

THE
MODERN HOUSEWIFE.

THE
MODERN HORNBILL





ENCHRAVED BY H. BEAL FROM THE ORIGINAL DRAWING BY THE LATE MADAME SOYER.

THE
Modern Housewife
OR
MENAGERE.

COMPRISING

NEARLY ONE THOUSAND RECEIPTS

FOR THE ECONOMIC AND JUDICIOUS

PREPARATION OF EVERY MEAL OF THE DAY,

AND THOSE FOR

THE NURSERY AND SICK ROOM;

WITH MINUTE DIRECTIONS FOR FAMILY MANAGEMENT
IN ALL ITS BRANCHES.

Illustrated with Engravings,

INCLUDING THE

MODERN HOUSEWIFE'S UNIQUE KITCHEN, AND MAGIC STOVE.

BY

ALEXIS SOYER,

AUTHOR OF "THE GASTRONOMIC REGENERATOR,"
(REFORM CLUB.)

SEVENTH THOUSAND.

LONDON:

SIMPKIN, MARSHALL, & CO., STATIONERS' HALL COURT,
OLLIVIER, PALL MALL.

1849.

THE Author of the GASTRONOMIC REGENERATOR,
anxious to find a Companion for his first and only Son,
who has enjoyed an uninterrupted success from his birth,
has, after five months of extensive research, met with one
in the MODERN MÉNAGÈRE (*Housewife*), who, he trusts,
will be deemed equally deserving of praise as her Mate,
being confident that they both will live in most perfect
harmony in every family where their services may be
required.

TO
THE FAIR DAUGHTERS OF ALBION



THE MODERN HOUSEWIFE

Begs to introduce herself, and hopes she may prove
A Useful Adviser.

1819

ELOISE DEAR

Praise in your name and also in mine return
our sincere thanks to our friends and especially to
the fair hearers of Aldine for the interesting corre-
spondence they have given to our cultural & religious
or gastronomic journal, with which I beg of you espe-
cially to couple that powerful organ, the public press,
which in a few days, like the earthquake of an earth-
quake, has shaken the domestic nerves of thou-
sands of housewives throughout the United Kingdom,
merely to inform them that I, "Miss B." and you,
"Mrs. L.", humble but domesticated women, have
had a friendly correspondence respecting householdery
in all its branches; the scope of which, believe me,
Eloise, has done more in a few days, than half a cen-
tury could ever have accomplished for us in our
happy but obscure sphere; therefore you must not

Bifrons Villa, St J—— W——,
September 29th, 1849.

ELOISE, DEAREST,—

PLEASE in your name, and also in mine, return our sincere thanks to our friends, and especially to the fair daughters of Albion, for the flattering reception they have given to our culinary correspondence, or gastronomic journal, with which I beg of you especially to couple that powerful organ, the public press, which in a few days, like the commotion of an earthquake, has shaken the domesticated nerves of thousands of housewives throughout the United Kingdom, merely to inform them that I, "Mrs. B.," and you, "Mrs. L.," humble but domesticated women, have had a friendly correspondence respecting housewifery in all its branches; the echo of which, believe me, Eloise, has done more in a few days, than half a century could ever have accomplished for us in our happy but obscure sphere; therefore you must not

be too proud of our success, for be well convinced that it is more due to the iron tongue of the press than to the brain that has conceived it.

A Second Edition is already wanted, say you—"I can hardly believe it,"—and that in less than a fortnight. At all events, the only novelty in this one must be confined to corrections, which I can assure you, thanks to you and the printer's carelessness, are tolerably numerous; therefore, follow your publisher's advice, and cause the steam press to issue, as quickly as possible, 6000 copies, which will form the Second Edition.

With the greatest esteem,

I remain, ever yours,

HORTENSE.

P.S.—I have forwarded you one of the Magic Stoves, which I have just received from Bramah's. I had this morning one on our breakfast-table, and cooked in a very short time, at a trifling expense, two of Soyer's new mutton chops (No. 452), four sausages, and eight pieces of very thin bacon, and also in the fat fried two slices of bread; we were eight to breakfast, and all enjoyed this extraordinary novelty.

You reproach me for not sending you one earlier; that which I intended for you has been taken by the Marquis of N. and party to Egypt, with the view of having a dinner cooked on the top of the Pyramids.

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INTRODUCTION.

DIALOGUE BETWEEN MRS. B— AND MRS. L—,
HER FRIEND AND VISITOR.

Mrs. L. I have now, my dear Mrs. B., been nearly a fortnight at your delightful Villa, and I must say, with all truth, that I never fared better in my life, yet I am considered somewhat of an epicure, as is likewise my husband; but, of course, our means being rather limited, we are obliged to live accordingly.

Mrs. B. Well, so must we; and I assure you that, during the first few years of our marriage, our pecuniary resources were but small, but even then I managed my kitchen and housekeeping at so moderate an expense, compared with some of our neighbours, who lived more expensively, but not so well as we did, that, when any of them dined with us, they flattered me with the appellation of the 'Model Housekeeper,' and admired the comforts of our table, but would leave with the impression that I must be the most extravagant of wives. Now, believe me, I have always prided myself, whether having to provide for a ceremonious party, or dining by ourselves, to have everything properly done

and served, that, if any friends should come in by accident or on business, they were generally well pleased with our humble hospitality, and that without extravagance, as my husband is well convinced; for, when we dine with any acquaintance of ours, he is very eager to persuade them to adopt my system of management; for though he is no great judge of what is called the highest style of cookery, yet he does not like to live badly at any time, as he very justly says, it matters not how simple the food,—a chop, steak, or a plain boiled or roast joint, but let it be of good quality and properly cooked, and every one who partakes of it will enjoy it.

Mrs. L. Nothing more true!

Mrs. B. But since you talk of limited income and economy, let me relate to you a conversation which occurred a few years ago between Mr. B. and a friend of his, who declared to him that his income would never allow him to live in such luxury, which he called a comfortable extravagance.

“Extravagance,” exclaimed Mr. B., “if you have a few minutes to spare, I will convince you of the contrary, and prove to you that such an expression is very unjust, if applied to my wife’s management. Now, to begin, what sum should you suppose would cover our annual housekeeping expenditure, living as we do, in a style of which you so much approve, but consider

so extravagant ; there are ten of us in family—viz., myself and wife, three children, two female servants, and three young men employed in my business, and including our usual Christmas party, which of course you know, (having participated in the last two,) also two separate birthday parties of twenty each, and three juvenile petits-soupers and dances for the children upon their natal anniversaries, besides a friend dropping in occasionally, which is never less than once or twice a week.” — “ Well, I do not know,” answered our friend ; “ but having nearly the same number to provide for, and in a more humble way, my expenses for house-keeping are never less than £—— per annum.” — “ Less than what !” exclaimed Mr. B. ; “ why, my dear friend, you must be mistaken,” at the same time ringing the bell. “ I wish I were, with all my heart,” was the reply, as the servant entered the room. “ Jane,” said Mr. B., “ ask your mistress to step this way for a few minutes ; I wish to look at her housekeeping book.” But being busy at the time in the kitchen, I sent up a key for him to get it, which happened to be a wrong one, but, upon discovering the mistake, sent up the right one, with an apology for not coming myself, as I was superintending the cooking of some veal broth, which the doctor had ordered for our poor little Henry, who was ill at the time. “ Well,” said his friend, “ there is a wife for you ; I must confess mine can hardly find the

way to the kitchen stairs." "Now!" said my husband, opening my desk, and, taking up my book, he showed him the last year's expenditure, which was £——. "No! no! that is impossible," replied the other. "But," said Mr. B., "there it is in black and white." "Why, good heavens!" exclaimed he, "without giving so many parties, and also two less in family, my expenditure is certainly greater." To which Mr. B. replied, "So I should imagine, from the style in which I saw your table provided the few days we were on a visit to your house; therefore I am not in the least astonished. Here, however, is the account for the closing year, just made up to the 28th December, 1848. Let us see what it amounts to, probably to £50 or £60 more." "So, so," replied the other, "that is an increase."—"Let it be so," said Mr. B., "but you must remember that we are twelve-months older, and as our business increases, so do we increase our comforts; and this year Mrs. B. with the children had a pretty little house at Ramsgate for two months, which will account for the greater part of it."

Mrs. L. But, my dear Mrs. B., I am as much astonished as your friend could possibly have been. I should, however, have liked you to explain the matter; but here comes your husband, who will probably initiate me in your culinary secrets.

Good morning, my dear Mr. B., I hope I have the pleasure of seeing you well.

Mr. B. Perfectly so, Madam.

Mrs. L. I have been talking to Mrs. B. about her system of housekeeping, who was relating to me a conversation you had with a gentleman, who was surprised with its economy. I am also surprised, and should like to take a few leaves out of your most excellent book, if you will allow me.

Mr. B. Certainly, my dear madam; in my wife, without flattering her too much, you see almost an accomplished woman, (in hearing such praise Mrs. B. retired, saying, "How foolishly you talk, Richard;") she speaks two or three different languages tolerably well, and, as an amateur, is rather proficient in music, but her parents, very wisely considering household knowledge to be of the greatest importance, made her first acquainted with the keys of the store-room before those of the piano; that is the only secret, dear madam; and this is the explanation that I gave to my friend, who thought it a good jest, and one of truth. I told him to do the same by his two daughters, which would not only make them more happy through life, but transmit that happiness to their posterity by setting an example worthy of being followed.

I always say, give me a domesticated wife, and with my industry, I would not change my position for a kingdom; "Very true, very true," was my friend's answer, and we then parted.

I have never seen him since, nor his wife, who was probably offended at the economical propositions of her husband; for nothing, you are well aware, is more common than for people to be offended when told the truth respecting themselves; or perhaps she was too advanced in years to think of changing her ideas of housekeeping.

I see, my dear Mrs. L., the Brougham is waiting at the gate to convey you to the railway; allow me to see you safe to the station; you will not have many minutes to spare, for the train will shortly be up.

Thank you, my dear sir, (replied Mrs. L.,) and, in bidding adieu, allow me to express the gratification and delight I have felt during my stay with yourself and your estimable wife, whose friendship I shall always highly prize.

As she took her seat in the carriage, and departed, a farewell was given from the parlour-window by Mrs. B.

About an hour after the above conversation, Mrs. L. was seen entering her cottage at Oatlands, fully resolved to follow, as closely as possible, the economic management of Mrs. B.; but a little reflection soon made her perceive that she possessed only the theory, and was sadly deficient in the practice; she then determined to beg of her friend a few receipts in writing, and immediately despatched the following letter:—

LETTER No. I.

From Mrs. L—— to Mrs. B——,

Oatlands Cottage; Jan. 1st, 1849.

MY DEAR HORTENSE,—Upon my arrival at home, I am happy to say that I found all quite well, and delighted to see me, after (to them) so long an absence as a fortnight, which my husband was gallant enough to say appeared months; but to myself the time appeared to pass very swiftly; for, indeed, every day I felt so much more interested in watching closely how well you managed your household affairs, that, believe me, you have quite spoiled me, especially with your *recherché* style of cookery, which even now I cannot make out how you could do it at such moderate expense: and, apropos of cooking, Mr. L., expecting me home to dinner, had, I have no doubt, a long interview and discussion with Cook respecting the bill of fare. "Well, sir," I will suppose she said, "what can be better than a fine fat goose, stuffed with sage and ingyons; we have a very fine 'un hanging in the larder." (You must observe, dear, that my cook is plain in every way.) "A very excellent notion that, Cook; nothing can be better than a good goose;" was, no doubt, my husband's answer, who, although very fond of a good dinner, cannot endure the trouble of ordering it.

Well, then, here I am in my little drawing-room (the window slightly open), enjoying the fresh country air, which seems to have been amalgamated with a strong aroma from the aforesaid goose, especially the sage and onions; and I am almost certain that the inseparable apple-sauce is burnt or upset on the stove, from the brown smoke now ascending from the grating over the kitchen window. This style is now to me quite unbearable, and I mean to have quite a reform in my little establishment, and first of all to bring up my daughter in the way recommended by Mr. B. to his friend, to make her more domesticated than I am myself, as I begin to perceive that a knowledge of household affairs is as much required as intellectual education; and, for my part, I have come to the determination of adopting your system of management as closely as possible; but first, you must know, that, without your scientific advice,

it will be totally impossible; therefore I beg to propose (if you can afford the time) that you will, by writing, give me the description how you lay out your breakfast-table, with the addition of a few receipts for the making of rolls and the other breakfast bread, which I so much enjoyed while with you; even how to make toast, and more especially how you make coffee, chocolate, cocoa (tea, of course, I know). And should this meet your approbation, I mean to make a little journal, which may some day or other be useful to our families and friends.

Until I hear from you I shall be waiting with anxiety for your decision upon this important and domestic subject.

Remaining, dear Hortense,

Yours very sincerely,

ELOISE.

LETTER No. II.

From Mrs. B——, in reply.

Bifrons Villa; Jan. 3rd, 1849.

MY DEAR ELOISE,—In answer to yours, I agree, with the greatest pleasure, to contribute towards your domesticated idea, which, I must say, is very original, and may, as you observe, prove useful; but why should we confine our culinary journal to breakfasts only? why not go through the different meals of the day? that is, after breakfast, the luncheon; then the nursery dinner at one; and here it strikes me that, in that series, we might introduce some receipts, to be called, Comforts for Invalids; even our servants' dinners and teas; then the early dinner at two or three, for people in business, the parlour dinner at six, the coffee after dinner, and even suppers for a small ball or evening party; but all on a moderate scale, leaving the aristocratic style entirely to its proper sphere.

To show my approbation of your idea, I enclose herewith the first receipt, *How to make Toast*.

BREAKFASTS.

WHEN we first commenced housekeeping, we were six in family, five of whom breakfasted together, the three young men in the shop, Mr. B——, and myself. The cloth was laid by the servant girl at half past seven precisely; at ten minutes to eight I made tea, and at eight o'clock we were seated. The breakfast, which was composed merely of bread and butter at discretion, fresh watercresses when plentiful, or sometimes boiled eggs; for variation, once a week, coffee; if in the winter, we had toast, which I never suffered the servant to prepare more than five minutes before we were seated, for, if kept longer, the dry toast becomes tough, and the buttered very greasy, and consequently unpalatable, as well as indigestible. Twenty minutes only were allowed for breakfast, after which the table was cleared, the cloth carefully folded and put by for the next morning,—for we kept a separate one for dinner, and imposed the fine of a halfpenny upon any one who should spill either tea or coffee over the cloth by carelessness. Such was always my plan when in business; and you must know as well as myself, it is not only the expense of the washing, but the continual wear and tear of the linen, which make frequent washings so ruinous; but the cloth used always to look clean, and I am confident that not less than five pounds a year were saved on that very trifling matter, washing, and you know we thought as much then of five pounds as we perhaps now do of twenty.

Respecting our present time and method of setting out our breakfast table, you are acquainted with it as well as myself; it would, therefore, be useless to trouble you with

it, but if you consider it worthy of notice you can of course describe it yourself. Now to business : before partaking of a breakfast, you must provide the materials, (which I always select of the best quality,) and require to know how to prepare them. I shall, therefore, give you a series of every description of articles which may properly be partaken of at the breakfast-table.

FIRST SERIES OF RECEIPTS.

1. TOAST.—Procure a nice square loaf that has been baked one or two days previously, (for the new cannot be cut, and would eat very heavy,) then with a sharp knife cut off the bottom crust evenly, and then as many slices as you require, about a quarter of an inch in thickness, (I generally use a carving-knife for cutting bread for toast ; being longer in the blade it is more handy, and less liable to waste it.) Contrive to have a clear fire : place a slice of the bread upon a toasting-fork, about an inch from one of the sides, hold it a minute before the fire, then turn it, hold it before the fire another minute, by which time the bread will be thoroughly hot, then begin to move it gradually to and fro until the whole surface has assumed a yellowish-brown colour, then turn it again, toasting the other side in the same manner ; lay it then upon a hot plate, have some fresh or salt butter, (which must not be too hard, as pressing it upon the toast would make it heavy,) spread a piece, rather less than an ounce, over, and cut the toast into four or six pieces ; should you require six such slices for a numerous family, about a quarter of a pound of butter would suffice for the whole ; but cut each slice into pieces as soon as buttered, and pile them lightly upon the plate or dish you intend to serve it on.

You will find this way a great improvement upon the old system, as often in cutting through four or five slices with a bad knife, you squeeze all the butter out of the upper one, and discover the under one, at the peril of its life, swimming in an ocean of butter at the bottom of the dish.

N.B. The warming of the bread gradually through, on both sides, is a very great improvement upon the quality of the toast; it may give a trifle more trouble, but still it is quicker done, and much lighter.

All kinds of toast must be done the same way, but if to be served under a bird, eggs, or kidneys, it requires to be toasted drier.

Being in every way an economist, I generally save the remnants of the loaf that have become too dry to be eaten as bread, and by just dipping them in warm water, toasting them gradually, and buttering them, I found that they were eaten in preference; but their being stale is a secret of my own, which, if divulged, would prevent their ever being eaten after.

2. DRY TOAST should not be made until quite ready to serve; when done, place it in a toast-rack, or upon its edges, one piece resting against another. Any kind of toast that has been made half an hour is not worth eating.

3. TO TOAST MUFFINS, (*see* No. 6.)—Just pull open, half an inch deep, the sides of the muffins, exactly in the centre, then put your toasting-fork in the middle of the bottom, hold it a little distance from the fire until partly warmed through; turn and put it again to the fire until it becomes lightly toasted, turn it again to toast the other side: when done, pull it open, spread a thin layer of butter on each side, close them together; lay them upon a plate, and with a sharp knife divide them across

the middle, and serve very hot. If more than one muffin is required, cut them all separately, and pile them lightly one upon another on the plate. When well prepared, they are, in my opinion, a very great luxury, obtainable at a trifling expense.

4. TO TOAST CRUMPETS.—Crumpets stand lower in the general estimation of the public, probably from not being so *distingué*, and having the misfortune to be cheaper than their sister muffins; but, for all that, the poor ought never to be forgotten, and a crumpet toasted as follows is not to be despised. Choose your crumpets fresh if possible, though they are not bad after having been made three or four days; toast them by first warming both sides, like muffins, then give them a nice light brown colour on each side; lay them in a plate, and spread some rather soft butter lightly upon each side; cut in halves with a sharp knife, and serve; half an ounce of butter to each crumpet is quite sufficient. If you have several to serve, place them separately upon a large hot dish; some people place them one upon the other, which is a very bad plan, as it causes the under ones to eat like a piece of dough, and such food cannot be wholesome. Crumpets require to be toasted rather quickly.

5. MILK ROLLS FOR BREAKFAST.—Here, dearest, I must recommend you the following receipt, which I consider an economical luxury, especially when you have a few friends upon a visit at your house. I shall here describe it so plainly, that I am confident you cannot fail even upon the first trial. (Remark how simple):—

Have a convenient sized basin, into which put half a pound of the best flour, making a hole in the middle; add half an ounce of German yeast, one ounce of butter, a teaspoonful of powdered sugar, and half ditto of salt, over which pour three large wineglassfuls of lukewarm milk; mix the

whole, by degrees, with your hand, (using a little more flour,) until forming a stiffish paste; rub off the paste which adheres to your fingers, and form the whole into a ball, which leave at the bottom of the basin, covered over with a clean cloth, and set it half an hour to rise, or prove, in a warmish place, after which throw a little flour upon a dresser, cut the paste into pieces of the size of eggs, mould them of a round, oval, or any other shape you may fancy, egg over with a paste-brush, and place them upon a baking sheet, or upon the bottom of the oven if clean and not too hot; a few minutes will suffice to bake them, and they may be served either hot or cold.

6. TO MAKE MUFFINS.—Mix a quart of warm water in which you have dissolved three ounces of good German yeast, with sufficient flour to form a stiff batter, which let remain in a warm place four hours, then stir the mixture down, and break it into pieces, weighing a quarter of a pound each, which mould round with your hands, and put into wooden trays containing a round bed of flour for each; let them remain in a warm place two hours to prove; have your muffin-stove hot; have a round piece of iron, which place on the fire to get hot; set the muffins upon it, and when nicely risen, turn them gently over, baking them upon the stove until sufficiently set, when they are done; they will take about ten minutes baking if the stove is at the proper heat, which is known by a little flour thrown on it becoming brown. Muffins may also be made of brewer's yeast, but then they would require longer proving, and great care must be taken that the yeast is not bitter. The bitterness of the yeast can be removed by putting a hot charcoal or coal cinder in it.

7. TO MAKE CRUMPETS.—Mix a gill of brewer's yeast, free from bitter, with two quarts of water, just luke-

warm, to which add sufficient flour to make a thinnish batter, and let it stand six hours in a warm place, then stir it well with a wooden spoon, and let it remain four hours longer; have the muffin-stove hot, upon which place a number of tin hoops, the size of crumpets, pour a small ladleful of the batter into each hoop, and when the top is covered with small bladders, turn them quickly over (hoops and all) with a large palate knife, and in about five minutes afterwards they will be sufficiently baked.

8. RUSKS.—Put three pounds of flour upon a dresser, make a hole in the middle, into which put two ounces of German yeast, dissolved in a pint of warm water, mix a little of the flour in, and leave it half an hour in a warm place to rise, then add two ounces of powdered sugar, and a quarter of a pound of butter, dissolved in half a pint of warm water; mix the whole into a dough, and let it remain in a warm place until well risen, when work it down with the hands, divide it in three pieces, each of which form into a long roll about two inches in thickness, place them upon a buttered baking-sheet, four inches apart, and put them in a warm place to prove, occasionally moistening the tops with milk; bake them in a moderate oven. When cold, cut them in slices the thickness of a penny-piece, which lay upon a clean baking-sheet, and put into a warm oven; when well browned upon one side, turn them over; put them again into the oven until the other side is browned; they are then done and ready for use.

9. TOPS AND BOTTOMS.—Make a dough exactly as described in the last, but using only half the butter; have a deep-edged baking-sheet well buttered, and when the dough is ready, turn it on to a dresser, well floured; divide into small pieces the size of walnuts, which mould

into round balls, and place close together upon the baking-sheet; put them in a warm place to prove, and bake well in a moderate oven. When cold, divide and cut each one in halves (making a top and bottom) which brown in the oven as directed for rusks.

10. BUNS.—Put three pounds of flour in an earthen pan, make a hole in the middle, in which put two ounces of German yeast, dissolved in three parts of a pint of warm water, and stir in a little of the flour, forming a thinnish batter, let it remain in a warm place nearly an hour, until well fermented, then add half a pound of sugar, a few currants, and half a pound of butter, dissolved in nearly a pint of warm milk; mix the whole well together, making a soft but dry dough; let it remain in a warm place until it rises very light, then turn it out of the pan on to a board; work it well with the hands, shaking flour over lightly, then mould it into small round balls, double the size of walnuts, which place upon a buttered baking-sheet, four inches apart; moisten the tops with milk; put them in a warm place to prove, not, however, permitting them to crack, and bake them in a hot oven.

11. BRIOCHE ROLLS.—Put four pounds of flour upon a dresser, one pound of which put on one side, make a hole in the middle, into which pour nearly three parts of a pint of warm water, in which you have dissolved an ounce of German yeast; mix it into a stiff but delicate paste, which roll up into a ball: cut an incision across it, and lay it in a basin well floured, in a warm place, until becoming very light; then make a large hole in the centre of the three pounds of flour, into which put half an ounce of salt, two pounds of fresh butter, half a gill of water, and sixteen eggs; mix it into a softish flexible paste, which press out flat, lay the leaven upon it, folding it over and

working with the hands until well amalgamated, flour a clean cloth, fold the paste in it and let remain all night. In the morning mould them into small rolls; put them upon a baking-sheet, and bake in a moderate oven. Unless your breakfast party be very large, half the above quantity will be sufficient. These rolls being quite a luxury, I make them only upon very especial occasions.

EGGS.

12. HOW TO CHOOSE EGGS.—New-laid eggs should not be used until they have been laid about eight or ten hours, for that part which constitutes the white is not properly set before that time, and does not until then obtain that delicate flavour; that which is termed milk in eggs being, according to my opinion, very insipid, but that entirely depends upon fancy.

Nothing being more offensive than eggs in a state of decomposition, it is very important that every person should know how to detect them, (especially in the winter, when a much greater quantity are used in London;) if, by shaking them, they sound hollow, you may be certain they are not new-laid, and not fit to be boiled for breakfast, but, if broken, they may prove fit for any other culinary purpose, except for soufflés, for which eggs must be very fresh. The safest way to try them is to hold them to the light, forming a focus with your hand; should the shell be covered with small dark spots, they are very doubtful, and should be broken separately in a cup, and each egg smelt previously to using them; if, however, in looking at them, you see no transparency in the shells, you may be sure they are rotten and only fit to be thrown away; the most precise way is, to look at them by the light of a candle; if quite fresh, there are no spots upon the shells,

and they have a brilliant light yellow tint; in the spring of the year, it would be scarcely excusable to use any eggs that are not quite fresh.

13. EGGS FOR BREAKFAST, *plain boiled*.—Put about a pint of water to boil in any kind of small stewpan, (or saucepan,) over the fire; when boiling, put in two or three fresh eggs, gently, with a spoon, being particular not to crack or allow them to boil too fast, or the interior of the eggs would partly escape before they were set, giving them an unsightly appearance, and entirely preventing their cooking regularly; three minutes are sufficient to cook a full-sized egg, but if below the average size, two minutes and a half will suffice.

14. EGGS AU BEURRE, (*a new method*).—Let the eggs boil six minutes instead of three, then take them out, dip them for two seconds in cold water, crack and peel off the shells, and lay them in a hot plate, (they will remain quite whole if properly done,) cut each egg in halves lengthwise, spread a little fresh butter and sprinkle a little salt over the interior, and eat them very hot.

Eggs done in this manner are delicate and digestible.

15. TO BOIL EGGS HARD.—Never boil eggs for salads, sauces, or any other purposes, more than ten minutes, and when done place them in a basin of cold water for five minutes to cool; take off their shells, and use them when required.

Nothing is more indigestible than an egg too hard-boiled.

16. POACHED EGGS.—Put a pint of water in a stewpan, with four teaspoonfuls of vinegar and half a teaspoonful of salt, place it over the fire, and when boiling,

break your eggs into it as near the surface of the water as possible, let them boil gently about three minutes; have rather a thin piece of toast, as described, (No. 1,) upon a dish, take the eggs out carefully with a small slice, lay the slice with the eggs upon a cloth for a second, to drain the water from them, set them carefully upon the toast, and serve very hot. If the eggs are fresh they will look most inviting; but the way of breaking and boiling them must be most carefully attended to, and care should be taken not to boil too many together; if the yolks separate from the white, it may be presumed that the egg is not fresh, but it may be eatable, for the same thing may happen through awkwardness in poaching.

Again, the toast upon which they are served may be buttered either with plain or *maitre-d'hôtel* butter, or two small pats of butter may be melted, without boiling it, and poured over, or a little melted butter sauce, or the same with the addition of a little *maitre-d'hôtel* butter poured over when just upon the point of boiling, or a little anchovy butter instead of the other; thus you may be able to indulge in nice little luxuries at a trifling expense.

17. TOAST AND EGGS.—Break three eggs into a small stewpan, add a saltspoonful of salt, a quarter of that quantity of pepper, and two ounces of fresh butter, (the fresher the better,) set the stewpan over a moderate fire, and stir the eggs round with a wooden spoon, being careful to keep every particle in motion, until the whole has become a smooth and delicate thickish substance; have ready a convenient-sized crisp piece of toast, pour the eggs upon it, and serve immediately.

18. EGGS SUR LE PLAT.—Lightly butter a small oval dish, upon which break two, three, or more eggs with-

out breaking the yolks, season lightly with a little white pepper and salt, put a few small pieces of butter here and there upon them, and then set the dish in the small oven, where let it remain until the whites become set, but by no means hard, and serve hot; if the oven is moderately hot, they will take about ten minutes; if no oven, put the dish before the fire, turning it round now and then until the eggs are set regular. This is a most excellent dish.

19. OMELETS may also be served for breakfast with great advantage, being very relishing, especially the *omelettes aux fines herbes, au lard, and aux champignons*, but as they are considered to belong to the dinner, they will be given in that series of receipts.

FISH.

20. HERRING TOAST SANDWICH. — Choose a bloater for this purpose not too dry, which split in two, cutting it down the back; lay them upon a plate and pour a pint of boiling water over; let them soak five minutes, when place them upon a cloth to dry; then broil them very gradually upon a gridiron; when well done, which will be in about four or five minutes, have ready two thin slices of toast, made very crisp, butter them lightly, then take away all the bones from the herrings, lay the fleshy parts equally upon one piece of toast, and cover with the other; serve very hot.

21. TOAST AND EGGS WITH HERRING. — Prepare your toast and eggs as directed, (No 17,) but previous to pouring the eggs over, lay the flesh of a herring as directed in the last, and pour the eggs over that. Herring upon toast, with a layer of mashed potatoes over, is also very good.

Dried haddock may also be served the same, as also may sardines, but they being ready-cooked, are laid over cold without splitting them; they are very delicious: if wanted hot, set them a few minutes before the fire.

22. BLOATED HERRINGS.—They require to be freshly salted, for if dry they are quite rank and unpalatable; scrape them lightly with a knife, and wipe them well with a cloth; pass the point of a knife down the back from head to tail, making an incision about a quarter of an inch in depth; place them upon the gridiron over a sharp fire; they will take about six minutes to cook, of course turning them occasionally; when done, put them upon a hot dish, open the backs, and place half a small pat of butter in each; again close them: cooked this way they are delicious, especially if they are real bloaters. Another way is to cut them quite open and broil them flat upon the gridiron, and serve quite plain; this way they are done much more quickly. Or, if nice and fresh, oil half a sheet of white paper for every fish, in which fold them and broil fifteen minutes over a slow fire, turning them over three or four times, and serve in the papers. Should you have any that have become dry, soak them about twenty minutes in lukewarm water, and proceed as first directed. (Same process will do for red herrings.)

23. DRIED HADDOCK.—A very excellent thing for breakfast, but they never ought to be cooked whole, for one side being thinner than the other is of course dried up before the other is much more than half done, especially the larger ones; the better plan is to cut them in halves lengthwise, put them upon the gridiron over a moderate fire, keeping them frequently turned, and taking the

thinnest half off first; the thickest will require about ten minutes to cook it thoroughly; when done, spread a pat of fresh butter over, and serve upon a very hot dish.

The small Scotch Finnon haddocks are by far the best, and may be cooked whole, being more equally divided, but the side where the bone is left may, perhaps, want another minute, but not sufficient to spoil the other.

Haddocks may also be skinned and broiled in oiled paper, but of course would take rather more time in cooking.

24. WHITINGS.—Of all the modes of preparing and dressing whittings for breakfast I cannot but admire and prize the system pursued by the Scotch, which renders them the most light, wholesome, and delicious food that could possibly be served for breakfast: their method in, to obtain the fish as fresh as possible, clean and skin them, take out the eyes, cover the fish over with salt, immediately after which take them out and shake off the superfluous salt, pass a string through the eye-holes, and hang them up to dry in a passage, or some place where there is a current of air; the next morning take them off, just roll them lightly in a little flour, broil them gently over a slow fire, and serve very hot, with a small piece of fresh butter rubbed over each, or serve quite dry, if preferable.

Any whittings obtained here might be dressed in the same manner and eat very good, but nothing to equal the Scotch small whiting with the skin on; when cleansed, well wiped with a cloth, salted as before, and broiled, may also be served with a maître-d'hôtel butter spread over them.

25. SLIPS, OR SMALL SOLES.—When cleaned, season them with a little pepper and salt, dip lightly into

flour, and broil them slowly over a moderate fire about ten minutes, or according to the size; when done, place them upon a hot dish, pour two tablespoonfuls of cream over and serve immediately. They may of course be served dry, but pouring the cream over is a new and very good idea. Nothing but small white fish could be tolerated for breakfast.

26. **SPRATS** when nicely cooked are very commendable. Dip them lightly into flour, and place them upon a gridiron over a slow fire; when about half done, turn them; when done (which would be in about five minutes from the time you put them on,) serve dry in a very hot dish.

27. **SARDINES**.—There are but very few of these delicate little things used in England, yet there is nothing more calculated to give a zest to the appetite at breakfast or luncheon; I suppose it is their high price which prevents their coming much in vogue; but when I have a few visitors my table is never without, and they are really very much approved of; the box of twenty-four cost from two to three shillings, depending on the size of the fish.

28. **DRIED SPRATS**.—Upon these I put but very little praise, being generally so very dry and salt; they may be eaten plain as they are, or broiled slightly.

M E A T.

29. **SHEEP'S KIDNEYS**.—Procure as many as you may require for your party, about one each is generally sufficient; be sure that they are fresh, which any person can ascertain by smelling, if not able to judge by their appearance; cut them open very evenly lengthwise, down

to the root, but not to separate them; remove the skin, then have some small iron or wooden skewers, upon which thread the kidneys quite flat, by running the skewer twice through each kidney, that is, under the white part; season them rather highly with pepper and salt, and place them upon a gridiron, (the inside downwards,) over a sharp fire; in three minutes turn them over, and in about six they will be sufficiently done; then take them off the skewers, place them in a very hot dish, and serve immediately. In opening them be careful to cut them in the centre, for should one half be thicker than the other, one would be dried before the other was sufficiently cooked.

30. KIDNEYS ON TOAST.—Prepare the kidneys precisely as in the last, but when done have ready a piece of hot toast, which butter lightly; lay the kidneys upon it; have ready a small piece of butter, to which you have added a little pepper, salt, and the juice of half a lemon; place a small piece in the centre of each kidney, and when melted serve.

31. KIDNEYS BREAD-CRUMBED, *à la Maître-d'Hôtel*.—Prepare the kidneys as before, and when upon the skewer, have ready upon a plate an egg well beat up with a fork; season the kidneys with a little salt and pepper, dip them into the egg, then lightly cover them with bread-crumbs, put them upon the gridiron, which place over a moderate fire, broil them about ten minutes, turning them when half done, have ready a little maître-d'hôtel butter, put about half an ounce in each kidney, and serve immediately upon a very hot dish; by the time it gets upon the table the butter will be melted, and they eat very relishing this way; they may also be served upon toast.

32. SAUTÉED KIDNEYS.—Should you not have a fire fit for broiling, put an ounce of butter into a sauté-pan (which of course must be very clean), cut the kidney in halves lengthwise, remove the skin, and when the butter is melted, lay them in, the flat side downwards, having previously well seasoned them with pepper and salt; set the pan on a moderate fire three minutes, then turn them; place them again upon the fire until done; when have ready a piece of dry toast, which place upon a hot dish, pour the kidneys with the butter and gravy over, and serve very hot. Care must be taken in sautéing that the butter does not become burnt.

Another way is to sprinkle about a teaspoonful of chopped eschalots, or onions, over them whilst being sautéed. This materially changes the flavour, and meets the approbation of many.

For the cooking of mutton chops, steaks, cutlets, broiled fowl, broiled bones, or remnants of poultry or game for breakfast, I must refer you to where they are given as Receipts for the Dinner-table.

HAM, BACON.

33. BACON AND HAM *for broiling*.—Ham for broiling ought not to be too old or too dry, it would perhaps eat rank. Nothing requires more care than broiling. Either get a slice of ham weighing a quarter of a pound or two ounces, which lay on your gridiron; put it over the fire; it will take perhaps five minutes if the fire is good, and more, of course, if slow; but in that short space of time, turn it three or four times, and it is done. Proceed the same if you want to serve it with poached eggs (*see* No. 16), but be careful that the eggs be ready at the same time as the bacon or ham, or both would eat badly. If you happen to have a whole ham by you for that purpose only, as is often the case at a farmhouse,

begin to cut the slices in a slanting direction, and the same thickness, and proceed to the end of the ham with the remainder. It will prove more profitable to broil with greens, peas, broad beans, &c. &c.

To sauté it, put a little butter or good fat in the pan; set it on the fire with the slice in it, sauté very gently, turning very often, and serve on very thin toast.

34. HAM AND EGGS.—While your ham is doing, break two fresh eggs in the pan, season slightly with salt and pepper, set it before the fire till the eggs are delicately done, and slip them whole carefully into your dish, without breaking the yolk.

35. BACON.—The streaked part of a thick flank of bacon is to be preferred; cut nice slices, not above a quarter of an inch thick, take off the rind, put to broil on the gridiron over a clear fire; turn it three or four times in the space of five minutes: this will be all the cooking required. Serve it very hot. Though this is the best part, the whole of the bacon is good, especially if not rank, which can be easily detected by its yellowish colour; if too dry or salt, after it has been cut in slices, dip it into a little vinegar and water three or four times, and sauté as usual; it will make it softer and less salt. Serve as usual. If any remain after a dinner of boiled bacon, it is also very good broiled or fried for next day's breakfast. Broiled or boiled bacon has been highly recommended to the dyspeptic.

36. SAUSAGES.—Sausages are very frequently esteemed for breakfast; the Cambridge are most in vogue; but the best I ever tasted were made a present to me by Sir George Chetwynd, Bart., made by a country pork

butcher at Atherstone, a small town near Grendon Hall, the country seat of the above-mentioned baronet. They are more plainly made, and also better seasoned, and not subject to burst like the Cambridge ones, or, at all events, those made in London under that name. Oxford produces good sausages, not so choice in appearance, but, to my taste, better in flavour than the Cambridge ones; the plainer they are, the better they dress for breakfast; by all means, never use them except you are confident that they are fresh. The skin must be transparent, that the meat should be seen through; they keep good two or three days in a cold place, in summer, nearly a week in winter (with care.) For the receipt how to make them in the homely way, see future Letter.

37. SAUSAGES,—*how to cook them.*—Prick them with a pin all round about twenty times, put them on the gridiron over a gentle fire; turn three or four times, by doing which you will have them a very nice yellow colour; dish them, and serve them very hot.

38. SAUTÉED SAUSAGES.—If your fire smoke, it is preferable to sauté them. Put some butter in the pan, with four sausages; after you have pricked them as before mentioned, sauté gently; a few minutes will do them; turn them often. In many instances, a thin slice of bread sautéed in the fat they have produced, is a great improvement: save the fat, as it is always useful in a kitchen. In case you are in a hurry to do them, throw them into hot water for one minute previously to their being broiled or sautéed; they will then be the sooner cooked, and even eat rather more relishing to a delicate stomach, the oil being extracted thereby from the skin; they may also be fried in the frying-pan.

39. BLACK PUDDINGS.—They are in France a regular standing dish for a winter's breakfast, and ought to be more in use in England; but I must observe that I mean the home-made ones, or those made *à la Française*, because I consider those that are usually sold in almost every shop are too heavy for breakfast; they may pass at dinner-time, though I must confess the flavour is not at all to my liking.

40. BLACK PUDDINGS, BROILED.—Make about six or eight incisions through the skin with a knife, slantwise, on each side of the pudding; put it on the gridiron for about eight minutes, over rather a brisk fire; turn it four times in that space of time, and serve broiling hot.

I should recommend those who are fond of black puddings to partake of no other beverage than tea or coffee, as cocoa or chocolate would be a clog to the stomach. In France they partake of white wine for breakfast, which accounts for the great consumption of black pudding. Now really this is a very favourite dish with epicures, but I never recommend it to a delicate stomach.

COFFEE.

COFFEE, which has now come so generally into use, originally came from Arabia, where it has been known from time immemorial, but was brought into use in England in the year 1653; as it is not generally known how it was introduced, I will give you the account of it from "Houghton's Collection," 1698. "It appears that a Mr. Daniel Edwards, an English merchant of Smyrna, brought with him to this country a Greek of the name of Pasqua, in 1652, who made his coffee; this Mr. Edwards married one Alderman Hodges' daughter, who lived in Walbrook, and set up Pasqua for a coffee-man in a shed in the churchyard in St. Michael, Cornhill, which is now a scrivener's brave-house, when, having great custom, the ale-sellers petitioned the Lord Mayor against him, as being no freeman. This made Alderman Hodges join his coachman, Bowman, who was free, as Pasqua's partner; but Pasqua, for some misdemeanor, was forced to run the country, and Bowman, by his trade and a contribution of 1000 sixpences, turned the shed to a house. Bowman's apprentices were, first, John Painter, then Humphrey, from whose wife I had this account." Having examined the reuter churchwarden's book of St. Michael, Cornhill, I find that the house or shed Bowman built is now

part of the Jamaica Coffee House ; it was rebuilt by Bowman, after the fire, in 1667.

It is a very remarkable fact that but few persons in England know how to make good coffee, although so well supplied with the first quality of that delicious berry ; but, by way of contrast, I must say that the middle classes of France are quite as ignorant of the method of making tea.

I remember, upon one occasion, whilst staying at Havre with Mr. B., where we were upon a visit at the house of one of his agents, who invited a few of his friends to meet us at a tea-party à l'Anglaise, as they used to call it. About an hour previous to tea, and previous to the arrival of the guests, I was walking upon the lawn before the house, when my attention was attracted by a cloud of steam issuing from the kitchen-window, smelling most powerfully of tea : my curiosity led me to the kitchen, where I found the cook busily engaged making cocoa and most delicious coffee, but preparing the tea in a ridiculous fashion, the leaves of which were in an awful state of agitation, attempting as it were to escape from an earthen pot at the side of the fire, in which the delicious soup we had for dinner was made a few hours previously. (See Pot-au-Feu.)

"My dear girl," said I (in French), "what process do you call that of making tea? it never ought to be boiled."

"I beg your pardon, Madame," says she, "master and mistress like it well done, and it will be another short half hour before it is properly cooked (ce sera alors copieux)."

"You are decidedly wrong," said I, "and I shall be most happy to show you the way we make it in England."

"Yes, I know what you mean, Madame," replied she ; "I used to make it that way before, but no one liked it, that is, to boil it one hour in a copper pan over a charcoal fire." Upon which I retired, making a most comical grimace, to refrain from laughing at her still more ridiculous fashion.

You must, however, observe, that this occurred nearly twelve years ago, and I have no doubt but a reform has taken place since then by the continual traffic of the English through that part of the country. I must say with respect to ourselves, we do not make quite such a blunder respecting coffee, but still our middle-classes very seldom enjoy the aroma of that delicious beverage, which should be made as follows :

Choose the coffee of a very nice brown colour, but not black (which would denote that it was burnt, and impart a bitter flavour) ; grind it at home, if

possible, as you may then depend upon the quality; if ground in any quantity, keep it in a jar hermetically sealed. To make a pint, put two ounces into a stewpan, or small iron or tin saucepan, which set dry upon a moderate fire, stirring the coffee round with a wooden spoon continually until it is quite hot through, but not in the least burnt; should the fire be very fierce, warm it by degrees, taking it off every now and then until hot (which would not be more than two minutes), then pour over a pint of boiling water, cover close, and let it stand by the side of the fire (but not to boil) for five minutes, strain it through a cloth or a piece of thick gauze, rinse out the stewpan, pour the coffee (which will be quite clear) back into it, place it upon the fire, and, when nearly boiling, serve with hot milk if for breakfast, but with a drop of cold milk or cream if for dinner.

