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Katherine Golden Bitting

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THE KATHERINE GOLDEN BITTING
COLLECTION ON GASTRONOMY

Presented by A. W. BITTING

THE

COMPLETE CONFECTIONER

AND

FAMILY COOK;

INCLUDING

ALL THE LATE IMPROVEMENTS

IN

Confectionary,	Jellies,	Baking,
Preserving,	Creams,	Cookery,
Pickling,	Pastry,	&c. &c.

WITH

MANY VALUABLE RECEIPTS,

AND AMPLE DIRECTIONS FOR

MARKETING, TRUSSING, CARVING, &c.

THE WHOLE BEING THE RESULT OF

MANY YEARS PRACTICE AND EXPERIENCE.

By J. CAIRD.

ILLUSTRATED WITH COPPERPLATES AND WOODEN CUTS.

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PREFACE.

SO many works having been recently laid before the public on the subjects of CONFECTIONARY and COOKERY, it may be necessary shortly to explain to the reader the reasons which have led to the publication of the following treatise.

THE author has long had it in contemplation to exhibit a plain and simple view of confectionary, and he has been principally induced to undertake the task, by observing, that among the various publications on this useful subject, he has seen none that renders it easy or intelligible to those previously unacquainted with the art, or which possesses any claim to originality, each new writer following his predecessor in a succession of errors and imperfections, for a period of at least sixty years.

THE chief study of the author in the following work, has been to recommend it to general attention by its practical utility; for which purpose he has carefully explained, according to the most modern practice, the method of compounding, and the exact proportion of every ingredient used in confectionary, without the smallest secresy or disguise.

THE first and second parts of the work containing every necessary information for the practice of the business, the author flatters himself it will prove a valuable acquisition to the confectioner, and highly useful in families. He also hopes his directions will be found of easy application, and valuable to those who may apply to them for instruction; the more so as they are founded on a thorough knowledge of the art, derived from a long course of attention and experience.

ALTHOUGH the *whole* of confectionary is not here intended to be reduced into family practice, a complete knowledge of the light ornamental part of it, especially preserving, candying, pastry, cakes, jellies, creams, ices, pickling, &c. must prove eminently useful to

THE

Complete Confectioner

AND

FAMILY COOK.

PART I.

THE

COMPLETE CONFECTIONER.

CHAP. I.

COMFITS.

CLEANLINESS in this department cannot be too strongly recommended, the pans being usually made of brass, or copper; and sugar, according to chemists, containing a very great portion of oxalic acid, it must extract, when allowed to remain any length of time in a pan, part of the poisonous quality of the metal, which also imparts a yellow tinge to the sugar. Great care ought therefore to be taken to keep every utensil bright and clean, by scouring frequently with lemon juice, or vinegar and sand, then by thoroughly washing and drying them, both before and after using. The casting pan, in particular, should be always clean and bright; so that the sugar, which, in the

course of making comfits, gathers round the bottom, may be safely used when scraped or washed off. In making caraways and other small comfits, the casting pan requires frequent washing in the course of a day; the water should be kept, and when it is pretty strong with the sugar washed off the pan, it should be thrown among the skimmings. In making the larger kinds, the pan should not be washed, but scraped, when the sugar grows thick and rough; line a sieve, or riddle, with sheets of paper and empty the comfits into it, set them before the stove. In scraping the pan, use a piece of flat sheet iron, about three inches broad, and rounded at the mouth, fixed in a wooden handle. *The sugar thus scraped off is kept for making peppermint drops.*

The washings of sugar from the pans, when every thing is kept clean, is a great saving, and is used in place of water for boiling up the skimmings of sugar, and when strained through a hair sieve, added to the next pan of sugar. After the first boiling of the skimmings, a second boiling, for about ten or fifteen minutes, takes place with more water, they are then set aside for twelve hours and strained, the refuse will then be tasteless, all the sugar being extracted.

The first thing to be learned in confectionary, is the proper method of clarifying sugar; for on this depends, in a great measure, the quality and whiteness of comfits. It makes it more easily wrought, and prevents that toughness so often complained of. This toughness and difficulty of clearing sugar, is occasioned

by the difference of practice amongst sugar refiners; there are sugars which to appearance look well, but, when clarifying, require a greater quantity of water to make the skims coagulate on the top and separate; this kind is very difficult to work. Sugar, when properly refined, parts easily with the refuse, or scum, works free, and gives a clear white colour to the comfits.

There are various methods in practice for clarifying sugar; for the grounding of caraways, balls, &c. some take for a pan of sugar of thirty pounds, only two eggs, yolks and whites, whisked up in a good quantity of water, and then poured over the sugar. But the saving of a few pence in the article of eggs, is more than counterbalanced by the bad colour of the syrup.

To Clarify Sugar.

To a pan of thirty pounds of sugar, allow about as many pints (mutchkins) of water, and the whites of six or eight eggs, cast light, and mixed well with the sugar after it is half dissolved. Break the sugar small, and pour over it the water; or, the whites may be cast with a part of the water, in the pan, before the sugar is put into it. *Observe that the sugar is all dissolved before it boils, and stir it often about.* When it rises take it off the fire; let it settle a few minutes, put it on again; let it rise well, throw in a little cold water, and when it boils up again, take it off; let it settle, the scums will soon separate, which take off with the skimmer, and put in another pan. You

may boil up the skimmings with as much water as covers them, and strain them amongst the syrup; or set them past for the next pan. After being skimmed, put the syrup on the fire for the last time, and when boiled up and carefully skimmed, it is ready for use.

To prevent repetitions, I shall adopt the generally received terms, for the different degrees of boiling sugar; the first is that degree called

Smooth.

Put what quantity of syrup you have occasion for, clarified as above directed, into a clean pan on the fire to boil. To prove when it is smooth, take a drop from the skimmer betwixt your finger and thumb; upon opening them you will see a thread extended between them, which breaks and remains as a drop on the finger or thumb, it is then a little smooth; after boiling it longer, and trying it again, it will draw to a longer thread, it is then smooth. Boil it still longer, and you will have that degree called

Blown.

To know when it is at this degree, dip the skimmer into the syrup, shake it off as clean as you can, blow forcibly through the holes, and a great number of small globules will fly off. The next degree of boiling is the

Feathered,

And will be known by dipping the skimmer into the sugar, and when shaken clean off, give it a quick shake behind you, and if it is at this degree it will fly off in feathers.

Crackled,

Is a higher degree of boiling, and is proved by dipping a small stick into the sugar, and plunging it in cold water; then, drawing off the sugar which adheres to the stick, if it is hard and will snap, it is enough.

N. B. *This is the height to which sugar is boiled for making Barley Sugar.*

Carmil,

Is the highest and last degree of boiling sugar; and is proved, as before, by trying it with a stick dipped first in the syrup and then immediately plunged into cold water. Observe, that when it is at this degree, it will snap like glass the moment it touches the water. Be sure the water is cold, else you may be deceived and lose the sugar, as it immediately burns if not taken off the fire.

After sugar has attained the degree called blown, it very rapidly goes on to the other degrees; much depends on the equal force of the fire, the higher it is boiled the fire should be slower. After sugar is boiled to the carmil degree, it soon assumes a dark brown colour, then changes to black; then, being taken off and reduced to a proper consistence, it is used for colouring brandies and other spirits.

Description of the Casting Pan.

The casting pan, which is smooth and polished on the inside, is made of copper or brass, in shape like a tea saucer; with this difference, that the edge does not slope so much, but is brought in, like the sides of a bowl, and a strong iron ring forms the rim, over which the

rim is turned; the bottom is flat till within a little of the turn. The size most generally in use is about 32 inches in diameter, 6 inches deep in the centre; the handle and eyes are made of iron, and fixed on the outside with strong nails and clenched. The pan is balanced, and the two eyes fixed exactly opposite each other; the handle is then placed betwixt them. Screw into a cross beam, or cieling of the apartment, a double hook; there are two pieces of strong rope cut in proper lengths, in one end of each is fixed an eye, to go over one of the hooks, in the other end is fixed a hook to go through the eye of the pan. When the pan is thus suspended it should be 6 inches above the stove, so that in casting it clears the edge of it.

The Stove

Is made of good plate iron, and in shape is like a drum set on end, with three legs. The body is 12 inches in diameter, and 14 inches in depth, the rim is turned over and rounded; the door is cut out of the under part, and is about 6 inches long and 4 inches broad, and made to turn on hinges, with a keeper to shut it. The brander is placed immediately above the door, and rests on three or four pieces of iron, and made to fit and slip easily out and in; the bottom is then covered with plate iron to receive the ashes; the door also tempers the fire. Three legs of iron are then fixed on the body of the stove, at equal distances, and made to spread out so as to support the stove and weight of sugar placed on it to boil, and are kept together by a triangle of iron fixed near the middle.

For the purpose of keeping the pan from shutting up the top of the stove when put on for boiling, a circular cran is made with three feet, to lift up the pan about 3 inches above the stove. When the fire is pretty low, the stove is then filled up with fresh cinders, and the sugar put on to be kept warm, or made to boil, as it works best when hot, unless in the larger kinds, which require both a cool and thin syrup, and a slow fire. Coal cinders only are burnt in this stove, as they have no smoke. English cinders are very pernicious to the health, owing to the great quantity of sulphur contained in them, Scotch cinders are entirely free of sulphur, and ought to be preferred. They are much easier kindled.

Caraway Comfits,

Are the easiest made, and generally the first article a learner practises. Take one pound best Dutch caraway seed, or the longest seed you can procure, the beauty and shape depending on the length of the seed, free them of dust, have the syrup very hot, and the stove burning clear, but not too hot; as the pan, being placed at a small distance from the stove, unless kept in constant motion the bottom soon grows so hot as to melt the sugar and spoil the work. When the seed is thoroughly warmed, then proceed to put on the syrup. Observe, that if too much is put on at one time, they adhere so fast together when drying, that all the work you can give them with your hand, will hardly keep them free. On the other hand, if you are too sparing at first, they grow all cornered, and do not regain the proper shape

until they are pretty large. Take as much sugar in the ladle as you think will wet them properly, having by a cast of the pan (which is done with the left hand) gathered them together; then pour in the syrup, casting them at the same time till you put the ladle out of your right hand; after which, with your hand spread out, continue rubbing them until they are thoroughly wet. They will require to be cast a few times oftener, and at the same time to be rubbed with the hand, and when beginning to dry particular attention must be paid to keep the right hand constantly in motion among them, the pan being in the mean time kept in motion with the left. When they are all free, continue to cast them until quite dry; then give them another wetting and rubbing as already directed, and so proceed. When the syrup grows too thick, or inclines to grain, put it on the fire just to boil, then add a little water. Caraways, balls, and corianders, require a quick stove and hot syrup. When they grow too heavy for casting, or when there are too many in the pan to be properly wrought, turn them out into a sieve, sift out all the particles of sugar, and divide them in two parts; let the one half remain spread before the stove to harden, while you go on with the other until they fill the pan, these are then turned out, and the other half made up equal to them. They are then divided into four equal parts, and made each a panful, which may weigh about 14 pounds; or, if required larger, they are divided into five or six equal parts. From 60 to 70 pounds of sugar, is put on a pound of seed.

Skeleton, or water caraways, take about 20 pounds; the sugar ought to be finer.

The smoothness of confections depends upon the work given with the hand; when finishing them the syrup should be weaker and the stove slower, and well dried betwixt each wetting. In course of making, confections require to be frequently sifted, to take out all the small sugar which gathers, and if not taken out spoils their appearance, and prevents them working so pleasantly. All confections ought to be dried, either in a hot stove, or upon an oven head, spread out in sieves, before they are finished; except almonds, which, if too dry, break in the pan when finishing.

N. B. *In casting the pan endeavour to get into a regular and constant method; if you do it too quick you must soon be exhausted, and unable to continue.*

Musk Balls, or Plumbs.

Take one pound coriander seed; as it is often very much broke, the best way of cleaning it is to let them run gently off a sheet of stiff paper, and all the broke are left on the paper, take only a few at a time. Go on in the same manner as already directed for making caraways; as they grow larger they require more work with the hand, and a slower fire, and to be well dried betwixt each wetting. The more labour bestowed on them with the hand they are the smoother and whiter, and if made very large they require a weaker syrup; every 28 pounds of sugar you put on them, they should be put aside to dry and harden a few days, on the stove or oven head.

Corianders,

Are begun in the same manner as the balls; one pound of seed cleaned, makes about 24 pounds or more, according to the size; when they are well covered with sugar, the syrup is put on them through a dropper, suspended above the pan on a small rope, which stretches from one end of the apartment to the other, passing through betwixt the ropes of the pan, at a proper height. The dropper is then filled with boiling hot syrup and made to drop very quick; the stove must likewise be hot, and all the time the syrup drops the pan must be kept casting gently, so as not to break the purling. When nearly of the size wanted, the dropper must be filled with syrup of refined sugar, which renders them very white; and after they are finished they are put in a hot stove, or oven head, to harden a few days.

Description of the Dropper.

The dropper in general use is made with only one pipe. I had one made with two pipes, which I found far preferable, by which the purling was sooner finished, and much better done, than when I used the single dropper. If the dropper is made to run too fast the purling cannot be sufficiently raised; the double one, if made to drop quick, is more than equal to the single one made to run fast.

The dropper is made of double tin, of an oval shape, 9 inches in width at the top, 7 inches deep, and 5 or 6 inches at the bottom, in which are fixed two pipes of 1½ inch in length, and tapering to one-half inch in diame-

ter at the end. Across the top is soldered two flat pieces of tin, with a round hole in each, of the size to admit a long pin, which tapers to the point, and is made to fit the pipe at the bottom. Two pieces of tin, bent to act as a spring upon each of the wooden pins, are soldered upon the flat pieces of iron, and made to rise upwards, which keeps them from falling down into the pipes, and by these pins the dropping is tempered. This one will hold above three pounds of syrup at one time. It is suspended by a strong wire, fixed in each end of the dropper, and a hook in the middle to go over the small rope.

Cardamoms,

Are a very fine stomachic, the seeds are contained in a husk; to free them, put them in an oven a few minutes to dry, then rub them and separate the seeds which adhere together. They are made in the same manner as balls, but require to be more dried betwixt each wetting. In London they are made round and smooth. I generally purled them like corianders.

Cassia Buds,

After being cleaned and the stalks broken off, are made in the same way as the balls, and are finished very smooth.

Barberries,

Are rather difficult to make, but are an excellent comfit, which is by some called the matrimonial comfit. They require to be very softly handled at first, and should have a weak syrup until they begin to take it on, and a slow stove; when well covered and smooth, let them

harden a few days; then finish them smooth. They should also be well dried before they are confected.

Almonds.

Take four or six pounds of Jordan almonds to make the finest kind; or Valentia almonds, if too broad shaped cut them long ways. If for the common kind, take Faro almonds; pick out all the broken ones and free them from dust; dissolve 3 oz. gum arabic with a pint (mutchkin) water, to which add 3 pints (mutchkins) good syrup; put this on them first, throw them out; scrape the pan clean and wash it, then go on with the syrup, which should not be too strong. When they are near the size you want them, they should be set aside to dry a few days; do not dry them too hastily, as they are apt to break when put into the pan to finish. Whenever the bottom of the pan grows rough with sugar, which will often happen in the course of a day, they should be turned out and the pan thoroughly scraped. When the bottom of the pan is rough, it will be impossible to make them smooth; they require a great deal of work with the hand and but little casting; a slow stove, and as they increase in size a weaker syrup. They are the most difficult of any comfit to finish, and are finished with best refined sugar, made into a weak syrup; your hand must always be amongst them, and in giving them the few last syrups, or wettings, it will be better to draw the stove from under the pan, or cover it up with an iron plate, and have the syrup in a bason quite cold, into which dip your hand once or twice as you see occasion,

so as just wet them. When nearly dry, and when there is a kind of toughness among them, wash your hand in clean water, shake the water off, and keep rubbing them round and round the pan till quite dry, when they will appear very white and smooth. In this manner are all the larger kinds of confections finished; for, in the whiteness and smoothness of confections their beauty consists. *Lay the scrapings carefully past to make bottoms for peppermint drops.*

Diavollini

Are made thus. Pound some good lump sugar and put it through a hair sieve, take what passes through and sift it through a lawn sieve; what does not go through you put into the confection pan, and begin, gently at first, to give small wettings, until they are able to bear a good syrup. When at the size wanted, put them out and lay past for use; take any quantity you presently need, and to each pound add one tea spoonful oil of peppermint, or cinnamon, mix them upon a sheet of paper and lay them before the stove to dry; or it may be added when giving them the last wetting with the syrup. When dry bottle them up.

Steel and Tin Comfits.

These are much used as a medicine, for worms, &c.—*Steel Comfits.* Get iron filings, free from any dust, or brass, which is very ready to be mixed with it. To prevent any danger, a little time would clean them by lifting them from one plate to another with a magnet; then wash and dry them in the pan over

the fire. The easiest way I found to confect them was, when making balls, or corianders, after they were covered with sugar, to throw in the steel filings, and they wrought as pleasantly as could be. When large enough, lift them from amongst the corianders.

To prepare tin for confecting, melt what quantity you need; provide an earthen can with a broad bottom, into which pour the tin after skimming it. Then, with a stick, continue to stir and bruise the tin until it turn to powder. Put it through a sieve, and what remains melt again, and proceed until you have enough.

Nonpareils,

Are used for decorating cakes and biscuits, &c. and are made the same way as directed for *diavollini*, only they are much smaller. For colouring them, any small pan will serve, which must be suspended above the stove. Prepare the colours thus; pound the colour in a marble mortar, with a little water, then add as much syrup as will wet the quantity you want of each colour twice, which pour into as many cups, or jelly pots, as you have colours, such as gamboge, rosepink, vermilion, lake, or carmine, indigo, &c. For green, indigo and gamboge mixed will produce any shade you please. Black and red produce a purple; red and yellow an orange, &c. When all ready, put the nonpareils into the pan, and when warm give them a wetting; rub them with your hand till dry, and if not high enough coloured give them another; turn them out, and so proceed.

Bandstrings.

To prepare the cinnamon, pick out the thinnest pieces of the cassia, and those that are free from knots, and lay them in water all night to soften. Take a piece, and laying it flat upon a board, with a sharp knife, cut it into very narrow stripes, about two inches long, spread it thus cut before the fire to dry. Have the confection pan quite clean, and begin them with a slow fire, and little wettings, until well covered; they do not require any rubbing, only to be strinkled with the hand so softly as not to break them; indeed the greatest care should be taken to keep them from breaking, as their beauty is in the length and high purling. When they are well covered, boil up the syrup; fill the dropper, and let it drop very slowly. Then proceed as directed in making corianders; keep turning them softly with your hand, not to break them, until they are well covered, and when the purling is high turn them out.

Confected Peppermint Drops.

Take to four pounds of the scrapings which comes off the bottom of the pan when making almonds, and put it into a bason; mix it with water to the consistence of a thin paste. Then add three tea spoonfuls of oil peppermint, and when well mixed together, set it aside for 24 hours, when it will be ready to work. Have some sugar pounded and sifted fine, which use to keep it free from the table, and keep the top also well covered with the sugar, as it prevents them sticking together. Then take a piece of the dough, and roll it out to the thick-

ness of one-eighth of an inch, and cut them out with the tin shape, which is usually round; but they are often made of various shapes, according to fancy. The cutter is made of tin, and is about four inches in length, and one inch and a half in diameter at the mouth. The small end is 3 or 4 eighths of an inch, and may be formed into diamonds, hearts, clubs, stars, &c. The cutter, when it is full, is emptied, and the drops scattered upon a sieve to dry. When dry, the broken ones are carefully picked out and freed from all the loose sugar. Have the confection pan clean, the syrup hot, and about a pound of sugar pounded, beside the syrup pan; give them a wetting, and when about half dry, dust them with a handful of the pounded sugar, and go on giving them a handful of the dry sugar at each wetting, until they are well filled up and quite flat. It also prevents them sticking together; throw them out, sift them, and scrape and clean the pan; then proceed with the syrup only, like the almonds. The pan also requires to be scraped when it grows rough. When nearly the size required, give them a little oil of peppermint now and then, and finish them in the same manner as directed for almonds. The size usually made, is thirty to weigh one ounce.

N. B. *In making the larger kinds of confections, the pan should not be washed, as it imparts a yellow tinge, but clean scraped.*

Dragee, Bergamot Shells, and Shapes.

It requires great labour to make the paste of these. Take one ounce of gum dragon, very

white, (if there is any black piece it discolours the paste,) put it into a jelly pot with two gills of water; let it steep until soft, then strain it through a French soup strainer, or temmy cloth. Have treble refined sugar pounded and put through a lawn sieve; then, taking as much of the sugar and gum dragon as will make it the consistence of thin paste, put them into a clean mortar, and work it with the pestle until very white; then add sugar by degrees, and keep working it well, the more it is wrought it grows whiter and more tough, and, consequently, makes better work. When mixed up to a proper consistence for moulding into any form, take it out, and work a little at a time with some starch powder. It may be flavoured with any essence agreeable to taste, such as bergamot, lemon, mareschal, jessamine, lavender, musk, ambergris, orris, cinnamon, peppermint, &c.; or with powders, such as cloves, ginger, cinnamon, orange, lemon, coffee, &c. The shells are formed on a piece of wood, cut on purpose, or with a roller, like a crimping board. When it has taken the impression it is turned up with the hand in shape of a shell, or ears of grain, or formed with the hand in shapes, as raddishes, &c. and when dry painted to imitate nature. The smaller they are made the better, which practice only can perfect.

Common Comfits.

These are a kind of comfits made to sell cheap, with flour. Take caraway, or coriander seeds, or almonds, and make a syrup of very coarse sugar, and, if for balls, or caraways, raw sugar, and begin with putting on a

syrup of the raw, or coarse sugar, and when half dry take a handful of flour (which should be sifted to free it from knots, &c.) and throw amongst them; then, with your hand, make it go quickly through the whole to make them equal; only take care not to put in more flour than they will dry up. As they increase in size they will require a greater handful of flour, and continue thus till you have got them the size you want. Throw them out, put them in a hot stove, or oven head, in sieves, to harden, and finish them with good syrup; they are also coloured red, green, yellow, blue, &c. and the corianders are purled after the flour is put on. One pound of caraway, or coriander seed, will take on from ten to twenty pounds of flour, they are even whiter than if made altogether of sugar, if they are properly dried and finished; they are only for pleasing children, and if coloured are certainly pernicious, from the colouring matter made use of.

CHAP. II.

TABLETS, DROPS, BARLEY SUGARS, &c.

