over them some *frangipane*, or marmalade, of whatever sort you please; add some sweetmeat, and then cover with a very thin crust; gild and ornament them, then put them in the oven; when they are three parts done, sprinkle them with sugar, and glaze. When they are glazed put them to finish baking in a more gentle oven, and when done take them out of the tins, and serve them either hot or cold.

CAKES, MONTROSE. Of dried and sifted flour, pounded and sifted loaf sugar, and of fresh butter, one pound each will be required, also twelve well-beaten eggs, three quarters of a pound of cleaned and dried currants; beat the butter to a cream with the sugar; add the eggs by degrees, and then the flour and currants, with two table-spoonfuls of brandy, one of rose water, and half a grated nutmeg; beat all well together for twenty or thirty minutes, when it is to be put into small buttered tins, half filling them, and baking them in a quick oven. The currants may be omitted.

CAKES, MEAT. *See Meat.*

CAKES, NUNS. Take four pounds of very fine flour, and mix with it three pounds of double-refined sugar, finely beat and sifted; dry them by the fire till your other materials are prepared; take four pounds of butter, beat it in your hands till it is very soft like cream; beat thirty-four eggs, leave out sixteen whites and take out the treads from all; beat the eggs and butter together till it appears like butter, pour in four or five spoonfuls of rose or orange-flower water, and beat it again; then take your flour and sugar with six ounces of caraway seeds; strew it in by degrees, beating it up all the while, for two hours together; put in as much tincture of cinnamon, or ambergris, as you please; butter your hoop, and let it stand three hours in a moderate oven.

CAKES, NUNS' BEADS. Pound in a mortar four ounces of good cheese, with a little salt, the beaten yolks of three eggs, and some crumbs of bread; roll them as large as walnuts, cover them with puff paste, and fry them in butter a light brown color. Serve them in a napkin.

CAKES, OATMEAL. One only should be made at a time, as the mixture dries quickly. Put two or three handfuls of meal into a bowl, and moisten it with water merely sufficient to form it into a cake, knead it out round and round with the hands upon the paste-board, strewing meal under and over it; it may be made as thin as a wafer, or thicker, according to taste, and put it on a hot iron plate, called a girdle. Bake it till it be a light brown on the under side, then take it off, and toast that side before the fire which was uppermost on the girdle. The toaster is such as is commonly used for heating smoothing irons, having a back to support the cake. To make these cakes soft, they must not be toasted before the fire, but both sides done quickly on the girdle.

CAKE, PLUM. Three pounds of flour, three pounds of currants, three-quarters of a pound of almonds, blanched and beat grossly, about half an ounce of them bitter, four ounces of sugar, seven yolks and six whites of eggs, one pint of cream, two pounds of butter, half a pint of good ale yeast; mix the eggs and the yeast together, strain them; set the cream on the fire, melt the butter in it; stir in the almonds, and half a pint of sack, part of which should be put to the almonds while beating; mix together the flour, currants and sugar, what nutmegs, cloves and mace are liked: stir these to the cream: put in the yeast.

CAKES, POTATO CHEESE. (1) Boil and peel half a pound of good potatoes, bruise them in a mortar, and when nearly cold drop in the yolk and white of an egg at intervals, until four have been added, beating the potatoes well all the time; then add a quarter of a pound of sifted bread crumbs, and put in two more eggs. Beat to a cream six ounces of fresh butter, with the same quantity of pounded loaf sugar; put it into the mortar, with the grated peel of one lemon, and mix all thoroughly. Line the patty-pans with paste, fill them three

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parts full, and bake them in a moderate oven.

CAKES, POTATO CHEESE. (2) Pound in a mortar five ounces of potatoes with four of fresh butter, and the same quantity of pounded loaf sugar, the grated peel and juice of half a lemon, three well-beaten eggs, and a table-spoonful of brandy; mix all well together, and bake as before directed.

CAKES, PARLIAMENT. Put into a sauce pan two pounds of treacle, and when it boils, add a quarter of a pound of butter, and pour it upon two pounds of flour; add a little alum, and a bit of pearlash about the size of a nut, and an ounce of ginger. Work it well with the hand till quite smooth; let it stand a day and a night, then roll it out very thin, and cut it into oblong cakes.

CAKE, POUND. (1) Take one pound of dried and sifted flour, the same quantity of sifted loaf sugar, and of fresh butter washed in rose water; the well-beaten yolks of twelve, and the whites of six eggs; then with the hand beat the butter to a cream, by degrees add the sugar, then the eggs and the flour; beat it all well together for an hour. Bake it in a tin pan buttered, or in small ones in a quick oven.

CAKE, POUND. (2) Take of dried and sifted flour, sifted loaf sugar, fresh butter, cleaned and dried currants, one pound each, and twelve eggs; then whisk the yolks and whites of the eggs separately, while another with the hand beats the butter to a cream; and as the froth rises upon the eggs add it to the butter, and continue so doing till it is all beaten in; mix the flour and sugar together, and add them by degrees; the last thing, mix in the currants, together with a glass of brandy. It will require to be beaten during a whole hour. Bake it in a buttered tin.

CAKE, POUND. (3) To a pound of sifted sugar, add a pound of fresh butter, and mix them with the hand ten minutes; put to them nine yolks and five whites of eggs well-beaten; whisk all well, and add a pound of sifted flour, a few caraway seeds, a quarter of a pound of candied orange-peel cut into slices, a few currants washed and picked, and mix all together as light as possible.

CAKE, QUEEN. Beat one pound of butter to a 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.

CAKE, ROYAL. Put a very little lemon-peel, shred fine, into a stewpan, with two ounces of sugar, a small pinch of salt, a piece of butter half the size of an egg, a glass of water, and four or five spoonfuls of flour; stir over the fire till the paste becomes thick, and begins to adhere to the stewpan; then take it off, put in an egg, and stir it in the paste till it is well mixed; continue to add one egg at a time, till the paste softens without becoming liquid; then put in some dried orange flowers, and two bitter almond biscuits, the whole shred fine; make the paste into little cakes, about the size round of a half-crown; put them on buttered paper, gild them with the yolk of an egg beat up, and bake half an hour in an oven moderately hot.

CAKE, RICH. To two pounds and a half of dried and sifted flour allow the same quantity of fresh butter washed with rose-water, two pounds of finely-pounded loaf sugar, three pounds of cleaned and dried currants, one nutmeg grated, half a pound of sweetmeats cut small, a quarter of a pound of blanched almonds pounded with a little rose-water, and twenty eggs, the yolks and whites separately beaten. The butter must be beaten with the hand till it become like cream; then add the sugar, and by degrees the eggs, after these the rest of the ingredients, mixing in at last the currants, with a tea-cupful of brandy, and nearly as much orange-flower water. This mixture must be beaten together rather more than an hour, then put into a cakepan, which has previously been buttered, and lined with buttered paper; fill it rather more than three-quarters full. It should be baked in a moderate oven for three hours, and then cooled gradually, by at first letting it stand sometime at the mouth of the oven.

CAKE, RICE. (1) Whisk ten eggs for half an hour, add to them half a pound of flour of rice, half a pound of pounded and sifted loaf sugar, and the grated peel of two lemons; mix this into half a pound of fresh butter, previously beaten to a cream. Bake the cake in a buttered tin.

CAKE, RICE. (2) Take six ounces of ground rice, six ounces of flour, three-quarters of a pound of fine sugar sifted, nine eggs, the yolks and whites beaten separately; mix all well together, grate in the rind of a lemon, and beat it well half an hour.

CAKES, LITTLE RICE. Whisk well six yolks and two whites of eggs; then with

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a horn spoon beat in six ounces of finely-pounded loaf sugar, add eight ounces of sifted ground rice, and two table-spoonfuls of orange-flower or rose water, or the grated peel of a lemon, and just before the mixture is to be put into the tins, stir into it six ounces of fresh butter melted; dust the patty pans with flour, or rub them with butter; let them be half filled, and bake the cakes in a quick oven.

CAKES, SMALL ROUT. Rub into one pound of dried and sifted flour, half a pound of butter, six ounces of pounded and sifted loaf sugar, and the yolks of two well-beaten eggs; mix them all into a paste with a little rosewater; divide the quantity, put a few dried currants or caraway seeds into one half; roll out the paste, cut it into small round cakes, and bake them upon buttered tins.

CAKE RICE, A SWEET DISH. Wash well and drain a quarter of a pound of rice. Boil with a quart of fresh cream the peel of one lemon, and when nearly cold take it out and put in the rice; place the sauce pan over a slow fire, and when the rice has swollen, add a little salt, and sweeten with pounded loaf sugar; when the rice is quite tender, add the yolks of eight eggs, and mix in gradually the beaten whites, with a good bit of fresh butter, and pour it into a mould; turn this round, that the butter may equally cover every part of it, then pour out the butter, and strew over the inside a layer of grated bread; with a paste brush or a slip of paper, sprinkle all over it some of the clarified butter, add more grated bread, pour in the rice, and bake it in a moderate oven for an hour. Turn it out upon a dish, and serve it with or without a garnishing of preserved raspberries, cherries, or currants.

CAKES, SPANISH. Rub, till quite fine and smooth, one pound of butter with two pounds of flour, then add a pound of good brown sugar, rolled fine; mix all together with four well-beaten eggs; break the paste into small bits or knobs, and bake them upon floured tins.

CAKES, SHREWSBURY. Take a pound of butter, and put it in a little flat pan, rub it till it is as fine as cream, then take one pound of powdered sugar, a little cinnamon and mace pounded, and four eggs, yolks and whites together; beat them with your hand till it is very light; then take one pound and a half of sifted flour, work it together, and roll it on your dresser, to what size you like, only very flat, let your oven be rather slow, and let them change their color, then take them out.

CAKE, SPONGE. (1) 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.

CAKE, SPONGE. (2) Take the juice and grated rind of a lemon, twelve eggs, twelve ounces of finely-pounded loaf sugar, the same of dried and sifted flour; then with a horn spoon beat the yolks of ten eggs, add the sugar by degrees, and beat it till it will stand when dropped from the spoon; put in at separate times the two other eggs, yolks and whites; whisk the ten whites for eight minutes, and mix in the lemon-juice, and when quite stiff, take as much as the whisk will lift, and put it upon the yolks and sugar, which must be beaten all the time; mix in lightly the flour and grated peel, and pour it all gradually over the whites; stir it together, and bake it in a buttered tin, or in small tins; do not more than half fill them.

CAKES, SHORT. Dissolve half a pound of fresh butter in as much milk as will make a pound and a half of flour into a paste, roll it out about a quarter of an inch thick, and cut it into large round cakes. Do them in a frying-pan, and serve them hot. They are eaten with butter.

CAKES, SALLY LUNN. Take one pint of milk quite warm, a quarter of a pint of thick small-beer yeast; put them into a pan with flour sufficient to make it as thick as batter,—cover it over, and let it stand till it has risen as high as it will, *i. e.* about two hours: add two ounces of lump sugar, dissolved in a quarter of a pint of warm milk, a quarter of a pound of butter rubbed into your flour very fine; then make your dough the same as for French rolls, &c.; and let it stand half an hour; then make up your cakes, and put them on tins: when they have stood to rise, bake them in a quick oven. Care should be taken never to put your yeast to water or milk too hot, or too cold, as either extreme will destroy the fermentation. In summer it should be lukewarm, in winter a little warmer, and in very cold weather, warmer still. When it has first risen, if you are not prepared, it will not hurt to stand an hour.

CAKES, SUGAR. Take half a pound of dried flour, the same quantity of fresh butter washed in rose water, and a quarter of a pound of sifted loaf sugar; then mix together the flour and sugar: rub in the butter, and add the yolk of an egg beaten with

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a table-spoonful of cream; make it into a paste, roll, and cut it into small round cakes, which bake upon a floured tin.

CAKES, TEA. With a pound of flour rub half a pound of butter; add the beaten yolks of two, and the white of one egg, a quarter of a pound of pounded loaf sugar, and a few caraway seeds; mix it to a paste with a little warm milk, cover it with a cloth, and let it stand before the fire for nearly an hour; roll out the paste, and cut it into round cakes with the top of a glass, and bake them upon floured tins.

CAKE, TWELFTH. Two pounds of sifted flour, two pounds of sifted loaf sugar, two pounds of butter, eighteen eggs, four pounds of currants, one half pound of almonds blanched and chopped, one half pound of citron, one pound of candied orange and lemon peel cut into thin slices, a large nutmeg grated, half an ounce of ground allspice; ground cinnamon, mace, ginger, and coriander, a quarter of an ounce of each, and a gill of brandy. Put the butter into a stew-pan, in a warm place, and work it into a smooth cream with the hand, and mix it with the sugar and spice in a pan, (or on your paste board) for sometime; then break in the eggs by degrees, and beat it at least twenty minutes; stir in the brandy, and then the flour, and work it a little; add the fruit, sweetmeats, and almonds, and mix all together lightly; have ready a hoop cased with paper, on a baking-plate; put in the mixture, smooth it on the top with your hand, dipped in milk; put the plate on another, with saw dust between, to prevent the bottom from coloring too much: bake it in a slow oven four hours or more, and when nearly cold, ice it with icing. This mixture would make a handsome cake, full twelve or fourteen inches over.

CAKE, WHITE. Take of dried and sifted flour, of fresh butter and of finely-pounded loaf sugar, one pound each; five well-beaten eggs, a quarter of a pint of cream, of candied orange and lemon peel, cut small, three quarters of an ounce each; one ounce of caraway seeds, half a grated nutmeg, a glass of brandy, and a little rose water; then beat the butter to a cream, and add all the other ingredients to it, and at the last mix in one table-spoonful of fresh yeast; let the cake rise before the fire for half an hour. Bake it in a buttered tin. Instantly upon taking it out of the oven, with a feather, brush the top all over with the beaten white of an egg, and then sift loaf sugar upon it. Let it stand at the mouth of the oven to harden.

CAKES, YEAST. Take a pound of flour, two pounds of currants, washed and picked, a quarter of a pound of fresh butter a quarter of a pound of Lisbon sugar, a quarter of a pound of citron and candied orange-peel cut into slices, cinnamon and mace, a small quantity of each pounded and sifted. Make a hole in the centre of the ingredients, put in a gill of sweet wine, a little warm milk, mix all together, fill a hoop with it, let it remain till it rises, and bake it.

CAKES, YORKSHIRE. Take two pounds of flour, and mix with it four ounces of butter, melted in a pint of good milk, three spoonfuls of yeast, and two eggs; beat all well together, and let it rise; then knead it, and make it into cakes; let them rise on tins before you bake, which do in a slow oven. Another sort is made as above, leaving out the butter. The first is shorter, the last lighter.

CAKE, BISCUIT. One pound of flour, five eggs well-beaten and strained, eight ounces of sugar, a little rose or orange-flower water, beat the whole thoroughly, and bake it for one hour.

CALF'S BRAINS, WITH OYSTERS. Blanch and clean the brains, then wipe them dry, dip them into yolks of eggs, and roll them in bread crumbs; fry them in boiling lard till of a good color, drain them very dry, and serve with oysters, stewed either white or brown. Garnish with broiled ham cut in small round pieces.

CALF'S BRAINS. Cleanse two calves' brains, and stew them in stock with two or three spoonfuls of vinegar, a bunch of parsley, scallions, a clove of garlic, three cloves, thyme, laurel, and basil; when sufficiently stewed, cut each piece of the brain in two, dip them in a batter made of two handfuls of flour, diluted with a little oil, half a pint of white wine, and salt. Fry them in lard until the batter is crisp and the brains of a gold color.

CALF'S BRAINS, WITH FRIED PARSLEY. Blanch three or four brains of nearly an equal size; parboil them, and take off the skin; then boil them in water, with a little salt, vinegar and butter. Serve them with a sauce made of a little browned butter, a table-spoonful of vinegar, some salt and pepper, and some parsley fried very green.

CALF'S CHITTERLINGS. Cut them open with scissors, wash and cleanse them thoroughly, lay them for a night into salt-and-water, then wash them well, parboil and cut them into small pieces, dip them in

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to a thick batter, seasoned with pepper, salt, and a little white wine. Fry them of a light brown color in beef dripping; serve with a fringe of fried parsley. Or, After being parboiled, they may be roasted, when they must be constantly basted with butter, dredged with flour to froth them nicely; then served with melted butter, and lemon pickle poured over them. Or, They may be baked—when, after being parboiled, they are rubbed over with butter, and put into the oven on an iron frame, which is placed in a deep dish. This oblong frame of white iron, about two inches high, will be found useful in baking every kind of meat.

CALF'S CHAUDRON, FRICASSEE. Parboil a calf's chaudron, and when cold, cut it in pieces about as big as walnuts; season them with salt, pepper, nutmeg, cloves, mace, an onion, tarragon, and parsley, shred fine; fry them in a ladleful of good broth and fresh butter; make a sauce of mutton gravy, orange and lemon juice, eggs' yolks, and grated nutmeg; toss up these ingredients with the chaudron, then dish it and serve.

CALF'S-FEET PUDDING. *See Puddings.*

CALF'S FEET JELLY. *See Jelly.*

CALF'S FEET, POTTED. Boil the feet as for jelly, pick all the meat from the bones, add to it half a pint of gravy, a little salt, pepper, and nutmeg, garlic, a shallot and some shred ham; simmer it for half an hour, dip a mould into water, put in a layer of the meat, then some neatly-cut pickled beet root, and some boiled minced parsley, then a layer of meat, and so on, till the mould be filled; when cold, turn it out. Garnish with pickled eggs, beet root, and parsley.

CALF'S FEET, PLAIN. [illegible]cald, clean, and blanch some calves' feet. [illegible]oil them till the bones will come out, then [illegible]tew them in a blanc. See Calf's Head [illegible]plain. When done, drain and serve them with parsley and butter.

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 meantime 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, tarragon, knotted marjoram, and a little thyme), a little salt and Cayenne, a shallot, 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. Add some fresh or pickled mushrooms, a few truffles and morels, and two spoonfuls of catchup; beat up half the brains, and put them to the rest, with a bit of butter and flour. Simmer the whole. Beat the other part of the brains with shred lemon-peel, a little nutmeg and mace, some parsley shred, and an egg; fry this in little cakes of a fine gold color; dip some oysters into the yolk of an egg, and fry the same way, also some good forcemeat balls, and garnish the dish with them.

CALF'S HEAD SOUP, OR MOCK TURTLE. *See Soups.*

CALF'S HEAD. With a sharp knife cut all the meat entire from the bone, cut out the tongue, and carefully take out the brains; lay them all in cold water for two or three hours. Mince very small two [illegible]nds of lean veal, and one pound of beef suet, with the grated crumb of a penny loaf, some sweet herbs, grated lemon-peel, nutmeg, pepper, and salt; mix them well together, and bind it with the yolks of four eggs beaten up; reserve as much of the forcemeat as will make twenty small balls: wash the head clean, wipe it dry, and put the forcemeat into the inside; close it, and tie it firmly with tape; put it into a stewpan with two quarts of gravy, half a pint of white wine, and a bunch of sweet herbs; cover it closely, and let it stew gently; boil the tongue, cut it into thin slices, mince the brains with a little parsley and a table-spoonful of flour, add some pepper, salt, grated lemon-peel, and nutmeg; beat two eggs and mix with the brains, drop it with a spoon in small cakes into a pan of boiling dripping, and fry them of a light brown color. Fry the forcemeat balls, and drain them, with the cakes, upon the back of a sieve before the fire; when the head has stewed till it be sufficiently tender, put it into a dish and take off the tape, strain the gravy, and thicken it with a table-spoonful of flour of rice, and a little bit of butter; if not well seasoned, add more salt and pepper, put in the tongue, make it all hot, and pour it over the head. Garnish with the brain-cakes, forcemeat balls, and cut lemon.

CALF'S HEAD, ROASTED. Wash and clean it well, parboil it, take out the bones, brains, and tongue; make force-

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meat sufficient for the head, and some balls with bread crumbs, minced suet, parsley, grated ham, and a little pounded veal, or cold fowl; season with pepper, salt, grated nutmeg, and lemon-peel; bind it with an egg, beaten up, fill the head with it, which must then be sewed up, or fastened with skewers and tied. While roasting, baste it well with butter; beat up the brains with a little cream, the yolk of an egg, some minced parsley, a little pepper and salt; blanch the tongue, cut it into slices, and fry it with the brains, forcemeat balls, and thin slices of bacon. Serve the head with white or brown thickened gravy, and place the tongue, forcemeat balls, and brains round it. Garnish with cut lemon. It will require one hour and a half to roast.

CALF'S HEAD, PLAIN. Clean a calf's head nicely, and cut out the bone of the lower jaw, and of the nose, taking out the nose bone as close to the eyes as possible; wash the head well in warm water, and let it blanch in some clean water. Prepare a blanc, or sauce, as follows:—One pound of beef suet, and one pound of fat bacon, cut small, half a pound of butter, a bunch of parsley, a little thyme, two or three bay leaves, one or two onions, and the juice of a lemon; season with salt, pepper, mace, cloves, and allspice; boil all this an hour in six pints of water, then tie up the head in a cloth, boil it in the sauce about three hours, and drain it; take out the tongue, skin and replace it; serve quite hot, with the following sauce—minced shallots, parsley, the brains minced, some vinegar, salt, and pepper.

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 HEAD, BIGAREE. Clean and blanch a calf's head, boil it till the bones will come out easily, then bone and press it between two dishes, so as to give it an oblong form; beat with the yolks of four eggs a little melted butter, pepper, and salt. Divide the head when cold, and brush it all over with the beaten eggs, and strew over it grated bread; repeat this twice. With the grated bread, which is put over one half, a good quantity of finely-minced parsley should be mixed; place the head upon a dish, and bake it of a nice brown color. Serve it with a sauce of parsley and butter, and with one of good gravy, mixed with the brains which have been previously boiled, and chopped, and seasoned with a little Cayenne and salt.

CALF'S HEART, ROASTED. Fill the heart with the following forcemeat: a quarter of a pound of beef suet, chopped small, grated bread, parsley, marjoram, lemon-peel, pepper, salt, nutmeg, and the yolk of an egg. Lay a veal caul, or a sheet of paper on the stuffing to keep it in its place. Put the heart into a Dutch oven, before a clear fire, and turn it frequently, till thoroughly roasted all round. Garnish with slices of lemon, and pour melted butter over it.

CALF LIVER, BROILED. Slice it, season with pepper and salt, and broil nicely: rub a bit of cold butter on it, and serve hot and hot.

CALF'S LIVER, LARDED AND ROASTED. Lard a fine calf's liver the same as a fricandeau, and let it lie for twenty-four hours in vinegar, with a sliced onion, some parsley, a little thyme, a bay leaf, some salt and pepper. Roast, and baste it well with butter, then glaze it with a light glaze, and serve it with a poivrade, or any other sauce.

CALF'S LIVER, ROASTED. (1) Wash and wipe it; then cut a long hole in it, and stuff it with crumbs of bread, chopped anchovy, a good deal of fat bacon, onion, salt, pepper, a bit of butter, and an egg; sew the liver up; lard it, wrap it in a veal caul, and roast it. Serve with good brown gravy and currant jelly.

CALF'S LIVER, ROASTED. (2) Lard a calf's liver with streaky bacon; roast and baste it frequently with its own gravy.

CALF'S LIVER, ROASTED. (3) Lard a fine calf's liver, and pickle it in vinegar, with an onion, cut into slices, parsley, salt, pepper, thyme, and a bay leaf. When it has been soaked for twenty-four hours, fasten it on a spit, roast and baste it frequently. Glaze it with a light glaze, as it is naturally of a black color. Serve under it a brown *poivrade*.

CALF'S LIVER, SCOLLOPS. Parboil and cut into slices a very nice calf's liver, and shape them into hearts. Stew some fine herbs, parsley, shallots, and mushrooms; then add the calf's liver, and let it stew over a slow fire; when done on one side, turn and season it with pepper and

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salt; take out the liver, dredge in a little flour over the herbs, and add some more gravy; let this boil for ten minutes, then heat the liver in the sauce before serving it. This may be eaten at breakfast.

CALF'S PLUCK. Wash it very clean, and, if liked, stuff the heart with a force-meat, made of crumbs of bread, butter, and parsley, and seasoned with pepper, salt, and grated nutmeg. Fasten it firmly with the liver and lights, tying them to the skewers while roasting; baste it well with butter, and froth it the same way in which veal is done, and serve it with melted butter, mixed with a table-spoonful of lemon pickle, or vinegar poured over it.

CAPER SAUCE. *See Sauce.*

CAPILLAIRE. Take fourteen pounds of sugar, three pounds of coarse sugar, six eggs beat in with the shells, three quarts of water; boil it up twice; skim it well, then add to it a quarter of a pint of orange-flower water; strain it through a jelly-bag, and put it into bottles; when cold, mix a spoonful or two of this sirup, as it is liked for sweetness in a draught of warm or cold water.

CAPILOTADE ITALIAN. Cut up a cold roast fowl; then take a good slice of butter, and some shred mushrooms and potherbs; fry these till they are about to turn brown, with a tea-spoonful of flour; then add to them a large glass of white wine. Let the whole simmer together for a quarter of an hour; next put in the pieces of fowl, and heat them up for a few minutes. Garnish your dish with fried slices of bread; and just before you serve, pour into the saucepan two table-spoonfuls of oil, taking care that it does not boil, and stir it up well with the sauce.

CAPONS OR FOWLS, Must be killed a couple of days in moderate, and more in cold weather, before they are dressed, or they will eat tough: a good criterion of the ripeness of poultry for the spit, is the ease with which you can then pull out the feathers; when a fowl is plucked, leave a few to help you to ascertain this. They are managed exactly in the same manner, and sent up with the same sauces as a turkey, only they require proportionably less time at the fire. A full-grown five-toed fowl, about an hour and a quarter. A moderate-sized one, an hour A chicken, from thirty to forty minutes. Here, also, pork sausages fried are in general a favorite accompaniment, or turkey stuffing; see forcemeats; put in plenty of it, so as to plump out the fowl, which must be tied closely (both at the neck and rump), to keep in the stuffing. Some cooks put the liver of the fowl into this forcemeat, and others mince it and pound it, and rub it up with flour and melted butter. When the bird is stuffed and trussed, score the gizzard nicely, dip it into melted butter, let it drain, and then season it with Cayenne and salt; put it under one pinion, and the liver under the other; to prevent their getting hardened or scorched, cover them with double paper buttered. Take care that your roasted poultry be well browned; it is as indispensable that roasted poultry should have a rich brown complexion, as boiled poultry should have a delicate white one.

CAPON, TO CHOOSE. If it is young, his spurs are short and his legs smooth; if a true capon, a fat vein on the side of his breast, the comb pale, and a thick belly and rump; if fresh, he will have a close hard vent; if stale, a loose open vent.

CAPON, THE FRENCH WAY. Take a quart of white wine, season the capon with salt, cloves, and whole pepper, a few shallots; and then put the capon in an earthen pan; you must take care it has not room to shake; it must be covered close, and done over a slow charcoal fire.

CAPON PASTY. Roast a capon, let it be cold, take the flesh from the bones and slice it, but keep the thighs and pinions whole. Add to the flesh of the capon, four sweetbreads and half a pint of oysters, season them with salt, cloves, nutmeg, and mace, sweet marjoram, pennyroyal, and thyme, minced; lay a sheet of paper or paste in your pasty-pan, and lay the thighs and pinions on the bottom, and strew them over with sliced onions, then put in the flesh of the capon, the sweetbreads, and the oysters, cut in halves; over these strew a handful of chestnuts, boiled and blanched, then put butter over them, close up your pan and bake it; when done, add gravy, good stock, drawn butter, anchovies, and grated nutmeg; garnish with slices of lemon, and serve. Turkey may be done in the same manner.

CAPONS A LA TURQUE. Pick, and clean very nicely, two fine capons; wash the inside perfectly clean with warm water, and let them soak in warm water for a quarter of an hour; dry them well, and put into them some rice which has been boiled till soft in some rich well-seasoned stock, truss and cover them with layers of bacon, wrap them in paper, and roast them for an hour by a hanging-jack; serve them, putting all round the dish a part of the rice

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which was prepared for the stuffing, and pour over the fowls a veloute sauce. One fine large fowl may be dressed in this manner.

CAPSICUMS, TO PICKLE. Gather the pods, with the stalks on, before they turn red; cut a slit down the side with a penknife, and take out all the seeds, but as little of the meat as possible; lay them in a strong brine for three days, changing it every day; then take them out, lay them on a cloth, and lay another over them till they are quite dry; boil vinegar enough to cover them, put in some mace and nutmeg beat small; put the pods into a glass or jar, and when the liquor is cold, pour it over, then tie a bladder and leather over them.

CARDOONS, WITH CHEESE. String and cut them an inch long, put them into a saucepan with red wine, seasoned with pepper and salt, stew them till they are tender, put in a piece of butter rolled in flour, and when of a proper thickness pour them into a dish, squeeze the juice of an orange into the sauce, and scrape over them some Parmesan or Cheshire cheese, and then brown them with a cheese-iron, but not of too high a color.

CARDOONS, TO DRESS. Cut them in pieces six inches long, and put them on a string; boil till tender, have ready a piece of butter in a pan, flour and fry them. They may also be tied in bundles, and served as asparagus boiled on a toast, and pour butter over.

CARDOONS, SPANISH. Cut them into lengths of three inches, be careful not to use those which are hollow and green; boil them for half an hour, then put them into lukewarm water to cleanse them from their slime; then dress them in some stock, with a spoonful of flour, some salt, onions, roots, a bunch of sweet herbs, a little verjuice, and a little butter; when done, put them into a cullis with some stock; cook them for an hour in this sauce, and serve.

CARROTS. Let them be well washed and brushed, not scraped. An hour is enough for young spring carrots; grown carrots must be cut in half, and will take from an hour and a half to two hours and a half. When done, rub off the peels with a clean coarse cloth, and slice them in two or four, according to their size. The best way to try if they are done enough, is to pierce them with a fork. Many people are fond of cold carrot with cold beef; ask if you shall cook enough for some to be left to send up with the cold meat.

CARAMEL, OR BOILED SUGAR. Break into a small copper or brass pan, one pound of refined sugar,—put in a gill of spring water;—set it on a fire, and when it boils, skim it quite clean, and let it boil quick, till it comes to the degree called Crack, which may be known by dipping a teaspoon or skewer into the sugar, and let it drop to the bottom of a pan of cold water; and if it remains hard, it has attained that degree; squeeze in the juice of half a lemon, and let it remain one minute longer on the fire, then set the pan into another of cold water:—have ready moulds of any shape,—rub them over with sweet oil, dip a spoon or fork into the sugar, and throw it over the mould in fine threads, till it is quite covered:—make a small handle of caramel, or stick on two or three small gum paste rings, by way of ornament, and place it over small pastry of any description.

CARP, BOILED. Scale and clean a brace of carp, reserving the liver and roe; take half a pint of vinegar, or a quart of sharp cider, add as much water as will cover the fish, a piece of horse-radish, an onion cut into slices, a little salt, and a faggot of sweet herbs; boil the fish in this liquor, and make a sauce as follows:—strain some of the liquor the fish has been boiled in, and put to it the liver minced, a pint of Port wine, two anchovies, two or three heads of shallots chopped, some salt and black pepper, a little Cayenne, a table-spoonful of soy; boil and strain it, thicken it with flour and butter, pour it over the carp hot, garnish with the roe fried, cut lemon and parsley.

CARP, STEWED. Scale and clean a brace of carp, reserving the liver and roe; pour over the fish in a deep pan a pint of vinegar, which may be elder vinegar, if the flavor is preferred, with a little mace, three cloves, some salt and Jamaica pepper, two onions sliced, a faggot of parsley, basil, thyme, and marjoram; let them soak an hour, then put them in a stewpan with the vinegar, and other things, the liver chopped, a pint of Madeira, and three pints of veal stock; stew them an hour or two according to their size; take out the fish and put them over a pan of hot water to keep warm while the following sauce is made:—Strain the liquor, and add the yolks of three eggs beaten, half a pint of cream, a large spoonful of flour, and a quarter of a pound of butter, stir it constantly, and just before putting it over the carp, squeeze in the juice of a lemon. Boil or fry the roe. Plain boiled carp may be served with this sauce, and is dished in a napkin.