To prove the simplicity of this mode of making coffee, I shall here give a repetition of the receipt as it actually is :

41. TO MAKE COFFEE.—Put two ounces of ground coffee into a stewpan, which set upon the fire, stirring the powder round with a spoon until quite hot, then pour over a pint of boiling water; cover over closely for five minutes, pass it through a cloth, warm again, and serve.*

* This entirely new system of making coffee has never yet been introduced to the public, and was found out by the author of this work through the following circumstance: Whilst travelling by night in a railway train, and arriving in due time at the station, where positively no less than five minutes are allowed to restore exhausted nature after a long and tedious journey, and then obliged to use a certain portion of manual strength in pushing through the crowd to get at what is called the refreshment room, and after waiting for nearly two minutes for my turn to be served with some of the boiling liquid which they called coffee, found it as bad as any human being could possibly make it (they having probably waited patiently by the side of a winter's fire until the last train made its appearance); it tasted anything but palatable; but having a long journey before me, and requiring something to eat and drink, I was obliged to put up with it; but before I could even partake of half, or finish masticating some stale toast or over-buttered muffin, the unsociable bell violently rang to acquaint the passengers that their appetites were perfectly satisfied, though that incredulous organ would not let us believe it; and every one being perfectly aware that railway trains, like time, wait for no one, the hurry of which event, fortunately, made me escape the swallowing the thick part which was deposited at the bottom of the cup. Rushing out of the refreshment room, I jumped into the wrong carriage, the fidgety train having changed its place, and the time being too short to rectify the mistake, I was obliged to make fresh acquaintance with my new *compagnons de voyage*, who happened to be as much dissatisfied with the steam-

The foregoing proportions would make coffee good enough for any person, but more or less coffee could be used if required; the cloth through which it is passed should be immediately washed and put by for the next occasion. A hundred cups of coffee could be made as here directed in half an hour, by procuring a pan sufficiently large, and using the proper proportions of coffee and water, passing it afterwards through a large cloth or jelly-bag.

42. COFFEE, FRENCH FASHION.—To a pint of coffee, made as before directed, add a pint of boiling milk; warm both together until nearly boiling, and serve. The French never use it any other way for breakfast.

43. WHITE COFFEE (*a new style*).—Put two ounces of unground coffee, slightly roasted, into a clean stewpan, which set upon a moderate fire, slowly warming the coffee through, shaking the stewpan round every half minute; when very hot, which you will perceive by the smoke arising from it, pour over half a pint of boiling water;

ing-hot refreshment as myself who had patronised the steaming Mocha. I was at last much pleased to find a wise man among my new travelling friends, who said, "I never travel at night without being provided with a *spirited* companion;" and pulling out of his carpet-bag a small bottle and gutta-percha goblet of new invention, we partook of a drop of the best *eau de vie* I had ever tasted, which produced on me the pleasant sensation of being relieved of a very annoying pain. Grateful for his kindness, and always desirous to improve the domestic comfort, I told him, in making myself known, that, as soon as I arrived at the Reform Club, I would try several experiments to simplify the present method of making coffee; and should I be successful in my researches, I would forward him the receipt. On my arrival in London, I found my first travelling friends, who, more unfortunate than myself, got in their proper place, and, consequently, did not meet with the "spirited" friend I did, vowing they would never take any more coffee at night, especially in a railway train. Having forwarded the receipt to my new acquaintance, he, after having tried it, wrote me the following note:

"MY DEAR SIR,—I have made an experiment of your new receipt for coffee, which you have kindly forwarded to me, and beg to acquaint you that I never recollect having tasted better.—Yours, &c. "W. C."

I do strongly advise my readers to give it a trial, and recommend all providers of refreshment at railway stations not to make the coffee boiling hot, but to keep the cafetière in a *bain-marie*, which would prevent all the above inconvenience, both as regards quality and heat.

cover the stewpan well, and let it infuse by the side of the fire for fifteen minutes; then add half a pint of boiling hot milk, pass the coffee through a small fine sieve into the coffee-pot or jug, and serve with white sugar-candy or crystallized sugar. It is, as you will perceive, a great novelty, and an agreeable change. But if, by neglect, you let the coffee get black, or the least burnt, do not attempt to make use of it: it should only be sufficiently charred to break easily in a mortar if required.

44. COFFEE MADE WITH A FILTER.—To make a quart: first put a pint of boiling water through the filter to warm it, which pour away, then put a quarter of a pound of ground coffee upon the filter, and upon which put the presser and the grating lightly, pour over half a pint of boiling water, let it stand three or four minutes, then pour over a pint and a half more boiling water; when well passed through, pour it into a clean stewpan, which set at the corner of the fire until a light scum arises, but not boiling; pour it again through the filter, and when well drained through, pour into the coffee-pot, and serve with hot milk, or a little cream, separately.

45. ANOTHER WAY, (MORE ECONOMICAL.)—Proceed as in the last, but drain the coffee through once only, and serve; after which, pour another quart of boiling water over the coffee-grounds, which, when drained through, reserve, and boil up for the next coffee you make, using it instead of water; use an ounce less coffee.

TEA.

TEA is, without doubt, one of the most useful herbs ever introduced into this country: it was in the year of the fire of London, 1666, and has replaced an unwholesome and heavy drink (ale) which used to be partaken of

previously, and has created habits of sobriety. It is a plant indigenous to China, Japan, and Siam, and consists of many varieties, the proper mixing of which constitutes the great art of a tea-dealer. It is exceedingly useful in many cases of sickness, and particularly after having partaken of any liquor to excess, or after extraordinary fatigue. When new, it is a narcotic; but when old it has a different effect;* in its native country it is never partaken of until a year old, and not then, unless exceedingly desiccated. I cannot recommend you any one in particular, as that depends on taste; but this I advise, that when you have a kind to your liking, keep to it.

And now, my dear friend, without wishing in the least to offend you, or attempting to aggravate your good nature, I must beg to contradict your assertion, made at the commencement of our undertaking, where you say, respecting tea, of course I know how to make it; you made it whilst staying at our house occasionally, and Mr. B. found there was a great difference between it and mine. But to tell you the truth respecting tea, I have a little secret of my own, being a discovery which I made a short time ago by accident. Whilst in the act of making tea, I had just put the dry tea in the pot, when I heard a fearful scream up-stairs in the drawing-room; rushing there, I found my little girl had had a severe fall in reaching something from the chimney-piece, the stool upon which she stood having upset: twenty minutes at least elapsed before I returned to my tea (which, being alone, I was in no particular hurry for), when I found that the servant, thinking there was water in the pot, and fearing the tea would be spoiled, put it into the oven, which was rather hot; when she brought it to me I was rather annoyed, when all at once it struck me that the leaves being hot through, the tea would not require so long to draw; I then filled the tea-pot with boiling-water, and in a minute afterwards had a most delicious cup of tea, since which I have adopted the system upon all occasions, and am now having made a small spirit-lamp to warm the pot and leaves, as the oven is not always hot; it may, however, be made hot in front of the fire, but must not be placed too close of course. I gave the receipt to one of our neighbours, who actually

* Some few years since, having a great deal of writing to do within a certain time, and which could not be done without employing the night as well as the day, I partook of weak green tea, with a little brandy, sugar, and lemon-juice, as a beverage, and, with light food, I was enabled to do it with but eighteen hours' sleep, from eight o'clock on Monday morning to five o'clock on the following Sunday morning.

laughed at the idea, but never tried it, saying, "We cannot teach anything to our grandmothers, and that what did for them would do for us." Now, what could you say to such people? why, nothing; but let them alone, as I shall do for the future. But you, my dear, I know, have better sense; proceed as I have directed, and you will find it a great improvement. Put your tea in the pot ten minutes before ready for it, warming both tea and pot, before the fire or in a slow oven; fill with boiling water, and leave it from three to five minutes to draw, when it is quite ready.

CACAO.

CACAO was first known in Europe after the discovery of America, and it retains its Indian name; of course, it was first used in Spain, and did not come into use in England until much later; and we find that there was imported into England, in the year 1694, about 13,000lbs weight of it; in 1848, 410,000lbs. It is a long fruit, about five to eight inches, and three or four thick, which contains about thirty nuts: the tree grows to only a few feet in height.

During the time of the famine in Ireland, I turned my attention to this valuable fruit, whose nutritive qualities are so great; and from conversation and correspondence with our principal importers and manufacturers of chocolate, I found that it cannot be had in sufficient quantities to allow of a great consumption, as it is a production which, like all others, is subject to vicissitudes, which, at times, considerably raise the price of the nut; but I see no reason why it should not be made an article of greater cultivation, so as to provide for the great demand which would arise if it were more generally introduced. In the course of my experiments, I have found that the shell is almost as nutritious as the kernel, with less oily particles in it, which, to many, are unpleasant; and I am confident that large quantities might be imported into this country at a very cheap rate, which are, at the present moment, thrown away in South America and the West India Islands, just in the same way as the tobacco-stalk was, but which is now imported into this country for the purpose of making snuff. If imported in greater quantities, it would be a most excellent article of diet in our workhouses and charitable institutions.

46. CHOCOLATE.—Scrape two ounces of the cake into a stewpan or saucepan, with a gill of water, place

upon the fire, keeping it stirred with a wooden spoon until rather thick, when work it quickly with a spoon, stirring in half a pint of boiling milk by degrees; serve very hot, with sugar separate.

47. CHOCOLATE MADE IN THE ITALIAN METHOD.—Procure a regular chocolate-pot with a muller, the handle of which comes through the lid; one might be procured at any brazier's; put in two ounces of chocolate (scraped), over which by degrees pour a pint of boiling milk, put on the lid with the muller inside, which keep well moving, setting the pot upon the fire, and when very hot and frothy, serve.

47. COCOA.—Put a teaspoonful and a half of canistered cocoa into a cup, which fill by degrees with boiling milk, stir it until dissolved, when it is ready to serve; sugar separately.

LETTER No. III.

Oatlands Cottage, Jan. 20, 1849.

DEAR HORTENSE,—I have inclosed the whole of the receipts which you have sent me for the breakfasts, properly classified, having omitted the cold meats (as you desired me) from this series, thinking, as you do, they are more suited for the luncheon. To save useless repetition, I have placed the receipts in numbers, by which references can be easily made, and any dish appearing in the dinner or luncheon series, but available for breakfast, can be directly found.

One thing I remember when at your house was, that when the remains of a joint were rather large, you used to put it upon a side-table, and let any one help themselves from it there; your idea being, I believe, that very few persons liked to have a large dish of meat before their eyes almost immediately after rising from their beds, or at the first meal of the morning. Respecting the way your table was laid out, to the best of my recollection, it was as follows:—First, the large table-cloth, over which was laid a small

napkin before each person, with cups and saucers for tea or coffee, at choice, small plates for rolls, and a size larger for meat, sausages, eggs, &c., a small knife and fork for each; the butter in a pretty freezing butter-glass, just covered with clear spring-water, and garnished with a few sprigs of parsley or water-cresses; the cream in a small china cream-jug, and a larger jug containing hot milk for coffee; orange marmalade in its original pot, honey-comb, water-cresses, and once a few nice young radishes, which were excellent, although a little out of season; one day also dry toast was served, another day buttered, the next muffins, then crumpets, white and brown bread, and small rolls, thus making a continual change, but all so small and inviting. I shall always, when I have company, as you had then, arrange everything in the same manner, especially now that I have your receipts written down. But when you are alone, you tell me you never make any such display, which of course would be ridiculous; still even then you vary, by having either tea, coffee, or chocolate, which change I like as well as you. I seldom partake of meat, but Mr. L— generally likes a little broiled bacon, or boiled eggs, things in themselves very simple and pleasant to have upon the table. Yours, in haste,

ELOISE.

EARLY LUNCHEONS.

LETTER No. IV.

MY DEAR FRIEND,—I feel perfectly satisfied with the manner in which you have classified my receipts respecting the breakfasts, and I must say I felt very much interested in looking over them; I am confident they would prove interesting and instructive to any young housekeeper; I hope, therefore, you will preserve the originals, as I do not keep any copies, fearing they would confuse me by making reference to them; so that, if at any future time I should make a repetition in other series, you would be able to correct me, for I am as willing as yourself that we should complete our work by going through every series comprising meals of the day.

The next meal, then, to breakfast, in the ordinary course of events, is the luncheon. Although it is a meal we never touch ourselves, I am aware many small families make it a regular one, so our little journal would not be complete without some few remarks, which I intend making as short and concise as possible. When we were in business, our luncheons were comprised of any cold meats which were cooked for previous dinners; if a joint of cold roast

or boiled meat, it requires to be nicely trimmed before making its appearance at table, but reserving the trimmings for hash, if of roast meat, or bubble and squeak, if salt beef, which is an excellent method of disposing of the remainder of a joint to advantage ; if the joint happened to be cold veal, I used to send for a plate of ham to serve with it, unless there was a piece of bacon also left ; if mutton, I used to dish up the leg with a pretty little paper frill upon the knuckle, also trimming the joint lightly, for you must be aware that, after four or five have dined from a leg of mutton, its appearance becomes quite spoiled, and looks blackish when cold. Pork I also serve the same ; when parsley was cheap, I always laid a few branches round it, which used, as my visitors said, to make the meat look very refreshing and inviting. Our only addition was sometimes the remainder of game, which at that time used frequently to be presented to us—pheasants, partridges, or grouse ; as it would then have been very extravagant to have purchased them, especially when they were so expensive. As an accompaniment to the meat, I always kept two different sorts of mixed pickles, good bread, butter, cheese, and a glass of excellent table ale ; or, if our guest was some bosom friend or good customer, a bottle of sherry (not decanted), never any port, thinking that more fit for the dinner-table. Such was my plan in the first five years after my marriage : everything upon our table was of the first quality, and every one used to admire the neatness with which the table was laid out.

My method now, when luncheon is required (as we do not dine until half-past five o'clock, Mr. B. being engaged until four in the city), I have the cloth laid at twelve, and lunch at half-past ; and that time being just after the nursery dinner, we generally have some sort of pudding or tart, made at the same time with theirs. For cold meat, I always serve that up which has been left from a previous dinner, if any, or any remains of poultry, game, ham, or tongue. When, however, we have six or eight friends from the country, at Christmas, I feel proud to show them my style of doing things well and economically, for they are very intelligent people, and can appreciate good living, though at home they really live too plain for their incomes ; but they say, " We do not understand how it is that you make a nice little dish almost out of nothing." For should I have the remnants of any poultry or game not very inviting to the sight, I generally cut it up and show my cook how to hash it in a variety of ways ; and I always remark, that they never partake of any cold meat whilst any of the hash remains. For the methods of making various hashes of fowl, game, hare, rabbit, beef,

mutton, as also curries, minced veal and poached eggs, cold pies of game, poultry, mutton, beefsteak, or pigeon, as also plain mutton cutlets, steaks, and broiled bones, the whole of which may be served for luncheon, I must refer you to the series of receipts belonging to the Dinner; any of these articles are placed in order upon the table, with the pickle-stand, two different crust-sauces, orange marmalade, potatoes, butter, cheese, sherry and port wines. This style of luncheon, will no doubt surprise you, but I can assure you it scarcely increases my expenditure, having the same number to provide for daily, so that the luncheon is generally made up from the remains of dinner, and the remains of luncheon will dine our three servants at half-past one. In the summer, I introduce a few dishes of fruit, and less meat; and when there are several ladies, I often introduce some English-made wine, which once I used to make myself, but which I can now buy cheaper.

THE NURSERY DINNER.

LETTER No. V.

DEAR FRIEND,—Now here I must call your especial attention to the way many people treat this department of domestic comfort, which is often very slight and irregular. Now, for my part, I have made quite a study of it, and could prove that health is always dependent on the state of the digestive organs; and that, if you should improperly treat young stomachs, by over or under supplying their wants, or using them to ill-cooked food, you not only destroy the functionary coating of the stomach, but also impede the development of the intellect. It is, then, as much a science to manage the food of children, as to cater for the palate of the gourmet, and I shall always consider that good food is to the body what education is to the mind.

My plan of managing the nursery meals is as follows:—At eight o'clock in the morning, which was my usual time, I used myself to prepare that glutinous food upon which our ancestors and race were first reared, rather unclassically denominated Pap. My method was very simple:

49. PAP.—Put two ounces of rusk, or tops and bottoms, in a small saucepan, with just sufficient water to moisten them; set the saucepan upon the fire until its contents are thoroughly warm through; pour a little of the water

away, if too thin, pressing the rusk with a spoon: then add a teaspoonful of brown sugar, and beat the whole with a spoon until quite a pulp; it is then ready for use.

I have seen some poor people in the country make it with a stale piece of bread, previously well dried and lightly toasted before the fire, and you could scarcely tell the difference from rusks; and you must observe, that people in a country village cannot always supply themselves with everything in the way of luxury; but look at the greater part of those country urchins,—are they not a real picture of health! for, after all, nothing is more advantageous to a delicate child than country air and country food. When Mr. B. and myself were staying at Boulogne for a few weeks, I was astonished to hear that everybody used to put their children out to nurse. I was so surprised, that I made every inquiry, and found it literally true; that even respectable tradespeople sent their children a mile or two out in the country, some to the houses of very poor people: I cannot say that I approve of such a style of bringing up infants, but even there they seem as healthy and as joyful as possible. I also found there something to be learned, and that was, how to make French pap, which I think very nutritious, but which I considered at the time rather heavy for our climate; but having afterwards made a trial of it upon our little Henry, I found him doing so extremely well, that I continued feeding him upon it for nearly eight months, until he was old enough to eat other food. The following is the receipt:

50. FRENCH PAP.—Put a tablespoonful of flour into a pap saucepan, to which add by degrees two gills of milk, mixing it into a very smooth batter with a wooden spoon; place the saucepan upon the fire, let it boil ten minutes, keeping it stirred the whole time, or it is liable to burn or become brown, then add about half an ounce of sugar and a little salt, put it into a basin, and it is ready for use. A little butter is also very good in it.

You will observe, that it is more difficult and troublesome to make than our pap; but when used to it you will expend no more time over it; and, as the French people say, cooking is all pleasure and no trouble. But what convinces me that it is more palatable and nutritious is, that I have seen a very robust man make a hearty dinner of two plates of it, by introducing bread in it. I have no doubt that our own hasty pudding was taken

from it, for the use of children of three or four years old, being thought too heavy for infants. These long details may appear rather insignificant and tedious to you, but I leave them to your good judgment, begging of you to curtail my remarks should you think proper; but, although you may consider that every person is acquainted with these domestic habits, you would find upon inquiry that very many persons neglect them almost entirely. Having written thus much upon the food of infants, we must next consider the proper diet for children of twelve months old, commencing with bread and milk.

51. BREAD AND MILK.—Cut about two ounces of any white bread into small thin slices, and put them into a small basin or a large breakfast cup, in a little saucepan (only used for that purpose) have half a pint of milk; when upon the point of boiling, pour over the bread; cover over the cup five minutes, and it is ready for use.

I much prefer this method to that of boiling the bread and milk together. In first commencing to feed a child upon the above, I always added a little sugar, which I withdrew by degrees, as I do not like to accustom children to too much sweets, as it inclines them when a little older to be always wanting or eating sweet stuff, which often spoils the best set of teeth; and here let me remark, that the finest fortune you can give to your children is health, and as loving mothers, whilst we have them under our control, it is our duty to study their little comforts, and direct their first steps in life in the road to happiness.

52. PORRIDGE.—When children are delicate, porridge is often preferable to bread and milk. Put two tablespoonfuls of Scotch grits or oatmeal in the milk saucepan, which moisten with half a pint of milk; let it boil ten minutes, keeping well stirred, add a small piece of butter and a little sugar, and it is ready for use.

When my children were about eighteen months or two years old, I used to give them a little tender meat, such as boiled mutton, and broth, but in very small quantities, keeping still for the general food the bread and milk and porridge; but now they are old enough to eat anything wholesome (one being nine and the other ten years of age), their meals are composed thus:

53. CHILDREN'S DIET FOR THE DAY.—Bread and milk for breakfast at eight; the dinner at one, which was composed as follows throughout the week: roast mutton and apple pudding, roast beef and currant pudding, baked apples; boiled mutton with turnips, after which rice or vermicelli pudding; occasionally a little salt beef, with suet dumplings, plain and with currants in them, or pease pudding; or if unwell, a little veal or chicken-broth, or beef-tea (the receipts for which will be found in the series entitled *Comforts for Invalids*).

When in business, the first three years we could not afford to keep a nursery—in fact, we had no room to spare; the children then used to dine with us at one, but at a side-table with their nurse.

54. They then had a little plain meat, cut small in their plates, with potatoes, pieces of bread, and gravy, after which, three times a week, plain rice, bread, or other plain pudding, or rhubarb or apple tart; and, at five o'clock, their bread and milk again, previous to going to bed.

But if for people who could afford it, I should recommend the following diet-table, for nursery-maid and all:

55. ROAST MUTTON FOR CHILDREN.—First, about two pounds of mutton, well-cooked, but with the real gravy of the meat in it, which will require about one hour before a moderate fire, dredge it ten minutes before being done; when taken up and in the dish, sprinkle a little salt over the meat, and pour over three or four spoonfuls of hot water to make a little light gravy.

Many persons will, I am aware, quite disapprove of this system of washing the meat, they would serve it as if it were for full-grown people, but you well know what would do for children as well as I—plain, simple, and wholesome food; I always carried out this system, and I now make my cook do the same.

56. Then the next day I would give them a small piece of mutton, plain boiled, with turnips, and apple tart;

or a few slices of roast beef, or a small piece roasted on purpose, after which a very plain currant pudding; or, occasionally, a little pickled pork, with pease pudding, or roast pork, with baked apples, and now and then a little salt beef, but very well boiled, with suet dumplings, and occasionally, for change, either bread, vermicelli, or tapioca puddings; in case of illness, and with the approbation of the doctor, veal, mutton, or chicken-broth, sago, gruel, panada, &c., for which refer to the Receipts for Invalids.

Now the more I write the more I am convinced that for the method of preparing certain articles for the children's dinners, we must refer to the kitchen department of Receipts and Receipts for Invalids, especially as regards broth, meat, puddings, &c., or otherwise we should have too many repetitions; so that it will be better upon the completion of the journal, to make references, either by numbers of receipt or page, more intelligible, and less confused.

Many people may, perhaps, imagine that there is too much variety of food for children; but it is quite the contrary; for change of food is to the stomach what change of air is to the general health, and, of course, with children, these changes must be effected with judgment, and their food administered in small quantities; for you must observe when children are well brought up with regard to their meals, they possess extraordinary organs of digestion, the proof of which is that they require feeding oftener than a full-grown person, and never appear to be tired of eating.

Having here terminated my remarks upon the Nursery, I shall leave this scene of romp and confusion, to walk on tip-toe to the *sick-room door*, and carefully enter, without noise, into the mournful abode of human suffering and captivity, in hopes that, by watching over the diet of its occupants, my small efforts may improve their comforts, and, by proper management, assist in their restoration to health. I shall therefore proceed to give some receipts, entitled **COMFORTS FOR INVALIDS**.

Nothing is to me more painful than to see any food ill-prepared for sick people, whose sense of taste is partially gone; everything ordered by the doctors as food should be cooked in the greatest perfection, especially as all they require is so very simple, and easily done, it is unpardonable to do it badly, although I am sorry to say that this is too often the case, even in

many of our first hospitals and other public establishments, where they have provisions in abundance, and of the first quality.

Perhaps you may fancy I am too severe upon this delicate subject, but I can assure you that I have for years been in the habit of visiting some of these institutions for the sick, and can therefore speak with confidence. I have grieved to see it, and often wished that they would follow a system I could lay down, but there are some people who will not change their style, however bad, for a better one, for the world.

Now I must here claim all your intelligence, for pointing out those receipts the accomplishing of which is most plain, and will insure success to those who may try to do them, and cause them to persuade others to follow their example. I therefore inclose the following. Yours, &c.

HORTENSE.

COMFORTS FOR INVALIDS.

57. MEAT.—The best meat as food for invalids is, in fact, that which is principally used, mutton and beef, lamb, if not too young (sweetbreads, I consider, ought oftener to be introduced), and calves' feet or head, scalded and boiled until tender, are very nutritious; chickens, pigeons, partridges, are also very inviting. All the above-mentioned articles are easy of digestion, excepting perhaps the beef, which may require to be gently stewed until tender, if for a delicate stomach just ordered to take meat after a serious fit of illness.

58. PLAIN MUTTON BROTH.—Get one pound of scrag of mutton, break the bone with a chopper, without separating the meat, then put it into a stewpan with three pints of water and a salt-spoonful of salt; boil gently two hours, carefully removing all the scum and fat, which is easily done by allowing it to simmer slowly by the side of the fire; it will be by that time reduced to about one quart, and is then ready to serve. This broth cannot be expected to drink very palatable, being deprived of vegetables and seasoning, it is in fact more like a beverage

than a soup: at the commencement of convalescence more strength may be given if ordered by the doctor, by reducing the original quantity to one pint. This broth is often administered by a spoonful only at a time.

59. SEASONED MUTTON BROTH.—Put the same quantity of mutton and water into your stewpan, add two salt-spoonfuls of salt, and a half one of brown sugar, a small-sized onion, very little celery, and one ounce of turnip; set it upon the fire, and when beginning to boil draw it to the side; let it simmer gently two hours; skim off all the scum and fat, pass it through a sieve, and use it when required. When finished, there ought to be about a quart of broth remaining; but if by neglect it has boiled too fast, add more water, and set to boil for a quarter of an hour longer. When the patient is getting better, the medical man will probably order a little of the meat, or even turnips, to be eaten, in which case serve them on a plate separately; should the meat not be required by the patient, it is very excellent for a healthy person, with a few spoonfuls of onions or caper sauce, or even plain. If pearl-barley is required to be taken with the broth, put a tablespoonful of it in with the water when you first put it upon the fire, the whole will then be done together; if the barley is to be eaten by the patient, take out the meat and vegetables, and skim off every spot of grease; but if the barley is not required, pass the broth, as before, through a sieve.

60. MUTTON BROTH, (WITH VARIATIONS.)—*With Vermicelli.* Having made your broth, and passed it through a sieve, as before, put the meat and vegetables upon a plate, and the broth back into the same stewpan; when boiling, if about a quart, add one or two tablespoonfuls of

vermicelli, depending upon the strength of the patient's stomach; ten minutes' boiling will be sufficient to cook vermicelli.

61. *With Rice*.—One spoonful of best rice in the stewpan, with mutton and water the same as the barley, as it is better for the rice to be in pulp than underdone.

62. *With Semolina*.—Semolina is very delicate and glutinous, and I am quite confident that the faculty would approve of it after a trial or two; it is good in any kind of broth or milk for invalids, of very easy digestion, and having also the advantage of being tolerably cheap and quickly cooked; proceed as directed for vermicelli.

63. *With Arrow-root*.—After having passed your broth, place it again into the stewpan to boil; when boiling, put two teaspoonfuls of arrow-root into a cup, which mix smoothly with a gill of cold broth, or half ditto of water; then pour it into your boiling broth, which keep stirring with a spoon; let it simmer ten minutes, and it is ready for use.

64. **VEAL BROTH, (*French method*).**—The following is much recommended by French physicians:—Put one pound of veal from the knuckle, with but very little of the bone, into a stewpan with three pints of water and a salt-spoonful of salt, place it over the fire to boil; when boiling, take off all the scum; then add a small cabbage-lettuce and a few sprigs of chervil, if handy (this herb is now in greater use than ever, and may always be had for a trifle at Covent-garden Market); let simmer slowly for two hours, it will then be reduced to about a quart; pass it

through a sieve, letting the meat drain, and it is ready to serve.

65. ANOTHER WAY, (*more palatable*.)—Take the same quantity of veal as before, which cut into small dice (as you should cut all meat, if possible), put it into the stewpan, with a small pat of butter, half an onion, about the same quantity of carrot and turnip, a little celery, and a teaspoonful of salt; set the stewpan upon the fire, keeping the contents stirred, for about ten minutes, until the bottom of the stewpan is covered with a whitish glaze, then add three pints of hot water; let the whole simmer one hour at the corner of the fire, skim well, pass it through a sieve, and use when required. This broth is most palatable and very digestible, but of course only to be given to the convalescent; it may be served with vermicelli, rice, arrow-root, and semolina, as directed for mutton broth.

66. ANOTHER WAY, (*very Refreshing and Strengthening*.)—Put two pounds of knuckle of veal into a stewpan, with a calf's foot split, the bone taken out and chopped up, add three quarts of water, a good-sized onion, one leek, a piece of parsnip, and two salt-spoonfuls of salt (if allowed by the doctor, if not, the salt must be omitted), set it upon the fire, and when beginning to boil, skim, and let it simmer at the corner of the fire four hours; twenty minutes before passing, again skim off all the fat, and add ten large leaves of sorrel, or twenty small, one cabbage-lettuce, and a handful of chervil; when done pass it through a sieve; it is then ready for use. This broth is very cooling and nutritious when taken cold, as it is then quite a jelly; vermicelli, rice, &c., may be added when

served hot, and the veal and calf's foot is very excellent, eaten with parsley and butter or sharp sauce; but should the patient require any, it must be quite plain, with a little of the broth and only the gelatinous part of the foot.

The above also makes an excellent dinner soup, and if put in a cool place, will keep a week in winter and three days in summer.

67. SOYER'S NEW WAY OF MAKING BEEF TEA.—Cut a pound of solid beef into very small dice, which put into a stewpan, with a small pat of butter, a clove, two button onions, and a salt-spoonful of salt, stir the meat round over the fire for a few minutes, until it produces a thin gravy, then add a quart of water, and let it simmer at the corner of the fire for half an hour, skimming off every particle of fat; when done pass through a sieve. I have always had a great objection to passing broth through a cloth, as it frequently quite spoils its flavour.

The same, if wanted plain, is done by merely omitting the vegetables, salt, and clove: the butter cannot be objectionable, as it is taken out in skimming; pearl-barley, vermicelli, rice, &c., may be served in it if required.

68. REAL ESSENCE OF BEEF.—Take one pound of solid beef from the rump, a steak would be the best, cut it into thin slices, which lay upon a thin trencher, and scrape quite fine with a large and sharp knife (as quickly as possible, or the juice of the meat would partially soak into the wood, your meat thus losing much of its strengthening quality), when like sausage-meat put it into a stewpan or saucepan, and stir over the fire five or ten minutes, until thoroughly warmed through, then add a pint of water, cover the stewpan as tightly as possible, and let it

remain close to the fire or in a warm oven for twenty minutes, then pass it through a sieve, pressing the meat with a spoon to extract all the essence.

I beg to observe that here you have the real juice of the meat; but if wanted stronger, put only half instead of one pint of water; seasoning may be introduced, that is, a little salt, sugar, and cloves, but no vegetables, as they would not have time to cook, thus leaving a raw, bad flavour.

69. PURE OSMAZOME, OR ESSENCE OF MEAT.

—Take two pounds of the flesh of any animal or bird (the older the better for obtaining the true flavour), as free from sinew as possible, and mince it well; place it in a Florence oil-flask, and cork it; put this in a saucepan filled with cold water, leaving the neck uncovered; place it on the side of the fire until the water arrives at 160° Fahr., at which temperature it must remain for twenty minutes; then remove it, and strain the contents through a tammie, pressing the meat gently with a spoon; should it require to be kept for some time, put the liquor in a basin or cup, which place in the saucepan; subject it to a boiling heat until it is reduced to the consistency of treacle, removing the scum; this, when cold, will become solid, and will keep for any number of years. Osmazome is known under various names in different cookery books, as “fumet,” “essence,” &c., and is obtained in a different way, which causes the gelatine to be produced with the osmazome; but by the above plan the gelatine is left in the meat, and the osmazome and the albumen are extracted; the albumen is afterwards removed as the scum.

70. CHICKEN BROTH.—Put half a raw chicken into a stewpan, with a quart of water, a little leek and celery,

with a salt-spoonful of salt, and a few sprigs of parsley (if allowed); set the stewpan upon the fire; when boiling, skim well, and let simmer upon the corner for one hour, pass it through a sieve, and it is ready for use.

The chicken would eat very nice with a little maitre-d'hôtel sauce, or any other from that series would do for the parlour, that is, when the patient is not allowed to eat it.

For a change, chicken-broth in the following way is very nutritious; that is, after having passed the broth through a sieve, pour it back again into the stewpan, which place over the fire; moisten a teaspoonful of flour in a cup with a little cold broth or water, and when quite smooth, pour it into the broth whilst boiling, stirring quickly; let simmer a quarter of an hour, and it is ready. Mutton or veal broth may also be varied the same.

71. EEL BROTH, (*very strengthening*.)—Take a small eel, which skin as described under fish, and wash well, then cut it into slices, which put into a small saucepan, just covered with water, add a little salt, a few sprigs of parsley, two button onions, and a clove; let it simmer very gently until the eels are tender, when skim off all the fat, pass the broth through a very fine sieve into a cup, it is then ready to serve when required, but a spoonful only should be taken at a time.

A patient is sometimes allowed to take part of the fish, which being so much boiled, constitutes a lighter food than eels are in general; a little melted butter and parsley might be served with them.

72. LAIT DE POULE, (*French remedy for colds*.)—This may be made from any of the foregoing broths, and for colds is excellent. Break a fresh egg, separate the

white from the yolk, put the yolk in a basin, with a quarter of a gill of good cream or milk, which mix well with a spoon; have half a pint of broth boiling, which pour gradually over the egg and cream, mixing it (as you pour the broth) with a wooden spoon; it is then ready, and ought to be taken when going to bed, if only for a cold.

73. SWEET LAIT DE POULE. — This is also reckoned very good for a cold. Put two yolks of eggs into a cup, with two teaspoonfuls of pounded sugar, a few drops of orange-flower water, or the eighth part of the rind of a fresh lemon grated, beat them well together for ten minutes, then pour boiling water gradually over, keeping it stirred until the cup is nearly full. Drink this very hot when in bed; I can strongly recommend it from experience.

74. RIZ AU LAIT, OR RICE MILK, is a very favourite food, or soup; in France many persons make their suppers of it, even when in a state of perfect health. Proceed as follows:—wash a tablespoonful of good rice in water, which drain and put into a stewpan, with a pint of milk, upon the fire, and when boiling, place it at the corner to simmer, until the rice is quite tender, (for invalids it must be in a pulp); sweeten with a little sugar, and it is quite ready.

75. RICE MILK, (*seasoned*.)—Proceed exactly as in the last, but when the rice is quite tender add an ounce of butter, two teaspoonfuls of sugar, and a little salt, stir well together, and it is then ready; this must neither be too thick nor too thin, but about the thickness of well-made gruel. In France they always add a few drops of orange-flower water, but that depends upon taste. These last two are very nutritious, especially after a long illness.

76. VERMICELLI AU LAIT.—Boil a pint of milk, and when boiling, add sufficient vermicelli to make it about the thickness of the last article; it may be served quite plain if required, or seasoned as for the riz au lait, omitting the orange-flower water.

77. SEMOULINA AU LAIT.—Boil a pint of milk, and when boiling, add a tablespoonful of semoulina, stirring it gently, to prevent its becoming lumpy; let it simmer twenty minutes, and serve either plain or seasoned, as for the riz au lait.

78. TAPIOCA AU LAIT.—Proceed exactly as in the last, but it will require rather longer to simmer before the tapioca is tender; and, by way of change, add a little grated lemon-peel, or a glass of white wine, if allowed by the doctor, or season as for the last.

79. ARROW-ROOT.—Put two teaspoonfuls of arrow-root, which mix gradually with enough water or milk, stirring it with a spoon, let it boil a few minutes, and if made with milk, add only a little butter, sugar, and salt, or serve plain; but if made with water, add the eighth part of the rind of a fresh lemon to boil with it; when done, add a glass of port or sherry, sugar, a little salt, and a small piece of butter, unless prohibited.

80. GRUEL.—Put two tablespoonfuls of oatmeal or prepared groats into a stewpan, and by degrees add a pint of water, mixing smoothly with a wooden spoon; place it upon the fire, keeping it well stirred, until it has boiled a couple of minutes, then pour it into a basin, add half a salt-spoonful of salt, two teaspoonfuls of brown sugar, and two ounces of butter, the latter especially; if for a

cold in the chest even more than that quantity, should the stomach be strong enough to bear it.

Gruel when properly made, ought to adhere rather thickly to the back of the spoon, but not to be pasty; it ought likewise to be eaten directly it is made, or it becomes thick and unpleasant to eat; if required plain, omit all the seasoning; it might also be made with milk.

81. GRUEL FROM SCOTCH GROATS.—Proceed as above, but add rather more water, and boil a few minutes longer; many people prefer eating it with the rough groats in it, but if objectionable, place a small clean sieve over the basin you intend serving it in, pass the gruel through, and season as in the last. Some add spirits or wine; but that I should never recommend any one to do, unless by the doctor's orders, and that would be very seldom, I should think, especially as regards spirits.

82. SAGO GRUEL.—Put two tablespoonfuls of sago into a small saucepan, which moisten gradually with a pint of cold water, set it over a slow fire, keeping it stirred until becoming rather stiff and clear, similar to a jelly; then add a little grated nutmeg and sugar according to taste, and serve; half a pat of butter might also be added with the sugar, or it might be made with new milk, and a little salt added; a glass of wine in either case makes it more palatable.

83. ARROW-ROOT TRANSPARENT JELLY.—Put a good teaspoonful of arrow-root into a basin, which mix smoothly with two spoonfuls of water, then add enough boiling water to make it about the consistency of starch, stirring all the time, pour it into a stewpan, and stir over the fire until it has boiled two minutes; add a little cream, a small glass of wine, and a little sugar, and serve.

84. FRENCH PANADA (*for aged people, invalids, and children.*)—Break a stale penny roll into a saucepan, in which pour just sufficient water to cover the bread, stir well over the fire, allowing it to boil five minutes, then add half a teaspoonful of salt, and two ounces of fresh butter, mix them, and take from the fire; have one yolk of egg well beaten, with two tablespoonfuls of milk (if handy) or water, which pour into the panada, stirring very quickly for half a minute, it is then ready to pour into a basin and serve. Any common bread would do for panada, but would not eat so light as when made from a roll.

I knew a very aged lady in France who accustomed herself to eat a basin of panada every night, a few minutes previous to going to bed, for a period of eighteen years, which will prove that, although very substantial in appearance, it must be very easily digested.

Panada ought to be rather thicker than gruel, and may likewise be made of milk, but water is preferable, especially for bilious people.

85. BARLEY WATER.—Put half a gallon of water into a very clean saucepan, with two ounces of clean (but unwashed) pearl-barley; when boiling, carefully skim it with a tablespoon, and add half the rind of a small lemon, let it boil until the barley is quite tender: sweeten with half an ounce of white sugar, strain it through a fine hair sieve, and use when required. The juice of half a lemon in some cases may also be introduced.

86. RICE WATER.—Put a quart of water to boil in a saucepan, with a handful of clean rice, (but not washed), place it upon the fire, and let boil gently until the rice is quite in a pulp, then pass it through a hair sieve into a

jug, pressing as much of the rice through as possible; when getting cold, sweeten moderately with honey, which will make it very palatable; it should be drunk lukewarm.

87. A NEW DRINK.—Put half a gallon of water upon the fire, and when boiling, have ready four pippin apples (quite ripe), cut each apple into eight slices, without peeling them, throw them into the water, which keep boiling until the apples are quite soft, pass the water through a sieve, pressing the apples gently against the side of the sieve, but not rubbing them through, add enough honey to make it sweetish, and drink lukewarm.

Two apples thrown into the rice-water and boiled the same would be a great improvement. People in good health would much enjoy such drink, during the summer especially; as also would poor people in the country, where apples are plentiful. Any kind of apples would suit, and brown sugar instead of honey, or even without sugar or honey.

88. COOLING DRINK.—Bake four or six apples, without peeling them; when done and quite hot, put them into a jug, and pour over three pints of boiling water; cover the jug over with paper, and when cold it is ready for use; a spoonful of honey or brown sugar added makes it very palatable.

89. ALMOND WATER.—Put five ounces of sweet and two of bitter almonds into a saucepan, with a pint of warm water, which set upon the fire, and, when boiling, strain them upon a sieve, take off their skins, and set them in spring water to cool, then dry them upon a cloth, pound

them in a mortar until very fine, adding a few drops of water occasionally, to prevent their becoming oily, set a pint of syrup to boil, and throw in the mashed almonds; boil altogether a minute, then set it at the corner to simmer for a quarter of an hour; it is then ready to pass through a fine sieve for use. When required, add any quantity of cold water, according to taste or direction, to make it palatable.

90. **BARLEY LEMONADE.**—Put a quarter of a pound of sugar into a small stewpan, with half a pint of water, which boil about ten minutes, or until forming a thickish syrup; then add the rind of a fresh lemon and the pulp of two; let it boil two minutes longer, when add two quarts of barley-water, from which you have omitted the sugar and lemon; boil five minutes longer, pass it through a hair sieve into a jug, which cover with paper, making a hole in the centre to let the heat through; when cold, it is ready for use. If put cold into a bottle and well corked down, it would keep good several days.

BARLEY ORANGEADE is made the same way as above, substituting the rind and juice of oranges; the juice of a lemon, in addition, is an improvement, when taken as a refreshing beverage.

91. **A REFRESHING BEVERAGE.**—Slice two oranges and one lemon, which put into a jug, with two ounces of sugar-candy, over which pour one quart of boiling water; stir it occasionally until cold, drink it a little at a time, as often as ordered by the medical attendant. This drink is also very excellent for persons in health, especially in warm weather.

92. RASPBERRY VINEGAR BEVERAGE.—Put two tablespoonfuls of raspberry vinegar into a cup, over which pour half a pint of boiling water; when cold, use it as you may be instructed or when necessary; any kind of fruit syrup would answer the same purpose, and be equally as good, that is, currants, cherries, strawberries, mulberries, &c.