TABLETS must be made of fine sugar. The best way, when they are to be made in quantities, is this; clarify the sugar and boil it till it blows strong, have ready a small brass pan, into which put the quantity you want. Begin with those kinds which are most delicate in flavour, and such as need no colouring, as clove, lemon, cinnamon, lavender, &c.; and

as you empty out one kind put in the syrup for the next. The tablets are poured into tins, having the edges turned up about an inch, and rubbed over with fresh butter, or Florence oil; also into sheets of writing paper with the edges turned up and fastened with pins, or twisted. When cold, take a knife and divide them into squares, or any shape you please. Place the tins, or paper, upon a level table, or board; then, having the oils, essences, and powder, all ready at hand, so that there may be nothing else to do when the sugar is ready, you proceed by putting in the quantity you want into the small pan, and let it boil. Take a long knife, or spattula, and dipping it amongst the boiling sugar, draw it over the edge of the pan, and if the sugar appears dry upon the knife, or white, it is ready. Take it off the fire, and after stirring it until the boiling has subsided, add the oil, essence, or powder, to it; stir it quick until it grains, or grows thick, then pour it into your tins, and immediately put in more syrup for the next kind, and so proceed. *For small quantities.* Take to one pound sugar pounded, three spoonfuls of water, or as much as will wet the sugar; put it on the fire, add one ounce starch, keep stirring it with a knife, or spattula, boil it till when you draw the knife over the edge of the pan it appears grained, then proceed as already directed. The stirring prevents it from rising over the edge, and from burning at the bottom of the pan. Ginger tablet is sometimes rather difficult to make; if the powder is too soon added it renders the tablet very tough, and

takes longer time to boil; and if too high boiled before it is added, the boiling still goes on although taken off the fire, and must be stopt by adding some cold water, otherwise it soon grows quite hard and spoils the tablet.

Tablets are frequently coloured with lake, rosepink, gamboge, cochineal, &c. This practice may by some be thought to add to its beauty, but surely cannot to the taste.

Common tablet is sometimes made of raw sugar. Four pounds raw sugar and as much water as will just wet it, add eight ounces starch; it requires much stirring, boil it till it grain; when taken off the fire stir it till pretty thick, then pour it out. It is usually flavoured with ginger.

DROPS.

Drops are flavoured with oils, essences, or powders, according to taste; they ought to be made with fine sugar. If made with inferior sugar, they are generally coloured with lavender; if for lemon drops, with gamboge, &c.

Peppermint Drops.

No. 1. Take of the scrapings which comes off the confection pan when making almonds, four pounds, four tea spoonfuls oil peppermint; mix it up with water into a thin paste, next day it will be ready for use. See page 15. It is cut into various shapes, such as hearts, half-moons, clubs, stars, diamonds, &c. then dried and confected. In place of the scrapings, pounded sugar, made into a stiff paste with strong gum water, or isinglass dissolved, will answer very well.

Clear Drops.

No. 2. To every pound of sugar, pounded fine and sifted through a lawn sieve, take four drops weight of gum arabic, dissolved in water, make the sugar into a proper consistence to drop with the gum water. Have ready a large ox bladder, with a pipe, similar to the peppermint cutter, with three rings soldered upon it, which keeps the bladder from slipping when tied upon it. After flavouring the paste with any oil, essence, or powder, you incline, put it into the bladder and tye in the pipe tight; have a pan of water boiling on the fire, into which put the bladder, and after boiling it a short time take it out and wipe it with a dry cloth, then press out the paste at the pipe. You cut it off in drops, with a wire, or small knife, upon sheets of paper, or tin. When dry and hard, take them off and put them in a dry box well papered. Ginger and lemon drops, are often coloured with gamboge, cinnamon powder, rosepink, &c.

Transparent Drops,

Are dropped from a copper ladle with a spout very like those used by masons, &c. for melting lead, but deeper. A wire doubled up and fixed into a handle, is sometimes used to draw out the sugar into drops; but others, more expert, use a small round pin, and holding the ladle to the side on which the spout is, and keeping the spout full of sugar, take the small stick betwixt the finger and thumb, and by a dotting motion upon the edge of the spout make it fall very quick, in equal drops, on the tin sheets. They grow hard in a few minutes,

and easily come off, after which they are dried and put into boxes, like the other drops. They are flavoured with oil of peppermint, cloves, cinnamon, essence of bergamot, lemon, &c.

To make them. Take one pound treble refined sugar, pounded and sifted; put a little of it through a lawn sieve, which keep by itself, and put the rest into the ladle; then add a gill of water, and mix it well. Put it on a clear charcoal fire, and keep stirring it with a spattula until it has boiled a few minutes, when it is ready, and may be known by drawing the knife over the edge, when it will appear dry. Then mix in the sugar you kept out, which makes it free and clear; at the same time add the oil or essence, or whatever you flavour it with, and proceed to drop them upon tins; their beauty depends on that of the sugar.

Light Drops,

Are generally made for the purpose of supplying country dealers, being dropped on paper, and sometimes sold upon the paper. Take two pounds refined sugar, pounded and sifted; but it is better to grate it down with a large lemon grater, as it does not break the body of the sugar, and makes them harden sooner. Dissolve four drops weight picked isinglass in water, let it be cold, then mix it with the sugar and add as much more water as will make it into a proper consistence for dropping through a small pipe, then cast it until very white and light. It is then put into the dropper and dropt upon half sheets of writing paper, and laid upon the floor of a room till dry, then hung over a rope in the workshop to harden;

they easily strip off, but if, as it may sometimes happen, they adhere to the paper, and cannot be got off without tearing, fill a mug with boiling water, lay on the paper with the drops, and the steam will immediately loosen them. When stripped off put them in a sieve before the stove to dry.

The Dropper

Is a box made of tin, nine inches in length, five inches in breadth, and six inches deep; immediately above the bottom, in the front, are nine small pipes, projecting an inch, through which the sugar is forced by means of an upright ladder, soldered to each end of a strong lid made to fit exactly to the sides of the box, and which is made to press upon the sugar in the box with the two thumbs. This is the quickest way of dropping.

Chocolate Drops.

Take one pound chocolate and eight ounces sugar, both pounded, four table spoonfuls gum water, mix all together and drop them on paper. If you have not a warm plate, put a metal one upon the stove, and when it is hot take the paper and pass several times over it; it will make them flatten, then dust them with nonpareils, shake off the loose, from the paper and when cold take them off the paper and put them into a box. *Or*,

Take one pound of chocolate, put it on a pewter plate, set it in the oven to warm, then put it into a small pan over the fire, with eight ounces of sugar pounded, mix all well together and form it into small pieces like marbles,

which place on writing paper, and then proceed as directed above.

Bergamot Drops.

To the juice of four lemons, add of finely pounded refined sugar as much as will make it into a proper consistence for dropping; beat it up, and put it into the pan, and after stirring it a few minutes upon the fire, add as much essence of bergamot as will give them a flavour; drop them on writing paper, and when cold take them off.

Lemon Drops.

Take the juice of eight lemons, put it in a bason, and mix in as much finely sifted refined sugar as will make it so stiff and thick as hardly to be stirred, put it into the copper dropper and set it on the fire a few minutes, stirring it; then drop it as already directed, upon writing paper.

Orange Drops.

Grate eight China oranges, then squeeze them in a bason, add the gratings and the juice of two lemons, mix it up very thick with fine sugar pounded, and proceed as above.

Peppermint and violet drops are made the same way.

Barley Sugar Drops.

Proceed as directed in making barley sugar, When boiled high enough, add the grate of lemons, and drop it in drops the size of a shilling upon the stone, when cold pack them up. If high boiled, they require to be dipped in pounded sugar before being put up.

Barley Sugar

Was originally made with the water in which

barley had been boiled until it had acquired a degree of smoothness, and with this water the sugar was wet and clarified. As the properties of the barley must have been but trifling, that process is not now followed.

Barley Sugar, is clarified sugar boiled to the degree called crackled.

Lemon Barley Sugar.

Put what quantity you have occasion for into a clean pan, leaving plenty of room for the sugar rising, which it often does to more than twice its bulk. Set it on a clear fire, when it boils up take it off, and let it settle; then carefully skim off every particle of the scum; put it on again, and if any more appears, take it off; for the scum which rests upon the side of the pan, candies, then falls down amongst the syrup, and spoils the whole.

To eight pounds of sugar, put in the size of a large nut of spermaceti, which keeps it from rising up the pan. After it has boiled a while, add a table spoonful of vinegar, or a little lemon juice, which renders it tough and not so liable to grain. Eight or twelve pounds will take about half an hour to boil. Have ready a jug of cold water, and a piece of whisk, which dip first into the sugar, then into the water, to try when it is ready; when it snaps and is brittle, it is enough. Take it off the fire, and after the boiling goes off, pour it upon the stone. If you want it flavoured with lemon, pour as much essence as you think proper into the pan, after you take it off the fire. Or grate a lemon, let it dry before the

stove while the boiling is going on, and when it is poured upon the stone, sprinkle the grate over it, and double it over; then proceed to clip it in long narrow pieces. Let an assistant take them and make them round and lay them upon another stone to cool.

Spermaceti Barley Sugar

Is made in the same manner, only a sufficient quantity of spermaceti is added when almost ready. The stone is three feet by two, about four inches thick, has a border round it of two inches, the rest of the surface is cut out about an inch deep. It is then oiled with best sallad oil, or well rubbed with spermaceti, and a little strewed upon it.

Barley Sugar is an excellent remedy for colds, and much used.

French Barley Sugar.

Proceed as above directed, as to boiling the syrup, only do not boil it so high. When ready and taken off the fire, add essence of lemons, or any other essence or oil to your taste; pour it on the stone, double it up, and as soon as you can handle it draw it out; double it up and draw it again until very white. It is then drawn out into long sticks, and when cool, cut it with a knife to any length you please. *For Variety*, divide it as soon as you can handle it; let an assistant take one half, and draw it as above described; to the other half add carmine, or lake, and by folding it up and drawing it well, it grows a beautiful red. Both the pieces are then drawn out to an equal length and clapt together, then drawn

out into sticks, or twisted. This, when clipped into corner pieces, is called *Paradise.*

Gibraltar Rock.

Take four pounds of raw sugar, the finer the sugar the whiter it will be if well drawn; put it into a pan with one pint (mutchkin) of water. When it boils take it off and skim it; boil it as directed for barley sugar (but not so high); when it is ready take it off the fire, add whatever you wish to flavour it with, and pour it on the stone; fold it up in a lump, if you want the half coloured divide it and let one go on with the half that is to be white; add to the other half rosepink, draw it until light, or porous; lay them both together, draw them out into small sticks, which must be broke into proper lengths, when cold, by breaking the surface with a knife, then it snaps over. It may be necessary to have your hands oiled, or else dipped in flour, to prevent it sticking to them. Where large quantities are made, they have a piece of iron, in shape like a reaper's hook, fixed into the wall above their heads, over which they throw the sugar and draw it down, which makes it sooner done and much lighter. If not quickly done it soon grows so hard as not to work; when it at any time grows hard hold it over the fire till soft.

London Candy,

Is treacle boiled up in the same way, and when in a state to be handled drawn out into sticks, then rolled up in paper flavoured with ginger, &c.

Crisped, or Burnt Almonds,

Which are much esteemed, and used in de-

serts, are difficult to make. Take two pounds best Jordan almonds, pick them and rub the dust off; bruise four pounds good lump sugar, and putting it into a pan, add as much water as will wet it, keep stirring with a spaddil, or piece of thin board, until very high boiled, almost candy height; then put in the almonds, and continue gently stirring them about, when they will become dry, (let the fire be very moderate) after a little the sugar will again melt and adhere to the almonds, continue to turn them about till you see most of the sugar is upon the almonds; then take the pan off and still keep turning them till dry, making them roll from one side of the pan to the other. Put them in a sieve, and if there is any loose sugar sift it out; put it into the pan with a little water, and let it boil as before; put in the almonds again, and they will soon take it up; turn them gently about, and after taking them off the fire separate any that are sticking together; when cold put them up in a bag.

Red and White Almonds, or Pralongs.

These are made much in the same way as the burnt almonds; being inferior, they are made of Valentia almonds, cut in two, or Faro almonds; the sugar is not burnt, and they have two, or sometimes three coats of sugar put on them, until very thick. Take three pounds of sugar bruised, put it into a pan with as much water as will wet the sugar, let it boil till the candy, or blown degree; then put in two pounds almonds, turning them till they

are dry, after which turn them out and pick them asunder, then sift out the loose sugar, which put into the pan with more sugar, and boil as before; throw the almonds in again and stir them gently till dry; throw them out and proceed until you have got them of the size you want.

To colour them.—Take cochineal and extract the tincture by boiling it in a little water, or take lake or carmine, rosepink, indigo, gamboge, &c. and pound it in a mortar with a little water, or syrup; the colour is added at the last coating you give them, but observe that it thoroughly wet the whole, otherwise they will be clouded. If the colour is not deep enough they must get another coat, only not boiled so high. They may be made with syrup equally well.

Orange and Lemon Prawlongs.

Take oranges or lemons, strip off the skins in quarters, and pare off most of the white inside with a sharp knife; cut them into narrow stripes about an inch long (some are cut in rings) and boil as much syrup as you think will cover them, to candy, or blown degree; put in the prawlongs, turn them gently about with a broad flat stick with holes cut into the end of it, and candy them as directed in almond prawlongs. They are also coloured the same way.

Pistachio Prawlongs,

Are made with pistachio nut kernels, in the same manner as directed for making red and white almonds, and if required, coloured in the same way.

Filbert Prawlongs,

Are done in the same manner.

Orange Flower Prawlongs.

Take as much syrup as you wish to put on the flowers; separate the orange flower leaves from each other, and dry them; having boiled up the syrup, in a pan of proper size, to the blown degree, stir in the flowers and continue stirring them till dry, then take them off the fire, turning them gently and breaking all the large pieces; put them into a sieve and sift out all the sugar; put them into a box, which keep in a dry place.

WAFERS.

Lemon Sugar Wafers,

Are made like the icing for a cake, only thicker. Take lemon juice and refined sugar finely pounded and sifted, and the white of one egg, to the juice of four lemons, and beat it up very light; then take several sheets of wafer paper and lay them on tin or pewter sheets; take a spoonful of the icing and spread it equally over the wafer sheet with a spattula, then cut them into small squares, about eight or ten in a sheet. Have a number of small wooden rods placed in the hot stove; lay them across the rods, with the iced side uppermost, and they will soon curl round the rods; when half curled, take them carefully off and put them up end ways into a sieve, so as to stand upright; place them into the hot stove for a day, when you will find them all well curled.

Barberry Sugar Wafers,

Are done in the same way as the lemon. *Or,* After making half the quantity as directed above, mix into the other half of the icing, or paste, a little extract of cochineal to make it a pink colour, and if too thin add more sugar to bring it to a proper consistence, and proceed as already directed above.

Bergamot, Peppermint, and Violet Sugar Wafers,

Are made in the same manner as directed in making the lemon wafers, and then flavoured with bergamot, peppermint, or essence of violets, to your taste. They are sometimes coloured, violet a blue, lemon a yellow, lavender, &c.

Orange Sugar Wafers.

Take half a dozen China oranges, grate them, cut them in two, and squeeze them into a bason, add the juice of three lemons, and the orange grate, then add fine sugar finely pounded and sifted, and proceed as directed in making lemon wafers.

CHAP. III.

ORNAMENTAL CONFECTIONARY.

Sugar Loaves, or Clove Biscuits.

Take the whites of four eggs, which beat up with treble refined sugar, finely pounded, and put through a lawn sieve, in the same way as directed in making icing for cakes; when it

is very white add some oil of cloves to flavour it, and continue adding more sugar to form it into a paste fit for rolling out; knead it, roll it out to the thickness of one-fourth of an inch, then cut it out with shapes made of narrow pieces of tin, such as hearts, diamonds, stars, according to fancy, not exceeding one and a half inch in diameter, lay them on quarter sheets of paper at the distance of an inch from each other, and fire them in a very slow oven; about five minutes will do them, they rise very high, and should not be browned, and require much attention while in the oven. After they are fired, make an icing with whites of eggs and fine sugar, beat it up very white, till of a sufficient thickness not to run off, and with a knife, or spattula, lay it over the bottom of the biscuits and ornament them with gold or silver leaf, dragee, nonpareils, &c.; as you do them place them on an ashet, or sieve, close to one another to prevent them falling over, set them before the fire, or stove, to harden, then put them in a box. In Scotland they are much used at funerals, &c.

Meringles,

Are very showy in deserts and a very luscious sweetmeat. Take a pound of best refined sugar, pound and sift it through a lawn sieve, then take the whites of eight eggs, cast them in a large wooden dish or pan, very light, and until they are stiff; put in the sugar and mix it very light, so as not to break the eggs too much. *Observe, that they do not rise much in the oven, but only crust over; therefore their beauty depends on the management of them*

before they are put into the oven, which must be very cool. Have ready a few boards of an inch thick, or the ends of orange chests, upon which lay half a sheet of paper, sift as much sugar upon it as will cover it well, then, with a spoon, drop them on the paper in the shape and size of an egg cut longways; a table spoonful let fall gently long ways, will form it; keep them as high as you can, dust them with sugar, and put them in the oven upon the boards, and when they grow a light brown on the top take them out; if the oven is not too hot they may take fifteen minutes. When ready take them out, and, with a spattula, gently raise one of them off the paper, and lay it into the hollow of your hand, then take a little of the soft part out and fill up the space with rasp, or other jam; take up another, which clap over the one in your hand, it forms them like a muscle shell when shut, every two making one meringle; dry them in a stove moderately.

Another way.

Take a pint (mutchkin) syrup, put it in a pan and boil to the degree of blown; beat up the whites of six eggs into a pan, very light, when the sugar is ready, rub it against the sides of the pan with a wooden stick, or spoon, to make it grain, or candy, when it grows all white, mix in the whites quickly, for if not taken in proper time and done quickly, the sugar will all turn to powder; when well mixed and light, add the grate of a lemon and proceed as directed above.

Gum Paste for Ornamenting all kinds of Cakes and Ornaments.

Take one ounce of gum dragon picked (if any black speck appear take it out, else it will spoil the colour) and put it in a bason, or jelly pot; pour on it one gill of water and let it stand two days; then squeeze it through a fine temmy cloth, put it in a clean marble mortar and work it for half an hour, when it will be very white. Have refined sugar finely pounded and put through a lawn sieve, put in a little into the mortar and keep working; adding by degrees more sugar; when not too thick it is put into a jelly pot and close covered with a bladder. When wanted, a small piece is taken and put into the mortar, and wrought with sugar till very stiff, and of a proper consistence for rolling and moulding into shapes. Take it out of the mortar and work it upon a marble table, using a little hair powder in working it up before laying it in the mould. Press it hard down, then, with a spattulla, or thin, sharp knife, cut it smooth over the surface of the mould, pressing it forcibly down with your hand, while you pass the knife under. Then take a small piece, wet it a little, touch the paste in the mould, and it will lift it out; dip a hair pencil in water and come over the back of the figure and lay it on the cake, or ornament, according to fancy.

Mottoes.

Having made the paste as above directed, you proceed to take the impressions from the moulds, which are cut into a great variety of

figures. They consist of two pieces, the edges of which are wet with a pencil dipped in strong gum water; the little slips of paper, on which are short sentences, or mottoes, to cause diversion, are rolled up and one put in before joining the two pieces together. When the figures are dry they are painted to imitate nature, dried, and lastly, washed over with gum water to give them a gloss. The paste requires very fine sugar, but as they are never eaten, may be made with one half sugar and one half hair powder. The figures, such as fishes, heads, fruits, &c. look beautiful when rock candied; it is also formed into crowns, serpents, &c. with the hand.

Rock Candies,

Are very beautiful for ornaments in deserts, &c. and have also a fine effect in ornamenting cakes. They are made of fine sugar, the paste being made as already shewn (*See Gum Paste.*) it is formed into the shape of crowns, fruits, and various figures, according to fancy; they are hard dried in the stove, and painted. When dry lay them in a broad bottomed pan on wires, so that the sugar can get round them; then boil up some very fine sugar syrup till near the blown height, or till it begins to blow, pour it on the shapes, and let them be well covered with syrup; cover the pan up to prevent any dust getting in, and set it in a warm place, or stove, for a few weeks. Break the surface of the sugar at an edge of the pan. pour out all the syrup, set it on edge to drain, and when dry take them carefully out, and after laying them on a wire sieve, dry them in

a stove. They are generally coloured after nature or fancy.

Chantillys,

Have a fine effect in deserts, and require a good taste in forming. Prepare a slight frame made of wood, pasteboard, or whalebone, of the figure wanted, such as temples, ruins, vaulted chambers, domes, arches, &c; or they may be made into grottos. Having got the figure ready and fixed upon a frame, boil up some syrup to the degree called crackled, but put in a little lemon juice to keep it from candying too soon. Have a quantity of ratafia biscuits ready at hand, then begin by dipping the edge of a ratafia biscuit into the sugar, fix it immediately to the frame, and then another till you go round the figure, then begin with another row, placing a biscuit betwixt every two of the last row, and so proceed to form arches, vaults, &c. according to the pattern or frame. They may be ornamented with rock candies here and there; they require to be made very quick, and not above three hours before placing on the table. Place sweetmeats, jellies, &c. under them.

Crocrants,

Are likewise a good ornament, and often used, and also require to be made a short time before placing on the table, as the damp air soon makes them fall to pieces; if the sugar is not boiled strong enough they will not stand.

Have ready a mould or shape, of tin or copper, very clean and oiled all over the inside (a gatto shape will do turned down upon a plate; or they may be made in the shape of

pyramids, &c.) then put on some syrup with the juice of a lemon, boil to the crackled degree; take it off and let it cool a little, so as that a fork dipped into it draws to threads and does not break short. When at this degree of coldness, take two forks in one hand, and the frame in the other, dip in the forks and let it run off till it draws; then, with your hand, wave the forks across and across the bottom of the mould (which makes the top when taken out) so thick, that it will bear itself; continue going on in this manner all over the inside of the mould, or frame. Do not let any drops fall, as it spoils the appearance; it should all be waved across and across in small threads, strengthen what appears weakest by going over it again. After it is finished have a plate of the size of your mould ready, take the mould, lay both your hands on the inside, then pressing your fingers close upon the sides try to loosen it; when all loose place the dish upon it and turn it up; or lay on the plate jellies, sweetmeats, &c. and hold it in your hand until you lay the frame lightly over them upon the dish, then lift it up. A top may be formed to make it higher by making a small one into a cup or bowl, so as to fill the large one. When you place it upon the top of the other join them together by the same means; when the sugar draws into too thick threads it must be warmed again.

Chocolate Almonds.

Grate one pound of chocolate very fine; pound and sift through a lawn sieve one pound

and a half refined sugar. Steep some gum dragon in water, press it through a temmy cloth, work it all together in a mortar to a stiff paste; make them into various figures and devices, put in slips of paper with mottoes into the heart of them, and dry them in a stove.

Rose Figures.

Take rose buds before they blow, clip off the white end, and dry the red buds in the sun; to one ounce of them, finely powdered, take one pound refined sugar, wet the sugar with strong rose water, boil it to candy height, put in the juice of a lemon and the rose powder; mix all well together, pour it on a plate, and form it into lozenges, or figures of birds, animals, fishes, &c. according to fancy; paint or gild them.