CARP, FRIED. Clean and scale a

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carp; split it up the back; flatten the back-bone, sprinkle your fish with flour, then sprinkle the roes which have been put aside, put the whole into a frying-pan made very hot, fry to a rich color, and serve it with lemon-juice.

CARROT FRITTERS. Beat two or three boiled carrots to a pulp with a spoon; add to them six eggs and a handful of flour; moisten them with either cream, milk, or white wine, and sweeten them. Beat all together well, and fry in boiling lard. When of a good color, take them off and squeeze on them the juice of a Seville orange, and strew over fine sugar.

CARROT PUDDING. *See Pudding.*

CASSILE. Mix two table-spoonfuls of potato-flour with two or three of cream or good milk; boil for a few minutes with a quart of cream or milk, the peel of a lemon and a bit of cinnamon; stir it with the flour and cream; sweeten, and stir it again over the fire for three or four minutes; pour it into a mould; turn it out when cold.

CAULIFLOWER. Choose those that are close and white, and of the middle size; trim off the outside leaves; cut the stalk off flat at the bottom; let them lie in salt and water an hour before you boil them. Put them into boiling water with a handful of salt in it; skim it well, and let it boil slowly till done, which a small one will be in fifteen, a large one in about twenty minutes; take it up the moment it is enough, a minute or two longer boiling will spoil it.

CAULIFLOWERS OR BROCCOLI, PICKLED. Choose those that are hard, yet sufficiently ripe, cut away the leaves and stalks. Set on a stewpan half full of water, salted in proportion of a quarter of a pound of salt to a quart of water; throw in the cauliflower, and let it heat gradually; when it boils take it up with a spoon full of holes, and spread them on a cloth to dry before the fire, for twenty-four hours at least; when quite dry, put them, piece by piece, into jars or glass tie-overs, and cover them with the pickle we have directed for beet roots, or make a pickle by infusing three ounces of the curry powder for three days in a quart of vinegar by the side of the fire. Nasturtiums are excellent prepared as above.

CAULIFLOWERS, PICKLED. Cut the cauliflowers in pieces, and throw them into boiling water for a quarter of an hour; then lay them on cloths to drain. Put them in a jar with cloves and salt, and cover them with the best vinegar.

CAULIFLOWER SALAD. When you have prepared and boiled the cauliflowers, drain and let them cool; cut them in pieces; season them with salt, pepper, oil and vinegar, and eat them as any other salad.

CAUDLE. (1) Boil up half a pint of fine gruel, with a bit of butter the size of a large nutmeg, a large spoonful of brandy, the same of white wine, one of capillaire, a piece of lemon-peel, and nutmeg.

CAUDLE. (2) Make a fine smooth gruel of half-grits; when boiled, strain it, stir it at times till cold. When wanted for use, add sugar, wine, and lemon-peel, with some nutmeg. According to taste, you may add, if you please, besides the wine, a spoonful of brandy, or lemon-juice.

CAUDLE, BROWN. Boil the gruel the same as for white caudle, with six spoonfuls of oatmeal, and strain it; then add a quart of good ale, not bitter; boil it, then sweeten it according to your taste, and add half a pint of white wine. When you do not put in the white wine, let it be half ale.

CAUDLE, COLD. Boil a quart of spring water; when cold, add the yolk of an egg, the juice of a small lemon, six spoonfuls of sweet wine, sugar to your taste, and one ounce of sirup of lemons.

CECILS. Mix over the fire for a few minutes the following ingredients: minced meat of whatever kind you please, bread crumbs, plenty of onion, lemon-peel, nutmeg, parsley chopped, pepper, salt, a little butter, and some anchovies. When nearly cold, roll them up into balls about the size of an egg; moisten them with egg, strew bread crumbs over them, and fry them of a good clear color: serve them with made gravy.

CELERY, TO STEW. Wash and clean some heads of celery, cut them into pieces of two or three inches long, boil them in veal stock till tender. To half a pint of cream add the well-beaten yolks of two eggs, a bit of lemon-peel, grated nutmeg, and salt, also a bit of butter; make it hot, stirring it constantly; strain it upon the celery; heat it thoroughly, but do not let it boil.

CHARLOTTE. (1) 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

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and bits of butter between. In the meantime, 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. For a middling-sized dish, you should use half a pound of butter for the whole.

CHARLOTTE. (2) This second course may be made of any kind of fruit you please, and is eaten hot. If apples are used, pare, core, and cut about twenty of them into small pieces, and put them into a stewpan with some water, a good piece of fresh butter, powder-sugar, pounded cinnamon, and grated lemon-peel, and stew till the water is dried up; then set them to cool in an earthen ware vessel. Cut some very thin slices of crumb of bread, dip them in melted fresh butter, and lay them neatly all over the bottom and round the sides of the stewpan; then pour in the apples, leaving a hole in the middle, in which put apricot marmalade. Cover the whole with bread, sliced thin, and buttered as above. Place it in a hot oven, bake it an hour, and turn it out.

CHARLOTTE DES POMMES. Pare, core, and mince fourteen or fifteen French rennet apples; put them into a frying-pan, with some pounded loaf sugar, a little pounded cinnamon, grated lemon-peel, and two ounces and a half of fresh butter; fry them a quarter of an hour over a quick fire, stirring them constantly. Butter a shape of the size the charlotte is intended to be; cut strips of bread about the width of two fingers, and long enough to reach from the bottom to the rim of the shape, so that the whole be lined with bread; dip each bit into melted butter, and then put a layer of the fried apples, and one of apricot jam or marmalade, and then one of bread dipped into butter; begin and finish with it. Bake it in an oven for nearly an hour; turn it out to serve it. It may be boiled, and served with a sweet sauce.

CHEESE, BOILED. Grate a quarter of a pound of good cheese, put it into a sauce pan, with a bit of butter the size of a nutmeg, and half a tea-cupful of milk, stir it over the fire till it boil, and then add a well-beaten egg; mix it all together, put it into a small dish, and brown it before the fire.

CHEESE, CAKE OF. Take about the fourth part of a close, fat Brie cheese, pound and rub it through a sieve; mix with it a pint and a half of flour; lay it on the board, make a hole in the middle, into which put three quarters of a pound of butter, and work it in well; add to it a little Gruyere cheese grated, and six eggs. Knead these all together well; mould it up, and let it stand for half an hour; then roll it out, and make it into a cake of about three inches; mark it with a knife on one side in chequers, and on the other in rays; *dorez*, and bake it in a moderate oven.

CHEESE CREAM. Warm three half pints of cream with one half pint of milk, or according to the same proportion, and put a little rennet to it; keep it covered in a warm place till it is curdled; have a proper mould with holes, either of China or any other; put the curds into it to drain, about an hour, or less: serve with a good plain cream, and pounded sugar over it.

CHEESECAKES. (1) Put two quarts of new milk into a stewpan, set it near the fire, and stir in two table-spoonfuls of rennet: let it stand till it is set (this will take about an hour); break it well with your hand, and let it remain half an hour longer; then pour off the whey, and put the curd into a colander to drain; when quite dry, put it in a mortar, and pound it quite smooth; then add four ounces of sugar, pounded and sifted, and three ounces of fresh butter; oil it first by putting it in a little potting-pot, and setting it near the fire; stir it all well together: beat the yolks of four eggs in a basin, with a little nutmeg grated, lemon-peel, and a glass of brandy; add this to the curd, with two ounces of currants, washed and picked; stir it all well together; have your tins ready lined with puff paste about a quarter of an inch thick, notch them all round the edge, and fill each with the curd. Bake them twenty minutes. When you have company, and want a variety, you can make a mould of curd and cream, by putting the curd in a mould full of holes, instead of the colander: let it stand for six hours, then turn it out very carefully on a dish, and pour over it half a pint of good cream sweetened with loaf sugar, and a little nutmeg. What there is left, if set in a cool place, will make excellent cheesecakes the next day.

CHEESECAKES. (2) Put a spoonful of rennet into a quart of milk; when turned, drain the curd through a coarse sieve, gently break the curd, and rub in a quarter of a pound of butter, a quarter of a pound of sugar, nutmeg, and two Naples biscuits grated, the yolks of four eggs, and the white of one, half an ounce of almonds, half bitter and half sweet, well beaten in a mortar, with two spoonfuls of rose water, four ounces of currants; put in the curd, and mix all together. One quart of milk, and three dessert spoonfuls of rice-flour, six eggs, leave

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out three of the whites, and currants to your taste.

CHEESECAKES. (3) Beat eight eggs well, while a quart of milk is on the fire, and when it boils, put in the eggs, and stir them till they come to a curd; then pour it out, and when it is cold, put in a little salt, two spoonfuls of rose water, and three-quarters of a pound of currants well washed; put it into puff paste, and bake it. If you use tin patties to bake in, butter them, or you will not be able to take them out; but if you bake them in glass or china, only an upper crust will be necessary, as you will not want to take them out when you send them to table.

CHEESECAKES. (4) Take one pound of loaf sugar pounded, six yolks, and four whites of eggs beaten, the juice of three fine lemons, the grated rind of two, and a quarter of a pound of fresh butter; put these ingredients into a saucepan, and stir the mixture gently over a slow fire till it be of the consistence of honey; pour it into small jars, and when cold put paper dipped in brandy over them. It will keep good for a year.

CHEESE, POUNDED. Cut a pound of good mellow cheese into thin bits; add to it two, and if the cheese is dry, three ounces of fresh butter; pound, and rub them well together in a mortar till it is quite smooth. When cheese is dry, and for those whose digestion is feeble, this is the best way of eating it; and spread on bread, it makes an excellent luncheon or supper. The *piquance* of this is sometimes increased by pounding with it curry powder, ground spice, black pepper, Cayenne, and a little made mustard; and some moisten it with a glass of Sherry. If pressed down hard in a jar, and covered with clarified butter, it will keep for several days in cool weather.

CHEESE, ROASTED. Grate three ounces of fat cheese, mix it with the yolks of two eggs, four ounces of grated bread, and three ounces of butter; beat the whole well in a mortar, with a dessert spoonful of mustard, and a little salt and pepper. Toast some bread, cut it into proper pieces; lay the paste, as above, thick upon them, put them into a Dutch oven covered with a dish, till hot through, remove the dish, and let the cheese brown a little. Serve as hot as possible.

CHEESE, STEWED. Melt three-quarters of an ounce of butter in a tea-cupful of cream, mix with it a quarter of a pound of good cheese finely grated, beat it well together; put a slice of toasted bread into a dish, and pour the mixture over it, and brown it with a salamander.

CHEESE TOASTED, OR RABBIT. Cut a slice of bread, toast it, and soak it in red wine, put it before the fire; cut some cheese in very thin slices, and rub some butter over the bottom of a plate, lay the cheese upon it, and pour in two or three spoonfuls of white wine, and a little mustard; cover it with another plate, and set it on a chafing-dish of coals two or three minutes, then stir it till it is well mixed; when it is mixed enough, lay it upon the bread, and brown it with a salamander.

CHEESE TOASTED. Cut a slice of bread about half an inch thick; pare off the crust, and toast it very slightly on one side so as just to brown it, without making it hard or burning it. Cut a slice of good fat mellow cheese, a quarter of an inch thick, not so big as the bread by half an inch on each side: pare off the rind, cut out all the specks and rotten parts, and lay it on the toasted bread in a cheese-toaster; carefully watch it that it does not burn, and stir it with a spoon to prevent a pellicle forming on the surface. Have ready good mustard, pepper and salt. If you observe the directions here given, the cheese will eat mellow, and will be uniformly done, and the bread crisp and soft, and will well deserve its ancient appellation of a "rare bit." This Receipt, as well as every other worth extracting, is from the Cook's Oracle. The Editor goes on to say. We have nothing to add to the directions given for toasting the cheese in the last receipt, except that in sending it up, it will save much time in portioning it out at table, if you have half a dozen small silver or tin pans to fit into the cheese-toaster, and do the cheese in these: each person may then be helped to a separate pan, and it will keep the cheese much hotter than the usual way of eating it on a cold plate. *Obs.*—Ceremony seldom triumphs more completely over comfort than in the serving out of this dish; which, to be presented to the palate in perfection, it is imperatively indispensable that it be introduced to the mouth as soon as it appears on the table.

CHERRY BRANDY. (1) Pick and bruise eight pounds of black maroons, and the same quantity of small black cherries; let them stand for two months in a cask with six gallons of brandy, two pounds of crushed sugar, and a quart of sack well stirred together. At the end of that time it may be drawn off and bottled.

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CHERRY BRANDY. (2) Choose fine sound morella cherries, and having taken off the stalks, place them in layers in glass jars; strew powder-sugar between each layer, and cover them with brandy. As soon as the cherries have imbibed the brandy, pour in more, so as to keep them constantly covered.

CHERRIES, DRIED. Take large cherries, not too ripe; pick off the stalks, and take out the stones with a quill cut nearly as for a pen: to three pounds of which take three pounds or pints of clarified sugar; boil it to the degree of blown; put in the cherries, give them a boil, and set them by in an earthen pan till the next day; then strain the sirup, add more sugar, and boil it of a good consistence; put the cherries in, and boil them five minutes, and set them by another day: repeat the boiling two more days, and when wanted, drain them sometime, and lay them on wire sieves to dry in a stove, or nearly cold oven.

CHERRY PUDDING. *See Puddings.*

CHERVIL, Is principally used in soups and stuffing, and is generally preserved with other herbs as follows: take of sorrel, chervil, beet, purslain, and cucumbers, if in season, quantities according to your liking; wash them well; mince and press them in your hand, to squeeze out all the water. Put them into a kettle with water, some butter and salt, and boil them until the water is entirely consumed. Then take them out, and when cold, put them into pots; cover them with warmed butter. When you want to use these herbs, put them into some stock that has very little salt in it. If they are required for a farce or garnish, boil them a minute or two in some butter; thicken with the yolks of eggs and milk; when so prepared, they may be served under hard eggs or broiled fish. For sauce, it must be chopped small, boiled in salt and water, and mixed with melted butter.

CHESTNUTS, Should be placed on the fire in a pan with holes to roast; first slitting or cutting a notch in the skins, to prevent their flying off. When done, serve them in dessert on a napkin, as hot as possible. Some boil the chestnuts instead of roasting them, as the skins are then cleaner, but the nuts not quite so mealy; the better way is to boil them in plenty of water, and when nearly done, take them out and roast them.

CHICKENS. Having picked the chickens, singe them well to remove all the hairs, &c., which may remain on the skin; then bruise the bone close to the foot, and draw the strings from the thigh. Take out the crop by a slit cut in the back of the neck; then cut off the neck, leaving skin enough to turn over the back. Cut off the vent, and take out the inside, being careful not to break the gall; break the back-bone and the two bones leading to the pinions; wipe the chicken with a cloth, and put in a little pepper and salt. If the chicken is to be trussed for roasting, proceed as follows:—Turn the legs close down to the apron and run a skewer through; run another skewer in the joint of one wing through the body to the other wing; and having washed the liver and gizzard, place them in the pinions. For boiling, the under part of the thigh must be cut, and the legs placed under the apron, only letting the ends be seen. Be sure to preserve the breast very full.

CHICKEN BROTH. *See Broth.*

CHICKENS, BROILED OR GRILLED. Pick and singe them nicely, wash them clean, and dry them in a cloth; cut them down the back, truss the legs and wings, as for boiling; flatten them, and put them upon a cold gridiron; when they become a little dry, put them upon a plate, baste them with butter, and strew a little salt and pepper over the inside, which part is laid first upon the gridiron; baste them frequently, and let them broil slowly for about half an hour. Serve them very hot, with melted butter poured over them, or plenty of stewed mushrooms. The livers and gizzards may be broiled with them, fastened into the wings, or well seasoned, broiled, and served with the chickens.

CHICKEN BAKED IN RICE. Cut a chicken into joints as for a fricassee, season it well with pepper and salt, lay it into a pudding dish lined with slices of ham or bacon, add a pint of veal gravy, and an onion finely minced; fill up the dish with boiled rice well pressed and piled as high as the dish will hold, cover it with a paste of flour and water; bake it one hour, and before serving take off the paste.

CHICKENS BOILED. (1) Put the chickens into a saucepan by themselves, and boil a small one for fifteen, a larger one twenty minutes.

CHICKENS BOILED. (2) When they are drawn and trussed, lay the chickens in skim milk for about two hours; then put them into cold water, cover them close, and set them over a slow fire, and skim them well. As soon as they have boiled slowly, take them from the fire, and let them remain

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in the water close covered for half an hour; then drain and serve with white sauce.

CHICKEN, BROILED. Split a couple of chickens, take out the inside and back-bones, beat them with a wooden spoon, dip them in clarified butter, and broil them, the inside next the fire (which should be of charcoal), and only turn them to color them. When done, pour on them a sauce made as follows :—Boil some stewed mushrooms with beef stock and plain sauce, an equal quantity of each, until of a proper consistence; flavor it with lemon-juice and Cayenne pepper.

CHICKENS CHIRINGATE. Having taken off the feet, beat the breast bones of your chickens flat without breaking the skin, flour and fry them in butter; when of a nice brown take all the fat from the pan, leaving in the chickens, over which lay a pound of gravy beef cut in thin slices, another piece of beef also cut thin, some mace, cloves, pepper, an onion, a carrot, and a bunch of sweet herbs: pour a quart of boiling water over the whole, cover it quite close, and let it stew; in a quarter of an hour take out the chickens, but let the gravy continue boiling, and when very rich strain it; then put it again into the pan with a little red wine and a few mushrooms; then put in the chickens, and when they are hot, dish them up, and pour the sauce over them; garnish with slices of lemon and broiled ham.

CHICKENS CREME. (1) Parboil a couple of young chickens, cut them in pieces, and throw into warm water for half an hour; then do them over the fire in a little fresh butter, with salt, parsley, pepper, morels, &c. sprinkle with flour, and dilute with a glass of boiling water; cover the stewpan close, and let it stand on hot ashes until the water has soaked into the chicken, then add half a pint of cream and a little butter. The yolks of three eggs may be put in also, but in that case, a small quantity of verjuice should be put in before the cream.

CHICKENS CREME. (2) Stuff and roast your chickens, and when you take them from the spit, rub them with butter, cover them with bread-crumbs, wrap them in slices of bacon, and bake them a short time; serve with well thickened cream-sauce.

CHICKEN CROQUETTES. (1) Reduce two spoonfuls of *veloute* or sauce *tournee*, and add to it the yolks of four eggs; put to this the white meat of a chicken minced very small, and well mixed with the sauce, take it out, and roll it into balls about the size of a walnut; roll them in bread-crumbs, giving them an elongated form, then dip them in some well-beaten egg, bread them again, and fry them of a light brown.

CHICKEN CROQUETTES. (2) Mix well into some very thick *bechamelle* and some glaze the breast of a chicken, some tongue, truffles and mushrooms all minced very small; when quite cold roll them into little balls about the size of a nut, and having beaten up three eggs throw the balls into them. Take them out quickly and roll them in bread-crumbs; dip them a second time into the eggs, and cover them again with bread-crumbs; fry them as other *croquettes*. Lay fried parsley on a napkin in a dish, place the *croquettes* on, and round it, and serve.

CHICKEN CURRY. Take the skin off, cut up a chicken, and roll each piece in curry-powder and flour (mixed together a spoonful of flour to half an ounce of curry) 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 CAPILOTADE. Put into a stewpan a little butter and flour; add mushrooms, parsley, and shallots cut small, dilute these with equal quantites of stock, and red or white wine. When the sauce is well boiled, skim it; cut a roasted fowl in pieces, and put it into this sauce; stew it gently for a quarter of an hour. Add some gherkins cut in thin slices.

CHICKEN, COLD FRIED. Cut the chicken in quarters, and take off the skin, rub it with an egg beaten up, and cover it with grated bread seasoned with pepper, salt, grated lemon-peel, and chopped parsley, fry it in butter, thicken a little brown gravy with flour and butter, add a little Cayenne, lemon pickle, and mushroom catchup.

CHICKENS FRICASSEED. Prepare and cut up two chickens; put them in a stewpan with some butter, parsley, a bay-leaf, thyme, basil, two cloves, mushrooms, and a slice of ham; let them stew till scarcely any sauce remains, then add a little flour, warm water, salt and pepper; stew it again and reduce the sauce. When nearly done put in the yolks of three eggs beaten up with a little cream or milk; thicken it over the fire, but do not let it boil; a small quantity of lemon-juice or vinegar may be added. Place the breasts and bones of the chickens on a dish, lay the legs and wings over them.

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and then pour the sauce over the whole; garnish with the mushrooms. Take off the skins before you cut up the chickens if you wish the fricassee very white.

CHICKEN FRITTERS. Make a batter with four eggs, some new milk, and rice-flour; to this, add a pint of cream, powder-sugar, candied lemon-peel cut small, fresh lemon-peel grated, and the white parts of a roasted chicken shred small; set all these together on a stove, and stir well for sometime; when done, take it off, roll out the mixture, cut it into fritters, and fry them; strew sugar on a dish, lay in the fritters, strew sugar over, and serve them hot.

CHICKENS IN A MINUTE. Cut a chicken in pieces, and put it in a stewpan with a little butter; add to it some mushrooms, parsley, sprinkle flour over, and shake them; moisten it with stock or water, and white wine; when it has boiled once, take it from the fire and put in the yolks of one or two eggs, and a little vinegar or lemon-juice.

CHICKENS AND OYSTERS. Fill your chickens with young oysters cut small, truffles, parsley, and spices, and roast them. Blanch about two dozen young oysters, and toss them up in some melted butter, with chopped herbs and olive oil. When they have been on the fire a quarter of an hour, add a little white wine and half a glass of good stock, thicken it over the fire for another quarter of an hour, and when the chickens are ready to serve, pour the sauce on them, and garnish the dish with oysters and some lemon.

CHICKEN PANADA. Boil a chicken in a quart of water until nearly done; then skin it, cut off the white meat, and pound it with a little of the liquor it was boiled in to a thick paste; season it with salt, nutmeg, and lemon-peel; boil it up all together for a few minutes.

CHICKEN AND HAM POTTED. Season some pieces of chicken, with mace, cloves, and pepper, and bake them for about three hours in a close covered pan with some water; then pound them quite small, moistening either with melted butter, or the liquor they were baked in. Pound also some ham, and put this with the chicken in alternate layers, in potting pans, press them down tight, and cover them with butter.

CHICKEN PULLED. (1) Half roast a chicken or fowl, skin and pull off in small flakes all the white meat and the meat of the legs, break the bones, and boil them in a little water till the strength be drawn out, strain it, and when it becomes cold skim and put it into a sauce pan with a little mace, white pepper, and salt; add a bit of butter mixed with flour, and rather more than a quarter of a pint of cream, then put in the meat, and a little mushroom powder; before serving, add the squeeze of a lemon.

CHICKEN PULLED. (2) Pick all the white meat from the bones of a cold roasted fowl, cut off the legs, and keep the back and sidesmen in one. Score, and season the legs and back with pepper and salt, and broil them; warm up the white meat in some sauce made of the bones boiled in a little water, and which has been strained and thickened with a piece of butter, mixed with flour, a little milk, and the yolk of an egg beaten up and seasoned with white pepper and salt; serve the broiled back upon the mince, and the legs at each end.

CHICKEN PIE. *See Pie.*

CHICKEN ROASTED. *See Fowls.*

CHICKENS, SCOTCH WAY. Cut your chickens into quarters, put them into a saucepan, with only just water enough to cover them, a bunch of parsley, some chopped parsley, and a little mace, cover them close down, when it boils, add six eggs well-beaten; when the chickens are done, take out the parsley, and serve them in a deep dish with the sauce.

CHICKENS AND TOMATA SAUCE. Mix together, in a stewpan, a little butter, salt, pepper, lemon-juice, and grated nutmeg, a sufficient quantity to put in two chickens; tie it in, and lay thin slices of lemon on the breast of the chickens, and lay them in a stewpan lined with thin rashers of bacon; cover them with the same, and stew them with fire above and below for three quarters of an hour; when done, drain them in a cloth; untie them, and serve with tomata sauce.

CHINA CHILO. Mince a pint basin of undressed neck of mutton, or leg, and some of the fat; put two onions, a lettuce, a pint of green peas, a tea-spoonful of pepper, four spoonfuls of water, and two or three ounces of clarified butter, into a stewpan closely covered; simmer two hours, and serve in the middle of a dish of boiled dry rice. If Cayenne is approved, add a little.

CHILI, OR CAYENNE WINE. Pound and steep fifty fresh red Chilies, or a quarter of an ounce of Cayenne pepper, in half

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a pint of brandy, white wine, or claret, for fourteen days. This is a "*bonne bouche*" for the lovers of Cayenne, of which it takes up a larger proportion of its flavor than of its fire: which being instantly diffused, it is a very useful auxiliary to warm and finish soups, sauces, &c.

CHOCOLATE. According as you wish to make this beverage, either with milk or water, put a cup of one or other of these liquids into a chocolate-pot, with one ounce of cake chocolate. Some persons dissolve the chocolate in a little water before they put it into the milk. As soon as the milk or water begins to boil, mill it. When the chocolate is dissolved, and begins to bubble, take it off the fire, letting it stand near it for a quarter of an hour; then mill it again to make it frothy; afterwards serve it out in cups. The chocolate must not be milled, unless it is prepared with cream.

CHOCOLATE CREAM. *See Creams.*

CHOCOLATE FROTHED OR WHIPPED. Put half a pound of chocolate to a glass of water over a small fire, stirring it with a wooden spoon until perfectly dissolved; then take it off and add six yolks of eggs, a pint of double cream, and three quarters of a pound of powder-sugar. Pour the whole into a pan, and when cold, whip it up as directed. SEE *Cream Frothed.*

CHOCOLATE WINE. Take a pint of Sherry, or a pint and a half of Port, four ounces and a half of chocolate, six ounces of fine sugar, and half an ounce of white starch, or fine flour; mix, dissolve, and boil all these together for about ten or twelve minutes. But if your chocolate is made with sugar, take double the quantity of chocolate, and half the quantity of sugar.

CHOPS OR STEAKS. Those who are nice about steaks, never attempt to have them, except in weather which permits the meat to be hung till it is tender, and give the butcher some days' notice of their wish for them. If, friendly reader, you wish to entertain your mouth with a superlative beef-steak, you must have the inside of the sirloin cut into steaks. The next best steaks are those cut from the middle of a rump, that has been killed at least four days in moderate weather, and much longer in cold weather, when they can be cut about six inches long, four inches wide, and half an inch thick: do not beat them, which vulgar trick breaks the cells in which the gravy of the meat is contained, and it becomes dry and tasteless. N. B.—If your butcher sends steaks which are not tender, we do not insist that you should object to let him be beaten. Desire the butcher to cut them of even thickness; if he does not, divide the thicker from the thinner pieces, and give them time accordingly.

CHOWDER. Lay some slices cut from the fat part of a belly-piece of pork, in a deep stewpan, 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, lay a paste over the whole, cover the stewpan 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, pour a glass of Madeira made hot over it, also some Jamaica pepper, stewed mushrooms, truffles, and oysters; brown the paste slightly, and lay it over the whole.

CHOWDER FOR TEN OR TWELVE. Take of salt pork cut in thin slices, as much as will make half a pint of fat, when tried, which will do for two good sized cod or haddock. Be careful not to burn the fat. First, put your fat in the pot. Secondly, cut your fish in as large pieces as will go into the pot; then put a layer of fish on the fat; pepper, salt and a few cloves, then a layer of the slices of pork, strewed over with onions cut fine; then a layer of shipbread or hard crackers dipped in water; then your thickening. Go on again with fish, &c. &c. as above, till your pot is nearly full, then put in water until you can just see it, and let it stew slowly, so as not to break the fish. After coming to a boil, it will be done in twenty-five or thirty minutes. N. B.—Some like potatoes cut in slices, which may be introduced between each layer. Likewise wine or cider, as you fancy. ☞ This Receipt is according to the most approved method, practised by fishing parties in Boston harbor.

CHOWDER, CLAM, May be made in the same way, substituting a sufficient quantity of clams instead of cod, the heads or hard leathery part being first cut off. Many prefer clam chowder, nicely cooked, to chowder made of cod, haddock, &c. The pilgrims to Plymouth, it is said, could cook this shell fish and lobsters in nearly fifty different ways, and even as puddings, pancakes, &c.

CHOUX. Put a pint of water into a stewpan, with half a pound of fresh butter, the rinds of two lemons grated, a quarter of a pound of sugar, and a very little salt;

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as soon as the water begins to boil, add as much flour as the liquor will imbibe; when the paste becomes very thick, keep stirring with a spoon until quite done, then let it cool. After that, break into it a sufficient number of eggs to make the paste soft; taking care that it be firm enough to allow you to work it up with the hand; when it may be formed according to fancy. This paste may be glazed and garnished either with almonds or pistachio nuts; when baking the *choux*, be careful to keep the oven tightly closed.

CITRON CHEESECAKES. Boil a pint of cream, and when cold, mix with it two eggs well-beaten; then boil them together until they become a curd. Beat a few blanched almonds in a mortar, with a little orange-flower water; put them to the curd, and add some Naples biscuits and green citron, chopped very small. Sweeten, and bake in tins.

CITRON PUDDING. *See Puddings.*

CLARET PUFFS. Mix together, and sweeten with pounded loaf sugar, a pint of claret, and rather more than one of rich cream; let it stand a night, and then whisk it to a froth, which take off as it rises, and put upon the back of a sieve to drain; heap it upon a dish, sweeten some rich cream, and pour it round the froth, to make it float.

CLOVE, ESSENCE OF. Infuse a drachm of oil of cloves in two ounces of the strongest spirits of wine, apothecary's measure.

CLOVE WATER. Mix a little cinnamon with the cloves, or the scent will be too strong; allow half a score of cloves to a quart of water; put in a good piece of sugar; let them infuse some time over hot embers, or in a warm place; then strain it for use.

COBBLER. Name given to bread toasted on one side only.

COCHINEAL PREPARED. Pound an ounce of cochineal to a very fine powder, pound also an ounce of cream of tartar, and two drachms of alum; put these ingredients into a saucepan with half a pint of water; when it boils take it from the fire, and let it cool; pour it off into a bottle, as free from sediment as possible, and set it by for use.

COCOA. Put into a saucepan one ounce of good cocoa and one quart of water; cover it, and when it boils, set it by the side of the fire to simmer for two hours. It is sometimes made in a larger quantity, poured from the sediment, and boiled up as it is required.

COCOA-NUT SWEETMEAT. (1) Cut the nut out of the shell, pare it carefully, and throw it into cold water; then grate it, and boil it in clarified sugar, (a pound to each pound of the cocoa-nut) until quite thick; stir it frequently to prevent its burning. Then pour it on a well buttered dish or marble slab, and cut it into whatever forms you think proper.

COCOA-NUT SWEETMEAT. (2) Proceed as above, but do not boil the sugar so thick by a great deal; then stir into it whilst hot the yolks of six eggs; this must be served in jelly glasses.

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. Cod is in its prime during the months of October and November, if the weather be cold; from the latter end of March to May, cod is also very fine. 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.

COD BAKED. (1) Soak a fine piece of the middle of fresh cod in melted butter, with parsley and sweet herbs shred very fine; let it stand over the fire for sometime, and then bake it. Let it be of a good color.

COD BAKED. (2) Choose a fine large cod, clean it well, and open the under part to the bone, and put in a stuffing made with beef suet, parsley, sweet herbs shred fine, an egg, and seasoned with salt, pepper, nutmeg, mace and grated lemon-peel; put this inside the cod, sew it up, wrap it in a buttered paper, and bake it; baste it well with melted butter.

COD, TO CRIMP. Cut a fresh cod into slices or steaks; lay them for three hours in salt-and-water, and a glass of vinegar: when they may be boiled, fried, or broiled.