93. A VERY STRENGTHENING DRINK.—Put a teacupful of pearl-barley into a saucepan, with three pints of cold water, the rind of a lemon, and a small piece of cinnamon; boil the whole very gently until the barley becomes tender, then strain it through a fine sieve, and sweeten with a spoonful of treacle: if treacle should be objectionable, honey or sugar will do.

94. FRESH FRUIT WATER.—Fresh fruits, when in season, are very preferable to syrups, which are but seldom well made, except at some of the first confectioners or Italian warehouses.

Pick a pottle of fresh raspberries or strawberries, whichever you may require, rub them through a sieve into a basin, which mix well with half a pint of syrup, the juice of a lemon, and a quart of spring water; pass it through a fine hair sieve, and put it by in a jug for use: both the syrup and water may either be increased or diminished according to taste.

Red or white currant waters are made precisely the same, only omitting the lemon, the currants themselves being sufficiently sharp.

95. CHERRY DRAUGHT.—Choose a pound of good fleshy cherries, from which take the stalk and stones;

have a pint of syrup boiling, into which throw them, to boil as fast as possible for ten minutes; then take them from the fire, and add a good wine-glassful of Madeira or sherry, and a quart of boiling water; put it into a jug, with a cup over; when cold, pass it through a sieve, and it is ready for use. The wine may be omitted if not required. A drink of the same description may likewise be made from mulberries, but then a little lemon-juice must be added.

96. **ARROW-ROOT WATER.**—Put half a gallon of water to boil with two apples, the same as in No. 87, with the addition of a stick of cinnamon; let the whole boil half an hour, then mix two large spoonfuls of arrow-root with half a pint of cold water, very smoothly, and pour it into the boiling water; let the whole boil ten minutes, and pass it through a sieve; when cold, it will be thickish and drink light.

97. **FRENCH HERB BROTH.**—This is a very favourite beverage in France, as well with people in a state of health as with invalids, especially in the spring, when the herbs are young and green. Put a quart of water to boil, but have previously prepared about forty leaves of sorrel, a cabbage lettuce, and ten sprigs of chervil, the whole well washed; when the water is boiling, throw in the above, with the addition of a teaspoonful of salt, and half an ounce of fresh butter; cover your saucepan close, and let them simmer a few minutes, then pass it through a sieve or colander. This is to be drunk cold, especially in the spring of the year, after the change from winter. I generally drink about a quart per day for a week, at that time; but if for sick people, it must be made less strong of herbs, and taken a little warm. To prove that

it is wholesome, we have only to refer to the instinct which teaches dogs to eat grass at that season of the year. I do not pretend to say that it would suit persons in every malady, because the doctors are to decide upon the food and beverage of their patients, and study its changes, as well as change their medicines.

98. DRY PLUM BEVERAGE.—Put a quart of water in a saucepan upon the fire, and, when boiling, throw in twelve fresh dry French plums, and let them boil twenty minutes, then pour them in a basin with the liquor to cool; when cold, take out the plums, which put into a basin; add two tablespoonfuls of brown sugar, and a very small quantity of port wine. They are excellent to eat, and the liquor to drink.

99. FIGS AND APPLE BEVERAGE.—Have two quarts of water boiling, into which throw six fresh dry figs, previously opened, and two apples, previously cut into six or eight pieces each; let the whole boil together twenty minutes, then pour them together into a basin to cool, and pass through a sieve, drain the figs, which will also be good to eat.

100. STEWED PLUMS.—Put twelve French plums in a stewpan, with a spoonful of brown sugar, a gill of water, a little cinnamon, and some thin rind of a lemon; let them stew twenty minutes, then pour them in a basin until cold, take them from their syrup and eat them dry. They are sometimes stewed in wine and water, either port, sherry, or claret.

101. BAKED APPLES are very much used by invalids. Have a common yellow dish, such as you frequently see

in farmhouses, into which put about twelve apples (previously well wiped) and about a gill of water, and put them in a hot oven for half an hour, or rather more should the apples be large; when well done, take them out to get cold upon the dish, and eat them cold, either with powdered lump or moist sugar.

102. COOLING LEMONADE.—Put a quart of water in a stewpan to boil, into which put two moist dried figs, each split in two; let it boil a quarter of an hour, then have ready the peel of a lemon, taken off rather thickly, and the half of the lemon cut in thin slices; throw them into the stewpan, and boil two minutes longer; pour it into a jug, which cover closely with paper until cold, then pass it through a sieve: add a teaspoonful of honey, and it is ready for use.

103. IMPERIAL, (*a Cooling Drink for the Spring.*)—Two ounces of cream of tartar, two lemons (juice and peel), four ounces of sugar; place in a stone jug, and pour about six quarts of boiling water; allow it to get cold, and bottle for use. Or, instead of sugar, add three table-spoonfuls of raspberry vinegar, and six ounces of honey. This is excellent aerated like soda water. Essence of ratafia, or any other, may be added, with about half a pint of pure spirit at proof, for those accustomed to spirits.

104. ORANGEADE.—Proceed as for lemonade, but using the whole of the orange, a little of the peel included, sweetening with sugar-candy, and adding a teaspoonful of arrow-root mixed with a little cold water, which pour into the boiling liquid at the same time you put in the orange. The arrow-root makes it very delicate.

Toast and Water.—The facility of making this popular drink is probably the cause of its not being well made one time in ten, that is, in private families; the bread is too much or too little done, or there is too much or not half enough water, or more or less bread; I venture to say that if any person would take the trouble to go from house to house, where there are patients, and taste toast and water at each, they would not find two of the same flavour, and perhaps not any of it properly made. To make it to perfection, proceed as follows:—

105. TOAST AND WATER.—Cut a piece of crusty bread, about a quarter of a pound in weight, place it upon a toasting-fork, and hold it about six inches from the fire; turn it often, and keep moving it gently until of a light yellow colour, then place it nearer the fire, and when of a good brown chocolate colour, put it into a jug, and pour three pints of boiling water over; cover the jug until cold, then strain it into a clean jug, and it is ready for use: never leave the toast in it, for in summer it would cause fermentation in a short time. I would almost venture that such toast and water as I have described would keep good a considerable time in bottles.

The idea that bread must be burnt black to make toast and water is quite a popular delusion, for nothing nourishing could come from it: if your house were burnt to ashes, it would be valueless; and the same with burnt bread, which merely makes the water black, but the nutriment of the bread, intended to relieve the chest, has evaporated in smoke by being burnt.

PUDDINGS FOR INVALIDS.

106. APPLE AND RICE PUDDING.—Boil half an ounce of Carolina rice in a gill of milk until very tender, then add a very small piece of butter, sugar, a little cinnamon, and a grain of salt; then peel, core, and slice a middling-sized apple, which put into a stewpan, with a small piece of butter, a little sugar, and a drop of water, and stew it until tender; when done, put the apple in a

small tart-dish, mix an egg with the rice, which pour over the apple, and bake ten minutes in a moderate oven; it may also be made quite plain, if preferred.

107. CUSTARD PUDDING.—Boil one pint of milk, with a small piece of lemon-peel and half a bay-leaf, for three minutes; then pour these on to three eggs, mix it with one ounce of sugar well together, and pour it into a buttered mould: steam it twenty-five minutes in a stewpan with some water (see No. 115), turn out on a plate and serve.

108. RICE PUDDINGS.—Wash well two ounces of rice in some water, strain, then put it into a pint and a half of boiling milk, with a small piece of lemon-peel, cinnamon, and half a bay-leaf tied together; let it boil gently, stirring it occasionally until quite tender; then put to it one ounce of butter, a little grated nutmeg, a tablespoonful of sugar, and two eggs; pour it into a buttered tart-dish, and bake it half an hour.

109. MACARONI PUDDING.—Blanch two ounces of Naples macaroni in some water for eight or ten minutes; strain it, and add it to one pint of boiling milk, in which you have previously boiled a piece of lemon-peel, cinnamon, and one ounce of butter; when the macaroni is quite tender, add two eggs, and sugar enough to sweeten it: steam it one hour in a stewpan, in a buttered tart-dish.

110. VERMICELLI PUDDING.—Boil one pint of milk, with a piece of lemon-peel, half a bay-leaf, and a piece of cinnamon, then add one ounce of vermicelli; when reduced to half, add two eggs, and a little sugar; pour these in a buttered mould, and steam it half an hour.

111. **TAPIOCA PUDDING.**—Boil one pint of milk, with a piece of lemon-peel and a little cinnamon; then add two ounces of tapioca; reduce to half; add two eggs, and one ounce of butter; pour these in a buttered mould, and steam half an hour.

112. **BREAD PUDDING.**—Boil one pint of milk, with a piece of cinnamon and lemon-peel; pour it on two ounces of bread-crumbs; then add two eggs, half an ounce of currants, and a little sugar: steam it in a buttered mould for one hour.

113. **CABINET PUDDING.**—Boil one pint of milk, with a piece of lemon-peel, pour it on one ounce of sponge biscuit, let it soak half an hour, then add three eggs, half an ounce of currants, and very little sugar: steam it in a buttered mould, lined with raisins, one hour.

114. **BREAD AND BUTTER PUDDING.**—Butter a tart-dish well, and sprinkle some currants all round it, then lay in a few slices of bread and butter; boil one pint of milk, pour it on two eggs well whipped, and then on the bread and butter; bake it in a hot oven for half an hour.

115. **A SMALL BREAD PUDDING.**—Cut an ounce of the crumb of bread into thin slices, with the least piece of butter spread over each, which place in a small tart-dish; then break an egg into a cup, with a teaspoonful of sugar and a little powdered cinnamon, beat well; then add about six tablespoonfuls of boiled milk, mix well together, pour over the bread, and bake in a slow oven, or steam it, if preferred, by standing the dish in a stewpan containing about half a pint of water,—that is, the water should be about half way up to the rim of the dish; set the stewpan

(covered close) upon the fire, and let it slowly boil about ten minutes or longer, until the pudding is properly set, then take the cover from the stewpan, which let remain a few minutes longer upon the fire; then take out the pudding, wipe the dish, and serve.

FISH FOR INVALIDS.

Slips, soles, flounders, whittings, and smelts are the lightest of any fish, and upon that account more to be recommended to invalids in a state of convalescence.

116. WHITING, PLAIN BOILED.—Put two quarts of water into a small fish kettle, with about an ounce of salt; when boiling, put in the whiting, draw the kettle to the corner of the fire to keep it just simmering, and no more; a whiting of the ordinary size would take about ten minutes; when done, which you can tell by trying with the point of a knife whether it leaves the bone easily, take it up carefully, and dish it upon a clean napkin, with a few sprigs of parsley (if at hand) round; although the parsley is of course useless, as far as the stomach is concerned, nothing can be more pleasing to an invalid than to see his meals carefully cooked, and invitingly served.

At any time, I prefer a whiting with the skin on, whether boiled, grilled, or fried; a little butter just melted, with a pinch of salt, and the least drop of lemon-juice added, makes a very excellent sauce for them. Should you purchase your fish in the country, it will of course require cleaning, by opening the belly, and pulling out the gills and interior; but never wash these fish; merely wipe them with a cloth.

117. BROILED WHITING.—Having cleaned your whiting, and wiped it gently dry with a cloth, flour it all

over lightly, rub the gridiron over with a little oil, lay the whiting upon it, and put it over a clear fire, but not too close, turn it carefully three or four times, and when it feels firm to the touch of the finger, it is done; if a large one, it will take about twenty minutes; sprinkle a little salt over, if required, and serve with plain melted butter, with a few drops of essence of anchovies in it.

118. SAUTÉED WHITINGS.—Put some fat or butter in a frying-pan, which place over a clear but moderate fire; have your whiting floured as in the last, and when the fat or butter is melted, lay it in the pan; let it sauté slowly until it is done, which try as in either of the last two; when done, drain it upon a cloth, sprinkle a little salt over, and serve.

If fried, enveloped in bread-crumbs, dip the fish lightly into flour, then egg it all over with a paste brush, and dip in some very fine bread-crumbs, and fry it rather longer, but do not let the fat get black, or it will give the fish a black heavy appearance, and quite spoil the flavour. Fish fried in oil would have a much better appearance than when fried in fat, but probably would be objectionable to a weak stomach. They ought to be completely covered with the fat.

119. SMALL SOLES or SLIPS may be either boiled, broiled, or fried, as directed for whittings, requiring about the same time to cook; serve precisely the same.

Smelts are very delicate fish, but ought never to be plain boiled; being confident of the good use they may be turned to as a diet for the sick, I shall here give two receipts for dressing them very plainly yet still very palatably.

120. SMELTS, BOILED.—Choose them rather large, —if so, two would be sufficient for a meal,—having previously drawn and cleansed them, put a gill of water into

a small stewpan, with a little salt, a saltspoonful of powdered sugar, and four small sprigs of parsley; when boiling, lay in your smelts, which let simmer five minutes, or more, if larger than usual, keeping the stewpan well covered; then take them out carefully, lay them upon a dish, and pour the broth over; both fish and broth are excellent. They may be cooked the same way in the oven.

120*. BOILED SMELTS ANOTHER WAY.—

Another way is to add a little arrow-root, mixed with a drop of cold water to the above, when half cooked; it makes it very soothing to the chest. Be extremely careful not to let the fish or liquor burn at the bottom of the stewpan; there should be about three parts of the quantity of liquor when cooked as you first put in water, allowing one quarter to evaporate whilst boiling.

121. BROILED SMELTS.—When cleansed and wiped dry with a cloth, dip them lightly into flour, and put them upon a gridiron over a slow fire, for five or six minutes, turning them carefully when half done; serve plain, or with a little sauce, if allowed, as many patients are forbidden moist food. I can highly recommend any kind of white fish cooked in this manner; and it is well known that nothing in the way of food is more digestible than fish.

Water souchet of flounders, soles, and slips may also be served to invalids, by proceeding the same as above.

MEAT FOR INVALIDS.

Meat, Game, and Poultry.—These, of every kind, for invalids, ought to be served as free from fat as possible.

122. A MUTTON CHOP.—Choose one from a lean loin of mutton, or if one in the house rather fat, cut the

greater part of it off; your chop should be about six ounces in weight, and cut of an equal thickness; lay it upon a table, and beat it lightly with the flat part of your chopper, then lay it upon a gridiron, over a good clear fire; season with a little salt, if allowed, and turn it four or five times whilst broiling; it will require about eight minutes over a good fire, but of course longer over an indifferent one; if by pressing it with a knife it feels firm, it is done; serve upon a very hot plate, for if partly cold, the least fat would immediately set, and be very unpleasant, especially to a person unwell.

123. PLAIN MUTTON CUTLET, *from the Neck*.—An invalid will frequently be tired of a mutton chop; and for my own part I must say a cutlet is far superior in flavour, and has a much neater appearance; cut off a rib from the neck, of the same thickness as a mutton chop; cut away the skin upon each side of the bone, to the chine, which chop off; trim away the greater part of the fat, cut a piece at the end of the bone, which scrape off, leaving about half an inch of the bone bare; then beat it lightly with the flat of the chopper; season; broil and serve very hot, as in the last.

124. STEWED CHOP OR CUTLET.—Put it into a stewpan or small saucepan, with a pint of water, and a little salt and sugar; let it stew as gently as possible from an hour and a half to two hours, skim off all the scum and fat, and the patient may partake of both chop and broth; if seasoning is allowed, put a teaspoonful of pearl-barley, with a little celery, leek, and turnip, cut up very small, into the stewpan with the water, when you first put the chop on, and proceed as before; serve the broth in a soup basin, with the chop in it; should the meat happen to be

tough, let it stew rather longer. The broth should be reduced to about half a pint.

125. RUMP STEAK.—The tenderest part of the rump should be selected, about half a pound, not cut too thick, and very even: place it upon your gridiron over a moderate fire, turning it frequently; when done, sprinkle a little salt over. Ten minutes would cook it thoroughly, but if wanted underdone, as in many cases where the patient only sucks the gravy, less time must be allowed.

126. STEWED BEEF.—Put the same quantity of beef as in the last into a saucepan, with a quart of water, which place over the fire, and when beginning to boil, well skim; then add a little celery, turnip, and carrot, the whole weighing about an ounce, and cut very small; let stew gently about three hours, by which time the broth will be reduced to one quarter; skim all the fat off carefully; serve the meat upon a plate, and the broth in a basin.

127. LAMB CHOPS OR CUTLETS.—Proceed as just described for mutton, but being more delicate, they will require little more than half the time to cook.

128. LAMB'S FEET are very nutritious; purchase them ready cleaned; lay them ten minutes in boiling water, by doing which you will be able to draw out the leg-bone with facility; then put them in a stewpan (two would be sufficient,) and pour over a pint of water with which you have mixed smoothly a tablespoonful of flour, and half a teaspoonful of salt; place them upon the fire, stirring frequently until boiling, then add a small onion, with celery, parsley, and parsnip; boil gently for two

hours, and when done, serve plain upon a plate, or with a little melted butter and parsley poured over. By using a little white broth from any meat instead of water, you make a delicious soft soup, which may be partaken of freely.

Calves' feet are dressed in the same manner, but using a double proportion of everything, and stewing them double the time; they are served precisely the same.

POULTRY FOR INVALIDS.

129. ROAST CHICKEN.—Procure a nice plump chicken, which draw and truss, and cut the sinews; pass the spit through under the skewer as usual, and set it down before a clear fire: after being there five minutes, have ready a pat of butter, in the bowl of a wooden spoon, with which rub the chicken all over; if the fire is too fierce, put it back a short distance, that it may roast of a yellowish-brown colour; when a light smoke arises from the chicken, which will be in about twenty minutes from the time it is put down, it is done; but to be quite sure whether a bird is done, the better way is to press it lightly with your finger and thumb; should it feel quite set, it is sufficiently cooked.

130. BOILED CHICKEN.—Put a quart of water to boil in a saucepan, with a saltspoonful of salt, and two ounces of butter; when boiling, lay in the chicken, which keep gently simmering for twenty minutes, when it will be done.

By adding a few vegetables of each description to the water, and straining it when you take out the chicken, you have a very excellent broth either for the sick or healthy,

especially if, after skimming off the fat, you add a little vermicelli, which must be boiled in it five minutes.

As it is very improbable that a sick person would eat the whole of a chicken at once, I have annexed a few receipts, by which a chicken would suffice for four meals.

First, put a tablespoonful of rice in a stewpan, with half a pint of light broth; let it boil gently until the rice is in pulp, then put in the wing or leg of the previously-cooked chicken, which let remain to warm about five minutes; should the rice be too dry, add a little more broth; serve the fowl and rice together upon a hot plate. *Secondly*, if wanted plain, set it in a stewpan, with a few spoonfuls of stock, and let it warm gently. *Thirdly*, it may be folded in a sheet of paper lightly oiled and warmed very gently upon a gridiron; and, *Fourthly*, plain broiled upon a gridiron, and served with a little light gravy.

131. PARTRIDGE.—Proceed in every manner to roast as just directed for the chicken; a young one would require about ten minutes, or an old one fifteen, but then the breast only ought to be eaten; whatever remains may be served in either of the ways directed for chickens.

132. PIGEONS may be roasted the same as partridges, but would not require so long. A pigeon may also be stewed as follows:—Put half a pint of mutton broth into a stewpan, with a pigeon trussed as for boiling, let it stew gently twenty minutes, if young; both the pigeon and broth ought to be partaken of. Pigeons may also be broiled, by cutting them open from the bottom of the breast to the joint of the wings, but not separating them; rub over with a little butter, broil twenty minutes over a moderate fire, and serve with a little gravy.

133. LARKS are also very excellent and light food; when cleaned, pass a thin wooden skewer through three or four of them, as many as are required, then broil them a few minutes over a sharp fire, and serve very hot. You will find them superior broiled than roasted, and not so much trouble.

134. PULLED FOWL.—With the remainder of a roast or boiled fowl or chicken you may make a very light dish, by pulling off all the flesh with a fork, and putting it into a stewpan, then in another stewpan place all the bones (previously broken small with a chopper), with a little parsley, salt, sugar, and half a pint of water; let it boil gently until the water has reduced to a gill, then strain it over the flesh of the chicken in the other stewpan, which place over the fire until quite hot, and serve; should it be too thin, a small piece of butter and flour rubbed together may be added, and boiled a minute. Old or young fowls may be used, as it is not always convenient to get a young fowl, especially in the country, where everything must be turned to account and properly used: you would proceed with an old fowl the same as for a chicken, but stewing it three times as much, and adding more water in proportion; it would be here impossible to name the exact time required, as the fluctuation is so great, but by feeling the thigh of the fowl with the finger and thumb, you may ascertain, for if done sufficiently it will feel tender to the touch, and leave the bone with ease.

CULINARY CORRESPONDENCE.

LETTER No. VI.

DEAREST ELOISE,—I here enclose you the last receipt which I intend to give you for invalids. You may, no doubt, fancy that my diet is extravagant ; but let me teach you that when we must pay the doctor's bill, which I consider an extra and painful tax upon humanity, it is ours and their duty to try to restore health as soon as possible, and my receipts will, if well coupled with the science of a medical man, cause a prompt restoration to health ; and have the desirable effect of increasing the butcher's bill by diminishing that of the doctor's. I must also tell you that I intend this part of our little work, if ever published, to be useful to all classes of society, and that among these receipts, the humble as well as the rich may partake the benefit of them by selecting either according to their means and requirements ; and I am confident that you will agree with me that I have closely studied the rules of economy.

I shall now, therefore, close the sick-room door, and open the one of the parlour, to witness the merry faces of the million who have abandoned their industrious occupations for the week, to partake, in the family circle, their simple but substantial Sunday meal. When parents of families are blessed by an increase of business according to that of their family, it is there that you will find genuine domestic happiness and natural love ; and let me tell you, dearest, that the sight of a Sunday's dinner in a tradesman's house in England is worthy of being depicted by the pencil of the most meritorious artists of the age, and would not disgrace that of a Wilkie, Goodall, or Absalom. Behold, sitting round an inviting table four or five of those healthy and generally handsome faces of the young children of Albion, waiting, until after the usual blessing has been invoked by the eldest, with the greatest anxiety to know who is to be the first served, trying to open their eyes as large as their appetites, at the disappearance of a cover removed by a clean country servant, who exposes to their view the immortal piece of roast beef, from which a most excellent exhalation escapes as from a crater of happiness, and which seems to fill the room as well as the hearts of the whole party with joy ; and the yet greater anxiety of the still younger branches of the family, who have cunningly reserved their infantine appetites for the appearance of the grand national dish, more pleasing to their fancies,—the *plum pudding*, to which, for the occasion, a few spoonfuls of brandy have been poured on the

dish, and set on fire the moment of placing it before the mother, who hurries to serve them, in the hope of putting a stop to the unmusical domestic harmony of the little ones, who do not fear to burn their mouths as long as they satisfy their appetites. Having now, my dear, given my full and due respect for the comfort of their Sunday's dinner, I have, in many instances, to complain of the way most of the industrious classes dine the remainder of the week. I always used to say, when in business, that he who works well deserves to live well,—I do not mean to say extravagantly, but that devoting one hour a day to their principal meal ought to be classified as a matter of business in regard to economy. We, therefore, must be very positive upon this important question, and make them perceive that dining well once or twice a week is really unworthy of such a civilized and wealthy country as ours, whose provisions cannot be excelled by any other, both in regard to quantity and quality. Yours, &c.

HORTENSE.

LETTER No. VII.

MY DEAR MRS. B.—Your observation upon the way many people live in this country is no doubt very correct, but do you not think that if you were not quite so abrupt on the subject, we should probably be more likely to succeed in bringing our friends round to your style of management? of which, for my part, I very much approve. But as it is a matter of importance, I should like you to describe in your next communication what are the principal and most useful joints in a family, and to discourse on them, in pointing out the good to be achieved, and the evils to be avoided.

Ever yours, &c. ELOISE.

LETTER No. VIII.

Many compliments to you, my dear Mrs. L.

At your request I here inclose the list you require, and which will show you how circumscribed the middle classes are in respect to the variation of their meals, in the way of meat and manner of cooking it. I do not disapprove of your idea in wishing me here to give a series or list of those provisions; but, on the other hand, I must tell you frankly my opinion, it being a subject which for some years I have made a study, indeed quite a hobby. If I am wrong, let any one who knows better correct me; you will allow I am always open to conviction and improvement, no matter how trifling, as it often leads to an important one.

I shall therefore name all joints of meat which, though numerous, offer but little variation when continually dressed the same way, and observe that everybody has the bad habit of running only upon a few which are considered the best. They are as follow :

Those in Beef are the sirloin, ribs, round, silver-side, aitchbone.

In Mutton—leg, saddle, haunch, loin.

Lamb—fore-quarter and leg.

Veal—fillet, loin.

Pork—leg, sparerib, loin.

Every one of these joints are of the most expensive parts, because generally used, although many of the other parts are equally as good, as I shall prove to you, in the receipts which I shall write for the dinner, what can be done in the way of made dishes out of those parts which are rarely or never used in this country by the middle classes, which will more clearly develop to you my ideas on the subject. Besides, there is this advantage, that if a small tradesman were to follow these receipts, and buy every other time he goes to the butcher what he now considers a second-class joint, he would not only be conferring a public benefit, but also one on himself, and be the means of diminishing the price of those now considered the first class, which at the present moment bear too high a price in proportion, but which his pride causes him to purchase.

To prove to you that my argument is correct, look carefully over the enclosed list, which contains all the joints that are cut from beef, veal, mutton, lamb, pork, and you will find that ten of the prime are in daily use to one of the other, and principally for a want of the knowledge of cookery, leaving the science of cooking our food to a fierce or slow fire, or plunging our expensive provisions into an ocean of boiling water, which is thrown away, after having absorbed a great portion of the succulence of the meat. Try the receipt for the Pot-au-feu ; taste the broth and eat the meat, and tell me which plan you consider the best. Do not think that I object to our plain joint, because, now and then, I am rather partial to them ; but why not manage to make use of the broth, by diminishing the quantity of water, and simmering them, instead of galloping them at a special railway-train speed ? Were the middle classes only but slightly acquainted with the domestic cookery of France, they would certainly live better and less expensively than at present ; very often, four or five different little made dishes may be made from the remains of a large Sunday's joint, instead of its appearing on the table of a wealthy tradesman for several

days cold, and often unsightly, and backed by a bottle of variegated-coloured pickles, made with pyroligneous acid, which sets one's teeth on edge merely to think of it, and balanced by a steaming dish of potatoes, which, seen through the parlour window by the customers in the shop, would make them think there was a grand gastronomic festivity taking place at Mr. A.'s or B.'s, the butterman or greengrocer; this may be excusable once or twice, on a hot summer's day, with an inviting salad, seasoned with merely salt, pepper, oil, and vinegar, but the continual repetition of that way of living in winter is, I consider, a domestic crime.

You will, perhaps, say that, in large firms, where forty or fifty, or more young men dine every day, or even in public establishments still more numerous, many professed cooks would be required to dress the dinner, if my plan were adopted; not at all, if the kitchen is properly constructed: but in these establishments, joints, of necessity, must be the principal viand, and there is very little left; what there is, is consumed cold for supper; but even there an amelioration might take place, although only a plain joint, either boiled or roasted, roasted or boiled, which is generally the yearly bill of fare, and so simple, yet seldom well done, and often badly, which, in a large establishment, must create great waste, and make bad food out of good meat, and that for want of care or a little more knowledge, which may appear to you but a trifling matter, but not so to thousands of poor old people, with toothless gums and fatigued stomachs, made comfortable within walls erected by the good feelings of government or by public charity. I have often thought, when visiting these establishments, that a professed cook ought to be appointed, as well as a medical man, to visit all such in the metropolis, not only to inspect the quality of the provisions, but superintend the arrangements of the dietary table, and see that the viands are properly cooked, and thus correct the lamentable ignorance which exists at the present day; I am confident that tons of meat are daily wasted in such institutions throughout the country, which, if well employed, would feed a great part of the starving poor of the United Kingdom. The same system ought to be adopted in all the provincial towns; and, were it in existence, we should not have to deplore such lamentable scenes which we had latterly to witness at Tooting, where, no doubt, many were to blame; for by the calculation I have made, the allowance, though rather limited, was amply large enough to allow for good provisions, and leave sufficient remuneration for any reasonable and not covetous man. Why should not these poor children be watched

over, and made as comfortable in every respect as the wish of those who pay to support them requires! Besides, it has an effect upon after generations; for upon the food at the period of growth depends the nature of the mind at a more advanced age, as well as the stature of the man. Do we not evince our care to objects of the brute creation, and feed, with the greatest attention, the racehorse? Compare him with others of his species not so humanely treated, and note the difference: so it is with the human race; and I might almost say the prosperity of a country depends upon the food of its youth. You will perhaps think that I am rather sharp in my remarks, and probably longer than is required, but still it will be gratifying to both of us, should we find that these remarks prove beneficial to such establishments as above mentioned; and it is only by giving notoriety to these important details, and being positive in exposing the truth, that we can be believed and followed, and you must not mind displeasing the few, if you are to be useful to the many. For ever, &c.,

HORTENSE.

LETTER No. IX.

MY DEAR HORTENSE,—I received your last observations, which, on first seeing, I thought too long, but after having read them over again, I am convinced that I shall not be able to shorten them; at all events, there is a great deal of truth in them, and, as you justly say, they are the observations of a person who has constantly studied domestic comfort and economy; I shall therefore copy them in the journal just as you sent them to me.

Truly yours,

ELOISE.

LETTER No. X.

MY DEAR ELOISE,—I am glad to hear that you will not alter any of my last remarks sent, because I assure you I wrote with a full conviction that I was right, and from facts which experience alone can engrave on the memory; but, however, we will now proceed: but I think it will be necessary to alter our original intention, namely, in order to save any confusion, to class all the receipts for the dinner together, and thus form a large bill of fare, and follow, on a small plan, what M. Soyer, of the Reform Club, has done on a large scale, in his "Gastronomic Regenerator," by which the most inex-

perienced hands may easily provide a large or small dinner adapted for all classes, without committing a blunder, and thus make a selection from soups, different dishes of fish, and an innumerable number of removes; entrées, roasts, savoury dishes, vegetables, sweets, dessert, &c.; and, having chosen one or two of each series, by referring to the receipt, an idea of their cost, within a few pence of the market-price, may be gained.

Let me know, dear, by return of post, if you approve of my new idea, as it is rather deviating from our original plan; but observe, that having so very distinctly given the Breakfast Receipts, and those also for Invalids, it will be more clearly understood than by repeating the same over and over, which would be unavoidable, if we follow our first proposition.

Yours truly, in haste,

HORTENSE.

LETTER No. XI.

MY DEAR HORTENSE,—Never were you inspired by a better idea respecting your new plan; it is so clearly explained, that I fancy our labour is over; but I must tell you that, on the receipt of your last, I wrote to M. Soyer, to inquire if he would object to our taking a few hints from his "Kitchen at Home," which forms the last part of his work. His answer was immediate, short, and as follows:

"DEAR MADAM,—It would be entirely deviating from the preface of my 'Gastronomic Regenerator' to refuse you anything in my power; and as your simple demand lies within that scope, you are quite welcome to take a few hints, if you require them for your little work, from the part entitled 'My Kitchen at Home.'

"Wishing your exertions may be well appreciated, I am, dear madam, most sincerely, your humble and devoted,

"Reform Club."

"A. SOYER."

As you have his book, you, no doubt, know to which part he alludes. He says, in his preface, that he has made it a rule never to refuse ladies anything in his power; so far he has kept his word with us: so you may, dearest, if you require it, make use of his offer. I shall expect, by the next post, the commencement of the Dinner Receipts, which I am confident you will make as simple and as short as possible. With kindest regards, yours,

ELOISE.

*Roasting, Baking, Boiling, Stewing, Braising, Frying,
Sautéing, Broiling.*

ROASTING being the most general in use, we will first describe it, although it is not that which was first put in practice in cooking, it being evidently an improvement on broiling: we can easily understand how, in the primitive times, when man, finding that his food got covered with the ashes from the fire with which he cooked his meat, would invent a species of grate upon which he could raise the fire, and so cook his meat before it; this early mode of cooking has continued, in many countries, up to the present day, and even in London to within a few years; for I remember seeing, in the old Goldsmith's Hall, a fire-place, consisting of stages, on which was laid the wood, and when the meat, &c., was spitted and arranged before it, the wood was lighted, and a man turned the spits. (It was, no doubt, from arranging the wood thus in stages, that the name of range was derived.) In many noblemen's castles and ecclesiastical establishments, dogs were kept to turn the spit, from whence we have those of the name of turnspit; whilst in others, where there happened to be a person of a mechanical turn of mind, they applied a water-wheel to the purpose, and the water from it formed a stream in the kitchen, which served as a reservoir for live fish. Different opinions exist as to the mode and time required for roasting, but this must all depend upon the nature of the fire and the meat. In the Receipts will be found the time which each requires. My plan is to make up as large a fire as the nature of the grate will allow, because I can place my joint near or not, as may be required, and thus obtain every degree of heat.

BAKING is a branch of the art of cooking which, although one of the oldest, is the least understood. (As I shall have to refer to this subject again, I will give the reason why in a future letter.) It is performed in various kinds of air-tight chambers, called ovens, the best of which have the same form as in the time of the Egyptians. Previous to the art of baking being practised, boiled pulse and corn were the food of the people; even Rome contained no bakers until near six hundred years after it was founded. Of late, great improvements have been made in the construction of ovens for baking of meat, called roasting ovens, which cause great economy in the expenditure of fuel; and, in large public establishments, where a number of the same kind of joints are required, it is the best plan of cooking. In the

Receipts will be found the time required by each for baking, but, in a general way, for meat, hot ovens are the best; for poultry, not so hot as meat; and pastry, according to its kind. In using dishes or utensils for the oven, they ought, if of metal, to be of galvanized iron, and separate ones for meat and fish.

BOILING is the next branch of the art which is of the most importance and appears the most simple, yet, at the same time, it is the most difficult; this is a subject upon which, if I were to dilate, would occupy a good quarto volume; it is one of those easy things which it is supposed everybody can do, and therefore no attention is paid to it, and it is generally done badly. According to the way in which it is done, meat may be rendered hard and tough, or tender, lose or retain its flavour or nourishment. Great difference of opinion exists amongst medical men which are the easiest of digestion—roasted or boiled meats. I say it is a subject quite impossible to decide, as it must depend upon the different constitutions and climate; for we might as well say that the food of the Esquimaux is adapted for the native of Italy.

STEWING ought to be the best understood, on account of its economy; pieces of coarse meat, subjected to stewing, if properly done, become tender, as the gelatinous parts become partly dissolved: it should be done slowly, the pan partly uncovered, and frequently skimmed. Great cleanliness should be observed in all the vessels used for stewing.

BRAISING is the next and most important part of the art of cooking, and, like the *sauté*, belongs entirely to the French school, from which it takes its name, *braise* being the remains of wood burnt in the oven, or live charcoal: this plan of cookery requires the action of the fire under and over the braising-pan, which is air-tight, in order that the aromatic flavour arising from its contents may be imbibed by the meat or poultry, and give it that succulence so much esteemed by epicures. The *braise* is put on the cover, which, in some cases, is made deep on purpose to hold it. Its origin is stated to be owing to a gastronomic society which was formerly in existence in Paris, whose object was to benefit and improve the art of cookery, and who offered a reward of a silver *gridiron* to any culinary artist who would discover a new mode of dressing a turkey. Although a *gridiron* was, no doubt, intended to be used, yet a young artist named La Gaoque, warmed by the offer, directed his imagination to quite a different mode, and used the pan instead of the *gridiron*, and thus composed the *braise*, which was unanimously approved

of by that scientific, gastronomic, and epicurean body, who awarded him the prize. The chief art in braising is to do it slowly, taking care that the ingredients are well-proportioned, receipts for which will be found in their proper place.

FRYING.—Of all the apparently simple modes of cookery there is none more so than that of frying, but yet how rare to meet with it done properly. I believe it is to be attributed, in a great measure, to the idea that, to do it well is expensive. I have therefore made a series of experiments upon a plan such as may be followed in every private house, and I am convinced that to do it well is cheaper than doing it badly; but, in the first place, we ought to consider, What is frying? It is the insertion of any substance into boiling oil, or grease, by which the surface of that substance becomes carbonized, and the heat which effects this object is sufficient to solidify the albumen and gelatine, or, more commonly speaking, until cooked; to do this properly, the substance ought to be covered by the liquid, so that the heat acts all over it at the same time, or otherwise the osmazome, or gravy, will be dried out of that part which is not covered, and the succulence and flavour of the viand lost; or, should the liquid not be of that degree of heat which would carbonize the surface on the moment of its immersion, it would then enter into the substance, render it greasy, and destroy its flavour, which no degree of heat afterwards could remedy. The articles which are to be fried are generally those which have a coating of materials (such as bread-crumbs and batter) which are quickly carbonized, and thus forms a crust which prevents the grease penetrating, concentrates the liquids, and preserves the flavour of the article; the carbonization once effected, the fire should be immediately moderated, particularly if the article is large, in order that the interior may become properly solidified. All articles properly fried are generally much liked, as they are agreeable to the eye, and afford a pleasing variety.

The plan that I recommend you to adopt is, to obtain an iron or copper pan long enough for a good-sized sole, and 6 to 8 inches deep, and fill three to four inches of it with fat—the skimmings of the stock-pot, or, if that should not be sufficient, the kidney fat of beef, cut up, melted, and strained. In wealthy establishments, lard, and, in some, bacon-fat melted, is used, and, for some articles, olive oil, which can only be used once; but in our less luxurious homes I think the above is sufficient, besides, it has the advantage of not requiring that great attention which the other does. When you have the fat on, before immersing the substance you intend to fry, see that it is

sufficiently hot by dipping your finger (not in the fat), but in a little water, and then hold it over the fat, so that a few drops go into it; if it spits and throws back the water, it is sufficiently hot; or, throw in a small dice of bread and take it out immediately; if it is firm or coloured, it is hot enough: or, in frying fish, before putting it in, lay hold of the head and dip the end of the tail, and, if it crisps it, then let the remainder go in. I have found, if due attention is paid to the pan to prevent it from burning, forty articles may be fried in it before it wants renewing; and I am certain it will be found cheaper than the common way of putting a little fat into the frying-pan and turning the sole over and over, for you are then almost certain of sending the grease up to the table, where it is not wanted. When the fat is not used, it should be emptied, whilst hot, through a sieve, into an earthen pipkin, and covered with paper to prevent the dust going in it. For the purpose of frying, an iron wire-basket, with a handle, is used, in which the object to be cooked is placed, and thus inserted in the liquid. The cost of this instrument is trifling.

SAUTÉING.—You will perceive, dearest, by the following, that the word fried is often wrongly used in cookery instead of the word *sauté*, which process is totally different, and produces quite another effect on food. *Sauté* means anything cooked in a very small quantity of butter, oil, lard, or fat, on one side of the article at a time, whilst the other requires about a hundred times more of the above-named materials to cook properly. You will see, in these remarks, that it is not frying a pancake, omelette, or still less a chop, steak, or cutlet, but that they are *sautéed*; and how to explain that word, to use it instead of the misapplied word *fry*, puzzles me considerably, as I am quite ignorant of its origin as regards its application to cookery. All the researches I have made in English and French Dictionaries and Encyclopædias, have not enlightened me in the least on the subject. In French, it means to jump, hop, skip, as understood by boys at school, or by the grasshopper tribe, called in French *sauterelles*, from the word *sauter* to jump. I well remember at our school we had a French emigré for a dancing-master, who used to get into a passion when we did not dance to his professional taste; and used to say, shaking his powdered wig, holding his fiddle in one hand and his bow in the other, making all kinds of grimaces and contortions, which reminded me of the principal figure in the group of the Laocoon,—“*Mon Dieu, mon Dieu, young miss, vous sautez très bien, mais vous dansez fort mal;*” which means, “You jump very well, but you dance

very badly." It also reminds me of an expression made by a friend of ours from Havre, who was on a visit to us last November. Seeing some Guy Fawkes carried about the street, he asked me what it meant; when I told him, that in the year 1605 an attempt was made to destroy by gunpowder the king and parliament in the House of Lords, as well as —— "Oui, oui, madame; I know—I remember reading of it in English history! it was that little brute qui a voulu faire sauter le Parlement," replied he very quickly. "*Sauter, sauter*," I said; "no, sir, not sauté—blow up." "Oui, oui, madame, I know—it is the same thing." "Same thing," replied I. This of course puzzled my culinary imagination still more; and I perceived, that if the word was translated to his meaning, it would sound most absurd and ridiculous; as, for example, on being at a festive board, and a polite young gentleman, or even your own husband, might gallantly offer to give you a *blow-up* cutlet, instead of a *cotelette sauté*, as they say in fashionable circles. I can easily conceive, that if the *cotelette* was blown up, it would stand a chance of coming down on the other side, thus saving the cook the trouble; but if Guy Fawkes had unfortunately succeeded, it would have produced quite another effect. Having failed in my literary researches, I tried to find it in practice. I therefore went to my kitchen, and put two spoonfuls of oil in a sauté pan; I took a nice spring chicken prepared for broiling, put it on the fire; and as the fire began to act upon it, the oil began to jump, and also slightly the chicken. I then perceived that the way my French friend used the word was right; and that, after all, there was not such a great difference in Guy Fawkes's plan of cooking the Parliament and that of a cutlet or chicken; for both were doomed to destruction, the one by falling in awful ruins on the fire, and the other devoured by a ravenous stomach on the dinner-table. Now, dearest, having found no means of translating it to my satisfaction, I see no other plan but to adopt it amongst us, and give it letters of naturalization, not for the beauty of the word, but for its utility. The process of sautéing is at once quick, simple, and economical, and to be well done furnishes a pleasing article of food. The art of doing it well consists in doing it quickly, to keep the gravy and succulence in the meat, which a slow process would nullify; it is of course confined to small articles of every kind of food.

BROILING is, without doubt, the earliest and most primitive mode of cookery, it being that which would present itself to man in a state of nature. It is one of the easiest parts of cookery, and therefore should be done well;

entirely depends upon the fire, which must be exceedingly clear, and the best gridiron is that having round bars, which should be placed slanting over the fire, to prevent the fat going into it; the bars should be greased, and the gridiron should be placed on the fire to get hot before the object to be cooked is placed on it. I have heard that great difference of opinion exists in cookery books upon the proper broiling of a steak, whether it should be turned only once or often. My plan is to turn it often, and my reason is, that, if turned but once, the albumen and the fibrine of the meat get charred, and the heat throws out the osmazome or gravy on the upper side, which, when turned over, goes into the fire; by turning it often, so as at first only to set the outside, the gravy goes into the centre, and it becomes evenly done throughout. (See "Soyer's Mutton Chop.") As regards the thickness of the meat to be broiled, that depends in a great measure on the intensity of the fire, but the quicker the better, and also the sooner it is eaten after taken from the fire the better it will be. I have latterly, in broiling rump-steaks, added that which, by a great many, is considered an improvement; it is, on turning them the last time, to dredge them out of a dredger with fine holes, in which has been placed four table-spoonfuls of fine biscuit or rusk-powder, one tablespoonful of salt, one teaspoonful of pepper, a saltspoonful of either eschalot-powder or mushroom-powder, or finely-pulverized salts of celery, well mixed together, and the steak to be placed in a very hot dish, with a little mushroom-ketchup, and a small piece of butter, and served immediately.