French Cakes.

Take a pound of treble refined sugar, pounded and put through a silk sieve, and a pound of fine starch, or hair powder, make them into a paste with gum arabic dissolved in water; then season it according to your taste with oil, essences, or powders; roll it out and cut it in various shapes, or figures, by pressing it into a mould cut for the purpose in various figures; after they are dry, they are painted or coloured. It may also be made into baskets, houses, &c. and mottoes put into them.

Oranges with Custards.

Take Seville oranges, carve them in figures, to admit the syrup, cut a hole in the top, but keep the round piece, and carefully

scoop out all the inside and as much of the white inner skin as you can, not to break them; boil them in water till very tender, shift the water two or three times and fill up the pan with boiling water. When ready take them carefully out, drain and lay them in a boiling syrup; let them remain in it twenty-four hours, or more. When wanted, take them out of the syrup, drain and dry the outside, and then fill them with a thick custard before it is baked; then put on the top pieces, which were cut out, and bake them on tins, and when cold serve them to table.

Gum Balls,

Are made in the same way as the clove biscuits. Take the whites of three eggs, a little of the juice, and the grate of one lemon, beat it up to a snow; then mix in eight ounces treble refined sugar, pounded and put through a silk sieve, and make it into a paste; roll it out, cut it in shapes according to fancy, and fire it in a slow oven.

Orange Flower Biscuits.

Proceed in the same manner as directed for making clove biscuits; before they are too stiff mix in as many orange flowers as you please, and mix well; put papers on tins, roll out the paste in small pieces, like walnuts, fire them in a slow oven a light brown.

Rock Sugar.

Take a red earthen ware pot that will hold about four quarts, (these kind of pots that are a little narrower at both ends than at the middle,) lay the small white sticks of a whisk

pretty close across and across; set it before a fire that it may be very hot by the time the sugar is ready. Pound ten pounds of treble refined sugar, and put it into a pan, pour upon it the whites of two eggs beat up to a strong froth with half a pint of water, along with one pint (mutchkin) orange flower water, and as much more water as will make it into a good syrup; clarify it very pure by boiling and skimming three or four times, then let it boil till it draws very strong between your fingers, which you must try frequently by cooling a little in a spoon; when it draws strong pour it into the warm pot, cover it close up and set it for three days into a hot stove. After the three first days the stove may be moderate, in which let it remain three weeks, but do not move the pot; after which break the surface and pour out all the syrup; you will find all the sticks covered with rock, also the sides and bottom of the pot. Set the pot in a pan of cold water, upon the fire, and when thoroughly hot all the rock will slip out and fall, most of it in small pieces, then dip the sticks in hot water and the rock will slip off; put amongst it a good handful of orange flowers, or rose leaves, put a quantity of it on a skimmer, dip it in scalding water, lay it on a tin plate, and make it up in handsome lumps, and as hollow as you can; then place them in a hot stove for a day, and they will adhere firmly together; take them off the plates, dry them two or three hours in the stove, and if there be any large pieces make bottoms of them and lay small pieces on them.

CHAP. IV.

LOZENGES AND SYRUPS.

Lozenges,

WHICH are now much used, are well calculated for keeping the throat moist, and are held in repute according to the ingredients with which they are composed. Peppermint is an herb of a most powerful nature, and used in all complaints of the stomach arising from wind or griping; it is also a safe medicine, and freely administered to infants.

Peppermint Lozenges.

The preparation of all lozenges are, in the first stage, exactly the same as already ordered in making gum paste Take of gum dragon and finely pounded sugar according to the quantity wanted, and proceed as directed (page 34.) Observe, that the more labour you bestow in working the paste in the mortar, the lozenges will be whiter and more solid; add to each pound of sugar one tea spoonful best oil of peppermint. When by the addition of sugar it is too stiff to be wrought with the pestle, take it out and work it on a marble table or slab, to a proper stiffness; roll it out very smooth, somewhat thinner than a quarter of an inch, and cut them out with a tin cutter of the size of the lozenge; lay them regularly on half-sheets of writing paper, placed upon tin sheets, and let them dry slowly in a room; when hard turn them, and then remove them

to a warm room, and when hard put them into a box. To make them work more freely use a little hair powder in rolling them out.

Tolu Lozenges.

Take an ounce of gum dragon quite free from any black specks, put it in a bason or bowl, with a gill of water, let it stand two days; strain it through a cloth, put it into a clean marble mortar and work it till very white. Upon two ounces of Tolu balsam pour one gill spirit of wine, and let it stand two or three days to extract the virtues of the balsam, pour it into the mortar, and add four ounces cream of tartar; work the whole together, and add treble refined sugar put through a lawn sieve, from time to time, till very stiff, then take it out, roll and cut as ordered for peppermint lozenges. Or they may, for variety, be rolled in long pieces the thickness of a goose quill, by means of a flat board, and cut in lengths of two inches. When dry put them up in boxes and keep them in a dry place. They are called pipes.

Lozenges for a Seated Cough.

Take gum arabic two pounds, fine sugar pounded twelve ounces, hair powder twelve ounces, eringo root cleaned and cut two ounces, liquorice root scraped and cut twelve ounces, althea, or marshmallows, twelve ounces. The althea, liquorice, and eringo roots, are put into two Scotch pints of water and boiled till one half is wasted; then put in the gum and let it stand near the fire till dissolved; strain the liquor, clean the pan and put it on the fire again, add the sugar and starch, or hair pow-

der, boil it over a slow fire till no bell appears, stirring it all the time with a spattula. When no bells of water appear it will be of a thick consistence, pour it on a marble stone that has been first oiled, roll it out with a roller, which must also be oiled, cut it in long strips, or any shape you please, and when cold put them up for use.

Heartburn Lozenges.

Take eight pounds brown sugar candy, three pounds chalk, or magnesia, two ounces prepared coral, eight ounces crabs eyes, three ounces bole-ammoniac, one ounce prepared pearl, one ounce nutmegs, two pounds gum arabic; reduce all these ingredients to a powder, and mix them well together; make it into a paste with orange flower water, roll it out thin, and cut it like other lozenges. *Or*, in place of the gum arabic make use of two ounces of gum dragon, which prepare as formerly directed in Tolu lozenges, using sugar pounded in place of the brown candy. Two or three will ease the heartburn and may be taken at any time. They have been in repute these seventy years, and never fail in giving immediate relief, as I have often experienced.

Paterosa Lozenges.

Proceed as directed in making peppermint lozenges; with this difference, dissolve the gum dragon with strong rosewater, also dissolve as much lake as will make the whole mass a beautiful rose colour; then add as much essence of roses as will give it a rich flavour. Thus are all kinds of lozenges made, by ta-

vouring the paste with any oil or essence, according to taste.

SYRUPS.

Cappilaire.

Take two ounces of the herb maidenhair, boil it in two gills of water, strain it through a jelly bag, put to it one pound and a half fine sugar, clarify it with an egg and make it into a pure syrup, and when cold bottle it. It is now generally made as follows. Take five pounds eight ounces fine sugar, and eight ounces brown sugar candy, clarify it very fine and boil it up to a good syrup, then add as much orange flower water as will give it a good flavour, and when cold bottle it up. Sometimes a glass of rum is added.

Orgeat,

Is a very cooling drink, and much used at balls, assemblies, &c. it is made with almonds and flavoured to your taste. Take one pound best Jordan and eight ounces bitter almonds, blanch and wash them clean, beat them in a marble mortar with a quart (two mutchkins) of spring water, very fine, take a ladle full of the liquor and put it into a strong fine towel, by twisting the two ends the liquid is forced through into a bason placed below. Squeeze the almonds till dry, then lay them out, and take in more from the mortar, and so go on till all are squeezed; then clarify to this quantity of almond juice four pounds of fine sugar, boil it to the crackled degree; take it off the fire, and strain into it the almond liquor through a lawn sieve; add a little orange

flower water to flavour it, and set it over the fire till all is well incorporated and smooth; then put it through the lawn strainer, and when cold bottle it up.

To use it.—Mix two gills of syrup with two pints (mutchkins) cold water, stir it well together and serve it up.

Lemon Syrup.

Squeeze what number of lemons you want, pass the juice through a sieve, beat up the whites of two eggs to each quart of juice, and mix it well; let it stand a few days to clear, then pour it off; with this clarify the sugar and make a good syrup. When cold, bottle it up in small bottles, and when corked dip them in wax. *Or,*

Take one dozen lemons, of which grate six, squeeze the whole upon the grate and stir it well, so that the acid may extract the flavour of the rhind; put a quart (choppin) of syrup on the fire and boil it near the carmil degree; put the juice through a fine sieve, and add it to the sugar. If, when mixed, the syrup is too strong add more juice; let it boil a few minutes; when cold bottle it up. *This syrup is most excellent for colds; when mixed with water is a cooling drink in summer, and must be useful to shipmasters on long voyages; also for making punch. It will keep a long time.*

Orange Syrup.

Take twelve China oranges, grate six, squeeze the whole, and proceed as directed in the last receipt.

Seville Orange Syrup.

Take twelve bitter oranges, grate a large one, then squeeze them in a bason upon the grate, add the juice of a lemon with the grate and mix it well with a spoon. Put on the fire six English pints (mutchkins) of pure syrup, let it boil till near carmil, take it off the fire and strain the juice through a lawn sieve into the syrup; mix it well, put it on the fire again, let it boil a little, and when cold bottle it up.

Syrup of Roses and Violets,

Or of other flowers, is made with an infusion of the leaves in warm water in a vessel close covered up; after standing a day they are taken out and fresh leaves put in, and continuing this method until the water is strongly impregnated with the essence of the leaves; it is then strained and made into a thick syrup.

Syrup of Coltsfoot.

Take of the herb coltsfoot six ounces, two ounces maidenhair, two ounces hyssop, one ounce liquorice root, boil all into two pints (mutchkins) water, till one-fourth part is wasted, make it into a syrup with two pounds of sugar.

Syrup of Mulberries,

Is made with the juice expressed.

Buckthorn.

The berries are put into a jar and heated in the oven, and the juice pressed out and made into a syrup.

Syrup of Marshmallows.

Take of the fresh root two ounces, parsley roots one ounce, and a little of liquorice root,

figs, raisins, and tops of the mallows, steep them some days in three pints (mutchkins) barley water, boil it into two pints, press it out, let it stand to clear, then make it into a syrup, adding one ounce gum arabic.

Syrup of Cream.

Make a pound and a half lump sugar into a strong syrup, when cold mix in a pint fresh cream; or pound the sugar and mix with the cream, bottle it up in small bottles, cork and seal them. It will keep several weeks.

Robe of Elder Berries,

Is often used for souring punch, &c. Take a peck of the berries, bake them in an earthen pan, or jar, in the oven, squeeze out the juice, which set to stew upon a very slow fire for some days; when it is very thick, so as to be cut with a knife, put it into small cans for use; or put it on plates, and when it is dry cut it in squares. Stir it frequently while on the fire.

Robe of Black Currants

Is made in the same manner, only you may add six ounces sugar to every pint of juice; a small quantity, viz. six pints, may boil in two hours, then pour it on plates, and set it in a stove to dry; when hardening turn them, cut them in small pieces. *They are good for colds and sore throats.*

Fruit Lozenges,

Are made with the juice of red or black currants, elder berries, &c. and boiled with some sugar to the consistence of a thin paste, then poured out on a stone, and when cold cut in

squares, dried, and put up in small boxes. *They are good for colds*, &c.

CHAP. V.

PRESERVING.

Orange Peel.

Take Seville oranges, cut the skin in quarters and strip it off; put them in a strong pickle of salt and water and let them remain ten days; or they may be kept in the pickle till you use them. Those who make large quantities procure the skins from the fruit merchants in London, who send them in casks to the country ready pickled. They are taken out of the cask as they are wanted, only observe to keep them well covered with pickle at all times.

Have ready one or more well seasoned iron bound casks, according to the quantity you need; set them on their end upon a gauntrees, to admit a pan being placed below them to receive the syrup; pierce a hole above the bottom and put in a spiggot. Take the skins out of the pickle and cover the bottom of the pan, placing them with their mouths downwards, as it prevents burning; then fill the pan quite full, cover them up close with a cloth, and fill it up with water. As the water evaporates fill it up with boiling water; a large pan will require four or five hours boiling, boil them till they can be pierced with a

straw, then throw them into a tub of cold water. Fill the pan again, and while it is boiling, proceed to take out the pulp of the boiled skins; by putting in your thumb betwixt the skin and the pulp and turning them round in your hand the pulp slips clean out; as you do them throw them into cold water. When you have got the quantity you want all ready pulped, drain the water from them, then begin to put them into the preserving cask by casing them within one another, but not too close, as it prevents the syrup from getting through. Place them in rows, round and round the cask, till it is more than two-thirds full; then lay over them a few narrow strips of wood, and across these fix two strong pieces to prevent the skins from rising; set the cask to a side and let them drain through the hole at the bottom while the syrup is preparing. If you have three or more casks, make as much syrup with raw sugar as cover the first cask, put in the spiggot, then pour it on them boiling hot and cover them up. Next day pull out the spiggot and let the syrup run off into the pan, boil it up to a good strength, pour it on the second cask, and so proceed to the third or fourth; by that time the syrup, if it be tasteless, may be thrown away. After the syrup is run off the first cask, make ready a fresh syrup, which pour on and go through the casks in the same manner. Then clarify a pan of lump sugar and fill each cask, which run off and boil up twice or thrice a week for a month, when they will be ready to candy. Observe that as often as the sugar is drawn off

it requires to be thickened with more lump sugar broke into the pan among the syrup; for if the sugar is not of a good body at the last boiling, they will not keep. If you want the skins to remain in the syrup, the sugar, if thin, will ferment, and the consequence will be the total loss of the skins and syrup; therefore great care should be taken, upon the least appearance of fermentation, to boil up the sugar directly.

Small quantities may be made in a jar; proceed as already directed, only in place of raw, begin with lump sugar at first, and when the syrup is thin add more sugar. A few sticks of cinnamon may be put in to add to the flavour; boil up the sugar every other day for two weeks, and once a week for a month; in the last boiling make the sugar a proper thickness to keep them.

Lemon Peel

Is done in the same way, only the skins require more boiling to make them tender. Cedraties, or citrons, are done in like manner.

If it is not convenient to keep orange or lemon peel in syrup, draw it all off and wash the skins in water, lay them on wire riddles, put them in a warm place, and when so dry as pack up, case them one within another, pack them in boxes, and when candying boil them a few minutes in syrup.

Note.—*For making cakes, gingerbread, &c. they may be used without candying, but made clear by boiling in the syrup, drained, and then cut in small stripes.*

Orange and Lemon Chips.

Choose the oranges, and lemons, of good colour, then, with a small sharp knife, pare them round in chips by turning with the one hand against the edge of the knife, which is held firm ; endeavour to keep the chip whole. If you make them of fruit already squeezed, you must have a piece of cork cut round to fill them up; cut them equal, about one-third of an inch in breadth, but not so thick ; put them in a net and boil them gently about an hour and a half, or till they are tender. After being drained put them in a wide jar, pour on them a good strong syrup, boiling hot ; cover them up, boil up the syrup again next morning, and give the chips ten minutes boiling in the syrup ; repeat the boiling three mornings. At this last boiling make a good strong syrup for them ; at the end of eight days boil it up again, and if they are not clear repeat the boiling the week after. The lemon chips should get about fifteen minutes boiling in the sugar to make them clear before candying. They are kept in the syrup, well covered, and when candied drained from it.

Oranges Whole.

Choose the oranges large, high coloured, and smooth, with stalks ; cut a round hole in the top to admit a tea spoon, with which take out the pulp clean, lay them in a pickle of salt and water a few days ; boil them till tender, throw them into cold water, in which let them remain a night ; draw all the water from them, and place them in a flat vessel with the tops up, so as receive the syrup ; boil up as

much syrup very smooth as will cover and fill them well. Next day pour off the syrup, which will be very thin, and add more sugar to make it a proper thickness; boil it up again and pour over them; and proceed as directed in making chips. At the last boiling put in the oranges and give them ten minutes boil; remove them carefully into the jar, and add the juice of an orange or lemon to the syrup, as it prevents it from candying. If at any time the sugar spots, or appears to ferment, boil it up again.

Note.—*Lemons are done in the same manner, by scooping out the pulp before boiling them. As the oranges are apt to break, it is more advisable to boil them first; but then you lose the juice, which is saved the other way.*

Preserved oranges are much used in deserts, and look well when carved. They are placed in top glasses, and angelica, cut out in imitation of leaves, put in to fill up the hole in the top. They are sometimes filled with a rich custard, and eat very nicely.

To carve them.—Take a piece of steel watch spring, double it, but not close, and fix it in a handle of wood; with this you carve any device according to fancy by running it in grooves. It is done before pulping, or boiling the oranges.

Cucumbers in imitation of Citron.

Take the largest and best looking cucumbers, lay them in a strait mouthed jar, pour upon them a strong pickle of salt and water;

cover them well with the leaves of coleworts, or kail; let them stand near the fire for four days, when they will be all yellow. Then take them out, wipe them, put them into a pan, cover them with two parts vinegar and one part water, one or two tea spoonfuls of pounded alum, some dill, or fennel; cover them up with vine leaves, or coleworts as before, and bring them to boil on a slow fire; take them off, let them cool. If they are not then of a good green, it may be proper to change the leaves, and to repeat the scalding and cooling until they attain that colour. Divide them longways in two or four parts, clean them from the seeds and pap, lay them in cold water, changing the water three or four times a day, till it comes from them clear and tasteless. Take as much well clarified sugar as cover them, add to each pound one ounce of ginger, which must be previously boiled some time in water to make it tender and swell. Add also nutmeg or cloves, according to taste, and the peel of a few lemons pared thin; boil up the syrup; when cold put in the cucumbers and boil them slowly half an hour. Put them carefully in jars, tie them close up, and at the end of five days, put them in a pan all together on a clear fire; boil them 10 or 15 minutes, clean out the jars, lay in the cucumbers; then boil the syrup very smooth, and when cold pour it over the cucumbers and tie them up for use. They are candied the same way as orange peel, and may be used for every purpose that citron is ordered; and as they are a beautiful green, look well in seed cakes, &c.

Angelica in Knots.

Angelica is a very fine preserve, it may be prepared in lengths, or in knots, according to fancy. Take the stalks when thick and tender, cut them in lengths, and scald them, or boil them till tender, put them in water, strip off the skins, and open them. If for knots, cut them in narrow slips, take a weak syrup and boil them in it some time, set them by till next day; boil them again, do the same the third day; if they are not a good green, repeat the boiling; then boil up the syrup very smooth and pour it over them, and set them by for use. They are tied in knots before they are candied; they should be kept in a vessel the length of the pieces, and care should be taken to keep them whole.

Cedraties and Melons, Whole or in Quarters.

Cut a hole through the middle of them, put them in a large preserving pan with water; boil them about an hour and a half, drain the water from them by setting them on their ends in a split sieve; boil up a proper quantity of syrup till smooth, put the fruit into a deep can, pour on the syrup. After three days, boil them in the syrup for half an hour, taking care they grow not too soft; lift them out, and put them again into the can. If the sugar is too weak, add more and boil it smooth, pour it on them and repeat the boiling of the syrup for eight days, then set them aside for use. They may be quartered, scraping out the seeds and soft pulp.

Girkins.

Take small green cucumbers, rub them clean, then scald them in hot water; boil as much syrup smooth as cover them, then put in the cucumbers, boil them softly for some time, and set them past till next day. Repeat this three times; at the third boiling they are kept on the fire till tender and clear, and then put in glasses.

Apricots.

Apricots for preserving are gathered before the stones become hard; put in a pan of water with vine leaves under and above them, and placed on a slow fire until they are yellow. They are then carefully rubbed with a flannel cloth and some salt, to take off the down, or lint; and again put into the pan, covered close, and placed at a good distance from the fire, until they obtain a light green colour. They must be handled very tenderly, *and now all the broken and bad coloured ones are taken out.* They are then put in a pan with a thin syrup, and boiled gently a few minutes; then taken off and set by till cold. This boiling and cooling is repeated three times. When they look clear and plump, take them out, and boil up the syrup to a proper degree of thickness to keep them; *if not enough syrup to cover them, add more*, put in the fruit and boil them again for a little. Put them in pots or glasses, and when cold lay a paper dipped in brandy on the top of each; paper and tie them up.

Garlick for Coughs.

Peel the heads, throw them in water, give

them a boil and proceed with them as directed for apricots.

Peaches.

Take peaches that are not too ripe, rub off the lint with a soft cloth, rip them down with a pin, at the seam, *but only through the skin;* put them in a vessel, cover them with brandy, and tie them up for a week. Then boil as much sugar very smooth as cover them, lift out the peaches from the brandy into the syrup, and boil them till they are clear. When cold put them in pots, or glasses; pour on the syrup, or mix it first with a part of the brandy; tie them close up with a wet bladder. *If air is admitted, they grow black, and are, consequently, useless.*

Peaches dried.

The Newington peach is generally made use of for this purpose. When fully ripe they are split and the stones taken out, and as this is done they are dropped in a pan of boiling water, where they remain a short time to scald. Have ready as much syrup in a pan as will cover them, and when scalded take them out of the water and put them into the syrup; give them a boil, if any scum rises take it clean off, and set them by till next day; add more syrup, if there is not a sufficient quantity to cover them; boil it till it blows strong; the peaches are then put in, boiled for some time, and set by as before. They are boiled a third time, until the sugar is pretty thick; then set in a warm stove for a few days; afterwards drained from the syrup, and laid out on sheets of tin, or wires, the one half over the other,

and dusted with pounded sugar; then set in the hot stove. Next day they are turned and again dusted, and when thoroughly dry, packed up in a box, and kept in a dry place.

Peach Chips.

Pare the peaches, take out the stones, slice them in very thin slices; and to every pound of chips take one pound and a half of sugar, made into a syrup and boiled to blow strongly; put in the chips, give them a boil, and when near cold boil them again, and cover them up. Next day drain them, lay them out, separating them from one another, dust them and dry them, turning them every day with a spattula, and when properly dry pack them up.

Quinces.

Quinces, red or white, may be preserved either whole or in quarters.

Red.

Pare and bore the quinces, put them into a pan of hard water, cover them with the parings to keep them down; cover the pan, so as no steam may escape; let them stew on a slow fire till soft, and of a fine pink colour; let them stand till cold. Have as much syrup ready as will cover them, which will generally be as much as they weigh of sugar; put in the quinces, and boil them 10 or 15 minutes; let them cool; repeat the boiling again and again, until they look clear. If the sugar is not of a proper strength to keep them, boil up more in another pan, and when strong add it to the quinces. Put them into pots, or glasses,

cover them with paper dipped in brandy, and tie them up with wet bladders.

White.

Take equal weight of quinces and sugar; make a thin syrup, put in the quinces, and boil them very fast, uncovered, until clear, and the sugar strong, then pot them up.

Apples

Are preserved white in the same way.