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COD PIE. *See Pie.*

COD SOUNDS. This is the white skin of the belly, and is reckoned a great delicacy, and may be either boiled, broiled, or fried. Previous to dressing either way, they should be well soaked, washed, and boiled a little.

COD SOUNDS, BOILED WITH GRAVY. Scald them in hot water, and rub them well with salt; blanch them, that is, take off the blacked dirty skin, then set them on in cold water, and let them simmer till they begin to be tender; take them out, flour, and broil them on the gridiron. In the meantime, take a little good gravy, a little mustard, a little bit of butter rolled in flour, give it a boil, season it with pepper and salt. Lay the sounds in your dish, and pour the sauce over them.

COD SOUNDS, BROILED. Let them lie in boiling water till it is nearly cold, rub them with salt, and pull off the black and dirty skin, boil them in hot water, drain, and dust them with flour, rub them over with butter, season with white pepper and salt, and broil them. Put a table-spoonful of catchup, half a one of soy, and a little Cayenne, into melted butter, heat and pour it over them.

COD SOUNDS, ROASTED OR BAKED. Wash and clean four or five cod sounds, and boil them till nearly done in milk-and-water; when cold, make a forcemeat of bread crumbs; a piece of butter, salt, nutmeg, white pepper, and some chopped oysters; beat up the yolks of two eggs to bind it, lay it over the sounds, roll them up, and fasten with a small skewer, baste them with melted butter, and roll them in finely grated bread crumbs seasoned with pepper and salt; put them on a tin in a Dutch oven, turn and baste them with a feather dipped in melted butter, and strew over bread crumbs as before; when done, and of a nice brown, serve them with oyster sauce in the dish.

COD'S HEAD AND SHOULDERS, TO BOIL. Wash it clean; tie it up, and dry it with a cloth. Allow in the proportion of every three measures of water, one of salt; when it boils take off the scum; put in the fish, and keep it boiling very fast for twenty-five or thirty minutes. Serve with the roe and milt parboiled, cut into slices, and fried, and garnish with curled parsley and horse-radish. Sauces;—oyster, melted butter, or anchovy butter.

COFFEE. The coffee-pot should be three parts full of boiling water; the 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 flavor, 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. Coffee should never be roasted but at the precise time of its being used, and then it should be watched with the greatest care, and made of a gold color rather than a brown one; above all, take care not to burn it, for a very few grains burnt will be sufficient to communicate a bitter and rancid taste to several pounds of coffee. It is the best way to roast it in a roaster, (over a charcoal fire), which turns with the hand, as by that means it is not forgot, which often is the case when on a spit before the fire.

COFFEE, FRENCH METHOD OF PREPARING. 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 color 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 color 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

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silver. For a long time, the tin biggins, invented by Monsieur de Belloy, were made use of; but some person has since improved upon his plan, by making them of silver or porcelain, which are found to be much better.

COFFEE CREAM. (1) Mix three cups of good coffee with one pint of cream, and sugar according to taste; boil them together, and reduce them about one-third; observe that the coffee must be done as if it was for drinking alone, and settled very clear, before you mix it with the cream.

COFFEE CREAM. (2) Boil a calf's foot in water till it wastes to a pint of jelly; clear off the sediment and fat. Make a tea-cup of *very strong* coffee; clear it with a bit of isinglass, to be perfectly bright; pour it to the jelly, and add a pint of *very* good cream, and as much fine Lisbon sugar as is pleasant; give one boil up, and pour into the dish. It should jelly, but not be stiff. Observe that your coffee be fresh.

COLLOPS. Cut some veal cutlets; fry them a good brown, but not too much; take some good gravy, thicken it with a little flour, boil it a few minutes; add Cayenne, catchup, truffles, morels, salt, musbrooms pickled, grated lemon-peel; simmer this up, just heat the collops through, add what gravy came from them, but do not let them boil, or they will be hard; add forcemeat balls, hard yolk of eggs; lay round little slices of bacon, notched and toasted, and sliced lemon.

COLLOPS, MINCED. Cut two pounds of lean tender beef into thin slices—it is best taken from off the rump, or round; mince it very finely; brown two ounces of butter in a frying-pan, dredging it with a little flour, then add the minced meat, and keep beating it with a beater till of a nice brown color. Have ready some highly-seasoned beef gravy, which, with the minced collops, put into a saucepan, and let it stew half an hour; and just before serving, put a table-spoonful of mushroom catchup, and, if liked, some green pickles. Beef suet is as often used as butter to fry the collops in.

COLLOPS, RUSSIAN. Break four eggs into a stewpan, and mix with them two spoonfuls of flour, then half a glass of good cream, a spoonful of warm butter, and a grain of salt; when these are well mixed together, pour some of it into a large frying-pan, and fry it of a light color on both sides; then take it out, and fry more in the same way, like pancakes, until you have a dozen very thin, cut each in half, and trim them into oblong pieces all the same size: lay on each some *quenelle*, minced fowl or game, as if for *croquettes;* wrap the fried batter round it, wetting the edges, that they may adhere properly, with a little of the batter, having reserved some for the purpose; then have ready beaten, six eggs and a little salt, mask them with bread-crumbs, fry them of a good color, and serve them quickly.

COLLOPS, SCOTCH. Cut veal cutlets (taken from the fillet) into small thin pieces, and fry them in a little boiling lard till of a light brown color. Drain them dry, put them into a stewpan, add cullis, stewed mushrooms, some blanched truffles, morels, pieces of artichoke bottoms, some slices of throat sweetbreads, and egg balls. Let them simmer over a slow fire till tender, season to the palate, and serve them with rashers of broiled bacon round them.

COLD MEAT BROILED, WITH POACHED EGGS. The inside of a sirloin of beef is best for this dish, or a leg of mutton. Cut the slices of even and equal thickness, and broil and brown them carefully and slightly over a clear smart fire, or in a Dutch oven; give those slices most fire that are least done; lay them in a dish before the fire to keep hot, while you poach the eggs, and mash potatoes.

COLORING FOR JELLIES, CAKES, &c. For a beautiful *red*, boil fifteen grains of cochineal in the finest powder, with a drachm and a half of cream of tartar, in half a pint of water very slowly, half an hour. Add, in boiling, a bit of alum the size of a pea. Or use beet-root sliced, and some liquor poured over. For *white*, use almonds finely powdered with a little drop of water; or use cream. For *yellow*, yolks of eggs, or a bit of saffron steeped in the liquor, and squeezed. For *green*, pound spinach-leaves, or beet-leaves, express the juice, and boil a tea-cupful in a saucepan of water, to take off the rawness.

CONSOMME. Take eight or ten pounds of beef-steaks, eight old hens, two young ones, and four knuckles of veal; put these into a large pot, and fill it with strong broth; skim it well, cooling it three or four times to make the scum rise, after which let it boil gently; put into the pot carrots, turnips, onions, and three cloves. When your meat is sufficiently done, pass the liquor through a fine napkin or silk sieve, that it may be very clear. No salt need be put in if strong broth be used.

COUGLAUFFLE, GERMAN. Take three pounds of flour, an ounce and a half of yeast, an ounce of fine salt, a quarter of a pound of sugar, twelve eggs, the yolks of

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twelve more, two pounds of fresh butter, three glasses of milk, and a quarter of a pound of sweet almonds. Proceed with these materials in the following manner:— put the butter (having slightly warmed half a pound of it), into a glazed pan, and with a large wooden spoon work it up for six or seven minutes; then put in two whole eggs, and stir it two minutes; then add three yolks, and stir again two minutes; in this manner put in the whole number of eggs and yolks; which will produce a kind of smooth cream. Then by degrees mix in two pounds of the flour, dissolve the yeast in a glass of warm milk, strain it through a napkin, stir this in well, with another half pound of flour; make a hollow in the paste, in which put the salt and sugar in powder; afterwards pour on it a glass of hot milk, and mix the whole together with the remainder of the flour; continue to work it up for some minutes after the whole ingredients are put in, adding a small quantity of warm milk, which will render it smooth. Have a mould ready, butter it, and lay the sweet almonds, each cut in half, over the bottom of the mould, in forms, on which pour the paste carefully, and in small quantities, so as not to derange the almonds. Place your mould in a warm, but not a hot place, that the cake may rise properly; and when that operation has taken place, put it into a moderate oven, which should be kept closed; in an hour's time look at the *Couglauffle*, and if it be flexible, and of a light color, let it remain thirty or forty minutes longer; but if it be firm and red it is sufficiently done; when taken from the mould, put it into the oven again for a few minutes.

COUGLAUFFLES, SMALL. To make a dozen small *couglauffles*, take three quarters of a pound of flour, three drachms of yeast, two of salt, two whole eggs, three yolks, two ounces of sugar, a little cream, and half a pound of butter. The preparation is made the same as the German *Couglauffle*. When the paste is made, divide it into twelve equal parts; butter a dozen small biscuit moulds, and fill each with your preparation, and let them stand: when risen so as to fill the moulds, put them into a brisk oven, and take them out as soon as they are of a light color.

COUQUES. Put into a saucepan the yolks of sixteen eggs, the rinds of two lemons, half an ounce of salt, and two ounces of sugar; on these pour a pint of boiling cream, stirring it quick; set it on the fire, but do not let it boil, strain it through a bolting, and then let it cool; take two pounds of flour, and make a quarter of it into leaven with half an ounce of yeast and a little warm water, keep it rather moist, and put it into a warm place to rise: in the meantime, make the remainder of the flour into a paste, with the cream and a quarter of a pound of butter, knead it up five or six times; then put in the leaven, and knead it again twice; tie it up in a floured cloth, and set it in a warm place. In about two hours take it out, and cut the paste in pieces the size of an egg, form them to that shape, and lay them on a baking tin, and leave them for half an hour to rise, then gild and bake them in a hot oven; when done, open each on one side, take out a little of the crumb, in the place of which put a bit of butter worked up with a little salt, and serve them.

COURT BOUILLON. Cut a proper quantity of carrots, onions, celery, and turnips, and put them into a saucepan with butter, parsley, garlic, thyme, basil, salt, a *mignonette* and cloves; sweat them over a gentle fire; add white wine, vinegar or verjuice; boil, and then strain it, and serve it with whatever you may require it for. It is generally used for fish.

COURT BOUILLON FOR ALL SORTS OF FRESH WATER FISH. Put some water into a fish-kettle, with a quart of white wine, a slice of butter, salt, pepper, a large bunch of parsley and young onions, a clove of garlic, thyme, bay-leaves, and basil all tied together, some sliced onions and some carrots; boil the fish in this *court bouillon*, (which will serve for several times) and do not scale it; when the fish will admit of it, take care to boil it wrapped in a napkin, which makes it more easy to take out without danger of breaking.

COW-HEEL, In the hands of a skilful cook, will furnish several good meals; when boiled tender, cut it into handsome pieces, egg and bread-crumb them, and fry them a light brown; lay them round a dish, and put in the middle of it sliced onions fried, or the accompaniments ordered for tripe. The liquor they were boiled in will make soups.

CRACKNELS. Mix a quart of flour, half a nutmeg grated, the yolks of four eggs beaten, with four spoonfuls of rosewater, into a stiff paste, with cold water; then rub in a pound of butter, and make into a cracknel shape; put them into a kettle of boiling water, and boil them till they swim; then take them out, and put them into cold water; when hardened, lay them out to dry, and bake them on tin plates.

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CRACKNELS, SMALL SOFT. Blanch half a pound of sweet almonds, and pound them to a fine paste, adding to them by degrees six eggs; when thoroughly pounded, pour on them a pound of powder-sugar, the same of butter, and the rinds of two lemons grated; beat up these ingredients in the mortar: put a pound of flour on a slab, and having poured the almond paste on it, knead them together until they are well incorporated; roll it out, and cut the cracknels into such forms as you may think proper, rub them with yolk of egg, and strew over them powder-sugar or cinnamon: then lay them on a buttered tin, and bake them in a moderate oven, taking great care that they do not burn. When done, put them into glasses, and if preserved in a dry place they are the better for keeping.

CRANBERRIES, DIFFERENT WAYS OF DRESSING. 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.

CREAM, ALMOND. Blanch and pound to a paste, with rose water, six ounces of almonds, mix them with a pint and a half of cream which has been boiled with the peel of a small lemon; add two well-beaten eggs, and stir the whole over the fire till it be thick, taking care not to allow it to boil; sweeten it, and when nearly cold, stir in a table-spoonful of orange-flower or rose water

CREAM, APPLE. (1) Boil twelve large apples in water till soft, take off the peel, and press the pulp through a hair sieve upon half a pound of pounded loaf sugar; whip the whites of two eggs, add them to the apples, and beat all together till it becomes very stiff, and looks quite white. Serve it heaped up on a dish.

CREAM, APPLE. (2) Peel and core five large apples; boil them in a little water, till soft enough to press through a sieve; sweeten, and beat with them the whisked whites of five eggs. Serve it with cream poured round it.

CREAM, ARROW-ROOT. Mix a table-spoonful of arrow-root with a tea-cupful of cold water; let it settle, and pour the water off. Sweeten and boil a quart of milk with the peel of a lemon and some cinnamon; pick them out, and pour it boiling upon the arrow-root, stirring it well and frequently till it be cold. Serve it in a glass or china dish, with or without grated nutmeg on the top. It may be eaten with any preserved fruit, or fruit tarts.

CREAM, BACCHIC. Put a pint and a half of white wine, with some lemon-peel, coriander seed, a bit of cinnamon, and three ounces of sugar, into a stewpan, and let them boil a quarter of an hour; then mix half a tea-spoonful of flour with the yolks of six eggs in another stewpan, and stir in by degrees the other previously boiled ingredients. When about half cold, strain the whole through a sieve and put it in a dish in hot water, over the fire, till the cream is set; lastly, take it out, and put it in a cool place till ready to serve.

CREAM, BARLEY. Boil a small quantity of pearl barley in milk and water, till tender, strain off the liquor, and put the barley into a quart of cream, to boil a little. Then take the whites of five eggs and the yolk of one, beat them with one spoonful of flour, and two of orange-flower water. Take the cream from the fire, mix the eggs in by degrees, and set it over the fire again to thicken. Sweeten it, and pour into cups or glasses for use.

CREAM, BURNT. Boil a pint of cream with the peel of a lemon, sweeten it with pounded loaf sugar; beat, with the yolks of six, and whites of four eggs, one table-spoonful of flour, the same of orange-flower water and of ratafia; strain the cream, and when nearly cold, mix it with the eggs and other things; stir it over the fire till it becomes as thick as a custard; put it into the dish it is to be served in. Boil with a little water some pounded loaf sugar, till it turn brown, but do not stir it till taken off the fire; by degrees pour it in figures over the top of the cream. It may be eaten hot or cold.

CREAM CAKES. *See Cakes.*

CREAM, CHOCOLATE. (1) Take a pint of milk, a gill of cream, the yolks of three eggs, and five ounces of powder sugar, mix these ingredients together, set them on the fire, stir it constantly, and let it boil till reduced to a quarter; then add two ounces of grated chocolate; and having boiled a little longer, strain it, and let it cool. Serve it cold.

CREAM, CHOCOLATE. (2) Take about half a cake of chocolate, bruise it to pieces, put it in a stewpan with a little milk, and stir it over a gentle fire till it looks smooth and thick; then add a little more milk, and stir it again over the fire, continue this till it takes the thickness of cream;

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sweeten it to your palate with clarified sugar; stir in a little thick cream with a very little isinglass, rub it through the tammy, and set it in the mould.

CREAM CUSTARD. *See Custard.*

CREAM FRITTERS. Mix a handful of flour, with three whole eggs, and the yolks of six, four pounded macaroons, some dried orange-flowers, browned in sugar, a little candied lemon-peel chopped very fine, half a pint of cream, half a pint of milk, and a lump of sugar; boil the whole over a gentle fire for a quarter of an hour, till the cream turns to a thick paste; then let it cool in a dish well floured, shaking flour all over it. When cold, cut the paste into small pieces, roll them in your hands till they become round, and fry them of a good color; when you serve them, powder them all over with sugar.

CREAM FROTH. Put a pint of fresh double cream into a stone pan, with half a pound of powder sugar, a pinch of gum dragon, a little crisped orange-flower, and three drops of cedrat essence; when the sugar is dissolved, place the pan in another, in which is three pounds of ice beaten up with saltpetre; whip the cream in the usual manner, taking off the froth as it rises with a skimmer, lay it gently on a sieve over a pan; if the cream does not froth properly, add the whites of two eggs. This cream is usually served in large silver or gilt goblets, and should be prepared two or three hours before it is wanted.

CREAM FOR FRUIT TARTS. Boil a stick of cinnamon, two or three peach leaves, or a few bruised bitter almonds, in a quart of milk; strain, sweeten, and mix it, when cool, with three or four well-beaten eggs; stir it constantly over the fire till it thickens. It may be eaten with stewed apples, prunes, damsons, or any other fruit.

CREAM, IMPERIAL. Boil a quart of cream with the thin rind of a lemon; then stir it till nearly cold; have ready in a dish or bowl that you are to serve in, the juice of three lemons strained, with as much sugar as will sweeten the cream, which pour into the dish from a large teapot, holding it high, and moving it about to mix with the juice. It should be made at least six hours before it is served, and will be still better if a day.

CREAM ITALIAN. (1) Boil a pint and a half of milk in a stewpan, then add to it the peel of a young lemon, some coriander seed, a bit of cinnamon, rather more than half a quarter of a pound of sugar, and two or three grains of salt; let it boil till half is consumed; then let it stand to cool, and have ready in another stewpan a little flour, beat up with the yolks of six eggs; stir it by degrees into the cream; strain it through a sieve, and put it in the dish for table, placing the dish in some hot water over the fire till the cream is set. Before serving, brown with a salamander.

CREAM ITALIAN. (2) Put a gill of good fresh cream, two eggs, three spoonfuls of powder-sugar, and a little orange-flower water, into a pan, and whip them up together; and when the cream is sufficiently thick, put it into a deep dish, with plenty of powder-sugar; set it on hot ashes, cover it, and lay hot ashes on the top, which must be renewed until the cream is done enough; then let it cool, and serve it.

CREAM, LEMON. Steep the thinly-pared rinds of four large lemons in a pint of water for twelve hours; strain, and dissolve in it three-quarters of a pound of fine loaf sugar, add the juice of the lemons strained, and the well-beaten whites of seven, and the yolk of one egg. Boil it over a slow fire, stirring it constantly one way, till it is like a thick cream; pour it into a glass or china dish.

CREAM, ORANGE. (1) Squeeze and strain the juice of eleven oranges, sweeten it well with pounded loaf sugar, stir it over a slow fire till the sugar be dissolved, and take off the scum as it rises; when cold, mix it with the well-beaten yolks of twelve eggs, to which a pint of cream has been added; stir it again over the fire till thick. Serve in a glass dish or custard-cups.

CREAM, ORANGE. (2) Sweeten, with pounded loaf sugar, a quart of good cream; mix with it a small wine-glass of orange-flower water, the grated rind and the juice of a Seville orange; whisk it till quite thick; soak some macaroons in white wine, and pile them in the middle of a glass or china dish, and heap the whipped cream over them as high as possible. Some hours after, ornament it with slices of green citron cut into straws, and stuck into the cream.

CREAM, RATAFIA. In a tea-cupful of thin cream boil two or three large laurel, or young peach leaves; when it has boiled three or four minutes, strain, and mix with it a pint of rich sweet cream; add three well-beaten whites of eggs, and sweeten it with pounded loaf sugar. Put it into a saucepan, and stir it gently one way over a slow fire till it be thick; pour it into a china dish,

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and when quite cold, ornament it with sweetmeats cut out like flowers; or strew over the top harlequin comfits.

CREAM, RASPBERRY. (1) Mix a little pounded loaf sugar with a pint and a half of good cream, about a tea-cupful of raspberry jelly, the grated rind of one, and the juice of half a lemon; beat it well together, and, with a syllabub mill, mill it slowly for half an hour, or till it be thick and solid. Put it into a glass dish, or serve it in custard glasses.

CREAM, RASPBERRY. (2) Put six ounces of raspberry jam to a quart of cream, pulp it through a lawn sieve, mix it with the juice of a lemon and a little sugar, and whisk it till thick. Serve it in a dish or glasses. Strawberry cream may be made in the same way. For common use, substitute good milk for the cream.

CREAM, RED CURRANT. (1) Pick the currants from the stalks, put them into a jar closely covered, and stand it in a pan of cold water; let it boil for two hours, strain the juice through a sieve, and sweeten it well with pounded loaf sugar. When cold, add a quart of cream to a pint of juice, and beat it with a whisk till thick. Serve in a deep glass dish.

CREAM, RED CURRANT. (2) Squeeze three-quarters of a pint of juice from red currants when full ripe, add to it rather more than a quarter of a pound of pounded loaf sugar, and the juice of one lemon; stir it into a pint and a half of cream, and whisk it till quite thick.

CREAM ROSEAT. Beat to a stiff froth the whites of four eggs; sweeten and boil a pint of good milk, drop about three table-spoonfuls of the froth into it, turn it over once or twice with the spoon, take it out, and put it upon the back of a lawn sieve placed over a large plate; repeat this till it is all done; add to the milk another half pint, with a little more sugar, and mix it with the beaten yolks of the eggs; stir it over the fire till thick; put it into a basin, and stir now and then till nearly cold; add a table-spoonful of rose water, and one of brandy. Serve it in a glass dish, and lay the whites of the eggs over the top at equal distances. Cut citron and candied orange-peel into straws, and put them over the whites of the eggs, or strew over them colored comfits.

CREAM OF RICE SOUP. Mix one or two table-spoonfuls of sifted flour of rice with a little good stock, rather cold than hot; add this to some boiling stock, and keep stirring till it boils; and let it boil till sufficiently thick. The flour of rice may be made as follows:—Wash in several waters a pound of rice; wipe it in a clean towel, and when perfectly dry pound and sift it through a sieve.

CREAM, SNOW. Take a pint of fresh cream, and mix with it eight spoonfuls of powder-sugar, the whites of two eggs, and a spoonful of orange-flower water, or any other aromatic ingredient you like better; whip it, and remove the froth or snow in the usual way. This cream may be colored according to your fancy, with saffron, carmine, or indigo.

CREAM, SOLID. Squeeze the juice of a large lemon upon three or four table-spoonfuls of pounded loaf sugar, add two table-spoonfuls of brandy, and one pint of cream; pour it from one cup into another, till it be sufficiently thick.

CREAM, SPANISH. Boil, in half a pint of water, half an ounce of isinglass, till dissolved; strain, and mix it with a quart of cream or good milk; if cream, not so much isinglass; stir it over the fire till it come to a boil; when a little cooled, add gradually the beaten yolks of six eggs, and a glass of white wine. Pour it into a deep dish, sweeten with pounded loaf sugar, stir it till cold, and then put it into a shape.

CREAM, STONE. Put three table-spoonfuls of lemon-juice, and the grated peel of one, some preserved apricots, or any other sweetmeat, into a glass or China dish. Boil a quarter of an ounce of isinglass in a little water, till dissolved; add it to a pint of cream, sweetened well with pounded loaf sugar; boil it, and stir it all the time; pour it into a jug, stir it now and then till milk-warm, then pour it over the sweetmeat round and round. It may be made the day before being served.

CREAM, SWISS. (1) Boil the grated peel of a large lemon, and three-quarters of a pound of pounded loaf sugar, in a pint of cream; squeeze the juice of the lemon upon a table-spoonful of flour, work it well together, and gradually add to it the boiling cream, and heat it all over the fire; pour it into a basin, and when nearly cold, put it into a glass or China dish, and garnish it with candied orange-peel, and citron cut into straws. This cream requires to be constantly stirred till it is put into the dish in which it is to be served.

CREAM, SWISS. (2) Whisk upon

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a hot plate, the yolks of eight eggs, half a pound of finely-pounded sugar, the grated rind of a lemon, and half a pint of light French or Rhenish white wine, and send it warm to table.

CREAM TART. *See Tart.*

CREAM, WHIPPED. Sweeten, with pounded loaf sugar, a quart of cream, and add to it a lump of sugar which has been rubbed upon the peel of two fine lemons or bitter oranges; or flavor it with orange-flower water, a little essence of roses, the juice of ripe strawberries, or of any other fruit. Whisk the cream well in a large pan, and as the froth rises, take it off, and lay it upon a sieve placed over another pan, and return the cream which drains from the froth, till all is whisked, then heap it upon a dish, or put it into glasses. Garnish with thinly-pared citron, or cedrat cut into small leaves, or into any fanciful shape. To color the rose cream, or to heighten that of strawberry, a little carmine or lake may be mixed with the cream, which may be iced when made.

CREAM, WHITE LEMON. (1) Rub, with some lumps of loaf sugar, the rinds of six lemons, and grate off the remainder; squeeze and strain the juice, and add the grated peel and sugar, with three-quarters of a pound of pounded loaf sugar; put to this a quart of rich cream, and whisk it till very thick. The following day, soak five or six sponge biscuits in white wine, and put over them the cream.

CREAM, WHITE LEMON. (2) Boil the thin peel of two lemons in a pint of cream; strain, and thicken it with the well-beaten yolks of three, and whites of four eggs; sweeten it with pounded loaf sugar, stir it till nearly cold, and put it into glasses.

CROQUANTE OF PASTE. Roll out paste, about the eighth of an inch thick; rub over a plain mould with a little fresh butter; lay on the paste very even, and equally thin on both sides; pare it round the rim; then with a small penknife cut out small pieces, as fancy may direct, such as diamonds, stars, circles, sprigs, &c.; or use a small tin cutter of any shape: let it lie to dry sometime, and bake it a few minutes in a slack oven, of a light color: remove it from the mould, and place it over a tart, or any other dish of small pastry.

CROQUE. These are large pieces of ornamental confectionary, formed of various materials, as *gimblettes, croquignoles, genoises, &c.*, or of oranges, cut into quarters, chestnuts, green nuts, &c., arranged within moulds according to fancy, and cemented together with boiled sugar.

CROQUETS. Pound, in a marble mortar, cold veal and fowl, with a little suet, some chopped lemon-peel, lemon thyme, chives, and parsley. Season with nutmeg, pepper, and salt; mix all well together, and add the yolk of an egg well-beaten; roll it into balls, and dip them into an egg beaten up, then sift bread crumbs over them, and fry them in butter.

CROQUETTES OF BOILED MEAT. Mince some boiled meat very small; add to it some sausage-meat, mashed potatoes, crumbs of bread, soaked in milk, and sweet herbs; make them into a paste, and form it into little balls; roll them in very fine raspings, and fry them of a nice color. Serve them with sauce *piquante*.

CROQUETS OF SWEETBREADS. Mince some cold sweetbreads, which have been dressed, and boil them in a sauce veloute; when quite cold, form them into balls, or into rolls, about two inches long; fry and serve them with fried parsley in the middle. Or, make the croquet meat into a rissole. Roll out a piece of thin puff paste, enclose the meat in it, brush it over with a beaten egg, and strew over it grated bread; fry it of a light brown color.

CRUMPETS. (1) Make a pint of warm milk, a quarter of a pint of yeast broth, strained into a strong batter, with a sufficient quantity of flour; cover, and set it in a warm place to rise; then add a quarter of a pint of warm milk, an ounce of butter worked up in a little flour, but only flour enough to prevent the batter from being too thin; in a quarter of an hour have the iron rings ready on a plate of iron over a stove; pour the batter into these rings, and bake them.

CRUMPETS, OR PIKELETS. (2) Set a sponge as for bread, excepting that half milk and half water must be used; and to every half-quartern of flour, two eggs must be added; beat the eggs thoroughly. Bake them in rings as usual.

CRUST, FOR VENISON PASTY. Work into a paste with warm water, two pounds and a half of butter, a peck of fine flour, and four eggs; work it smooth, and to a good consistence. The paste should be put round the inside, but not at the bottom of the dish; let the cover be tolerably thick, to bear the long continuance in the oven.

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CRUST, RAISED. (1) Melt, in one pint of water, one pound of fresh lard; weigh four pounds of flour, put it into a basin, and when the water and lard is hot, with a horn spoon stir it by degrees amongst the flour. When well mixed, work it with the hands till it is a stiff paste, when it is fit for use.

CRUST, RAISED. (2) Put into a saucepan one pint and a half of water, four pounds of flour, and four ounces and a half of butter; stir it till it is a thick paste, take it out, and add the yolks of three or four beaten eggs; work it well together, roll it out rather more than half an inch thick; cut out the top and bottom, and a long piece of proper depth for the sides. Brush round the bottom with well-beaten whites of eggs; set on the sides, keeping the paste rather within the edge of the bottom; pinch it all round, to make the pieces adhere, then fill the pie, and brush round the upper sides of the crust and the outer edges of the cover with egg; lay on the cover, pinch it round neatly, and ornament it according to fancy with leaves, festoons, or chains of rings made of the paste.

CRUST SHORT. (1) Pound, sift, and dry two ounces of white sugar; then mix it with a pound of well dried flour, rubbing into it, so fine as not to be seen, three ounces of butter; then put the yolks of two eggs into some cream, and mix the whole into a smooth paste; roll it out thin, and bake it in a moderate oven.

CRUST SHORT, NOT SWEET, BUT RICH. (2) Mix into a stiffish paste, using as little water as possible, six ounces of butter, with eight ounces of fine flour, (rubbing the butter well into the flour, before mixing it with the water) beat it well, and roll it thin. This crust is proper as well as the above, for tarts of fresh or preserved fruits. Let it bake in a moderate oven.

CUCUMBERS STEWED. Peel and cut cucumbers in quarters, take out the seeds, and lay them on a cloth to drain off the water: when they are dry, flour and fry them in fresh butter; let the butter be quite hot before you put in the cucumbers; fry them till they are brown, then take them out with an egg-slice, and lay them on a sieve to drain the fat from them (some cooks fry sliced onions, or some small button onions, with them, till they are a delicate light brown color, drain them from the fat, and then put them into a stewpan with as much gravy as will cover them): stew slowly till they are tender; take out the cucumbers with a slice, thicken the gravy with flour and butter, give it a boil up, season it with pepper and salt, and put in the cucumbers, as soon as they are warm, they are ready. The above, rubbed through a tamis, or fine sieve, will be entitled to be called "cucumber sauce." See Cucumber Vinegar. This is a very favorite sauce with lamb or mutton-cutlets, stewed rump-steaks, &c. &c.: when made for the latter, a third part of sliced onion is sometimes fried with the cucumber.

CUCUMBERS AND ONIONS, SLICED. Cut full-grown cucumbers into slices about a quarter of an inch thick, and slice some onions thin; then lay them into a dish together, and strew salt over them; cover them with another dish, and let them remain for twenty-four hours. Put them into a cullender to drain, then into a large jar, and pour over them boiled vinegar, three successive days; the last time of boiling the vinegar add pepper and ginger, pour it over them hot, and closely cover them when cold.

CUCUMBER MANGOES. Cut a long narrow piece out of the sides of large Turkey cucumbers, scoop out the seeds, and with a part of them mix some mustard seed, shred garlic, and grated horse-radish; stuff the space as full as it will admit of, and replace the piece which was cut off; bind them with a thread; put over them hot vinegar three successive days, and boil with it the last time pepper, flour of mustard, and some salt; put them into jars, and pour over them the boiling vinegar, and when cold, cover them closely.

CULLIS. (1) To a quart of gravy, put a table-spoonful of thickening, or from one to two table-spoonfuls of flour, according to the thickness you wish the gravy to be, into a basin, with a ladleful of the gravy; stir it quick; add the rest by degrees, till it is all well mixed; then pour it back into a stewpan, and leave it by the side of the fire to simmer for half an hour longer, that the thickening may thoroughly incorporate with the gravy, the stewpan being only half covered, stirring it every now and then; a sort of scum will gather on the top, which it is best not to take off till you are ready to strain it through a tamis. Take care it is neither of too pale nor too dark a color; if it is not thick enough, let it stew longer, till it is reduced to the desired thickness; or add a bit of glaze, or portable soup to it, if it is too thick, you can easily thin it with a spoonful or two of warm broth, or water. When your sauce is done, stir it in the basin you put it into once or twice, while it is cooling.