SAUCES.

SAUCES in cookery are like the first rudiments of grammar, which consist of certain rules called Syntax, and the foundation of all languages: these fundamental rules are nine, so has cookery the same number of sauces, which are the foundation of all others; but these, like its prototype the grammar, have two—brown and white, which bear a resemblance to the noun and verb, as they are the first and most easily learnt, and most constantly in use; the others are the adjuncts, pronouns, adverbs, and interjections; upon the proper use of the two principal ones depends the quality of all others, and the proper making of which tends to the enjoyment of the dinner; for to my fancy they are to cookery what the gamut is in the composition of music, as it is by the arrangement of the notes that harmony is produced, so should the ingredients in the sauce be so nicely blended, and that delightful concord

should exist, which would equally delight the palate, as a masterpiece of a Mozart or a Rossini should delight the ear; but which, if badly executed, tantalize those nervous organs, affect the whole system, and prove a nuisance instead of a pleasure. I will therefore be very precise in describing the two, in order that when you prepare them, you will not cause your guests to make grimaces at each other, whilst partaking of them at your festive board, as the present age is a little more refined than at the time of Dr. Johnson, and we are often obliged to swallow that we do not like. It is reported of him, that being at a ceremonious dinner-party, and indulging in his usual flow of wit, he unconsciously partook of a spoonful of very hot soup, which he immediately returned to the plate he had taken it from; and observing the astonishment of some of his neighbours, he very coolly remarked, "A fool would have burnt his mouth."

When we are at home alone, I very seldom trouble myself by making white or brown sauce, which I can avoid by selecting simplified dishes, which easily produce their own sauce whilst cooking them. But when I expect a little company, the first order I give my cook is to make half of the quantity of the following receipts for white and brown sauces, which ought to be kept hot in a bain-marie pan, previous to the dinner. No doubt the word bain-marie is new to you, I will therefore tell you what it is. It consists of a pan containing water to the depth of about four inches, generally placed at the side of the stove, in which are placed the saucepans and stewpans, in order that their contents may be kept hot, without injuring the flavour by over heating, and no kitchen from which a good dinner is expected to be sent should be without it.

135. WHITE SAUCE.—Cut and chop a knuckle of veal, weighing about four pounds, into large dice; also half a pound of lean bacon; butter the bottom of a large stewpan with a quarter of a pound of butter, add two onions, a small carrot, a turnip, three cloves, half a blade of mace, a bouquet of a bay-leaf, a sprig of thyme, and six of parsley, add a gill of water, place over a sharp fire, stirring round occasionally, until the bottom of the stewpan is covered with whitish glaze, then fill up with three quarts of water, add a good teaspoonful of salt, and let simmer at the corner of the fire an hour and a half,

keeping well skimmed; pass it through a hair sieve into a basin. In another stewpan put a quarter of a pound of butter, with which mix six ounces of flour, stirring over the fire about three minutes, take off, keep stirring until partly cold, when add the stock all at once; continually stirring and boiling for a quarter of an hour; add half a pint of boiling milk, stir a few minutes longer, add a little chopped mushrooms, if handy, pass through a hair sieve into a basin, until required for use, stirring it round occasionally until cold. The above being a simplified white sauce, will be referred to very often in the receipts.

136. BROWN SAUCE.—Put two ounces of butter into a stewpan, rub it over the bottom, peel two or three large onions, cut them in thick slices, lay them on the bottom, cut into small pieces about two pounds of knuckle of veal,* all meat, or three pounds if with bone, a quarter of a pound of lean bacon, cut small, two cloves, a few peppercorns, a tablespoonful of salt, two bay leaves, a gill of water; set it on a brisk fire, let it remain ten minutes, when stir it well round, subdue the fire, let it remain a few minutes longer, and stir now and then until it has a nice brown colour; fill your pan with three quarts of water; when boiling, set it on the corner of the stove, with the lid three parts on the saucepan; when boiling, skim fat and all; after one hour, or one hour and a half simmering, pass it through a sieve into a basin. *To make the thickening or Roux for it*, proceed as follows:—Roux. Put two ounces of butter into a pan, which melt on a slow fire, then add three ounces of flour, stir it until getting a thin deep yellow colour; this in France is called Roux, being very useful in cookery, and will be often referred to in

* Half veal and beef can be used; or if no veal, all beef.

these receipts. This process will take five minutes, when remove from the fire for two minutes to cool, then add at once three pints and a quarter of the above stock, very quickly set it on the fire to boil, remove to the corner to simmer, and skim. It ought to be entirely free from grease, and of a light chesnut colour.

137. DEMI-GLAZE—THIN BROWN SAUCE FOR MADE DISHES.—When I have a small dinner-party, I always, as I told you before, make small quantities of white and brown sauce as above, but this is a nice way of clarifying a brown sauce without much trouble, and makes it a beautiful transparent brown colour: but although I have made it quite a study, that each *entrée*, or made dish for daily use, should make its own sauce, yet I must impress upon you that this sauce is the real key to cooking a good and ceremonious dinner. Put a pint of brown sauce, in a middle-sized stewpan, add to it half a pint of broth or consommé, put it on the stove, stir with wooden spoon, let it boil as fast as possible, take the skum off which will rise to the surface, reduce it until it adheres lightly to the spoon, pass it through a sieve or tammy into a basin, stir now and then until cold, to prevent a skin forming on the top, put it by until wanted for use. It will keep for a week in winter, by adding half a gill of white broth every other day, and giving it a boil; the addition of a tablespoonful of tomato sauce, gives it a beautiful colour; use where indicated.

138. THIN BROWN SAUCE OF MUSHROOMS.—Put twelve tablespoonfuls of thin brown sauce in a small stewpan to boil, then have six or eight small mushrooms, well cleaned and washed, chop them fine, and place in sauce, and boil for five minutes; taste if it is to your

liking; the addition of a little sugar is an improvement; a little cayenne, if liked, may be introduced. The sauce is good for cutlets, broiled fowl, and game, &c.

139. **ESCHALOT SAUCE.**—Chop fine about a good tablespoonful of eschalot, place it in the corner of a napkin, and pour water over; press until dry, and put in a small stewpan with two tablespoonfuls of vinegar, one clove, a little mace; boil two minutes, add ten tablespoonfuls of demi-glaze, boil a little longer, add a little sugar, and serve.

140. **PIQUANT OR SHARP SAUCE.**—Put two tablespoonfuls of chopped onions, or eschalots, cleaned as above, into a stewpan; put also four tablespoonfuls of vinegar, and a bay leaf, and boil; then add ten tablespoonfuls of brown sauce, half a one of chopped parsley, ditto of green gherkins; boil five minutes, skim, add a little sugar, taste if well seasoned, take out bay-leaf and serve.

141. **TARRAGON SAUCE.**—Put eight tablespoonfuls of demi-glaze, and four of broth, into a stewpan; boil for a few minutes, add a tablespoonful of vinegar, have ready picked twenty leaves of fresh tarragon, put in to simmer two minutes, and serve with any kind of poultry, but especially spring chickens.

142. **BROWN CUCUMBER SAUCE.**—Peel a small fresh cucumber, cut it in neat pieces, put in a stewpan with a little sugar, add half an ounce of butter, set it on a slow fire, stir it now and then, add twelve tablespoonfuls of brown sauce, and eight of broth; let it simmer till tender, skim the butter off, remove the cucumber into another stewpan, pass the sauce, reduce it a little, taste it, pour over, and serve.

143. **MINCE HERB SAUCE.**—Put two tablespoon

fuls of finely chopped onions in a stewpan, add a tablespoonful of oil, place it on the fire, stir a few minutes, add ten tablespoonfuls of demi-glaze, and four of broth or water; boil, skim; if too thick, and the scum should not rise, add half a gill of broth or water; boil, and reduce to a proper thickness, and add a tablespoonful of chopped parsley if at hand, one of mushrooms, and season with a little cayenne; the juice of a quarter of a lemon; serve. I often introduce a little garlic in this.

144. ITALIAN HERB SAUCE.—Proceed in the same way as the above, only add a little chopped thyme, and a small glass of sherry.

145. ROBERT SAUCE.—Peel and cut up two good-sized onions, put them in stewpan with an ounce of butter, till they are a nice yellow colour, then add eight tablespoonfuls of demi-glaze, and two of water or broth; skim, boil quickly; when of a proper thickness add a good tablespoonful of French mustard; season rather high; if no French mustard, use English, but it completely changes the flavour, though still very palatable.

146. RAVIGOTE SAUCE.—Put in a stewpan one middle-sized onion sliced, with a little carrot, a little thyme, bay leaf, one clove, a little mace, a little scraped horseradish, a little butter, fry a few minutes, then add three teaspoonfuls of vinegar, ten tablespoonfuls of brown sauce, four of broth; when boiling, skim, add a tablespoonful of currant jelly; when melted, pass all through a tammy, and serve with any kind of meat or poultry; with hare or venison *it is excellent*.

147. BROWN MUSHROOM SAUCE.—Clean and cut twelve small mushrooms in slices, place them in a

stewpan with a little butter, salt, pepper, the juice of a quarter of a lemon, set it on a slow fire for a few minutes, then add ten spoonfuls of demi-glaze; boil till they are tender, and serve. A little mushroom catsup may be introduced.

148. ORANGE SAUCE FOR GAME.—Peel half an orange, removing all the pith; cut it into slices, and then in fillets; put them in a gill of water to boil for two minutes; drain them on a sieve, throwing the water away; place in the stewpan two spoonfuls of demi-glaze, or ten of broth; and, when boiling, add the orange, a little sugar, simmer ten minutes, skim, and serve. The juice of half an orange is an improvement. This is served with ducklings and water-fowl; those that like may add cayenne and mustard.

149. GARLIC SAUCE.—Though many dislike the flavour of this root, yet those that like it ought not to be deprived of it. Put in a stewpan ten tablespoonfuls of demi-glaze, a little tomato sauce, if handy; boil it a few minutes, scrape half a clove of garlic, put it in with a little sugar, and serve.

150. MINT SAUCE FOR LAMB.—Take three tablespoonfuls of chopped leaves of green mint, three tablespoonfuls of brown sugar, and put into a basin with half a pint of brown vinegar; stir it well up, add one salt-spoonful of salt, and serve.

151. LIAISON OF EGGS.—Break the yolks of three eggs in a basin, with which mix six spoonfuls of milk, or eight of cream; pass it through a fine sieve, and use when directed.

152. ANCHOVY BUTTER SAUCE.—Put into a

stewpan eight spoonfuls of demi-glaze, or three of broth; when boiling, add one ounce of anchovy butter; stir continually till melted; serve where directed.

153. SOYER'S SAUCE.—Put six spoonfuls of demi-glaze into a stewpan; when hot, add four spoonfuls of Soyer's Gentleman's Sauce; let boil, and serve with either chop, steak, cutlet, poultry, or game.

154. PAPILOTTE SAUCE.—Scrape half an ounce of fat bacon, put it in a pan with four tablespoonfuls of chopped onions, stir over the fire for a few minutes, then add ten tablespoonfuls of brown sauce and boil; then add a tablespoonful of mushrooms chopped, one ditto of parsley, a little nutmeg, a little pepper and sugar, a quarter of a clove of scraped garlic; reduce till rather thickish; put on dish till cold, and use it for anything you may put up "*en Papillotte*."

155. TOMATO SAUCE.—If fresh, put six in a stewpan; having removed the stalk, and squeezed them in the hand to remove pips, &c., add half an onion, sliced, a sprig of thyme, a bay leaf, half an ounce of celery, one ounce of ham or bacon, same of butter, teaspoonful of sugar, same of salt, a quarter one of pepper; set on fire to stew gently; when all tender, add a tablespoonful of flour, moisten with half a pint of broth, boil five minutes, add a little cayenne, taste if highly seasoned, pass it through sieve or tammy, put it back in stewpan, until it adheres rather thick to the back of the spoon, and use it for any kind of meat or poultry. If preserved tomato, proceed as for poivrade sauce, respecting the vegetables, omitting the vinegar, and adding the tomato, instead of brown sauce, with a tablespoonful of flour and broth to bring it to a proper thickness; pass it through a sieve, and serve as above.

156. CURRY SAUCE.—This I generally keep ready-made in the larder, being very fond of what I consider such wholesome food as curry ; but not liking to be troubled with making it often, I cause my cook to prepare a certain quantity at a time. Mr. B. is very partial to curry, but he likes it in winter ; for my part, I prefer it in summer. After having partaken of some one very hot summer's day, I felt quite cool. Capt. White, who has been nearly twenty years in the East Indies, tells me that it will produce that refreshing effect ; I can enjoy it in any season.

Put into a pan four good-sized onions, sliced, and two peeled apples, with a quarter of a pound of butter, the same of lean ham, a blade of mace, four peppercorns, two bay-leaves, two sprigs of thyme ; stir them over a moderate fire until the onions become brown and tender, then add two tablespoonfuls of the best curry powder, one of vinegar, two of flour, a teaspoonful of salt, one of sugar ; moisten it with a quart of broth or milk, or even water, with the addition of a little glaze ; boil till in a pulp, and adhering rather thickly to the back of the spoon ; pass all through a fine sieve or tammy, give it another boil for a few minutes, put it in a basin, and use when required. Any kind of meat, poultry, and fish, or parts of game, is excellent warmed in this sauce, and served with well-boiled and dry rice. I have kept this sauce in a cool place in the winter for a month, boiling it now and then. The quantity of powder may be omitted, and a spoonful of curry paste used, or some mangoes. (*See CURRIES.*)

157. A VERY GOOD AND USEFUL WHITE SAUCE (*quite new*).—Put a quart of white sauce in a stewpan of a proper size on a fire ; stir continually until reduced to one-third ; put two yolks of eggs in a basin, stir them well up, add your sauce gradually, keep stirring, put back in stewpan, set it to boil for a few minutes longer, then add one pint of boiling milk, which will bring it to

its proper thickness; that is, when it adheres transparently to the back of a spoon; pass through a tammy into a basin, stir now and then till cold. If not immediately required, and I have any stock left, I use half of it with half of milk. I also try this way, which is very convenient: when the yolks are in, and well boiled, I put it in a large gallipot, and when cold, cover with pieces of paper; it will keep good in winter for two or three weeks, and above a week in summer; when I want to use a little of it, I only take a spoonful or two and warm it on the fire, and add enough milk or white broth to bring it to a proper thickness, and use where required. This sauce is very smooth, and never turns greasy; it lies beautifully on fowl, or any white made dish; the addition of a drop of cream gives it a very fine white appearance.

158. ONION PURÉE SAUCE.—Peel and cut six onions in slices; put in a stewpan, with a quarter of a pound of butter, a teaspoonful of salt, one of sugar, a half one of pepper; place on a slow fire to simmer till in a pulp, stirring them now and then to prevent them getting brown, then add one tablespoonful of flour, a pint of milk, and boil till a proper thickness, which should be a little thicker than melted butter; pass through a tammy, warm again, and serve with mutton cutlets, chops, rabbits, or fowl; by not passing it, it will do for roast mutton and boiled rabbit as onion sauce.

159. PURÉE OF CAULIFLOWER SAUCE.—Boil a cauliflower well in three pints of water, in which you have previously put one ounce of butter, two tablespoonfuls of salt; when done, chop it up, having prepared and slowly cooked in a stewpan an onion sliced, a little celery, half a turnip, one ounce of ham, two of butter, a little bay-

leaf, mace, add then the cauliflower, stir round, add a tablespoonful of flour, moisten as above for onions, pass, and finish the same way.

160. JERUSALEM ARTICHOKE SAUCE.—Peel twelve, and well wash; boil till tender, and proceed as above.

161. TURNIP SAUCE PURÉE.—Boil six middle-sized ones, press all the water you can out of them, and proceed as the above.

162. WHITE CUCUMBER PURÉE.—Peel two, or one large one, cut in slices, put in the stewpan with the same vegetables, &c. as for the cauliflower; when tender, add a tablespoonful of flour, three gills of milk or broth, boil, finishing as the cauliflower.

163. SORREL SAUCE, OR PURÉE.—Wash well four handfuls of sorrel, put it nearly dry into a middle-sized stewpan, with a little butter; let it melt, add a tablespoonful of flour, a teaspoonful of salt, half one of pepper, moisten to a thick purée, with milk, or broth, or cream; pass it through a sieve, put it back in a stewpan, warm again, add two whole eggs, two ounces of butter, and stir well, and serve where directed.

164. SPINAGE PURÉE, (*see* VEGETABLES, *2nd Course*.)—Endive is often used in France, and called chicorée. This purée may be made like the cauliflower, or only plainly chopped, put into a pan with two ounces of butter, a gill of white sauce, a little grated nutmeg, and a little salt, pepper, and sugar.

165. STEWED PEAS AND SPRUE GRASS.—For cutlets, sweetbreads, fowls, or any dishes, they are applicable, (*see* VEGETABLES, *2nd Course*,) also French beans,

only using one-third of the quantity that you would for a made dish, or for an entremet.

166. **SCOOPED JERUSALEM ARTICHOKE.**—Scoop with a round cutter twenty-four pieces of artichoke, of the size of half an inch in diameter, wash, and put them in a small stewpan with half an ounce of butter and a quarter of an ounce of sugar; put it on a slow fire for a few minutes, add two tablespoonfuls of white sauce, six of white broth or milk, let them simmer till tender, skim, mix a yolk of an egg with two tablespoonfuls of milk, pour in stewpan, and move it round very quick, and serve; it must not be too thick, and the artichokes must be well done; they must not be in purée; they are good with or served under any white meat.

167. **SCOOPED TURNIPS.**—Proceed exactly the same, only serve a little thinner; they will not do if stringy.

168. **BUTTON ONIONS.**—The same, only make the sauce thinner, and boil longer, according to their size.

169. **YOUNG CARROTS.**—Scrape and trim to shape twenty small and young carrots, pass in sugar and butter, add white or brown sauce, but keep it thinner, as it requires a longer time boiling; when tender, if for white sauce, add a tablespoonful of liaison, stir, and serve.

170. **WHITE MUSHROOM SAUCE.**—Use small white ones; cut the dark part out and remove the tail, wash in several waters, put in a stewpan with a little butter, salt, pepper, juice of lemon, sauté it for a few minutes, add a gill of white sauce, four tablespoonfuls of broth, milk, or water; boil, and serve under any white meat.

171. **WHITE CUCUMBER SAUCE.**—Peel two cucumbers, divide each lengthwise into four, remove the pips, and cut into pieces one inch long; add, in stewpan, one ounce of butter, a teaspoonful of sugar, half of salt, let it stew on the fire for fifteen minutes, then add a gill of white sauce, six spoonfuls of milk, broth, or water, simmer gently and skim; add a tablespoonful of liaison, and serve where directed, but observe that all these garnitures ought to be served *under* the meat and *over* poultry.

172. **RAGOUT OF QUENELLES.**—Make twelve nice small quenelles, (*see* QUENELLES,) warm half a pint of white sauce, in which you have put four tablespoonfuls of milk, and half a teaspoonful of eschalot; when well done, pour on them the liaison, with the juice of a lemon, and serve. A few English truffles or mushrooms may be added to this sauce.

173. **MAITRE-D'HOTEL SAUCE.**—Put eight spoonfuls of white sauce in a stewpan, with four of white stock or milk; boil it five minutes, then stir in two ounces of maître-d'hôtel butter; stir it quickly over the fire until the butter is melted, but do not let the sauce boil after the butter is in: this sauce should only be made at the time of serving.

174. **GREEN PEAS STEWED.**—Put a pint of young peas, boiled very green, into a stewpan, with three tablespoonfuls of white sauce, two ounces of butter, a little sugar and salt, and two button onions, with parsley, tied together; boil ten minutes; add two tablespoonfuls of liaison, stir it in quickly, and serve.

175. **GREEN PEAS WITH BACON.**—Put a pint of well-boiled peas into a stewpan, with five spoonfuls of

brown sauce, two of brown gravy, a teaspoonful of sugar, two button onions, and a bunch of parsley; let it boil about ten minutes; have ready braised about a quarter of a pound of lean bacon, cut it in dice about a quarter of an inch square, add it to the peas, take out the onions and parsley, season with an ounce of butter, and half a teaspoonful of sugar; mix well together, stew twenty minutes, and serve.

176. **BLANCHED MUSHROOMS.**—Get a pottle of fresh mushrooms, cut off the dirt, and likewise the heads, (reserving the stalk for chopping,) wash the heads in a basin of clean water, take them out and drain in a sieve; put into a stewpan two wine-glasses of cold water, one ounce of butter, the juice of half a good lemon, and a little salt; turn or peel each head neatly, and put them into the stewpan immediately, or they will turn black; set your stewpan on a brisk fire, let them boil quickly five minutes, put them into a basin ready for use; chop the stalks, and peel very fine, put them into stewpan with three table-spoonfuls of the liquor the mushrooms have been boiled in; let them simmer three minutes, put them into a jar, and use where indicated.

Observe: Turning or peeling mushrooms is an art that practice alone can attain; if they are very fresh and white, wash them quickly, and wipe them on a cloth; throw them into the liquid above mentioned.

177. **ONIONS STUFFED.**—Peel twelve large onions, cut a piece off at the top and bottom to give them a flat appearance, and which adds a better flavour if left, blanch them in four quarts of boiling water twenty minutes, then lay them on a cloth to dry; take the middle out of each onion, and fill them with veal forcemeat, (with a little

chopped eschalot, parsley, and mushroom, mixed in it,) and put them in a sauté-pan well buttered, cover them with white broth, let them simmer over a slow fire until covered with a glaze, and tender; turn them over, and serve where required.

178. HOT TARTAR SAUCE.—Put four tablespoonfuls of white sauce in a small stewpan, four of broth or milk, boil a few minutes, then add two tablespoonfuls of the tartar sauce (*see* SALADS) in it, stir it very quick with a wooden spoon, make it quite hot, but not boiling; put it on a dish, and serve where described.

179. MEPHISTOPHELIAN SAUCE.—Do not be afraid of the title, for it has nothing diabolical about it; the first time I tried it was at Mr. B.'s birthday party: when some of his friends, having over and over again drank his health, till he had hardly any health left to carry him to the drawing-room, where the coffee was waiting, about eleven o'clock,—asked for some anchovy sandwiches, but, from a mistake in not having any in the house, I composed this ravigotante sauce, which partly brought them back to their senses.

I cut up the remains of the turkey, rubbed some mustard over it, sprinkled a little salt and plenty of cayenne, put it on the gridiron on the fire, and made the following sauce: I chopped six eschalots, washed and pressed them in the corner of a clean cloth, then put them into a stewpan with one and a half wine-glassful of Chili vinegar, a chopped clove, a piece of garlic, two bay-leaves, an ounce of glaze, and boiled all together for ten minutes; then added four tablespoonfuls of tomato sauce, a little sugar, and ten of gravy or brown sauce; boiled it a few minutes longer, then added a pat of butter, stirring it well in, removed the bay-leaf, and poured over turkey, and served.

180. WILD FOWL SAUCE.—The following is a good sauce; the quantities are given for one wild duck.

Walnut catsup one tablespoonful; the same of Harvey's or Worcestershire sauce, the same of lemon-juice, a wine-glass of red wine, a good slice of lemon-peel, one eschalot, minced, half a salt-spoonful of cayenne pepper, one blade of mace, and a wine-glassful of gravy; boil ten minutes, serve very hot, and pour over the bird when cut up.

181. FUMET DE GIBIER SAUCE.—Take the remains or bones of game, (the back-bones of grouse are best,) chop them up small, put them in a stewpan, with a glass of white wine, an onion, a small piece of carrot, and of turnip sliced, a leaf of celery, a sprig of thyme, the same of parsley, a bay-leaf, a clove, half a blade of mace; stir over the fire five minutes, then add a quart of brown sauce, if too thick add some water, boil for about twenty minutes, skim, strain, and serve; a little lemon-juice and cayenne pepper may be added if approved of.

182. CAPER SAUCE.—Put twelve tablespoonfuls of melted butter into a stewpan, place it on the fire, and when on the point of boiling, add one ounce of fresh butter and one tablespoonful of capers; shake the stewpan round over the fire until the butter is melted, add a little pepper and salt, and serve where directed.

SOUPS.

IN France, no dinner is served without soup, and no good soup is supposed to be made without the pot-au-feu (See No. 225), it being the national dish of the middle and poorer classes of that country. I think it might be of service to the working classes, as by it they would be oftener able to partake of a hot dinner, the advantages to be derived from which, in a cold climate like ours, I have already remarked upon. Clear light soups are very

delicate and in this country more fit for the wealthy ; whilst the more substantial thick soups, such as mock turtle, ox tail, peas, &c., are more in vogue, consequent upon being better adapted for the million, as a less quantity is more satisfying ; therefore, after giving a few series of clear soups, I shall proceed to give a greater variety of the thicker sorts, being careful that every receipt shall be so plain as to give a correct idea of its cost.

183. STOCK FOR ALL KINDS OF SOUP.—Procure a knuckle of veal about six pounds in weight, which cut into pieces about the size of an egg, as also half a pound of lean ham or bacon ; then rub a quarter of a pound of butter upon the bottom of the stewpan (capable of holding about two gallons), into which put the meat and bacon, with half a pint of water, two ounces of salt, three middle-sized onions, with two cloves in each, one turnip, a carrot, half a leek, and half a head of celery ; put the cover upon the stewpan, which place over a sharp fire, occasionally stirring round its contents with a wooden spoon, until the bottom of the stewpan is covered with a white thickish glaze, which will lightly adhere to the spoon ; fill up the stewpan with cold water, and when upon the point of boiling, draw it to the corner of the fire, where it must gently simmer for three hours, carefully skimming off every particle of grease and scum ; pass your stock through a fine hair sieve, and it is ready for use when required.

The above will make a delicious broth for all kinds of clear soups, and of course for thick soups or purées ; by boiling it rather faster about five minutes before passing, you will be better enabled to take off every particle of grease from the surface. In making a stock of beef proceed as above, but allow double the time to simmer ; mutton or lamb, if any trimmings, might also be used ; if beef, use seven pounds ; if mutton, eight ; or lamb, seven, of course bones and all included ; with care, this broth would be quite clear. To give a little colour, as required

for all clear soups, use a little brown gravy or browning, but never attempt to brown it by letting it colour at the bottom of the stewpan, for in that case you would destroy the greater part of the osmazome.

184. ANOTHER WAY, MORE ECONOMICAL.—Instead of cutting up the knuckle of veal so small, cut it in four or five pieces only, and leave the bacon in one piece; then, when the broth is passed, take out the veal, which is very excellent served with a little of the broth for gravy, and the bacon with a few greens upon another dish. This is as I always eat it myself; but some persons may probably prefer a little parsley-and-butter sauce or piquante sauce, served with it. Should any of the veal be left until cold, it might be cut into thin slices, and gradually warmed in either of the before-mentioned sauces. Should you make your stock from the leg or shin of beef, stew it double the time, preserve the vegetables boiled in the stock, and serve with beef, or serve the beef with some nice sharp sauce over; the remainder, if cold, may also be hashed in the ordinary way. If of mutton, and you have used the scrags of the neck, the breast, head, or the chump of the loin, keep them in as large pieces as possible; and, when done, serve with a few mashed turnips, and caper sauce, separately; if any remaining until cold, mince it. Lamb would be seldom used for stock, being much too expensive; but in case of an abundance, which may sometimes happen in the country, proceed the same as for mutton.

185. BROWN GRAVIES.—Rub an ounce of butter over the bottom of a stewpan which will hold about three quarts; have ready peeled four onions, cut them into thick slices, with which cover the bottom of the stewpan; over these lay about two pounds of beef from the leg or

shin, cut into thin slices, with the bone chopped very small; add a small carrot, a turnip cut in slices, and a couple of cloves; set the stewpan upon a gentle fire for ten minutes, shaking it round occasionally to prevent burning; after which let it go upon a slow fire for upwards of an hour, until the bottom is covered with a blackish glaze, but not burnt; when properly done, and ready for filling up, you will perceive the fat that runs from the meat quite clear, fill up the stewpan with cold water, add a teaspoonful of salt; and when upon the point of boiling, set it on a corner of the fire, where let it simmer gently about an hour, skimming off all the fat and scum which may rise to the surface; when done pass it through a fine sieve into a basin, and put by to use for the following purposes:—For every kind of roast meat, poultry, or game especially; also, to give a good colour to soups and sauces. This gravy will keep several days, by boiling it every other day. Although beef is the most proper meat for the above purpose, it may be made of veal, mutton, lamb, or even with fresh pork, rabbits, or poultry.

186. BROWNING.—When in business, and not so much time to devote to the kitchen, I used to make shift with a browning from the following receipt, using, however, but a very few drops: put two ounces of powdered sugar into a middling-sized stewpan, which place over a slow fire; when beginning to melt, stir it round with a wooden spoon until getting quite black, then pour over half a pint of cold water: leave it to dissolve, and take a little for use when required. Burnt onions are used in France for this purpose.

187. GLAZE is an almost indispensable article in a *cuisine bourgeoise*, and should be kept by all persons in the middle classes of life, the advantage being that it will

keep for months together, is very simple to make, and is always useful in cookery, however so humble; in fact, with it you can dress a very good dinner with very little trouble.

Make a stock as directed in No. 183, but omitting the salt, which, when done, pass through a cloth into a basin; then fill the stewpan up a second time with hot water, and let boil four hours longer to obtain all the succulence from the meat, then pass it through a cloth the same as the first; then pour both stocks in a large stewpan together, set it over the fire, and let it boil as fast as possible, leaving a large spoon in, to stir occasionally and prevent its boiling over; when reduced to about three pints, pour it into a smaller stewpan, set again to boil at the corner, skimming well if required; when reduced to a quart, place it quite over the fire, well stirring with a wooden spoon until forming a thickish glaze (which will adhere to the spoon) of a fine yellowish-brown colour; pour it into a basin, or, if for keeping any time, into a long bladder, from which cut a slice and use where directed.

Where, however, only a small quantity is required, reduce only the second stock, using the first for either soup or sauce; but in that case the salt must not be omitted from the first stock, but from the second only. Veal at all times makes the best glaze, but any kinds of meat, game, or poultry, will produce more or less.

188. TO CLARIFY STOCK, *if required*.—In case, by some accident, your stock should not be clear, put it (say three quarts) into a stewpan, and place it over a good fire, skim well, and, when boiling, have ready the whites of three eggs, (carefully separated from their yolks,) to which add half a pint of water; whisk well together; then

add half a pint of the boiling stock gradually, still whisking the eggs; then whisk the boiling stock, pouring the whites of eggs, &c., in whilst so doing, which continue until nearly boiling again, then take it from the fire, let it remain until the whites of eggs separate themselves, pass it through a clean fine cloth into a basin. This must be taken as a rule for every kind of clear soup, which must be strictly followed by every person wishing to profit by this little work. These principles, once learned, would be useful at all times, and save a great deal of useless reference in the perusal of these receipts; and no persons can make themselves answerable for the success of any individual in making soups if the instructions recommended be not strictly followed. The following rule should be therefore punctually attended to.

All clear soups ought not to be too strong of meat, and must be of a light brown sherry or straw colour. All white or brown thick soups should be rather thin, with just sufficient consistency to adhere lightly to a spoon when hot; soups of fish, poultry, or game especially. All purées, no matter whether of meat or vegetables, require to be somewhat thicker, which may be ascertained by its adhering more thickly to the spoon. Every Italian soup must be very clear, rather stronger of meat, and the colour of pale sherry.

By following the few foregoing observations, experience will teach you volumes; for as there is a great difference in the quality of different materials, (flour, for instance, which, if strong, would tend to thicken, but if weak, actually almost turns to water by boiling,) therefore your judgment, with the above few important remarks, will make you more perfect than the most precise quantities of weights and measurements upon that important point.

189. CLEAR VEGETABLE SOUP.—Peel a middling sized carrot and turnip, which cut first into slices, then into small square pieces about the size of dice; peel also eighteen button onions; wash the whole in cold water and drain them upon a sieve; when dry put them into a stewpan with two ounces of butter and a teaspoonful of powdered sugar; set them upon a very sharp fire for ten minutes, tossing them over every now and then until the vegetables become covered with a thin shiny glaze, which may take rather more than the before-mentioned time; care, however, must be taken, for should you let them get brown, the flavour of the soup would be spoiled; whilst, upon the other hand, if put in whilst surrounded with a whitish liquid, your soup would look white and unsightly. With a little attention, however, success is certain; and, once accomplished, there would be no difficulty in making any vegetable soups or sauce, therefore it is very desirable to know how to do it properly. When done, pour two quarts of clear broth over them, set it upon the fire, and when upon the point of boiling, place it at the corner to simmer, until the vegetables are quite tender, (the onions especially,) carefully skimming off all the butter as it rises to the surface; it will require about half an hour's simmering, and there should be half a pound of vegetables to two quarts of stock; taste if properly seasoned, which it ought to be with the above proportions, but use your own judgment accordingly.

The only difference to be made in these descriptions of soup is in the way the vegetables are cut; cutters for the purpose may be purchased at any brazier's shop, either in London or the country, at a trifling expense.

190. PRINTANIÈRE SOUP.—Cut a small quantity of vegetables, as in the last, but rather less carrot and

turnip, introducing a little celery, leek, and young spring onions, instead of the button onions; proceed exactly as before, but ten minutes before taking it from the fire, wash a few leaves of sorrel, which cut small and put into the soup, with six sprigs of chervil; in summer, a few fresh boiled peas or French beans served in it is an improvement.

In whatever shape you may cut the vegetables for soup, always be cautious not to cut some pieces larger than others, and the whole of them rather small than large; for if some pieces should be small and others large, the smaller pieces would quite be in purée, whilst the larger ones would still be quite hard, which would cause your soup not only to eat badly, but give it an unsightly appearance, for the vegetable boiled to a purée would make the soup thick. The above remark, although simple, is still very important.

191. JULIENNE SOUP.—This soup is entirely the hereditary property of France, and is supposed to be so called from the months of June and July, when all vegetables are in full season; and to make it in reality as originally made, a small quantity of every description of vegetables should be used, including lettuce, sorrel, and tarragon; however, some few sorts of vegetables, mixed together, make a most estimable soup. Weigh half a pound of the vegetables in fair proportions to each other; that is, carrots, turnips, onions, celery, and leeks, which cut into small fillets an inch in length, and of the thickness of a trussing-needle; when done, wash dry, and pass them in butter and sugar as before, add two quarts of clear soup, adding, just before it is done, a little sorrel, cabbage-lettuce, and chervil or peas, if handy, but it will be excellent without either.

192. CLEAR TURNIP SOUP.—Cut, with a round vegetable scoop, about forty pieces of turnip, of the shape and size of small marbles, which put into a stewpan, with sugar and butter as before, but fry them of a light brownish colour, add two quarts of broth, and finish the soup as in the previous receipts. A tablespoonful of Italian paste, previously half boiled in water, then drained and finished in the soup, is also an improvement.

193. CLEAR ARTICHOKE SOUP. — Peel twelve Jerusalem artichokes, which well wash, then cut as many round scoops as possible, the same as in the last, proceeding exactly the same. The remainder of either turnips, artichokes, or carrots, may be boiled, and mashed with a little butter, pepper, and salt, and served as a vegetable, or reserved to make a soup purée; the remains of other vegetables from the previous soups should also be reserved for flavouring of stock, instead of using the fresh vegetables.

194. VERMICELLI.—Put a quart of clear stock into a stewpan upon the fire, and when boiling, add two ounces of vermicelli; boil gently ten minutes, and it is ready to serve.

195. ITALIAN PASTE.—Procure some small Italian paste, in stars, rings, or any other shape, but small; put on a quart of stock, and when boiling, add two ounces of the paste; boil twenty minutes, or rather more, when it is ready to serve.

196. SEMOULINA.—Take one quart of stock, and when boiling add two tablespoonfuls of semoulina; boil twenty minutes, and it is then done. Proceed the same also with tapioca and sago.

197. **MACARONI.**—Boil a quarter of a pound of macaroni in a quart of water for ten minutes, then strain it off, and throw it into two quarts of boiling stock; let simmer gently for half an hour, when serve with grated cheese, upon a plate separately.

198. **RICE.**—Well wash two ounces of the best Patna rice, strain off the water, put the rice into a stewpan, with a quart of cold stock, place it upon the fire, and let simmer about half an hour, until the rice is very tender, but not in pulp.

199. **MUTTON BROTH.**—Any description of trimmings of mutton may be used for broth, but the scrag ends of the neck are usually chosen. Put two scrags into a stewpan (having previously jointed the bones), with three onions, three turnips, and one carrot; fill up the stewpan with a gallon of water, and place it upon the fire; when boiling, set it at the corner, where let it simmer for three hours, keeping it well skimmed; then cut a small carrot, two turnips, an onion, with a little leek and celery, into small square pieces, which put into another stewpan, with a wineglassful of pearl-barley; skim every particle of fat from the broth, which pour through a hair sieve over them; let the whole boil gently at the corner of the fire until the barley is tender, when it is ready to serve; the meat may be trimmed into neat pieces and served with the broth, or separately with melted butter and parsley, or onion sauce. Half or even a quarter of the above quantity can be made by reducing the ingredients in proportion.

200. **IRISH SOUP MADE OF MUTTON BROTH.**—This soup is made similar to the last, adding ten or twelve mealy potatoes cut into large dice, omitting the other vegetables, which being boiled to a purée thicken

the broth; just before serving, throw in twenty heads of parsley, and at the same time add a few flowers of marigold, which will really give it a very pleasing flavour.

201. SCOTCH COCK-A-LEEKIE.—Trim two or three bunches of fine winter leeks, cutting off the roots and part of the heads, then split each in halves lengthwise, and each half into three, which wash well in two or three waters, then put them into a stewpan, with a stock previously made as directed (No. 183), and a fowl trussed as for boiling; let the whole simmer very gently at the corner of the fire for three hours, keeping it well skimmed, seasoning a little if required; half an hour before serving add two dozen French plums, without breaking them; when ready to serve, take out the fowl, which cut into neat pieces, place them in a tureen, and pour the leeks and broth over, the leeks being then partly in purée; if too thick, however, add a drop more broth or water. Should the leeks happen to be old and strong, it would be better to blanch them five minutes in a gallon of boiling water previous to putting them in the stock.

Although an old cock is usually procured in Scotland for the above purpose, I prefer a young fowl; but should an old one be most handy, stew it a long time in the stock before passing it. This soup will keep good several days, and would improve by warming a second time.

202. OX-TAIL SOUP.—Cut up two ox-tails, separating them at the joints, put a small piece of butter at the bottom of a stewpan, then put in the ox-tails, with a carrot, a turnip, three onions, a head of celery, a leek, and a bunch of parsley, thyme, and bay-leaf; add half a pint of water, and twelve grains of whole pepper, set over a sharp fire, stirring occasionally, until the bottom of the

stewpan is covered with a thickish brown glaze, then add a quarter of a pound of flour, stir it well in, and fill up the stewpan with three quarts of water, add a tablespoonful of salt, and stir occasionally until boiling; then set it upon the corner of the stove, skim well, add a gill of good brown gravy, or a few drops of browning, and let simmer until the tails are stewed very tender, the flesh coming easily from the bones, then take them out immediately, and put them into your tureen; pass the soup through a hair sieve over them, add a head of celery, previously cut small, and boiled in a little stock, and serve.

Ox-tail soup may also be made clear by omitting the flour, and serving with vegetables, as directed for the clear vegetable soup (No. 189).

203. OX-CHEEK SOUP.—Blanch in boiling water two ox-cheeks, cut off the beard, take away all the bone, which chop up, and cut the flesh into middling-sized pieces, leaving the cheek-part whole; put all together into a stewpan, with four quarts of water, a little salt, ten peppercorns, two carrots, two turnips, one leek, one head of celery, and a bunch of parsley, thyme, and bay-leaf; let it stew at the corner of the fire six hours, keeping it well skimmed, then take out the fleshy part of the cheeks, and pass the broth through a hair sieve into another stewpan; mix a quarter of a pound of flour with a pint of cold broth, which pour into it, and stir over the fire until boiling, when place it at the corner (adding two heads of celery, cut very fine, and a glass of sherry); when the celery is tender, cut the meat into small square pieces, keep them warm in the tureen, and when the soup is ready, pour over, and serve; give it a nice colour with browning.

Sheep's or lambs' heads also make very good soup by following the above receipt, and adding two pounds of

veal, mutton, or beef to the stock; two heads would be sufficient, and they would not require so long to stew.

204. **WHITE MOCK-TURTLE SOUP.**—Procure half a calf's head (scalded, not skinned), bone it, then cut up a knuckle of veal, which put into a stewpan, well buttered at the bottom, with half a pound of lean ham, an ounce of salt, a carrot, a turnip, three onions, a head of celery, a leek, a bunch of parsley, and a bay-leaf, add half a pint of water; set it upon the fire, moving it round occasionally, until the bottom of the stewpan is covered with a white glaze; then add six quarts of water, and put in the half head, let simmer upon the corner of the fire for two hours and a half, or until the head is tender, then take it out, and press it between two dishes, and pass the stock through a hair sieve into a basin; then in another stewpan have a quarter of a pound of butter, with a sprig of thyme, basil, marjoram, and bay-leaf, let the butter get quite hot, then add six ounces of flour to form a roux, stir over a sharp fire a few minutes, keeping it quite white; stand it off the fire to cool, then add the stock, stir over the fire until boiling, then stand it at the corner, skim off all the fat, and pass it through a hair sieve into another stewpan; cut the head into pieces an inch square, but not too thick, and put them into the soup, which season with a little cayenne pepper; when the pieces are hot, add a gill of cream, and pour it into your tureen.

The above quantity would make two tureens of soup, and will keep good several days, but of course half the quantity could be made.

205. **BROWN MOCK-TURTLE.**—Proceed the same as in the last article, only colouring the stock by drawing

it down to a brown glaze, likewise adding half a pint of brown gravy (No. 185), omitting the cream, and adding two glasses of sherry.