Pine Apples,

To be preserved, are taken before they are ripe; lay them in salt and water about five or six days, on the bottom of a pan proportioned to the number to be preserved; put plenty of vine leaves under and over them, then pour in the water they had lain in; cover them well up, set the pan on a very slow fire, and let them stand until they are of a fine green colour. Have ready as much thin syrup as cover them, put them carefully in a jar, with their tops on, pour on the syrup when almost cold; let them remain a week well covered with the syrup; drain off the syrup, boil it up, then pour it on. Repeat the boiling frequently in the course of two or three months, when they will look full and green; then boil up the syrup and add more fresh syrup to cover them sufficiently; add some ginger, which has been first softened in water by boiling, boil the syrup so as to keep without any further boiling, and pour it on the fruit; when near cold tie up the jars with wet bladders.

Pine Apple Chips.

Chip off the top, stalk, ends, outsides and

bottoms of the pine apples ; cut them in slices about one-fifth of an inch thick. Take a deep earthen pan, have equal weight of sugar pounded, put a layer of sugar on the bottom of the pan, then a layer of chips, then sugar, and so proceed until the vessel is near full. Put a good deal of sugar on the top, cover them close up with paper, and let them stand till the sugar is near dissolved ; then let them boil in this syrup half an hour. Next day boil them again ; do so daily for eight days, then drain all the syrup from them. If the syrup is ropy dip the chips in a little warm water, wipe them and lay them on sieves to dry, dusting a little sugar over them ; put them in a stove to dry gradually, then put them in boxes with slips of white paper between each row.

Wine Grapes in Clusters.

The great Gascoyne grapes, when they are green, and not too ripe, are used for this purpose. Pickle and pierce each of them with a pin, and weigh to every pound of grapes twenty ounces good lump sugar, make it into a syrup with the juice of the grapes strained. When it is pure, put in the grapes and the syrup in a broad bason, cover them close, put them in a pan of scalding water, and let them boil; when they become tender take them carefully out and boil up the syrup pretty strong ; lay the grapes in jelly pots, only observe not to have one bunch above another, which would spoil them ; pour over them the syrup, and when cold tie them up.

Grapes dried.

Wash out the bunches from the syrup with water, lay them on sieves, put them in a warm stove to dry, turning them frequently. When dry pack them up.

Cherries.

Take ripe cherries, either stone them or take off the stalks, and pierce each of them with a pin. For every pound of cherries take twenty ounces of lump sugar, pound the one half of it and strew it over the cherries; or put a layer of sugar and cherries alternately; set them past all night. Make the other half of the sugar into a syrup and boil it till it blows; add a pint (mutchkin) of red currant juice for each pound of sugar, then put in the cherries, boil them all together and set them past; next day boil them again, then put them into pots, or glasses. If you want any dried, drain them from the syrup, put them on wire sieves, set them in a hot stove, turn them daily until dry, then pack them up.

Note.—*To stone cherries, cut a quill of a proper thickness somewhat like a toothpick, only give it a flat, or round end, thrust it down over the stone, and keep hold of the stalk while you pull the quill out. This method prevents the cherries from being torn.*

Green Gage Plumbs.

Plumbs of every kind are all done in one way, at least the difference is very immaterial. Take the above plumbs before they are quite ripe, put a layer of vine leaves (*or kail blades*) on the bottom of a pan, and then a layer of

plumbs, then vine leaves, and so on alternately, with leaves and plumbs, till the pan is nearly full. Fill it up with water, set it on a slow fire, and when the plumbs are hot and begin to crack, take them off and pair off the skins, carefully putting them in a sieve as they are done. Lay them in the pan as before, with fresh leaves and the same water, only having the pan a good distance above the fire, until they obtain a green colour. *They should, at this second heating, be so closed up that no steam can escape.* They require a good many hours to gain the colour; when green enough take them out and lay them on a sieve to drain. Have ready a good smooth syrup, into which put them and boil them gently twice a day for two days; then boil up the syrup, *adding more if needful.* Put the plumbs in your pots, or glasses, pour the syrup on them, cover them with paper dipped in brandy; then tie them up with paper.

Note.—*Some do not pull off the skins of the plumbs.*

The Green Admirable Plumb, makes a beautiful preserve. When full grown and beginning to turn, take and pierce them with a pen knife in two or three places; they are then scalded by degrees, and proceeded with as ordered in the gage plumbs.

Note.—*If they do not readily take in the sugar, pierce them again and again, with any sharp bodkin, or fork.*

Yellow Amber Plumbs.

When fully ripe, take them and put them

in a pan, with as much syrup as cover them, boil them a few minutes, set them by till next day, boil them again, and proceed as already directed.

Note.—*If you want any plumbs dried, drain them from the syrup, lay them on sieves, dust them with sugar, put them in a hot stove, turn and dust them daily till dry.*

Figs.

Figs are preserved nearly in the same manner as orange peel. They are first cut across the top, then laid in a strong pickle of salt and water, that will bear an egg, for ten days; then boiled in fresh water until a pin will easily pierce them, then drained and thrown among cold water, and shifted into more cold water daily for four days. They are then drained, and put into a smooth syrup, which is made warm; next day it is made warm again; when they become green boil up fresh syrup till it blows, lay them in it; next day give them a boil up and set them past in pots &c. for use; or drain and dry them. *If the figs are ripe*, cut them across the top, put them in syrup, give them a good boil, and next day proceed as ordered above.

Raspberries.

Clarify to each pound of rasps one pound four ounces of sugar, boil it till it blows, then put in the rasps, and as they boil, strew over them, at three or four times, four ounces pounded sugar. Let them boil quick, and when the sugar covers them in boiling, take them off and let them cool; then add for every pound of

rasps one half pint (mutchkin) of red currant juice; put them again on the fire to boil, till the syrup hangs in flakes on the skimmer, or spoon, or by taking a little out to cool upon the bottom of a jelly pot, it jellies; take them off the fire, carefully take off any scum, and pot them; tie them up in a day or two, first laying paper dipped in brandy close upon the top of each pot.

Strawberries.

Strawberries are done the same way, and are much used in making ice-cream, &c.

Raspberry Jam.

Take equal weight of raspberries and good lump sugar, clarify and boil the sugar till it blows strong, slip in the rasps, and keep stirring, as it is apt to burn on the bottom of the pan; when it jellies, (which is known by frequently cooling a little on the bottom of a jelly pot or plate) take the pan off the fire and pot them up. Two days after, lay paper dipped in brandy over them and tie them up. *This jam is also used for making ice-cream, tarts, &c.*

Green Gooseberries.

Take the large green kind, clip off the tops but leave the stalks, slit them down the side with a pin, but not too long (*to let out the seed and admit the syrup*); as you do them, throw them into a pan of water in which some alum is dissolved, then put them on the fire, and scald them; do not let them boil, lift them out of the pan with a skimmer and lay them on a sieve to drain. Have ready clarifi-

ed to each pound of berries, two pounds good lump sugar; take the half of the syrup, make it boil, then put in a few of the berries; let them boil a minute, lift them carefully out, put them into pots; proceed to put in a few more berries, and so go through the whole. Then put the syrup through a sieve to keep out the seeds, pour it over the berries in the pots; lay some light thing on the top of each to keep them down amongst the syrup. At the end of five days, pour off the syrup into a pan, and add the other half of the syrup; let it boil, and go through the same operation as before; after puting the syrup through the sieve, pour it into the pots. At the end of ten days repeat the same boiling and potting, and when cold tie them up as directed in raspberries.

Gooseberries in imitation of Hops.

Take the large green walnut kind, cut them at the stalk end into quarters, till within a very little of the blossom end; take out all the seeds with a tea spoon; case them six or eight into one another. Take a strong thread and needle, tie a knot on the end and run it through the bunch, but not too tight; tie the other end, and as you do them lay them into a pan, having the bottom well covered with vine leaves; lay a row of the bunches and then leaves, alternately, till near full; pour on cold water, cover the pan close to prevent the steam escaping; when they are scalding hot, take them off and let them cool. The pan is again set on the fire, and the scalding and cooling repeated until they are a good green colour; when

cold, put them in a sieve to drain. Have ready a thin syrup, near cold, into which put the gooseberry hops, and next day give them a boil; the day after do the same, and the third day repeat the boiling. Then take as much more syrup as when added to what they are among, will cover them well, add a few slices of ginger and lemon peel, give all a boil and skim it clean; put in the hops, boil them a few minutes, then put them in glasses, or pots.

Red, or White Gooseberries.

For White, take the largest Dutch berries. *For Red*, the large Mogul berry, before they are fully ripe; clip off the tops, lay them in cold water, stone them, put them in boiling water, but do not let them boil; when very tender, drain them; put them into a pan with their weight of clarified sugar, let them stew gently a short time, so as not to burst them; next day boil up the sugar and pour it over the berries; the third day pour off the sugar, and boil it smooth, pour it over the berries; the fourth day give them a boil till the sugar covers them. Put them in pots, or finish them as ordered in apricots. *Or*,

Take equal weight of sugar and berries, slit them down the side with a pin, make the sugar into a smooth syrup, and put in the berries; let them boil till they are clear, put them into pots with a skimmer; run the syrup through a sieve, boil it up to the consistence of jelly, then pour it on the berries. If red berries, add some juice of red currants, as it heightens the flavour and colour.

Gooseberry Jam.

Take the large ironmonger berry before they are ripe, top and tail them. Take equal weight of good Lisbon sugar, put the sugar into a pan, pour over it as much red currant juice as wet the sugar well; let it boil a little, then put in the berries, and keep stirring them gently; boil them till they look clear, and the syrup, when taken out to cool, be a proper stiffness; pot them up, and tie papers over them two days after. They are much used in tarts, &c. *If they are not boiled enough they soon ferment and spoil.*

Red and White Currants, Whole or in Bunches.

Take of the largest currants, slit them down the side with a needle, and stone them. If to be done in bunches, take five or six sprigs, tie them on a small stick, and to every four pounds currants take five pounds lump sugar, which clarify and boil till it blows; add two pints (mutchkins) currant juice, and put in as many bunches as will cover the bottom of the pan; give them five or six boils, put them in pots, and when cold fill up the pots with apple jelly. If not in bunches, put them in to boil about ten minutes, and pot them. White currants should be done with finer sugar.

Red and Black Currants, for Tarts, &c.

Take red, white, or black currants, pick them from their stalks, clip off the heads and tails, particularly from the black; for every

pound of currants take a pound of fine raw, or Lisbon sugar, put it into a pan, and wet it either with water, or currant juice. When it boils take it off and skim it clean; let it boil pretty strong, then add the berries; boil them gently till clear, and the consistence of a jelly. Pot them in brown jars, and after two days tie them up with paper.

Mulberries.

Mulberries are preserved when they are of a reddish green colour, and sour. Take equal weight of sugar and berries, clarify and boil the sugar to the blown degree, put in the mulberries, and give them a covered boiling; that is, till the sugar rises over them in the pan. Set the pan in a hot stove; next day give them another boil, and pot them. *Or*, the sugar may be wet with the juice, when it boils skim it clean, put in the berries, and boil them till they jelly; then pot them.

Eringo Roots.

Parboil the roots, pick, peel, and wash them very clean, then boil them tender, and dry them with a cloth. Put them in a pan with as much clarified sugar as will cover them; boil them softly till they appear clear and the syrup a good thickness, then put them in pots. When used, they are either candied as directed in orange peel, or washed and dried.

Samphire

Grows in bunches, which take and put in water; set a pan filled with water on the fire, and when it boils throw in a handful of salt, then put in the samphire. When it appears a fine

green take it immediately out with a fork, and lay it on a sieve to drain. Then take equal weight of samphire and sugar, make it into a syrup; put in the samphire, boil it fifteen minutes, lift it out into pots, or glasses, pour the syrup over it, and when cold tie them up.

Samphire looks beautiful when rock candied.

Barberries.

If required for tarts, pick the branches clean from the stalks, take equal weight of lump sugar and berries; put them in a jar, which set in a large pan of boiling water till the sugar is melted, and the barberries have become soft; let them stand all night, next day put them in a convenient sized pan, and boil them fifteen minutes. Fill your pots, and when cold tie them up.

Barberries in Bunches,

May be done as directed for currants. Or, take the largest and best barberries in bunches, take small splits of wood, an inch long, and about one-sixth of an inch thick, and tie four or six sprigs on each split, with a red thread. Take as much syrup as cover them, lay in the bunches and boil them till soft; strain them through a sieve. To every pint (mutchkin) of the juice thus strained, take a pound and a half lump sugar; make it into a fine syrup; and to every pound and a half of sugar put in half a pound of the barberries, boil them till very fine and clear; lift them into pots, or glasses, pour over them the syrup, and when cold tie them up.

Walnuts.

Walnuts are preserved either *white*, *green*, or *black*.

White Walnuts.

Take the largest French kind, when full grown, but not hard; the green shell is all pared off with a knife, until the white appears, and as they are done they are thrown into cold water, or salt and water. *The effect of air upon them changes them to black.* Boil them till tender, drain them, and lay them into syrup.

Green Walnuts.

The walnuts, after being well cleaned with a cloth, are laid for twenty-four hours in a pickle of salt and water, then cleaned and dried, thrown into a pan of boiling water, and let boil a minute or two. They are then taken out and thrown into a pan of boiling syrup, as much as will cover them, which must be in readiness.

Black Walnuts.

Take the small sized walnuts, lay them in a pickle a few days, drain them out; expose them to the air in a sieve, and they will grow black. Boil them tender, but not to break; put a clove into the head of each to give them a flavour, and lay them in syrup. Then proceed as follows for all the different kinds. When the walnuts are thus far prepared, make up a smooth syrup; boil up as much as will cover them, with ginger in slices, cinnamon, &c. to give it a rich taste. If you have any syrup left over preserving peaches it may be used. Boil the walnuts in this syrup,

and set them past till next day; boil them again and set them past. Repeat this boiling and cooling several times, then boil the syrup smooth, put the walnuts in jars, and pour the syrup over them. They may be done with raw sugar; they are seldom used as a sweetmeat, being medicinal.

Nectarines.

Split the nectarines, take out the stones, then put them into clarified sugar and boil them; stir them often about, until they have imbibed a good deal of the syrup, and carefully take off any scum; cover and set them past. Next day boil a little more sugar until it blows very strong, put it to the nectarines, give them a good boil; pot or set them past till next day. Drain them from the syrup, lay them out on sieves to dry; dust them with pounded sugar, put them in a hot stove, turn and dust them. When dry pack them up.

Golden Pippins.

Take pippins of the largest size, and sound; pare them, and with an apple scoop make a hole through the centre; take as much syrup as will cover them well, let it be thin, that it may penetrate into the apples, add the peel of a few lemons; put in the apples, and let them stew near an hour over a slow fire, then pot them; boil the syrup smooth and pour it over them. *They should be examined frequently, and when the syrup grows thin, or inclines to sour, or ferment, boil it up again.*

Pears.

Take pears before they are ripe, put them

in a pan with water on the fire, stew them till they are soft, lift them out with a skimmer, and put them in a bason with cold water; cut through the skin in three or four parts, from the top to the stalk, strip it off and put them again in the cold water. Take the weight of the fruit of sugar, clarify and boil it smooth; put in the pears and boil them about ten minutes, or more, take off all the scum; next day boil them up again, and so do for six days, or times. Then lay the pears in pots and boil up the syrup to a proper thickness for keeping; add some cloves and ginger to give it a flavour, pour it over them, and when cold fill up the pots with apple jelly. Red pears are done in the same way, only adding some cochineal to colour them, and filling up the pots with gooseberry jelly.

Cherries, with their leaves and stalks green.

Have a small pan with very strong vinegar boiling, into which dip the leaves and stalks; stick them into a split sieve, upright, to remain till dry. In the mean time make some double refined sugar into syrup, boil it to candy, or blown degree; dip in the cherries, stalks and leaves, stick them into the sieves as before, and dry them as other sweetmeats. They look very beautiful by candle light.

Currants may be prepared for present use thus.

Oil whites of eggs; by breaking and casting they grow thin like water; dip in the currants upon stalks into the oiled eggs; lay them on sheets of writing paper, sift double refined

sugar upon them, turn them and do the same; then lay them before the fire to dry. Send them to table on china dishes.

PRESERVING FRUITS FOR TARTS, &c.

Gooseberries.

Have the gooseberries ready picked, set a pan on the fire with hard water and some pounded alum; when it boils put a few of the berries in the bottom of a hair sieve and hold them among the boiling water until they turn white, then take them out and spread them between two clean cloths. Put more gooseberries in the sieve and do them until you have in this manner gone through them all; set the water past in a jar, and next day fill your bottles with the gooseberries, picking out the broken and spilt ones; fill them up with the water, cork them loosely for a fortnight, and if they rise up to the corks draw them out and let them stand open a few days, then cork them properly, and they will keep good several months. *Or*,

Pick them of the largest kind and dry, fill and cork the bottles, set them in a kettle of water up to the neck, let the water boil slowly until they appear coddled, take out these bottles and put in more, which do in like manner. Then dip them into melted wax over the necks, and keep them in a dry place.

Plumbs for Tarts.

Take a narrow, deep jar, weigh the fruit, take half their weight, or a little more, of raw sugar; put a layer of sugar and a layer of fruit

till near the top, tie it up with strong paper, and set it in a baker's oven when not too warm; let it remain an hour or so according to the size of the jars.

Orange and Lemon Grate, for Puddings.

Mix it with pounded lump sugar, press it hard into a jelly pot, then cover it with a bladder. Or, first grate the oranges, or lemons, boil the skins and beat them smooth into a mortar; clarify to each pound of the beaten skins and grate, a pound of lump sugar, boil it smooth; then put in the skins, boil them in the sugar till very thick, then add the grate; pot it, and when cold tie it up.

Red Gooseberries,

May be preserved for tarts by taking for each pint gooseberries, half a pound raw sugar, and mixing it with two gills of water; let the sugar boil and then put in the gooseberries; boil them softly a few minutes, put them into small jars, and cover them up when cold. They make fine tarts, or pies, with the addition of a little sugar. Or, press the pulp through a sieve, and add to each pint, (mutchkin) four ounces raw sugar; boil it well, and use it when cold for tarts, or puffs.

To keep Grapes, Gooseberries, Apricots, Plumbs, Peaches, Nectarines, Cherries, &c. the whole year.

Take fine dry sand, that has very little saltness in it, make it as dry as possible with often exposing it to the sun; gather the fruit when just ripening, or near ripe, dip the ends of the

stalks in melted pitch, or bees wax. Have ready a large box, with a close lid, dry the fruit a little in the sun, to absorb all superfluous moisture; begin by laying a course of sand in the bottom of the box, then a layer of fruit, not to touch each other; then a layer of sand, an inch thick, smooth over them, then fruit alternately, until the box is full; keep them in a cool place.

Figs and Stoned Fruits.

Put the fruit in regular rows, alternately with their leaves, in an earthen pot; then boil up water and honey as long as any scum arises, which take off, only do not boil it thick; pour it over the fruit warm, and stop the vessel close. When you take any out for use lay them two hours in warm water.

Strawberries, Rasps, Currants, &c.

Take new stone bottles, dry them by the fire; dry the fruit from any moisture to prevent sweating; take off the stalks, bottle them near the fire so that the heat may draw out as much air as possible, and cork them quickly; tie down the corks with wire, dip them in wax, then pack them in a moderate cool place with sand, laying them sideways.

Cherries

May be kept by putting them with their stalks into a dry jar, with a narrow mouth, close corked and waxed over; then suspended into a very deep well, not to touch the water or sides; or bury them in the earth four feet deep.

CHAP. VI.

PASTES, CONSERVES, AND BRANDY FRUITS.

Red and White Currant Paste.

Pick the berries from the stalks, scald and rub them through a sieve, pass it through a jelly bag; for every pint (mutchkin) of juice, have ready twenty-four ounces refined sugar, pounded and sifted; boil the juice about fifteen minutes, then stir in the sugar, and when melted, pour it on sheets of tin; dry it, cut it in squares, place them in a stove to dry.

Rasp and Strawberry Paste.

Take a quart (choppin) of the berries, mash and strain one half of them, and add the juice to the other half, which set on the fire, adding a pint (mutchkin) of red currant juice; boil them twenty minutes, then put a pound and a half refined sugar into a pan, with as much water as dissolve it; boil it till it blows very strong, or to the crackled height, then add the raspberries and juice; let it boil again a little, pour it on plates, or in small pans.

Gooseberry Paste.

Take the red kind when full ripe, cut them in two, take out the seeds, put them into a pan with a pint (mutchkin) of red currant juice; boil them tender, take a pound and a half refined sugar and proceed as above directed. It may be made red or green by colouring.

Almond Paste.

Pound half a pound sweet, and one ounce bitter almonds, with as much water as keep them from oiling; then put it into a flat pan with eight ounces pounded sugar; mix them well together on a slow fire, with a wooden spoon; stir it well from the bottom. When it comes out whole from the bottom of the pan and does not adhere to it, it is done; pour it out on a table, or on tins; when dry cut them in squares and set them in a warm stove to harden.

Almond Figures.

Blanch and pound half a pound of Jordan almonds with orange flower water; make a pound of refined sugar into a syrup, boil it till near candy height; add the almonds and keep stirring till it is pretty thick, then add the grate of two large lemons and the juice of one; stir it well together upon a slow fire, but do not let it boil after the juice is put in; then form it into cakes, or figures. They may be gilt with brass or silver leaf, according to fancy.

Conserve of Roses.

Take scarlet rose buds, pick them and cut off the white ends, and with a sieve take out all the seeds; to every pound of flowers, take two and a half pounds pounded lump sugar; beat the flowers very fine in a mortar, then add the sugar by degrees, beating it all the time until it is one solid mass. A wooden mill is made use of in bruising the flowers, and makes it much sooner.

Note.—*Conserves of any other flowers may be made in the same way.*

Conserve of Quinces.

Pare, core, and cut them in pieces; take out all the seeds, boil them till soft, and weigh to every eight pounds quinces about six pounds sugar, which clarify and boil smooth; then add the quinces, press them well together and boil them till thick. Cherries are done the same way.

Conserve of Lemons, or Oranges.

Grate and squeeze the fruit, put the juice through a lawn sieve, mix in the grate, boil up a proper quantity of syrup to carmil height, mix in the juice and grate; when well mixed boil it to a proper consistence.

COMPOTES.

Compotes of various fruits are made in the same way as ordered in preserving fruits; only they are made with more care and a syrup made of finer sugar. They are always kept wet, and served up in top glasses with the syrup around them. They are much used in deserts.

BRANDY FRUITS.

Peaches in Brandy.

Take six pounds of sugar, make it into a thin syrup, and put the one half into a glazed earthen vessel, on the fire; when it boils put in the peaches, one by one, turn them with a spoon that they may be done all alike. When they begin to soften, take them out with the spoon, one at a time, and lay them to soak in

the other half of the syrup; when well soaked take them out with a spoon, or small skimmer, drain and put them in long wide mouthed bottles, and pour on as much brandy as will cover them. Then put all the syrup into a pan on the fire, make it into a pretty thin syrup with water, and when it begins to boil, go on to do more peaches. *The syrup thus prepared will do above a hundred.* When they are all done and put into bottles, brandy is poured upon them; boil up the syrup till it blows. Take the brandy from the peaches, and when the syrup is almost cold, take equal parts of the syrup and brandy, mix them together, fill up the bottles, and tie them close over with a bladder above the corks.