CULLIS. (2) Lay over the bottom of a stewpan as much lean veal as will cover

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nt an inch thick; then cover the veal with some slices of undressed bacon (gammon is the best), three onions, three bay leaves, some sweet herbs, two blades of mace, and three cloves. Put on the lid of the stewpan, and set it over a slow fire; but when the juices come out, let the fire be a little quicker. When the meat is of a nice brown color, fill the stewpan with good beef broth, boil and skim it, then let it simmer for an hour; add a little water mixed with as much flour as will make it properly thick; boil it half an hour, and strain it. You may keep this cullis a week.

CULLIS, A FAMILY ONE. Roll a piece of butter in flour, and stir it in a stewpan till the flour is of a fine yellow color. Then put in some thin broth: a little gravy, a glass of white wine, a bundle of sweet herbs, two cloves, a little nutmeg or mace, a few mushrooms, pepper and salt. Let it stew an hour over a slow fire, then skim all the fat clean off, and strain it through a sieve.

CULLIS, WHITE. Take a piece of veal, cut it into small bits, with some thin slices of ham, and two onions, each cut into four; moisten it with broth, seasoned with mushrooms, a bunch of parsley, green onions, three cloves, and so let it stew. Being stewed, take out the meat and roots with a skimmer, put in a few crumbs of bread, and let it stew softly; take the white of a fowl, or two chickens, and put it into a mortar; being well pounded, mix it in the cullis, but it must not boil, and the cullis must be very white; but if not white enough, pound two dozen of sweet almonds blanched, and put it into the cullis; then boil a glass of milk, and add it to the cullis; let it be of a good flavor, and strain it off; then put it into a small kettle, and keep it warm. It may be used for white loaves, crust of white bread, and biscuits.

CURACOA. Put five ounces of thin-cut Seville orange-peel, that has been dried and pounded, or, which is still better, of the fresh peel of a fresh shaddock, which may be bought at the orange and lemon shops in the beginning of March, into a quart of the finest and cleanest rectified spirit; after it has been infused a fortnight, strain it, and add a quart of sirup and filter. See the following receipt.

CURACOA; HOW TO MAKE A QUART. To a pint of the cleanest and strongest rectified spirit, add two drachms and a half of the sweet oil of orange-peel; shake it up: dissolve a pound of good lump sugar in a pint of cold water; make this into a clarified sirup, which add to the spirit: shake it up, and let it stand till the following day: then line a funnel with a piece of muslin, and that with filtering-paper, and filter it two or three times till it is quite bright. This liquor is an admirable cordial; and a tea-spoonful in a tumbler of water is a very refreshing summer drink, and a great improvement to punch.

CURDS AND CREAM. (1) With about half a table-spoonful of rennet, turn two quarts of milk just from the cow; drain off the whey, and fill a mould with the curd; when it has stood an hour or two, turn it out. Strew colored comfits over it, sweeten some cream, mix grated nutmeg with it, and pour it round the curd.

CURDS AND CREAM. (2) Put two quarts of new milk into the dish in which it is to be served, and turn it with a tea-spoonful of rennet; when the curd has come, serve it with cream in a separate dish.

CURRANTS, AND OTHER FRUIT, TO CANDY. Boil the fruit in clarified sugar as for preserving; take it out of the sirup and drain it upon sieves; sift over it through a lawn sieve, till quite white, pounded loaf sugar. Place them in a cool oven, and turn and dust them with sugar till dry.

CURRANT FRITTERS WITHOUT EGGS. Stir into half a pint of mild ale, as much flour as will make it into a thick batter; add a little sugar and a few currants; beat it up quickly, and with a spoon drop it into boiling lard.

CURRANT MARMALADE. Take some ripe red currants, pick them, and squeeze out the juice from some of them; put to it some juice of raspberries; then put to this the whole currants, boil them gently; and when they begin to break, put in an equal weight of sugar boiled to candy height; boil them together, mash them as they boil; skim them, put in some rose water, and when it becomes as thick as marmalade, put it into pots.

CURRANT PUDDING. *See Pudding.*

CURRANTS FOR TARTS. Gather the fruit perfectly dry, and before it be too ripe, pick it from the stalks, and put it into clean, dry, wide-mouthed bottles; if the flavor of raspberries is approved, some may be added with the currants; tie tightly over each bottle a piece of sound bladder previously soaked in water; set them into a pan of cold water with a little straw at the bot-

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tom, and a little between the bottles; put them on the fire, and when they begin to simmer, keep them in that state about three-quarters of an hour, but they must not be allowed to boil; take the pan off the fire; the bladders will be raised, but will fall soon after, and sink into the mouth of the bottles; in an hour, take them out, and tie strong paper over each, and set them in a dry cool place. The bottles may be placed in a bottle rack with the neck downwards. Damsons, cherries, and gooseberries, may be done in this way; any sort will keep for a year. Cut off the stalks of the cherries, and top and tail the gooseberries.

CURRANT TART. ***See Tarts.***

CURRIES. Cut fowls or rabbits into joints, and wash them clean; put two ounces of butter into a stewpan: when it is melted, put in the meat, and two middling-sized onions sliced, let them be over a smart fire till they are of a light brown, then put in half a pint of broth; let it simmer twenty minutes. Put in a basin one or two table-spoonfuls of curry powder, a tea-spoonful of flour, and a tea-spoonful of salt; mix it smooth with a little cold water, put it into the stewpan, and shake it well about till it boils: let it simmer twenty minutes longer; then take out the meat, and rub the sauce through a tamis or sieve: add to it two table-spoonfuls of cream or milk; give it a boil up; then pour it into a dish, lay the meat over it: send up the rice in a separate dish.

CURRY. Cut a fowl into small pieces, skin it, and let it blanch in cold water for two hours; mince an onion very small, and put it into a saucepan, with two ounces of butter, and a large table-spoonful of flour of rice stirred in by degrees; brown it well, and when just boiling, add a quart of cold water, with the pieces of fowl and a large table-spoonful of curry powder mixed in it. Let it boil till the fowl be quite tender, and just before serving, squeeze the juice of half a lemon over the blade of a knife into it. Vinegar will answer instead of the juice; and if it be required very fine, in place of rice, thicken it with an ounce of sweet almonds blanched and pounded.

CURRY BALLS ***for Mock Turtle, Veal, Poultry, Made Dishes, &c.*** Are made with bread-crumbs, the yolk of an egg boiled hard, and a bit of fresh butter about half as big, beaten together in a mortar, and seasoned with curry powder.

CURRY, DRY. Skin and cut a fowl into joints, or take off small cutlets from the best end of a neck of veal; fry in butter three or four minced onions, and drain them; then fry the fowl or veal, and dust it with three tea-spoonfuls of curry powder, and a quarter of a tea-spoonful of Cayenne. Put the fried meat and onions into a stew-pan, with a little salt, half a pint of milk, and the same quantity of water; keep the pan closely covered, and let it stew till perfectly tender, and ten minutes before serving, add two tea-spoonfuls of lemon-juice.

CURRY, FISH. After a cod-fish, haddock, or mackerel has lain some hours in salt, cut it into pieces, and stew it in water sufficient to cover it, into which a large table spoonful of curry powder has been mixed. Fry in a quarter of a pound of butter, a shallot and two or three onions minced, a little pepper and salt. When well browned, add it to the fish, and stew all together till it be quite tender. Sprats make a good curry, but should be stewed in less water.

CURRY, INDIAN. Stew in two ounces of butter, for ten minutes, a teaspoonful of Cayenne, and one of pepper, a dessert-spoonful of pounded coriander seed, six small onions, and two heads of garlic minced. Cut the fowl or rabbit into small pieces, and cover it over with the curd of sweet milk. Put the whole into a stewpan, with as much boiling water as may be desired for sauce, and let it simmer till very tender.

CURRY POWDER. (1) Put the following ingredients in a cool oven all night, and the next morning pound them in a marble mortar, and rub them through a fine sieve. Coriander-seed, three ounces, turmeric, three ounces, black pepper, mustard, and ginger, one ounce of each, allspice and less cardamons, half an ounce of each, cumin seed, a quarter of an ounce. Thoroughly pound and mix together, and keep them in a well-stopped bottle. Those who are fond of curry sauces, may steep three ounces of the powder in a quart of vinegar or white wine for ten days, and will get a liquor impregnated with all the flavor of the powder.

CURRY POWDER. (2) Pound extremely fine, in a mortar, six ounces of coriander seed, three ounces of pepper, one ounce and a half of fenugreek seed, one ounce of cumin seed, three ounces of turmeric, and three-quarters of an ounce of Cayenne; sift it through muslin, and put it before the fire for four or five hours, stirring it every now and then. Keep it in a bottle with a glass stopper.

CURRY OF VEAL, FOWL, &c. Fry

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sliced veal, rabbit, fowl, or sweetbreads, in a good deal of butter, dusting it with flour. Dust one side with curry powder; then turn and dust the other, strewing over it finely-minced onions, taking care not to burn them. When the meat is of a light brown, add some white stock, with a little salt; stew it till tender. Before serving, skim off the fat, and add a tea-spoonful of lemon-juice or vinegar. Rabbit, fowl, and sweetbreads should be parboiled.

CUSTARD. (1) Sweeten a quart of thin cream, or good milk, with pounded loaf sugar; boil it with a bit of cinnamon, and half the peel of a lemon; strain it, and when a little cooled, mix it gradually with the well-beaten yolks of ten eggs; stir it over a slow fire till it be pretty thick, pour it into a basin, and add a table-spoonful of rose water, and one of brandy; keep stirring it every now and then till cold, and then put it into glasses, cups, or a dish. It may be made the day before it is used.

CUSTARD. (2) 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.

CUSTARDS. (3) Take six eggs, leave out the whites; mix your eggs and sugar together with some rose water; then boil a pint of cream, and put in the eggs (the cream must not boil after the eggs have been put in). Stir them to prevent them from curdling.

CUSTARDS, ALMOND. Blanch and pound fine, with half a gill of rose water, six ounces of sweet, and half an ounce of bitter almonds; boil a pint of milk, as in Baked Custard sweeten it with two ounces and a half of sugar; rub the almonds through a fine sieve, with a pint of cream; strain the milk to the yolks of eight eggs, and the whites of three well-beaten; stir it over a fire till it is of a good thickness; take it off the fire, and stir it till nearly cold, to prevent its curdling. N. B.—The above may be baked in cups, or in a dish, with a rim of puff paste put round.

CUSTARD, APPLE. Take thirty fine apples, and pierce out the cores of ten of them which are of an equal size; pare and trim them neatly, and boil them in six ounces of sugar till pretty firm. Peel and cut the remaining apples very small, and put them into the above sirup; shred the rind of an orange, and mix with them; stir the whole constantly to prevent their sticking to the pan; when sufficiently done rub the marmalade through a horse-hair sieve. Prepare the crust as before mentioned, but dress the sides a little higher; mix two spoonfuls of apricot marmalade with that of your apples, and then put four spoonfuls of it into the custard; place the whole apples, (having put apricot marmalade in the place of the cores), and then add the remainder of the apple marmalade, taking care not to cover the apples with it. Finish as above. At the instant of serving it mask it with apple jelly, apricot or quince marmalade, cherry juice or verjuice. Garnish the top of each apple with a cherry or verjuice-berry. Serve this hot or cold.

CUSTARD, APRICOT GLAZED. Cut twenty fine apricots in half, take out the stones; toss up twelve apricots in four ounces of powder-sugar, and place them in a cream according to the directions for apple custard; bake and glaze as therein directed. Put a glass of water and a quarter of a pound of powder-sugar with the rest of the fruit into a preserving-pan; when the sirup is properly reduced, take the skin from the apricots and arrange them in the custard; garnish each half apricot with a kernel, and when ready to serve, pour the sirup on it. Serve hot or cold.

CUSTARD, BAKED. (1) 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.

CUSTARD, BAKED. (2) Boil in a pint of milk, a few coriander seeds, a little cinnamon and lemon-peel; sweeten with four ounces of loaf sugar, and mix with it a pint of cold milk; beat well eight eggs for ten minutes, and add the other ingredients; pour it from one pan into another six or eight times, strain it through a sieve, and let it stand some time; skim off the froth from the top, fill it in earthen cups, and bake them immediately in a hot oven, give them a good color; about ten minutes will do them.

CUSTARD, BOILED. (1) Boil in a pint of milk, five minutes, lemon-peel, coriauders, and cinnamon, a small quantity of each,

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half a dozen of bitter almonds, blanched and pounded, and four ounces of loaf sugar: mix it with a pint of cream, the yolks of ten eggs, and the whites of six, well-beaten; pass it through a hair sieve, stir it with a whisk over a slow fire till it begins to thicken, remove it from the fire, and continue to stir it till nearly cold; add two table-spoonfuls of brandy, fill the cups or glasses, and grate nutmeg over.

CUSTARDS, BOILED. (2) Put a quart of new milk into a stewpan, with the peel of a lemon cut very thin, a little grated nutmeg, a bay or laurel leaf, and a small stick of cinnamon; set it over a quick fire, but be careful it does not boil over: when it boils, set it beside the fire, and simmer ten minutes; break the yolks of eight, and the whites of four eggs into a basin; beat them well; then pour in the milk a little at a time, stirring it as quick as possible to prevent the eggs curdling; set it on the fire again, and stir it well with a wooden spoon; let it have just one boil; pass it through a tamis, or fine sieve: when cold add a little brandy, or white wine, as may be most agreeable to the eater's palate. Serve up in glasses, or cups. Custards for baking are prepared as above, passed through a fine sieve; put them into cups; grate a little nutmeg over each: bake them about fifteen or twenty minutes.

CUSTARD, COMMON. Boil a pint of milk with a bit of cinnamon and two or three laurel leaves; mix with one table-spoonful of flour, or potato flour, two and a half of cold milk, put it into a lawn sieve, and pour the boiling milk upon it; let it run into a basin, mix in by degrees the well-beaten yolks of three eggs; sweeten, and stir it over the fire for a few minutes to thicken.

CUSTARDS OR CREAMS, TO ORNAMENT. Whisk for one hour the whites of two eggs together with two table-spoonfuls of raspberry, or red currant sirup or jelly; lay it in any form upon a custard or cream, piled up to imitate rock. It may be served in a dish with cream round it.

CUSTARD, DURHAM. To a pint of cream add the well-beaten yolks of two eggs, and about a third of a pint of mild strong ale; sweeten, and stir it over the fire till it nearly boils, then pour it into a dish, in the bottom of which is laid thin toasted bread, cut into square bits.

CUSTARD OF FRESH FRUIT. Have ready a tin or copper mould, and line it completely with paste, taking care that it takes all the form of the mould. Then take a sufficient quantity of apricots, peaches, plums, or any other fruit you please; and having taken out the stones, seeds, and stalks, mix the fruit up with powder-sugar; put it into the crust, and bake it in a hot oven. When ready for table, mask it with the sirup and kernels, blanched and cut in halves.

CUSTARD, LEMON. (1) Boil two glasses of white wine, half a pint of water, and two table-spoonfuls of brandy; when nearly cold, add the grated peel and juice of two lemons, with half a pound of pounded loaf sugar, and the well-beaten yolks of six eggs; stir it over a slow fire till it thickens, pour it into a basin, and stir now and then till cold; put it into a dish, or cups, with sifted loaf sugar over the top.

CUSTARD, LEMON. (2) Put the juice of four lemons, with three ounces of pounded loaf sugar, into a deep dish. Boil the grated peel of one lemon and two ounces of pounded loaf sugar in a quart of cream, and pour it over the juice and sugar. It will keep for four days.

CUSTARD, ORANGE. Sweeten the strained juice of ten oranges with pounded loaf sugar, stir it over the fire till hot, take off the scum, and when nearly cold add to it the beaten yolks of twelve eggs, and a pint of cream; put it into a saucepan, and stir it over a slow fire till it thickens. Serve in cups or a dish.

CUSTARD, RICE. Mix a pint of milk, half a pint of cream, one ounce of sifted ground rice, five or six bitter almonds, blanched and pounded with two table-spoonfuls of rose water; sweeten with loaf sugar, and stir it all together till it nearly boils; add the well-beaten yolks of three eggs; stir, and let it simmer for about a minute; pour it into a dish, or serve it in cups, with sifted loaf sugar over the top.

CUSTARD, TURKEY. Put a pound and a half of good rice into cold water over the fire, and when it boils, take it off and drain it well; then put it into a large saucepan, with twelve glasses of good milk, a pound of butter, the same of sugar, on which have been rasped the peels of four oranges or cedrats, and a grain of salt. Put the saucepan over a moderate fire to swell the rice, taking care that none of the grains burst; stir it a little, and when done, add to it two pounds of dry currants, the yolks of twelve eggs, and some spoonfuls of *Chantilly* cream; after which mix in the twelve whites whipped firm. Prepare the crust in

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the usual way; bake it in a moderate oven two hours and a half; when ready for table, brown it with a salamander.

CUSTARD, TURNING OUT. Mix with the well-beaten yolks of four eggs a pint of new milk, half an ounce of isinglass dissolved, or enough of calf's-feet stock to stiffen it, and two laurel leaves; sweeten with pounded loaf sugar, and stir it over a slow fire till it thickens; pour it into a basin, and stir it till a little cooled, then pour it into cups to turn out when quite cold. Beat the yolks of two eggs with a little cream; add it to nearly half a pound of brown sugar burnt; strain it through a sieve, and when cold pour it round the custards.

D.

DAMSONS BOTTLED. Gather them on a dry day before they are ripe, when they have just turned their color. Put them in wide-mouthed bottles, cork them close, and let them stand a fortnight; then carefully examine them, and if any of them are mouldy or spotted, take them out of the bottles, and cork the rest close. Put the bottles in sand, and they will keep good till the spring.

DAMSON DUMPLINGS. Make a good hot paste crust, roll it pretty thin, lay it in a basin, and put in as many damsons as you please. Wet the edge of the paste and close it up; boil it in a cloth for an hour; pour melted butter over it, grate sugar round the edge of the dish, and serve.

DAMSON JELLY. *See Jelly.*

DAMSON, OR OTHER PLUM CHEESE. Take damsons that have been preserved without sugar; pass them through a sieve, to take out the skins and stones. To every pound of pulp of fruit put half a pound of loaf sugar, broke small; boil them together till it becomes quite stiff; pour it into four common-sized dinner plates, rubbed with a little sweet oil; put it into a warm place to dry, and when quite firm, take it from the plate, and cut it into any shape you choose. N. B.—Damson cheese is generally used in desserts.

DAMSONS FOR WINTER USE. Gather the damsons when just ripe, and perfectly sound; fill a two-gallon brandy keg, and pour over two pounds of molasses; close the keg firmly, and turn it every day.

DEER HORNS. Beat one white, and six yolks of eggs; mix them with five table spoonfuls of pounded and sifted loaf sugar, the same quantity of sweet cream, ten sweet almonds, blanched and pounded, the grated peel of one lemon, and as much flour as will make the whole into a paste sufficiently thick to roll out. Then cut it with tins for the purpose, into the form of horns, branches, or any other shape, and throw them into boiling lard.

DEVIL. (1) Score the leg of a roasted turkey, goose, or fowl; pepper and salt it well, broil it, and pour over it the following sauce made quite hot: three table-spoonfuls of gravy, one of melted butter, and one of lemon juice, a large wine-glass of Port wine, of mustard, Chili vinegar, Harvey sauce, and mushroom catchup, a tea-spoonful each; a little Cayenne and pepper. The devil may be served without a sauce, and be more highly seasoned. When this dish is to be served cold, the fat being carefully removed from the goose, it may be ornamented or covered with cold jelly made as follows:—Boil for five hours in four quarts of water the bones of the goose, with three nicely cleaned calf's feet, strain it, and when cold take off all the fat, and boil the jelly with some whole pepper, ginger, and salt; add two ounces of dissolved isinglass, the juice of two lemons, and the beaten whites of three or four eggs; stir it while it is upon the fire, and allow it to boil about ten minutes; then run it through a jelly-bag, and repeat this till it becomes quite clear.

DEVIL. (2) The gizzard and rump, or legs, &c. of a dressed turkey, capon, or goose, or mutton or veal kidney, scored, peppered, salted, and broiled, sent up for a relish, being made very hot, has obtained the name of a "devil."

DEVONSHIRE JUNKET. (1) Turn some new milk from the cow with a little rennet; sweeten some thick cream, add a little pounded cinnamon, make it scalding hot, and when cold pour it over the curd, and put a little wine and sugar into the bottom of the dish.

DEVONSHIRE JUNKET. (2) Turn some new milk, as for cheese cakes, in a wide shallow dish; when cold, pour over the top a pint of rich cream mixed with pounded loaf sugar, six dessert spoonfuls of brandy, and some grated nutmeg.

DEVONSHIRE WHITE POT. Beat up a pint of cream with four eggs, a little salt, some sliced nutmeg, and a good deal of

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sugar; then slice very thin, almost the whole of the crum of a penny loaf; put it into a dish; pour the eggs and cream to it; a handful of Smyrna raisins boiled, and a little sweet butter: bake it.

DIGESTER. An iron boiler, with a top to screw on, to prevent the steam from escaping.

DRIPPINGS, TO CLARIFY. Put your dripping into a clean saucepan over a stove or slow fire; when it is just going to boil, skim it well, let it boil, and then let it stand till it is a little cooled; then pour it through a sieve into a pan. *Obs.*—Well-cleansed drippings, and the fat skimmings of the broth-pot, when fresh and sweet, will baste everything as well as butter except game and poultry, and should supply the place of butter for common fries, &c.; for which they are equal to lard, especially if you repeat the clarifying twice over. N. B.—If you keep it in a cool place, you may preserve it a fortnight in summer, and longer in winter. When you have done frying, let the dripping stand a few minutes to settle, and then pour it through a sieve into a clean basin or stone pan, and it will do a second and a third time as well as it did the first; only the fat you have fried fish in must not be used for any other purpose.

DRINK, COOLING. A palatable and cooling drink may be made by pouring hot water over slices of lemon; when cold, to be strained and sweetened.

DUCK. Mind your duck is well cleaned, and wiped out with a clean cloth: for the stuffing, take an ounce of onion and half an ounce of green sage; chop them very fine, and mix them with two ounces, *i. e.* about a breakfast-cupful, of bread crumbs, a bit of butter about as big as a walnut, a very little black pepper and salt, and the yolk of an egg to bind it; mix these thoroughly together, and put into the duck. From half to three-quarters of an hour will be enough to roast it, according to the size: contrive to have the feet delicately crisp, as some people are very fond of them; to do this nicely you must have a sharp fire.

DUCK, TO BOIL. Make a paste, allowing half a pound of butter to a pound of flour. Truss a duck as for boiling; put into the inside a little pepper and salt, one or two sage leaves, and a little onion finely minced; enclose the duck in the paste, with a little jellied gravy. Boil it in a cloth, and serve it with brown gravy poured round it.

DUCKS, TO CHOOSE. 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.

DUCK, DRESSED IN DIFFERENT WAYS. Take either a large duck, or two ducklings, which truss like a fowl for boiling; put it into a pot (just about large enough to hold the duck) with thin slices of bacon, a little stock, a glass of wine, pepper, salt, onions, carrots, a head of celery sliced, a bunch of sweet herbs, two cloves, and a bay-leaf; when done, take out the duck, wipe the fat off very clean, and serve with what sauce or ragout you choose, such as sweetbreads, green-peas, turnips, chestnuts, olives, cucumbers, or any sort of stewed greens, according to the season.

DUCKS, GEESE, DRESSED, OR HASHED. Cut an onion into small dice; put it into a stewpan with a bit of butter; fry it, but do not let it get any color; put as much boiling water into the stewpan as will make sauce for the hash; thicken it with a little flour; cut up the duck, and put it into the sauce to warm; do not let it boil; season it with pepper and salt, and catchup. Divide the duck into joints; lay it by ready; put the trimmings and stuffing into a stewpan, with a pint and a half of broth or water; let it boil half an hour, and then rub it through a sieve; put half an ounce of butter into a stewpan; as it melts, mix a table-spoonful of flour with it; stir it over the fire a few minutes, then mix the gravy with it by degrees; as soon as it boils, take off the scum, and strain through a sieve into a stewpan; put in the duck, and let it stew very gently for ten or fifteen minutes, if the duck is rather under-roasted: if there is any fat, skim it off: line the dish you serve it up in with sippets of bread either fried or toasted.

DUCK OR GOOSE FORCED. Cut the goose open at the back, and carefully take out the bones, excepting those of the legs and wings. Take out all the meat from the body, leaving the skin perfectly whole. With the meat pound three-quarters of a pound of lean and tender beef, add three handfuls of grated bread, four well-beaten eggs, and half a pint of rich sweet cream; season with pepper, mace, and salt; mix it all well together; let it stand for half an hour, and then put it into the goose, which sew up, and make it of as natural a form as possible; but take care that it be not too much stuffed. Boil it for half an hour in

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some good stock, and then put it into a flat tin baking-pan, with some fresh butter over and under it. Bake it in an oven another half hour, and serve it with the following sauce: Brown a table-spoonful of butter with flour, add about a pint of the stock in which the goose has been boiled, three grated onions, two table-spoonfuls of capers cut fine, a little lemon pickle, and a few small pickled onions; boil it about a quarter of an hour, and just before pouring it over the goose, stir in gradually half a pint of rich cream.

DUCK, HASHED, Cut a duck in pieces, and flour it; put in a stewpan some gravy, a little Port wine, shallots chopped fine, salt, pepper, and a bit of lemon; boil this; then put in the duck, toss it up, take out the lemon, and serve with toasted sippets.

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.

DUCK, TO STEW. (1) Cut one or two ducks into quarters; fry them a light brown in butter; put them into a saucepan, with a pint of gravy, a tea-cupful of Port wine, four onions whole, pepper and some salt, a bunch of parsley, two sage leaves, a sprig of winter savory, and sweet marjoram. Cover the pan closely, and stew them till tender; take out the herbs and pepper; skim it; if the sauce be not sufficiently thick, mix with two table-spoonfuls of it a little flour, and stir it into the saucepan; boil it up, and garnish the dish with the four onions.

DUCK, TO STEW. (2) Put into a duck some pepper, salt, a minced onion, and one leaf of sage also minced; half roast it; brown with two ounces of butter, a table-spoonful of flour; add as much weak stock or water as will half cover the duck, and some pepper and salt; put in the duck, and a quart of green peas; let it stew for half an hour, stirring it now and then. For a variety, a dozen of middling-sized onions may be substituted for the peas, and stewed the same length of time. Cold roasted duck may be dressed exactly in the same manner; and to hash it, cut it into joints, and heat it thoroughly in gravy, adding a little soy, and a glass of Port wine.

DUCK, WILD. 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.

DUCK, WILD, SALMIS OF. Cut off the best parts of a couple of roasted wild ducks, and put the rest of the meat into a mortar, with six shallots, a little parsley, some pepper, and a bay-leaf, pound all these ingredients together well, and then put them into a saucepan with four ladlesful of stock, half a glass of white wine, the same of broth, and a little grated nutmeg; reduce these to half, strain them, and having laid the pieces on a dish, cover them with the above: keep the whole hot, not boiling, until wanted for table.

DUMPLINGS, HARD. Mix as for a paste, some flour with small beer or water, and a little salt; roll them in balls rather larger than an egg; when the water boils put them in: half an hour will boil them; currants may be added; they are good boiled with beef. They are eaten either with cold or melted butter.

DUMPLINGS, HALF-HOUR. Mince finely half a pound of suet, mix it with the same proportion of grated bread, and a table-spoonful of flour, a quarter of a pound of currants, some sugar, a little grated lemon-peel, nutmeg, and three well-beaten eggs; roll the mixture into round balls, tie them in bits of linen, and boil them for half an hour. Serve with melted butter and sugar poured over them.

DUMPLINGS, NORFOLK. With a pint of milk, two eggs, a little salt, and some flour, make a batter; drop this in small quantities into a pot of boiling water; they will be boiled in three minutes; throw them into a sieve or cullender to drain.

DUMPLING PASTE. Make a paste with flour, milk, salt and yeast; let it stand sometime in a warm place to ferment; then cut the paste into pieces of what size you please, and boil them a good while; let them cool; then cut each into two, and soak them in milk sugar, and lemon-peel, about an hour, and drain and flour them fit for frying; or, you may dip them in oil or melted butter to broil, basting with the same as they were dipped in.

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DUTCH CREAM CHEESE. Beat the yolks of eight, and the whites of three eggs, and mix them with a pint of butter milk; add this to three quarts of boiling milk just from the cow; let it boil up once, take it off the fire, cover it, and let it stand a little that the curd may form; then put it into a small hair sieve, and press it with a weight for twenty-four hours, when it may be turned out. It is eaten with cream and sugar.

DUTCH FLUMMERY. (1) Boil, with a pint of white wine, some sugar, the juice of two, and the peel of one lemon, a stick of cinnamon, and half an ounce of dissolved isinglass; strain, and mix it with the well-beaten yolks of seven eggs, stir it over the fire till it simmer, but do not allow it to boil; stir it till quite cold, and put it into a shape.

DUTCH FLUMMERY. (2) Boil for ten minutes, in half a pint of white wine, and the same proportion of water, the juice of three, and the peel of two lemons, rather more than a quarter of a pound of loaf sugar, and an ounce of isinglass dissolved; strain, and mix it gradually with the beaten yolks of five eggs; put it again over the fire, and stir it for five minutes; stir it till cold, and put it into a shape.

E.

ECHAUDE'S. Lay a quartern of flour on a pasteboard or slab, make a hole in the centre, in which put an ounce of salt, and a little water to dissolve it, a pound of butter, twenty eggs; mix the two latter well together, then the flour; work it thoroughly with your hands, if it be very firm add more eggs. When perfectly smooth, sprinkle a cloth with flour, lay the paste in it, and set it in a cool place for ten or twelve hours. The next day heat about three quarts of water, and having cut your paste into small pieces, about an inch square, and having floured each, put them into hot but not boiling water, shake the kettle the instant after you have thrown them in, and as they rise, if they are firm to the touch, they are sufficiently done, and must be taken out of the saucepan, and thrown into cold water; let them remain two or three hours; then drain, and leave them again for three hours or more, and then bake them for about twenty minutes.

EELS AND SOLES, STEWED WIGSY'S WAY. Take two pounds of fine silver eels: the best are those that are rather more than a half-crown piece in circumference, quite fresh, full of life, and "as brisk as an eel:" wash them in several different waters, and divide them into pieces about four inches long. Some cooks, dredge them with a little flour, wipe them dry, and then egg and crumb them, and fry them in drippings till they are brown, and lay them to dry on a hair sieve. Have ready a quart of good beef gravy; it must be cold when you put the eels into it: set them on a slow fire to simmer very gently for about a quarter of an hour, according to the size of the eels; watch them, that they are not done too much; take them carefully out of the stewpan with a fish-slice, so as not to tear their coats, and lay them on a dish about two inches deep.

EELS BAKED. Skin and clean some eels; take a shallow pan, and cut the eels in lengths according to the depth of the pan; put them in, letting them stand upright in it; the pan should be filled; put in a little water, some salt, pepper, shallots cut small, some sweet herbs, and a little parsley cut small; set them in the oven to bake; when they are done take the liquor that comes from them, put it into a saucepan, and thicken it with a piece of butter rolled in flour, and a little white wine.

EELS BOILED. Small ones are preferable. Curl and put them on in boiling salt-and-water, with a little vinegar. Garnish with parsley. Sauce;—parsley and butter.

EELS COLLARED. Take an eel, and cut it open; take out the bones; cut off the head and tail; lay the eel flat, and shred sage as fine as possible; mix with black pepper pounded, nutmeg grated, and salt; lay it all over the eel; roll it up hard in a cloth; tie it up tight at each end; then set over the fire some water, with pepper and salt, five or six cloves, three or four blades of mace, a bay-leaf or two; boil these with the bones, head, and tail, well; then put in the eel, and boil it till it is tender; then take it out, and boil the liquor, and when it is cold, put it to the eel; do not take off the cloth till you use them.