206. MULLIGATAWNY SOUP.—Cut up a knuckle of veal, which put into a stewpan, with a piece of butter, half a pound of lean ham, a carrot, a turnip, three onions, and six apples, add half a pint of water; set the stewpan over a sharp fire, moving the meat round occasionally, let remain until the bottom of the stewpan is covered with a brownish glaze, then add three tablespoonfuls of curry powder, one of curry paste, and half a pound of flour, stir well in, and fill the stewpan with a gallon of water; add a spoonful of salt, the half of one of sugar, when boiling, place it at the corner of the fire, and let it simmer two hours and a half, skimming off all the fat as it rises, then pass it through a tammy into a tureen; trim some of the pieces of veal, and put it back in the stewpan to boil, and serve with plain boiled rice separate. Ox-tails or pieces of rabbits, chickens, &c., left from a previous dinner, may be served in it instead of the veal. The veal is exceedingly good to eat.

207. GIBLET SOUP.—Clean two sets of giblets, which soak for two hours, cut them into equal sizes, and put them into a stewpan, with a quarter of a pound of butter, four pounds of veal or beef, half a pound of ham, a carrot, a turnip, three onions, two ounces of salt, and a bunch of parsley, thyme, and bay-leaves; place the stewpan over a sharp fire, stirring the meat round occasionally; when the bottom of the stewpan is covered with a light glaze, add a quarter of a pound of flour, stir well in, and fill up with a gallon of water; add about a pint of brown gravy (No. 185), stir occasionally until boiling,

then set it at the corner of the stove to simmer, keeping it well skimmed; when the giblets are tender, take them out, put them into your tureen, pass the soup through a hair sieve over, and serve; twenty cooked button onions, or any small-shaped vegetables served in it, are very good, as is also a glass of port wine.

208. OYSTER SOUP.—Put four dozen of oysters into a stewpan with their liquor, place upon the fire; when upon the point of boiling, drain them upon a sieve, catching the liquor in a basin; take off the beards, which put into the liquor, and the oysters into a soup tureen; then put a quarter of a pound of butter into another stewpan over the fire, and when melted add six ounces of flour, stir over a slow fire for a short time, but keeping it quite white; let it cool, then add the liquor and beards of the oysters, a quart of milk, and two quarts of stock (No. 183), stir over the fire until boiling, then season with a teaspoonful of salt, half a saltspoonful of cayenne pepper, five peppercorns, half a blade of mace, a table-spoonful of Harvey sauce, half ditto of essence of anchovies; let boil quickly at the corner for ten minutes, skim it well, add a gill of cream, if handy, strain through a hair sieve over the oysters, and serve.

209. THE FISHERMAN'S SOUP.—Put a quarter of a pound of butter into a stewpan, and when melted add six ounces of flour, stir well together over a slow fire a few minutes; when cool, add one quart of milk, and two quarts of stock (No. 183), stir over a fire until boiling; having previously filleted two soles, add the bones and trimmings to the soup, with four cloves, one blade of mace, two bay-leaves, one spoonful of essence of anchovies, one ditto of Harvey sauce, half a saltspoonful of cayenne, a

little sugar and salt if required; let the whole boil quickly at the corner for ten minutes, keeping it well skimmed; cut each fillet of sole into six pieces, put them into another stewpan, with half a handful of pickled parsley, pass the soup through a hair sieve over, boil again ten minutes, add a gill of cream, if possible, and it is ready to serve.

210. AUTUMN SOUP.—Cut up four cabbage-lettuces, one cos ditto, a handful of sorrel, and a little tarragon and chervil, when well washed and drained put them into a stewpan, with two cucumbers finely sliced, and two ounces of butter, place them over a brisk fire, stirring occasionally, until very little liquid remains, then add two tablespoonfuls of flour, stirring it well in, then pour over three quarts of stock, made as directed (No. 183), adding a quart of young and fresh green peas; half an hour's boiling will suffice for this delicious soup, and the flavour of the vegetables will be fully preserved; season with a teaspoonful of salt, and two of sugar.

211. HODGE-PODGE.—Cut two pounds of fresh scrag of mutton into small pieces, which put into a stewpan, with three quarts of cold water and a tablespoonful of salt, set it upon the fire, and when boiling place it at the corner to simmer, keeping it well skimmed; let it simmer an hour, then add a good-sized carrot, two turnips, two large onions cut into small dice, and six cabbage-lettuces, if in season (the whole well washed), and let simmer until quite tender; skim off all the fat, and serve either with the meat in the soup or separately. If in season, a pint of green peas boiled in the soup is a great improvement.

212. FRENCH CABBAGE SOUP.—This is a soup very much in vogue amongst the middle classes of the

French people. Having tasted some at Boulogne, I could not resist the idea of making some in England, which was pronounced excellent; it is very economical, and may satisfy a numerous family at a trifling expense. Put a gallon of water into a saucepan, with two pounds of streaky pickled pork or bacon, whichever most convenient, to which add a couple of pounds of white cabbage, cut in strips (using every part but the stalk, and previously well washed), two large onions, a carrot, a turnip, and a head of celery; let the whole boil three or four hours, until the pork is tender, skimming off all the fat, season with a little black pepper, brown sugar, and salt, if required (which is not very frequently the case, the pork or bacon generally being sufficiently so), lay slices of bread in your tureen (about one pound), pour the soup over; keep the tureen covered ten minutes, until the bread is soaked, and it is ready to serve. The pork or bacon may be either served separate or cut into small square pieces, and served in the soup. A few mealy potatoes are sometimes introduced, or a quart of large green peas, or a pint of dry split peas. You must observe that vegetables in France are much more used than in this country, as there are but few poor people there who do not possess a little garden, in which they grow their own.

It is also frequently made *maigre* by omitting the pork or bacon, adding more vegetables of all kinds, and a quarter of a pound of butter, and frequently where they have nothing else but cabbage, they make it only of that: now, setting all national feeling aside respecting the poverty of their meals, I have known strong healthy men make a hearty meal of it, preferring it to meat, of which they scarcely ever partake.

213. PURÉE OF VEGETABLE SOUP.—Peel and

cut up very finely three onions, three turnips, one carrot, and four potatoes, which put into a stewpan, with a quarter of a pound of butter, the same of lean ham, and a bunch of parsley; pass them ten minutes over a sharp fire, then add a good spoonful of flour, which mix well in, add two quarts of stock, and a pint of boiling milk; stir it until boiling; season with a little salt and sugar, rub it through a tammy, put it into another stewpan, boil again, skim, and serve with croutons of fried bread, as for Palestine Soup. It ought to be thickish.

214. PALESTINE SOUP, OR PURÉE OF ARTICHOKE.—Have a quarter of a pound of lean bacon or ham, as also an onion, a turnip, and a little celery, cut the whole into small thin slices, and put them into a stewpan, with two ounces of butter; place them over a sharp fire, keeping them stirred, about twenty minutes, or until forming a whitish glaze at the bottom; then have ready washed, peeled, and cut into thin slices, about twelve artichokes, which put into the stewpan with a pint of broth or water, and stew until quite tender, then mix in two tablespoonfuls of flour quite smoothly, add two quarts of stock made as directed, (No. 183), and half a pint of milk; keep it constantly stirred until boiling; season with a teaspoonful of salt, and two of sugar, then rub it through a tammy, place it again in a stewpan; let it boil five minutes, keeping it well skimmed, and serve with very small croutons of bread (fried in butter, and dried upon a cloth) in the tureen; a gill of cream, stirred in at the moment of serving, is a great improvement, although it may be omitted.

215. PURÉE OF CAULIFLOWER SOUP.—Proceed as described for the purée of artichokes, but omitting the artichokes, and substituting four middling-sized cauliflowers, previously boiled and chopped fine.

216. **PURÉE OF TURNIP SOUP** is likewise made in the same manner as a purée of artichokes, substituting twelve young turnips for artichokes and adding half a tablespoonful more of flour.

217. **CRECY À LA REINE, OR PURÉE OF WHITE CARROT.**—Procure six large white Belgian carrots, scrape them, and then cut into very thin slices; put them into a stewpan with a quarter of a pound of lean bacon or ham, a large onion and turnip, and a very white head of celery, all cut into thin slices, and proceed as for Palestine Soup, No. 214.

218. **CRECY SOUP, OR PURÉE OF CARROTS.**—Procure five or six large carrots, as red as possible, which well scrape, then shave them into very thin slices, taking off all the exterior red, but not using the centre, then peel and slice a large onion, a turnip, a quarter of a pound of lean ham, a few sprigs of parsley, and two bay-leaves; put them into a stewpan, with four ounces of butter, fry the whole of a light yellowish colour, then add the carrots, with a pint of water, and let them stew until perfectly tender, mix in two ounces of flour quite smoothly, and add five pints of stock (No. 183); season with a little salt and sugar, and stir upon the fire until boiling, a quarter of an hour, when pass it through a tammy, and finish and serve as in the preceding; no cream, however, must be added. This soup ought to be of a red colour. Boiled rice or fried croutons may be served in it.

219. **GREEN PEA SOUP**—Put two quarts of green peas into a stewpan with a quarter of a pound of butter, a quarter of a pound of lean ham, cut into small dice, two onions in slices, and a few sprigs of parsley; add a quart of cold water, and with the hands rub all well together;

then pour off the water, cover the stewpan close, and stand it over a sharp fire, stirring the contents round occasionally; when very tender, add two tablespoonfuls of flour, which mix well in mashing the peas with your spoon against the sides of the stewpan, add two quarts of stock, or broth from the Pot-au-feu, a tablespoonful of sugar, and a little pepper and salt, if required; boil all well together five minutes, when rub it through a tammy or hair sieve; then put it into another stewpan, with a pint of boiling milk; boil five minutes, skim well, and pour it into your tureen. It must not be too thick; serve with croutons of bread as for Palestine.

220. WINTER PEA SOUP.—Wash a quart of split peas, which put into a stewpan, with half a pound of streaked bacon, two onions in slices, two pounds of veal or beef, cut into small pieces, and a little parsley, thyme, and bay-leaf; add a gallon of water, with a little salt and sugar, place it upon the fire, and when boiling, stand it at the side until the peas are boiled to a purée, and the water has reduced to half; then take out the meat, which put upon a dish, to be eaten with the bacon, keeping it hot, rub the soup through a hair sieve or tammy, put it into another stewpan, and when boiling, serve. The meat may also be served in the tureen if approved of. Maigre pea-soup may also be made by omitting the meat, adding half a pound of butter, one quart of milk, and omitting a quart of water.

221. LENTIL SOUP.—Cut three onions, a turnip, and the half of a carrot into very thin slices, which put into a stewpan, with a quarter of a pound of butter, a few sprigs of parsley, a sprig of thyme, and two bay-leaves, add also two pounds of leg of beef, cut into small dice; set the stewpan upon the fire, stirring with a wooden

spoon, until its contents are fried rather brown, when add one quart of lentils, and three quarts of water; let the whole simmer until the lentils are very tender, when season with nearly an ounce of salt, and half that quantity of sugar; it is then ready to serve.

To make a purée of lentils:—when the soup is made, strain off the broth, add a good spoonful of flour to the lentils, which mash with a wooden spoon against the side of the stewpan; then again put in the broth, boil all up together, keeping it stirred with a spoon; rub it through a tammy or hair sieve, again boil and skim, and it is ready; serve with a few croutons of bread, as directed for Palestine Soup.

222. MAIGRE SOUP.—Cut two onions into very small dice, and put them into a stewpan, with two ounces of butter; fry them a short time, but not to discolour them; have ready three or four handfuls of well-washed sorrel, which cut into ribands and put into the stewpan with the onions, add one tablespoonful of flour, then mix well a pint of milk and a quart of water; boil altogether twenty minutes, keeping it stirred; season with a teaspoonful of sugar and salt, take it from the fire, and stir in quickly a liaison of two yolks of eggs mixed with a gill of cream or milk (it must not boil afterwards), put the crust of a French roll, cut into strips, in the tureen, pour the soup over, and serve very hot.

223. ONION SOUP MAIGRE.—Peel and cut six large onions into small dice, put them into a stewpan, with a quarter of a pound of butter, place them over the fire until well fried, when well mix in a tablespoonful of flour, and rather better than a quart of water; boil until the onions are quite tender, season with a spoonful of

salt and a little sugar ; finish with a liaison, and serve as in the last.

224. HARE SOUP.—Put half a pound of butter into a stewpan, and, when melted, add three quarters of a pound of flour, and half a pound of streaked bacon, cut into very small pieces ; keep stirring over the fire until becoming lightly browned. You have previously cut up a hare into neat smallish pieces ; put them into the stewpan, and keep stirring round over the fire until they are set ; then fill it up with five quarts of water ; add two onions, a head of celery, a bunch of parsley, thyme, and bay-leaves, a blade of mace, and four cloves ; when boiling, season with one ounce of salt and a little pepper, and let it simmer at the corner until the pieces of hare are done, which would be in about an hour if a young hare, but double that time if a very old one ; the better plan is to try a piece occasionally. When done, take out the best pieces, and the meat of the inferior ones pound in a mortar, remove the bones, put it back in the soup, and pass all through a tammy, and put it again into a stewpan, boil for ten minutes, and serve. The above quantity would be sufficient for two tureens. A glass of wine may be added. Rabbit, pheasant, grouse, partridge, and other game soups, may be made in the same way.

225. FRENCH POT-AU-FEU.—Out of this earthen pot comes the favourite soup and bouilli, which has been everlastingly famed as having been the support of several generations of all classes of society in France ; from the opulent to the poorest individuals, all pay tribute to its excellence and worth. In fact, this soup and bouilli is to the French what the roast beef and plum-pudding are on a Sunday to the English. No dinner in France is served without soup, and no good soup is supposed to be made without the pot-au-feu.

The following is the receipt:—Put in the pot-au-feu

six pounds of beef, four quarts of water, set near the fire, skim; when nearly boiling, add a spoonful and a half of salt, half a pound of liver, two carrots, four turnips, eight young or two old leeks, one head of celery, two onions and one burnt, with a clove in each, and a piece of parsnip, skim again, and let simmer four or five hours, adding a little cold water now and then; take off part of the fat, put slices of bread into the tureen, lay half the vegetables over, and half the broth, and serve the meat separately with the vegetables around.

FISH.

OF all aliments that have been given to the human race for nourishment, none are more abundant or more easy to procure than this antediluvian species, and yet of how few do we make use, and how slight is our knowledge of their habits, for it is only within the last few years that the idea was exploded that the herrings made an annual migration from the Arctic seas to deposit their spawn on the shores of these islands. Fish possess, according to their kind, a greater or less degree of nourishment, depending, like the animal, in a great measure on those beautiful meadows at the bottom of the ocean, where they feed; for even those which live upon some of a smaller kind, as the cod on the haddock, this on the whiting, and this again on the mussel, or other crustaceous fish which move but little from the place where they were originally spawned, derive their nourishment from the herbs and the animalcule which those herbs produce that grow around them; the cod on the south-east of the Bank of Newfoundland is as fine again in flavour as that on the north-west side. Fish, of course, do not afford the same amount of nourishment as meat, as they contain but a slight quantity of osmazome; but its flesh is refreshing, and often exciting. A curious circumstance has been observed in respect to the animate parts of the creation which draw their nourishment from fish, as in birds and the human race, that they produce more females when doing so than males.

It ought to be made an article of diet more often than it is, as the particles it contains tend to purify the blood from the grossness it receives in partaking of animal food; and when taken at the commencement of dinner, tends to assist the digestion of those substances which form the more substantial part of the meal.

In the receipts will be found those which I consider fit for the table; but, as a general rule to be observed, as in the feathered tribe, all those of beautiful *variegated* colours (as the wrasse* kind) are more unfit to eat than any other; as if the Great Creator of all, in order to please man, had destined some for his nourishment, and others to gratify his senses by their melodious notes and beautiful plumage.

Nothing indicates its freshness so well as fish; the merest novice ought to know it; their gills should be difficult to open, be red, and smell well; fins tight and close; eyes bright, and not sunk: the contrary to this denotes their being stale.

Of the round fish, the SALMON is considered the best and most delicate in flavour, but varies considerably, according to the river in which it is caught; for there is no doubt but that it returns to the river where it was originally spawned, and its time of spawning varies in different rivers. The law, as it at present exists, prevents the fishing for it between the 1st of September and the 1st of February, yet there are many rivers which it does not begin to enter until August; and in Loch Carra, co. Kerry, in Ireland, it is in season all the year; yet in the Lake of Killarney, whose mouth adjoins that of the Carra, it begins to be out of season in August. Until it attains the age of six years, it is not called salmon, but is known and sold under different names: as the first year, smelt; the second, sprods; third, morts; fourth, fork-tails; fifth, half-fish. That caught at sea is by far the best, it being fatter and more tender; these we rarely have, as it is the interest of the owners of salmon-fisheries to prevent the fishermen fishing for them with seine nets in the open sea, and who do all they can to prevent it. The male is the finest flavoured fish, and has more curd than the female. Of late years it has been considered that this fish should be eaten as fresh as possible, for which purpose it is crimped when alive, that it may be flaky, and the curd in it. In former times, it was considered best to keep it two or three days; it is certain that, in keeping it, the

* This fish is eaten in many parts of Great Britain, but I cannot recommend it.

curd undergoes a change, which produces a volatile salt and oily and balsamic particles, that render it nutritive and invigorating; it is diuretic, pectoral, and restorative, and if eaten too profusely produces vomiting; but when the curd is in it, the flesh is hard and dry, lies heavy on the stomach, and produces indigestion. To name any particular salmon as being the best, I should have to name almost all the rivers of Great Britain alternately for each month; but for the early salmon, that is, the months of February and March, I prefer those which arrive in London from Aberdeen. This fish, when out of season, may be distinguished by having large scarlet, purple, and blue spots on its sides, the male snout long, the female snout hooked. When in season, the colour ought to be a silvery pink grey; when cooked, the flesh should be of a dark roe colour; when out of season it is pale; small-headed fish are the best.

This fish was known to the Romans, who received it from Aquitaine and the Moselle.

226. SALMON, PLAIN BOILED.—I prefer always dressing this fish in slices from an inch to two inches in thickness, boiling it in plenty of salt and water about twenty minutes; the whole fish may be boiled, or the head and shoulders of a large fish, but they require longer boiling. Salmon eats firmer by not being put into the water until boiling. Dress the fish upon a napkin, and serve with lobster sauce, shrimp ditto, or plain melted butter in a boat with fresh sprigs of parsley boiled a few minutes in it. A salmon weighing about ten pounds will require an hour's gentle boiling; a head and shoulders weighing six pounds, half an hour: the remains may be dressed à la crème, as directed for the turbot.

227. SALMON, SAUCE MATELOTE.—Cook three good slices of salmon as directed in the last, or a large salmon peal, trussed in the form of the letter S, dress it upon a dish without a napkin, having previously drained off all the water; put a quart of matelote sauce under or over it.

BROILED SALMON.—Dip each piece in flour, put it

on a gridiron, fifteen minutes will give it a nice pale colour. it should be served with Dutch or caper sauce.

Cod.—This fish, like the former, belongs to the northern parts of the world; its flavour and quality, like terrestrial animals, depend greatly on its feeding-place, a few miles making a marked difference: it is exceedingly voracious. I have seen taken from a quantity of white-bait one only three inches long, having a shrimp an inch and a half long in its belly; and in a large one, three haddocks, weighing, when taken out, almost as much as itself. It feeds also greatly on shell-fish, and seems to have a very powerful gastric juice. We obtain them in London exceedingly fine, perhaps more so than in any other town in the world: they are caught on the Dogger Bank, and brought alive in wells, by boats, to Gravesend, and forwarded to London still alive, where they are immediately crimped; the flesh then becomes firm and flaky, with a fine curd between each. Those are best with a small head and thick at the neck.

228. TO BOIL COD FISH.—Crimped cod, as I have before remarked, is preferable to the plain; it is likewise better cut in slices than cooked whole; to boil it well, have the water ready boiling, with one pound of salt to every six quarts; put in your fish, draw the fish-kettle to the corner of the fire, where let it simmer slowly from twenty minutes to half an hour; when done, the bone in the centre will draw out easily; if boiled too much, it would eat tough and stringy; should the fish not be crimped, add more salt to the water, it will cause the fish to eat firmer.

229. COD FISH SAUCED OVER WITH OYSTER SAUCE.—Boil three slices of the fish as above, drain and dress them upon a dish without a napkin, blanch three dozen oysters, by putting them into a stewpan, with their juice, upon the fire, move them round occasionally, do not let them boil; as soon as they become a little firm, place a sieve over a basin, pour in the oysters, beard and throw them again into their liquor, put them into a stewpan;

when boiling, add two cloves, half a blade of mace, six peppercorns, and two ounces of butter, to which you have added a tablespoonful of flour, breaking it into small pieces, stir well together, when boiling, season with a little salt, cayenne pepper, and essence of anchovies, finish with a gill of cream or milk, and sauce over. The remains of the fish may be taken from the bone and placed upon a dish, with a little of the above sauce (to which you have added the yolks of two eggs), then sprinkle over with bread-crumbs, and place it twenty minutes in a hot oven, till the bread-crumbs become brown.

230. SALT FISH.—Choose the fish with a black skin, and be particular in soaking it well; to boil, put it into a fish-kettle, with plenty of cold water, place it over the fire, and the moment it boils remove it to the corner, to simmer until done, which, if a piece weighing about three pounds, would be in about twenty minutes; do not let it boil fast, or the fish will eat hard and thready; dish it upon a napkin, with plain boiled parsnips and parsley round, and serve egg sauce in a boat.

Ling, so called from a corruption of the word long. I have known them to be ten feet; they are rarely met with fresh in London, being generally salted, and that for a foreign market. They are a very strong-flavoured fish; but if cooked properly, and in season, are far from being bad; if in season, their liver should be pale or almost white, when it is full of oil;* but the moment the liver turns red, and the oil leaves it to go into the cellular membranes, then it becomes out of season and rank in flavour: from the 1st of January to the end of May they may be considered in season. Small ones, from eighteen to twenty-four inches, are good eating all the year; their freshness is known like the cod, and it may be cooked in every way like it; the small ones may be stewed like eels.

* Directions for obtaining this pure and cold-drawn I will give you in a future letter.

Hake.—This rarely comes, fresh or salted, into the London market, as it is considered a coarse fish. It is in season in August, September, and October, and the same character which distinguishes the cod is in this: it cannot be cooked too fresh; it rarely exceeds twenty pounds in weight. Many prefer that it should be salted for twelve hours previous to cooking.—I differ; others despise it, and call it a mud fish; and, when salted, Poor John. Is not a sole a mud-fish, and what has a finer flavour? I think the reason it is so much despised is, that it comes in such abundance, that the saying of "toujours perdrix" may be applied to it. I, however, trust that as our friends in Cornwall and Devon have now learnt to send fish up to town by rail, we may be treated with a few hake. It should be dressed like haddock.

The Forked Hake never comes into the market; but should it in future do so, it should also be cooked like haddock.

Haddock, the callarias and galeris of the Romans. This is also the fish that it is said St. Peter took the tribute money from, and thus gave the impression of his finger and thumb, where it remains in confirmation of the miracle. It is a very fine flavour when fresh and in season, which is when the roe is very small; the time depends on the place where taken, but generally about October. I think one weighing from six to seven pounds is the best size, although I have had them at twelve pounds. They follow the young herrings and sprats; and, when feeding on them, their flesh is richer than when feeding on whittings: they cannot be eaten too fresh. Those received in the London market of a large size are called Dublin Bay, but which generally come from the Sussex and Hampshire coast. The same features as in the cod will tell if they are fresh.

231. DUBLIN BAY HADDOCK.—This is a fish which I can highly recommend, both for its firmness and lightness; it is excellent plain boiled, and served with a cream sauce, or any other fish sauce. But the better plan is to cut four or five incisions upon each side of the fish, an inch deep, then put it into a deep dish, and cover well with salt, let it remain about two hours, then put the fish in boiling water, to simmer from thirty to forty minutes; if a fish of five or six pounds in weight, dish it on a napkin garnished with plain boiled parsnips and parsley, with

egg sauce in a boat. The common haddocks may be dressed precisely the same.

232, BAKED HADDOCK.—Fill the interior of the fish with veal stuffing, sew it up with packthread, and truss it with the tail in its mouth, rub a piece of butter over the back, or egg and bread-crumbs it over, set it on a baking-dish, which put in a warmish oven to bake; if a Dublin Bay haddock, it would take from three quarters of an hour to an hour, but a common haddock would require but half an hour. The better plan is to run the point of a knife down to the backbone, from which, if the flesh parts easily, it is done; dress it upon a dish without a napkin, and serve a Beyroust sauce, or any other, round.

Sturgeon derives its name from the German *stoeren*, to stir, to rake up; it is from the same word we derive our word *stir*. It is the accipenser of the Romans. This fish has long been in use in England, but, from its scarcity, it has always been expensive—indeed, it has been considered as a royal fish; for every one caught in the rivers of England belongs to the Queen, with the exception of those from the Thames, which belongs to the Lord Mayor. A very large one was caught a few years since in a mill-pond above Vauxhall Bridge. They ascend the rivers thus high, in order to avoid pursuit from other fish, though in form and body as large as a shark, yet they are the most harmless of fish, having neither jaw-bone nor teeth: they have been caught eighteen feet in length. The flavour of the young sturgeon is extremely delicate, but that materially depends upon the river in which it is caught, as it feeds upon the insects and plants,—in fact, entirely by suction; those caught in rapid rivers and sandy bottoms, and where they have the advantage of salt and fresh water, are the best.

233. ECONOMICAL MODE OF COOKING STURGEON.—Take a piece of sturgeon about two pounds weight, and on sending a piece of meat to the baker's to be baked on a stand in a dish, put the sturgeon under it, with a little water, salt, pepper, &c., and a little chopped

eschalot may be used; you can also put potatoes round it. Peas, if in season, are a good accompaniment, with melted butter.

234. TO ROAST STURGEON.—Take the tail part, skin and bone it; fill the part where the bone comes from with some stuffing, as for a fillet of veal; put butter and paper round it, and tie it up like a fillet of veal; roast, and serve it with melted butter and gravy.

They may be cooked precisely as veal, in large or small pieces, as for fricandeau, papillote, &c., and even salted, in imitation of tunny.

Gurnard, Gurnet, or Noud, derives its name from the grunting noise it makes; the Romans called it cuculus, from the cuckoo, from the similarity of their notes. There are several sorts, called the gray, red, streaked, yellow, and sapphirine. All of them are fine eating, yet perhaps the sapphirine is the best, being distinguished from the rest (which are called pipers) by its colour and the long protrusion of the upper jaw; the side or pectoral fins are on the outside green, and a beautiful purple underneath; its sides are red, belly white and back green, which, when seen in a clear sea, has a most beautiful appearance. Its freshness is distinguished like other fish. It is cooked as follows:

235. GURNETS are best stuffed and baked. Stuff them as directed for haddocks, turn them round in the same manner, lay slices of bacon over, cut very thin, and bake half an hour or more (according to their size) in a hot oven; when done, dress upon a dish without a napkin, and have ready the following sauce:—put a tablespoonful of chopped onions in a stewpan, with one of vinegar, place over the fire a couple of minutes, add half a pint of melted butter, two tablespoonfuls of Harvey sauce, one of catsup, and two of water, reduce until rather thick, season with a little pepper, cut the fillets of a good anchovy into strips, put in the sauce, which pour round the fish, and serve.

236. BOILED GURNET.—You may boil it either with or without the stuffing, in very salt water; it will re-

quire rather more than half an hour; serve with anchovy sauce separate. The remains are very good to re-warm.

Basse.—This, by many, is called the sea-wolf, but it is quite a different fish; it is a species of perch, and is like a trout in shape, except that its head is larger. Its flavour is finest just previous to spawning; it is never caught in rivers, but in bays at the mouth of freshwater streams, and, when in season, is exceedingly good and very wholesome; it should be cooked in every way like salmon.

Tunny.—I have often been of opinion, and am still doubtful, if this fish is not the scomber of the Romans, from which the garum was made, this fish being at the present day an article of great consumption on the coast of the Mediterranean, which sea it enters by the Straits in the month of June. It grows to an immense size, sometimes as long as nine feet, and broad in proportion. They come off the coast of Cornwall with the first herrings and pilchards in summer, and they follow the sardines into the Mediterranean; they also appear on the west coast of Ireland, but they are rarely caught, as the fishermen are ignorant of the method of doing so; if followed, it would be a more valuable fishery than the herrings or pilchards. They are exceedingly good salted, or pickled like salmon, which it resembles in flavour when thus prepared; when raw, its flesh is very red, but turns pale in boiling. The best way to cook it when fresh is to cut it in slices, and proceed as with salmon.

Mackerel.—This is generally recognised as the scomber of the Romans, by whom it was much esteemed; at the present day it is not held in that high estimation it was some years since: the great supply which is now received from different parts of the coast at all seasons of the year may have a tendency to cause this. It is a fish which requires to be eaten very fresh, and soon becomes tainted; it is for this reason that it is the only fish-cry allowed by law in the city of London on a Sunday: "Mackerel! fresh mackerel! who'll buy my fresh mackerel!" is often heard. The soft roe of this fish is highly esteemed, and I have no doubt but that it was equally so with the Romans, and I believe it was an ingredient of the garum. (See page 143.) When fresh, their skin is of a sea-green colour, and very beautiful; fine bright golden eyes, and gills very red; they should be plump, but not too large; they should be cleaned by cutting their gills, so that, when pulled, the interior of the fish will come with them; wipe them well, cut off the fins, and trim the tail.

237. MACKEREL are generally served plain boiled ; put them in a kettle containing boiling water, well salted, let simmer nearly half an hour, take them up, drain, and dish them upon a napkin ; serve melted butter in a boat, with which you have mixed a tablespoonful of chopped fennel, boiling it a few minutes.

238. MACKEREL À LA MAÎTRE-D'HOTEL.— Make an incision down the back of a mackerel, close to the bone, season it with a little pepper, salt, and cayenne, if approved of, butter the skin well, and place the fish upon a gridiron over a moderate fire, for about twenty minutes, turning it over when half done ; when done, have ready two ounces of maitre-d'hôtel butter, half of which put in the incision at the back, previously putting the mackerel upon a hot dish without a napkin ; spread the other half over ; place it in the oven a few minutes, and serve very hot.

239. MACKEREL AU BEURRE NOIR.—Split the mackerel open at the back, making it quite flat, season with a little pepper and salt, and butter it all over, lay it upon a gridiron over a moderate fire, turning it when half done, for about a quarter of an hour, when place it upon a dish without a napkin, then put six ounces of fresh butter in a stewpan, which place over a sharp fire until the butter becomes black, but not burnt, when throw in about fifty leaves of picked parsley, which fry crisp, and pour over the fish ; put three tablespoonfuls of common vinegar into the stewpan, which boil half a minute, season with pepper and salt, pour this also over the fish, which put into the oven five minutes, and serve very hot.

240. TO STEW MACKEREL.—Take off the heads, the fins, and tails, and, having opened the fish, and taken

out all the hard roes, dry them with a cloth, and dredge them lightly with flour; place three or four of them in a stew-pan, with a lump of butter the size of a walnut, to each fish; put into a small basin a teacupful of water, a tablespoonful of finely-chopped onions, the same of chopped parsley, a blade or two of mace, a little pepper and salt, a tablespoonful of anchovy essence, and a small teacupful of ale or porter (if not bitter). Add a tablespoonful of grated bread-crust, not burnt, but a light brown; pour all these ingredients over the fish, and let them stew gently for twenty minutes; have ready the yolks of three eggs, well-beaten, and when the fish is sufficiently done, take some of the gravy and mix gradually with the eggs, and, pouring them on the fish, shake the stewpan a little over the fire to thicken the whole, but not to curdle the eggs; the soft roes added are an improvement: have ready more grated crust, and having placed the fish whole in the dish, shake a little of the grated crust over the whole, so as to make it of a handsome brown. The receipt requires to be carefully followed. If the gravy is too thick, more water may be added; also a glass of sherry, if liked.

Scad, or Horse Mackerel, should be chosen and treated in every respect like the former, and will keep longer, and by some are preferred to the common mackerel. *Garfish, Hornfish, and Tobacco-pipe Fish* may be prepared and cooked like an eel. *Skipper, or Saury Pike*, must be cooked like the mackerel, which it resembles in flavour. Take care not to confound this fish with the saurus or conger, garfish or girrock, and called by the Italians the imperial eel, which must be cooked like an eel.

Whitings, when fresh, are a most delicate fish, its remarkable lightness rendering it easy of digestion to the weakest stomach. This fish is in season all the year on different parts of the coast, and it is caught with spillard lines, instead of, as it ought to be, in nets. The best size, in point of flavour, are those about nine inches long; I have known them twenty-four inches; there is a law to prevent them being taken less than six inches in length. Their

goodness is known by the firmness of the flesh and brightness of the eyes and skin. The general way of preparing them is as follows :

241. FRIED WHITING.—The whiting is generally skinned, and the tail turned round and fixed into the mouth ; dip it first into flour, then egg over and dip it into bread-crumbs, fry as directed for the sole ; for whiting aux fines herbes, proceed as directed for sole aux fines herbes. I prefer the whiting fried with their skins on, merely dipping them in flour.

242. WHITING AU GRATIN.—Put a good spoonful of chopped onions upon a strong earthen dish, with a glass of wine, season the whiting with a little pepper and salt, put it in the dish, sprinkle some chopped parsley and chopped mushrooms over, and pour over half a pint of anchovy sauce, over which sprinkle some brown bread-crumbs, grated from the crust of bread, place it in a warm oven half an hour ; it requires to be nicely browned ; serve upon the dish you have cooked it in.

Whiting Pollock, or Glasse.—This is a very fine fish, when in season, resembling in flavour the rock cod, feeding like that, amongst rocks ; the best are those about eight to ten pounds, they should be chosen, prepared, and cooked like cod.

Black Pollock, Raw Pollock, or Coal Fish.—In shape like the former, but different in colour, as its name implies ; it should be prepared the same as the former.

Pollard.—These are the young of the former, and may be caught in great abundance with a crooked pin and a small piece of any kind of fish ; they are from five to eight inches in length, they should be cooked like whiting ; the flavour is stronger.

Whiting Pout.—This fish is caught on many parts of the coast, but is little esteemed, yet, in my opinion, is quite equal to the red mullet ; it rarely exceeds twelve inches in length, but is of great depth in the body ; it is best when taken in rocky places, and should be eaten very fresh, and may be dressed in every way like whiting.

Red Mullet, or Sur Mullet, is an inhabitant of the Mediterranean more than of the coasts of Great Britain, although it is caught at times in all parts. It is still held in the same high estimation as in the times of Juvenal and Horace,* and is justly called the woodcock of the sea; they are in season, like other fish, when the roe is just forming. There is a species of this fish of a reddish-brown, sometimes called the striped mullet; the flesh is firmer, but the flavour is nearly the same; choose them as red as possible, rather short, firm to the touch, and with transparent golden eyes. In cleaning, merely scrape them lightly, pull out the gills, and part of the inside will come with them, which is all that is required.

Great surprise has been expressed at the number and cheapness of red mullet in the London market this season (1849); it arises from a circumstance which, though trivial in itself, shows the necessity that exists for some means of giving instruction to fishermen, so as to enable them to prosecute their avocations with more facility and certainty; in no class of industry are the people that are employed in it so ignorant as in this, and it is the duty of a paternal government to see that the resources of the country are properly developed. I would have a person appointed to see that the food of our public institutions is not wasted in cookery (as I suggested in my former letter), and be capable of affording instruction by lectures or otherwise to the different classes who provide that food. The circumstance to which I allude originated with a well-known gentleman in the West of England, who noticing that the mackerel and red mullet arrived on the coast together, and that there was a large fishery of the former and none of the latter, endeavoured to find out the reason: he ascertained that the red mullet obtained its food from the mackerel, and, consequently, they swam lower; he therefore directed the fishermen to have a deeper seine net, by which means they will be enabled to take both kinds at the same time. As science and chemistry are now lending their aid to assist the different branches of our manufacture, I cannot see the reason why they should not do so in so important an article as that of food.

243. RED MULLET.—Procure two red mullets, which place upon a strong dish, not too large, sprinkle a

* When I say *held*, I do not mean we pay so high a price; for Apian Celer paid 6000 sesterces (equal to £46 17s. 6d. of our money) for one; and, in the time of Tiberius, three were sold for 30,000 sesterces, or £234 7s. 6d.

little chopped onions, parsley, a little pepper and salt, and a little salad-oil over, and put them into a warm oven for half an hour; then put half a tablespoonful of chopped onions in a stewpan, with a teaspoonful of salad-oil, stir over a moderate fire until getting rather yellowish, then add a tablespoonful of sherry, half a pint of white sauce or melted butter, with a little chopped parsley; reduce over a sharp fire, keeping it stirred until becoming rather thick; when the mullets are done, sauce over and serve.

244. RED MULLET EN PAPILOTE.—Cut a sheet of foolscap paper in the form of a heart, lay it on the table and oil it, put the mullet on one side, season with salt, pepper, and chopped eschalot, fold the paper over and plait both edges together, and broil on a slow fire for half an hour, turning carefully now and then; serve without a napkin; they are excellent done thus, without sauce, but, if any is required, use melted butter, cream Hollandaise, anchovy, or Italian sauce.

245. RED MULLET SAUTÉ IN BUTTER.—Put two ounces of butter in a pan; when melted, put in one or two small mullets, and season with a teaspoonful of salt, half ditto of pepper, and the juice of half a lemon; set it on a slow fire and turn carefully; when done, dish and serve plain, or with any of the sauces named in the former receipt.

Gray Mullet.—Although bearing the same name, is a totally different species from the former, and is not of that fine flavour, yet it is by no means a bad fish when in season; but it has got into bad repute, no doubt from being taken at those times when it is the easiest, and then it is out of season; it should be taken in the open sea, in August, September, and October, and not in rivers, where they ascend as far as the water is at all brackish. They should be firm, and eyes bright, like other fish. They may be cooked in every way like mackerel.

246. HERRINGS BOILED.—Boil six herrings about twenty minutes in plenty of salt and water, but only just to simmer; then have ready the following sauce:—put half a gill of cream upon the fire in a stewpan; when it boils, add eight spoonfuls of melted butter, an ounce of fresh butter, a little pepper, salt, and the juice of half a lemon; dress the fish upon a dish without a napkin, sauce over, and serve.

247. HERRINGS BROILED, SAUCE DIJON.—The delicacy of these fish prevents their being dressed in any other way than boiled or broiled; they certainly can be bread-crumbed and fried, but scarcely any person would like them; I prefer them dressed in the following way:—wipe them well with a cloth, and cut three incisions slantwise upon each side, dip them in flour, and broil slowly over a moderate fire; when done, sprinkle a little salt over, dress them upon a napkin, garnish with parsley, and serve the following sauce in a boat:—put eight tablespoonfuls of melted butter in a stewpan, with two of French mustard, or one of English, an ounce of fresh butter, and a little pepper and salt; when upon the point of boiling, serve.

Herrings, when in season, that is, when the roe is just forming, are most excellent and wholesome fish, when eaten fresh; I have this day (the 25th of April) partaken of some, caught in twenty-four fathom water, about twelve miles off the coast of Folkestone, in which one could just distinguish the formation of the roe. The fishness of the fish at this period is extraordinary, and renders it worthy the table of the greatest epicure; yet, if you were to tell a fisherman on the coast to go and cast his nets at this season of the year in twenty-four fathoms, he would take you to be either mad or a fool; but our intelligent neighbours on the opposite coast and in the port of Boulogne know better, and go out and take them, and sell them for four sous each as bait for the conger. Their age and size depend upon the coast where caught; but as they are a fish which never take bait, and, consequently, only caught with nets, and those of a certain mesh, we therefore obtain them

generally of one size, but I have seen them as small as six inches, and as long as fourteen inches, and in proportion in width and depth, and weighing four pounds: when as large as this, they are generally called the queen or king herring, but it is only by accident they are caught. Their freshness is distinguished, like other fish, by their gills and brightness.

As this fish is now of so great importance as an article of food, I shall refer more at length to it in my letters on pickling and preserving, and give you a description of my new plan of curing and smoking, and also what I consider its medicinal and other properties.

Pilchards.—If anything were required as a proof to upset the absurd notion of the migration of the herring from the Northern Ocean, this fish would do so; but this is a subject we will leave for another occasion. This is a very fine fish when taken, as it ought only to be, when the roe is just forming; they are principally found on the Cornish and the south-western coast of Ireland. They should be cooked and cured in the same way as herrings.

Anchovies and *Sardines* are now found on the coast in the same places as the pilchard, of which they are a species; we never receive them fresh in the London market, but we cannot say what another year's enterprise, energy, and railroads may do. They should be cooked like herrings.

Sprats.—These are in season all the year on various parts of the coast; they swim in large shoals or sculls, and may be caught in baskets; large quantities are brought to the London market, where they are sold from 2s. to 4s. per bushel; they are in season there after the 9th of November; they should be cooked very fresh, which is easily known by the eye, being bright and sparkling; a tin skewer should be run through the gills of about twenty, toasted before the fire, and served very hot. The manner of curing them, according to my new plan, I will give you in a future letter.

Smelts are now supplied in London in much greater abundance than formerly, as large numbers are brought from Holland, but they are not considered so fine as those of our own coast. London formerly used to be supplied from the Medway at Rochester, where they were considered the best, but which, I think, arose from the facility which the old bridge afforded in catching them, as very few are now taken there; a custom exists for the corporation of Rochester to present the Lord Mayor of London, on his visit to that town, on occasion of the triennial visitation to Yanlet Creek, with a dish of smelts; on the two last occasions they were hardly to be procured. They

are taken in seine nets, either by hauling on shore or in boats. They are not much known on parts of the coast, although they exist in great abundance, and are not considered worth taking; they were never known in the Dublin market until October last year, when they were received from an enterprising Englishman on the west coast of Ireland. Many have confounded them with the salmon-fry or smelt of one year old, whereas the smelt has roe and the fry none; it ascends rivers to deposit its spawn in November, December, and January, and the rest of the year they are considered in season, but they vary like the salmon, according to the river. This fish, when fresh, has a beautiful smell of violets or cucumbers, but the Germans call it stinck fish, I know not why; they lose this perfume in about twelve hours after being taken; they should be very stiff and firm, bright eyes, and transparent skin. This fish is very delicate, and requires very great attention in cleaning, merely pulling out the gills, the inside will come with them; they should be wiped lightly. When split and dried, they are called sparlings. There is a smelt found in some rivers and also on part of the coast which is sometimes mistaken for the above, but the flavour differs as much as possible; it is the Atherine, or Sea Smelt and Sand Smelt; they are likewise caught in large quantities in the harbour of Boulogne and forwarded to Paris.