Wine Grapes.

Take the close bunches before they are too ripe; lay them into a jar, put in some sugar candy broken in small pieces, and fill up the jar with brandy; tie them close up with a bladder.

Apricots.

Take the palest ones, sound, free from spots, before they are too ripe; scald them a few minutes on the fire, in a pan of water till soft; then have a large table-cloth, in five or six folds, ready, which lay them on; cover them close up, that all the water may be absorbed. Take of the best brandy, if possible pale coloured; to every quart (choppin) add ten ounces pounded sugar; when the sugar is dissolved, put your apricots into glass jars, or wide mouthed bottles, fill them up with the brandy and sugar, tie them close up. They

require to be filled up two or three times, as the fruit takes in the spirits; when well soaked, cork them and dip the necks of the bottles in wax, or tie over leather.

Peaches, Morella Cherries, Mogul Plumbs, Green Gage Plumbs, and Grapes, may be done in the same manner.

Nectarines.

Proceed as directed in preserving peaches, with their weight of sugar; only, instead of scalding them in water, boil them in the syrup three times, lay them in glass jars, or long bottles; mix equal parts of syrup and brandy, which pour over them, and tie them up. Peaches may be done this way.

CHAP. VII.

CANDYING AND DRYING.

Orange and Lemon Peel.

The orange and lemon peel being properly prepared (*vide* page 48.) they are taken out of the casks; after being well drained from the syrup, washed in water, and placed with their mouths downwards into sieves; and after dripping for a day, set in a stove to dry a little.

To candy them without drying.—Take the quantity you want out of the cask, put as much syrup in a pan as will cover them well; give them fifteen minutes boiling on a quick stove, then lift them into wire riddles to drain. When they are cold, they are ready for candy-

ing. They are much better this way than if previously dried. Put as much syrup into a pan as you can manage at one boiling, let it boil till it blows; put in the skins, but not more than the syrup will cover; let it boil till it blows again, take the pan off the fire, set it a little on edge; then, with the back of the skimmer, rub the sugar upon the side of the pan till it begins to be muddy, or inclines to grain; then, with a fork, take the skins one by one, give them a turn through the syrup and place them edgeways in wire riddles, that the sugar may run off. Have a large pan, or other vessel placed under the riddle to receive the sugar which drops. Turning the skins in the syrup and placing them into the riddle, must be done very quick, as the sugar soon grows so thick that it will not run off, and spoils the appearance of the peel. When the skins are all taken out of the sugar add a few ladlefuls of fresh syrup, let it boil till it blows, and again proceed to candy more. When they are dry pack them up in boxes and keep them in a dry place.

Orange and Lemon Chips.

Take the quantity you want out of the syrup, lay them on a wire riddle to drain; boil as much syrup as cover them to the blown degree; put in the chips, let it boil again; take the pan off the fire, rub the sugar on the side of the pan till it appears candying; lift them out with a fork as quick as you can, giving them a turn through the syrup; lay them lightly into the sieve to drain, and when dry and

hardened put them in your box. A few only for present use should be done at a time, as they lose their rich flavour and transparency when long kept after being candied.

To candy Cucumbers, Cedraties, and Melons.

Having these fruits preserved wet into jars, take the number required and proceed as directed in orange chips. If you want them dried; after washing them from the syrup lay them to dry on sieves in a stove, but not too warm.

Pine Apples in Slices, or Chips.

Wash them in water from the syrup, lay them in wire riddles, not to touch one another; then sift very finely pounded sugar over them; put them in a hot stove, turn and dust them daily for four days, and when dry pack them up.

To candy Figs.

Having prepared the figs as directed page 62, wash them in warm water, dry them in a cloth; boil as much syrup to the blown degree as will cover them; put the figs into a vessel with a broad bottom, pour the syrup over them, let them remain in a hot stove two or three days, take them out, lay them on glasses to dry, and they will be very beautiful. *They will candy in a few hours, but they are much better if allowed to remain a few days.*

Ripe Figs.

Take for each pound of figs one pound lump sugar; make it into a syrup, put in the figs, let them boil gently till tender, then put them in pots for use. When you take figs

out for candying notice that the remainder are well covered with syrup.

☞ *For peaches dried, see page 56; peach chips, p. 57; pine apple chips, p. 58, 81; wine grapes, p. 60; cherries, p. 60; plumbs, p. 62; nectarines, p. 70. Apricots are dried as directed in pine apples, p. 58, 81.*

Samphire and Angelica, candied or dried.

Take the angelica after it is preserved, (p. 54.) wash it clean from the syrup, cut it in long narrow stripes, tie it up into knots according to fancy, lay them on a sieve to dry, then candy them as ordered in orange chips, (p. 80.) *Samphire looks beautiful when rock candied.* Boil as much sugar as cover them to the blown degree; put the samphire into a proper vessel, pour on the sugar, and let it be well covered; set it in a stove for eight days, drain out the syrup, then lift the samphire out carefully and dry it. Or, proceed as directed for making millefruit rock candy.

Barberries and Currants in Bunches, dried.

After being preserved (p. 66, 88.) put them and the syrup over the fire to warm; lift them from the syrup and lay them on sieves to drain. Then proceed by dusting them with finely pounded sugar through a lawn sieve, or muslin bag; set them in a stove, turning and dusting them till dry.

Rock Sugars of all Colours.

Boil a pint (mutchkin) or more, as you may require, of syrup to carmil degree; have ready,

beat up light, the white of an egg, with pounded sugar like icing for a cake. Take the syrup off the fire, stir in the icing very quick, with a large spoon, (observe that if not done quick it is apt to come over the pan) have a sheet of writing paper oiled and the corners twisted up, into which pour it. It grows very hard. It may be made of any colour or flavour, by mixing it with the sugar and eggs before it is added to the syrup.

Millefruit Rock Candy.

Get a tin box made, twelve inches long and eight inches wide, and of depth to hold six or eight wire frames above each other, leaving room between each frame to hold any figures in paste, fruits, angelica knots, &c. each frame is made to rest upon a small piece of iron, which rises above the one below, and made to lift out easily. Make a hole in the bottom the size of a wine cork, put in the cork, then lay on the figures, knots, &c. on each frame, as you put them in. The sugar should stand two inches above the top frame when full. Boil up as much sugar to the blown degree as will cover the whole, and pour it into the box; set it in a hot stove for three or more days, then pull out the cork and let the syrup drain till next day. Then take them out and they will be all candied very brilliant; put them up in a dry box, with writing paper betwixt each row, keep them in a dry place free from dust. They are much used in ornamenting cakes, &c. in deserts, and may be made of various colours, but require to be well dried before candying.

White and Brown Sugar Candy.

White sugar candy is made of the finest sugar, and looks very ill if made with a coarser sugar than double refined. Brown candy is made of good Lisbon sugar. Provide yourself with a strong double tinned iron box, two feet long, twelve inches in breadth, and eighteen inches deep. Make another one without a bottom to slip easily down within the box; pierce the ends full of small holes, in regular rows; then, with a needle and strong thread, run threads through the ends at proper distances, in rows, from top to bottom; then put the frame within the box; boil up as much sugar as fill it to candy height, and pour it in. Set the box into a hot stove for two or three weeks; drain out the sugar, draw out the inner case, and let the strings remain a day or two in the hot stove to harden, then cut them out.

CHAP. VIII.

MARMALADES AND JELLIES.

Orange Marmalade Chipped.

Take ten dozen bitter oranges, pick them high coloured, clean skinned, and heavy; cut the skins in quarters from top to bottom and strip them off; put the skins into a pan, cover them close up with a cloth, put it on the fire, and fill it up with water; have a kettle of water boiling to fill up the pan as it wastes. Boil them very tender, till a straw can pierce them,

then throw them in a split wood sieve to drain; take them whilst hot (as they are much easier chipped than when allowed to cool) and lay three or four above each other, upon a clean flat board or table, then, with a sharp knife, cut them in very narrow slips. *The beauty of the marmalade consists in the thinness and transparency of the strips.* While you are doing this put on the sugar to clarify; it takes about thirty pounds weight to the above quantity, or the same weight of sugar as oranges. When the sugar is clarified, and the chips ready, set on the syrup to boil till it blows strong; while it is boiling, take the oranges as stripped of the skins, cut them in quarters, and have a very strong split sieve that will keep back any seeds, place it over a large pan, or earthen can; then, with your hands, work and rub through all the pulp until the skins, &c. are dry. When the sugar is ready and blows strong, slip in the pulp, break and mix it well, pick out any seeds that may have got through the sieve; when it boils a little put in the chips. Whenever it boils clear, and when there arises the appearance of a froth upon the top, it is ready; but the surest way is to take a little out upon the bottom of a jelly pot and cool it; when it is of a sufficient thickness, take it off and put it in pots. It requires to be constantly stirred from the bottom after the pulp is put in, as it is apt to burn.

Mixed Marmalade.

The one half of the oranges are grated, and the skins, when boiled, beat smooth in a mortar; the other half of the skins are made into

chips. Pick out the smoothest and best coloured for the chips.

Take twelve dozen oranges, grate six dozen, strip the skins from the whole, boil them as ordered above; beat the grated skins smooth, so that no particle of them may appear; chip all the ungrated skins, rub the pulp through a sieve, then weigh the pulp and skins. Take equal weight of lump sugar, clarify and boil it till it blows, slip in the pulp, and when it is well mixed with the syrup add the beaten skins; break and mix them well, then add the chips and the grate of the six dozen skins; but if it will make it too bitter keep out a part; let the whole boil till clear; try it frequently by cooling a little on the bottom of a jelly pot or plate; when you find it thick enough, take it off and put it in pots.

Plain, or Beaten Marmalade.

Take the oranges and break the skins upon the grater; but do not go too deep, as it would occasion you to have too great a quantity of grate. After going through the whole, cut them across in quarters. Strip of the skins, boil them as already directed, then beat them smooth in a mortar.

Note.—*The skins should be shred with a sharp knife very small, it makes them much easier pounded.*

After the pulp is put through the sieve, weigh the whole; take equal weight of good lump sugar, clarify and boil it to the blown degree; then proceed as already ordered in the mixed marmalade.

Common Marmalade,

May be made to use for tarts and puddings with raw sugar. Proceed as directed in making mixed marmalade, make the syrup pretty strong, and add the pulp, skins, &c. and when it has boiled enough pot it up.

Note.—*After they have stood two or three days, cover the tops of the pots with thin paper cut to go within the top, and dipped in brandy, then tie double paper over them.*

Marmalade, when long kept, grows very thick and hard; it may be renewed by putting it into a pan, adding as much thin syrup as reduce it to a proper consistence, and boiling it up.

Quince Marmalade.

The quinces must be fully ripe, pare and cut them in quarters; take out the cores, put the fruit into a pan with a broad bottom, and not too deep, cover them with the parings and cores. Fill the pan with spring water almost full, cover it close, and let them stew over a slow fire till they are soft and of a pink colour; lift out the quinces and beat them in a marble mortar; take the same weight of loaf sugar as of the mashed quinces, make it into a syrup, boil it smooth, put in the mashed quinces, boil them gently till of a proper consistence, stirring all the time. When near cold put them into pots, next day tie them up.

Apricot Marmalade.

Take apricots when quite ripe, boil them in a thin syrup till they are soft, and will easily mash down, beat them smooth in a mortar;

take half their weight of loaf sugar, make it into a syrup; boil it till it is almost the blown degree, then add the apricots; mix it well with the syrup, boil it till it is of a proper thickness, pot the marmalade, and when cold tie them up.

Note.—Observe, that marmalade, if not boiled to a proper consistence, very soon ferments and loses its rich flavour, and if too high boiled it candies and grows dry; therefore, it requires much attention as to the degree of boiling, and shews the necessity of trying it frequently by cooling a little on a flat plate. If boiled too hastily it in general grows candied after a few months keeping. The sugar and juice should be well incorporated together, boiled on an equal, clear fire, not too hot; endeavour, if boiling it on a coal fire, to prevent any flame rising round the pan, which is apt to scorch and burn what is in it.

Apricot Jam.

Pare the apricots, take out the stones, break them and blanch the kernels. To every pound of apricots take one pound of sugar, make it into syrup, which boil till it blows strong; put in the apricots, boil them quick until they are all broken, stirring them all the time; take them off the fire, bruise them well and put in the kernels; put them again on the fire, keep stirring until it is of a proper thickness and jellies, then pot them.

Gooseberry Jam.

Put a pound of loaf sugar into a pan with as much water as will dissolve it; boil and skim

it clean; take a pound, or quart, of red gooseberries, clip off the tops and stalks, put them into the pan and let them boil a little; next day put them on the fire again, boil them till they are clear and jelly, when ready pot them. The more general way is to follow the directions given in making gooseberry jam, p. 66.

JELLIES.

Red Currant Jelly.

Let the currants be full ripe, and gathered in a dry day; pick out all the leaves, dry stalks, and unripe berries, put them in jars, tie them up with strong paper in four folds; put them into a baker's oven to stove for an hour or two. *If for a small quantity.* Set the jars into a pan of water, let the water boil till the berries burst. Pour them into a hair strainer, set over a deep dish to receive the juice (*if you wish it very fine use only this juice*); then put the berries into a bag made of a fine temmy cloth, having a hoop fixed into the mouth to keep it open, and suspended over a large earthen can; squeeze the berries, and run the juice through it a second time to make it clear; then measure the juice, and to every pint (mutchkin) weigh one pound of good lump sugar, break it down into a pan of proper size, and pour over it the juice; let it melt gradually, stir and bruise the sugar. Set it on the fire, boil it gently, taking off the scum as it rises on the top, and stirring it constantly. When it has boiled a considerable time, and appears to flake and adhere to the skimmer, it is almost ready; take a lit-

tle out frequently and cool it upon a plate, or jelly pot bottom; when it jellies take it off and pot it.

If you want it very fine, take the juice which runs from the berries without squeezing; clarify to each pint (mutchkin) one pound of fine loaf sugar, boil it till it blows very strong, then add the juice; very little more boiling is requisite. This kind is the most transparent. Care should be taken that the syrup is boiled in a clean pan, and that the juice and syrup be perfectly incorporated before it boils again; for if made to boil too soon after putting in the juice, it often turns candied in a few weeks after. If a pint (mutchkin) of raspberry juice is added for every two quarts (a pint) of currant juice, it adds much to its richness and flavour.

Black Currant Jelly.

Black currants are of that nature that unless some water is put amongst them very little juice can be obtained. Take a small clean pan, and put in about four quarts (two pints) of the berries, after being cleaned from the stalks and leaves, add about half a pint (half mutchkin) of water, for every four pints (or one pint Scotch) of currants, let them stew on the fire and burst; put them into the temmy cloth bag, squeeze out all the juice; run this juice through the bag a second time to clear; weigh for each pint (mutchkin) of the juice, one pound of good lump sugar; break it small into a pan, pour on the juice and stir it well; put it on the fire, be careful that the sugar is all dissolved before it boils; take off the scum as it rises on

the top, boil it till it is a strong jelly, take it off and fill the pots.

Blackberry Jam.

Take the largest and ripest blackberries, clip off the tops and stalks ; take equal weight of berries and Lisbon sugar, and proceed as directed for making gooseberry jam, p. 66.

Raspberry Jelly.

Put the rasps into the jelly bag, or French soup strainer, squeeze out the juice, run it through again to clear ; clarify a pound of sugar to every pint (or mutchkin) of juice, boil the sugar till it blows strong ; add the juice, and when boiled to a proper jelly pot it up ; stir it all the time of boiling. This is used for ice-creams, &c. *it makes a stronger jelly if you take one third part of red currant juice.*

Apple Jelly, or Jelly of Codlins.

Take a dozen of good apples, (russets) pare, cut them in quarters, and core them ; put them into a pan with four pints (mutchkins) of water, let them boil till they are tasteless, or half of the water wasted ; strain off the liquor through a hair sieve, to every pint (mutchkin) of the liquor add a pound of sugar and clarify it with eggs ; when clear add lemon juice, if it is not sour enough, and a little of the rhind ; boil it to a jelly, take out the lemon rhind and put it into pots.

Gooseberry Jelly.

Fill a stone jar with ripe green, or white, gooseberries, tie it over with strong paper folded ; set them in a baker's oven, in a cool place, for an hour. Or place it in a vessel

with water upon the fire, let it boil till the berries are tender; empty them into a hair sieve placed over a bason; bruise them, that all the juice may go through; put it through a bag to clear, and for every pint (mutchkin) of juice, weigh one pound lump sugar; make it into a syrup and boil till it blows strong; then add the juice, mix it well, let it boil to a good jelly, and fill the pots.

Strawberry Jelly

Is made in the same manner as directed in making raspberry jelly. The seeds may be made into jam by adding red currants. Strawberry jelly is also better adapted for making ice-creams than the preserved strawberries.

White Currant Jelly.

This jelly is very seldom made; follow the same directions as given in making red currant jelly; it should be made with refined sugar, and the juice should be put through a flannel bag to be very clear.

Calf's Feet Jelly.

Is calf's feet boiled to pieces in water till a little of the liquor taken out and cooled, grows stiff. Take four feet, scald them and scrape off the hair, clean, slit them up, and wash them well; boil them in a pot with two gallons water till the half is wasted; then pour it in a wide dish through a hair sieve. When quite cold take all the fat clean off; this is called the stock. Take to two quarts (one pint) of this stock, or jelly, one pint (mutchkin) sherry, or mountain wine, half a pound fine sugar, the juice of four or six lemons, some

cinnamon and mace, the whites of eight or twelve eggs, beat up pretty light; mix all together, set it on the fire in a clean pan, keep stirring it all the time, when it boils pour it into the jelly bag. Have a bason placed under it to receive the jelly; after it has run a little pour it back into the bag until it runs very clear; let it run on parings of the lemons to give it a flavour.

Common Jelly.

Jelly may be made, equally good for deserts and entertainments, with bullock's feet, prepared in the same manner as calf's feet jelly. This jelly is very strong, and a fine colour.

If the stock is too strong reduce it with a little water, when you put it on the fire to clarify; but when used in filling shapes it ought to be very stiff to retain the shape.

Hartshorn Jelly.

Take half a pound hartshorn shavings, very white, free from any discoloured pieces, and one ounce picked isinglass; put them on the fire with four quarts (two pints) water, and boil till one half is wasted, or till it jelly; strain it through a hair sieve, let it stand all night to settle, then, with a small skimmer, or a spoon, take it up clear from the sediment; put it in a pan with the juice of two lemons, and the whites of seven eggs well beat up; add mountain, or sherry wine, to your taste, mix all well together until the eggs are well broke and incorporated with the jelly, sweeten it with lump sugar; set it on the fire and stir it constantly, let it boil a short time, then turn

it into the jelly bag; put back what first runs through until it runs clear; let it run upon the paring of the lemons, which take out before filling the glasses. This quantity will fill two dozen. As this jelly has little taste, it must be seasoned accordingly with spiceries. The bag for running the jelly through ought to be kept always sweet and clean; before using, it should be dipped in warm water and wrung out. It is then put into a frame made about 16 inches square at the top, with four legs about four feet in length, and made to spread pretty much at the bottom, to permit of a large bason being easily placed under and taken out, and kept together with stretchers. In the upper part is fixed tenter hooks, which holds the bag stretched out. Upon this frame the bag for currant jellies, which is made of temmy cloth, may be fixed when used. Jelly bags are made of a square piece of flannel folded in two by the corners, and one side strongly sewed; a strong knitting may be sewed round the mouth.

Orange Jelly.

Take a pound of hartshorn shavings, set them on the fire in a pan with two quarts (one pint) of water, boil it till reduced one half; pour it clear off through a sieve and let it cool. Take the rhind, or thin parings, of three oranges, and the juice of six; let them remain in a bason all night, adding about two gills of water, and straining it through a hair sieve; put the jelly (lift it free of any sediment) in a pan upon the fire, and add the orange liquor, season it with sugar and spiceries and the thin

paring of a lemon; cast up light the whites of six eggs and mix all together; when boiled a few minutes run it through the jelly bag till pure, then fill the moulds, or glasses. Lemon jelly is made in like manner.

CHAP. IX.

ORNAMENTAL JELLIES.

Fruits in Jelly.

JELLIES that are transparent may be made to have a beautiful appearance, by colouring them with various colours and laying the one above the other; observing that one kind is cold before the other, which ought to be only milk warm, is put over it, otherwise they would mix together. A shape may be half filled with transparent jelly, and when cold any kind of fruit laid upon it, as grapes, peaches, &c. with vine leaves, to imitate nature, and the dish then filled up. When turned out it has a pleasing effect. *Or*, The top, or figures in the mould, may be filled with pure jelly, and when cold filled up with a blamange, or *vice versa*. When turned out it is ornamented with eggs, thus. Take the whites of hard boiled eggs, cut them in slices, then, with a small tin cutter, like those used in making peppermint drops, cut the egg in various shapes and place them upon the transparent jelly; when put upon the blamange part they are coloured blue, green, &c.

Shapes filled with transparent jellies have also a fine appearance by introducing figures, cut out of tin, made to stand upright and soldered upon a flat piece of tin to fit the mouth of the shape; they are then painted according to nature or fancy, such as Neptune in his car, drawn by dolphins, and other deities; also castles, bridges, &c. The shape being placed in a frame, or box of sand, is filled with jelly, and the figures immediately put in; when cold turn it out on a dish. It has a pleasing appearance, especially by candle light. The figures of tin serve also to support the jelly if the shape is high; they may be had from any tin-smith, and cost from five to twelve shillings.

Apple Jelly.

Pare and core apples, stew them in water till it is very strong; strain it clear off and add as much isinglass as make it a proper stiffness, then proceed as ordered in orange jelly.

Blanc Mange. No. 1.

Blamanges are made various ways. *First,* Take calf's foot jelly, pound a few sweet and bitter almonds with rose, or orange flower water, mix them with the jelly; it is then put on the fire with a little isinglass, and a stick of cinnamon, made sweet according to taste; run it through a lawn sieve, or jelly bag, pour it into the moulds; when you turn them out dip them in warm water, and they will slip out.

Green Ditto. No. 2.

Having dissolved one ounce isinglass with two pints (mutchkins) water, add four ounces

sweet and bitter almonds, pounded with rose-water, and as much spinage juice as will make it a good green colour; add a spoonful of brandy, set it over the fire; when just boiling strain it through a lawn sieve and pour it into moulds, or shapes.

Or, No. 3.

Dissolve one ounce isinglass for every two pints (mutchkins) water; boil it till one half is wasted, add the whites of eggs cast light, and sugar to your taste. Run it through a jelly bag upon some sweet and bitter almonds, pounded; give it a scald in a pan, on the fire, and run it through a lawn sieve into shapes.