EELS FRIED. Cut them into pieces of three or four inches long, and then score across in two or three places; season them with pepper and salt, and dust them with flour, or dip them into an egg beat up, and sprinkle them with finely-grated bread crumbs; fry them in fresh lard or dripping. Let them drain and dry upon the back of a sieve before the fire. Garnish with parsley. Sauce;

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melted butter, and lemon pickle. If small, they may be curled and fried whole.

EEL PIE. Take eels about half a pound each; cut them into pieces three inches long, season them with pepper and salt, and fill your dish. Add a gill of water or veal broth, cover it with paste, rub it over with a paste-brush dipped in yolk of egg, ornament it with some of the same paste, bake it an hour; and when done, make a hole in the centre, and pour in the following sauce through a funnel: the trimmings boiled in half a pint of veal stock, seasoned with pepper and salt, a table-spoonful of lemon-juice, and thickened with flour and water, strained through a fine sieve: add it boiling hot.

EELS POTTED. Bone them; season them well upon both sides with pepper, salt, a little mace, and Jamaica pepper; let them lie for six hours, then cut them into small pieces, and pack them close into a dish; cover them with a coarse paste and bake them. When quite cold, take off the paste, and pour over them clarified butter.

EEL SOUP. *See Soups.*

EELS STEWED. (1) Cut the eels into pieces about four inches long; take two onions, two shallots, a bunch of parsley, thyme, two bay leaves, a little mace, black and Jamaica pepper, a pint of good gravy, the same of Port wine, and the same of vinegar, six anchovies bruised; let all boil together for ten minutes; take out the eels; boil the sauce till reduced to a quart; strain and thicken it with a table-spoonful of flour, mixed smooth in a little cold water. Put in the eels, and boil them till they are tender. Eels may also be roasted with a common stuffing.

EELS STEWED. (2) Cut the eels into pieces, season well two pounds and a half with salt and black pepper, put an ounce of butter into a stewpan with a large handful of sorrel, three or four sage leaves, half an onion cut small, a little grated lemon-peel, and one anchovy chopped; put in the eels and pour over half a pint of water, stew them gently for half an hour, shaking them occasionally; before serving, add a little grated nutmeg, and the juice of half a lemon.

EELS SPITCHCOCKED. This the French cooks call the English way of dressing eels. Take two middling-sized silver eels, scour them with salt, slit them on the belly side, and take out the bones and wash and wipe them nicely; then cut them into pieces about three inches long, and wipe them quite dry; put two ounces of butter into a stewpan with a little minced parsley thyme, sage, pepper, and salt, and a very little chopped eschalot; set the stewpan over the fire; when the butter is melted, stir the ingredients together, and take it off the fire, mix the yolks of two eggs with them, and dip the eel in, a piece at a time, and then roll them in bread-crumbs, making as much stick to them as you can; then rub the gridiron with a bit of suet, set it high over a very clear fire, and broil your eels of a fine crisp brown. Dish them with crisp parsley, and send up with plain butter in a boat, and anchovy and butter.

EGGS. (1) Eggs may be preserved for twelve months, in a sweet and palatable state for eating in the shell, or using for salads, by boiling them for one minute; and when wanted for use let them be boiled in the usual manner: the white may be a little tougher than a new-laid egg, but the yolk will show no difference.

EGGS. (2) Pour a gallon of water over a pound of unslacked lime, stir it well; the following day, pour off the clear water into a jar, and put in the eggs as they are laid. In this manner they will continue perfectly good for six months or more.

There are so many different ways of dressing eggs, that the recipes would almost fill a volume; we have, therefore, given such as we esteem the best, and the most adapted to the English taste.

EGGS AND BACON RAGOUT. Boil half a dozen eggs for ten minutes; throw them into cold water; peel them and cut them into halves; pound the yolks in a marble mortar, with about an equal quantity of the white meat of dressed fowl, or veal, a little chopped parsley, an anchovy, an eschalot, a quarter of an ounce of butter, a table-spoonful of mushroom catchup, a little Cayenne, some bread-crumbs, and a very little beaten mace, or allspice; incorporate them well together, and fill the halves of the whites with this mixture; do them over with the yolk of an egg, and brown them in a Dutch oven, and serve them on relishing rashers of bacon or ham.

EGGS AND BREAD. Put half a handful of bread crumbs into a saucepan, with a small quantity of cream, salt, pepper, and nutmeg, and let it stand till the bread has imbibed all the cream; then break ten eggs into it, and having beaten them up together, fry it like an omelet.

EGGS AND CREAM. Boil half a pint of cream till reduced to half the quantity; then add eight eggs, season them with salt

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and pepper, boil them together, till the eggs are partly hard; pass a salamander over the top, and serve.

EGGS A LA TRIPE. Cut into thick round slices a dozen of hard-boiled eggs, and put them into the following sauce: cut three large white onions into dice, fry them white in butter, and when nearly done, dust them with flour, and moisten them with some milk and a few spoonfuls of cream; keep stirring with a wooden spoon, to prevent their burning. When the sauce is done, grate in a little nutmeg, season with a little salt and pepper, and put in the eggs.

EGG BALLS. Boil four eggs for ten minutes, and put them into cold water; when they are quite cold, put the yolks into a mortar with the yolk of a raw egg, a teaspoonful of flour, same of chopped parsley, as much salt as will lie on a shilling, and a little black pepper, or Cayenne; rub them well together, roll them into small balls (as they swell in boiling); boil them a couple of minutes.

EGGS BOILED, TO EAT IN THE SHELL, OR FOR SALADS. The fresher laid the better: put them into boiling water; if you like the white just set, about two minutes boiling is enough; a new-laid egg will take a little more; if you wish the yolk to be set, it will take three, and to boil it hard for a salad, ten minutes. A new-laid egg will require boiling longer than a stale one, by half a minute.

EGGS BOURGEOISE. Spread some butter over the bottom of a dish, cover it entirely with thin slices of crumb of bread, on that lay thin slices of cheese, then eight or ten eggs, season them with salt, pepper and nutmeg, set the dish over a stove to cook gently till done.

EGGS, BUTTERED. Beat and strain ten or twelve eggs; put a piece of butter into a saucepan and keep turning it one way till melted; put in the beaten eggs, and stir them round with a silver spoon till they become quite thick. Serve them in a dish upon buttered toast. They may be eaten with fish, fowl, or sausages.

EGGS EN SURPRISE. Take a dozen eggs, and make a small hole at each end of every egg, through which pass a straw and break the yolk; then blow out the yolk carefully. Wash the shells, and having drained, dry them in the open air; mix the yolk of an egg with a little flour to close one of the holes of the shells, and when dry, fill half the number by means of a small funnel, with chocolate cream, and the remaining six with coffee or orange-cream; close the other end of your eggs, and put them into a saucepan of hot water; set them on the fire, taking care they do not boil; when done, remove the cement from the ends; dry, and serve them on a folded napkin.

EGGS, FRIED. Eggs boiled hard, cut into slices, and fried, may be served as a second course dish, to eat with roasted chickens.

EGGS FRIED WITH BACON. Lay some slices of fine streaked bacon (not more than a quarter of an inch thick) in a clean dish, and toast them before the fire in a cheese-toaster, turning them when the upper side is browned; first ask those who are to eat the bacon, if they wish it much or little done, *i. e.* curled and crisped, or mellow and soft: if the latter, parboil it first. Well-cleansed dripping, or lard, or fresh butter, are the best fats for frying eggs Be sure the frying-pan is quite clean; when the fat is hot, break two or three eggs into it; do not turn them, but, while they are frying, keep pouring some of the fat over them with a spoon; when the yolk just begins to look white, which it will in about a couple of minutes, they are done enough; the white must not lose its transparency, but the yolk be seen blushing through it: if they are done nicely, they will look as white and delicate as if they had been poached; take them up with a tin slice, drain the fat from them, trim them neatly, and send them up with the bacon round them.

EGGS FRIED, AND MINCED HAM OR BACON. Choose some fine salt pork, streaked with a good deal of lean; cut this into very thin slices, and afterward into small square pieces; throw them into a stewpan, and set it over a gentle fire, that they may lose some of their fat. When as much as will freely come is thus melted from them, lay them on a warm dish. Put into a stewpan a ladle-full of melted bacon or lard; set it on a stove; put in about a dozen of the small pieces of bacon, then stoop the stewpan and break in an egg. Manage this carefully, and the egg will presently be done: it will be very round, and the little dice of bacon will stick to it all over, so that it will make a very pretty appearance. Take care the yolks do not harden; when the egg is thus done, lay it carefully in a warm dish, and do the others.

EGG FRITTERS. Pound a dozen hard boiled eggs with a little cream, and a quarter of a pound of beef marrow; then pound half a dozen macaroons, some bitter

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almonds, a little sugar, and lemon-peel; mix these with the pounded eggs, and form them into fritters, dip them into a batter made with flour, butter, salt, and lemon-peel; fry them in very hot lard, sprinkle sugar over, and serve.

EGGS FROTHED. Beat up the yolks of eight eggs and the whites of four (set aside the remaining whites) with a spoonful of water, some salt, sugar, and the juice of a lemon; fry this, and then put it on a dish; whip the four whites (which were set aside) to a froth with sugar, and place it over the fried eggs; bake it in a Dutch oven, or with a high cover fitted for the purpose.

EGGS, GLASS. Butter a dish, and break into it a piece of butter nearly as large as an egg: add a tea-cupful of cream, and drop in four or five eggs; put upon each a little pepper and salt, set the dish upon a stove, and serve it when the eggs are firm, which may be in ten or fifteen minutes.

EGG MARMALADE. (1) Blanch and pound with a little rose water, two ounces of sweet almonds, the same of orange marmalade, and four of citron; add two spoonfuls of brandy, and when quite smooth, the beaten yolks of six and the whites of two eggs, with a little pounded loaf sugar; put it into a saucepan, and stir it till it becomes thick, then pour it into a shape. When quite cold, serve it, turned out and garnished with flowers.

EGG MARMALADE. (2) Clarify a pound of sugar, keeping it rather thick; when cool, add to it the yolks of twenty eggs, which should be perfectly free from the whites, and well stirred, but not beaten; set these on the fire, stirring continually until it boils, and then continue to stir until sufficiently thick; if any scum should arise, it need not be taken off, as the boiling and stirring will effectually remove it. Orange-flower water may be added, if approved.

EGGS, TO POACH. The cook who wishes to display her skill in poaching, must endeavour to procure eggs that have been laid a couple of days—those that are quite new-laid are so milky that, take all the care you can, your cooking of them will seldom procure you the praise of being a prime poacher; you must have fresh eggs, or it is equally impossible. The beauty of a poached egg is for the yolk to be seen blushing through the white, which should only be just sufficiently hardened, to form a transparent veil for the egg. Have some boiling water in a tea-kettle; pass as much of it through a clean cloth as will half fill a stewpan; break the egg into a cup, and when the water boils, remove the stewpan from the stove, and gently slip the egg into it; it must stand till the white is set; then put it over a very moderate fire, and as soon as the water boils, the egg is ready; take it up with a slice, and neatly round off the ragged edges of the white; send them up on bread toasted on one side only, with or without butter; or without a toast, garnished with streaked bacon nicely fried, or slices of broiled beef or mutton, anchovies, pork sausages, or spinage. The bread should be a little larger than the egg, and about a quarter of an inch thick; only just give it a yellow color: if you toast it brown, it will get a bitter flavour; or moisten it by pouring a little hot water upon it: some sprinkle it with a few drops of vinegar, or of essence of anchovy.

EGGS POACHED, WITH SAUCE OF MINCED HAM. Poach the eggs as before directed, and take two or three slices of boiled ham; mince it fine with a gherkin, a morsel of onion, a little parsley, and pepper and salt; stew all together a quarter of an hour; serve up your sauce about half boiling; put the eggs in a dish, squeeze over the juice of half a Seville orange, or lemon, and pour the sauce over them.

EGG PUNCH. Take a punch-glass, and put into it a wine-glass of sirup of punch (see that article), and the yolk of an egg; beat them together with a spoon, and then fill up the glass with boiling water, stirring a little as you pour it in.

EGG TOAST. Put a glass of thick cream, some sugar, two or three macaroons pounded, with a few almonds, a little grated lemon, give them a boil; then add the yolks of eight and whites of three eggs, beat the whole up over a slow fire; and lay on very thin slices of fried bread; sprinkle sugar over, and serve.

EGG WINE. Beat up an egg, mix with it a spoonful of cold water; set on the fire a glass of white wine, half a glass of water, sugar, and nutmeg. When it boils, pour a little of it to the egg by degrees, till the whole is in, stirring it well; then return the whole into the saucepan, set it over a gentle fire, stir it one way for a minute, not longer, for if it boil, or the egg is stale, it will curdle; serve with toast. You may make it as above, without warming the egg, and it will be lighter on the stomach, though not so agreeable to the palate.

ELDER FLOWER FRITTERS. They are made whilst the elder flowers are in bloom; and they should marinate three

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or four hours in brandy, sugar, orange-flower water, and lemon-peel; when drained, dip them in a good thick batter to fry, and serve with rasped sugar, as in general.

ELDER ROB. Gather the elderberries when quite ripe, put them into a stone jar, tie a bladder or paper over the top, and place the jar in a pan of water; let it boil till the berries are very soft; strain them through a coarse cloth, and to every pint of juice allow half a pound of good brown sugar; put it into a preserving-pan, stir it, and when it boils, take off the scum, and let it boil for one hour.

ELDER VINEGAR. Choose the elder-flowers when just blown, take away all the stalks, and when the flowers are about half dry, put them into a jar, and fill the jar with vinegar, close it tight, and let it stand in the sun for twenty days; then draw it off, press the flowers, and having filtered the whole, bottle it; take care to keep the bottles closely corked.

ELDERBERRIES. Can be made to produce excellent wine, allowing to a ten-gallon cask forty pounds of fruit, forty pounds of sugar, and a quarter of a pound of tartar. When elderberry wine is desired for a warm cordial, it is made in the following manner:—Twenty-five pounds of fruit are to be boiled for an hour, in eleven gallons of water, and along with it, tied in a piece of linen, one ounce of allspice, and two of ginger; forty pounds of sugar being put into a tub, the boiling liquor is strained over it, pressing the fruit quite dry; a quarter of a pound of crude tartar, or cream of tartar, is then added to the liquid. When it has stood two days in the tub, it may be removed to the cask, treated, as for sweet wine, in the usual manner, and bottled in March following. When to be drank, a portion of it is heated with some sugar, two or three cloves, and a little nutmeg.

EMPOTAGE. Put into a large saucepan, three or four pounds of beef-steaks, a knuckle of veal, and four old hens; moisten this quantity of meat with two ladlesful of broth; set it on a stove, and let it boil till properly reduced, taking care that none of the meat burns, which would make the *empotage* of too high a color; fill up your saucepan with broth, adding carrots, turnips, and onions; let all these ingredients stand over the fire for three hours and a half; then strain the whole through a silk sieve, that it may be perfectly clear.

ENDIVE IN VELOUTE. Take off all the outer leaves of your endive, and having opened the hearts, put them into cold water to wash them. In the meanwhile heat a kettle of water, put in it a handful of salt, then throw in the endive; keep it constantly under the water, to prevent their turning black. As soon as the endive is tender, drain, and then put it into cold water, and when quite cold, drain it again; press the water out with your hands; then chop it small, and put it into a saucepan, with some butter, salt, and pepper, stir it well, and then add five spoonfuls of *veloute*, the same of *consomme;* reduce it till pretty thick, and then put it in a dish, with fried bread round it. Endive may also be dressed with cream, in which case, put two spoonfuls of flour into it, and moisten it with cream.

ENDIVE IN GRAVY OF VEAL. Wash and clean thoroughly ten or twelve heads of fine endive, take off the outer leaves, and blanch the heads in hot water; throw them into cold water, and then squeeze them as dry as possible. Stew them in as much gravy as will cover them; add a tea-spoonful of pounded sugar, and a little salt. When perfectly tender, put in a little veloute sauce, and serve quite hot.

ENTREE. There is no word precisely equivalent to this in English. Any dish of butcher's meat, fowl, game, or fish, dressed for the *first* course, is called an *entree.*

ENTREMET. There is no word equivalent to this in English. All dishes of vegetables, jellies, pastries, salad, prawns, lobsters, and, in general, everything that appears in the second course, except the roast, is called an *entremet.*

ESCHALOT WINE. Peel, mince, and pound in a mortar, three ounces of eschalots, and infuse them in a pint of Sherry for ten days; then pour off the clear liquor on three ounces more eschalots, and let the wine stand on them ten days longer. This is rather the most expensive, but infinitely the most elegant preparation of eschalot, and imparts the onion flavour to soups and sauces, for chops, steaks, or broiled meats, hashes, &c. more agreeably than any: it does not leave any unpleasant taste in the mouth, or to the breath; nor repeat, as almost all other preparations of garlic, onion, &c. do. N. B.—An ounce of scraped horseradish may be added to the above, and a little thin-cut lemon-peel.

ESPAGNOLE. Take an old fowl, and about fourteen pounds of leg or shoulder of veal; chop the latter into pieces, and put it, with very little water, into a large saucepan, with two carrots, three onions, a pound of

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ham, a few peppercorns, a small quantity of spice, and a clove of garlic; let this stew over a moderate fire, shaking it frequently, till it becomes of a brown color, when you may add to it a sufficient quantity of hot water, to come about four inches above the meat. Set it by the side of the stove to boil gently, skimming when necessary, till the meat comes from the bones; then strain it through a silk sieve, and set it by for use.

ESSENCE. Take half a bottle of white wine, half a glass of the best vinegar, the juice of two lemons, three ounces of salt, half an ounce of whole pepper, a little nutmeg and mace, four cloves, four bay-leaves, thyme, parsley, one small clove of garlic, ten shallots, pounded, and an ounce of dry mushrooms; put all these ingredients into an earthen pan, over a brisk fire; when near boiling, lessen the fire, and let it stand on hot ashes for six or seven hours; then strain it through a coarse sieve, and afterwards filter it. Keep it in closely corked bottles: a small quantity is sufficient to flavour a dish.

F.

FANCHONETTES. Put into a saucepan, two ounces of flour, three of sugar, one of butter, two of pounded almonds, some green lemon-peel, two yolks, and one whole egg, a little salt, and half a pint of milk; put these ingredients on the fire, and let them set like a cream; line some tartlet-tins, or moulds, with puff paste, fill them with the preparation; place the moulds on a tin, and bake the *fanchonettes* in a brisk oven; when about three parts done, take them out, put frothed eggs on, sprinkle sugar over, and replace them in the oven to finish the baking.

FAWN, Like a sucking pig, should be dressed almost as soon as killed. When very young, it is trussed, stuffed, and spitted the same way as a hare: but they are better eating when of the size of a house lamb, and are then roasted in quarters; the hind-quarter is most esteemed.

They must be put down to a very quick fire, and either basted all the time they are roasting, or be covered with sheets of fat bacon; when done, baste it with butter, and dredge it with a little salt and flour, till you make a nice froth on it.

N. B.—We advise our friends to half roast a fawn as soon as they receive it, and then make a hash of it.

Send up venison sauce with it.

FILBERT ROLLS. Having peeled half a pound of filberts, put them into a preserving pan over a moderate fire, and stir them constantly with a spatula until they become equally colored of a light yellow: then set them to cool. When cold, pound them with a little white of egg to a paste; then mix them with half a pound of flour, the same of powder sugar, and the yolks of four or five eggs, and then finish the operation as directed for *almond rolls*. Froth, and trace on the surface an ear of wheat, or anything else, with the point of a knife: take care to dry them well in the baking, that they may be crisp. Coarse powder sugar may also be strewed over, before they are put in the oven.

FISH. *We insert all the best remarks that various culinary authors have made on* FISH.

There is a general rule in choosing most kinds of fish; if their 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, whiting, 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.

Crimp fish must be put into boiling water; and as soon as it boils up, a little cold water should be put in, to check the excessive heat, and simmer it for a few minutes.

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 color, 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

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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 color, 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 color than when done in lard or dripping. Butter should never be used, as it gives a bad color. 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.

FISH. This department of the business of the kitchen requires considerable experience, and depends more upon practice than any other. A very few moments, more or less, will thoroughly spoil fish; which, to be eaten in perfection, must never be put on the table till the soup is taken off.

So many circumstances operate on this occasion, that it is almost impossible to write general rules.

There are decidedly different opinions, whether fish should be put into cold, tepid, or boiling water.

Fish must by no means be allowed to remain in the water after it is boiled; if therefore it should be ready before it can be sent to table, it must be dished, the cover put on, and a cloth put over it. The dish is then to be set across the fish-kettle.

Fish should be fried over a clear quick fire; and with dripping, or hog's lard in preference to butter. The pan should be deep; and to ascertain that it is clean, a little fat is first fried in it, poured out, and the pan wiped with a clean cloth; as much dripping or lard is then put in as will entirely cover the fish. When it is boiling hot, and begins to smoke, the fish is put in; if small, they may be turned in three or four minutes, by sticking in a fork near the head with one hand, and with the other supporting the tail with a fish-slice. When they are done, they should be laid before the fire upon an old soft towel, and turned now and then till they are dry upon both sides; or they may be put upon a large sieve, turned upwards, and which is kept for the purpose, or put on the under side of a dish.

The fire for broiling fish must be very clear, and the gridiron perfectly clean, which, when hot, should be rubbed with a bit of suet. The fish, while broiling, must be often turned.

Several respectable fishmongers and experienced cooks have assured the editor, that they are often in danger of losing their credit by fish too fresh, and especially turbot and cod, which, like meat, require a certain time before they are in the best condition to be dressed. They recommend them to be put into cold water, salted in proportion of about a quarter of a pound of salt to a gallon of water. Sea-water is best to boil sea-fish in. It not only saves the expense of salt, but the flavor is better. Let them boil slowly till done; the sign of which is, that the skin of the fish rises up, and the eyes turn white.

It is the business of the fishmonger to clean them, &c. but the careful cook will always wash them again.

Garnish with slices of lemon, finely scraped horseradish, fried oysters, smelts, whitings or strips of soles.

The liver, roe, and chitterlings should be placed so that the carver may observe them, and invite the guest to partake of them.

Fish, like meat, requires more cooking in cold than in warm weather. If it becomes FROZEN, it must be thawed by the means we have directed for meat.

Fish are plenty and good, and in great variety, in all the towns and cities on the extensive coast of the United States. Some of the interior towns are also supplied with fish peculiar to the lakes and rivers of this country.

All kinds of fish are best sometime before they begin to spawn; and are unfit for food for sometime after they have spawned.

Fish, like animals, are fittest for the table when they are just full grown; and what has been said respecting vegetables, applies equally well to fish.

The most convenient utensil to boil fish in, is a turbot-kettle. This should be twenty-four inches long, twenty-two wide, and nine deep. It is an excellent vessel to boil a ham in, &c. &c.

N. B.—The liver of the fish pounded and

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mixed with butter, with a little lemon-juice, &c. is an elegant and inoffensive relish to fish. Mushroom sauce extempore or the soup of mock turtle, will make an excellent fish sauce.

For liquids, you have meat gravy, lemon-juice, sirup of lemons, essence of anchovy, the various vegetable essences, mushroom catchup, and the whites and yolks of eggs, wines, and the essence of spices.

FISH, NEW METHOD OF DRESSING. Take any sort of fish you think proper, being very careful that it is quite fresh; clean it thoroughly, dry, and season it to your taste; then put it (without any moisture), into a pan, which may be closely covered, with the exception of a small hole, to allow of evaporation. Put it into an oven as soon as the bread is drawn, and let it stand until the whole is so completely dissolved, that the bones are not perceptible. When cold, this makes a very transparent, well-flavored jelly.

FISH CONSOMME. Take carp, tench, perch, eels, pike, and other fresh-water fish of the same kind; clean them well, and cut them into pieces, as near of a size as may be; lay them in a stewpan, on a layer of sliced onions and carrots; as soon as they begin to sweat, put in a bit of butter, and leave them for a quarter of an hour; moisten them with fish broth, and let them boil gently for an hour; keep the pan closely covered; this will afford a very nourishing broth.

FISH KETCHUP. Take rather more than a pint of vinegar, three pints of red Port, two table-spoonfuls of pepper, pounded very fine, plenty of shallots and horse-radish, the peel of half a lemon, and two or three bay-leaves, and a pound of anchovies; let the whole boil together until the anchovies are dissolved, then strain, and when cold, put it into bottles. Two or three spoonfuls are sufficient for a pound of butter.

FISH FORCEMEAT. Take two ounces of either turbot, sole, lobster, shrimps, or oysters; free from skin, put it in a mortar with two ounces of fresh butter, one ounce of bread-crumbs, the yolk of two eggs boiled hard, and a little eschalot, grated lemon-peel, and parsley, minced very fine; then pound it well till it is thoroughly mixed and quite smooth; season it with salt and Cayenne to your taste; break in the yolk and white of one egg, rub it well together, and it is ready for use. Oysters parboiled and minced fine, and an anchovy, may be added.

FISH GRAVY. (1) Cut two or three little fish of any kind into small pieces; put them into a saucepan, with rather more water than will cover them, a bit of toasted bread, a blade of mace, some lemon-peel, whole pepper, and a bunch of sweet herbs; let it simmer gently till it is rich and good; brown a little bit of butter in a stewpan, and when it is browned, strain the gravy into it, and let it boil for a few minutes.

FISH GRAVY. (2) Put some slices of onion into a stewpan, and set them on the fire; when they are completely dissolved, add a piece of butter, and some small fish, or pieces of carp, tench, perch, or any other you find convenient. As soon as they begin to dissolve, and give out their moisture, put a glassful of root broth to them, and boil them for half an hour; then add a glass of white wine, and a little lemon-juice, and boil it another half hour, when it may be pressed through a sieve, with great force.

FISH RECHAUFFE. (1) After pike, cod, skate, turbot, soles, or any other white fish has been dressed, pick it from the bones into small bits; add to a pound of fish, or in the same proportion, half a pint of good cream, one table-spoonful of mustard, the same of anchovy essence, the same of ketchup, and of Harvey sauce, a little flour, some salt, pepper, and butter; make it all hot in the saucepan, then put it into the dish in which it is to be served up, strew crumbs of bread over it, and baste it with butter till it is a little moist, then brown it with a salamander, or in a Dutch oven. A wall of mashed potatoes round the dish is an improvement.

FISH RECHAUFFE. (2) Pick from the bone in large flakes about two pounds of cold salmon, cod fish, or soles; melt a quarter of a pound of butter in half a pint of cream, with a little flour and salt; add the fish and heat it thoroughly.

FISH SAUCE. *See Sauces.*

FLEMISH WAFERS. Put into a deep pan half a pound of flour; strain and mix with it half a pint of warmed milk, and two table-spoonfuls of fresh yeast; work the paste till it be soft and smooth, and place it in a stove, or close to the fire, to rise; then add the beaten yolks of six eggs, half a pound of fresh butter beaten to a cream, and a lump of sugar which has been rubbed upon the peel of a lemon, and then pounded; last of all, beat in lightly the well-whisked whites of the eggs; again place the pan in a warm place, and it will rise to nearly double its bulk. Heat and rub the irons,

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which should be square, with a little butter; fill one side with the mixture, and close them; when one side is done turn the other, and when of a fine color, take out the wafers; put them upon a plate, and whilst hot, sift over this quantity a quarter of a pound of grated loaf sugar.

FLIP. To make a quart of flip:—Put the ale on the fire to warm, and beat up three or four eggs, with four ounces of moist sugar, a tea-spoonful of grated nutmeg or ginger, and a quartern of good old rum or brandy. When the ale nearly boils put it into one pitcher, and the rum, eggs, &c. into another; turn it from one to another till it is as smooth as cream. This is called a *Yard of Flannel.*

FLOATING ISLAND. Boil, with a pint of milk, a bit of cinnamon, and half the peel of a lemon; when almost cold, strain it, and mix with it the beaten white of one, and the yolks of three eggs; stir it over the fire till thick, pour it into a dish, and stir it now and then till cold. Whisk the whites of two eggs, and half a pint of Guava, quince, or red currant jelly, till it be a very stiff.

FLOUNDERS BOILED. (1) Put on a stewpan with a sufficient quantity of water to cover the flounders which are to be dressed; put in some vinegar and horse-radish; when the water boils put in the fish, having been first well cleaned, and their fins cut off; they must not boil too fast for fear they should break; when they are sufficiently done, lay them on a fish plate, the tails in the middle. Serve them with parsley and butter.

FLOUNDERS BOILED. (2) Wash and clean them well, cut the black side of them the same as you do turbot, then put them into a fish-kettle, with plenty of cold water and a handful of salt; when they come to a boil, skim them clean, and let them stand by the side of the fire for five minutes, and they are ready. *Obs.*—Eaten with plain melted butter and a little salt, you have the sweet delicate flavor of the flounder, which is overpowered by any sauce.

FLOUNDERS OR PLAICE, FRIED OR BOILED. Flounders are perhaps the most difficult fish to fry very nicely. Clean them well, flour them, and wipe them with a dry cloth to absorb all the water from them; flour or egg and bread-crumb them.

FLUMMERY. Steep three large handfuls of very small white oatmeal a day and night in cold water; then pour it off clear; then add as much more water, and let it stand another day and a night. Then strain it through a fine hair sieve, and boil it till it is of the consistence of hasty pudding, keeping it well stirred all the time it is boiling. When first strained, put to it one large spoonful of white sugar, and two of orange-flower water. Pour it into shallow dishes, and serve to eat with wine, cider, milk or cream, and sugar.

FLUMMERY DUTCH. Boil very gently for half an hour, two ounces of isinglass in three half pints of water; add a pint of white wine, the juice of three lemons and the thin rind of one, and rub a few lumps of sugar on another to obtain the essence, and with them add as much more sugar as will make it sufficiently sweet; and having beaten up the yolks of seven eggs, give them and the above, when mixed, one scald; stir all the time, and pour the whole into a basin; stir it till it is half cold; then let it settle, and put it into a melon shape.

FLUMMERY FRENCH. Beat an ounce of isinglass fine, put it into a quart of cream, and boil it gently for a quarter of an hour, keeping it stirring all the time. Then take it off, sweeten it with fine powder sugar, put in a spoonful of rose and another of orange-flower water, strain it through a sieve, and stir it till half cold. Put it into a mould or basin, and when cold, turn it into a dish, and garnish with currant jelly.

FONDUS. Put some grated cheese into a basin, with pepper and a little melted butter, and the yolks of eggs; stir them together; whip the whites of the eggs to a firm froth, and add them, a little at a time, to the cheese, stirring lightly with a wooden spoon; half fill as many paper cases as you can, and bake them, like biscuits, in a moderate oven. Serve them as quickly as possible after they are done.

FORCEMEAT STUFFING. Forcemeat is now considered an indispensable accompaniment to most made dishes, and when composed with good taste, gives additional spirit and relish to even that "sovereign of savouriness," turtle soup.

It is also sent up in patties, and for stuffing of veal, game, poultry, &c.

The ingredients should be so proportioned, that no one flavor predominates.

To give the same stuffing for veal, hare, &c. argues a poverty of invention; with a little contrivance, you may make as great a variety as you have dishes.

The poignancy of forcemeat should be proportioned to the savouriness of the viands, to which it is intended to give an additional zest. Some dishes require a very delicately flavored forcemeat, for others, it must

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be full and high seasoned. What would be *piquante* in a turkey, would be insipid with turtle.

Most people have an acquired and peculiar taste in stuffings, &c. and what exactly pleases one, seldom is precisely what another considers the most agreeable.

Custom is all in matters of taste: it is not that one person is naturally fond of this or that, and another naturally averse to it; but that one is used to it, and another is not.

The consistency of forcemeats is rather a difficult thing to manage; they are almost always either too light or too heavy.

Take care to pound it till perfectly smooth, and that all the ingredients are thoroughly incorporated.

Forcemeat-balls must not be larger than a small nutmeg. If they are for brown sauce, flour and fry them; if for white, put them into boiling water, and boil them for three minutes: the latter are by far the most delicate.