248. TO FRY SMELTS.—Dry them in a cloth, and dip them in flour; then have half an ounce of butter or clear fat melted in a basin, into which break the yolk of two eggs, with which rub the smelts over with a brush, dip them in bread-crumbs, fry in very hot lard, dress them on a napkin, garnish with parsley, and serve with shrimp sauce in a boat.

White Bait.—This is a fish which belongs especially to London; although it is obtainable in other rivers in Great Britain and the Continent, yet it is not sought for; great difference of opinion exists amongst naturalists as to what fish this is the young of; in my humble opinion, I think it is a species distinct of itself, having a life of short duration. It is caught only in brackish water, floating up and down the river, according to the tide,—in very dry summers as high up as Greenwich, and in very wet as low as Gravesend. They spawn in winter, and make their appearance, about one inch in length, early in March. They should be cooked as follows:

249. WHITE BAIT.—Put them in a cloth, which shake gently so as to dry them; then place them in some very fine bread-crumbs and flour mixed; toss them lightly with the hands, take them out immediately, and put them in a wire basket, and fry them in hot lard; one minute will cook them; turn them out on a cloth, sprinkle a little salt over, and serve very hot. Should you not have a wire basket, sprinkle them into the pan, and as soon as they rise take them out.

Turtle.—It is unnecessary to state that, for many years past, turtle has been esteemed the greatest luxury which has been placed upon our tables. It was introduced into this country in the early part of the last century, and then only at the tables of the large West Indian proprietors, from whom it progressed to those of the city companies. During the time of the South Sea bubble, when the female aristocracy partook of the prevalent feature, and flocked into the courts and alleys surrounding the Exchange, turtle-soup was in the height of fashion, the cost being one guinea per plate.

The turtle used in cooking is that known by the name of green turtle; and the finest are found in the small islands and keys in the Bahamas, which they frequent for the purpose of laying their eggs: they are not so large as those found on the coast of the Gulf of Mexico, though considered much more delicate. They derive their name from the tinge of green which the flesh possesses, caused by its feeding upon submarine plants. Although having extremely powerful jaws, it is a very harmless fish, and differs from others of its species, which feed upon smaller kinds. The trunk turtle, the loggerhead, and the hawk's bill are unfit for food. The turtle of the Ascension Island differs in some measure from either of them, being between the green turtle and the trunk turtle; its flesh, when old and large, is very rank.

A turtle of about 80 pounds weight is the best eating. There was a species of turtle known to the Romans, but which was considered poisonous, and is, I suppose, that which is now found in the Mediterranean, and sometimes on our coast; but as you are likely only to receive the fine green turtle as a present or purchase, I would advise you to send and have it cooked at a house where they are accustomed to do it. I will, therefore, give you no receipts for cooking it; but should you be curious to know how it is done, you must look in "Soyer's Regenerator."

Turbot we consider the finest of flat-fish; and so it was, no doubt, considered by the Romans: hence the proverb, "Nihil ad rhombum," although Linnaeus, from his classification, would make us believe it was the brill or bret, but I do not think so meanly of the epicures of those days as to imagine it. Its flavour depends greatly upon the place where taken, resulting from its food, which is principally young crabs and lobsters; therefore it is not surprising that lobster sauce accompanies it when cooked. I prefer them of a middling size, not too large, but thick, and if bled when caught, so much the better. Should you be at the sea-side, and buy one rather cheap because it has red spots on the belly, remove them by rubbing salt and lemon on the spot. In my opinion they are better, and more digestible, and of finer flavour, forty-eight hours after being killed, than when fresh.

250. **TURBOT.**—To cook it, cut an incision in the back, rub it well with a good handful of salt, and then with the juice of a lemon; set it in a turbot kettle, well covered with cold water, in which you have put a good handful of salt; place it over the fire, and as soon as boiling, put it at the side (where it must not be allowed to more than simmer very slowly, or the fish would have a very unsightly appearance). A turbot of ten pounds weight will take about an hour to cook after it has boiled (but, to be certain, ascertain whether the flesh will leave the bone easily); take it out of the water, let it remain a minute upon the drainer, and serve upon a napkin, with a few sprigs of fresh parsley round, and lobster sauce, or shrimp sauce, in a boat.

251. **TURBOT, THE NEW FRENCH FASHION.**—Boil your turbot as in the last, but dress it upon a dish without a napkin, sauce over with a thick caper sauce (having made a border of small new potatoes), sprinkle a few capers over the fish, and serve.

252. **TURBOT À LA CRÈME** is made from the remains of a turbot left from a previous dinner: pick all the flesh from the bones, which warm in salt and water, and

have ready the following sauce: put one ounce of flour into a stewpan, to which add by degrees a quart of milk, mixing it very smoothly; then add two peeled eschalots, a bouquet of parsley, a bay-leaf and a sprig of thyme tied together, a little grated nutmeg, a teaspoonful of salt, and a quarter ditto of pepper; place it over the fire, stirring until it forms a thickish sauce; then take it from the fire, stir in a quarter of a pound of fresh butter, and pass it through a tammy; lay a little of it upon the bottom of a convenient-sized dish, then a layer of the fish, season lightly with a little white pepper and salt, then another layer of sauce, proceeding thus until the fish is all used, finishing with sauce; sprinkle a few bread-crumbs over, and put it into a warm oven half an hour; brown with the salamander, and serve upon the dish it is baked on. Any remains of boiled fish may be dressed the same way.

Dory, or John Dory.—The name of this fish is derived from the French *jaune doré* (yellow gilded). It also rivals the haddock with the superstitious in some countries, as being the fish from whose mouth St. Peter took the tribute money; but if we are to credit the fact, then the origin of the marks is of an earlier date than the haddock; for some of the fathers of the church assert that it was St. Christopher, who, wading through an arm of the sea, caught one *en passant*, and left the impression of his fingers as an eternal memorial of the fact. I cannot find that it was held in high estimation amongst the Romans; indeed, its forbidding appearance is against it. This is the fish of which so many anecdotes are related of the celebrated comedian Quin, who was, *par excellence*, the gourmet and epicure of the last century. This fish requires to be eaten fresh, and should never be smaller than one foot in length. They are now held in high estimation.

253. JOHN DORIES, BOULOGNE FASHION.—John Dories, though not very handsome, are very delicate eating; choose them from four to six pounds in weight, the thicker the better, and boil as directed for turbot; one of the above size would require about three quarters of an

hour; if any remain, dress like turbot, or with caper sauce, &c.

Sole, Black Sole.—This fish is now supplied to the London market in great abundance, principally from the North Sea. Its flavour, like other fish, in a great measure depends upon the ground where it feeds. It lives principally on small crabs and shell-fish, and will take bait, as a lug-worm. The colour of its back depends on the colour of the ground where it feeds; if on a light sandy bottom, it is the white or lemon sole; on a muddy bottom, the black sole. They are caught in trawl nets; that is, a net in the shape of a pocket, from sixty to eighty feet long, and open at the mouth, from thirty-two to forty feet by three deep; this is dragged along the ground by the vessel; and on the ability of the fisherman depends the quality and flavour of the fish; if he sails slow, the fish is likely to avoid or escape from the net; if very fast, the fish are all swept at the end of the net and get smothered; and thus it is that we sometimes find at our table a sole with the vein which runs down the side of the bone perfectly black, it being full of congealed blood; this vein sometimes breaks, and discolours the part round which it does so. This sole, if it should come to table, is certain of being fresh, as it will not keep for any length of time. If properly fished, they are brought up alive, and put into the wells of the vessel, and come as far as the mouth of the river, where they are taken out and killed by throwing them down violently on the deck, and are then sent to market in baskets containing about twenty-five pair each. The small-sized soles caught in shallow water on the coast are the best in flavour. Those caught at the Silver Pits, a place about 150 miles off the mouth of the Humber, are larger, but not so good. They are at times caught in great abundance, as much as 1000 pair at one haul, and vary in size; some are as large as seven pounds each; the older they are the larger they become, and which may be known by the scales. In a haul (perhaps the first ever made there) in Ballinskellig's Bay, close in-shore, and not far from the residence of the celebrated late Daniel O'Connell, made in October, 1848, sixty soles weighed two hundred weight. Those in roe should only be used for fillets, as their flavour is then insipid. Their freshness may be distinguished by their colour as well as their smell, and the middle-sized are preferable.

254. SOLES, FRIED.—Have about four pounds of lard or clean fat in a small fish-kettle, which place over a

moderate fire, cut off the fins of the sole, and dip it into flour, shake part of the flour off, have an egg well beaten upon a plate, with which brush the fish all over, and cover it with bread-crumbs; ascertain if the lard is hot, by throwing in a few bread-crumbs; it will hiss if sufficiently hot, put in the fish, which will require nearly ten minutes cooking, and ought to be perfectly crisp, drain it on a cloth, dish upon a napkin, garnish with parsley, and serve shrimp sauce in a boat.

The above quantity of lard or fat, if carefully used and not burnt, would do for several occasions, by straining it off each time after using. All kinds of fish, such as eels, smelts, whittings, flounders, perch, gudgeons, &c. are fried precisely in the same manner.

255. SOLES, SAUTÉ IN OIL.—Trim the fish well, dip it into a couple of eggs, well beaten, put six table-spoonfuls of salad-oil in a sauté-pan, place it over the fire, and when quite hot put in your sole, let it remain five minutes, turn over, and sauté upon the other side; ten or twelve minutes will cook it, according to the size; serve upon a napkin without sauce; they are excellent cold.

256. SOLE À LA MEUNIÈRE.—Cut the fins off a sole, and make four incisions across it upon each side with a knife, then rub half a tablespoonful of salt and chopped onions well into it, dip in flour, and broil it over a slow fire; also have ready two ounces of fresh butter, mixed with the juice of a lemon, and a little cayenne which rub over the sole, previously laid in a hot dish, without a napkin, turn the fish over once or twice, put it in the oven a minute, and serve very hot.

257. SOLES AUX FINES HERBES.—Put a spoonful of chopped eschalots into a sauté-pan, with a glass of

sherry and an ounce of butter, place the sole in, pour nearly half a pint of melted butter over it, or four spoonfuls of brown gravy or water, upon which sprinkle some chopped parsley, place it in a moderate oven for half an hour, take the sole out of the pan, dress upon a dish without a napkin, reduce the sauce that is in the pan over a sharp fire, add a little Harvey sauce and essence of anchovy, pour over the sole, and serve.

Soles may also be plain boiled, using the same precautions as directed for turbot, and serve without a napkin, and a cream sauce poured over; or it may be served upon a napkin garnished with parsley, and a little shrimp sauce, or plain melted butter, in a boat.

Brill, or Brett, by many confounded with the turbot. In some places it is called the pearl turbot; it is longer, and not so round as the turbot, and not so firm when cooked, nor do they attain the size. They should be eaten very fresh.

258. **BRILLS** are cooked in the same manner as turbot, but, being smaller, do not require so long boiling. But, in boiling any description of fish, never take it up until it will leave the bone with facility, which try by placing the point of a knife between the flesh and the bone; if done, the knife will part them easily.

Halibut.—This fish, in this country, is principally consumed by the Jews, who cook it beautifully in oil; it is rather coarse, but very surfeiting. It is best very fresh, and should be very thick and not in spawn. They may be either boiled, baked, fried, or sautéed in oil, in which case the fillets should not be thicker than one inch.

Plaice are not considered much of; they are supplied in great abundance in the month of February to the London market. They may be cooked like soles.

Flounder.—To appreciate this fish it should never be eaten in London; they ought to be placed almost alive in the frying-pan; at any rate, five

minutes ought not to elapse from the time they are swimming in water till they are swimming in fat, and five minutes more before they are consumed. There is a difference of opinion with epicures upon which are the best, those caught in fresh or in brackish water ; for my part I prefer the latter, or those taken with the white bait.

259. FLOUNDERS, WATER SOUCHET.—Procure four or six Thames flounders, trim and cut in halves ; put half a pint of water in a sauté-pan, with a little scraped horseradish, a little pepper, salt, sugar, and forty sprigs of fresh parsley ; place over the fire, boil a minute, then add the flounders, stew ten minutes, take them out and place in a dish without a napkin, reduce the liquor they were stewed in a little, pour over and serve.

To fry flounders, trim them, and proceed precisely as directed for fried soles : three minutes are sufficient.

Skate, also called *Maid*, *Ray*, is not appreciated equal to what it ought to be ; we generally have only the fin part, which is cut off, and put into fresh water, where it curls up. It is a very invigorating fish, and I think deserves the attention of the medical profession. It is best cooked as follows :

260. SKATE.—Procure two or three slices, tie them with string to keep the shape in boiling, put them into a kettle of boiling water, in which you have put a good handful of salt ; boil gently about twenty minutes, (have ready also a piece of the liver, which boil with them ;) when done, drain well, and put them upon a dish without a napkin ; put three parts of a pint of melted butter in a stewpan, place it upon the fire, and when quite hot add a wine-glassful of capers, sauce over, and serve.

261. SKATE AU BEURRE NOIR.—Boil a piece of skate as directed in the last ; when done, drain it well, put it upon a dish without a napkin, and proceed exactly as directed for mackerel au beurre noir.

Skate may also be served upon a napkin, with a boat

of well-seasoned melted butter, to which you have added a spoonful of Harvey sauce and one of anchovy.

Dabs and *Smear Dabs* are good from February to June. They should be cooked like Plaice.

Pike.—This fish spawns in March and April, according to the season. When in perfection, their colours are very bright, being green, spotted with bright yellow, and the gills are a bright red; when out of season, the green changes to grey, and the yellow spots assume a pale hue. It may be called the shark of fresh water. Those caught in a river or running stream are far superior to those caught in ponds, which often get too fat, and have a muddy taste. A middling-sized one, weighing about five pounds, would be best; when fresh, the eyes must be very transparent, the scales bluish, and not dry upon the back, or it would not clean well. The dressing is generally the making of the fish, as regards the approbation bestowed upon it. To clean them, have a sharp-pointed knife, put the point carefully under the scales (without piercing the skin) at the tail of the fish, pass the knife gently up the back to the head, dividing the scales from the skin carefully; you may then take off the whole of the scales in one piece (should this process appear too difficult, they may be scraped off in the ordinary way; it will not look so white, but would eat equally as good); then make two incisions in the belly, a small one close to the bladder, and a larger one above; pull out the gills one at a time with a strong cloth, and if the interior does not come with them, take it out from the incisions, and wash the fish well; the cutting off the fins is quite a matter of taste: it is usually done.

262. PIKE.—Clean as directed above, stuff the interior as directed for haddocks, only adding some fillets of anchovies and chopped lemon-peel with it; curl round and put in a baking-dish, spread a little butter all over, put in a moderate oven, when about half done egg over with a paste-brush, and sprinkle bread-crumbs upon it; a middling-sized pike will take about an hour, but that according to the size and the heat of the oven; when done, dress upon a dish without a napkin, and sauce round as directed for baked haddock above referred to.

263. PIKE, SAUCE MATELOTE.—Cook a pike exactly as in the last, dress it upon a dish without a napkin, and sauce with a matelote sauce over, made as directed for salmon sauce matelote.

This fish may also be served with caper sauce, as directed for the skate; the smaller ones are the best; the remains of a pike placed in the oven the next day, with a cover over it and a little more sauce added, are very nice.

Carp became naturalized in this country in 1514, since which time the breed has considerably increased; they might be made of more value if proper attention were paid to them. Choose them of a middling size, with a soft roe, if possible; the scales of a yellowish colour near the belly; the eyes bright; the gills very red, and hard to pull out; should a hard-roed one be preferred, do not choose it too full. In cleaning, take off the scales as in the last; then make a small incision in the belly, close to the bladder; pull out the gills, and the interior will come with them; should any, however, remain, take it out of the incision without breaking the gall or disturbing the roe; lay it in spring water half an hour to disgorge, then dry it with a cloth. The large sea carp, some of which weigh from thirty to fifty pounds, are not worth cooking.

264. BAKED CARP.—Procure a good-sized carp, stuff it, then put it into a baking-dish, with two onions, one carrot, one turnip, one head of celery, and a good bouquet of parsley, thyme, and bay-leaf; moisten with two glasses of port-wine, half-a-pint of water, salt, pepper, and oil, and put it in a moderate oven about two hours to bake; try if done with a knife, which is the case if the flesh leaves the bone easily; dress upon a dish without a napkin; then have ready the following sauce: mince a large Spanish onion with two common ones, and put them into a stewpan with three spoonfuls of salad-oil, sauté rather a yellow colour, add two glasses of port-wine and one spoonful of flour, mix all well together, add a pint of broth (reserved from some soup) or water, with half an ounce of glaze, or half a gill of brown gravy, or a few drops of

colouring; boil it up, drain the stock the carp was cooked in from the vegetables, which also add to the sauce; boil well at the corner of the stove, skim, and when rather thick add a teaspoonful of Harvey sauce, one of essence of anchovies, twelve pickled mushrooms, and a little cayenne pepper, pour all the liquor drained from the fish out of your dish, sauce over, and serve.

265. CARP, SAUCE MATELOTE.—Put your carp in a small oval fish-kettle, with wine and vegetables as in the last, to which add also a pint of water and a little salt, with a few cloves and peppercorns; put the lid upon the fish-kettle, and stand it over a moderate fire to stew about an hour, according to the size; when done, drain well, dress upon a dish without a napkin, and sauce over with a matelote sauce, made as directed for salmon sauce matelote, or caper sauce, as for skate; small carp are very good flavoured, bread-crumbed and fried.

Trout.—There are several kinds, none of which, it seems, were known to the Romans. This is the salmon of fresh water, and bears a very close resemblance to it in flavour. They grow to a very large size; I partook of part of one weighing twenty-six pounds, which was caught in the Lake of Killarney, in July, 1848. They have different names in various parts of Great Britain, but there is the common trout, the white trout, and the sea trout; the white trout never grows very large, but the sea trout does, and is of a very fine flavour.

River Trout, when fresh, have the most beautiful skin imaginable, the golden and sometimes silvery tint of which makes me term it the sister fish of the red (sea) mullet. Should the gills be pink instead of red, and the skin dry (which is frequently the case on the second day), they may still be eatable, but their succulence goes with their beauty. Clean them as directed for salmon.

266. TROUT À LA TWICKENHAM.—When you have cleaned your trout, put them into a kettle of boiling

water, to which you have added a good handful of salt, and a wine-glassful of vinegar; boil gently about twenty minutes, or according to their size, dress upon a napkin, and serve melted butter, into which you have put a table-spoonful of chopped gherkins, two sprigs of chopped parsley, salt and pepper, in a boat.

The remains of trout, salmon, or mackerel, are excellent pickled:—put three onions in slices in a stewpan, with two ounces of butter, one turnip, a bouquet of parsley, thyme, and bay-leaf, pass them five minutes over the fire, add a pint of water and a pint of vinegar, two teaspoonfuls of salt and one of pepper, boil until the onions are tender, then strain it through a sieve over the fish; it will keep some time if required, and then do to pickle more fish by boiling over again.

267. TROUT À LA BURTON.—Boil the trout as in the last; then put half a pint of melted butter in a stewpan, with two tablespoonfuls of cream, place it upon the fire, and when upon the point of boiling add a liaison of one yolk of egg mixed with a tablespoonful of cream, (dress the fish upon a dish without a napkin,) put two ounces of fresh butter, a pinch of salt, and the juice of a lemon into the sauce; shake round over the fire, but do not let it boil; sauce over the fish, sprinkle some chopped parsley, and serve.

Percæ were known to the Romans, and those they received from Britain were considered the best. They do not grow to a very large size, four pounds being considered a large one. When fresh, are reddish at the eyes and gills. These fish, having a great objection to part with their scales, must be scraped almost alive, forming the fish into the shape of the letter S, and scraping with an oyster-knife; open the belly, take out the interior, pull away the gills, and wash well. When large, they are frequently boiled with the scales on, which are taken off afterwards much easier.

268. PERCH SAUTÉED IN BUTTER.—Clean the fish as explained above, dry well, make an incision upon each side with a knife, put a quarter of a pound of butter in a sauté-pan over a slow fire, lay in the fish, season with salt, and sauté gently, turning them over when half done; when done, dress upon a napkin, and serve melted butter, or shrimp sauce, in a boat. Small ones should be dressed thus.

269. PERCH, HAMPTON COURT FASHION.—Cook the fish as above, and have ready the following sauce: put six spoonfuls of melted butter in a stewpan, with a little salt and the juice of a lemon; when upon the point of boiling, stir in the yolk of an egg mixed with a tablespoonful of cream; do not let it boil; steep about twenty small sprigs of parsley in boiling water ten minutes, and some small pieces of rind of lemon for one minute, drain, and put them in the sauce, which pour over the fish and serve.

Perch may also be served plain boiled or stewed as directed for tench, with sauce served separate.

Tench are considered by modern epicures to be one of the best of all fresh-water fish; they should be caught, killed, cleaned, and cooked almost directly; they may be kept alive in a large bucket of water a few days, as also may carp, feeding them with a few crumbs of bread. They are very difficult fish to clean; the best way is to form them in the shape of the letter S, and instead of scraping them from the tail to the head like other fish, scrape upwards from the belly to the back with an oyster-knife, the scales running that way; pull out the gills, open the belly, take out the interior, and wash them quite clean.

270. STEWED TENCH.—Put two onions, a carrot, and turnip, cut in slices, into a stewpan, or very small fish-kettle, with a good bouquet of parsley, a few sprigs of thyme, one bay-leaf, six cloves, a blade of mace, a little salt and pepper, and two glasses of sherry; lay your

tench over, (it will require four for a dish, and they may be either cooked whole, or each one cut into two or three pieces,) add a pint of water, cover down close, and stew rather gently over a slow fire for about half an hour; take them out, drain upon a cloth, dress upon a dish without a napkin, and pour a sauce over, made as directed for sauce matelote, cream sauce, or Beyrout.

271. **TENCH WITH ANCHOVY BUTTER.**—Cook the tench as in the last, but they may be plain boiled in salt and water; dress upon a dish without a napkin, then put six spoonfuls of melted butter in a stewpan, with one of milk; place it upon the fire, and, when upon the point of boiling, add an ounce of anchovy butter; shake it round over the fire until the butter is melted, when sauce over and serve.

Gudgeon, the gobio of the Romans. From the praise bestowed by many ancient authors on this fish, they must have obtained them remarkably fine, and I was long doubtful if it could be the same species of fish, until I ate some that had been caught in the river Colne, near Uxbridge, weighing nearly a pound each. In Paris they take the place of the smelt, and are a great favourite; they are in season in the summer. They should be cooked as soon as caught, and be rather pink under the belly, and very stiff. In cleaning, scrape off the little scales, make a small incision near the bladder, pull out the gills, and the interior will come with them.

272. **GUDGEONS** are floured, egged, bread-crumbed, or simply floured, and fried as directed for smelts; but being smaller, they require less time to cook.

The *Bull's Head*, or *Miller's Thumb*, should also be cooked in the same way. In mentioning this fish, it reminds me that there is a sea-fish very much like it, and often sold in the market; on the coast, it is the goby, sometimes called the black and spotted goby. It should be cooked like eels.

Char.—This is a very delicious fresh-water fish when obtained fresh, which is exceedingly rare in London. The lakes of Westmoreland and Cumberland

boast of having the finest, but I have tasted very fine from those in Wales. The red char has the finest flavour. It should be dressed like trout.

Chub I do not think much of, but it no doubt depends on the river where taken; those caught in the winter are the best. They may be cooked like carp.

Dace and *Roach* I esteem about as much as the chub; but if you have them they are best cooked like the carp, sauce matelote.

Barbel should never be eaten; I have known several very ill effects from so doing, although it is generally supposed it is the roe alone which is noxious and bad; but should some follower of Isaac Walton be inclined to partake of the produce of his own sport, then it should be well cleansed and put to soak in a good marinade for twenty-four hours, and baked like carp.

The *Eel* is greatly esteemed in all countries, but it differs in taste according to the river from whence it is taken; although we have some very fine eels in the river Thames, yet our principal supply is received from Holland, and the fish which come from thence are much improved in flavour by the voyage, and even increase in size. They arrive in the river Thames in vessels called eel scootes (*schuyts*), of which four have been allowed, for centuries, to moor opposite the Custom House, and the others are obliged to remain in Erith Hole until there is room for them, which greatly improves the fish: the value of those imported into London last year amounted to 132,600*l*. Nothing is more difficult to kill than eels; and it is only by knocking the heads upon a block or hard substance, and stunning them, that they suffer least. Take the head in your hand with a cloth, and just cut through the skin round the neck, which turn down about an inch; then pull the head with one hand, and the skin with the other, it will come off with facility; open the belly, take out the interior without breaking the gall, and cut off the bristles which run up the back. They are in season all the year round.

273. EELS, FRIED.—Cut your eels into pieces three inches long, dip the pieces into flour, egg over with a paste-brush, and throw them into some bread-crumbs; fry in hot lard as directed for fried soles.

274. STEWED EELS, SAUCE MATELOTE.—

Procure as large eels as possible, which cut into pieces three inches long, and put them into a stewpan, with an onion, a bouquet of two bay-leaves, a sprig of thyme and parsley, six cloves, a blade of mace, a glass of sherry, and two of water; place the stewpan over a moderate fire, and let simmer about twenty minutes, or according to the size of the eels; when done, drain upon a cloth, dress them in pyramid upon a dish without a napkin, with a matelote sauce over, made as directed for salmon sauce matelote, but using the stock your eels have been cooked in to make the sauce, having previously well boiled it to extract all the fat.

275. EELS À LA TARTARE.—Fry as directed above, and serve on some Tartare sauce; or partly stew first, and, when cold, egg, bread-crumbs, and broil gently.

276. SPITCHCOCKED EELS, in some parts of England, are cooked with the skins on. They should be properly cleaned, and split down the back, and bone taken out, and cut into pieces of about four inches long; egg the inside, and throw over some bread-crumbs, in which have been mixed some chopped parsley, a little dried thyme, and some cayenne; place them in a Dutch oven before the fire, and whilst cooking, baste them with butter in which some essence of anchovies has been mixed. The time they take cooking depends on the size, but may be known by the skin turning up.

Lamprey.—There are several species of this fish; that called the lesser lamprey, which we get in the river Thames and in the Severn, at Gloucester, is the best; it is a fish which was thought a great deal of, but I am doubtful if it is the *murena* of the Romans, as the lamprey of the present day lives entirely by suction and swims close to the surface of the water, and could not, by the nature of its construction, feed near the bottom; and, conse-

quently, could not be fed on the bodies of slaves, as is recorded of those with which the Emperor Augustus was treated; its food (so far as I have been able to ascertain from examination of some thousands) consists of small water insects and animalculæ. Those caught when just ascending the river from the sea are the best, which is about Christmas. There is a curious custom still extant, of the city of Gloucester presenting the Queen with a lamprey-pie every Christmas.

277. CONGER EEL is little appreciated in this country, although amongst the working class of our neighbours, more particularly the French, it is an article of great consumption. If alive, its head should be cut off, and it should bleed as much as possible; but if dead, the pieces should be put into lukewarm water to disgorge previous to being cooked. The young fry are exceedingly good, and may be dressed like fresh-water eels. The large ones may be made into soup, and can also be cooked like sturgeon.

278. FRENCH ANGLERS' WAY OF STEWING FISH.—Take about four pounds or less of all kinds of fish, that is, carp, pike, trout, tench, eels, &c., or any one of them, cut them into nice middle-sized pieces, no matter the size of the fish—let the pieces be of equal size; put them in a black pot or stewpan, season over with nearly a tablespoonful of salt, half one of pepper, half one of sugar, four good-sized onions, sliced thin, add a half bottle of common French wine, or four glasses of port or sherry, half a pint of water; set it on the fire to stew, gently tossing it now and then, when tender, which you may easily ascertain by feeling with your finger the different pieces, mix a spoonful of flour with two ounces of butter, which put bit by bit in the pan, move it round by shaking the pan, not with any spoon; boil a few minutes longer, and serve, dishing the fish in pyramid, sauce over; if the sauce is too thin, reduce it till it adheres to the back of the spoon; taste; if it is highly seasoned, a few sprigs of thyme

or bay-leaf may be added. Some of the fish may be done sooner than the others ; if so, take them out first, and keep warm until all are done. The motive of mixing fish is, that it is supposed the flavour of all together is finer than one alone. Conger eel is also done in this way.

FISH SAUCES.

In all ages and countries at all removed from barbarism, where fish has formed an article of diet, sauces of various kinds have been an accompaniment. With the Romans, in the time of Lucullus, great care was observed in their preparation ; amongst others which they used, and the most celebrated, was the *Garum* and the *Muria*.

The *Garum* was the sauce the most esteemed and the most expensive ; its composition is unknown. This is a subject well worth the attention of the epicures of the present day ; they should subscribe and offer a premium for that which, in their opinion, may resemble it : it is a subject well worthy the attention of the Professors of our Universities. Perhaps some leaf, yet undiscovered, that may have escaped the conflagration of Alexandria, might throw some light upon so interesting a subject. It appears that mushrooms entered greatly into its composition ; and that parts of mackerel, or of that species, formed another. The question is, at what time of the year were mushrooms in season there ; and if at that period mackerel, or what species of mackerel have soft roes, as I think it probable that they entered into its composition, as an island near Carthagina, where they were caught, was called *Scombraria*, and that which was prepared by a company in that town and which was considered the best, was called *Garum Sociorum*.

The *Muria* was the liquid in which the tunny was pickled, and no doubt very similar to our essence of anchovies. It is a sauce which the Romans used in almost all their dishes ; the most esteemed was that which came from Antipolis and from Dalmatia : Horace praises that made at Byzance. Those most generally in use at the present day are the following ; in addition to which there are various kinds made and sold in bottles, some of which are much cheaper to buy than to make.

279. MELTED BUTTER.—Put into a stewpan two ounces of butter, not too hard, also a good tablespoonful

of flour, mix both well with a wooden spoon, without putting it on the fire; when forming a smooth paste, add to it a little more than half a pint of water; season with a teaspoonful of salt, not too full, the sixth part that of pepper; set it on the fire, stir round continually until on the point of boiling; take it off, add a teaspoonful of brown vinegar, then add one ounce more of fresh butter, which stir in your sauce till melted, then use where required; a little nutmeg grated may be introduced; it ought, when done, to adhere lightly to the back of the spoon, but transparent, not pasty; it may also, if required, be passed through a tammy or sieve. If wanted plainer, the last butter may be omitted.

280. ANCHOVY SAUCE.—Make the same quantity of melted butter as in the last, but omit the salt, and add three good tablespoonfuls of essence of anchovies.

281. FENNEL SAUCE.—This is a sauce principally used for boiled mackerel. Make the same quantity of melted butter as in the last, to which add a good tablespoonful of chopped fennel; it is usually served in a boat.

282. EGG SAUCE is generally served with salt-fish or haddock. Boil six eggs ten minutes, let them get cold, then cut them in pieces about the size of dice, put them into a stewpan, with three parts of a pint of melted butter, add an ounce more fresh butter, with a little pepper and salt; keep the stewpan moving round over the fire until the whole is very hot, and serve in a boat.

283. SHRIMP SAUCE.—Make the same quantity of melted butter as before, to which add three tablespoonfuls of essence of shrimps, but omitting the salt; add half a pint of picked shrimps, and serve in a boat. If no essence of shrimps, some anchovy sauce may be served with shrimps in it as a substitute.

284. SHRIMP SAUCE is also very good as follows: Pound half a pint of shrimps, skins and all, in a mortar, and boil them ten minutes in half a pint of water; pass the liquor through a hair sieve into a stewpan, and add a piece of butter the size of two walnuts, with which you have mixed a good teaspoonful of flour, stir it round over the fire until upon the point of boiling; if too thick, add a little more water; season with a little cayenne and a teaspoonful of essence of anchovies; serve very hot; a few picked shrimps might also be served in it.

285. LOBSTER SAUCE.—Put twelve tablespoonfuls of melted butter in a stewpan, cut up a small-sized lobster into dice, make a quarter of a pound of lobster butter with the spawn, as directed; when the melted butter is upon the point of boiling, add the lobster butter, stir the sauce round over the fire until the butter is melted, season with a little essence of anchovies, the juice of half a lemon, and a quarter of a saltspoonful of cayenne pepper; pass it through a tammy into another stewpan, and add the flesh of the lobster; when hot, it is ready to serve where required. This sauce must be quite red: if no red spawn in the lobster, use live spawn.

286. NEW & ECONOMICAL LOBSTER SAUCE.—Should you require to use the solid flesh of a lobster for salad, or any other purpose, pound the soft part and shell together (in a mortar) very fine, which put into a stewpan, covered with a pint of boiling water; place it over the fire to simmer for ten minutes, then pass the liquor through a hair sieve into a basin; put three ounces of butter into a stewpan, into which rub (cold) a good tablespoonful of flour, add the liquor from the lobster, place it upon the fire, stirring until the point of boiling; season with a little cayenne, and add a piece of anchovy

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butter, the size of a walnut; or, if any red spawn in the lobster, mix it with butter, as in the last, and add it, with the juice of half a lemon, just before serving. An anchovy pounded with the lobster shells would be an improvement, and part of the flesh of the lobster might be served in the sauce.

287. **LOBSTER SAUCE À LA CRÈME.**—Cut a small lobster into slices the size of half-crown pieces, which put into a stewpan; pound the soft and white parts with an ounce of butter, and rub it through a sieve; pour ten spoonfuls of melted butter, and two of cream, over the slices in the stewpan, add half a blade of mace, a salt-spoonful of salt, a quarter ditto of pepper, and a little cayenne; warm gently, and when upon the point of boiling, add the butter and two tablespoonfuls of thick cream; shake round over the fire until quite hot, when it is ready to serve.

288. **LOBSTER SAUCE SIMPLIFIED.**—Put the slices of lobster, as in the last, into a stewpan, with ten tablespoonfuls of milk; add a little pepper, salt, cayenne, two cloves, and half a blade of mace; set it upon the fire, and when on the point of boiling, add a piece of butter the size of two walnuts, with which you have mixed a little flour; shake round over the fire, and when getting rather thick, add two spoonfuls of cream, if at hand, and serve very hot.

289. **BEYROUT SAUCE.**—Put a tablespoonful of chopped onions into a stewpan, with one of Chili vinegar, and one of common ditto, a pint of melted butter, four spoonfuls of brown gravy, two of mushroom catsup, and two of Harvey sauce; place it over the fire, keeping it stirred until boiling; then place it at the corner to simmer five minutes, skim well, then place it again over the fire, keeping it stirred until thick enough to adhere to the back of

the spoon; add two tablespoonfuls of essence of anchovies, and half a teaspoonful of sugar; it is then ready to serve.

The above, although a fish sauce, may be used for meat or poultry, by omitting the anchovy, and adding more Harvey sauce. If no brown gravy, add water, and a little colouring.

290. OYSTER SAUCE.—Mix three ounces of butter in a stewpan with two ounces of flour, then blanch and beard three dozen oysters, put the oysters into another stewpan, add beards and liquor to the flour and butter, with a pint and a half of milk, a teaspoonful of salt, half a salt-spoonful of cayenne, two cloves, half a blade of mace, and six peppercorns; place it over the fire, keep stirring, and boil it ten minutes, then add a tablespoonful of essence of anchovies, and one of Harvey sauce; pass it through a tammy over the oysters; make the whole very hot without boiling, and serve. A less quantity may be made, using less proportions.

291. ANOTHER METHOD.—Put a pint of white sauce into a stewpan, with the liquor and beards of three dozen oysters (as above), six peppercorns, two cloves, and half a blade of mace; boil it ten minutes, then add a spoonful of essence of anchovies, a little cayenne and salt if required; pass it through a tammy, or hair sieve, over the oysters, as in the last.

292. A PLAINER METHOD.—Blanch three dozen of oysters, which again put into the stewpan, with their liquor, (after having detached the beards;) add six peppercorns and half a blade of mace; place them over the fire, and when beginning to simmer, add a piece of butter the size of a walnut, with which you have mixed sufficient flour to form a paste, breaking it in four or five pieces;

shake the stewpan round over the fire, and when upon the point of boiling, and becoming thick, add half a gill of milk, or more if required; season with a little cayenne, salt, pepper, and a few drops of essence of anchovies: serve very hot.

293. MUSSEL SAUCE.—Proceed exactly the same as for oyster sauce, using only the liquor of the mussels (not the beards) instead of the oysters, and serving the mussels in the sauce; about four dozen would be sufficient.

294. CREAM SAUCE.—Put two yolks of eggs in the bottom of a stewpan, with the juice of a lemon, a quarter of a teaspoonful of salt, a little white pepper, and a quarter of a pound of hard fresh butter; place the stewpan over a moderate fire, and commence stirring with a wooden spoon, (taking it from the fire now and then when getting too hot,) until the butter has gradually melted and thickened with the eggs—(great care must be exercised, for if it should become too hot, the eggs would curdle, and render the sauce useless;) then add half a pint of melted butter; stir altogether over the fire, without permitting it to boil; pass it through a tammy into another stewpan; when wanted, stir it over the fire until hot. This sauce may be served with any description of boiled fish.

295. MATELOTE SAUCE.—For about a pound slice of salmon make the following quantity of sauce:—Peel thirty button onions, and put half a teaspoonful of sugar in a quart-size stewpan, place it over a sharp fire, and when melted and getting brown, add a piece of butter (the size of two walnuts) and the onions, toss them over now and then until rather brown, then add a glass of sherry; let it boil; then add half a pint of brown sauce and a gill of broth; simmer at the corner of the fire until the onions

are quite tender ; skim it well, and add a few mushrooms, if at hand ; season with a little salt and sugar, and sauce over any kind of fish where described. The addition of a teaspoonful of essence of anchovies is an improvement. Use where directed.

296. MATELOTE SAUCE SIMPLIFIED.—Proceed as above respecting the onions, only add a fourth more butter, and fry them a little browner ; then add a glass of sherry and two teaspoonfuls of flour, which stir round gently with a small wooden spoon, add to it about a pint of water, stir now and then till boiling, add three salt-spoonfuls of salt, two of sugar, one of pepper, and a bouquet garni ; simmer and skim, add a few drops of colouring to give it a nice brown colour ; when ready to serve, add a good tablespoonful of anchovy essence ; it ought to adhere lightly to the back of the spoon, but not be too thick ; sauce over or under, as directed ; small pieces of glaze, if at hand, put into it is an improvement, as is also using broth instead of water ; oysters and mushrooms may be introduced, also a little cayenne pepper. This sauce must be very savoury.

297. LOBSTER BUTTER.—Procure half a lobster, quite full of spawn, which take out and pound well in a mortar ; then add six ounces of fresh butter, mix well together, then rub it through a hair sieve, and put it in a cold place until wanted. The flesh can be used for any other dish.

298. ANCHOVY BUTTER.—Take the bones from six anchovies, wash the fillets, and dry them upon a cloth, pound them well in a mortar ; add six ounces of fresh butter, mix well together, and proceed as in the last.

299. MAÎTRE-D'HÔTEL BUTTER.—Put a quarter of a pound of fresh butter upon a plate, with one good tablespoonful of chopped parsley, the juice of two lemons, half a teaspoonful of salt, and a quarter that quantity of white pepper; mix all well together, and put in a cool place till required.

300. RAVIGOTE BUTTER.—Proceed as in the last, but instead of parsley, use one spoonful of chopped tarragon, and one of chervil, and add half a spoonful of Chili vinegar.

REMOVES.

THESE are dishes which remove the fish and soup, and are placed at the top and bottom of the table; great care should be evinced in cooking them, as they are the "pièce de resistance" of the dinner. I must also observe, that a few of the receipts appear a little complicated, but which will not prove to be the case if tried once or twice. In the entrées will be found how the remains of these removes may be dressed.

Since the science of analytical chemistry has become so perfect, and has shown us the elements of which every substance and liquid is composed, it is necessary that, in order to continue them in a state of action, and prevent decomposition, to repair the loss which they are every moment undergoing from man, through every living thing, even down to earth and water; but I am not going to write you a lecture on chemistry, which will be so much more easy to read in Liebig. In order for you to choose your meat and viands with economy in regard to actual nourishment, I must tell you, that, from infancy to old age, the human race is continually imbibing elements of formation or reparation, from the lime in the mother's milk, which forms the bones, to the osmazome, extracted from animal matters, which creates a more lively circulation of the blood when it becomes sluggish and dull in old age. Each period, occupation, and station in life requires different substances of reparation, with which we ought to make ourselves intimately acquainted. Amongst the first, and that most generally in use with man, is the ox, the

principal nourishment derived from which consists in the osmazome, and is that liquid part of the meat that is extracted by water at blood-heat. It is this which is the foundation and flavour of all soups, which gives the flavour to all meats, and which, on becoming candied by heat, forms the crust of roast meats.

The osmazome is found principally in all adult animals having a dark flesh, and to a very small extent in those having a white flesh, such as the flesh of fowls; but it is in their back and legs where lies the principal flavour. The bones of the ox contain gelatine and phosphate of lime. The gelatine is also found in the muscles and other cartilaginous parts of animals. It is extracted by boiling water, and coagulates at the ordinary temperature of the atmosphere; it is the foundation of all jellies, blancmanges, and other similar preparations.

The ALBUMEN is also found in the flesh, and congeals as soon as the heat rises beyond that of the blood; this is the scum on the pot when the meat is boiling.

BEEF.—All oxen should fast from twenty-four to forty-eight hours before being killed; when killed and skinned, they are opened and the inside cleaned; they are then hung up, and ought to be exposed to a draught until cold, and then divided down the back into two parts, leaving the head whole; these sides are then divided into two, called the fore-and-hind quarters: the fore-quarter contains the shin, the clod and stickings, leg of mutton piece, chuck, middle rib, fore rib; the hind-quarter consists of the rump, sirloin, thin and thick flank, the veiny-piece, aitch-bone, buttock or round, and leg and foot; the head contains the tongue, palate, and brains; the entrails consist of the heart, liver, sweetbread, kidneys, skirts, and the double roll and reed tripe. When the meat is cut up, the following kernels must be taken out: those in the neck, where the shoulder clod is removed; two from the round, the pope's eye, and one from the flap; one in the thick flap in the middle of the flank, and another between the rump and aitch-bone: in order to preserve the beef, particularly in hot weather. The flavour and quality of the meat depend on the country whence it comes, and the nature of its food.* As a general rule, the flesh ought to be of a dark red colour, smooth, open-grained, with fat rather white than yellow,

* See future Letters.

running in thin streaks through the flesh. Ox-beef is the largest and richest, but heifer is better, if well fed. It should be hung for two days previous to using, in a cool place, free from draught; it will keep good from three to six days, according to the weather.