Blamange, No. 4.

The way that is in most general practice.

Take one ounce picked isinglass, dissolve it in half a pint (mutchkin) of milk, or water, boil with it spices to your taste, the paring of a lemon, one ounce of bitter almonds, pounded with a little cream, which add to the isinglass when dissolved. Take two pints (mutchkins) fresh cream and sugar to sweeten it, mix in the isinglass, let it just boil; take it off, strain it through a lawn sieve, or piece of muslin; keep stirring it till almost cold, then pour it into shapes. When it is firm lay the plate or dish close upon the mouth of the shape, and turn it out; if it is made very strong it may be necessary to dip the mould in hot water first.

Cream Jelly.

Boil four ounces hartshorn shavings in three pints (mutchkins) water till one half is wasted; strain it pure, add half a pint

(half a mutchkin) of rich cream, with spiceries, wine, and sugar to your taste; give it a boil, and keep stirring all the time, else it will curdle. When near cold pour it into cups, &c.

Artificial Fruits in Jelly.

They require a variety of moulds made of pewter or lead, cast, and made to open with hinges, like a muscle shell, in the same way as ice moulds; only with this difference, they have a round hole at the top, to put in the stone and stalk of the fruit you mean to imitate, which should be preserved carefully when in season and kept for that purpose. Have also a frame of wood, divided with small spars, to lay the moulds on to keep them steady. They are then filled with a strong jelly made of calves feet, or of cow heels, as already directed, and coloured according to the fruit imitated; sweeten and flavour it accordingly. Let it boil and fill the moulds, when beginning to firm put in the stones and stalks into each; when cold and firm open the moulds. Colour the fruit with a little azure blue, tied up in a piece of linen, to give them the bloom; for a yellow, use a yellow powder, and red, &c. dusting them carefully. A little practice will make it become easy; they will appear to the eye as real fruit. Or, paint the inside of the moulds before you pour in the jelly.

Hen and Chickens in Jelly.

Make a strong blamange as directed No. 4. add two ounces sweet almonds blanched, and pounded in a mortar with cream or milk; take

a sufficient quantity of it to fill the moulds. Divide it in three parts; in the first bason white, the second bason colour brown with chocolate, the third bason colour yellow with the yolks of eggs boiled hard, and finely pounded, or a little gamboge. When all ready, fill the hen mould with the brown; fill three small chicken moulds with white, three with yellow, and two with brown. Have ready also some lemon skins, boiled tender and cut in small stripes to imitate straws, which strew upon the bottom of the dish into which the moulds are to be turned; cover them with a strong, clear jelly. When cold, turn out the hen into the centre of the dish, and the chickens round her; you may place a white one on her back. Make a comb and bells of a wafer, which fix on and paint the bills yellow; then pour in some more clear jelly to keep the whole steady.

Hen's Nest in Jelly.

Prepare a blamange as ordered in No. 4., season it with cinnamon; then take a number of the smallest eggs you can get, according to the size of the dish you want filled; pierce a hole in the top with a pin, and in the narrow end make one larger; put the broad end to your mouth and blow strong, by which means the egg is soon emptied. Wash the shells clean and set them in egg cups, with the small end up, to pour the blamange into; keep stirring the blamange till almost cold, and pour it into the eggs.

Make a strong jelly of cow heels, run it very clear (*vide* p. 92.) Take a deep china bowl, or bason, of the size you want; cut

some lemon skins (which should be boiled tender) in narrow stripes to imitate straw; then pour into the bason about a pint (mutchkin) of the clear jelly, *more or less according to the size of the bason.* Then take the eggs filled with blamange, carefully chip and take off the shells; place a few of them upon the jelly, strew on a few of the lemon straws, then pour another pint (mutchkin) of the clear jelly upon them. When cold, lay on a few more of the eggs, and fill or cover the whole with the clear jelly, dressing it out with the lemon straws all round the edges. When cold and firm, loosen it round the edges, dip the shape or bason in hot water; turn it out on a flat china, or crystal dish. Ornament it with sprigs of any green, sweet herb, or boxwood.

Fish Pond imitated in Jelly.

Take fish moulds of various sizes, fill them with blamange, turn them out and colour them to imitate nature. Then pour into a deep dish as much pure jelly of calfsfoot, or cow heel, and properly seasoned as will cover the bottom well. When firm lay on a few of the fishes, with the painted sides downwards, and cover them with more of the pure jelly. When the jelly is firm lay more fishes across the others, and up and down, so that they may appear in various situations when it is turned out. Pour on more jelly, when cold, lay on a few of the largest ones; then fill up the bason, or shape, to the top with jelly. When well firmed turn it out, first loosening the jelly round the edges, and dipping it in hot

water. *Let the jelly be almost cold when you pour it over the fishes.*

For variety. The fish may be gilded, or covered with Dutch leaf, to imitate gold and silver fish; fill a china dish nearly half full with clear calfsfoot jelly; when it is cold lay a few of the gold and silver fish upon their edges that they may be well seen, then fill up the dish with more clear jelly; when firm turn it out into a crystal dish.

Moonshine Jelly.

Make a piece of tin in the shape of a half moon, as deep as a half pint bason; make another in shape of a large star, one smaller, and a few lesser ones. Take some calfsfoot jelly stock, sweeten and clarify it as ordered in making jelly; run it very clear, put it into a pan; blanch and beat an ounce of sweet almonds, with rose, or orange flower water, thin; strain the juice of it through a fine cloth, which add to the jelly, also four spoonfuls fresh cream, and stir it till it boils. Have ready the dish, place the half moon in the middle, and the stars round it; fix the tins so that they may not be moved out of their place when pouring in the jelly. Pour the moonshine into the dish, when quite cold and firm draw out the tins; then fill up the vacancies with clear jelly. *Or*, It may be coloured with azure blue, cochineal, and chocolate, in imitation of the sky, and the moon and stars will have a better effect and shine bright. Garnish the dish with all manner of rock candies, &c.

Floating Island.

Have a deep dish, according to the size

you want, take two pints (mutchkins) rich cream, sweeten it to your taste; add the grate of a lemon and a gill of wine, whip it up very light, pour out the thin from it into the dish. Take thin slices of French rolls, lay them gently on the surface of the cream in the dish; then a layer of calfsfoot jelly; next a layer of the roll in slices, and over that a layer of red currant jelly; then slices of the roll, and over that hartshorn jelly, over that very thin slices of the roll; then lay on the whipt cream as high as you can and pour all the thin into the dish; garnish the rim with sweetmeats, biscuits, &c.—It is often used for a middle dish.

Rock Island.

Fill a deep china dish with clear calfsfoot jelly, also five or six fish moulds with a blamange; turn them out and gild them, and when the jelly in the bason is firm, lay in the fishes, with some transparent red currant jelly, in thin slices, around them. Take a French roll and rasp it, wet it over with the white of an egg and strew silver bran, or glitter, over it; stick a sprig of boxwood, or myrtle, in the top, and place the roll in the middle of the dish; beat up the white of an egg very light, put it over the sprig in imitation of snow; fill up the dish with clear jelly, garnish the sides of the dish with sweetmeats, or any other thing, to ornament it, such as cattle, &c. in rock candy, round the edge of the dish, according to fancy.

Desart Island.

Take a piece of paste made of flour and water, form it to resemble a rock, about three

inches in breadth on the top; paint it to represent nature, and place it in the midst of a china dish, or bason; set on it a figure, either of stucco or china, having a crown of rock candy on it's head, and a knot of rock candy at it's feet. Make a roll of paste an inch thick, which fix on the inner edge of the dish, half round the dish; cut eight or ten pieces eringo root about three inches long, and fix them upright to the roll of paste on the edges. Make the imitation of gravel walks over the bottom of the dish, with nonpareils; set small sugar figures up and down in them. Roll out some paste, cut it out like Chinese rails, bake, and set it up on each side of the walks with gum, and form an entrance where the Chinese rails are, with two pieces of eringo root for pillars.

To make the Chinese Rail.

Take two ounces of flour, one ounce pounded sugar, four drops gum arabic; dissolve the gum in half a gill of water, add as much indigo, or Prussian blue and gamboge, as make it a beautiful green; put it all in a small bason, mix and work it well; roll it out thin, cut it in long stripes, about two inches in breadth; then, with a paste knife, cut them out in imitation of a rail, lay them on a sheet of paper; when pretty hard raise it up and bend it in a circular shape, set it before the fire to harden, then put it round the dish, or walk, &c.

Chinese Temple.

This is a very pretty ornament in deserts, they require a set of tin moulds of the shapes

you intend to be represented; then make ready a paste thus. Take one ounce pounded sugar, half an ounce fresh butter, and four ounces flour; boil the sugar and butter in a little water, beat up an egg and mix it with the sugar and butter when cold; then add the flour, make it into a stiff paste; roll it out very thin, lay it upon the moulds, cut it out, with a paste knife and paste runner, in figures, according to your fancy. The paste is then dried upon the mould before a fire; or they are set in a cool oven, and when cold, the paste is taken off carefully and one part joined to another with strong gum water, or isinglass, anointing their edges with a pencil dipped in it, and placing one piece over another; observing to make the pillars of sufficient strength to support the whole; place sweetmeats within them, and garnish the dish according to fancy.

A Dish of Snow.

Stone a dozen of apples, put them through a sieve, take out the skins and cores, put the pulp into a bason; beat up the whites of twelve eggs very stiff, sweeten the pulp and season it to taste; beat it up very light, then stir in the eggs, mix it all together very light; heap it upon a china dish as high as possible, set round the dish a Chinese rail, place a sprig of myrtle on the top.

Snow Cream.

Take a deep dish, fill it with strawberries and sugar to taste; take some sprigs of rosemary, place a large one in the middle and several round the dish, then whip up cream in

proportion to the size of the dish, very strong, heap it high all over the dish; it will have a grand appearance.

A Whim Wham.

Take Naples, spunge, Savoy, or sugar biscuits, or diet loaf in slices, soak them in wine, lay them on the bottom of a dish; take a proper quantity of cream, break in a few whites of eggs, whip it up light, and pour it over the dish.

A Trifle.

Cover the bottom of the dish with Naples and spunge biscuits, macaroons, ratafia biscuits, &c.; wet them well with wine. Then make a good boiled custard, not too thick, and when cold put it over them; then a syllabub over that, or cover it with whipt cream; garnish it with jellies, flowers, nonpareils, &c.

A Grand Trifle.

Take a large, deep china dish, or bason, have ready some very rich calfsfoot jelly, with which fill the dish half full; when it begins to fasten, have ready all kinds of cakes and biscuits, broken and mixed, stick the jelly full of them, pour over it a pint (mutchkin) of cream or more, according to the size of the dish, then lay round it currant jelly, raspberry, and calfsfoot jelly, cut in pieces. Whisk up two quarts (a pint) rich cream, being first sweetened and seasoned with lemon grate, lay on the froth as it rises on the dish, as high as you can, then strew it over with nonpareils, &c. This is very nice when all mixed together.

CHAP. X.

SYLLABUBS, FLUMMERIES, &c.

Common Syllabubs.

Take a pint of cyder and a bottle of strong beer, put them in a bason, with nutmeg grated, and sugar, to your taste, to which add a sufficient quantity of rich milk; the whole is then whisked up light and the glasses filled; or poured into a dish, then garnished and ornamented.

Whipt Syllabubs.

Sweeten a pint (mutchkin) of cream to your taste, first rub the sugar upon the outside of a lemon to imbibe the essence, or flavour; squeeze in the juice, and add a glass of wine, or brandy; put it in a broad dish to have room for whisking it up light; as the froth rises lay it on a hair sieve to drain; sweeten some port and sherry, fill half the number of your glasses with port, and the other half with sherry, only half full, then lay on the whipt cream as high as you can. The glasses may also be filled with cyder, or sack whey, orange or lemon whey; it is made by mixing the juice and new milk together, which curdles; separate and sweeten the whey. It may be coloured with the juice of spinage, with safron, or cochineal, &c.

Solid Syllabubs.

Take a pint (mutchkin) of cream, half a pint (two gills) wine, the juice of two lemons

and the grate of one; sweeten to taste, whisk it up, and as it rises lay it on a hair sieve; half fill the glasses with the cream left, lay on the froth very high. This kind will keep a week, and should be made the day before using.

Lemon Syllabubs,

Are made much the same way, but require more wine than in the last receipt; after being mixed it is set aside for two hours, and then whisked up. A chocolate mill will be found to raise the froth better than a whisk.

Everlasting Syllabubs.

Take one half pint (half mutchkin) each of Rhenish wine and sack, the juice of two bitter oranges, and the grate of two or three lemons; sweeten it to your taste, whisk it up very stiff, and proceed as before directed. What is left may be made into a flummery, or jelly, by adding a proper proportion of stock; boil it up, pour it in shapes, and when cold turn it out. *Stock*, is the calfsfoot jelly without seasoning.

To Blanch Almonds.

To prevent repetitions, where almonds make a part of the receipts they are understood to be blanched.

Put a pan on the fire with water, when it boils throw in the almonds; let them boil but a short time, till the skins come easily off; throw them into cold water, then into a sieve to drain, and with both hands, crush them together to make the skins slip off. When all blanched, wash them in water, either throw

them in a sieve to dry, or keep them in water, as it preserves their colour.

Flummery.

Take one ounce each of butter and sweet almonds, pound them with a little rose, or orange flower water, or cream, in a marble, or stone mortar, mix this into a pint (mutchkin) calfs-foot jelly stock, sweeten it to taste, put it on the fire in a pan to boil; when it boils, run it through a strainer, when cool, stir in the same quantity of fresh cream, keep stirring it frequently until it grows thick and cold. Have the moulds ready, wet them with cold water and pour in the flummery. After they have stood about six hours turn them out. If the flummery is made strong it will easily slip out of the moulds without being dipped in warm water, which takes off the gloss.

French Flummery.

To a quart (choppin) of cream add half an ounce isinglass dissolved, let it boil over a slow fire for a little, keep stirring all the time, sweeten and season it according to your taste, strain it through a hair sieve, or temmy cloth; pour it in moulds, dishes, cups, &c. and when cold turn it out. It is often used as a side dish, and eats very fine with cream, wine, &c. Garnish it with baked pears, &c.

Green Melon in Flummery.

Take an ounce of isinglass, dissolve and mix it with a pint (mutchkin) of cream, boil it on a slow fire, take it off, season it with sugar, spiceries, &c. to your taste; pound a few bitter almonds with cream, or rosewater, and put

amongst it, with as much spinage juice as will colour it a fine green; put it through a sieve and keep stirring it; when it is cold, and as thick as cream, wet a melon mould and fill it; put a pint (mutchkin) of clear calfsfoot jelly into a bason, let both it and the mould stand all night. Next day turn out the melon and lay it upon the jelly in the bason; fill up the bason with more jelly, but let it be quite cool, or beginning to jelly. It will be ready the day after; put the bason in hot water up to the brim, and when loosened put the dish you serve it on over the brim of the other, turn it up and lift off the bason.

A Temple in Flummery.

Take a quart (choppin) of very stiff flummery, divide it in three parts, colour one part red with cochineal, make another part a light brown with one ounce chocolate, scraped down and dissolved in strong coffee, the other part keep white. Then take a temple mould, wet it with water, fix it steadily in a frame; fill the top of the mould with the red flummery, the four points with white, and the rest of the mould with the chocolate flummery. Next day loosen it all round with a small knife, shake it gently, but do not dip it in water, as it destroys the gloss and colour; when it is turned out, run a small sprig of a flower down from the point of each pillar, it strengthens them; garnish it with sweetmeats, rock candies, &c.

Scotch Flummery, alias *Sowens.*

This dish is very generally made through-

out Scotland, forms a very light supper, and is very often used in feverish cases where light diet is required. Take the inner sheelings of oats, when making oat meal, mix them with a small quantity of the meal, then lay them in water in a stone trough, or other large vessel, according to the quantity wanted. After steeping two or three days, they turn sour, they are then stirred, and the seeds wrung out; (*the seeds are then washed in more water, which serves to set asteep the next parcel.*) The liquor which is wrung out, is set past for twelve hours, it grows clear, and as much of it is poured off as leaves the remains when stirred a sufficient thickness. But if, when tasted, it should prove too sour, pour on more water and stir it well; after it clears pour off the water as before, and repeat this until you have them to your taste. When ready, put the liquor through a hair sieve, put them into a metal pot on the fire, and keep stirring until they are well boiled. They grow thick, as hasty pudding; add salt before you take them off the fire, pour them in dishes, and serve with half milk half cream, in a bason by itself. Some chuse ale or beer.

CHAP. XI.

CREAMS.

Steeple Creams.

Take five ounces hartshorn shavings, two ounces honey, and a small quantity of gum arabic and gum dragon; put them into a stone bottle, fill it up to the neck with water; tie up the bottle very close, set it into a pot of water upon some hay, to keep the bottle from touching the bottom; let it boil six hours, take it out, let it stand an hour before it be untied, as it would fly up when warm; strain it, blanch and beat a pound of almonds, and mix with a pint (mutchkin) of cream, strain it through a cloth and add to it a pound of the above jelly of hartshorn; set it over the fire till near boiling, sweeten and pour it into shapes, or jelly glasses, like sugar loaves, and when cold turn them out; garnish with whipt cream laid in heaps round them.

Spanish Cream.

Take three spoonfuls rice, ground and sifted, three yolks of eggs, and five spoonfuls of water, flavour it with orange flower water, if agreeable; add a pint (mutchkin) of cream, set it on the fire and keep stirring till a proper thickness, then pour it in cups.

Blanched Cream.

Take a quart (choppin) of cream, sweeten and add spiceries as you chuse to give it a flavour; boil it a little, beat up the whites of

twenty eggs with some cold cream, set on the cream again, when just boiling pour in the eggs, and continue stirring until it becomes a thick curd, then strain it through a hair sieve, beating it constantly with a spoon till cold, then put it into dishes.

Orange Cream.

Pare the rhind of three bitter oranges, pour half a pint (half a mutchkin) of water on the rhind and let it remain until it has a rich flavour; then squeeze in the juice and add half a pound sugar and the whites of five eggs, cast light; set it on the fire, stir it until thick and white, strain it through a lawn sieve, or gauze, and keep stirring till cold; then beat up the yolks of the eggs very light, which put into the pan with some cream and spiceries, according to taste; mix them well together over a slow fire, and when near boiling pour it into a bason, stir it it till cold and fill your cups, or glasses.

Clear Lemon Cream.

Take a little hartshorn jelly, put into it the peel of two lemons, set it over the fire; take the juice of four lemons and a little of the grate, let it soak some time; beat up the whites of six eggs, which add to the juice, sweeten, mix all together and let it boil fast fifteen minutes. Then strain it as you do jelly, through a bag, until clear; take out the lemon peel, boil and cut it in stripes; put a few into each glass, stir it till cold and fill them.

Yellow Lemon Cream.

Grate the peel of four lemons, squeeze the

juice upon it and let it steep a few hours; strain and put to it the whites of eight eggs, well beaten and strained, a pound of sugar, half a gill of rose water, and a pint (mutchkin) of spring water; stir all well together, set it on a quick fire, but do not let it boil, when it thickens take it off and strain it; then beat up the yolks, which add to it, set it again on the fire, stirring constantly; when it creams take it off and stir till cold, then fill the cups.

Ratafia Cream.

Boil a few laurel leaves, or failing them bitter almonds, which blanch and beat with some cold cream, pass it through a sieve, then mix the eggs in a quart (choppin) of cream or milk; beat the yolks (keep out a little of the cream to mix with the eggs) then mix in the warm cream with the eggs by degrees; put it on the fire and keep stirring one way until just boiling; take out the leaves, sweeten to your taste, and stir till cold, then pour it in glasses, or cups.

Strawberry Cream.

If the fruit is new pulled take equal weight of sugar and berries, clarify the sugar, put in the fruit, and let it boil till the sugar has penetrated them. When cold, take two or three spoonfuls of this (or if not in season, take of the jam, which is the same, only it must be mixed with the cream and put through a hair sieve to keep back the seeds) whisk it up with a pint (mutchkin) of cream, and as the froth rises take it off, lay it on a hair search.

and when you have got as much froth as you want, pour the cream in a china dish, lay on the froth as high as you can, and stick a showy sprig, or flower, in the middle. If done with new fruit some whole ones may be put amongst it.

Raspberries and Currants

Are done in the same way. *Or*, Take the whites of seven eggs, seven spoonfuls of raspberry mash, or jam, put both in a dish and beat it with a spoon till it comes to a cream, or looks white enough, fill the glasses. This quantity will make a dozen.

Chocolate Cream.

Take four ounces of chocolate, scrape it down and put it in a mortar with as much water as dissolve it, work it fine, then add sugar to sweeten it and six gills cream; whisk it up, or put it in the mill, and as the froth rises take it off, fill the glasses, then heap up the froth. *Or*, Take a pint (mutchkin) of cream, with four ounces chocolate pounded, sweeten it to your taste, boil it until one half is wasted; beat up the yolks of eight eggs, and add to it; mix them well together, put it in shapes, and bake it betwixt two fires, or in the oven.

Coffee and Tea Cream.

If tea, boil a quarter of an ounce hyson with two gills milk, then strain it and add two gills cream and two spoonfuls runnet, pour it into the dish it is to be served in, which place over a slow fire, or the embers of charcoal; cover it close up, and when thick it is ready. Coffee is done in the same manner. *Or*,

Mix four cups strong, clear coffee, with six gills cream, sweeten it to your taste; boil it until two thirds are wasted, beat up the yolks of eight eggs very light and mix well all together, then bake it.

Sweetmeat Cream.

Slice peaches, preserved apricots, plumbs, or any fruit, into some good cream, with sugar to your taste; mix all well together and put it into basons.

Pistachio Cream.

Take the kernels of half a pound pistachio nuts, beat them in a mortar with a spoonful of brandy, put them in a pan with a pint (mutchkin) of good cream, and the yolks of two eggs beat light. If not green enough add some juice of spinage and sweeten it to your taste, stir it gently over the fire till it grows thick, then pour it into a china bason, when cold stick it all over with pieces of the nuts and send it to table.

Rice Cream.

Take three spoonfuls of ground rice, put it on the fire with a pint (mutchkin) of sweet cream, stir it until it boils; let it cool, cast the yolks of three eggs with sugar, mix a little cold milk with them, mix all together and keep stirring till thick, but do not let it boil. It may be flavoured with any spiceries by boiling it in the cream; serve it cold.

Pompadour Cream.

Beat five whites of eggs to a froth, put them into a pan with two spoonfuls orange flower water and two ounces sugar; stir it gently for a few

minutes over the fire, pour melted butter over it and serve it hot, for a corner dish, in a second course at dinner.

Clouted Cream.