If not of sufficient stiffness, it falls to pieces, and makes soup, &c. grouty and very unsightly.

Sweetbreads and tongues are the favorite materials for forcemeat. Forcemeat should be made sufficiently consistent to cut with a knife, but not dry or heavy. No one flavor 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 flavor; therefore any of the following different ingredients may be made use of to vary the taste.

Oysters, anchovies, tarragon, savory, penny-royal, knotted-marjoram, thyme, basil, yolks of hard eggs, cayenne, garlic, shallots, chives, Jamaica pepper in fine powder, or two or three cloves.

To force or stuff turkeys, geese, ducks, &c., see under the heads of the different ways of dressing turkeys, geese, &c.

FORCEMEAT. Take an equal quantity of lean veal scraped, and beef suet shred; beat them in a marble mortar; add pepper, salt, cloves, pounded lemon-peel, and nutmeg grated, parsley and sweet herbs, chopped fine, a little shallot and young onion, a few bread-crumbs grated fine, and yolk of egg sufficient to work it light; roll this into balls with a little flour; if for white sauce, boil them; if for brown sauce, fry them.

FORCEMEAT BALLS FOR FISH SOUPS, OR FISH STEWED. Beat the flesh and soft parts of a middling sized lobster, half an anchovy, a large piece of boiled celery, the yolk of a hard egg, a little Cayenne, mace, salt, and white pepper, with two table-spoonfuls of bread-crumbs, one spoonful of oyster liquor, two ounces of butter warmed, two eggs beaten for a long time; make into balls, and fry them of a nice brown color in butter.

FORCEMEAT-BALLS FOR TURTLE, MOCK TURTLE, OR MADE DISHES. Pound some veal in a marble mortar; rub it through a sieve with as much of the udder as you have veal, or about a third of the quantity of butter: put some bread-crumbs into a stewpan, moisten them with milk, add a little chopped parsley and eschalot, rub them well together in a mortar till they form a smooth paste; put it through a sieve, and, when cold, pound, and mix all together, with the yolks of three eggs boiled hard; season it with salt, pepper, and curry powder, or Cayenne; add to it the yolks of two raw eggs; rub it well together, and make small balls: ten minutes before your soup is ready, put them in.

FOWLS. When a cock is young, his spurs are short; take care that you are not deceived by their having been cut or pared, a trick that is often practised. If fresh their vent will be close and dark. Hens are best, just before they begin to lay, and yet are full of egg; if they are old, their combs and legs are rough.

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 gall-bag, 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 color. The fire must be very quick and clear before any fowls are put down. Serve with egg sauce, bread sauce, or garnished with sausages or scalded parsley.

A large barn-door fowl, well hung, should be stuffed in the crop with sausage-meat, and served with gravy in the dish, and with bread sauce.

The head should be turned under the wing, like a turkey.

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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.

Serve with parsley and butter; oyster, lemon, liver, or celery sauce. If for dinner, ham, tongue, or bacon, is commonly served with them.

Fowls are trussed in the same manner as chickens. (See *Chickens*).

Chickens or fowls should be killed at least one or two days before they are to be dressed.

Turkeys (especially large ones) should not be dressed till they have been killed three or four days at least, in cold weather six or eight, or they will neither look white nor eat tender.

Turkeys, and large fowls, should have the strings or sinews of the thighs drawn out.

Truss them with the legs outward, they are much easier carved.

FOWL A LA HOLANDAISE. Make a forcemeat of grated bread, half its quantity of minced suet, an onion, or a few oysters, and some boiled parsley, season with pepper, salt, and grated lemon-peel, and an egg beaten up to bind it. Bone the breast of a good-sized young fowl, put in the forcemeat, cover the fowl with a piece of white paper buttered, and roast it rather more than half an hour; have ready a thick batter made of flour, milk, and eggs, take off the paper, and pour some of the batter over the fowl; as soon as it becomes dry add more, and do this till it is all crusted over, and of a nice brown color; serve it with melted butter and lemon pickle, or a thickened brown gravy.

FOWL 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.

FOWL BROILED. Split them down the back, well salt and pepper them; then broil them. Serve with mushroom sauce.

FOWL CAPILOTADE. Take the remains of a ready dressed fowl, and put them into a stewpan; then do up some parsley, shallots, and four mushrooms, all shred small, in a little butter; as soon as the latter becomes liquid, add four ladlefuls of *espagnole*, and two of *consomme*, reduce, and skim it; pour it on your fowl, set it on the fire to simmer for a quarter of an hour, before you send it to table.

FOWL CURRY. *See Curry.*

FOWLS DRESSED TO DRESS AGAIN. Cut them in quarters, beat up an egg or two (according to the quantity you dress) with a little grated nutmeg, and pepper and salt, some parsley minced fine, and a few crumbs of bread; mix these well together, and cover the fowl, &c. with this batter; broil them, or put them in a Dutch oven, or have ready some dripping hot in a pan, in which fry them a light brown color; thicken a little gravy with some flour, put a large spoonful of catchup to it, lay the fry in a dish, and pour the sauce round it. You may garnish with slices of lemon and toasted bread.

☞ ***Turkey, Goose, Duck, Rabbit, Pigeon, are all dressed same way.***

FOWL, GAME, OR RABBIT HASHED. Cut them into joints, put the trimmings into a stewpan with a quart of the broth they were boiled in, and a large onion cut in four; let it boil half an hour; strain it through a sieve: then put two tablespoonfuls of flour in a basin, and mix it well by degrees with the hot broth; set it on the fire to boil up, then strain it through a fine sieve: wash out the stewpan, lay the poultry in it, and pour the gravy on it (through a sieve); set it by the side of the fire to simmer very gently (it must not boil) for fifteen minutes; five minutes before you serve it up, cut the stuffing in slices, and put it in to warm, then take it out, and lay it round the edge of the dish, and put the poultry in the middle; carefully skim the fat off the gravy, then shake it round well in the stewpan, and pour it to the hash. N. B.—You may garnish the dish with bread sippets lightly toasted.

FOWL HASHED. Cut a cold roasted fowl into pieces as for a fricassee, put the trimmings into a saucepan with two or three shallots, a little lemon-peel, a blade of mace, a quarter of a pound of lean ham, and a pint of stock; simmer it for half an hour, strain it, put a bit of butter into a saucepan, and when melted, dredge in as much flour as will dry it up, stirring it all the time; then add the gravy, let it boil a minute, and put in the fowl, also a little pepper, salt, and a dust of sugar. Before serving, squeeze in a little lemon-juice.

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FOWL MINCED WITH VEAL. Mince the white part of a cold roasted or boiled fowl; put it, and some thin slices of veal, into a saucepan, also some white stock, a squeeze of a lemon, a few drops of shallot vinegar, and a dust of sugar; simmer it for a short time, and serve it upon bread sippets, with the slices of veal laid on the mince.

FOWL PULLED. Skin a cold chicken, fowl, or turkey; take off the fillets from the breasts, and put them into a stewpan with the rest of the white meat and wings, side-bones, and merry-thought, with a pint of broth, a large blade of mace pounded, an eschalot minced fine, the juice of half a lemon, and a roll of the peel, some salt, and a few grains of cayenne; thicken it with flour and butter, and let it simmer for two or three minutes, till the meat is warm. In the meantime score the eggs and rump, powder them with pepper and salt, broil them nicely brown, and lay them on, or round your pulled chicken. Three table-spoonfuls of good cream, or the yolks of as many eggs, will be a great improvement to it.

FOWL OR RABBIT. We can only recommend this method of dressing when the fire is not good enough for roasting. Pick and truss it the same as for boiling, cut it open down the back, wipe the inside clean with a cloth, season it with a little pepper and salt, have a clear fire, and set the gridiron at a good distance over it, lay the chicken on with the inside towards the fire (you may egg it and strew some grated bread over it), and broil it till it is a fine brown: take care the fleshy side is not burned. Lay it on a hot dish; pickled mushrooms, or mushroom sauce thrown over it, or parsley and butter, or melted butter flavored with mushroom ketchup. Garnish it with slices of lemon; and the liver and gizzard slit and notched, seasoned with pepper and salt, and broiled nicely brown, with some slices of lemon.

FOWLS WITH RICE, CALLED PILLACE. Boil a pint of rice in as much water as will cover it, with black pepper, a few blades of mace, and half a dozen cloves, tied up in a bit of cloth; when the rice is tender, take out the spice; stir in a piece of butter; boil a fowl and a piece of bacon; lay them in the dish, cover them with the rice: lay round the dish, and upon the rice, hard eggs, cut in halves, quarters, and lengthways, with onions, first boiled, and then fried.

FOWLS ROASTED. Well pepper and salt the fowls before you spit them; roast them before a clear fire; froth them up when nearly done, by sprinkling them over with flour and salt, and basting them with butter. When done, be careful in taking out the skewers. Serve them with very good clear gravy in the dish, and bread or egg sauce in a boat.

FOWL ROASTED WITH CHESTNUTS. Roast some chestnuts very carefully, so that they may not be burnt, then take off the skins, and peel them. Take about a dozen of them, cut them small, and bruise them in a mortar. Parboil the liver of a fowl; bruise it, and cut about a quarter of a pound of ham or bacon, and pound it. Then mix them all together, with a good quantity of chopped parsley, sweet herbs, some mace, pepper, salt, and nutmeg. When these are are all well mixed together, put it into your fowl, and roast it. The best way of doing this is to tie the neck, and hang it up by the legs to roast, with a string, and then baste it with butter. For sauce, take the rest of the chestnuts, peel and skin them, put them into some good gravy, with a little white wine; and thicken it with a piece of butter rolled in flour. Then place your fowl in the dish; pour in the sauce; garnish with lemon, and serve.

FOWL WITH ITS OWN GRAVY. Truss a fowl the same as for boiling, lard it quite through with bacon, ham, and parsley; put it in a pan with a little butter, two or three slices of peeled lemon, a bundle of sweet herbs, three cloves, sliced onions, carrots, pepper, salt, a little stock, and a glass of white wine; stew them gently till they are done; skim and strain the sauce, and serve it with the fowl.

FOWL, WILD. The flavor of wild fowl is preserved better by not stuffing them; put into each, pepper, salt, and a bit of butter. Wild fowl do not require so much dressing as tame; they should be done of a fine color, and nicely frothed. A rich brown gravy should be served in the dish, and when the breast is cut into slices, before it is taken from the bone, it will be much improved by a squeeze of lemon, some salt and pepper. If you wish to take off the fishy smell which these birds frequently have, put an onion, salt, and hot water into the dripping pan, and for the first ten minutes baste them with this; then remove the pan, and keep constantly basting with batter.

FRAISE. *See Calf's Chitterlings.*

FRANGIPANE. Take a saucepan, and put into it five spoonfuls of flour, five eggs, a pint of milk, an ounce of butter and a little salt; set it on the fire, stirring constantly

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until it has boiled ten minutes, taking great care that it does not burn; then pour it into a basin, and let it cool. Take a few almonds, (to every six sweet put one bitter), bruise them, and some macaroons, and when reduced to powder, mix them with a little crisped orange-flour (also in powder), and a sufficient quantity of powder-sugar to sweeten it: add these to the above preparation, and stir them in well with a wooden spoon. If your frangipane be too thick, add another egg or two, and then make whatever use of it you may desire. You may, if you think proper, substitute pistachios for the sweet almonds, in which case a little spinach essence must be added to color it, the macaroons and orange-flowers omitted, and three bitter almonds only used.

FRENCH BEANS. Cut off the stalk end first, and then turn to the point and strip off the strings. If not quite fresh, have a bowl of spring-water, with a little salt dissolved in it, standing before you, and as the beans are cleaned and stringed, throw them in. When all are done, put them on the fire in boiling water, with some salt in it; after they have boiled fifteen or twenty minutes, take one out and taste it; as soon as they are tender take them up; throw them into a colander or sieve to drain. To send up the beans whole is much the best method when they are thus young, and their delicate flavor and color are much better preserved. When a little more grown, they must be cut across in two after stringing; and for common tables they are split, and divided across; cut them all the same length; but those who are nice never have them at such a growth as to require splitting. When they are very large they look pretty cut into lozenges.

FRENCH BEANS, NASTURTIUMS, &c. When young, and most other small green vegetables, may be pickled the same way as gherkins.

FRENCH BEANS FOR WINTER USE. Gather them when young, and on a dry day, put a layer of salt into a jar, and then one of about two inches thick of beans; do this till the jar be nearly full; place a small plate upon the top of them, and tie a bladder closely over the jar; keep it in a cool dry place. When to be used, soak them a night in cold water, and change it on them repeatedly in the course of the day they are to be dressed. Cut them, and put them on in boiling water.

FRENCH BEANS TO DRESS DRIED. Boil for more than two hours, in two quarts of water, a pound of the seeds or beans of scarlet runners; fill a pint basin with onions peeled or sliced, brown them in a saucepan, with rather more than a quarter of a pound of fresh butter; stir them constantly; strain the water from the beans, and mix them with the onions; add a teaspoonful of pepper, some salt, and a little gravy. Let them stew for ten minutes, and stir in the beaten yolks of two eggs, and a table-spoonful of vinegar. Serve them hot.

FRENCH SUPPER DISH. Pare off the crust, and cut one or two slices of bread into bits of two or three inches square; fry them in butter; put them upon a hot dish, and lay upon each bit some warmed preserve, or stew for a few minutes, in sweet wine and a little sugar, some stoned bloom raisins, and put them upon and round the toast. The preserves may be heated by placing the jars in hot water by the side of the fire.

FRIARS' CHICKEN. Put four pounds of a knuckle of veal into four quarts of water; boil it gently for two hours; strain it off; cut three chickens, or two young fowls into joints; skin them, and when the broth boils put them in; season with white pepper and salt; let them boil a short time, and add a handful of parsley chopped small; when the chickens are boiled tender, have ready six or seven well-beaten eggs; stir them quickly into the broth one way, immediately before taking it off the fire. This broth may be made entirely of veal instead of chickens.

FRICANDELLANS. Mince about two pounds of tender lean beef, and three-quarters of a pound of fresh suet, then pound it till it be as smooth as a paste, and carefully pick out all the threads and sinews; add four well-beaten eggs, half a pint of rich cream, and as much grated and sifted bread as will make it sufficiently consistent to form into rolls resembling corks, and season it with salt, and pepper. Boil the corks in some good stock, or in boiling water.

FRICASSEE BROWN. Take two or three young rabbits, cut them in pieces, and stew them in gravy made of beef, some whole pepper, two shallots, one or two anchovies, a bit of horse-radish, and a little sweet marjoram powdered small. Stew the rabbits about a quarter of an hour, then take them out of the gravy, strain the liquor, fry your rabbits in lard or butter; add a glass of claret; you may fry some forcemeat balls, made with the livers of the rabbits parboiled, and a little parsley shred small, some nutmeg grated, pepper, salt, a few bread crumbs, and two buttered eggs; mix these all together, make them up into balls, dip them

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in the yolk of egg, roll them in flour, then fry them, and garnish your dish with them, with fried parsley, and sliced lemon.

FRICASSEE WHITE. Cut a couple of rabbits into pieces, and let them soak in warm water to cleanse them from the blood; then lay them in a cloth to dry; put them into a stewpan with milk and water, and let them stew till they are tender, and then take a clean pan, and put into it half a pint of cream, and a quarter of a pound of butter; stir them well together till the butter is melted; be careful to keep it constantly stirring, or it will be greasy; put in the rabbits, take a little dried mace, a little pounded nutmeg, and a few mushrooms; shake them together for a few minutes, and then put it to the rabbits. You may add white wine if you choose.

FRIED TOASTS. Cut the crumb of a twopenny loaf into round or oblong pieces, nearly an inch thick, and soak them for four or five hours in a pint of cream, mixed with three well-beaten eggs, half a pint of white wine, a little grated nutmeg, and sweetened with pounded loaf sugar. Fry them in butter, till of a light brown color, and serve with wine and sugar sauce.

FRITTERS. (1) Make them of any of the batters directed for pancakes, by dropping a small quantity into the pan, or make the plainer sort, and put pared apples sliced and cored in the batter, and fry some of it with each slice. Currants or sliced lemon, as thin as possible, are very nice.

FRITTERS. (2) Fritters should be sent to table served upon a folded napkin in the dish. Any sort of sweetmeat, or ripe fruit, may be made into fritters.

FRITTERS, ENGLISH-AND-FRENCH. Take a marrow pudding, and when nearly cold, cut it into thin slices, and then cut them again into pieces two inches long, by three-quarters of an inch wide, dip them into batter, and fry them in the usual manner; when drained, glaze them with fine sugar, and serve them very hot. The batter for the above fritters is made as follows:—Put a glass and a half of water, a grain of salt, and two ounces of fresh butter into a saucepan; when it boils stir in a sufficient quantity of flour to make it a rather firm batter, keep it stirring three minutes, then pour it into another vessel.

FRITTERS A LA DAUPHINE. Take a pound of *brioche* paste, and roll it out as thin as possible, to the form of a long square; on part of this lay small quantities of apricot marmalade at intervals, slightly wet the paste round each piece of preserve, and lay over the plain part of the paste so as to cover the other completely, press it down lightly that the marmalade may not escape in the cooking, and cut out your fritters with a circular paste-cutter of two inches in diameter; flour them a little, and then lay them in rather a hot friture, when the paste will swell them into little balls; as soon as they are of a proper color take them out, drain them on a napkin, sprinkle them with fine sugar, and serve them.

FRITTERS A LA COTE. Soak in brandy some leaves and the young and tender shoots of the vine, dip them in a batter made of milk, yolks of eggs, and flour, fry them in boiling oil, sprinkle them with sugar. Elder flowers are made into fritters in the same manner.

FRITTERS AU BLANC. Mix together a handful of rice-flour and some milk, set them on the fire, stirring constantly, add a little cream, sugar, lemon-peel, and orange-flowers; when it has become of a proper consistence, take it from the fire; as soon as it is cold, roll it into balls about the size of a nut, dip them in batter and fry them.

FRITTERS BLONDIN. Put some butter into a saucepan, and when it is melted add to it a glass of milk, and a pinch of salt, keep it on the fire till it boils; then mix in a sufficient quantity of flour to make it into a consistent paste, which will not stick to the fingers; spread it on a table, roll it out to the thickness you may require, cut it in round, oval, or any other formed pieces you may think proper, and fry them of a nice color, in the best oil; sprinkle sugar over, and serve them.

FRITTERS, FRENCH, OF BRANDY FRUITS. Take a dozen apricots (or other fruits) preserved in brandy, drain, and cut them in half: then wrap them in wafers cut round and previously moistened, dip them in the same kind of batter as that used for fritters *English-and-French*, and fry them; sprinkle them with sugar, and serve.

FRITTERS EN SURPRISE. Take eight middling-sized apples, pare, and leave on the stalks; cut off about a fourth part of the stalk end of each apple, and scoop out the inside of each piece, so as to form a sort of cup with a lid; put them to soak for two hours in a glass of brandy with a little lemon-peel and cinnamon; at the end of that time take them out, drain, and fill each apple with apricot marmalade, or frangipane; mix up a little flour and white of egg to cement the

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tops of the apples to the other parts; dip them in batter and fry them. When they are of a proper color, glaze and serve them.

FRITTERS MIGNON. Put two good spoonfuls of flour into a stewpan, and mix it with the whites and yolks of two eggs, a little salt, two ounces of sugar, some lemon-peel grated, half a tea-spoonful of milk, and half a tea-spoonful of cream; stir it over a slow fire, and, when done and well thickened, spread the cream upon a floured dish, shake flour over it, and, when cold, cut it into bits with a paste-cutter, dip each bit into a paste made with two spoonfuls of flour, a spoonful of brandy, and a little salt, mixed with two eggs; fry the fritters, and serve, glazed with sugar and a salamander.

FRITTERS, ROYAL. Put a quart of new milk into a saucepan, and as soon as it begins to boil, pour in a pint of white wine; then take it off, and let it stand five or six minutes, skim off the curd, and put it into a basin; beat it up well with six eggs, and season it with nutmeg; then beat it with a whisk, and add flour sufficient to give it the proper consistence of batter. Put in some sugar and fry them quick.

FRITTERS, SOUFFLES. Make some flour and beer into a batter that will flow a little; take a little of it out with a spoon, throw it into a frying-pan with boiling oil; the moment it rises, take it out, and proceed in the same way till all the batter is used; then sprinkle them with salt, and serve.

FROMAGE CUIT. Cut half a pound of Cheshire cheese into thin bits, and pound it in a mortar; add by degrees the well-beaten yolks of two, and the white of one egg, and half a pint of cream; mix it well together and bake it for ten or fifteen minutes.

FROST OR ICING FOR CAKES. Beat till very light the whites of four eggs, and add gradually three-quarters of a pound of double-refined sugar, pounded and sifted through a lawn sieve; mix in the juice of half a lemon; beat it till very light and white; place the cake before the fire, pour over it the icing, and smooth over the top and sides with the back of a spoon.

FROTH TO PUT ON CREAM, CUSTARD, OR TRIFLE. Sweeten half a pound of the pulp of damsons, or any other sort of scalded fruit; put to it the whites of four eggs beaten, and beat the pulp with them till it will stand as high as you wish, and being put on the cream, &c. with a spoon, it will take any form; it should be rough, to imitate a rock.

FRUIT, CANDIED. (1) It must first be preserved, then dipped in warm water, dried with a cloth, and strewed all over with sifted sugar, and dried in a stove or oven, turning as occasion requires.

FRUIT, CANDIED. (2) When the fruit is preserved, dry it in a stove till the sirup is quite out, dip it into sirup boiled to candy height, and dry it again. All dried and candied fruit must be kept in a very dry place.

FRUIT IN JELLY. Have in readiness a plain mould, either long or round, about three inches deep; then have ready some mould jelly, and spread it at the bottom of the mould, about a quarter of an inch thick; let it be cold; then put in ripe peaches, grapes, or any sort of ripe fruit you please, preserved fruit, or China oranges cut into quarters, or whatever shape you choose; put in a little warm jelly, and let it stand till it is cold, to fasten the fruit in its place, otherwise it will rise up; then fill the mould up with warm jelly, let it stand till it is quite cold, then turn it into a dish, and garnish it according to your own taste.

FRUIT, PRESERVED, REMARKS ON USING. Preserved fruits should not be baked long; those that have been preserved with their full proportion of sugar, require no baking; the crust should be baked in a tin shape, and the fruit be afterwards added; or it may be put into a small dish or tart-pans, and the covers be baked on a tin cut out according to your taste.

FRUIT, TO PREPARE FOR BRANDY. Take the proposed quantity of fruit, gathered before they are perfectly ripe; dry them carefully, prick and put them into cold water; when all in, set the vessel over a moderate fire, keeping the water, however, constantly nearly boiling, until the fruit will give to the touch; then throw them, with great care, into cold water again; drain away this water, and add fresh; change the water twice more within a quarter of an hour, after which, drain them for the last time, and put them in bottles; if any of the fruit is the least broken or bruised, it must be put aside, as it would spoil the rest. In the meanwhile, take a proper quantity of sugar (as a pound and a half for twenty-five peaches); clarify and boil it to *la nappe;* measure, and put double its quantity of good brandy; mix and pour them into a glazed pan; let them stand awhile, and then pour the mixture on the fruit.

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FRUIT TO PREPARE FOR CHILDREN. Put apples sliced, or plums, currants, gooseberries, &c. into a stone jar, and sprinkle as much Lisbon sugar as necessary among them; place the jar on a hot hearth, or in a saucepan of water, and let it remain till the fruit is perfectly done. Slices of bread or rice may be stewed with the fruit, or the fruit may be eaten with slices of dry bread, or with rice, plain boiled.

G.

GAME. In choosing venison, the fat of that which is good is thick, clear, and bright; the clift part smooth and close. When the venison is perfectly fresh, it is hung in a cool place, and carefully wiped dry every day. When extreme tenderness is required from long keeping, but without its having a high flavor, it is well rubbed over with powdered charcoal.

The haunch is the prime joint, and when it is required to be roasted, it is first well washed in lukewarm milk-and-water, and then made quite dry before it is spitted. It is then covered with a sheet of well-buttered white paper, over which is laid a coarse paste of flour-and-water, about a quarter of an inch thick; this is again covered with buttered white paper, and tied on with packthread. A substantial fire being made, the haunch is put down, and constantly basted with fresh beef dripping, till nearly done, when the paste is taken off, the meat well basted with butter, and lightly dredged with flour, till it froths and becomes of a fine light brown color. It is served with its own gravy in the dish, if there be enough of it; also a sauce tureen of good brown gravy, and one of currant jelly sauce beat up, and melted with a little Port wine and sugar.

A large haunch takes about four hours to roast.

A neck and shoulder, when roasted, is managed in the same way as the haunch, omitting the paste; but it is more frequently used for soups, pasties, and collops.

Hare.—When fresh, the body is stiff; and if young, the claws are smooth and sharp, the ears tender and easily torn. Hares are kept from a week to a fortnight for roasting; but for soup, they cannot have been too recently killed.

Rabbits are chosen by the same rules as hares.

Wild fowl, in general, is chosen by the same rules as tame poultry. The birds should be plump and fat, and hard in the vent. If the skin comes off when rubbed hard with the finger, they are stale. Old birds improve by keeping for sometime; young birds are best if dressed soon; and small birds, of all descriptions, should be immediately dressed. In warm weather, a stopper of charcoal should be put into the vent of all game, and a string tied tightly round the neck.

To roast pheasants and partridges, they are picked, cleaned, and nicely singed; a slit is made in the back part of the neck, and the craw taken out, leaving on the head, the feet twisted closely to the body, the claws cut off, and the head turned under the wing. Both sorts are roasted by the directions for roasting a turkey or a fowl. A pheasant is served with gravy in the dish; partridges with a gravy, or laid upon buttered toast, and melted butter poured round them. Bread sauce is served with both. A pheasant will require nearly an hour to roast; partridges half an hour. Guinea and pea-fowl are roasted in the same way as pheasants.

To roast black-cock, follow the directions for roasting pheasants and partridges; it will require an hour, and is served with gravy in the dish, and bread sauce in a sauce tureen.

Moorfowl are roasted in the same manner, and require three-quarters of an hour. They may be served upon buttered toast, or with gravy in the dish, and bread sauce in a sauce tureen.

To restore tainted game or poultry, pick it carefully, clean, and wash it, then put into each bird a little newly-made pounded charcoal, tied in a bit of muslin. Before serving, take out the bag, which will have a most offensive smell, while the bird will be left perfectly sweet.

To roast wild duck.—It should be roasted by a quick fire, well basted with butter, and browned. It will require nearly three-quarters of an hour, and when to be served, some beef gravy is poured through the duck into the dish, and in a sauce tureen some hot Port wine is served. The carver makes four cuts along the breast, it is then sprinkled with salt and a little Cayenne, the juice of half a lemon is squeezed over it, and the Port wine is then poured all over.

To roast a wild goose, the same directions are followed as for wild duck, allowing more time to roast it, according to the size of the bird.

Widgeons and teal are dressed in the same manner as the wild duck, and are roasted in ten minutes, and may be served upon fried bread crumbs.

Woodcocks and snipes are roasted without being drawn; a piece of toasted bread buttered is put under each bird, to catch the trail; they are well basted with butter, and served upon the hot toast over which they were roasted; a rich brown gravy, or melted butter, is poured round them. Wood

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cocks will require half an hour, snipes and quails fifteen or twenty minutes to roast.

Ortolans and green plovers are not drawn, and are roasted and served in the same manner as woodcocks.

To roast larks, wheatears, and other small birds, they are nicely picked, gutted, cleaned, and trussed; brushed over with melted butter, and rolled in grated bread, then spitted on a bird spit, which is fastened upon a larger one. They are basted with butter, and sprinkled with some bread crumbs. They will require nearly fifteen minutes to roast, and are served upon fried bread crumbs, and brown gravy in a sauce tureen.

Wild pigeons may be roasted, or made into a pie.

Plovers' eggs are boiled hard, and served in a napkin, or with green moss put round each in the dish.

GAME, ESSENCE OF. Take four rabbits, four partridges, two pounds of veal, two pounds of steaks; put them into a stewpan, with a bottle of white wine; boil them until the whole is entirely reduced to a jelly; then add to it broth, and *consomme*, (equal quantities of each), eight carrots, ten onions, three cloves, a little thyme and basil; let the whole boil very gently, until the meat is quite done; then strain it through a napkin. No salt need be put into it, as the broth and *consomme* are sufficiently seasoned to flavor the *essence of game*.

GAME FRITTERS. Take any of those parts of cold roasted game, which can be cut into thin slices, dip them into good batter, and fry them in olive oil, or lard. Sprinkle the fritters when done, with salt and spices, pounded very fine.

GAME HASHED. *See Fowl.*

GARLIC BUTTER SAUCE. Pound half a dozen cloves of garlic; rub them through a silk sieve, with a wooden spoon; put this into a mortar with some butter, and beat it until thoroughly incorporated; then put this butter into any sauce you please.

GARLIC, ESSENCE OF. Take an earthen skillet, place it on the fire, and put into it a bottle of white wine, half a glass of vinegar, the juice of two lemons, six cloves of garlic, the same number of cloves, the quarter of a nutmeg, and two bay-leaves: when near boiling, reduce the fire, and let it stand on hot ashes for seven or eight hours; strain it through a coarse sieve, and then filter it. Keep it in very closely corked bottles. A very small quantity of this essence is requisite to impart its flavor to a dish.

GARLIC GRAVY. Slice a pound and a half of veal, or beef; season it with pepper and salt; put it into a stewpan, with two carrots split, and four cloves of garlic sliced, a quarter of a pound of sliced ham, and a large spoonful of water; put the stewpan over a gentle fire, and watch when the meat begins to stick to the pan; when it does, turn it, and let it be very well browned, (but take care that it is not in the least burnt); then dredge it with flour, and pour in a quart of broth, a bunch of sweet herbs, a couple of cloves bruised, and slice in a lemon; set it on the fire again, then let it simmer gently for an hour and a half longer; then skim off the fat, and strain off the gravy, by pouring it through a napkin, straining and pressing it very hard.

GATEAU DE COMPIEGNE. Take three pounds of flour, two pounds of butter, an ounce and four drachms of yeast, an ounce of salt, a quarter of a pound of sugar, a glass of cream, twelve yolks and twelve whole eggs, and five or six spoonfuls of whipped cream.

With these ingredients proceed as follows: sift the flour, of which put a fourth part on the slab, make a hole in the middle, put into it a glass of warm water and the yeast; mix them together as lightly, and with as much despatch as possible, adding more warm water if necessary; when well worked up for some minutes, gather it together, (it ought to leave the slab and the hand freely), put it into a saucepan; cover it, and place it in a tolerably warm situation to rise. Take the rest of the flour, lay it on the slab make a hole in the middle of it, in which put the salt, sugar, and cream; stir these together well, and then put in the eggs, one at a time, (break them into a basin, in case all should not be good); the eggs being put in, add by degrees the butter, stirring them well; then mix the flour, a little at a time, with the above, until the whole is formed into a smooth paste; more eggs must be added if it be too stiff; work it up a little, and then add the leaven; work that in; and lastly, put in the whipped cream. The whole operation being thus performed, have ready a cylindrical fluted mould, (about eight inches in diameter, and nine in height); butter it by means of a sponge, being careful that it is done in all parts, otherwise the *gateau* will adhere to it; place the mould in a moderately warm place, but where there is a free current of air. When the *gateau* has risen so as to fill the mould, and the surface is a little inflated, it should be put into the oven instantly, if not, it falls and becomes heavy. The oven must be of a moderate heat, and kept closed while the *gateau* is baking; take it out in about an

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hour, and if it be flexible and light colored, replace it for thirty or forty minutes; but if, on the contrary, it is red, and firm to the touch, place a tin plate on the top, and put it in the oven till done; remove the mould with care, and the *gateau* is finished. If the mould does not come away quite so well as it ought, strike it gently with a spatula. When taken out, put it in the oven for a few minutes to dry.