301. SIRLOIN OF BEEF should never be less than three of the short ribs, and will weigh more or less according to the size of the ox from which it is taken; that from a small, well-fed, Scotch heifer, I consider the best, and will weigh about twelve pounds; it takes about two hours and a half to roast, depending much on the fire. Having spitted or hung the joint, cover it with buttered paper, and place it about eighteen inches from the fire; about one hour after it has been down, remove the paper, and place the joint nearer the fire, and put half a pint of water, with a little salt, in the dripping-pan; about a quarter of an hour before removing from the fire, dredge it with flour and salt from the dredging-box; when taken from the fire, empty the contents of the dripping-pan into a basin, from which remove the fat; pour the gravy in the dish, and then place the joint on it; serve some scraped horse-radish separate. A Yorkshire pudding is very excellent when cooked under this joint.

302. RIBS OF BEEF.—This piece should consist of at least three ribs; the bones are generally sawn through about three inches from the top; these should be removed, leaving the flap, which fold under and fix with wooden skewers. This, in roasting, should be prepared and dredged as the sirloin. A drop of colouring gives the gravy an inviting appearance.

303. RIBS OF BEEF BRAISED.—Take four ribs, not too fat nor too thick, remove the chine-bone neatly, and four inches of the tips of the rib-bones, run with a

larding-needle several pieces of fat bacon through the thick part, trim over the flap and tie it well round, put it into the braising-pan; put a quarter of a pound of butter, one tea-spoonful of pepper, and six tea-spoonfuls of salt, into the pan, cover it over, and place it on a slow fire for thirty minutes, stirring it now and then, then add two quarts of water; at the expiration of one hour and a half, add eighty small button onions and sixty small young carrots, or pieces of large ones cut in the shape, which place around the meat; a bouquet of ten sprigs of parsley, three bay-leaves, and four sprigs of thyme tied together; half an hour after, add sixty round pieces of turnip; then place some live coals on the lid, and let it stew gently for one hour and a half longer, being altogether about four hours. Take out the meat, remove the string, and trim it. Skim off the fat from the liquor in the pan, remove the bouquet, &c., add a few pieces of butter, in which have been mixed a tablespoonful of flour and a teaspoonful of sugar, two of browning, stir gently with a wooden spoon, and, when just on the boil, dress round the meat, and serve. In case it has reduced too much, add water.

The foregoing receipt may appear rather complicated, and may perhaps frighten you, and prevent you trying it; but I assure you, if you once try it, you will find it so good as to repeat it, particularly as many other receipts will be referred to this one. The vegetables and meat cold, are excellent.

304. STEWED RUMP OF BEEF.—This is a very excellent and useful joint to be continually kept in a country-house, where you may be some distance from a butcher's, as, when hung up in a cool larder, it keeps good for a considerable time, and you never feel at a loss should some friends call unawares: after a third of it has been removed for steaks, pies, or puddings, the remainder makes an excellent joint, roasted or braised like the ribs, or stewed as follows:

Cut it away from the bone, cut about twenty long pieces of fat bacon, which run through the flesh in a slanting

direction; then chop up the bone, place it at the bottom of a large stewpan, with six cloves, three onions, one carrot, a turnip, and a head of celery; then lay in the rump, (previously tying it up with string,) which just cover with water, add a tablespoonful of salt, and two burnt onions, (if at hand,) place upon the fire, and, when boiling, stand it at the corner; let it simmer nearly four hours, keeping it skimmed; when done, pass part of the stock it was cooked in (keeping the beef hot in the remainder) through a hair sieve into a basin; in another stewpan have ready a quarter of a pound of butter, melt it over the fire, add six ounces of flour, mix well together, stirring over the fire until becoming a little brownish; take off, and when nearly cold, add two quarts of the stock, stir it over the fire until it boils; then have four carrots, four turnips, (cut into small pieces with cutters,) and forty button onions peeled; put them into the sauce, when again boiling draw it to the corner, where let simmer until tender, keeping it skimmed; add a little powdered sugar and a bunch of parsley; if it should become too thick, add a little more of the stock; dress the beef upon a dish, sauce round, and serve. Brown sauce may be used, and the gravy will make excellent soup.

305. SALT ROUND OF BEEF.—This magnificent joint is, in general, too large for small families, but occasionally it may be used; the following is, therefore, the best method of cooking it: having folded the fat round it, and fastened it with skewers, tie round it, not too tight, some wide tape and a thin cloth, place it in a large stock-pot with plenty of cold water, set it upon a good fire, and when beginning to boil, draw it to the corner, where let it simmer until done; five hours will be enough for a large one of thirty to thirty-five pounds; when done, remove

the cloth and tape, and dish it up, previously cutting a slice two inches thick from the top, pouring a pint of the hot liquor over it when serving. To serve it cold, M. Soyer, in his "Regenerator," thus describes it:—

"After receiving the above useful lesson, and being desirous of improving my profession in all its branches, I remembered that, amongst the number of joints boiled to serve cold for large civic, agricultural, or benevolent anniversary dinners, the round of beef was the most prominent, and having seen it standing in dishes to get cold, with the dish filled with the gravy that runs from it, particularly if a little over-done, caused me to hit upon the following expedient to prevent the meat losing so much of its succulence :

"Fill two large tubs with cold water, into which throw a few pounds of rough ice, and when the round is done, throw it, cloth and all, into one of the tubs of ice-water; let remain one minute, when take out and put it into the other tub; fill the first tub again with water, and continue the above process for about twenty minutes; then set it upon a dish, leaving the cloth on until the next day, or until quite cold; when opened, the fat will be as white as possible, beside having saved the whole of the gravy. If no ice, spring water will answer the same purpose, but will require to be more frequently changed; the same mode would be equally successful with the aitch-bone."

306. HALF-ROUND OF BEEF (*Silver-side*) should be put into cold water, and let it come to a boil; simmer for two hours and a half, and serve the same as a round.

307. AITCH-BONE OF BEEF (or, as I think it ought to be called, EDGE-BONE).—This is a very nice joint for a small family, but not so economical as is generally supposed; it should be pickled carefully, and cooked in the same way as the round; one weighing ten pounds will take two hours and a half; it should be trimmed on the

top, and served with some of the liquor under it. It is very good when fresh and braised like the ribs (No. 303).

308. SALT BRISKET OF BEEF.—This is by no means an economical joint, as it loses considerably in cooking; it requires a long time to boil; should it be required as a large cold joint, the following is the best plan: procure a nice brisket with as little fat as possible, detach the whole of the bones from it, make a pickle (*see RECEIPT*), place it in it, previously rubbing it well with two cloves of garlic, leave it in the pickle from seven to nine days, rubbing and turning it every day; when ready to cook, cut it into two parts, (one about two inches longer than the other,) tie them together, and afterwards, in a clean cloth, simmer it for about six or seven hours in a large stock-pot full of water; when done, take it out and let it drain, have ready a large dish-cover, place it upon a trivet, remove the cloth and string from the meat, and place it in the cover; have ready a piece of board to fit inside the cover, place it on the meat with a half-hundred weight on the top, and let it remain in a cold place until the next day, when take it out, trim it, garnish it nicely, and serve. This will keep good a considerable time, and is excellent for breakfast or luncheon; besides, it always keeps a “*pièce de resistance*” in the larder, in case of accidents. It is also, when fresh, very excellent stewed like the rump of beef, or plain salted.

309. HAMBURGH BEEF.—The ribs are the best; they should be put to soak in soft water for twelve hours, and then put into cold water and boiled gradually; a piece of three ribs will take three hours; if intended to be served hot, the outside should be cut off, and the joint nicely trimmed and served up with the following garni-

ture round it: take four handfuls of brown kale, well washed, put a saucepan on the fire, with a gallon of water, and let it well boil; then add two tablespoonfuls of salt and half a saltspoonful of carbonate of soda, put the kale in, let it boil for ten minutes, drain it, and squeeze all the water from it, put it on a chopping-board and chop it fine, then put it into a stewpan, with two ounces of butter, half a teaspoonful of pepper, one teaspoonful of salt, a little nutmeg, half a teaspoonful of sugar, and twenty roasted chesnuts cut in half, put it on the fire and keep stirring it for five minutes: if too dry, add a little milk or gravy, and place it on the side of the fire until wanted.

310. TO BOIL A PICKLED OX TONGUE.—Put the tongue into a large stewpan containing two gallons of cold water, which set upon the fire until boiling, then draw it to the corner to simmer for three hours, if a tongue weighing about six pounds; but the better way to ascertain when done, is to try it with a trussing-needle, or the prongs of a fork, in the thickest part; if tender it is done, but if hard it must boil rather longer. A dried tongue should be soaked twenty-four hours previously to boiling; when done, skin it and trim the root, &c., and use where directed.

311. TO COOK A FRESH OX TONGUE.—Put a tongue in lukewarm water for twelve hours, to disgorge, then trim the root, and scrape the tongue quite clean; have ready twenty pieces of fat bacon two inches long and half an inch square, which introduce with a larding-pin into the most fleshy part in a slanting direction; then rub the tongue all over with salt, and run a long iron skewer through it, which tie upon, surround the tongue with vegetables, the same as directed for turkeys roasted and braised, and roast for two hours before a good fire; twenty minutes

before it is done take away the paper and vegetables, to give a nice brown colour; when done trim a little, to keep it steady in the dish, and garnish with any kind of stewed vegetables, or cut it in halves lengthwise to form a heart, and sauce over with piquante, tomato, or any other sharp sauces found in their series. If no convenience for roasting, put into a stewpan a piece of leg of beef (cut small) weighing two pounds, with two onions, one carrot, two blades of mace, a little thyme and bay-leaf, and a quarter of a pound of butter, sauté the whole twenty minutes, keeping it stirred over a moderate fire, then put in the tongue (previously prepared) and two ounces of salt, cover with water, and let boil gently four hours, skim and serve. The stock would be excellent for soup or brown sauce of any kind. The remains could be served in either of the methods directed for the remainder of pickled tongue.

312. RUMP STEAK BROILED.—Procure a steak cut nice and even, if about half an inch in thickness (if well cut it will not require beating), which lay upon a gridiron over a sharp fire; have a good teaspoonful of salt, and half that quantity of pepper mixed together upon a plate, half of which sprinkle upon the side of the steak uppermost; after it has been upon the fire a couple of minutes, turn, and sprinkle the remainder of the seasoning upon the other side; it will take about ten minutes to cook it to perfection, turning it occasionally, and serve upon a very hot dish, with a little scraped horseradish round. If properly done, it ought to be full of gravy, but a great deal depends upon the fire, which, if bad, causes the gravy to ooze from the meat and lay upon the top, which you lose in turning the steak over. A rump steak may also be served broiled as above, with a little maître-d'hôtel or anchovy butter, rubbed over as soon as done, and potatoes,

cut the size of half crown or shilling pieces, and fried crisp in hot fat; dress round. Or a steak may be served, with a few water cresses, well-washed and dried, upon a plate sprinkled with a little pepper, salt, and vinegar, and garnished round; a little oil might also be added.

VEAL of about two to three months old is the best; the flesh ought to be white, approaching to pink, and the fat firm; it is cut up the same as mutton, except that, in the hind-quarter, the loin is cut straight, leaving the aitch-bone on it, which may be either dressed on the loin or separate. The fore-quarter consists of the shoulder, neck, and breast. The hind-quarter, the knuckle, leg, fillet, and the loin. The head and pluck consist of the heart, liver, nut, skirts, melt, and the head, throat, and sweetbread.

The bull-calf is the best, the flesh is firmer grained or redder, and the fat more curdled than the cow-calf, which latter is in general preferred, being more delicate and better adapted for made dishes, as having the udder. Nothing can be worse than veal if not fresh; it should never hang more than two days in summer and four in winter. To be in full perfection, the kidneys ought to be covered with fat, and the veins in the shoulder bright red or blue. It is best from May to September, although it may be had good all the year. The head, when fresh, should have the eyes plump and lively; if stale, they are sunk and wrinkled.

313. FILLET OF VEAL.—Choose it of the best quality. Procure a leg, saw off the knuckle, take out the bone in the centre of the fillet, and fill up the cavity with some stuffing made as directed, (*see* RECEIPT,) fold the udder and flap round, which fix with three skewers; place half a sheet of buttered foolscap paper top and bottom, which tie over and over with plenty of string, run a spit through, fixing the fillet with a holdfast; set down to roast, placing it rather close to the fire ten minutes, rub well over with butter, then place it at least two feet and a half from the fire, to roast very slowly, giving it a fine gold colour; a fillet, weighing sixteen pounds, would require four hours roasting, when done take it up, detach

all the string and paper, trim the top and set it upon your dish; have a pint of melted butter, in a stewpan upon the fire, to which, when boiling, add four spoonfuls of Harvey sauce, and two of mushroom catsup, mix well, and pour round the fillet; have also boiled nicely an ox-tongue, which skin and trim, dress upon a dish surrounded with green or cabbage nicely boiled, and serve as an accompaniment to the fillet.

314. LOIN OF VEAL.—One with plenty of fat and a good kidney, from which the chump and the rib-bone at the other end have been removed; fasten the flap over the kidney with a skewer, run a spit through lengthwise, commencing at the thick end, and fixing it with a hold-fast, cover it with buttered paper; one of fourteen pounds will take about three hours and a half to roast. Serve with melted butter poured over. Some take out the kidney and fat, and serve separate on a toast.

315. CHUMP OF VEAL can be either roasted or boiled; one about four pounds will take one hour to roast, and one hour and a quarter to boil; roasted, serve like the loin; boiled, serve with either sauces, Nos. 135, 159, 165.

316. BREAST OF VEAL PLAIN ROASTED.—Paper the joint, and roast for about one hour, and serve with gravy and melted butter; it may be roasted with the sweetbread skewered to it. Take the tendons off, stew them for entrées.

317. SHOULDER OF VEAL.—One weighing fourteen pounds will take about two hours and a half to three hours to roast or braise; if roasted, the same sauce as for the loin (No. 314), and braise (No. 324.)

318. **NECK OF VEAL.**—Procure about eight pounds of a nice white neck of veal, containing six or seven chops, saw off the under part of the chine-bone, so as to give it a nice square appearance; lard it thus: take about twelve pieces of fat bacon, two inches long and a quarter of an inch square, put the larding-needle through the flesh of the veal about one inch and a half, then put one third of the length of the piece of bacon in it, pull the needle out, and it will leave the bacon in the meat, showing a quarter of an inch of the bacon outside. Then braise as ribs of beef. Two hours will suffice.

319. **NECK OF VEAL WITH PEAS.**—Proceed as in the former receipt, leaving out the vegetables, and adding, half an hour previous to the meat being done, one quart of peas, twelve button onions, and a little more sugar; remove the fat, and serve as before.

320. **NECK OF VEAL WITH HARICOTS.**—Proceed as before, substituting the haricots for the peas, which must have been boiled in plenty of water for three or four hours previously. (*See RECEIPT FOR HARICOTS.*)

321. **NECK OF VEAL WITH NEW POTATOES.** As before, using new potatoes in place of the peas. Any other vegetable, as French beans, broad beans, &c., may be served with it in the same way.

322. **NECKS OF VEAL** can be larded or plain roasted, or braised in plain gravy as before, and served with either sauces, Nos. 155, 140, 142, 170.

323. **KNUCKLE OF VEAL** is a very favourite dish of mine. I procure two of them, which I saw into six pieces, and put into a stewpan, with a piece of streaked

bacon two pounds in weight, four onions, a carrot, two turnips, and six peppercorns; place over the fire, and when boiling add a little salt, skim well, and set at the corner to simmer gently for two hours, take out; dress them in your dish, surrounded with the vegetables and bacon, and serve with parsley and butter over. Very good soup may be made from the stock it is boiled in if required, or if not, into glaze, which put by until wanted.

324. LOIN OF VEAL BRAISED.—This joint generally weighs from twelve to fourteen pounds when off a good calf. Have the rib-bones carefully divided with a saw, so as not to hurt the fillet, prepare the braising-pan, and proceed as in receipt, (No. 301;) with the addition of one pint more water, but take care not to cover the meat, which might happen if your stewpan is too deep, (this would be boiling instead of braising;) it will take about three hours: be careful to remove the fat, as this joint produces a great deal. Taste the sauce before serving, in case more seasoning is required, which might be the case, depending on the nature of the veal. A good cook should taste all sauces before serving.

325. BREAST OF VEAL STUFFED & STEWED. Take about eight pounds of the breast of veal, put your knife about half an inch under the skin, and open it about three parts of its width all the way down, then prepare some veal stuffing, and lay it in the opening you have made about one inch in thickness, sew it up, and proceed as receipt for shoulder.

Should half the size of either the above dishes be required, use but half the vegetables in proportion, and stew half an hour less.

The **CHUMP, SMALL SHOULDER**, or pieces of the *fillet* may be dressed in the same way, but must be larded, like the neck.

All the above joints may be stewed in the same way, with less vegetables, and served with sauces (Nos. 136, 140); the gravy in which they are stewed will always be useful in the kitchen, or may be reduced and served with the joint.

326. SHOULDER OF VEAL STUFFED AND STEWED.—This is a very awkward joint to carve to advantage, and equally so to cook; by the following plan it goes further than any other way.

Take the joint and lay it with the skin-side downwards; with a sharp thin knife carefully detach the meat from the blade-bone, then hold the shoulder edgewise and detach the meat from the other side of the bone, being careful not to make a hole in the skin; then cut the bone from the knuckle and take it out; you may at first be rather awkward about it, but after once or twice trying, it will become easy; you may also take out the other bone, but I prefer it in, as it keeps the shape better; then lard the lean part like the neck in (No. 320); mix some salt and a little mixed spice together, with which rub the meat from whence the bone has been cut, stuff with veal stuffing, or sausage-meat, or suet-pudding; braise, garnish, and serve as (No. 303.) This being the toughest part of the veal, it should be tried before taking up, to see if it is properly done, by thrusting a larding-needle in it; if it goes in easily it is done. This joint is excellent cold, and should be carved in thin slices crosswise.

327. CALF'S HEAD.—Choose one thick and fat, but not too large; soak for ten minutes in lukewarm water, then well powder with rosin, have plenty of scalding water ready, dip in the head, holding it by the ear, scrape the

hair off with the back of a knife, which will come off easily if properly scraped, without scratching the cheek; when perfectly clean, take the eyes out, saw it in two, lengthwise, through the skull, without spoiling the brain, which take carefully out, and put to disgorge for a few hours in luke-warm water; pull the tongue out, break the jaw-bone, and remove the part which contains the teeth, put the head into plenty of water to disgorge for one hour; make the following stock and boil for about two hours and a half, and it will be ready to serve.

The stock is made by putting into a braising-pan two carrots, three onions, a quarter of a pound of butter, six cloves, a bouquet of parsley, thyme, and bay-leaves; set it on the fire for about twenty minutes, keep stirring it round, then add a pint of water, and when warm mix a quarter of a pound of flour, add a gallon of water, one lemon in slices, and a quarter of a pound of salt, then lay the head in; take care it is well covered, or the part exposed will turn dark; simmer gently till tender.

LETTER No. XII.

MY DEAR ELOISE,—Do not make any mistakes in the way you describe the above receipts, which might be made very ridiculous if wrongly explained. For example: I once had an old French Cookery Book in my hand, with the 15th edition stamped on its old brown leather cheek, containing a receipt of "Tête de Veau à la poulette," (that is, a calf's head, with white sauce,) in which small onions and mushrooms are introduced, that read as follows—but, before describing it, allow me five minutes to indulge in a hearty laugh at the absurd manner in which it is explained: "First choose your head as thick and fat as you can, then plunge it in two gallons of water, which must be nearly boiling in a pan on the fire; let your head remain about ten minutes, then take it out by the ears, and, after remaining a short time, scrape your hair off with the back of a knife without injuring your cheek, and pull your eyes out; break your jawbone and saw your head

in two without smashing your brains, which take out carefully ; set it in cold water, to get clean and white ; then pull out your tongue, scrape and dry it, having previously boiled it with your head, which, after two hours' ebullition, will feel as soft as possible, when see that your head is in the centre of the dish ; your tongue divided in two and placed on each side of it : sharp sauce, according to No. — is allowed to be served with either head or tongue." I assure you, dear, although I do not profess to be a first-rate scholar in that fashionable language—French, I believe this to be as near as possible the true translation of the original. Then follows calves' feet, which is nearly as absurd as the former : "*Pied de Veau au naturel*," Calves' Feet, the natural way.—"Choose your fine feet in the rough state, and, as with your head, place a pan of water on the fire ; when hot, but not too much so, put your feet in the water for about ten minutes, try if you can easily clean them as your head with a knife, if not, add a spoonful of salt in the water, and let them remain a few minutes longer ; then scrape like your head ; when well cleaned wipe them dry, and they are ready for dressing, which may be done in almost twenty different ways. (See the series '*How to cook Pigs' Feet*.) When your feet are tender, set them on a dish, take out the big bone, surround them with sausage-meat ; wrap them up in caul, and form a heart with them ; then place your feet on a gridiron, let them gently broil, and, when done, eat them for breakfast or luncheon." (After which a gentle walk might give you an appetite for dinner.)

CALF'S HEAD (No. 327) may be dressed thus:—Half of the head will make a good dish for a remove ; lay it in the dish very hot, having previously drained it well ; have ready about a pint of Hollandaise or cream sauce, No. 294, pour it over and serve.

It may be surrounded with a dozen new potatoes if in season, or some quenelles, or quarters of hard-boiled eggs ; a little chopped parsley thrown on the head when the sauce is over it, makes it look very inviting. It can also be served "*à la poulette*," by putting a pint of white sauce in a stewpan ; have peeled and cooked about fifty button onions in white broth, to which you have added a little sugar and butter, and a few mushrooms ; add the broth, onions, and sauce together, and when on the point

of boiling, add a liaison of two yolks of eggs, and the juice of a lemon; stir it well round; it ought to be the thickness of cream sauce; pour over the head and serve.

It can also be egged and bread-crumbed, and placed in the oven for twenty minutes to get a nice brown colour, and may be served with sauces Nos. 155, 170.

MUTTON.—The sheep, when killed, is generally divided into two, by cutting across about two ribs below the shoulder; these are called the fore-and-hind-quarters: the former contains the head, neck, breast, and shoulder; the latter, the leg and loin; or the two loins together, the saddle or chine; or the leg and four ribs of the loin, the haunch. The entrails are called the pluck, which are the liver, lights, heart, sweetbread, and melt. When cut up, the kernel at the tail, that in the fat in the thick part of the leg, and the pipe that runs along the bone of the chine, should be removed. The flavour depends on the breed and pasture; that is best which has a dark-coloured flesh, of a fine grain, well mixed with fat, which must be firm and white. Wether mutton is the best; the meat of ewe mutton is of a paler colour, and the fat yellow and spongy. To keep a loin, saddle, or haunch, the kidney-fat should be removed, and the place rubbed with a little salt. Mutton should never be cooked unless it has hung forty-eight hours after it is killed; and it can be kept for twenty-one days, and sometimes longer in a severe winter.

328. HAUNCH OF MUTTON.—I have already described the mode of selecting the best for a small family—a Welsh, Devonshire, or Southdown; in cold winter time, a plump Scotch Highland, in Ireland a Kerry or Wicklow is the best; it should have been hung three weeks. Saw or break three inches from the knuckle-bone, remove all skin from the loin, put it on a spit, commencing at the knuckle, and bringing it out at the flap, avoiding the fillet of the loin; then cover it with three sheets of buttered paper, place it about eighteen inches from the fire, if a large one it will take two hours and a half; half an hour before being done, remove the paper, baste it with a

little butter, and dredge it slightly; when done, dish it up with a frill round the knuckle, and pour a pint of hot gravy over. In summer time, French beans should be served with it, but always mashed potatoes.

329. SADDLE OF MUTTON.—The same rule in regard to choice applies to this as to the haunch. Take off the skin, run a lark-spit through the spinal marrow-bone, which affix to a larger one with a holdfast at one end and string at the other; then tie the paper over the back, and place it down to roast; it will not take so long a time to roast, in proportion, as another joint; one about ten pounds will take about one hour and twenty minutes; remove the paper ten minutes before taking it from the fire, dredge to give it a nice colour, and make gravy as for beef, No. 301, or serve with gravy, No. 182.

330. SADDLE OF MUTTON, À LA POLONAISE.—This is my economical dish, *par excellence*, and very much it is liked every time I use it. Take the remains of a saddle of mutton, of the previous day, cut out all the meat close to the bone, leaving about one inch wide on the outside, cut it with a portion of the fat, into small dice; then put a spoonful of chopped onions in a stewpan, with a little butter; fry one minute, add the meat, with a table-spoonful of flour, season rather high with salt, pepper, and a little grated nutmeg; stir round, and moisten with a gill or a little more of broth, add a bay-leaf, put it on the stove for ten minutes, add two yolks of eggs, stir till rather thick, make about two pounds of mashed potatoes firm enough to roll, put the saddle-bone in the middle of the dish, and with the potatoes form an edging round the saddle, so as to give the shape of one, leaving the middle empty, fill it with your mince meat, which ought to be enough to do so;

if you should not have enough with the remains of the saddle, the remains of any other joint of mutton may be used; egg all over, sprinkle bread-crumbs around, put in rather a hot oven, to get a nice yellow colour, poach six eggs, and place on the top, and serve brown gravy round; white or brown sauce, if at hand, is an improvement. You may easily fancy the economy of this well-looking and good dish; the remains of a leg, shoulder, loin, neck of mutton, and lamb, may be dressed the same way, keeping their shape of course.

331. ROAST LEG OF MUTTON.—Choose the same as for the haunch. One about eight pounds weight will take about one hour and a half to roast; run the spit in at the knuckle, and bring it out at the thigh-bone; roast it some little distance from the fire at first, bringing it nearer as it gets done; baste it with a little butter whilst roasting, or cover it with a sheet of well-buttered paper, which remove just before it is quite cooked. The leg of wether mutton is the best for roasting; should it be ewe, and intended for roasting, I proceed thus two or three days before I want it. I make a small incision close to the knuckle, pushing a wooden skewer down to the leg-bone as far as it will go; I then take one tablespoonful of port wine, if none handy I use catsup, and a teaspoonful of either treacle, apple or currant jelly, and mix them together; I then remove the skewer, and run the mixture in the hole, closing it with two cloves of garlic. This joint I prefer to dangle, rather than put on the spit.

332. BOILED LEG OF MUTTON.—This I prefer of the Southdown breed, and ewe is equally as good as the wether. Cut the end of the knuckle from the leg, put it

into an oval pan, in which there is sufficient water to cover it, throw in about one ounce of salt, place it upon a sharp fire until it is on the point of boiling, then remove to the side, in five minutes remove the scum, and then let it simmer gently; if the turnips are to be boiled with it, peel and slice them, and put them into the pan half an hour before the mutton is done; it must be again put on the fire for a few minutes, as the turnips have stopped the boiling; dress it upon a dish with the turnips round it, or mash separate, and with caper or gherkin sauce; the broth may be reduced for soup.

333. LEG OF MUTTON À LA BRETONNE.—

Choose one about six pounds weight, peel four cloves of garlic, make an incision with the point of a knife in four different parts around the knuckle, and place the garlic in it; hang it up for a day or two, and then roast it for one hour and a half. At the same time you have procured a quart of small dry French haricots, which after well washing put into a saucepan with half a gallon of water, add about half an ounce of salt, the same of butter, set them on the side of the fire to simmer for about three hours or till tender, pour the liquor off into a basin, and keep the haricots hot; peel and cut two large onions into thin slices, put some of the fat of the dripping-pan into a frying-pan, put in the onions, and fry a light brown, add them to the haricots with the fat and gravy the mutton has produced in roasting, season with salt and pepper, toss them a little, and serve very hot on a large dish, put the leg on it, with a frill of paper on the knuckle. In case the leg is very fat, do not add all of the dripping to the haricots. This, if well carved, is an excellent dish for eight or nine persons; it is very much esteemed in

France, and is considered cheap food from the nourishment afforded by the haricots, which can be purchased at six-pence per quart.

Shoulder and loin may be dressed in the same way.

334. **SHOULDER OF MUTTON** is best if well hung; the spit should be run in at the flap and brought out at the knuckle; this should not be basted in roasting, but merely rubbed with a little butter; it is served occasionally with sauce, No. 158. This is sometimes boiled with onion sauce; or, as it is called, smothered in onions. It is also good by having the bone extracted, and its place filled with veal stuffing, and then put it on a trivet, in a baking-dish, with sliced potatoes under, and baked more or less in proportion to its size; one of six pounds will take one hour and a half—or as follows:

Put a small shoulder of mutton in a deep sauté-pan or baking-dish, season with a little pepper and salt, cover over with thin slices of fat bacon, then put in ten potatoes peeled and quartered, and the same quantity of apples, with half a pint of water, place in a moderate oven and bake for two hours, dress upon your dish, with the potatoes and apples round, skim all the fat from the gravy, which pour over and serve; it requires a little oil or butter over before baking.

335. **SHOULDER OF MUTTON, PROVINCIAL FASHION.**—Roast a fine shoulder of mutton; whilst roasting, mince ten large onions very fine, put them into a stewpan, with two tablespoonfuls of salad-oil, pass them ten minutes over a good fire, keeping it stirred, then add a tablespoonful of flour, stir well in, and a pint of milk, season with a little pepper, salt, and sugar; when the onions are quite tender and the sauce rather thick, stir in

the yolks of two eggs, and take it off the fire; when the shoulder is done, spread the onions over the top, egg over, cover with bread-crumbs, put in the oven ten minutes, and salamander a light brown colour, dress upon your dish, put the gravy from it in your stewpan, with a pat of butter, with which you have mixed a little flour, boil up, add a little scraped garlic, pour round the shoulder, which serve. The shoulder may also be dressed in the housewife's method, as directed for the leg. A little browning may be added.

336. LOIN OF MUTTON.—Take off the skin, separate the joints with a chopper; if a large size, cut the chine-bone with a saw, so as to allow it to be carved in smaller pieces, run a lark-spit from one extremity to the other, and affix it to a larger spit, and roast it like the haunch. A loin weighing six pounds will take one hour to roast.

337. LEG OF MUTTON STEWED WITH VEGETABLES.—Have a good leg, beat it a little with a rolling pin, make an incision in the knuckle, in which put two cloves of garlic, then put it into a stewpan, with a pound of lean bacon cut in eight pieces, set over a moderate fire half an hour, moving it now and then until becoming a light brown colour, season with pepper and salt, add twenty pieces of carrots of the same size as the bacon, fifteen middling-sized onions, and when done add two bay-leaves, two cloves, and two quarts of water, replace it upon a moderate fire, moving round occasionally, stew nearly three hours, dress upon your dish with the carrots and onions dressed tastefully around, take off as much of the fat from the gravy as possible, take out the bay-leaves and pour the garniture round the mutton, which serve very hot.

It can be braised like No. 303. A few drops of browning may be required.

338. NECK OF MUTTON.—This is a very *recherché* dish, if off a good-sized sheep, and well hung; it must be nicely trimmed, sawing the bones at the tips of the ribs, which detach from the meat, folding the flap over; saw off the chine-bone, and carefully detach the remainder of the bone from the fillet; detach the skin from the upper part, fix the flap under with a couple of skewers, run a flat lark-spit from end to end, fix it to a larger one, cover it with buttered paper, and roast like the haunch; if of five pounds, nearly three quarters of an hour to one hour. It should be served very hot, the plates and dish the same, and not one minute before it is wanted: serve gravy under.

339. BOILED NECK OF MUTTON.—Take one with little fat upon it, divide the chops, taking care not to cut the fillet, put it into a pan with cold water sufficient to cover it, place in it one ounce of salt, one onion, and a small bunch of parsley; boil it gently; when done, dish it up, and serve it with either parsley and butter made from the liquor in which it was boiled, caper or onion sauce, mashed turnips separate. Proceed as under receipt with the broth.

340. SHEEP'S HEAD.—Though this may be seen in every part of London inhabited by the working classes, and may be procured ready-cooked, I prefer always to prepare it at home, and very good it is. Choose a fine one, as fat as possible, and put it into a gallon of water to disgorge for two hours; wash it well, saw it in two from the top, take out the brain, cut away part of the uncovered part of the skull, and also the ends of the jaws, wash it

well, put into the stewpan, with two onions, one carrot, two turnips cut in slices, a little celery, four cloves, a bouquet of four sprigs of thyme, a bay-leaf, one ounce of salt, a quarter of an ounce of pepper, three quarts of water; set on the fire; when near boiling, add half a tea-cupful of pearl or Scotch barley; let it simmer for three hours, or till tender, which try with a fork; take out vegetables, cut in dice, remove bouquet, skim off the fat, and pour all into tureen. Or, lay the head on a dish, and serve with either onion sauce over, parsley and butter, or any sharp sauce; or egg and bread-crumbs over, put it in an oven for half an hour till getting a nice yellow colour, and serve with sharp sauce under. Or, with the brain, thus: having boiled the brain for ten minutes in a little vinegar, salt, and water, cut it in pieces, warm it in parsley and butter, season it a little, and put it under the head and serve.

341. SHEEP'S HEAD AND LIVER. — Boil half a sheep's liver for thirty minutes in a quart of water, cut it into small dice, put two ounces of butter in the stewpan, and set it on the fire, then add a tablespoonful of chopped onions, cook it a few minutes, add the liver, season with salt, pepper, grated nutmeg, a spoonful of flour, half-pint of broth, stir when boiling, simmer for a few minutes, lay on dish, and put the head over just as it is out of the broth, or bread-crumbs it, and put it in the oven.

LAMB may be obtained all the year round. There are two sorts, the house and grass. The house lamb is in season from Christmas to April, after which they grass; the latter has the most flavour, but the former is considered the most delicate. The same rules for cutting up should be observed as in the sheep. The fore-quarter consists of a shoulder, neck, and breast together; if cut up, the shoulder and ribs. The hind-quarter is the leg and loin. The head and pluck consist of the liver, lights, heart, nut and melt, as also the fry, which is the sweetbread, bits and skirts, and part of the

liver. The fore-quarter should be fresh, the hind-quarter should hang, it should be of a pale colour and fat. The vein in the fore-quarter ought to be blueish and firm; if yellow or green, it is very stale. To ascertain if the hind-quarter is fresh, pass your finger under the kidney, and if there is a faint smell it is not fresh. If there is but little flesh on the shoulder, it is not fine lamb; those that have short wool I have found to be the best flavoured. Nothing differs so much in flavour and goodness as this; much depends upon the kind of pasture on which the ewe is fed; that which is obtained when it is the dearest has but little flavour, and requires the addition of lemon and cayenne to make it palatable.

342. NECK OF LAMB À LA JARDINIÈRE.—

Plain roast the neck, as you would that of mutton; and, whilst it is roasting, cut one middling-sized carrot in small dice, the same quantity of turnip, and thirty button onions; wash all in cold water, put them in a small stew-pan, with one ounce of butter and half a teaspoonful of sugar, place on the fire till no liquid remains in the stew-pan; add to it a gill of brown sauce, half a one of broth, add a small bouquet of parsley and bay-leaf; after once boiling, set it to simmer on the corner of the stove, skim off all the fat; when ready, taste if very palatable; it must be a nice brown colour, and the sauce lightly adhere to the back of the spoon; serve on the dish, place the neck over; white sauce may be used instead of brown, only add a spoonful of liaison when ready to serve. This sauce is equally good with almost any kind of meat, game, and poultry; it will often be referred to, therefore be particular in making it; you can shape the vegetables in twenty different ways, by using either green peas, French beans, Brussels sprouts; sprue-grass may be added, when in season, but should be boiled separately, and added just previous to serving. Should you have no sauce-water cold, a little glaze may be used, or, for white sauce, use water and milk.

343. SADDLE OF LAMB, RUSSIAN FASHION.

—Roast a small saddle of lamb, keeping it pale; having had it covered with paper, take ten good-sized boiled potatoes, mash them with about two ounces of butter, a teaspoonful of salt, a quarter ditto of pepper, a tablespoonful of chopped parsley, and a little grated nutmeg; mix all well together with a fork, adding half a gill of milk and one egg; when cold, roll them into a long shape the size of plover's eggs, egg and bread-crumbs twice, and fry light coloured; dress the saddle, surround it with the potatoes, make a sauce of melted butter and *maitre-d'hôtel* butter, No. 299, put in it, and pour it round, and serve. All joints of lamb can be dressed thus.

344. LEG OR SHOULDER OF LAMB WITH PEAS.—These must be plain roasted; when done, serve with peas in the bottom of the dish, prepared as No. 174.

345. LEG OR SHOULDER WITH FRENCH BEANS.—Plain roast as before; prepare beans as directed. (*See VEGETABLES.*)

346. BOILED LEG OF LAMB WITH SPINACH.—Procure a very small leg, and cut the end of the knucklebone, tie it up in a cloth and place it in cold water, with two ounces of salt; boil it gently according to size; when done, remove the cloth, and dish it up with spinach under it, prepared as directed. (*See VEGETABLES.*)

347. SHOULDER OF LAMB BRAISED.—Take the blade bone from a shoulder of lamb, and have ready ten long strips of fat bacon, which season rather highly with pepper, salt, and a teaspoonful of chopped parsley; place the pieces, one after the other, in your larding pin, which draw quickly through the fleshy part of the shoulder, leaving the bacon in the meat; after having used all the

bacon, roll the meat round, and tie it up with a piece of string; then put it into a stewpan containing a quarter of a pound of butter, over a slow fire, stirring it occasionally until of a light golden colour, pour in a quart of water or broth, and add forty button onions and a bunch of parsley; let simmer very slowly until the onions are quite tender, then take up the meat, pull off the string, and dress it upon a dish with the onions round; take the parsley out of the liquor, carefully skim off all the fat, and reduce it until forming a thinnish glaze, when pour it over the meat and serve. Mushrooms may be added ten minutes before sending to table.

348. BREAST OF LAMB BROILED.—Saw off the breast from the ribs of lamb, leaving the neck of sufficient size to roast, or for cutlets; then put two onions, half a carrot, and the same of turnip, cut into thin slices, in a stewpan with two bay-leaves, a few sprigs of parsley and thyme, half an ounce of salt, and three pints of water; lay in the breast, which let simmer until tender, and the bones leave with facility; take it from the stewpan, pull out all the bones, and press it between two dishes; when cold, season with a little salt and pepper, egg and bread-crumbs lightly over, and broil gently (over a moderate fire) of a nice yellowish colour, turning it very carefully; when sufficiently browned upon one side, serve with plain gravy in the dish and mint sauce, separately, or with stewed peas or any other vegetable sauce; tomato sauce is likewise very good served with it.

349. LAMB'S HEAD.—See SHEEP'S HEAD (No. 340). This will take half the time to cook.

350. LAMB'S FRY.—Take about a pound and boil for ten minutes in half a gallon of water, take it out and dry

on a cloth ; have some fresh crumbs, mix with them half a spoonful of chopped parsley, salt, pepper ; egg the fry lightly with a paste-brush, dip it in the crumbs, fry for five minutes, serve very hot on a clean napkin in a dish, with fried parsley over.

351. LAMB'S HEAD WITH HOLLANDAISE.—

If you want it very white, make stock as for sheep's feet, put it to stew, when done lay on dish with about twelve new potatoes (boiled) round it, pour over some cream sauce (No. 294), and serve.

352. LAMB'S HEAD, WITH BRAIN OR LIVER.

—Blanch the brain or liver, and mince them as for sheep's head, introducing only the yolk of an egg ; mix with a little milk, stir in quick, add a tablespoonful of chopped parsley, the juice of half a lemon, lay it on the dish with the head over, and serve.

PORK.—The flesh of no other animal depends so much upon feeding as that of pork. The greatest care ought to be observed in feeding it, at least twenty-one days previous to its being killed ; it should fast for twenty-four hours before. No animal is more used for nourishment, and none more indispensable in the kitchen ; employed either fresh or salt, all is useful, even to its bristles and its blood ; it is the superfluous riches of the farmer, and helps to pay the rent of the cottager. It is cut up the same as the ox. The fore-quarter is the fore-loin and spring ; if it is a large pig, the sparerib may be cut off. The hind-quarter is the leg and loin. There is also the head and hailet (which is the liver, kidney, craw, and skirts), and also chitterlings, which are cleansed for sausages and black puddings. For boiling or roasting it should never be older than six months, and the leg must not weigh more than from six to seven pounds. The short-legged, thick-necked, and small-headed pigs are the best breed, a cross from the Chinese. If fresh and young, the flesh and fat should be white and firm, smooth and dry, and the lean break if pinched between the fingers, or you can nip the skin with the nails ; the contrary, if old and stale.

353. LEG OF PORK.—Choose the pork as described

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at the commencement of this series; if a leg, one weighing about seven pounds; make an incision in the knuckle near the thigh, into which put a quantity of sage and onions, previously passed in butter, sew up with pack-thread, score the rind of the pork in lines across, half an inch apart, place upon a spit, running it in just under the rind, and bringing it out at the knuckle. If stuffed the day previous to roasting, it will improve its flavour; roast (if weighing seven pounds) about two hours and a half, and serve with apple sauce in a boat.

354. CHINE OF PORK.—Score it well, stuff it thick with pork stuffing, roast it gently, and serve with apple sauce.

355. SPARERIB OF PORK. — When spitted, rub some flour over the rind, roast it before a clear fire, not too strong, or cover it with paper; about ten minutes before taking it up, throw some powdered sage over it, and froth it up with some butter in a spoon, and serve with gravy under.

356. LOIN OR NECK OF PORK À LA PIEMONTAISE.—The neck or loin must be plain roasted; peel and cut four onions in dice, put them into a stewpan, with two ounces of butter, stir over the fire until rather brown, then add a tablespoonful of flour, mix well, add a good pint of broth, if any, or water, with an ounce of glaze, boil ten minutes, add two tablespoonfuls of French mustard, with a little pepper, salt, and sugar, pour the sauce upon the dish, and dress your joint upon it; serve with a little apple sauce separate in a boat.

357. LOIN OR NECK OF PORK, (*Normandy Fashion*).—Procure a neck or loin, put it in a common earthen dish, having previously scored the rind, rub over

with a little oil, place about twenty potatoes, cut in halves or in quarters, in the dish with the pork, ten onions peeled, and twenty apples peeled and quartered, place in a warm oven for an hour and a half or more, then dress it upon your dish with the apples, onions, and potatoes around, and serve.