Take a quantity of sweet milk from the cow, set it on the fire and scald it, stirring all the time; when at the boil take it off and pour it into broad dishes, stir some time in the dishes, and let it stand. Divide the cream with a knife and lift it with a skimmer, that the milk may run off; lay it on a dish until as full as you want it, one piece above another, pour sweet cream over it, with cinnamon and sugar. *Or*, Take the brats as above and beat them with sugar and rose water until very thick; dish it with sweet cream. If plenty of brats, lay a row of them and a layer of the same beaten as above, which is called Spanish cream. Dish it with cream, &c.

Almond Cream.

Take a quart (choppin) of cream, boil it with cinnamon and lemon peel to flavour it; blanch and beat half a pound sweet almonds with rose water, beat up four eggs, mix it with the almonds into the cream, and put it on the fire; let it simmer, but not boil, till thick, sweeten it to your taste, and pour it in cups, or dishes.

Velvet Cream.

Take syrup of oranges, lemons, or any other syrup you please, put a few spoonfuls of it in the bottom of a dish, warm some new milk to the natural heat, pour the milk on the syrup, put as much runnet as will

fasten it, cover up with a plate, and when cold serve it.

Loaf Sugar Cream.

Take a pint (mutchkin) of jelly of hartshorn, put in a little isinglass to strengthen it, and make it thick with almonds blanched and pounded, or with cream; sweeten and put it into shapes, and when cold dip them in warm water to make them turn out.

Gooseberry, or Apple Cream.

Take twenty apples, pare, core, and beat them in a mortar, with a pint (mutchkin) of cream, strain it into a dish and put into it some brown bread crumbs, with a little sack, and dish it.

Gooseberries.—Boil them until soft, and with a spoon work them through a hair sieve; take the pulps, free of the seeds, sweeten it, mix with thick cream and serve it up.

Imperial Cream.

Take a quart (choppin) of water, six ounces hartshorn shavings, put them in a stone bottle tied firmly up and set it into a pot of boiling water for four hours, or in an oven; strain it through a jelly bag, pound six ounces almonds very fine, which mix with as much cream as jelly; then strain it into the jelly, set all over the fire until near boiling, strain and pour it into shapes, or long narrow glasses; let it stand a day and turn them out. Garnish them with blanched almonds, or pine apple seeds, (laid into water the day before, when peeled they will come out like a flower) then stick them on the cream.

Stone Cream.

Take a pint and a half, or three gills, cream, boil it with mace, or cinnamon, to flavour it, or with six spoonfuls orange flower water, sweeten it, boil it till thick, pour it out, and keep stirring till near cold, then put in a spoonful of runnet and pour it in glasses; make it four hours before it is used.

Almond Cream,

Is almonds blanched and beaten with water in a mortar, strained, and well mixed with milk; they are then strained into water, set on the fire to boil and stirred well, more water and sugar added and run through a cloth.

Whipt Cream.

Take the whites of six eggs, two pints (mutchkins) of cream, and a gill of wine, sweeten it to taste, whip it with a whisk; take the froth as it rises, and lay it on glasses, or basons. When put over tarts it has a fine appearance.

There are a great many more creams, according to the different articles they are composed of, but these are the most common; the other kinds are all made after the same manner.

Bandstring Curd.

Make curds of new milk; or warm the milk and add as much runnet as will turn it; press the whey from it, put the curd in a squirt with a star full of small holes, and squirt it on the dish, it looks like bandstrings, sift some sugar over and pour sweet cream round it.

Fairy Butter.

Take the yolks of nine hard boiled eggs, four ounces sugar, six ounces of fresh butter, two spoonfuls orange flower, or rose water, work and beat all together to a paste, then squirt it upon the dish.

Lech.

Take a quart (choppin) of cream, boil it with some isinglass previously dissolved in a little water, stir it until thick ; blanch and beat with cream three ounces sweet and one ounce bitter almonds, stir them into the cream, pour it into a dish ; when it is cold slice it into long stripes and serve it.

CHAP. XII.

ICE CREAMS.

THE ice pot is made of pewter, with a close lid, somewhat in shape of a confectioner's show glass for holding comfits ; they may be had ready made at any pewterer's, and of any size. The spoon is in shape of a small spade, made of copper, tinned, and a wooden handle, or top. The ice pail is for holding the ice, in which the pot is placed, and should be strong with a small hole near the bottom, and a spiggot to let off the water as it collects. The ice is broken in a mortar and mixed with a few handfuls of salt ; the bottom of the pail is covered with the prepared ice and salt, some inches thick, the ice pot is then placed, the pail filled up with ice and salt and

pressed hard down all round till it be above the cream in the ice pot. The cream, or liquor to be frozen, is then poured in, the lid put close on, and, by means of the handle on the top of the lid, turned quickly round and round. When it begins to adhere to the sides of the pot, work it down with the ice spoon, and still keep turning and stirring it; it will soon grow white and thick as snow.

Note.—*The more labour you bestow in working the cream while in the ice pot it will be the better; by means of the spattula, or spoon, keep it from adhering to the edge as much as possible.*

Have all your moulds ready and proceed to fill them; those which shut with hinges fill on each side and clap them together; wrap each of the moulds in paper, or wet bladders. Have a quantity of ice and salt prepared, and proceed to pack them as they are filled in a tub with plenty of the prepared ice, cover them over and set the tub in a cool place; after two hours they are ready to use and may be taken out. Take them one by one, dip them in water, and immediately the ice will slip clean out; lay them on dishes. They should not be turned out of the shapes until the dinner is removing, or as short time as possible before you send them to table.

Water Ices, or Fruits,

Are made in the same manner, and when turned out they are painted to imitate nature, then placed in an ice pot and kept till served to table.

Ice Cream.

When the ingredients are mixed it should be put through a hair sieve before it is put into the ice-pot.

Plain Ice Cream.

Take a pint (mutchkin) of thick fresh cream, sweetened with sugar, and whisk it a little; put it into the ice-pot and proceed as already directed. Put it in shapes, and pack it into the ice-tub; it will be ready to turn out fifteen minutes after.

Venetian Cream.

Take a pint (mutchkin) cream, a little pounded cinnamon, orange flower water, the yolks of two eggs beat up a little; stir all over the fire till near boiling then freeze it.

Raspberry Cream.

Rasp berries have a rich flavour and are most generally used. Take a pint (mutchkin) of cream, and mix as much rasp jam, jelly, or preserved rasps, as suits your taste, then work it through a hair sieve with the back of a wooden spoon, and add some lemon juice; it may be coloured with the cochineal composition, then freeze it.

Strawberry Cream,

Strawberry cream is made in the same manner as raspberry. Jelly of strawberries, or rasps, is preferable to the jams, and should be made in the proper season and kept for this purpose.

Cherry and Plumb Creams.

These are done in the same manner; a few whole ones may, for variety, be put into the

moulds, or shapes, observing to take out the stones first.

Apricot Cream.

This makes a very rich flavoured cream, and is made from apricot jam and a few bitter almonds pounded with rose water and a little lemon juice, then put through a sieve and freezed.

Pine Apple Cream.

Take some pine apple jam, according to the quantity you want, beat it in a marble mortar and mix it with the cream; strain it through a hair sieve, whisk it well and then freeze it.

Lemon Cream.

This kind is also much liked. Take a pint (mutchkin) of cream, the thin paring of fresh lemons and juice to your taste; first rub the sugar upon the lemons, that it may imbibe as much of the essence as possible; make it very rich, mix and bruise it with a wooden spoon, then strain and freeze it.

Orange Cream.

Proceed as directed in lemon cream, only take sweet oranges; work the parings of the oranges with the cream and sugar well together with a spoon, strain and freeze it.

Cream D'Arcy.

Take four ounces orange marmalade to one pint (mutchkin) rich cream, mix it well together, put it through a hair sieve with the help of a spoon; add a little grate, if in season, of a bitter orange, and the squeeze of a lemon, to renew the flavour, freeze and fill melon moulds with it.

Pistachio Cream.

Blanch and beat the kernels of pistachio nuts with some lime juice, mix it with water and bring it to boil, then put in the cream with two whites of eggs, stir it well together, put it on the fire, and when near the boil strain and freeze it.

Pistachio Nut Cream.

Take three ounces pistachio nut kernels, blanch and beat them with limes, or green citrons, mix with a pint (mutchkin) of cream, four whites of eggs, a little orange flower water; colour it green with spinage juice, make it very hot and freeze it.

Brown Bread Cream.

Slice some brown, or coarse bread, dry it well in an oven, beat and sift it well; put three spoonfuls of this to a pint (mutchkin) of cream, season it with nutmeg, &c. and sugar, then freeze it.

Ratafia Cream.

Take three ounces ratafia biscuits, beat and sift them, mix them with a pint (mutchkin) of cream, four eggs, and a little lemon peel; put it on the fire till very hot, but not to boil, stirring it well all the time, strain and freeze it.

Cream Royal.

Beat up the yolks of six and the whites of two eggs, add the grate of a lemon, four ounces sugar, a pint (mutchkin) cream, a little orange flower water, and spiceries to your taste; mix all together, set them on the fire, keep stirring it all the time, when it grows thick take it off, strain and freeze it; then,

before you put it into the moulds, have a little lemon and orange peel cut, a few pistachio nuts blanched and cut, mix them with the cream.

Fresh Rasp and Strawberry Cream.

Take a pint (mutchkin) ripe strawberries, or rasps, pick them clean, put them through a hair sieve, bruising them with the back of a wooden spoon after mashing them with four or six ounces sugar and a pint (mutchkin) cream, then freeze it. Fresh currants are done in the same way.

FRUITS, OR WATER ICES.

The fruits to be imitated in ice must be made to have, as near as possible, the taste and colour of the natural fruit.

To Prepare the Colours.

Cochineal.—This colour is most used. Take an ounce cochineal, an ounce alum, and an ounce cream tartar, pound them small and boil them in four gills of water until one half is evaporated, pour it into a phial. With this the ice fruits are painted, such as pears, peaches, &c.

For Yellow use an infuson of safron.

Green, spinage juice.

For Blue, azure blue in a fine muslin rag,—Prussian blue dissolved,—or syrup of violets.

General Observations.—Iced fruits are made in every respect as already ordered for ice creams, in respect to the freezing, and require to be well stirred about and wrought in the pot; then, with the ice-spade, put into the moulds, which are made of pewter, in two

pieces, or quarters, and made with hinges to shut close, and a clasp to keep them together. When ice creams are served in jelly glasses it should be kept in the ice-pot amongst the ice, and a little taken out when wanted.

Peaches.

Take eight peaches, pare off the skins, take out the stones, and slice them into four gills water; let them infuse near a slow fire for an hour, then bruise the pulp through a hair sieve and sweeten it to your taste with fine sugar, add a few drops of their essence to heighten the flavour, then freeze it, fill the moulds, and pack them in a tub of ice. At the end of two hours they are ready to be turned out, dip the moulds in water and turn them out on plates; then, with a pencil dipped in the cochineal composition, colour the side of the peach to imitate nature, then place them into an ice-pot to harden, where they are kept till used.

Pears

And other fruits are made after the same manner, taking a proportion of fruits according to the number of moulds to be filled. The pears must be scalded.

Pine Apple Fruits

Are made with pine apple jam mixed with a pint of water in place of cream, the juice of two lemons, and sweetened with syrup; put it through a sieve, freeze it, then fill the moulds.

Cedrat Fruit.

Take essence of cedraties and clarified sugar mixed to your taste and freeze it.

Barberry Water Ice.

Take a large spoonful barberry jam, add the juice of a lemon, a pint (mutchkin) of water, and as much of the cochineal extract as will colour it properly; strain and freeze it.

Raspberry Water Ice.

Raspberry is made the same way. Observe, if it does not freeze thick and smooth like butter, to add a little more syrup.

Strawberry Water Ice

Is made in like manner.

Apricot Water Ice.

Proceed as above directed, and add two ounces bitter almonds blanched and pounded with a little syrup; mix and strain, then freeze it.

Lemon, or Orange Water Ice.

Take the grate of one and the juice of three oranges or lemons, two gills syrup, one gill of water, mix well, put it through a sieve and freeze it. The orange ice requires the squeeze of a lemon in addition.

After the same manner you may make every sort of water ices, viz. currant, damson, bergamot, chocolate, &c. &c.

CHAP. XIII.

LEMONADE, ORANGEADE, &c.

Lemonade.

Take half a pint (mutchkin) spring water, half a pound loaf sugar, the peel of a lemon

cut down in the water, half a pint (two gills) lemon juice, mix all together and run it through a flannel bag; if too sour add more water and sugar.

This answers for immediate use, but lemon syrup is ready at all times, and will keep in any climate, and requires only to be reduced with water, *vide* p. 45. *Or*,

Take the juice of six lemons and the grate of two to about three gills of syrup, reduce it with water to your taste.

Orangeade.

Take the grate of two and the juice of four China oranges, the juice of one lemon and about two gills of syrup, add water to reduce it to your taste, add sugar, juice, or water, as it needs; strain it through a silk, or lawn sieve.

Fresh Currant Water.

Take a quart (choppin) of ripe currants, squeeze them through a sieve, add six ounces pounded sugar, the juice of one lemon, and water to reduce it to your taste; strain it through a sieve for use. It may also be made with currant jelly, by adding lemon juice, syrup and water, to make it a proper richness, add some extract of cochineal to heighten the colour.

Raspberry Water.

Take two pints (mutchkins) of ripe rasps, press them through a sieve with the back of a wooden spoon, add eight ounces pounded sugar, the juice of a lemon; reduce it with water to your taste, strain it through a sieve.

It is also made from jam, with eight ounces jam, the juice of four lemons; reduce it with water to your taste, colour it with the extract of cochineal and strain the whole through a sieve.

Bergamot Water.

Take a pint (mutchkin) syrup, the juice of six lemons, reduce it with water, but make it rich, then add about a teaspoonful of essence of bergamot; strain it through a sieve.

Strawberry Water.

Make it the same way as ordered for raspberries. Barberry water is made the same way.

Orgeat.

Take six ounces sweet and one ounce bitter almonds, pound them very fine with one gill orange flower water; then add a quart (choppin) water and syrup to your taste; strain it through a fine sieve, or cloth. *For Orgeat Syrup, see p. 44.*

Raspbery Vinegar.

Put three pounds ripe raspberries into a stone jar, or large china bowl, pour over them six pints (mutchkins) of best wine vinegar; twenty four hours after strain the liquor through a hair sieve upon a like quantity of fresh raspberries; next day do the same, and the day following repeat the straining, and add the liquor to more fresh raspberries. Then dip a jelly bag in vinegar, into which pour the raspberries and liquor, let it run clear into a jar, but do not squeeze it; to every pint (mutchkin) of this liquor, weigh one pound refined sugar, break it very small, which add

to it; stir it about, and when the sugar is dissolved put the jar into a pan of water upon the fire; let it simmer about ten minutes and carefully take off the scum, when cold put it in bottles for use.

A spoonful of this mixed with a small tumbler of water and a little sugar, makes a most refreshing and pleasing beverage.

CHAP. XIV.

CAKES AND BISCUITS.

General Observations.—Before you begin making the cake study to have every thing you are to use in readiness; the sugar pounded and sifted, the fruits cleaned and weighed, the orange peel, &c. cut, the almonds blanched and cut longways, flour weighed and sifted, and if damp spread before the fire on a large sheet of paper to dry; the eggs broke and separated, the yolks in one dish, or pan, and the whites in another.

Observe, that in breaking the eggs and separating the yolks from the whites, when you are not certain of the eggs being all fresh, to break them over a bason, that if any musty, or bad eggs, are amongst them they may be detected; because a musty, or bad egg, will spoil the whole. If it should so happen, the only way to correct it is to add some orange flower water, which will, to a certain degree, cover the bad taste.

The pan should be quite dry, otherwise they

are apt to oil and will not rise in casting; the spiceries should be beaten, or if to be seasoned with lemons, have the grate, or essence, ready. Have ready also the frames, or hoops, they are to be baked in, either buttered on the inside to make them slip out, or lined with paper; do not fill them too full, but above all, study to have the oven of that heat proper for the cakes you bake; the larger the cake the oven should be more moderate. If the oven should be too hot put the cake farther from the fire and place a piece of wood or bricks before it; be careful not to move the cake until you think it is all fixed and risen, because the least shake, or movement, stops its rising and makes all the fruit fall to the bottom of the cake; cover it well up with paper if it is too hot on the top. When you think it ready draw it out and run a small piece of whisk, or a long bladed knife, down through it, and if dry when you pull it out, it is done; if not, put it back again till ready. In baking small cakes the oven should be warmer; a little practice will show the different degrees of heat required. Make it always a rule to wash and dry every thing used in making cakes, &c. as soon as you are done with it.

Of the Mortar.

To those making a large quantity of cakes the construction of the mortar is of great consequence, not only in the saving of labour and time but in the goodness of the article made. Therefore, provide yourself with a large marble, or stone mortar. Make a strong build-

ing close to a stone wall, of such a height that when the mortar is placed upon it it may reach rather higher than the middle of your thigh, that you may have a proper command of the pestle; build in the mortar that it may not move. The head of the pestle is made of box-wood, and in the shape of half an egg (the round end) and will weigh from five to ten pounds according to the size of the mortar; a hole is bored in the centre of the block to admit a strong staff. The handle, or staff, will be about four or five feet long; an iron made with a circular ring, is drove into the wall about three inches below where the top of the staff reaches, till the circle be immediately above the centre of the mortar. When pounding any article the staff runs up and down through this ring; it should be made wide, to admit being covered with small rope winded round, which will prevent the staff from wearing. A person has thus a double purchase, and in pounding almonds, &c. or making gum paste, its superiority over any other will soon be felt.

Whisks are made of the young shoots of the birch tree peeled; one should be kept for beating up whites of eggs, one for the yolks, and one for creams, &c.; because a whisk which has been used in beating up yolks of eggs, or cream, if put among the whites entirely spoils them; or if the least greasy substance come near them, or if the pan has not been perfectly dry. The whisk used for yolks should be made of the stronger shoots of the birch, and tied up with a pretty thick pin in

the middle to make it spread; those used for the whites of eggs, or creams, are made of the small fibres, and a thick piece in the middle to make them spread. They should be well washed after using and hung up to dry; if the whisk is in the least wet it will be in vain to expect light whites. I used for the purpose of beating yolks two sticks; they are made of hard wood, $\frac{1}{4}$ of an inch thick and 18 inches long; the handle takes up about thirteen inches, and is $1\frac{1}{2}$ inch in breadth, the remaining five inches forms half of an oval, with a hole cut in the middle in shape of a diamond. Place the pan, or can, into a small cask, take one of the sticks in each hand, place the cask before you, and holding the broad end inwards, beat up the eggs. This is a very expeditious way and makes them very light. There is another kind of whisk, made with pieces of cane cut in lengths of twelve inches, and tied upon a roller of wood two feet long; about three inches at the end is turned smaller, the canes are cut flat at the end about three inches, and placed round the roller, and so tied strongly with twine rubbed over with tar. This whisk is well calculated for making sugar biscuits, and will last many years. The way it is used is by driving it very quick round and round the pan.

It is the practice in London and other places, when casting up the eggs, to put the pan upon the stove, or fire, and continue casting them until they are pretty warm, they are then taken off, and the casting continued until they are cold. I could not find any benefit

arising from this practice; but a cake may be made in this manner and one without the use of the fire, and the preference given to whichever method makes the lightest cake.

Seed Cakes. No. 1.

	lib.	*oz.*		*lib.*	*oz.*
Refined sugar -	2	0	Flour - -	2	0
Orange Peel -	1	8	Citron - -	0	8
Almonds - -	0	8	Fresh Butter -	1	8

20 Eggs, and Spiceries to your taste.

The sugar being pounded, the fruit cut in small narrow stripes, the almonds blanched and cut, the eggs broke all together, in a large dish, or the yolks and whites separately; the spiceries, such as nutmeg, cloves, and cinnamon, pounded, and a few caraway seeds, and every thing ready, the frames papered, &c. first begin with the butter, which put into a large wooden dish, which is preferable to a can, break it and cast it till soft with your hand, then add the pounded sugar by degrees, and continue casting till very light and all the sugar put in; then beat up the eggs very light and add them also by degrees, mixing them with the butter and sugar; if you put in too much at a time it will curdle. After the eggs are all put in, mix in the flour lightly with the fruits and spiceries, a glass of brandy may also be added; then fill the frames nearly full, smooth the top, and strew a few caraway comfits on it. Bake them in a moderate oven, put them in an equal place, so as not to be moved or turned, till near ready. *A shake would occasion the fruits to fall to the bottom.*

Another way.

Take the same quantity of ingredients, with this difference, that you take the whites only, of thirty eggs. After the sugar and butter is beaten very light, the whites are cast up light and mixed with the butter, then the flour and fruits are added. Or, cast the butter light, then the whites; when they are light, the sugar is mixed with the whites and cast together for some time, then the butter, flour, fruits, spiceries, &c. mixed.

Seed Cakes. No. 2.

	lib.	oz.		lib.	oz.
Flour - -	9	0	Currants and Raisins	3½	0
Butter - -	3	0	Almonds - -	1	0
Sugar - -	2	0	Caraway Comfits	2	0
Two dozen Eggs.			3 pints (mutchkins) Milk.		

Yeast, a pint (mutchkin), and Spiceries.

First beat the butter light with the sugar, and mix in nearly the half of the flour; put in the remainder of the flour in a broad dish, add the yeast, beat up the eggs light, and mix lightly in; then make the milk pretty warm, and add as much of it as will make a paste of such stiffness that it can be cast with both hands, which continue till it bells, and is light; then mix in the butter, which, as before ordered, is cast light with the sugar; then add the fruits, and work all together; put it in paper frames, or hoops, make the top smooth, and strew it thick with comfits; lay them before the fire, cover them up for twenty minutes, and then put them into the oven.

Plumb Cake.

	lib.	oz.		lib.	oz.
Sugar - -	2	0	Two dozen Eggs.		
Flour - -	2	0	Currants - -	2	0
Butter - -	1	8	Spiceries, and a glass of Brandy.		

Having every thing ready proceed as directed in seed cakes No. 1. *Or*,

Take the above quantity of ingredients, and the yolks of three dozen eggs in place of two dozen whole eggs; beat up the yolks with the half of the sugar, and the butter with the other half; when both light add them together, then the flour and fruits, &c.; fill the frames near full. A grate of lemon adds much to their flavour; but seasoning of cakes, &c. is altogether dependant on taste.

Plumb Cake, or Caledonia Buns.