This *gateau* is sometimes varied by the addition of six ounces of sugared anise, and the same quantity of dry currants.

GATEAU DE POMMES. Boil in a pint of water one pound and a half of loaf sugar till it become a rich sirup; weigh two pounds of apples after they have been peeled, cored, and cut small; boil them in the sirup with the grated peel and juice of a large lemon till they are reduced to a pulp; put it into a mould. The following day serve it, turned out in a glass dish, with a rich custard.

GERMAN PUFFS. (1) Mix very well with two large table-spoonfuls of flour, a quarter of a pint of cream, two well-beaten eggs, and a tea-spoonful of grated nutmeg, a very little salt, and one ounce of butter beaten to a cream; bake it in buttered cups for twenty or thirty minutes; turn them out upon a dish, and serve them instantly; pour a sweet sauce round them.

GERMAN PUFFS. (2) Beat to a cream a quarter of a pound of fresh butter, blanch and pound one ounce of sweet almonds with a little rose water, beat five yolks and three whites of eggs; mix all together with two large table-spoonfuls of flour, and sweeten it with pounded loaf sugar; bake it in buttered cups, and serve them with a sweet sauce.

GHERKINS OR CUCUMBERS PICKLED. Choose gherkins very green and straight, brush, and place a layer in a pan, sprinkle them with fine salt, then another layer of gherkins, which sprinkle with salt also, and continue this operation until you have used nearly a bushel of gherkins, leave them in the salt for twenty-four hours, which will draw all the water from them; at the end of that time drain and place them in a jar, with a handful of allspice, the same of tarragon, a little balm, ten shallots, six cloves of garlic, two or three long peppers, twenty cloves, a lemon cut in quarters, and two small handfuls of salt. Boil two gallons of the best vinegar, pour it over the gherkins, and let them stand till the next day, when boil the vinegar a second time, and pour it on again; the following day boil the vinegar for the third and last time, pour it over the gherkins, and when quite cold, cover the jar with a wet parchment.

GIBLET PIE. *See Pies.*

GIBLETS STEWED. Clean two sets of giblets, put them into a saucepan, just cover them with cold water, and set them on the fire; when they boil, take off the scum, and put in an onion, three cloves, or two blades of mace, a few berries of black pepper, the same of allspice, and half a tea-spoonful of salt; cover the stewpan close, and let it simmer very gently till the giblets are quite tender: this will take from one hour and a half to two and a half, according to the age of the giblets; the pinions will be done first, and must then be taken out, and put in again to warm when the gizzards are done: watch them that they do not get too much done: take them out and thicken the sauce with flour and butter; let it boil half an hour, or till there is just enough to eat with the giblets, and then strain it through a tamis into a clean stewpan; cut the giblets into mouthfuls; put them into the sauce with the juice of half a lemon, a table-spoonful of mushroom ketchup; pour the whole into a soup-dish, with sippets of bread at the bottom. Ox-tails prepared in the same way are excellent eating.

GINGERBREAD. Rub one pound of butter well into three pounds of flour; then add one pound of powder-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 carraways 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 tureen, will preserve them long and moist; or if to be crisp, laying them before the fire will make them so.

GINGERBREAD, AMERICAN. *See American.*

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 INDIAN. Take

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twelve ounces of pounded loaf sugar, a quarter of a pound of fresh butter, one pound of dried flour, two ounces of pounded ginger, and of cloves and cinnamon a quarter of an ounce each. Mix the ginger and the spice with the flour; put the sugar and a small tea-cupful of water into a saucepan; when it is dissolved, add the butter, and as soon as it is melted, mix it with the flour and other things; work it up, and form the paste into cakes or nuts, and bake them upon tins.

GINGERBREAD, LAFAYETTE. Five eggs; half a pound of brown sugar; half a pound of fresh butter; a pint of sugar-house molasses; a pound and a half of flour; four table-spoonfuls of ginger; two large sticks of cinnamon; three dozen grains of allspice; three dozen of cloves; the juice and grated peel of two lemons. Stir the butter and sugar to a cream; beat the eggs very well; pour the molasses at once, into the butter and sugar. Add the ginger and other spice, and stir all well together. Put in the egg and flour alternately, stirring all the time. Stir the whole very hard, and put in the lemon at the last. When the whole is mixed, stir it till very light. Butter an earthen pan, or a thick tin or iron one, and put the gingerbread in it. Bake it in a moderate oven, an hour or more, according to its thickness. Take care that it do not burn. Or you may bake it in small cakes, or little tins. Its lightness will be much improved by a small tea-spoonful of pearlash dissolved in a tea-spoonful of vinegar, and stirred lightly in at the last. Too much pearlash will give it an unpleasant taste. If you use pearlash, you must omit the lemon, as its taste will be entirely destroyed by the pearlash. You may substitute for the lemon some raisins and currants, well floured to prevent their sinking.

GINGERBREAD NUTS. (1) Take four pounds of flour, half a pound of sifted sugar, an ounce of caraway-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.

GINGERBREAD NUTS. (2) Take one pound of dried and sifted flour, one pound of treacle, three ounces of brown sugar, four ounces of fresh butter, one ounce and a half of pounded and sifted ginger, of candied orange-peel and citron, cut small, three-quarters of an ounce each; melt the butter with the treacle, and when it is about milk-warm, add it to the flour and other ingredients, and then mix all well together; with a spoon drop the nuts upon buttered tins, and bake them.

GINGERBREAD NUTS. (3) Dissolve a quarter of a pound of butter in three-quarters of a pound of treacle, put it into a pan large enough to contain the rest of the ingredients, and when almost cold, stir in one pound of dried and sifted flour, half a pound of coarse brown sugar, half an ounce of caraway seeds, three-quarters of an ounce of pounded ginger, and the grated peel of a lemon; mix all these well together, and let it stand till it be stiff, or till the following day, then make it into nuts, by pinching it into pieces with the finger and thumb. Bake them upon buttered tins in a quick oven. Half an ounce of coriander seeds may be added.

GINGERBREAD NUTS. (4) Rub half a pound of butter into two pounds of flour; add one pound of coarse sugar, and one ounce of pounded ginger; mix all well together with one pound and two ounces of treacle; form it into nuts, or roll it out, and cut it into round cakes; bake them upon tins.

GINGERBREAD, OATMEAL. Sift four pounds of oatmeal, and mix with it four pounds of treacle, half a pound of brown sugar, the same quantity of melted butter, and three-quarters of an ounce of powdered ginger. Work it all well together, let it remain for twenty-four hours, and then make it into cakes.

GINGER BEER. *See Beer.*

GINGER CAKES. Put four pounds of flour upon the dresser; then take a copper saucepan, 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.

GINGER IMITATION. Peel off the

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outer coat of the tender stems of lettuce that is short, cut it into bits one or two inches long, and throw it into cold water; to each pound put in a tea-spoonful of Cayenne, and a little salt; let it stand one or two days; allow an equal proportion of fine loaf sugar, which clarify. Soak some good ginger in hot water, slice it, and add it to the sugar, allowing one ounce and a half to the pound, and boil it for fifteen minutes; strain off the water from the lettuce, and pour over it the sirup, keeping back the ginger, with which the sirup must be boiled three times, and poured over the lettuce, two or three days intervening between each boiling; and at last add the strained juice of one or two lemons.

GLACE, ROYAL. Put the white of a new-laid egg into a pan, and mix with it a sufficient quantity of white powder-sugar to make a *glace* or icing, neither too dry nor too liquid; beat it well, and add a little lemon-juice to whiten it. By mixing with this *glace*, carmine, saffron, indigo, spinach-juice, &c.; it will be either rose-colored, yellow, blue, green, &c. according to your taste.

GLAZE. (1) Take the remains of any liquor in which meat has been cooked, and strain it through a silk sieve until quite clear; then put it into a saucepan and reduce it over a brisk fire: as soon as it is sufficiently done, that is, when it sticks to the spoon, put it into a smaller saucepan, and set it in the *bain-marie;* when wanted, add a small piece of fresh butter to it, to correct its saltness.

GLAZE. (2) Make a *consomme* with whatever remnants of fowls or meat that may be in the house; strain it, and then put it on the fire with two or three whites of eggs beaten to a snow; stir till it boils, and then set on the side of the stove, and place fire on the saucepan lid; as soon as the eggs are set, pass the glaze through a wet cloth; reduce this over a large fire, stirring it constantly with a wooden spoon to prevent its sticking; then pour it into a pot for use. When wanted, put a small quantity of it into a saucepan, and make it hot over a slow fire; and, in this state, lay it gently over such articles as may require glazing, by means of a feather.

GLAZE. (3) Desire the butcher to break the bones of a leg or a shin of beef, of ten pounds weight (the fresher killed the better); put it into a soup-pot (a digester is the best utensil for this purpose) that will well hold it; just cover it with cold water, and set it on the fire to heat gradually till it nearly boils (this should be at least an hour); skim it attentively while any scum rises; pour in a little cold water, to throw up the scum that may remain; let it come to a boil again, and again skim it carefully: when no more scum rises, and the broth appears clear (put in neither roots, nor herbs, nor salt), let it boil for eight or ten hours, and then strain it through a hair sieve into a brown stone pan; set the broth where it will cool quickly; put the meat into a sieve, let it drain, make potted beef, or it will be very acceptable to many poor families. Next day remove every particle of fat from the top of it, and pour it through a tamis, or fine sieve, as quietly as possible, into a stewpan, taking care not to let any of the settlings at the bottom of the stone pan go into the stewpan, which should be of thick copper, perfectly well tinned; add a quarter of an ounce of whole black pepper to it; let it boil briskly, with the stewpan uncovered, on a quick fire; if any scum rises, take it off with a skimmer: when it begins to thicken, and is reduced to about a quart, put it into a smaller stewpan; set it over a gentler fire, till it is reduced.

GODIVEAU. Take fillet of veal or breasts of fowl or game, fresh pork or sausage meat, beef-marrow or suet, equal quantities of each, veal sweetbreads, truffles, and mushrooms; season these articles with pepper, cloves, and nutmeg, all in powder; pound them all together, and put in (one at a time) the yolks of eggs; pour in also a little water, pounding continually, until it is reduced to a sort of paste. Make a small ball of it, which boil in a little water to ascertain whether it be sufficiently salt; sweet herbs may be added when you are about to use it. The *godiveau* is used as a *farce* for *tourtes* and hot pies.

GOOSE, TO CHOOSE. 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. Green geese are in season from May or June, till they are three months old; they should be scalded. A stubble goose is good till it is five or six months old, and should be picked dry.

GOOSE ROASTED. A stubble goose should be stuffed with sage and onions, chopped small, and mixed with pepper and salt; boil the sage and onion in a little water before they are chopped, or mix a few bread crumbs with them when chopped; either will render them less strong. Put it first at a distace from the fire, and by degrees draw it nearer A slip of paper

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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.

GOOSE TO TRUSS. The goose must be first well picked and stubbed, then cut off the pinions at the first joint, and the feet also. Make a slit in the back of the neck, and take out the throat, cut off the neck close to the back and the skin, but leave enough to turn over the back; make a slit between the vent and the rump, through which draw out the entrails, then wipe it clean. Draw the legs up, keeping them close to the side, then put a skewer into the wing, through the middle of the leg, body, and the leg and wing on the other side; put another skewer through the small of the leg, which keep close to the sidesmen; run it through, and do the same on the other side. Cut through the end of the vent, through which put the rump, to prevent the stuffing from falling out.

GOOSEBERRY CREAM. Boil one quart of gooseberries very quick, in as much water as will cover them: stir in about half an ounce of good butter; when they are soft, pulp them through a sieve; sweeten the pulp while it is hot, with sugar, then beat it up with the yolks of four eggs; serve in a dish, cups, or glasses.

GOOSEBERRY FOOL. Put gooseberries into a stone jar, with some fine sugar; put the jar either in a stove, or in a saucepan of water, over the fire; if in a stove, a large spoonful of water should be added to the fruit. When it is done to pulp, press it through a colander; have ready a sufficient quantity of new milk, and a teacupful of raw cream, boiled together, or you may use an egg instead of the cream; leave it to get cold, then sweeten well with fine sugar, and mix the pulp by degrees with it.

GOOSEBERRY MARMALADE. Boil them a moment, or only scald them in boiling water, sift them through a sieve; reduce them over the fire to half, then mix them with sugar prepared to the ninth degree (*a la grande plume*), half a pound of sugar to a pound of fruit.

GOOSEBERRY JAM. *See Jam.*

GOOSEBERRY PASTE. Gather, when quite ripe, the rough red gooseberries; top and tail them; put them into a jar, tie it over with bladder, and boil it in a pot of water till the fruit be perfectly soft; pour off the thin juice, and with a wooden spoon rub the gooseberries through a fine hair sieve; allow rather more than half the weight of the pulp of pounded loaf sugar, mix it together, and boil it till it will jelly, which will take almost two hours; stir, and skim it, then put it into a dish, and serve when cold, to be eaten with cream. The thin juice may be boiled with its weight of good brown sugar, and used as gooseberry jelly.

GOURDS FRIED. (1) Cut five or six gourds in quarters; take off the skin and pulp; stew them in the same manner as for table: when done, drain them quite dry; beat up an egg, and dip the gourds in it, and cover them well over with bread-crumbs; make some hog's-lard hot, and fry them a nice light color; throw a little salt and pepper over them, and serve up quite dry.

GOURDS FRIED. (2) Take six or eight small gourds, as near of a size as possible; slice them with a cucumber-slice; dry them in a cloth, and then fry them in very hot lard; throw over a little pepper and salt, and serve up on a napkin. Great attention is requisite to do these well; if the fat is quite hot they are done in a minute, and will soon spoil; if not hot enough, they will eat greasy and tough.

GOURDS STEWED. Take off all the skin of six or eight gourds, put them into a stewpan, with water, salt, lemon-juice, and a bit of butter, or fat bacon, and let them stew gently till quite tender, and serve up with a rich Dutch sauce, or any other sauce you please that is *piquante*.

GRAPES, COMPOTE. Boil a quarter of a pound of sugar with half a glass of water, till it is reduced to a strong sirup; skim, and then put into it a pound of grapes, picked from the stalks, and the seeds taken out; give them a boil two or three times, and then place them in a dessert dish: if there is any scum upon them, carefully wipe it off with white paper.

GRAPES, PICKLED. The grapes must be at their full growth, but not ripe, cut them in small bunches; put them in a stone jar, with vine leaves between each layer of grapes, till the jar is full; then take as much spring-water as will cover the grapes and the leaves; as it heats put in as much salt as will make a brine sufficiently strong to bear an egg; you must use half bay salt and half common salt; when it

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boils, skim it; strain it through a flannel bag, and let it stand to settle; by the time it is cold it will be quite settled; strain it a second time through a flannel bag; then pour it into the jar, upon the grapes, which must be well covered; fill the jar with vine leaves; then tie it over with a double cloth, and set a plate upon it; let it stand for two days, then take off the cloth, pour away the brine, and take out the leaves and the grapes, and lay them between two cloths to dry; then take two quarts of vinegar, one quart of spring-water, and one pound of coarse sugar, boil it for a short time, and skim it very clean as it boils; let it stand till it is quite cold; wipe the jar very clean and dry, lay some fresh vine leaves at the bottom, between every bunch of grapes, and on the top; then pour and strain the pickle on the grapes; fill the jar; let the pickle be above the grapes; tie up a thin piece of board in a flannel, lay it on the grapes to keep them under the pickle; tie them down with a bladder, and over that a leather. Always keep the grapes under the pickle.

GRATIN. Cut half a pound of fillet of veal into dice, and put it into a stewpan with a piece of butter, a few mushrooms, parsley, shallots chopped small, salt, pepper, and spices; stir them up with a wooden spoon; and when the meat has been on the fire about a quarter of an hour, take the drain off the butter, mince it very small, and put it into a mortar, with fifteen fowl or game livers, well washed, dried, and par-boiled, all the bitter parts taken out, pound them, adding at times as much panada as you have meat; boil some calf's udder, trim, and remove all the skin when cold, and put about a third of the quantity of meat, and pound them together, adding, one at a time, three yolks, and three whole eggs; season with salt, pepper, and spices; when well pounded, set it by in an earthen pan for use.

GRAVY. *See also Cullis and Sauces.*

GRAVIES, DIRECTIONS RESPECTING.—The skirts of beef and the kidney, will make quite as good gravy as any other meat, if prepared in the same manner.

The kidney of an ox, or the milt, makes excellent gravy, cut all to pieces, and prepared as other meat; and so will the shank end of mutton that has been dressed, if much gravy is not required.

The shank-bones of mutton add greatly to the richness of gravy; but they should be first well soaked, and scoured clean.

To obtain the flavor of French cookery, and to improve the taste of the gravies, tarragon should be used; but it must not be added till a short time before serving.

GRAVY. (1) Take three pounds of beef steaks, two rabbits, (excepting the heads and breasts), a knuckle of veal, five carrots, six onions, two cloves, two bay leaves, a bunch of parsley and scallions; put all these into a stewpan, with two ladlesful of broth, and set them over a good fire to reduce; then cover the stove, and let the stewpan stand over it, until the meat begins to give out the gravy, and adheres slightly; the jelly at the bottom of the stewpan ought to be nearly black, and when that is the case, take it from the stove, and let it stand for ten minutes; then fill up the stewpan with good broth, or water, (if the latter, not so large a quantity); let this simmer for three hours; skim and season it well. If water is used instead of broth, the gravy must be strained before it is used. Gravy may also be made of any pieces of ready dressed meat, in the following manner: cut some onions into slices, lay them at the bottom of the stewpan, and the meat on them, with the same ingredients as above, and two or three glasses of water; then proceed in the same manner as the other, until the bottom of the stewpan is nearly black, when add water according to the quantity of meat; put salt if necessary, and simmer the whole for two hours; then strain it through a sieve.

GRAVY. (2) Cut down into slices four pounds of lean beef, rub the bottom of the pot with butter, and put in the meat; turn it frequently till it be well browned, and do it slowly, then add four quarts of cold water; when it has boiled two hours, put in two dessert-spoonfuls of whole pepper, one carrot, and three onions; let it stew gently for four hours longer, strain it, and when it is required for use, take off the fat. This gravy answers for all made dishes when brown gravy sauce is used.

GRAVY AND STUFFING FOR DUCKS. Boil all the giblets excepting the liver for an hour in a pint of water with a chopped onion, some salt and pepper; strain, and add a very little browning, with a teaspoonful of coratch, and one of mushroom ketchup; for the stuffing, mince the raw liver with two sage leaves, a small onion, some pepper and salt, a bit of butter, and grated bread crumbs.

Send your sauces to table as hot as possible.

Nothing can be more unsightly than the surface of a sauce in a frozen state, or garnished with grease on the top. The best way to get rid of this, is to pass it through

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a tamis or napkin previously soaked in cold water; the coldness of the napkin will coagulate the fat, and only suffer the pure gravy to pass through: if any particles of fat remain, take them off by applying filtering paper, as blotting paper is applied to writing.

Let your sauces boil up after you put in wine, anchovy, or thickening, that their flavors may be well blended with the other ingredients; and keep in mind that the *top-knot* of COOKERY is, to entertain the mouth without offending the stomach.

GRAVIES AND SAUCES. It is of as much importance that the cook should know how to make a boat of good gravy for poultry, &c. as that it should be sent up of proper complexion, and nicely frothed.

We shall endeavor to introduce to her all the materials which give flavor in *sauce* which is the *essence of soup*, and intended to contain more relish in a *tea-spoonful* than the former does in a *table-spoonful*.

We hope to deserve as much praise from the *economist* as we do from the *bon vivant;* as we have taken great pains to introduce to him the methods of making substitutes for those ingredients, which are always expensive, and often not to be had at all. Many of these cheap articles are as savory and as salutary as the dearer ones, and those who have large families and limited incomes, will, no doubt, be glad to avail themselves of them.

The reader may rest assured, that whether he consults this book to diminish the expense or increase the pleasures of hospitality, he will find all the information that was to be obtained up to 1832, communicated in the most unreserved and intelligible manner.

A great deal of the elegance of cookery depends upon the accompaniments to each dish being appropriate and well adapted to it.

We can assure our readers, no attention has been wanting on our part to render this department of the work worthy of their perusal; each receipt is the faithful narrative of actual and repeated experiments, and has received the most deliberate consideration before it was here presented to them. It is given in the most circumstantial manner, and not in the technical and mysterious language former writers on these subjects seem to have preferred; by which their directions into meaningless and unintelligible to all who have regularly served an apprenticeship at the

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one pot be to very little purpose that I pound of so much pains to teach how to gar, four ots and boils, if a cook cannot or and a half o the several sauces that are candied oran with them.

three-quarters erefore, endeavored to give the plainest directions how to produce, with the least trouble and expense possible, all the various compositions the English kitchen affords; and hope to present such a wholesome and palatable variety as will suit all tastes and all pockets, so that a cook may give satisfaction in all families. The more combinations of this sort she is acquainted with, the better she will comprehend the management of every one of them.

Let your sauces each display a decided character; send up your plain sauces (oyster, lobster, &c.) as pure as possible: they should only taste of the materials from which they take their name.

The imagination of most cooks is so incessantly on the hunt for a relish, that they seem to think they cannot make sauce sufficiently savory without putting into it everything that ever was eaten; and supposing every addition must be an improvement, they frequently overpower the natural flavor of their PLAIN SAUCES, by overloading them with salt and spices, &c.: but, remember, these will be deteriorated by any addition, save only just salt enough to awaken the palate.

On the contrary, of COMPOUND SAUCES; the ingredients should be so nicely proportioned, that no one be predominant; so that from the equal union of the combined flavors such a fine mellow mixture is produced, whose very novelty cannot fail of being acceptable to the persevering *gourmand*, if it has not pretensions to a permanent place at his table.

An ingenious *cook* will form as endless a variety of these compositions as a *musician* with his seven notes, or a *painter* with his colors; no part of her business offers so fair and frequent an opportunity to display her abilities: SPICES, HERBS, &c. are often very absurdly and injudiciously jumbled together.

Why have clove and allspice, or mace and nutmeg, in the same sauce; or marjoram, thyme, and savory; or onions, leeks, eschalots, and garlic? one will very well supply the place of the other, and the frugal cook may save something considerable by attending to this, to the advantage of her employers, and her own time and trouble.

☞ *See* SAUCES *and* CULLIS *for other important particulars.*

GRAVIES, ESSENCE OF HAM FOR. Pick off all the bits of meat from a ham-bone, pound them, break the bone, and put all into a saucepan, together with nearly half a pint of water, and a bunch of sweet herbs; simmer gently for sometime, stirring it occasionally; then add a pint of good beef gravy, and some pepper, and continue to simmer it till it be well flavored with the

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herbs; strain, and keep it for improving rich gravies and sauces of all descriptions.

• GRAVY FOR BOILED MEAT, May be made with parings and trimmings; or pour from a quarter to half a pint of the liquor in which the meat was boiled, into the dish with it, and pierce the inferior part of the joint with a sharp skewer.

GRAVY FOR ROAST MEAT. (1) Most joints will afford sufficient trimmings, &c. to make half a pint of plain gravy, which you may color with a few drops of browning: for those that do not, about half an hour before you think the meat will be done, mix a salt-spoonful of salt, with a full quarter-pint of boiling water; drop this by degrees on the brown parts of the joint; set a dish under to catch it (the meat will soon brown again); set it by; as it cools, the fat will float on the surface; when the meat is ready, carefully remove the fat, and warm up the gravy, and pour it into the dish.

The common method is, when the meat is in the dish you intend to send it up in, to mix half a tea-spoonful of salt in a quarter pint of boiling water, and to drop some of this over the corners and underside of the meat, and to pour the rest through the hole the spit came out of: some pierce the inferior parts of the joints with a sharp skewer.

The following receipt was given us by a very good cook:—You may make good browning for roast meat and poultry, by saving the brown bits of roast meat or broiled; cut them small, put them into a basin, cover them with boiling water, and put them away till next day; then put it into a saucepan, let it boil two or three minutes, strain it through a sieve into a basin, and put it away for use. When you want gravy for roast meat, put two table-spoonfuls into half a pint of boiling water with a little salt: if for roasted veal, put three table-spoonfuls into half a pint of thin melted butter.

The gravy which comes down in the dish, the cook (if she is a good housewife) will preserve to enrich hashes or little made dishes, &c.

GRAVY FOR ROAST MEAT. (2) About a quarter of an hour before the meat is taken from the fire, put a common dish with a tea-spoonful of salt in it under the meat; when it has all run into the dish, remove it, baste and froth the meat, and pour the gravy into the dish on which the roast is to be served.

GRAVY MADE FROM BONES. Break into small pieces a pound of beef, mutton, or veal bones, if mixed together so much the better; boil them in two quarts of water, and after it boils, let it simmer for nearly three hours: boil with it a couple of onions, a bunch of sweet herbs, some salt and pepper; strain, and keep it for making gravy or sauces. The bones of broiled and roasted meat being scraped, washed clean, and boiled in less water, answer equally well for this purpose.

GRAVY MADE WITHOUT MEAT. (1) Slice three onions, and fry them brown in a little butter; add them to half a pint of water, and the same of beer, put in some peppercorns, salt, a little lemon peel, three cloves, a little mace or pepper, a spoonful of walnut pickle, and one of mushroom ketchup, of soy and essence of anchovy a dessert-spoonful each, a small bunch of sweet herbs, and a quarter of a slice of bread toasted brown on both sides; simmer all together in a closely covered saucepan for twenty minutes, then strain it for use, and when cold take off the fat. It will taste exactly like a gravy made with meat.

GRAVY MADE WITHOUT MEAT. (2) Knead a good deal of flour into a piece of butter the size of an egg, fry it in a frying-pan over a clear fire, stir it constantly with a wooden spoon till it become a nice brown color, taking particular care that it be made perfectly smooth; pour in some boiling water, add a little finely-minced onion, some whole pepper and a little salt, put it into a small saucepan, cover it closely, and simmer it for a short time; strain, and mix with it a little mushroom ketchup, and Port wine.

GRAVY OR RICH CULLIS. Cut into slices some lean beef, veal, and mutton, cover the bottom of the saucepan with the veal, then put in a few slices of salt pork, next a layer of beef, add a few onions sliced, and the red part of one or two carrots, a little mace, two or three cloves, some whole pepper, and two or three bay-leaves, above that the mutton; cover the pan closely, set it on a slow fire, and when the meat is a fine brown, mix quite smooth a small quantity of flour in water, stir it in, and then add as much boiling water as will cover the meat well, and a little salt; cover the pan closely, and let it stew an hour and a half; strain, and keep it for use; it will continue good for eight or ten days.

GRAVY DRAWN. Put a few pounds of gravy-beef sliced, and a little whole pepper, into a jar with a cover to fit closely; set the jar into a pot of cold water, and when it boils, add as it wastes more hot water, and keep it boiling gently for six or seven hours, when the richest gravy imaginable

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will be obtained. It may be used in that state, or reduced with water.

GRAVY, TO MAKE A PINT OF RICH. Brown a quarter of a pound of butter, dredging in two table-spoonfuls of flour, and stirring it constantly; add a pound of gravy-beef cut into small bits, and two or three onions chopped. When it becomes brown, add some whole pepper, one carrot, a bunch of sweet herbs, and three pints of water; let it boil gently till reduced to one, then strain it. This gravy may be served with roasted turkey or fowl.

GRAVY, TO CLARIFY. Clarify gravy, drawn from beef or veal, with the beaten whites of eggs, allowing one white to a quart. Gravies and soups which are to be clarified should be made very strong, and be highly seasoned.

GRAVY AND SAUCE INGREDIENTS. Browning for made dishes.—Put into a saucepan one pound of good brown sugar, stir it constantly over a slow fire, boil it till it is as thick as treacle, and resembles it in color; take the pan off the fire, stir it for a minute or two, and pour in very slowly a quart of boiling water, stirring constantly; put it again on the fire, and boil it for a little; pour it into a bowl, and when cold, bottle it. This browning will keep good for a year, and very little of it serves for coloring soups, gravies, or sauces.

To clarify butter.—Put the butter cut into slices into a nicely-cleaned brass pan, stir it gently till dissolved: when it boils, draw the pan to the side of the fire, skim it, and let it boil gently a second time, and if any scum again rises, take it off; let it settle for two or three minutes, and strain it gently through a sieve which has a piece of muslin laid into it.

Fresh beef suet, picked free from skin and sinews, is dissolved in the same way; it is then strained through muslin into small jars, and when cold, covered with bladder, or it may be strained into cold water; and the cake when cold, wiped dry, folded in white paper, and kept in a linen bag.

Beef suet will keep fresh for sometime finely chopped and dredged with flour, wkept in white paper bags in a cool place. let tf and mutton drippings are clarified into nin the manner butter is done, and t in a separate jar.

GIN; hog's-lard, put it into a jar plac- one po of water or water bath, strain it pound of dders or small jars, and cover gar, four ner. Thus prepared, it will and a half eth of time, and is the best candied oran h in.

three-quarters wash it, pick it clean, and put it into fresh cold water; take it out and then throw it into boiling lard or dripping, when it will instantly become crisp; it is then taken out with a slice.

GRUEL. DR. KITCHENER'S. Ask those who are to eat it, if they like it thick or thin; if the latter, mix well together by degrees, in a pint basin, one table-spoonful of oatmeal, with three of cold water; if the former, use two spoonfuls.

Have ready in a stewpan, a pint of boiling water or milk; pour this by degrees to the oatmeal you have mixed; return it into the stewpan; set it on the fire, and let it boil for five minutes; stirring it all the time to prevent the oatmeal from burning at the bottom of the stewpan; skim and strain it through a hair sieve.

2d. To convert this into caudle, add a little ale, wine, or brandy, with sugar; and if the bowels are disordered, a little nutmeg or ginger, grated.

Obs.—Gruel may be made with broth instead of water; and may be flavored with sweet herbs, soup roots, and savory spices, by boiling them for a few minutes in the water you are going to make the gruel with.

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HAM. If it is a very dry Westphalia ham, it must be soaked, according to its age and thickness, from twelve to twenty-four hours; for a green ham, from four to eight hours will be sufficient. Lukewarm water will soften it much sooner than cold, when sufficiently soaked, trim it nicely on the underside, and pare off all the rusty and smoked parts till it looks delicately clean.

Give it plenty of water-room, and put it in while the water is cold; let it heat very gradually, and let it be on the fire an hour and a half before it comes to a boil; let it be well skimmed, and keep it simmering very gently: a middling-sized ham of fifteen pounds will be done enough in about four or five hours, according to its thickness.

If not to be cut till cold, it will cut the shorter and tenderer for being boiled about half an hour longer. In a very small family, where a ham will last a week or ten days, it is best economy not to cut it till it is cold, it will be infinitely more juicy.

Pull off the skin carefully, and preserve it as whole as possible; it will form an excellent covering to keep the ham moist; when you have removed the skin, rub some bread raspings through a hair sieve, or grate a crust of bread; put it into the perforated cover of the dredging-box, and shake it over

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it, or glaze it; trim the knuckle with a fringe of cut writing-paper. You may garnish with spinage or turnips, &c.

To pot ham is a much more useful and economical way of disposing of the remains of the joint, than making essence of it.

HAM AND EGGS. Cut some ham into thin slices, and broil them on a gridiron. Fry some eggs in butter. Serve it, laying an egg on each slice of ham.

HAM, ESSENCE OF. Take three or four pounds of lean ham, cut it into pieces about an inch thick, and lay them in a stewpan, with slices of carrots, parsnips, and three or four onions; let them stew till they stick to the pan, but take care they do not burn; then by degrees pour in some good veal gravy, a few fresh mushrooms cut in pieces, (or mushroom-powder), truffles, morels, cloves, parsley, leek, basil, and a crust of bread; cover it close, and simmer till pretty thick, then strain it off for use.