358. BACON AND HAM.—Bacon-pigs are cut up differently for hams, bacon, &c., but a poleaxe should never be used for killing them, as it spoils the head. To be good, the fat must be firm, with a slight red tinge, the lean a dark-red, and stick close to the bone; the rind thin, if young; if old (should it be well fed it is sometimes better), it will be thick. For hams, choose one short in the hock; run the knife close under the bone, when it comes out, if not smeared, and has a pleasant smell, it is good.

359. HAM.—This useful and popular dish, which is equally a favourite in the palace and the cottage, may be dressed in upwards of fifty different ways, with as many different dishes, which are described in their place. Of the English hams, the York and Westmoreland are the best: they should be well soaked in water, placed in plenty of cold water, and boiled gently for three or four hours. If to serve hot, take the skin off, except from the knuckle, which cut to fancy; trim the fat to a nice appearance, glaze, or throw some sifted raspings of bread, mixed with a little chopped parsley. Serve where recommended.

360. BACON.—A piece of good streaked bacon, not too salt, should be put into cold water, and boiled for one hour and a half, and served with broad beans, when in season, round it, or any young peas.

361. SUCKING PIG is merely plain roasted, stuffed with veal stuffing, but before putting it upon the spit it requires to be floured and rubbed very dry, otherwise the skin would not eat crisp: the usual method of serving it

is to cut off the head, and divide the body and head of the pig in halves lengthwise; pour over some sauce made of the brains, and a little brown sauce, or of white melted butter, nicely seasoned with salt, pepper, and sugar; serve apple sauce separate in a boat, if approved of.

362. HIND QUARTER OF SUCKING PIG, (*Yorkshire Fashion.*)—Cut off the skin, cover with paper, and roast before a quick fire about three quarters of an hour; ten minutes before being ready, remove the paper and baste it; serve with gravy under, and mint sauce and salad.

363. SALT PORK.—Pork is salted in the same manner as described for beef, omitting the sal-prunella, but of course it does not require so long a time: a leg weighing seven pounds would be well salted in a week, as also would a hand and spring weighing about ten pounds, and either would require two hours boiling, putting them in a stewpan, with plenty of cold water, and serving with carrots and greens and pease pudding.

364. PIG'S CHEEK, (*A New Method.*)—Procure a pig's cheek nicely pickled, boil well until it feels very tender, tie half a pint of split peas in a cloth, put them into a stewpan of boiling water, boil about half an hour, take them out, pass through a hair sieve, put them into a stewpan with an ounce of butter, a little pepper and salt, and four eggs, stir them over the fire until the eggs are partially set, then spread it over the pig's cheek, egg with a paste-brush, sprinkle bread-crumbs over, place in the oven ten minutes, brown it with the salamander, and serve.

365. PICKLED PORK, (*Belly Part.*)—Choose a nice streaked piece of about four pounds; it will take about three quarters of an hour boiling; serve, garnish with greens round it.

366. HAND OF PORK.—Choose one not too salt; boil it for one hour; serve as above.

VENISON.—We have three sorts in this country. They are, the stag, or red-deer, which is a native, and of which but few exist in a wild state, except in the woods of Mr. Herbert, M.P. for Kerry, in the vicinity of the lakes of Killarney, where they are most numerous. The second is the fallow deer, which is the common sort, introduced into this country by James the First, and of which we have great numbers in noblemen's parks; and the third is the roebuck deer, which is found only in the north of Scotland. Of the first, it is rare that any parts of it come to London, nor can I say that it is desirable, the flavour being strong, and having no fat; yet a good steak, broiled over the turf cinders in the Gap of Dunlow, with a good appetite as a sauce, is not bad, as Mr. B. says. But the fallow deer, when fed on good herbage, is the finest meat, the most delicate flavour, and most nourishing that can be put on the table; a fine haunch of this, well covered with fat, and properly and artistically roasted, ought certainly to be the height of an epicure's desire. Should you ever have one made a present to you be careful in following the receipt; but should you be obliged to purchase, go yourself to Groves's and choose one, or let your husband call at Dever's, in Cornhill, or Rich's, in Ludgate-hill, and you will be able to obtain some of the finest to be had in this country, as they are selected from the best herds. The third, the roebuck, is not often got in London; it is a fine flavour, tender, but wants fat: when cooked, it should always be covered with mutton fat.

Venison is cut up the same as mutton, with the exception of the saddle, which is seldom or never cut; the flesh should be dark, fine-grained and firm, and a good coating of fat on the back. It should be well hung and kept in a dry, cold place. By running a skewer in along the bone, you will know when it is fit for eating; examine it carefully every morning to cut out any fly-blows.

367. HAUNCH OF VENISON.—A good haunch of venison, weighing from about twenty to twenty-five pounds, will take from three to four hours roasting before a good solid fire. Trim the haunch, by cutting off part of the knuckle and sawing off the chine bone; fold the flap over, then envelope it in a flour and water paste rather

stiff, and an inch thick; tie it up in strong paper, four sheets in thickness, place it in your cradle spit so that it will turn quite even; place it at first very close to the fire, until the paste is well crusted, pouring a few ladlefuls of hot dripping over occasionally to prevent the paper catching fire; then put it rather further from the fire, which must be quite clear, solid, and have sufficient frontage to throw the same heat on every part of the venison. When it has roasted the above time, take it up, remove it from the paste and paper, run a thin skewer into the thickest part, to ascertain if done; if it resists the skewer, it is not done, and must be tied up and put down again; but if the fire is good, that time will sufficiently cook it; glaze the top well, salamander until a little brown, put a frill upon the knuckle, and serve very hot, with strong gravy and plenty of French beans separate.

368. NECK OF VENISON should be cut like a neck of mutton, taking the breast off, leaving the neck about nine inches wide; detach the flesh from the chine-bone, and saw it off, leaving only the cutlet bones; then pass a lark spit through it, cover it with paste and paper, the same as the haunch, and fix on spit and roast, if about eight pounds for two hours, before a good fire.

When venison is plentiful, M. Soyer has invented a new joint, called the saddle-back, which is the finest part of the deer, and would have been worthy of the most distinguished position in the banquet of Anacreon. (See 'Gastronomic Regenerator.')

POULTRY.

THIS is the best and most delicious of the various matters with which man furnishes himself as food ; although containing but little nourishment, it gives a delightful variety to our repast : from the sparrow to the turkey, we find everywhere, in this numerous class, that which gives a meal equally as good for the invalid as the robust.

Increasing every day in luxuries, we have arrived at a point unknown even to Lucullus ; we are not contented with the beautiful qualities which Nature gives this species, but, under pretence of improving them, we not only deprive them of their liberty by keeping them in solitude and in darkness, but force them to eat their food, and thus bring them to a degree of fatness which Nature never intended. Even the bird which saved the capital of Rome is treated with still greater indignity,—thrust into warm ovens, and nearly baked alive to produce those beautiful and delicious livers so well known to gourmets.*

In London the poultry and game are sent in so nicely prepared for cooking, that any remark upon the method of killing, plucking, and drawing it would appear almost unnecessary; but remembering the manner that I have seen poultry and game mutilated in some parts of the country, I have been induced to give the following simple directions.

The best way of killing poultry is to take the bird by the neck, placing the thumb of the right hand just at the back of the head, closing the head in your hand, your left hand holding the bird, then press your thumb down hard and pull the head and neck contrariwise ; the neck will break instantaneously, and the bird will be quite dead in a few seconds, then hang it a short time by the legs for the blood to flow into the head, which renders the flesh much whiter. In France they are usually killed by cutting the throat close to the head ; both methods are good with regard to the whiteness of the flesh, but I prefer the English method, not being so barbarous.

To pluck either game or poultry, lay the bird upon a board with its head towards you, and pull the feathers away from you, in the direction they lie ; many persons pull out the feathers the contrary way, by which means they are likely to tear the skin, and very much disfigure the bird for the table.

* Foie gras de Strasbourg.

To draw poultry after it is well plucked, make a long incision at the back of the neck, take out the thin skin from under the outer containing the crop, cut the neck off close to the body of the bird, but leave the neck skin a good length, make another incision under the tail just large enough for the gizzard to pass through, no larger; then put your finger into the bird, and detach all the intestines, taking care not to break the gall bladder, squeeze the body of the bird, so as to force out the whole of them at the tail; it is then ready for trussing, the method of doing which will be given in the various Receipts throughout this series. The above method of drawing poultry is equally applicable to game.

TURKEY.—The flesh of this bird depends greatly upon its feeding; it might be made much more valuable for table if proper attention were paid to it. A young one should have his legs black and smooth and spurs short, his eyes fresh and the feet limber.

It is singular that this bird should take its name from a country in which it was never seen; in other countries in Europe it is called the Indian cock, because the West Indies, on the first discovery of America by Columbus, was supposed to be part of the continent of India; and this bird, being brought over on the first voyage, it was thus named. By many it is supposed to have been introduced by the Jesuits in Spain and Portugal, and it is probable they were the first who domesticated it. There it is known by the name of Jesuits. I have seen it stated that it was known to the Romans, and was served at the marriage of Charlemagne. From my researches I rather think it is confounded with the pheasant. It has more flavour than any other of our domestic birds, and is, consequently, held in higher estimation, and commands a higher price. Do not fear these long receipts, as each contains several.

369. PLAIN ROASTED TURKEY, WITH SAUSAGES.—This well-known dish, which has the joyous recollection of Christmas attached to it, and its well-known cognomen of “an alderman in chains,” brings to our mind’s eye the famed hospitality of this mighty city. The following is my plan of cooking it. It must be first trussed as follows:—Having first emptied it, break the leg-bone close to the foot, and draw out the sinews from the thigh; cut off the neck close to the back, leaving the skin long;

wipe the inside with a wet cloth, cut the breast-bone through on each side close to the back, and draw the legs close up; fold a cloth up several times, place it on the breast, and beat it down until it lies flat; put a skewer in the joint of the wing, and another through the middle of the leg and body; one through the small part of the leg and body, close to the side-bones, and another through the extremity of the two legs. The liver and gizzard should be placed between the pinions of the wings, and the points turned on the back. When thus trussed, singe all the hair off that may remain, take about one pound of stuffing (*see* RECEIPT), and put it under the skin at the neck, tie the skin under, but not too tight, or it may burst in roasting, put it on to a small-sized spit, and fasten it with a holdfast, or hang it neck downwards from a bottle-jack; put it about eighteen inches from a good roasting fire, let it turn about ten minutes; when the skin is firm and dry, press into the bowl of a wooden spoon, so that it sticks, about one ounce of butter, and rub the turkey all over with it; when all melted, remove the turkey eight inches further from the fire. One of about six pounds will take two hours to roast, without pouring any fat over it. In case your fire is too fierce, and likely to break the skin, draw it back still more: it will, with proper care, be of a golden colour. I do not object to the gizzard being placed under the wing when roasting, but never the liver, which I cook in the dripping-pan, as the gravy which would run from it would spoil the colour of the breast. When done, remove it, cut the strings, lay it on your dish, and pour under half a pint of good brown gravy, or make some with glaze, or, whilst the bird is roasting, butter the bottom of a small stewpan, pick and slice two onions, lay them at the bottom, cut the neck in small pieces, add half a spoonful of salt, a quarter

ditto of pepper, a little turnip, one clove; set on a slow fire till the onions are of a brown colour, then add a pint of water; let it simmer for nearly one hour, then pass it through a sieve into a basin, skim off the fat, return the gravy again into a stewpan, give it a boil, and when the turkey is ready to send to table, pour it under; add a little beef or veal, if handy, to the gravy, if you require much.

This plan of roasting is adapted for all birds, and all my receipts for plain roasting of poultry will refer to this, with the alteration of the time which each takes to cook.

Sausages, I seldom broil; I prick them with a needle, rub the bottom of the frying pan with a little butter, put twelve sausages in it, and set it on a slow fire, and fry gently for about fifteen minutes, turning them when required (by this plan they will not burst), and serve very hot round the turkey, or on a separate dish of smoking hot mashed potatoes. To vary the gravy, I have tried the following plan: take off the fat which is in the frying-pan into a basin, then add the brown gravy, mix a good teaspoonful of arrowroot in a cup with a wineglassful of cold water, pour in the pan, boil a few minutes, pass it through a sieve, and serve with the turkey. The gravy this way is excellent.

370. TURKEY WITH FLAT SAUSAGE CAKE.

—Roast as before; fry thirty oval flat sausages (*see RECEIPT*), the same quantity of the same-sized pieces of bacon, a quarter of an inch thick; make a border of mashed potatoes about the size of a finger, one inch inside the edge of the dish, dress your sausages and bacon on it as a crown alternately, put your turkey in the middle, and gravy over, or glaze, if at hand. Plain boiled tongue may, of course, be served with the turkey, or separate on

a dish of greens. If any remains of tongue from a previous day, it may be served instead of the sausages, cut the same shape as sausages, and warmed in a pan; if so, put a nice green Brussels sprout between each piece. Bread sauce is generally served with this dish; for my own part, I never eat it.

BOILED TURKEY.—This is a dish I rarely have, as I never could relish it boiled as it generally is, by putting it into that pure and chaste element water, into which has been thrown some salt, the quantity of which differs as much as the individuals that throw it in. I often reflect to myself, why should this innocent and well-brought up bird have its remains condemned to this watery bubbling inquisition, especially when alive it has the greatest horror of this temperate fluid; it is really for want of reflection that such mistakes occur: the flavour of a roasted turkey, hot or cold, is as superior to the boiled as it is possible to be. But yet there is a kind of boiling that can be adopted, and which I sometimes practise: it makes a nice palatable dish, and the broth can be used for other purposes. I think, if you try it, you will never again resort to that bubbling system of salt and water. I proceed as follows:—

371. BOILED BRAISED TURKEY.—Truss it thus: cut the neck, leaving the skin on; cut the legs off; then run the middle finger into the inside, raise the skin of the legs, and put them under the apron of the turkey, put the liver and gizzard in the pinions, turn the small end of the pinions on the back, run a packing-needle with string through the joint of the wing and middle joint of the leg, and through the body, and out at the opposite leg and wing, bring it round and tie it on the back, then run the needle and string through the ends of the legs or drumstick, press it through the back, and tie strongly; it is then ready. When the turkey is trussed, then stuff it; and if intended to have oyster sauce with it, chop about two dozen of oysters into small dice and mix them with the stuffing, and place inside the breast. Then rub the breast

with half a lemon, and put it into a two-gallon pan, and cover it with cold water, to which add two ounces of butter, one ounce of salt, four onions, a stick of celery, one carrot, two turnips sliced, a large bouquet of parsley, two bay leaves, two sprigs of thyme; set it on the fire, when beginning to boil skim it, let it simmer two hours, or more if large; try the breast with a needle, if it goes in and out easily it is done; take it out and set it on a dish to drain, remove the string, serve on a fresh dish with a pint of good thick oyster sauce over it. By omitting the oysters in stuffing, you may serve the turkey with celery sauce, Jerusalem sauce, tomato ditto, mushroom ditto, or good parsley and butter; and, as an accompaniment, a piece of about two pounds of nice streaked bacon, which has been boiled with the turkey, and from which you have removed the skin, and serve on some greens, or Brussels sprouts, over which you have thrown a little salt, pepper, and two ounces of oiled butter. You see, dear —, that this dish can be varied without much expense and trouble; observe, that this way, the broth is good for soup the same day, by the addition of two pounds of veal cut in small pieces, a quarter of a pound of lean bacon, one onion, one blade of mace, one leek, a wineglass of water; put it into a separate stewpan, stew on fire till forming a white glaze, then add it to the turkey when on the point of boiling; when done, skim off all fat, pass it through a tammy or cloth; you may use it for any clear soup by adding a little brown gravy or colouring, and also for any kind of purée; or, by reducing it a little, make white or brown sauce, adding to the last the proper colour. I must observe, that this will be almost impracticable when you have a party; the only plan would be to get the turkey done one hour before you require it, keeping it hot with its breast in some of the stock; but, as the broth will keep well in small

quantities, it can be reserved for the next day. That is my plan of boiling, but the following is my new way of giving the flavour of vegetables to all poultry, which is a decided improvement. The aroma from the bird when the cover is removed is quite inviting, and the appearance of it, which is as white as alabaster, and cuts also full of juice: I call it—

372. ROAST BRAISED TURKEY.—Peel and wash two onions, one carrot, one turnip, cut them in thin slices, also a little celery, a few sprigs of parsley, two bay-leaves, lay three sheets of paper on the table, spread your vegetables, and pour over them two or three tablespoonfuls of oil; have your turkey, or poularde, trussed the same as for boiling; cut a few slices of lemon, which you place on the breast to keep it white, then cover with thin slices of bacon, and lay the back of the bird on the vegetables; tie the paper round with string, then pass the spit and set it before the fire; pour plenty of fat over to moisten the paper and prevent it from burning, roast three hours at a pretty good distance from the fire: capons will take two hours, poulardes one hour and a half, fowls one hour, and chickens half an hour. This way it may be served with almost any sauce or garniture, as stewed peas, oyster sauce, jardinière, stewed celery, cauliflower, stewed cucumbers, Jerusalem artichokes, which should be turned in the shape of a pear: these should be dished on a border of mashed potatoes; that is, an artichoke and a Brussels sprout alternately, or a small piece of white cauliflower, and a small bunch of green asparagus, or stewed peas, or stewed celery of two inches long, never more, or any other vegetable according to season, which taste or fancy may dictate. When I want to serve them with brown garniture or sauce, I remove the paper and vegetables twenty

minutes before it is done, and give it a light golden colour, then I serve it with either a ragout financier, or mushroom, or English truffle. I also often stuff it thus: I put two pounds of sausage meat in a basin with a little grated nutmeg; I then take two tablespoonfuls of chopped onions, put them in a sauté-pan with a little butter, and let them do for two minutes, which add to the meat, also two eggs well beaten up, and a quarter of a pint of white sauce if at hand, and fifteen fine roasted chesnuts; add this to the stuffing, and fill the bird as usual, not too full at the breast; roast as above, giving half an hour longer for the force-meat; put a quart of demiglaze and a glass of sherry in a stewpan, reduce it to a pint and a half, add in it fifty button onions previously stewed, and twenty-five roasted chesnuts; sauce under.

373. TURKEY, IF OLD.—The French stew it exactly like the ribs of beef, the receipt of which you have; but as this is a large “*pièce de résistance*,” I think I had better give it to you in full as I do it:—Put a quarter of a pound of butter into a convenient-sized stewpan, such as will comfortably hold the old gentleman; cut one pound of lean bacon in ten or twelve pieces for a few minutes in the pan on the fire, then add your turkey trussed as for boiling, breast downwards; set it on a moderate fire for one hour, and until it is a nice colour; add two tablespoonfuls of flour, and stir well round until it forms a roux, then add two quarts of water or broth; when you have it on the point of boiling, add fifty pieces of carrot the size of walnuts, the like of turnip, ten button onions, a good bouquet of sprigs of thyme, two bay-leaves, and ten of parsley, a small glass of rum, a clove, a piece of garlic, and let it stew gently for four hours. If you use water, season in proportion. Take the turkey out, and put the vege-

tables and sauce in a smaller stewpan, which ought to be nearly full; let it simmer on the corner of the fire, so that the fat rises and may be removed, and reduce it to a demi-glaze, dish up the turkey and serve with the sauce over it; small new potatoes, about twenty, when in season, may be added to the sauce, or roasted chesnuts. The remains are excellent when cold, or will warm again with the addition of a little broth or water. The series of Entrées will contain the dishes made from the remnants of the foregoing receipts.

FOWLS, in a general sense, mean all kinds of poultry, but, in a limited view, one species of bird, which is exceedingly common in all parts of Europe; there are an amazing number of kinds of this species produced by crossing the breed; so great attention having been bestowed upon this subject of late years, it is quite impossible to say which is the best. They are not originally natives of this island, but were found here by the Romans, having probably been introduced by the Phœnicians. We distinguish this kind in cookery as the chicken, capon, pullet, cock, and hen. Chickens from their age cannot be otherwise but tender; capons should have a fat vein on the side of the breast, thick belly and rump, comb short and pale, spurs short and blunt, and legs smooth. Pullets are best in the spring, just before they begin to lay. Cocks should have their spurs short, legs smooth, and comb short, smooth, and a bright colour. Hens, legs and comb smooth, and full breast. Black legs are best for roasting and entrées, and white for boiling.

For preparing them for table, M. Soyer has invented a plan:—by cutting the sinews of the bird, it not only appears fuller and plumper when cooked, as the heat is liable to contract the sinews, but it also affords facility for carving when the sinews are divided; they are trussed in the usual way, only using string instead of skewers. The following is the ordinary plan of trussing—

For Roasting.—Having emptied the fowl and cleaned the gizzard, cut the skin of the wings, and put the gizzard and liver through it, and turn the pinion under; put a skewer through the first joint of the pinion and the body, coming out at the opposite side, and bring the middle of the leg close up to it; run a skewer through the middle of both legs and body, and

another through the drumstick and side-bone, and one through the skins of the feet, the nails of which must be cut off.

For Boiling.—Prepare as before; put the finger in the inside, and raise the skin of the legs; cut a hole in the top of the skin, and put the legs under; put the gizzard and liver in the pinions, and run a skewer through the first joint; draw the leg close up, and run a skewer through the middle of the legs and the body, tie a string on the tops of the legs to keep them in their proper place.

374. POULARDS, CAPONS, AND FOWLS.—These are the best at nine and ten months old; if twelve or fourteen, they are only fit to be stewed like the turkey, No. 373, but in less time, or boiled in broth or sauces, but when young serve as boiled turkey, No. 371. Roast (No. 369) less time, but take care to do it well, as white meat with red gravy in it is unbearable.

375. CAPON OR POULARD, ROASTED.—Prepare it as you would a turkey, and it may be stuffed with the same kind of stuffing, tie over the breast a large slice of fat bacon, about a quarter of an inch thick, and two sheets of paper; ten minutes before being done, remove the paper and bacon, dredge it, and put a piece of butter on it, so that it is of a nice colour, dish it up very hot with a gravy like the roast turkey.

376. CAPON BOILED.—The same as the turkey.

377. CAPON OR POULARD À L'ESTRAGON.—I have been told many fanciful epicures idolize this dish. The bird should be trussed for boiling. Rub the breast with half a lemon, tie over it some thin slices of bacon, cover the bottom of a small stewpan with thin slices of the same, and a few trimmings of either beef, veal, or lamb, two onions, a little carrot, turnip, and celery, two bay-leaves, one sprig of thyme, a glass of sherry, two quarts of water,

season lightly with salt, pepper, and nutmeg, simmer about one hour and a quarter, keeping continually a little fire on the lid, strain three parts of the gravy into a small basin, skim off the fat, and pass through a tammy into a small stewpan, add a drop of gravy or colouring to give it a nice brown colour, boil a few minutes longer, and put about forty tarragon leaves; wash, and put it in the boiling gravy, with a tablespoonful of good French vinegar, and pour over the capon when you serve it; it is an improvement to clarify the gravy. All kinds of fowls and chickens are continually cooked in this manner in France. They are also served with rice.

378. POULARD WITH RICE.—Having been braised as before, have a quarter of a pound of good rice washed, put in a stewpan, with a pint of broth, three spoonfuls of the capon's fat from the stewpan, a bouquet of parsley, let it simmer until it is tender; take the parsley out, add two ounces of butter, a little salt, pepper, nutmeg, stir it round, or form it into a delicate pulpy paste; lay some of it on a dish with the capon on it, put the remainder round it, making it smooth with a knife, leaving the breast uncovered; salamander the rice, and serve clear gravy separate; sometimes I add a little curry powder in the gravy, and egg and bread-crumbs to the rice, and salamander or make the rice yellow with curry powder, and make a border of half eggs round the dish; it looks well, and that is a great thing; and one fowl done thus will often go as far as two plain. It is generally the custom with us to send either ham, tongue, or bacon as an accompaniment to poultry. I endeavour to vary it as much as possible; the following is one of my receipts.

379. POULARDS OR CAPONS, with *Quenelles* and *Tongue*.—When you are either roasting or braising, you

make about twenty quenelles with tablespoons, out of forcemeat of veal. Proceed and cook the same; when done, make a roll of mashed potatoes, which put round the dish you intend to serve it in; have ready cut from a cold tongue as many pieces of the shape of the quenelles, warm gently in a little gravy, then put the quenelles on the border, having cut a piece off the end so that they may stand properly, with a piece of tongue between each, put the fowl in the centre; have ready made a quart of a new white sauce, which pour over the fowl and quenelles; glaze the tongue, and serve very hot. I found this dish at first rather complicated, but now my cook can do it well without my assistance. It looks and eats well, but is only adapted for a dinner of importance.

380. THE SAME WITH CUCUMBERS.—Cut about four nice fresh cucumbers into lengths of two inches, peel and divide them down the middle, take the seedy part out, trim the corners, put about thirty pieces of them into a stewpan, with two ounces of butter, a spoonful of eschalot, and the same of sugar; lay them on a very slow fire for half an hour, or till tender; lay them on a border of mashed potatoes, with quenelles as above, and place the tongue between; in another stewpan put a little butter, and the trimmings of the cucumbers, then add a quart of white sauce, boil and pass through a tammy, adding a little sugar, or other seasoning if required, and finish with half a gill of good cream sauce over all except the tongue, which glaze. Cauliflower, sprue grass, Jerusalem artichokes, or Brussels sprouts, like the turkey, make excellent and inviting dishes.

381. CAPON WITH YOUNG CARROTS.—Scrape two bunches of young carrots, keep them in their original

shape as much as possible, wash them and dry on a cloth; put them into a stewpan with two ounces of butter, a little sugar, salt, and pepper, set it on the fire for ten minutes, moving them now and then, add a quart of white broth, simmer gently until very tender and it comes to a demi-glaze; dish the carrots on a border of potatoes, the points towards the centre, cook some small button onions the same way, but very white, and dress them alternately; mix the two gravies together with a quart of demi-glaze, set it on the fire, boil fast, skim it, when forming a bright thinnish sauce pour it over the capon and vegetables; being served with a brown sauce, it ought to be roasted brown like turkey (No. 369); turnips may also be added instead of carrots, or both.

382. FOWLS, ITALIAN WAY.—Prepare and cook the fowls as above, or re-warm some that may be left, cut the remains of a tongue into pieces one inch long and one quarter in thickness, cut three times the quantity of plain boiled macaroni the same way, with a few mushrooms, and add the whites of four eggs to it, with some broth and half a pint of white sauce; when boiling, add a quarter of a pound of grated Parmesan, and half that of Gruyère, shake the stewpan so that the contents are well mixed, add a little salt and cayenne, put fowl on dish, sauce over and serve: or put the macaroni on the dish, mix bread-crumbs and a little grated cheese together and sprinkle over it, put it into the oven until it is a yellow-brown colour, put the fowl on it very hot, and serve with a little white sauce over, and a strong gravy separate.

383. FOWL À L'ECARLATE.—Roast and braise two nice fowls, and boil a fine salted tongue, which trim so as to be able to stand it in a dish, place it in the middle

in a slanting position, place two fine heads of cauliflower at each end, and make a pint of cream sauce, pour over the fowl and brocoli; glaze the tongue, and serve. Fowls may be dressed in any of the ways before described, and dished up thus.

GEESE.—We have now arrived at your favourite dish, or, as your better half said on your return home from this, "What is better than a goose stuffed with sage and onion?" Of course many persons are of his idea, and I must say that I for one enjoy them occasionally when in season; yes, indeed, I do, and with the original apple-sauce, too; this last addition to our national cookery must have been conferred on it by the Germans, who eat sweets or stewed fruit with almost every dish; or, perhaps, from William the Conqueror, who left his land of apples to visit and conquer our shores; but never mind to whom we are indebted for this bizarre culinary mixture, I sincerely forgive them, and intend to have one for dinner to-day, which I shall have cooked as follows: but I must first tell you how they should be chosen. The flesh should be of a fine pink colour, and the liver pale, the bill and foot yellow, and no hairs, or but few, on the body; the contrary will be observed in an old one, which will have the feet and bill red.

384. GOOSE (*to truss*).—Having well picked the goose, cut the feet off at the joint, and the pinion at the first joint; cut off the neck close to the back, leaving all the skin you can; pull out the throat, and tie a knot at the end; put your middle finger in at the breast, loosen the liver, &c.; cut it close to the rump, and draw out all the inside except the soal,* wipe it well, and beat the breast-bone flat; put a skewer in the wings, and draw the legs close up, running a skewer through the middle of both legs and body; draw the small of the leg close down to the side bone, and run a skewer through; make a hole in the skin large enough to admit the croupion, and when stuffed place it through it, as it holds the stuffing better. For the giblets which have been taken out, see GIBLET PIE.

* This word is not found in dictionaries, but is used by poulterers to denote that small piece of the lungs which is left in the bird.

385. ROAST GOOSE.—Peel and cut in rather small dice six middle-sized onions, put in a pan, with two ounces of butter, half a teaspoonful of salt, a quarter ditto of pepper, a little grated nutmeg and sugar, six leaves of fresh sage chopped fine, put on fire, stir with wooden spoon till in pulp, then have the goose ready trussed, and stuff it whilst hot, tie the skin of the neck to the back, pass the spit through, and roast two hours before a moderate fire; baste the same as turkey (No. 369), give a nice yellow colour, remove it from the spit, take off the string, and serve with half a pint of good brown gravy under, and apple-sauce in a boat.

386. THE SAME, WITH ANOTHER STUFFING.—I have tried it with the liver chopped and mixed with the onions; I also at times add two cold potatoes cut in dice, and a spoonful of boiled rice added to the former stuffing, and occasionally bread crumbs; it removes the richness of the fat, and renders it more palatable and digestive; and I also sometimes add twenty chesnuts cut into dice. The giblets should be stewed or made into pies. (See RECEIPT.) Where there is no gravy, broth, or glaze, still gravy is wanted, therefore put into the dripping-pan a teaspoonful of salt, half a pint of water, and dredge a little flour on it; when the bird is done, pour the contents of the pan into a cup, remove the fat, pour over the back of the bird, which serve on a very hot dish as soon as taken from the fire.

387. GOOSE ROASTED (*another way*).—Having the goose ready the day previously to using, take three cloves of garlic, which cut into four pieces each, and place inside the goose, and stuff it as follows: take four apples, four onions, four leaves of sage not broken, four leaves of lemon-thyme not broken, and boil in a stewpan with suf-

ficient water to cover them; when done, pulp them through a sieve, removing the sage and thyme, then add sufficient pulp of mealy potatoes to cause it to be sufficiently dry without sticking to the hand, add pepper and salt, and stuff the bird, having previously removed the garlic, tie the neck and rump, and spit it, paper the breast, which remove after it has been at the fire for twenty minutes; when done, serve it plain with a thickened gravy.

388. GOOSE STEWED.—If an old one, stew it with vegetables, as duck (No. 392), only give it more time to cook. On the Continent they are dressed in different ways, but which are too complicated for our kitchens.

389.—GOOSE GIBLETS, RAGOUT OF, OR OF TURKEY.—Put them into half a gallon of warm water to disgorge for a few hours, then dry them on a cloth, cut into pieces not too small, put into a stewpan a quarter of a pound of good lean bacon, with two ounces of butter; when a little brown, add your giblets, and fry for twenty minutes longer, stirring it together; add a little flour, a good bouquet of parsley, twenty button onions, same number of pieces of carrot and turnip, two saltspoonfuls of salt, the same of sugar, stew together one hour or more until tender, skim off the fat, dish up the meat, reduce the salt if required, take bouquet out, and sauce over the giblets: both goose and turkey giblets take the same time to stew. If any remaining, they will make a capital pie or pudding, or merely warm up with broth or water, and a little flour.

390. PRESERVED GOOSE *for the Farm or Country House*.—In case you have more geese in condition and season than what you consume, kill and cut them up into pieces, so that there shall be as little flesh left on the carcase as possible, and bone the leg; rub into each piece

with your fingers some salt, in which you have mixed a little saltpetre, put them into an earthen pan, with some thyme, bay-leaf, spice, a clove of chopped garlic, rub them for a couple of days, after which dip each piece in water, and dry on a cloth; when you have chopped fine and melted all the fat you could get from the goose, and scraped a quarter of a pound of fat bacon and melted with it, pass through a sieve into a stewpan, lay the pieces in it, and bake very gently in a slow oven, until a stiff piece of straw will go through it, then lay it in a sieve; when nearly cold put it in a bowl or round preserving jar, and press a smaller one on the top, so that it all forms one solid mass, pour the fat over, when cold cover with a piece of bladder, keep it in a cold place, and it will be good for months together, and is excellent for breakfast, luncheon, or supper, having previously extracted the fat. Last winter I kept some for three months quite sweet; having half a one left, I put it by in the above way, bones and all, in a basin, and covered with the fat produced with roasting, and put it in the larder, and it was excellent. Ducks may be served in the same way.

DUCKS.—There are several varieties of this bird, all, however, originating from the mallard. There has not been that care and attention paid to this bird as to the fowl; but I think it is well worthy the attention of farmers, it being one which is exceedingly cheap to rear; great care should be evinced in feeding it twelve days previously to its being killed. Ducklings are considered a luxury, but which, I think, is more to be attributed to their scarcity than flavour: those from Aylesbury are preferred. The drake is generally considered the best, but, as a general rule, those of the least gaudy plumage are the best; they should be hard and thick on the belly, and limber-footed.

391. DUCKS ROASTED.—Prepare them for the spit (that is, the same as geese, only leave the fat on), and stuff them with sage, onion, and bread-crumbs, prepared as for the goose, roast before a very quick fire, and serve

very hot. There are many ways of cooking ducks, but this is the plainest and the best.

392. **STEWED DUCK AND PEAS.**—Procure a duck trussed with the legs turned inside, which put into a stewpan with two ounces of butter and a quarter of a pound of streaked bacon, let remain over a fire, stirring occasionally until lightly browned, when add a table-spoonful of flour (mix well) and a quart of broth or water, stir round gently until boiling, when skim, and add twenty button onions, a bunch of parsley, with a bay-leaf, and two cloves, let simmer a quarter of an hour, then add a quart of nice young peas, let simmer until done, which will take about half an hour longer, take out the duck, place it upon your dish (taking away the string it was trussed with), take out the parsley and bay-leaf, season the peas with a little pepper, salt, and sugar, skim the fat, reduce a little if not sufficiently thick, pour over the duck and serve.

393. **DUCKLING WITH TURNIPS** is a very favourite dish among the middle classes in France. Proceed as in the last, but instead of peas use about forty pieces of good turnips cut into moderate-sized square pieces, having previously fried them of a light yellow colour in a little butter or lard, and drained them upon a sieve, dress the duck upon a dish as before, season the sauce with a little pepper, salt, and sugar, reduce until rather thick, a thin sauce not suiting a dish of this description; the turnips must not, however, be in purée; sauce over and serve.

The remains of ducks left from a previous dinner may be hashed as directed for goose, and for variety, should peas be in season, a pint previously boiled may be added

to the hash just before serving. The sage and apple must in all cases be omitted.

394. DUCKS À L'AUBERGISTE (*or Tavern-keepers' fashion*).—Truss one or two ducks with the legs turned inside, put them into a stewpan with a quarter of a pound of butter; place them over a slow fire, turning round occasionally, until they have taken a nice brown colour, add two spoonfuls of flour, mix well with them, add a quart of water, with half a tablespoonful of salt and sugar, let simmer gently until the ducks are done (but adding forty button onions well peeled as soon as it begins to boil), keep hot; peel and cut ten turnips in slices, fry them in a frying-pan in butter, drain upon a cloth, put them into the sauce, and stew until quite tender; dress the ducks upon your dish, skim the fat from the sauce, which has attained a consistency, and some fresh mushrooms, pour round the ducks and serve.

FLANCS.

At this part of the dinner there are those dishes which are called Flancs, by which is understood, those dishes whose contents are not so large as the Removes and not so small as the Entrées, and the Receipts for which may be taken from either of those departments, with this difference;—instead of meat or poultry being cut up, it should be left whole: for instance, a loin of mutton, instead of being cut up into cutlets, should be served whole, with some sauce under it; and a duck, instead of being divided, should be left whole, and served with some sauce. It is also a great addition in the appearance of the table, and should always be served in a differently-formed dish to the entrées or removes; and are only required when eighteen or twenty persons dine, and four corner dishes are used.

ENTRÉES, OR MADE DISHES.

ENTRÉES are, in common terms, what are called made-dishes; of course, these are the dishes upon which, in the high class of cookery, the talent of the cook is displayed. Great care should be observed in dishing them up, for the eye is a great assistance to the palate; it often happens that the carelessness of the servant destroys the labours of the cook by the manner in which the dish is taken from the kitchen to the dining-room. In some measure to avoid that, I direct a small thin border of mashed potatoes, about half an inch wide and a quarter of an inch deep, to be placed on the bottom of the dish, which keeps each object in its place: they should always be served exceedingly hot.

MADE DISHES OF BEEF.—The remainder of any cooked joints of beef may be advantageously and economically dressed in the following ways:

395. HASHED BEEF.—Cut the beef into small thin slices, which lay upon a plate, and to every pound of beef add half a tablespoonful of flour, a little chopped onion or eschalot, two saltspoonfuls of salt, and a half one of pepper, mix the whole well together, and put it into a saucepan, with half a pint of water, stir it over the fire until upon the point of boiling, when set it at the corner of the fire to simmer for ten minutes; it is then ready to serve. A great improvement to the appearance of hash may be effected by adding a few spoonfuls of brown gravy, (No. 185), or a teaspoonful of colouring, (No. 186), which might always be kept in a bottle. The flavour of any kind of hash may be varied, by adding a few sprigs of parsley, or thyme, or a couple of bay-leaves, or a little tarragon, or a few spoonfuls of catsup, Soyer's, Harvey's, Soho, or Reading sauce.

396. ANOTHER WAY.—Cut the meat into slices, put two tablespoonfuls of flour into a dish with a teaspoonful of salt, a saltspoonful of pepper, mix them together, rub the

slices of meat with it. Place in a large but shallow stewpan a piece of butter the size of a walnut, and three small or one large onion cut into slices; put it on the fire until the onion is browned, then add the meat, which warm on one side, turn over, when warm through, pour over it a pint of hot water, add two pickled gherkins cut in slices, with a tablespoonful of the vinegar of the pickle, let it boil up and serve; or place it by the side of the fire until wanted. A few mushrooms put in it is an improvement, or a tablespoonful of walnut catsup.

397. MIROTON OF BEEF.—Peel and cut into thin slices two large onions, put them in a stewpan or saucepan, with two ounces of salt butter, place it over a slow fire, keeping the onions stirred round with a wooden spoon until rather brown, but not burnt in the least, then add a teaspoonful of flour, which mix well in and moisten with half a pint of water or broth if handy, season with three saltspoonfuls of salt, two of sugar, and one of pepper if water has been used, but if broth, diminish the quantity of salt, add a little colouring (No 186), to improve its appearance; put in the beef, which you have previously cut into small thin slices, as free from fat as possible, let it remain a few minutes upon the fire to simmer, and serve upon a hot dish. To vary the flavour, a tablespoonful of vinegar might be added, or half a glass of sherry. The above proportions are sufficient for one pound and a half of solid meat, and of course should be increased or diminished, if more or less meat.

398. ANOTHER WAY.—Prepare the meat precisely as in the last, and when done put it into a pie-dish, sprinkle bread-crumbs lightly over, enough to cover the meat, upon which lay a small piece of butter, put the dish in the oven for half an hour, or before the fire, with a

screen behind it, turning the dish round occasionally. By grating the crust of bread you would obtain some brown bread-crumbs, which would do equally as well as bread rubbed through a sieve.

Should you have any cold from the first receipt, it may be served as here directed; but being cold, would require to be longer in the oven to become well hot through.

399. ANOTHER WAY.—If any left from a previous dinner, put it in a dish, placing the meat in the centre, rather higher, cover over with some delicate mashed potatoes, about two inches in thickness, to form a dome, rub some egg over with a paste-brush, and sprinkle crumbs of bread (either grated or otherwise) upon the top, and set in the oven until well browned, when serve.

400. A QUICKER WAY.—Cook a few slices of lean bacon in a frying-pan, but not too much, lay some of them in the bottom of the pie-dish, over which lay slices of beef cut thin, which season with a little pepper, salt, chopped parsley, and chopped eschalots (if not objectionable), sprinkle over a little flour, proceeding thus until the dish is pretty full, when pour over half a gill of broth or water, to which you have added a little colouring, No. 186, (more seasoning would be required if water was used), set the dish in the oven (having previously covered the meat over with mashed potatoes) for about an hour.

By adding half the above quantity of liquor, the meat might be covered with a thin suet crust and served as a pie, as also might any of the former receipts, in which also a bay-leaf, chopped parsley, or even chopped gherkins, might be served, being a great improvement.

401. REMAINS OF RIBS OF BEEF, only the bones with a little meat on them. Divide the bones and saw them into pieces of three inches each, put them in a stewpan with a tablespoonful of flour, some pepper and salt, two

onions chopped fine, three turnips and one carrot cut into square pieces of a quarter of an inch and one inch long, and slices of cold potatoes if any left, nearly cover with water, and place on the fire and boil for three-quarters of an hour, serve with the pieces tastefully laid in the dish.

402. BROILED BONES.—Divide them, rub with mustard, pepper, and salt, and broil over a clear fire, serve with fried potatoes.

403. BEEF PALATES.—Although this is an article very seldom used in small families, they are very much to be commended; they may be dressed in various ways, and are not expensive, about four would be sufficient for a dish. Put them into a large stewpan of lukewarm water, where let them remain four or five hours to disgorge, after which pour off the water, cover again with fresh water, and place the stewpan upon the fire until the palates become hard, when take out one, which dip into cold water, scrape it with a knife, and if the skin comes off easily, take out the remainder; but if not, let them remain a short time longer; scrapé them until you have got off all the skin, and nothing but the white half transparent substance remains. Then make a white stock as directed, No. 135, in which boil them three or four hours until very tender, which try with the point of a knife, then take them up, lay them flat upon a dish, covered with a little of the stock, and place another dish of the same size over, to keep them flat, let remain until cold, when they are ready to serve in either of the following ways:—

404. BEEF PALATES À LA BRETONNE.—Peel and cut two large onions into slices, which put into a stewpan, with an ounce of butter, stirring them over the fire until lightly fried, when add a teaspoonful of flour,