HAM GRAVY. Take a deep saucepan, put into it a piece of fresh butter, several slices of ham, about six pieces of veal the size of a walnut, and two or three carrots cut in small pieces; set these over a slow fire, and let them stand till they give out their juices, and the ham and veal become crisp and stick; then put in a little stock, and let it boil; in an hour's time add a glass of white wine, leave it a quarter of an hour, when it will be sufficiently done; take off every particle of fat; strain it into a pan, and set it by for use.

HAM LOAF. Soak a fine ham in cold water for one or two days, according to its age; then put it into a saucepan just big enough to hold it, with no more water than will cover it, and a pint of white wine; let it boil, skimming it carefully, till done. When cold, take out the hock and under bones, and the skin; pare away some of the fat, and trim it to an oval form as much as possible. Make a farce with the parings of the fat, some veal or game, and sweet herbs minced and pounded. Take a pan the size you wish to have your loaf, lay all over the inside a pretty firm paste, and then (having cut your ham into thin slices) place alternate layers of it and the farce in the pan, until it be quite full. Put a crust over the top, which must unite with that in which the ham is; turn it over on a baking plate, flour it, and put it into a very hot oven for an hour and a half or two hours, according to its size. Serve it cold.

HAM, MINCED, WITH FRIED EGGS. *See Eggs.*

HAM OMELET. Take a slice of boiled ham, mince it as small as possible, and mix it with a dozen eggs beaten with a little veal gravy; fry it (keeping it of an equal thickness) in the usual manner.

HAM, OR TONGUE POTTED. Cut a pound of the lean of cold boiled ham or tongue, and pound it in a mortar with a quarter of a pound of the fat, or with fresh butter (in the proportion of about two ounces to a pound), till it is a fine paste (some season it by degrees with a little pounded mace or allspice): put it close down in pots for that purpose, and cover it with clarified butter, a quarter of an inch thick; let it stand one night in a cool place. Send it up in the pot, or cut out in thin slices.

HAM ROASTED WITH MADEIRA. Take a fine Westphalia or Bayonne ham, pare and trim it of as round a form as possible, take off the end bone, and remove the rind from the knuckle; then lay the ham on a gridiron over the fire, till you can take it up with ease; soak it, if necessary, and put it in a pan, with slices of carrots and onions, thyme, bay-leaf, and coriander; pour a bottle of Madeira upon it, cover it with a clean cloth, and close the pan as tight as possible, and let it remain twenty-four hours; then wrap the ham in very thick paper, fasten it with paste, so that it may be completely enclosed, tie it on a spit, and put it to roast for three hours; then make a small hole in the paper, and pour in, by means of a funnel, the Madeira wine, paste paper over the hole, and let it roast another hour. When done, take off the paper carefully, so that none of the gravy may escape, mix it with some reduced *espagnole*, glaze the ham, and serve it.

HAM TOAST. Cut some crumb of bread into thin slices; then take an equal number of thin slices of ham, beat them well with a rolling pin, and then soak them in warm water for about two hours; take them out, dry them well, and put them into a saucepan with a little bacon, a slice of veal, and half a glass of stock; let them boil for half an hour, and then add half a glass of veal *blond*. Fry your bread to a nice color in some lard; lay it on a dish, and on each piece lay a slice of the ham; pour the sauce over them. Take particular care to cut the ham as nearly as possible the size and shape of the bread.

HAM TO STEW. Soak the ham in lukewarm water for twelve hours, drain it, and scrape the rind; put it into a stewpan with some slices of fat bacon round the sides, four quarts of weak stock, a good deal of

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parsley, a bunch of sweet herbs, six large onions, four carrots, a little allspice and pepper, a pint of Madeira, and one of Port wine. Cover the ham with slices of fat bacon, and put over it a sheet of white paper; stew it eight hours, or ten if it be a very large ham. Before serving, take off the rind, strain the sauce, skim it well, and boil it till reduced to a glaze, and pour it round the ham, or serve it with any other sauce that may be preferred.

HAM WITH MADEIRA. Soak in water for two hours a Bayonne, or any other fine ham, boil it for two hours, trim it quickly, and then put it into a stewpan, with thin slices of veal at the bottom; add some carrots and parsley, and season with spices. Pour over the ham a pint of rich stock and a bottle of Madeira; let it boil for two hours, strain and skim the fat off the sauce, which, with the ham, must be served quite hot.

HARE. As soon as the cook receives a hare, she should take out the liver, &c., wipe it well, put in a little pepper, and hang it up. When wanted for dressing, cut off the four legs at the first joint, raise the skin of the back, and draw it over the hind legs; leave the tail whole, then draw the skin over the back, and slip out the four legs; cut it from the neck and head; skin the ears, and leave them on. Clean the vent. Cut the sinews under the hind legs; bring them forward; run a skewer through one hind leg, the body, and another hind leg; do the same with the fore legs; lay the head rather back; put a skewer in at the mouth, through the back of the head and between the shoulders; put in the stuffing, and tie it round with a string, passing it over the legs to keep them in their places: the hare is then ready for roasting. See *Hare Roasted*.

HARE, JUGGED. Having skinned a hare, cut off the shoulders and legs, and divide the back into three pieces; rub them well with fat bacon, and put them into a stewpan with the trimmings, allspice, mace, whole pepper, a small clove of garlic, two bay-leaves, three onions, parsley, thyme, sweet marjoram, a quart of veal stock, and three gills of Port wine; simmer the whole till three parts done; then take out the shoulders, legs, and back; put them into another stewpan, strain the liquor to them, add a little flour and butter, stew them till quite done; take off the fat, season with cayenne, salt, and lemon-juice, and serve the whole in a deep dish.

HARE ROASTED. Cut the skin from a hare that has been well soaked; put it on the spit and rub it well with Madeira, pricking it in various places that it may imbibe plenty of wine; cover it entirely with a paste, and roast it. When done, take away the paste, rub it quickly over with egg, sprinkle bread-crumbs, and baste it gently with butter (still keeping it turning before the fire) until a crust is formed over it and it is of a nice brown color; dish it over some *espagnole* with Madeira wine boiled in it; two or three cloves may be stuck into the knuckles if you think proper.

HASHED HARE. Cut up the hare into pieces fit to help at table, and divide the joints of the legs and shoulders, and set them by ready. Put the trimmings and gravy you have left, with half a pint of water (there should be a pint of liquor), and a table-spoonful of currant jelly, into a clean stewpan, and let it boil gently for a quarter of an hour: then strain it through a sieve into a basin, and pour it back into the stewpan; now flour the hare, put it into the gravy, and let it simmer very gently till the hare is warm (about twenty minutes); cut the stuffing into slices, and put it into the hash to get warm, about five minutes before you serve it; divide the head, and lay one half on each side the dish.

HARICOT BY WAY OF SOUP. Cut a large neck of mutton into two pieces, put the scrag into a stewpan with a quart of water, four large carrots, and turnips; boil it gently over a slow fire till all the goodness be out of the meat; then bruise the vegetables into the soup to thicken it. Fry six onions (sliced) in butter, and put the other part of the meat to the soup, and stew till the latter is tender; season with pepper and salt, and serve it very hot in a tureen.

HARICOT MUTTON. Cut the best end of a neck or loin of mutton, that has been kept till tender, into chops of equal thickness, one rib to each; trim off some of the fat, and the lower end of the chine bone, and scrape it clean, and lay them in a stewpan, with an ounce of butter; set it over a smart fire; if your fire is not sharp, the chops will be done before they are colored; the intention of frying them is merely to give them a very light browning.

While the chops are browning, peel and boil a couple of dozen of young button onions in about three pints of water for about fifteen or twenty minutes, set them by, and pour off the liquor they were boiled in into the stewpan with the chops: if that is not sufficient to cover them, add as much boiling water as will remove the scum as it rises, and be

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careful they are not stewed too fast or too much; so take out one of them with a fish-slice, and try it: when they are tender, which will be in about an hour and a half, then pass the gravy through a sieve into a basin, set it in the open air that it may get cold, you may then easily and completely skim off the fat; in the meantime set the meat and vegetables by the fire to keep hot, and pour some boiling water over the button onions to warm them. Have about six ounces of carrots, and eight ounces of turnips, peeled and cut into slices, or shaped into balls about as big as a nutmeg; boil the carrots about half an hour, the turnips about a quarter of an hour, and put them on a sieve to drain, and then put them round the dish, the last thing.

Thicken the gravy by putting an ounce of butter into a stewpan; when it is melted, stir in as much flour as will stiffen it; pour the gravy to it by degrees, stir together till it boils; strain it through a fine sieve or tamis into a stewpan, put in the carrots and turnips to get warm, and let it simmer gently while you dish up the meat; lay the chops round a dish, put the vegetables in the middle, and pour the thickened gravy over. Some put in capers, &c. minced gherkins, &c.

Rump-steaks, veal-cutlets, and beef-tails, make excellent dishes dressed in the like manner.

HASH, COLD. Mince a nice white piece of veal, wash and core some anchovies; take some pickled oysters, pickled cucumbers, and a lemon; shred and mix them with the veal, and place it in a dish; lay round it slices of veal, fillets of anchovies, pickled cucumbers sliced, whole pickled oysters, mushrooms and capers; lettuces shred small; pour in oil and vinegar, salt and pepper, and serve.

HASHES, MADE DISHES, STEWS, RAGOUTS, SOUPS, TO WARM. Put what you have left into a deep hash-dish or tureen; when you want it, set this in a stewpan of boiling water: let it stand till the contents are quite warm.

HATTERED KIT. (1) Make two quarts of new milk scalding hot, and pour it quickly upon four quarts of fresh-made butter milk, after which it must not be stirred; let it remain till cold and firm, then take off the top part, drain it in a hair sieve, and put it into a shape for half an hour. It is eaten with cream, served in a separate dish.

HATTERED KIT. (2) Put into the dish it is to be served in, one-third of cream with two-thirds of butter-milk, add a little pounded loaf sugar, and beat it well together. Strew over it a little pounded cinnamon, and let it stand for three or four hours.

HAWTHORN LIQUOR. The full blossoms of the white thorn are to be picked dry and clean from the leaves and stalks, and as much put into a large bottle as it will hold lightly without pressing down; it is then to be filled up with French brandy, and allowed to stand two or three months, when it must be decanted off, and sweetened with clarified sugar, or with capillaire. Without the sweetening, it is an excellent seasoning for puddings and custards.

HEDGEHOG TO MAKE. Blanch two pounds of sweet almonds, beat them to a paste in a mortar, moistening occasionally with Canary and orange-flower water; beat the yolks of twelve, and the whites of seven eggs with a pint of cream and some powder sugar; put this with the almond paste and half a pound of fresh butter into a saucepan, set it over a stove and keep it constantly stirring till sufficiently firm to be moulded into the shape of a hedgehog: stick it full of blanched almonds, cut lengthwise, into slips, and place it in a dish; beat up the yolks of four eggs, put them to a pint of cream (sweetened to the taste); stir them over a slow fire till hot, then pour it round the hedgehog and let it stand: when cold, serve it. A good calf's-foot jelly may be poured round, instead of the cream, if preferred.

HERBS, A BUNCH OF SWEET, Is made up of parsley, sweet marjoram, winter savory, orange and lemon thyme; the greatest proportion of parsley.

HERBS, SWEET. These in cookery are parsley, chibbol, rocambole, winter savory, thyme, bay-leaf, basil, mint, borage, rosemary, cress, marigold, marjoram, &c. The relishing herbs or *Ravigotte* are tarragon, garden-cress, chervil, burnet, civet, and green mustard.

HERBS TO DRY, SWEET AND SAVORY. It is very important to those who are not in the constant habit of attending the markets to know when the various seasons commence for purchasing sweet herbs.

All vegetables are in the highest state of perfection, and fullest of juice and flavor, just before they begin to flower: the first and last crop have neither the fine flavor, nor the perfume of those which are gathered in the height of the season; that is, when

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the greater part of the crop of each species is ripe.

Take care they are gathered on a dry day, by which means they will have a better color when dried. Cleanse your herbs well from dirt and dust; cut off the roots; separate the bunches into smaller ones, and dry them by the heat of a stove, or in a Dutch oven before a common fire, in such quantities at a time, that the process may be speedily finished; *i. e.* 'Kill 'em quick,' says a great botanist; by this means their flavor will be best preserved: there can be no doubt of the propriety of drying herbs, &c. hastily by the aid of artificial heat, rather than by the heat of the sun. In the application of artificial heat, the only caution requisite is to avoid burning; and of this a sufficient test is afforded by the preservation of the color. The common custom is, when they are perfectly dried to put them in bags, and lay them in a dry place; but the best way to preserve the flavor of aromatic plants is to pick off the leaves as soon as they are dried, and to pound them, and put them through a hair sieve, and keep them in well-stopped bottles. The common custom is to put them into paper bags, and lay them on a shelf in the kitchen, exposed to all the fumes, steam, and smoke, &c.: thus they soon lose their flavor.

N. B. Herbs nicely dried are a very acceptable substitute when fresh ones cannot be got; but, however carefully dried, the flavor and fragrance of the fresh herbs are incomparably finer.

HERRINGS. There are three sorts of herrings, fresh, salted, and dried or red herrings. They are emptied and cleaned like any other fish; when fresh, they are broiled, and served with melted butter, white sauce, &c.

The salted herring should be soaked in cold water before it is cooked; this is also broiled; sometimes, however, it is cut in pieces, and eaten raw.

The red herring is split down the back, the head and tail are cut off, and the fish broiled like the others.

They may also be dressed as follows: when they have lain in cold water a sufficient time, soak them for two hours in milk, then split them down the back; then have ready some melted butter, in which has been mixed basil and bay-leaf, minced small, the yolks of two eggs, pepper and nutmeg; rub the herrings well with this, bread them; broil them over a gentle fire, and serve with lemon-juice.

The best red herrings are full of roe, are firm and large, and have a yellow cast.

Of the fresh herring the scales are bright if good, the eyes are full, and the gills red, the fish also should be stiff.

HERRINGS, BOILED. Scale, and otherwise prepare the herrings in the usual way; dry them well, and rub them over with a little salt and vinegar; skewer their tails in their mouths, lay them on a fish-plate, and put them into boiling water; in ten or twelve minutes take them out, drain them, lay them on the dish, the heads towards the middle; serve them with melted butter and parsley, and garnish with horseradish.

HERRINGS, RED. Plain broil them, or pour over some beer made hot, and when it is cold drain and wipe them dry; heat them thoroughly, and rub over a little butter, and sprinkle them with pepper.

HERRINGS TO BAKE. They must be perfectly fresh, and well cleaned, but not washed; the heads and fins cut off, and the bones cut out; strew over them pepper, salt, and a slice of onion minced very finely, to each; roll them up tight; pack them into a jar, and pour over in the proportion of a pint of vinegar to two of water, with half an ounce of whole black pepper; tie over the jar a piece of bladder or paper, and bake them in an oven for an hour. Take off the cover when they are cold, and pour over a little cold vinegar, and tie them up.

HERRINGS TO FRY. Scrape off the scales; cut off the fins; draw out the gut, keeping in the roes and melts; wipe them in a clean cloth; dredge them with flour, and fry them in boiling dripping; put them before the fire to drain and keep hot. Sauces;—melted butter, and parsley and butter. When herrings are to be broiled, they are prepared in the same manner, and done upon the gridiron. They must not be washed.

HIPPOCRAS. Take one ounce of cinnamon, two drachms of ginger, two penny-weights of cloves, nutmeg, and galangal a penny-weight of each. Pound these together well, and infuse them in a pint of red or white wine, and a pint of malmsey; to this, add a pound of the best loaf sugar. These proportions will make a quart of the liquor.

HOG'S HEAD. Put a head into some pickle, and when it has lain sufficiently long, take it out and boil it till the bones will come out with ease; then skin, bone, and chop the meat, whilst hot; season it with pepper (black and white), nutmeg, and salt, if necessary; lay part of the skin at the bottom of a potting pan, press in the meat

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cover it with the remainder of the skin, put on a weight, and let it stand till quite cold. Then turn it out. Boil the liquor it was dressed in with some vinegar, skim it well, and when cold put the head into it.

HONEY TO CLARIFY.—M. FOUQUE'S METHOD. Take six pounds of honey, a pound and three-quarters of water, two ounces and a quarter of pounded chalk, five ounces of coal, (pulverised, washed, and well dried), the whites of three eggs beaten in three ounces of water, for each pound of honey.

Put the honey, water, chalk, and eggs, into a copper vessel, capable of holding about one-third more than the above quantities; let them boil for two minutes, throw in the coal, mixing it with a spoon, and continue the boiling two minutes longer; then take the saucepan from the fire, and let it stand nearly a quarter of an hour, that the liquor may cool; then take a new sieve (which must be well washed, or it will impart a disagreeable taste), pass the honey through it, taking care to filter the first drops twice, as they generally carry with them some portion of the coal.

The sirup which still adheres to the coal, and other materials, may be separated as follows: pour boiling water on them until they no longer retain any sweetness; then put these different waters together, set them over a large fire to evaporate, till the sirup only remains. This sirup contracts the flavor of barley sugar, and must not be added to the clarified honey.

HORSERADISH POWDER. The time to make this is during November and December; slice it the thickness of a shilling, and lay it to dry very gradually in a Dutch oven (a strong heat soon evaporates its flavor); when dry enough, pound it and bottle it.

HOT PICKLE. Boil, in two quarts of vinegar, a quarter of a pound of salt, two ounces of shallots or garlic, and two of ginger, one ounce of pepper, one of yellow mustard seed, and a quarter of an ounce of cayenne; put into a jar that will hold four quarts, two ounces of allspice, and pour on it the hot pickle. When cold, put in any fresh-gathered vegetables or fruit, such as asparagus, cauliflower, French beans, radish pods, unripe apples, gooseberries, currants, which may be added as the opportunity offers, and, as the pickle wastes, it should be replenished with the same mixture.

H-BONE OF BEEF. *See Beef.*

HUNG BEEF. *See Beef.*

HUNTING BEEF. *See Beef.*

HUNTER'S PIE. *See Irish Stew*

I.

ICE. Sorbetieres or moulds for cream or fruit-ices, are made of two sorts of materials, block-tin and pewter; of these, the latter is the best, the substance to be iced congealing more gradually in it than in the former; an object much to be desired, as when the ice is formed too quickly, it is very apt to be rough, and full of lumps like hail, especially if it be not well worked with the spatula; the other utensils necessary for this operation, are, a deep pail, with a cork at the bottom, and a wooden spatula about nine inches long; being so far provided, fill the pail with pounded ice, over which spread four handfuls of salt; then having filled the sorbetiere, or mould, with cream, &c.; put on the cover, and immerse it in the centre of the ice-pail; taking care the ice touches the mould in all parts; throw in two more handfuls of salt, and leave it a quarter of an hour; then take the cover from the mould, and with the spatula stir the contents up together, so that those parts which touch the sides of the mould, and consequently congeal first, may be mixed with the liquid in the middle; work this about for seven or eight minutes; cover the mould, take the pail by the ears, and shake it round and round for a quarter of an hour; open the mould a second time, and stir as before; continue these operations alternately, until the cream, or whatever it may be, is entirely congealed, and perfectly smooth, and free from lumps. Take care to let out the water, which will collect at the bottom of the pail, by means of the cork, and press the ice close to the sorbetiere with the spatula.

When the cream is iced, take it from the pail, dip the mould in warm water, but not to let it remain an instant; dry it quickly, turn it out, and serve it as soon as possible.

All sorts of ices are finished in this manner; the preparation of the articles of which they are composed, constitutes the only difference between them.

ICE, A VERY LARGE CAKE. Beat the whites of twenty fresh eggs; then, by degrees, beat a pound of double-refined sugar, sifted through a lawn sieve; mix these well in a deep earthen pan; add orange-flower water, and a piece of fresh lemon-peel; do not use more of the orange-flower water than is just sufficient to flavor it. Whisk it for three hours till the mixture is thick and white; then, with a thin broad

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bit of board, spread it all over the top and sides, and set it in a cool oven, and an hour will harden it.

ICE FOR ICING (HOW TO PREPARE). Take a few pounds of ice, break it almost to powder, and throw in among it a large handful and a half of salt; you must prepare in the coolest part of the house, that as little of the warm air as possible may come. The ice and salt being in a bucket, put your cream into an ice-pot, and cover it; immerse it in the ice, and draw that round the pot, so that it may touch every part. In a few minutes put a spatula or spoon in, and stir it well, removing the parts that ice round the edges to the centre. If the ice-cream or water, be in a form, shut the bottom close, and move the whole in the ice, as you cannot use a spoon to that without danger of waste. There should be holes in the bucket, to let the ice off as it thaws.

ICING FOR CAKES. For a large cake, beat and sift eight ounces of fine sugar, put it into a mortar, with four spoonfuls of rose water, and the whites of two eggs, beaten and strained, whisk it well, and when the cake is almost cold, dip a feather in the icing, and cover the cake well; set it in the oven to harden, but do not let it remain long enough to discolor. Keep the cake in a dry place.

ICING FOR TARTS. Beat the yolk of an egg and some melted butter well together; wash the tarts with a feather, and sift sugar over as you put them into the oven; or beat white of egg, wash the paste, and sift white sugar.

ICING, FOR TWELFTH OR BRIDE CAKE. Take one pound of double-refined sugar, pounded and sifted through a lawn sieve; put into a pan quite free from grease; break in the whites of six eggs, and as much powder blue as will lie on a sixpence; beat it well with a spattle for ten minutes; then squeeze in the juice of a lemon, and beat it till it becomes thick and transparent. Set the cake you intend to ice in an oven or warm place five minutes; then spread over the top and sides with the mixture as smooth as possible. If for a wedding cake only, plain ice it; if for a twelfth cake, ornament it with gum paste, or fancy articles of any description. A good twelfth cake, not baked two much, and kept in a cool dry place, will retain its moisture and eat well, if twelve months old.

ICING FOR FRUIT TARTS, PUFFS, OR PASTRY. Beat up in a half-pint mug the white of two eggs to a solid froth; lay some on the middle of the pie with a paste brush; sift over plenty of pounded sugar, and prees it down with the hand, wash out the brush, and splash by degrees with water till the sugar is dissolved, and put it in the oven for ten minutes, and serve it up cold.

IMPERIAL. Put two ounces of cream of tartar, and the juice and peel of two lemons, into a stone jar, pour on them seven quarts of boiling water, stir, and cover close. When cold, sweeten it with loaf sugar, strain it, bottle and cork it tight. Add in bottling, half a pint to the whole quantity.

INDIA PICKLE. (1) Take one pound of ginger, put it into a pan with salt and water, and let it lay all night, then scrape it, and cut it into thin slices; put it into a pan with half a pound of bay salt, and let it lay till all the following ingredients are prepared; a pound of garlic peeled, and laid in salt for three days, then take it out, wash it, then let it lay in salt for another three days, then take it out and let it lay in the sun for another, till half dry; an ounce of long pepper, an ounce of capsicum, salted and laid in the sun for three days, a pint of black mustard-seed bruised, half an ounce of turmeric, beat very small; put all these ingredients together in a jar, then put in as much vinegar, as, when the cabbage, or whatever you intend to pickle, is put into it, the vinegar will rise to the top of the jar. Then take cabbage, cauliflower, or whatever you choose to pickle, and cut them into small pieces, throw a good handful of salt over them, and set them in the sun (when it is very hot) for three days, drain the water from them every day, and fresh salt them again, turning the leaves till they are dry, then put them into the pickle, being particular that they are completely covered with the vinegar; tie it up close, let it stand a fortnight, fill it again with more vinegar, carefully watch it from time to time, to fill it up with vinegar, as it will waste very fast.

INDIA PICKLE. (2) One gallon of vinegar, one pound of garlic, a quarter of a pound of long pepper split, half a pound of flour of mustard, one pound of ginger scraped, and split, and two ounces of turmeric. When you have prepared the spice, and put it into the jar, pour the vinegar boiling hot over it, and stir it every day for a week. Then put in your cabbage, cauliflower, or whatever you intend to pickle.

INDIAN CURRY. *See Curry.*

IRISH PUFFS. Add to five well-beaten yolks and two whites of eggs, a large table-spoonful of flour, not quite an ounce of

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melted butter, and half a tea-spoonful of salt; beat it all well for ten minutes, and add half a pint of cream; bake it in buttered tea-cups; turn them out, and serve them with a sweet sauce.

IRISH ROCK. Blanch a pound of sweet and an ounce of bitter almonds, pick out a few of the sweet almonds, and cut them like straws, and blanch them in rose water; pound the rest in a mortar with a table-spoonful of brandy, four ounces of pounded and sifted loaf sugar, and half a pound of salt butter well washed; pound them till the mass looks very white, and set it in a cool place to stiffen; then dip two table-spoons into cold water, and with them form the paste, as much like an egg as possible; place in the bottom of a glass dish, a small plate or saucer turned, and lay the rock high up; stick over it the cut almonds with green sweetmeats, and ornament with a sprig of myrtle.

IRISH STEW, OR HUNTER'S PIE. Take part of a neck of mutton, cut it into chops, season it well, put it into a stewpan, let it brase for half an hour, take two dozen of potatoes, boil them, mash them, and season them, butter your mould, and line it with the potatoes, put in the mutton, bake it for half an hour, then it will be done, cut a hole in the top, and add some good gravy to it.

IRISH STEW. Take five thick mutton chops, or two pounds off the neck or loins; two pounds of potatoes; peel them, and cut them in halves; six onions, or half a pound of onions; peel and slice them also: first put a layer of potatoes at the bottom of your stewpan, then a couple of chops and some of the onions; then again potatoes, and so on, till the pan is quite full; a small spoonful of white pepper, and about one and a half of salt, and three gills of broth or gravy, and two tea-spoonfuls of mushroom ketchup; cover all very close in, so as to prevent the steam from getting out, and let them stew for an hour and a half on a very slow fire. A small slice of ham is a great addition to this dish. The cook will be the best judge when it is done, as a great deal depends on the fire you have. Great care must be taken not to let it burn, and that it does not do too fast.

ISINGLASS, TO CLARIFY. Take an ounce and quarter of the best isinglass, cut it into small pieces, and wash them several times in warm water. Put the isinglass into a preserving pan, with five glasses of filtered water, set it on the fire, and, as soon as it boils, place it at the side of the stove, so as to keep up the boiling; take off the scum directly it rises; and when the whole is reduced to three-quarters, strain it through a cloth into a basin for use. Some add, in clarifying isinglass, lemon-peel, to remove its disagreeable taste; but as good isinglass ought to have no flavor, and as the lemon-peel is certain to give a yellow tinge to that, it is much better left out.

ITALIAN CHEESE. Mix with nearly half a pound of pounded loaf sugar, the juice of three lemons, two table-spoonfuls of white wine, and a quart of cream; beat it with a whisk till quite thick, which may be in half an hour; put a bit of muslin into a hair sieve, and pour in the cream. In twelve hours turn it out, and garnish it with flowers. It may be put into a tin shape, with holes in it.

ITALIAN MACAROONS. Take one pound of Valentia or Jordan almonds, blanched, pound them quite fine with the whites of four eggs; add two pounds and a half of sifted loaf sugar, and rub them well together with the pestle; put in by degrees about ten or eleven more whites, working them well as you put them in; but the best criterion to go by in trying their lightness is to bake one or two, and if you find them heavy, put one or two more whites; put the mixture into a biscuit-funnel, and lay them out on wafer-paper, in pieces about the size of a small walnut, having ready about two ounces of blanched and dry almonds cut into slips, put three or four pieces on each, and bake them on wires, or a baking-plate, in a slow oven. *Obs.*—Almonds should be blanched and dried gradually two or three days before they are used, by which means they will work much better, and where large quantities are used, it is advised to grind them in a mill provided for that purpose.

J.

JAM, APRICOT. (1) Weigh equal quantities of pounded loaf sugar and of apricots; pare and cut them quite small; as they are done, strew over half of the sugar. The following day boil the remainder, and add the apricots; stir it till it boils, take off the scum, and when perfectly clear, add part of the kernels blanched, and boil it two or three minutes.

JAM, APRICOT. (2) Allow equal proportions of pounded loaf sugar and of apricots; pare, and cut them small; as they are done, strew part of the sugar over them, and put the parings into cold water. Break the stones, blanch and pound the kernels.

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which, with the shells and parings, boil till half the quantity of water is reduced, and there is a sufficiency of the liquor, when strained, to allow three or four table-spoonfuls to a pound of apricots; put it, with the sugar and fruit, into a preserving pan; mash, and take off the scum; boil it quickly, till transparent.

JAM, APRICOT, OR ANY PLUM. After taking away the stones from the apricots, and cutting out any blemishes they may have; put them over a slow fire, in a clean stewpan, with half a pint of water; when scalded, rub them through a hair sieve: to every pound of pulp put one pound of sifted loaf sugar; put it into a preserving-pan over a brisk fire, and when it boils skim it well, and throw in the kernels of the apricots, and half an ounce of bitter almonds, blanched; boil it a quarter of an hour fast, and stirring it all the time; remove it from the fire, and fill it into pots, and cover them as directed in Raspberry Jam. N. B.—Green gages or plums may be done in the same way, omitting the kernels or almonds.

JAM, BLACK CURRANT. Gather your currants on a dry day, when they are full ripe, pick them from the stalks, wash them well in a basin, and to every pound of currants, put a pound of double refined sugar, beaten and sifted; put them into a preserving pan, boil them half an hour, skim, and keep them stirring all the time: then put them into pots: when cold, put brandy paper over, and tie white paper over all.

JAM, CHERRY. Having stoned and boiled three pounds of fine cherries, bruise them, and let the juice run from them; then boil together half a pound of red currant juice, and half a pound of loaf sugar, put the cherries into these whilst they are boiling, and strew on them three-quarters of a pound of sifted sugar. Boil all together very fast for half an hour, and then put it into pots. When cold put on brandy papers.

JAM, GOOSEBERRY. 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.

JAM, GOOSEBERRY, FOR PUDDINGS. Allow equal weight of the red rough gooseberries, and of good brown sugar; gather the fruit upon a dry day; top and tail them, and put a layer alternately of gooseberries and of sugar into a preserving pan; shake it frequently, skim it well, and boil it till the syrup jellies, which may be ascertained by cooling a little in a saucer. Black and red currants may be done in this way for common use.

JAM, PEACH. Gather the peaches when quite ripe, peel and stone them, put them into a preserving-pan, and mash them over the fire till hot; rub them through a sieve, and add to a pound of pulp the same weight of pounded loaf sugar, and half an ounce of bitter almonds, blanched and pounded; let it boil ten or twelve minutes, stir and skim it well.

JAM, RASPBERRY. Weigh equal proportions of pounded loaf sugar and of raspberries; put the fruit into a preserving-pan, and with a silver spoon bruise and mash it well; let boil six minutes; add the sugar, and stir it well with the fruit; when it boils, skim it, and boil it for fifteen minutes.

JAM, STRAWBERRY. Gather the scarlet strawberries when perfectly ripe, bruise them well, and add the juice of other strawberries; take an equal weight of lump sugar, pound and sift it, stir it thoroughly into the fruit, and set it on a slow fire; boil it twenty minutes, taking off the scum as it rises; pour it into glasses, or jars, and when cold, tie them down.

JAM, WHITE OR RED CURRANT. Pick the fruit very nicely, and allow an equal quantity of finely-pounded loaf sugar; put a layer of each alternately into a preserving pan, and boil for ten minutes; or they may be boiled the same length of time in sugar previously clarified and boiled candy high.

JAUNE MANGE. Boil an ounce of isinglass in three-quarters of a pint of water till melted; strain it, then add the juice of two Seville oranges, a quarter of a pint of white wine, the yolks of four eggs, beaten and strained; sugar according to taste; stir it over a gentle fire till it just boils up: when cold, put it into a mould, taking care, if there should happen to be any sediment, not to pour it in.

JELLY. To a quart of the stock jelly put half a pound of loaf sugar pounded, a stick or two of cinnamon broken into small bits, the peel of a lemon, a pint of currant wine, and one of Sherry or Teneriffe, and the beaten whites of five eggs; put it all into a nicely-cleaned saucepan, stir it gently till it boils, and boil it for three or four minutes. Pour it into a jelly-bag, with a basin or mug placed underneath; run it immediately

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