For a Half Peck.

	lib.	*oz.*		*lib.*	*oz.*
Fine Raisins - -	2	0	Flour - -	4	0
Currants - -	3	0	Ginger, Jamaica Pepper,		
Orange Peel - -	1	0	and Caraway Seeds, one		
Almonds - -	0	12	ounce each.		
Butter - - -	0	10			

Clean and pick the raisins, and, if you want it very nice, stone them. Clean the currants by rubbing them betwixt the palms of your hands, and pick out all the stalks; cut the orange peel, blanch and cut the almonds. Make the flour into a paste thus. Lay the flour on the table, hollow it in the middle to hold the water, &c. then pour in as much warm water as you think will not make it too weak, more is easily added if too stiff; put in the butter, which will soon dissolve by working it with your hands in the warm water; add as much yeast as will make it light, which, if good, will take about two gills, then mix it all up together. Take off as much of the paste as will be a case for the cake (nearly one third), pull the rest to pieces and mix in the fruit;

work it well together until all the fruit is taken up, forming it into the shape of a hat block. Then divide the paste you laid aside in two; roll each of them out, but not thin; wet the surface with a brush dipped in water, lay the fruit block upon the middle of one, and lay the other over the top, and make the edges of both to meet about the middle of the block, clapping it all round to make it adhere to the fruit; then form it by kneading it out to the thickness wanted, say, three inches. Make it hollow in the middle, flour a sheet of paper, take up the cake and turn it over upon the paper; go over the top with a prickle, and run a fork down through the cake in various parts, and, with the back of a table knife, go round the edge, or side, by a gentle pressure, in imitation of a *chevaux de frize*. Break the yolk of an egg, and with a brush dipped in it go over the top and sides; let it lie till light (about fifteen or twenty minutes) then lay it on the peel, and with a sharp knife cut it round the side very deep, almost to the middle, which makes it rise equally. The oven should not be too hot; the richer the cake the longer time it takes to soak in the oven. By varying the quantities of the fruits, or keeping out the orange peel and almonds, they are made to any size or price. For funerals they are iced on the bottom and ornamented with gold leaf, nonpareils, &c.

Queen Cakes.

	lib.	*oz.*		*lib.*	*oz.*
Sugar - -	3	0	Butter - -	2	0
Flour - -	3	0	Currants - -	1	8

Eggs three dozen. Lemon Grate, or Spiceries.

The sugar and butter is first cast together with the hand until very light, in a large wooden bowl, or can; then the eggs are cast till very light, and mixed gently with the sugar and butter, taking care not to pour too much in at a time, which would curdle the eggs; then add the flour, with the grate, or essence, of lemons, and the currants, which ought to be very clean. You should have some dozens of small patty pans ready buttered, and fill them near full. Bake them in a pretty brisk oven.

Bride Cakes.

	lib.	*oz.*		*lib.*	*oz.*
Flour - -	4	0	Almonds - -	1	0
Butter - -	4	0	Orange Peel -	2	0
Sugar - -	2	0	Brandy two gills.		
Citron - -	1	0	Mace, Nutmeg, Cinnamon		
Currants - -	3	0	and Cloves, 4 drops each.		

Eggs three dozen.

Having every thing ready, proceed as already ordered in making seed cakes (p. 133). In all these cakes mix in the ingredients quick, but very lightly, so as make them all incorporate; it should not be stirred after this, as it makes the cakes heavy. Sometimes the frames are filled in this way;—a layer of the mixture, before the fruit is added, is put into the pans, then a layer of the fruit, and so on till the frames are two thirds full. These large cakes require a moderate oven, and bricks should be put round them to keep them from scorching, and when the cakes are risen and firmed, covered well up with paper, otherwise they may be burned all round before the middle is ready.

Lemon Cakes.

	lib.	*oz.*		*lib.*	*oz.*
Flour - -	1	8	Sugar - -	2	0
Twenty Eggs.			Lemon Grate.		

First beat up the whites very light, and mix in the sugar with the grate of a lemon and the half of the juice; then beat up the yolks very light, which add, then stir in the flour, and mix all very lightly and quick; fill your pans, give them a dust on the top with sugar, and fire them in a moderate oven.

Cream Cakes.

Beat up the whites of nine eggs very stiff, add the grate of a few lemons (some take eight or twelve) mix in gently four ounces finely pounded sugar; lay half a sheet of wet paper on a sheet of tin, and drop them in l ps, not too close together; sift a good deal of sugar on them, put them in a very cool oven, shut them up, and as soon as they are coloured a light brown they are ready; take and place them in pairs, laying them close by the bottoms together, and dry them. This is a very slight variation from *Meringles*, p. 32.

Diet Loaves, or Cakes.

	lib.	*oz.*		*lib.*	*oz.*
Sugar - -	4	0	Flour - -	4	0
Four dozen Eggs.			Lemon Grate, &c.		

Or,

	lib.	*oz.*		*lib.*	*oz.*
Sugar - -	2	0	Flour - -	2	0
Three dozen Eggs.			Lemon Grate, or Spiceries.		

The first answers best when baked in large cakes, but the second is lightest, and best for small cakes, from four ounces to two pounds. Take and break the eggs, putting the yolks in

one pan and the whites in another; beat up the yolks very light with the sugar, then beat up the whites till very stiff, and when they are so stiff as cannot be longer whisked, beat them round and round the pan with a circular motion until so hard as bear an egg. But if, in the course of casting, they should curdle, they will be no lighter after by casting; which often happens if put into an earthen can, or wet dish, or if the whisk is wet, or greasy; or if it has been formerly used in beating up yolks and not carefully washed and dried. Having got the whites very light, beat up the yolks again a little, and mix in the flour lightly with a large wooden spoon; add also the essence, or grate, of one or more lemons, or a few caraway seeds, as you wish it in flavour; then add the whites, and lift up the yolks mixed with the flour very lightly, and lay them over the whites, so that they may be as little broken as possible, but do not stir them. Continue to take up a spoonful of the batter and wave it over the whites until they are pretty well mixed, then fill the pans two thirds full, which ought to be ready buttered, or papered; dust them with sugar, fire them in a brisk oven, and when well risen, if large, put them back from the fire into the cool part of the oven and cover them up with sheets of paper.

Spunge Cakes, or Biscuits.

	lib.	*oz*			*lib.*	*oz.*
Sugar - -	3	0		Sugar - -	2	0
Flour - -	2	8	*Or,*	Flour - -	1	8
Three dozen Eggs.				Eighteen Eggs.		

With Lemon Grate, Essence of Lemon, &c.

Proceed to make them in the same way as already directed for diet loaves. Have all the pans, or shapes, ready buttered; melt a little butter in a pan, and, with a small hair brush, go over all the inside of the pans; do not fill them full, as they rise high; dust them with sugar, place them on a sheet of iron, and fire them in a brisk oven; when ready take them immediately out of the pans, wipe the pans with a cloth and set them past till next time.

Savoy Biscuits.

	lib.	*oz.*			*lib.*	*oz.*
Sugar - -	2	0	*Or,*	Sugar - -	1	4
Flour - -	2	0		Flour - -	1	0
Two dozen Eggs.				Eighteen Eggs.		

Add Lemon Grate, or Essence, to your taste.

Cast the yolks and the sugar very light, beat up the whites very stiff and mix them with the yolks well together, then add the flour.

To drop them.—Take a piece of sheet tin (three inches by four) in your left hand, lift up a little of the batter, and, with a table knife, cut them off in narrow stripes the length of the tin; drop it from the knife on paper. They should be rather thicker at the ends than the middle.

Naples Biscuits.

Two pounds Sugar. Two pounds Flour. 16 Eggs.

Beat up the yolks and sugar till very light; then the whites; mix them very gently together with the yolks, then add the flour and any seasoning you chuse, such as lemon grate, pounded nutmeg, cloves, or cinnamon. Have ready sheets of tin with the edges turned up about an inch; or sheets of paper with the

edges set up will answer; rub them over with butter. Pour in, or with a large spoon fill them two thirds up and smooth the top with a knife, dust them with sugar, and fire them in a moderate oven; when cold cut them in various shapes with a sharp knife.

Judges, or Sugar Biscuits.

	lib.	*oz.*		*lib.*	*oz.*
Sugar - -	4	0	Flour - -	4	0
Forty Eggs.			Caraway Seeds -	0	2

They are seasoned with Lemon Grate, or Cinnamon.

Having separated the yolks and whites, begin with the yolks and beat them up very light, adding the sugar by degrees; when all the sugar is put in and beaten up some time, take the whites, which also cast very light, and add them to the yolks and sugar; beat them all together a short time, then stir in the flour (after being sifted), and the caraway seeds. They require a quick oven and great attention in baking them. They are dropped from a spoon with the assistance of the fore finger, which forms the biscuit, about the size of a crown piece, and laid in regular rows upon half sheets of paper, not too close together; then spread pounded sugar, half an inch thick, upon a sheet of paper; the papers, as soon as filled with the biscuits, are taken by the two corners of one side and turned over upon the sheet having the spread sugar upon it; then lifted off, laid upon the peel, and placed into the oven, not too near the light, or choffer. When the sides next the light are risen and a little browned, take them out with the peel and

turn the other side of the paper towards the light; place them again in the oven, farther from the light; their place is immediately filled up with more. They require to be quickly fired, and the oven ought to have a good bottom, only not to scorch or burn them. They may be dusted with sugar through a hair sieve (in place of being laid upon the sugar) and the loose sugar shaken off. An inferior kind may be made with fine raw sugar, or one half raw and the other lump sugar, and a pound more of flour. Or, when clarifying sugar, the yolks may be made use of for making the biscuits, reckoning two yolks equal to one egg. The paper may serve twice to drop them on.

Biscuit Drops.

Ten ounces Sugar. Eight ounces Flour.
The Yolks of ten and the Whites of six Eggs.
The Grate of a Lemon, or a little pounded Cinnamon.

They are made the same way as sugar biscuits, and dropped in the size of small buttons; glaze them with sugar, by sifting it on them, or dipping them as ordered above.

Lemon Biscuits.

Take the yolks of ten and the whites of five eggs, beat them up light, with one pound pounded sugar, then stir in a pound of flour, the grate of two lemons, and a little of the pulp. Butter the pans and fill them two thirds full, dust them with sugar, and bake them in a quick oven; when ready take and turn them bottom upward in the pans, and dry them in a cool oven till very crisp.

Sugar Cakes.

Three pounds Flour. Two pounds Sugar.
The yolks of 10 Eggs.—Rose, or Orange flower water, one or two gills.—Spiceries.

Make it into a paste, work it well, roll it out and cut it in any shape you fancy; dust them with sugar, and fire them in a quick oven.

Tea Cakes

Are made in the same way as sugar biscuits, or taken the same quantity as ordered in spunge biscuits, dropt on tins buttered, and fired in a slow oven, but not dusted with sugar.

Lemon Cakes.

Flour 1 pound 8 ounces. Sugar 2 pounds. Eggs 20.
The Grate of two and the juice of half a Lemon.

Beat up the whites very light, mix in the sugar, lemon grate, and juice, then beat up the yolks very light and add them, then stir in the flour; bake them in a moderate oven.

Monkey Biscuits.

Take twelve eggs and their weight of sugar, beat up the yolks and the sugar very light, then beat up the whites very light and mix them in; then take other six eggs and a pound of flour, break them in, add the flour, and mix them all together with some pounded cinnamon. Let the paper you drop them on be three or four fold, and placed over a sheet of iron. Take the batter up in a spoon and drop it in the size of a half crown, only joining every two together; dust them with sugar and pay great attention to the firing, as

they are soon done. Take them off the paper as soon as they are ready, and double each pair, placing the two under sides together.

Rice Cakes.

Take the yolks of fifteen eggs, beat them very light with ten ounces sugar, stir in eight ounces ground rice, a glass of brandy and the grate of a lemon; then whisk up the whites of seven eggs very light and mix them all together; put the batter into tin frames, or cups. A quick oven is required.

Bath Cakes.

Take a pound of butter and a pound of flour, rub the butter and flour together, then add a spoonful of barm; warm some cream, or milk, with which make it into a light paste, not too stiff; cover it up with a cloth and lay it before the fire to rise, then work in a few caraway comfits; make them into round cakes, near the size of a French roll, or cut them with a cutter; strew a few caraways on the top, and lay them on sheets of white iron. They eat either hot or cold, to tea.

Shrewsbury Cakes.

	lib.	*oz.*		*lib.*	*oz.*
Flour - -	6	0	Butter - -	1	8
Sugar - -	1	0	New Milk six gills.		

And Spiceries to your taste.

Set the milk and butter in a pan on the fire to warm; make the paste thin and let it lie to grow stiff; add a few caraway seeds, roll it thin, and cut it with a cutter the size of a tea cup; pierce them with a prickle, lay them on tins, and fire them quickly. Or, in place of

the milk take six eggs, cast the butter and sugar light, then the eggs, mix all together and add the flour.

Or,

Beat half a pound fresh butter with six ounces sugar, add an egg and a pound of flour, season and roll it out.

Or,

Take two pounds of flour and one pound sugar, mix them together, keeping out a little of the flour to roll them out; then cast up four eggs, which add to the flour with the milk, make it into a paste and roll it out.

Ginger Cakes

Are made in the same manner, with the addition of four ounces of pounded ginger.

Banbury Cakes.

	lib.	*oz.*		*lib.*	*oz.*
Flour - -	4	0	Caraway Seeds -	0	1
Currants - -	1	0	Yeast, 1½ gill.		
Butter - -	1	0	Milk, 6 gills.		

Put the milk and butter in a pan over the fire to melt, let it cool a little, and make the whole into a paste pretty stiff; roll it out and cut it round, or in squares.

Arbroath Cake.

	lib.	*oz.*			*lib.*	*oz.*
Flour - -	4	0		Raw Sugar -	1	0
Butter - -	2	0	*Or,*	Fresh Butter -	1	0
Currants - -	1½	0		8 Eggs.——Flour -	2	0

Rub the butter and flour fine and make it into a paste with cold water, not too stiff; roll it out to the eighth part of an inch thick, then strew over the currants on the one half, and fold over the other above it; cut it out into any form you please, glaze them with an egg.

Orange Buns.

	lib.	oz.		lib.	oz.
Flour - -	4	0	Jamaica Pepper ground	0	1
Currants - -	1	0	Carraway Seeds -	0	1
Butter - -	1	2	Two glasses Brandy.		

Yeast, 1½ gill.

Make the dough with warm water, either rub in the butter into the flour, or melt it with the water, let it be stiff; weigh it out in pieces of an ounce weight, and roll them into round cakes; let them lie till they prove, or are light; glaze them with an egg and fire them in a quick oven.

Portugal Cakes.

Rub into a pound of flour one pound fresh butter and one pound pounded sugar, until very small and fine; cast up ten eggs, mix in the flour, and add half a pound currants with a little rose water, or brandy, and spiceries to your taste. Have the tin pans ready and all rubbed over with melted butter, fill them half full. If you keep out the currants they will keep a long time.

Seed Cake Drops.

	lib.	oz.		lib.	oz.
Sugar - -	1	0	Flour - -	2	0
Butter - -	1	0	Twelve Eggs.		

Rub the butter and flour very fine with your hands, cast the sugar and eggs together very light, mix them all well together, season it with spiceries, such as pounded nutmegs, cinnamon, and cloves, or lemon grate; drop them with a spoon and knife upon sheets of tin, and bake them in a moderate oven.

Prussian Cakes.

	lib.	*oz.*		*lib.*	*oz.*
Flour - -	0	8	Sugar - -	1	0
Almonds -	0	8	Eggs, seven.		

The Grate of two and the Juice of one Lemon.

Blanch and beat the almonds finely with rose water, or the white of an egg, cast the sugar and eggs together till light, then add the almonds, lemon peel and grate, then the flour; after being well mixed fill the small shapes.

Leith Cakes.

	lib.	*oz.*		*lib.*	*oz.*
Flour - -	0	8	Sugar - -	0	8
Caraway Seeds -	0	2	Eggs, 1 yolk and 3 whites.		

With a little Rose Water.

Mix all together, roll it out as thin as wafers, and cut it out the size of the mouth of a tea cup, with a tin cutter, flour sheets of paper and lay them on. Bake them in a very slow oven.

Montrose Cakes.

	lib.	*oz.*		*lib.*	*oz.*
Flour - -	3	0	Butter - -	0	12
Yeast, 2 gills.			Currants -	0	12
Raisins stoned -	0	8	Raw Sugar -	1	0

Spiceries to your taste.

Lay out the flour on the table and break the butter with as much warm milk, or water, as make it into a paste; mix in the fruit and spiceries, add the yeast to the warm milk, or water, work it all together; either put it into a frame, or shape it in small loaves; let it lie before the fire covered up to rise, and when light put them into the oven.

Christmas Buns.

	lib.	*oz.*		*lib.*	*oz.*
Flour - -	4	0	Sugar - -	0	12
Butter - -	1	8	Currants -	1	0

Raisins - - 1 0 Orange Peel - 1 0
Yeast, 1½ gills. Milk, 6 gills.
Spiceries to your taste.

Rub the flour and butter together with your hands very fine, then mix in the fruits and spices; make the whole into a paste with the milk warmed, and the yeast; let it lie an hour to prove, or rise, before the fire, then weigh it off in pieces of four ounces each, and form them round; cover them up again, to rise light; wash them over with an egg, and then put them into the oven. They require a quick oven.

Jumbles.

Flour, a pound. Sugar, 8 ounces. Eggs, four.
With a little Nutmeg, Cinnamon, &c.

Rub into the flour four ounces butter add the spiceries, beat up the eggs, and mix all together with a few caraway seeds; make it into a paste with cream, or milk; roll it out very thin and cut them into any shape you fancy; if you take a pound of flour, a pound of sugar, and ten eggs, it will make them very rich.

Turtulongs.

Butter, 8 ounces. Sugar, 6 ounces.
Flour, 3 pounds. Eggs, 12.

Mix all these well together, adding a little salt. Have a large pan on the fire with water boiling, roll the paste out the thickness of your little finger, and in lengths of four inches; join them in two rings, or an eighth figure, drop them into the boiling water, but not too many at a time. Have ready beside you also a large bason with cold water, and as the biscuits swim on the top of the boiling water lift

them carefully out, and throw them into the cold water; let them lie all night, next morning take them out and lay them on the back of a split wood sieve, to drain; lay them on tin sheets and fire them in the oven, which must be very hot. Watch them carefully; they rise very high, and when they are a fine brown take them out. *They are much used at breakfasts.*

Twelfth Cake.

	lib.	*oz.*		*lib.*	*oz.*
Flour - -	6	0	Butter - -	2	0
Currants -	4	0	Orange Peel, cut	1	0
Sugar pounded -	1	0	Almonds - -	1	0
Eggs, 12.			Yeast, 5 gills.		

2 Nutmegs.—¼ oz. Cloves.—¼ oz. Cinnamon, pounded.

Lay the flour down on the table, mix in the fruits, spiceries, and sugar; beat up the eggs and pour into the hollow of the flour; pound, but not small, the almonds with wine, orange flower, or rose water, which also add, then the yeast, and make all into a paste with warm milk, or cream; work well together and divide it in large, or small cakes, as ordered in seed cakes.

Icing for all Manner of Cakes, Biscuits, &c.

In proportion to the quality of the sugar will be the whiteness of the icing, or glazing; therefore, it requires double, or triple refined sugar, to make a pure white icing. The sugar must be pounded and sifted through a fine lawn sieve. When the icing is to be coloured an inferior sugar may be used, and in the casting a little lemon juice may be added, as it improves the colour and causes it to harden

sooner. Cakes should never be put into an oven after being iced, the heat being by far too great, which either occasions the icing to run off, or cracks and discolours it. When a cake, or biscuits, are iced, place them before a good fire, not too near, and turn them as they harden. Neither ought cakes to be iced when immediately taken out of the oven. They should be almost cold before they are made to undergo that operation; if the cake is quite cold it should be placed before the fire to warm, and then the bottom, edges, top, &c. rubbed over with the white of an egg broken, which causes the icing to adhere more firmly. If plumb cakes are to be glazed, the bottoms ought to be scraped smooth with a knife, or grater, and then rubbed over with the white of an egg.

Take the whites of four eggs and beat them up very light, adding by degrees the pounded sugar, until it is of a sufficient thickness; it is beat up with a piece of hoop, a stick about fifteen inches long, two inches broad, and about a quarter of an inch thick, rounded at the end, with which the icing is worked up, in which also are cut several small holes. The quantity of icing should be proportioned to the work to be done, and it is easily increased by adding more whites and sugar to bring it to a proper consistence. When it is very light and white, and the cake ready, if it is a high shaped cake, such as a gato, or obelisk, pour the icing on the top and let it run equally over the sides; and with the spattula spread it all smooth and equally over; if it does not run fast enough down, take up the cake and strike it upon the

table, which makes the icing smooth; it is immediately ornamented with spangles, gold and silver leaf, drague, mottoes, nonpareils, rock candies, &c. according to fancy. If for cakes which are flat, the icing is equally spread over them with the spattula, and should not be so thin as for the high shaped cake, which cannot be spread so well with a knife. Coats of arms and other emblematical devices are often put on cakes, in which case the icing should be allowed to harden; after which trace the pattern with a pencil dipped in gum water, and gild it with gold or silver leaf, or Dutch metal. The icing is sometimes coloured with the extract of cochineal, lake or carmine, gamboge, &c. by taking a little of the colour and a spoonful of syrup, and pounding them in a small marble, or glass mortar, and mixing it with the icing.

Cakes are also ornamented with gum paste in flowers, festoons, trophies, &c. &c. The paste may also be coloured in like manner. The moulds for gum paste, unless very finely cut, do not show so well. A board of various figures, such as leaves, flowers, trophies, &c. will cost about 3l. The cakes usually ornamented are diet loaves, and formed in a great variety of shapes, as domes, obelisks, steeples, &c.

Preservation of Eggs.

A method to preserve eggs for a considerable time, and that quite fresh, as if newly laid, must be a valuable acquisition to every family; but more so to confectioners, and others who consume great quantities. In populous towns,

where the price is exorbitant the one half of the year, and at Christmas, when they are scarcely to be had for money, this method of preserving eggs, if practised, would tend greatly to reduce the price at that time; the saving likewise would be very considerable. I have had them quite fresh at the end of ten months, and have no doubt they would have kept fresh other ten. The best thing to lay them into is an oil jar; the lid is put on when the jar is full, and a plaster made of burnt alabaster, pounded and mixed with water, then poured over it, which immediately hardens and keeps out the air. The eggs at a particular season of the year are plenty and cheap, and at this time the store should be laid up.

To Preserve Eggs.

Take two pecks quick (unslacked) lime, put it in a tub and pour water on it; when it is all dissolved reduce it with water to that degree of strength that an egg will swim with the end a very little above the liquid; let it settle a little and pour the liquor through a sieve into another vessel, then add one pound eight ounces of salt, and eight ounces cream of tartar, and stir it well. Having a cask, or oil jar ready, pack in the eggs until it is near full; then fix a number of spars on the top to prevent the eggs from rising up, and when the liquor is cold pour it over the eggs, let it be three inches above them. Keep some of the liquor to fill up the cask, and at the end of eight days fill it up and put in the head, then pour over it the mixture of prepared alabaster

and water mixed, which very soon hardens. It may be got ready pounded from any plasterer.

Families may in this manner have a jar to hold some hundreds for daily use, and they will always be fresh. Buttered eggs keep also a long time, but the whites grow thin and do not answer so well in making cakes, &c.

BISCUITS.

Almond Biscuits.

The manner of blanching almonds has already been explained, *vide* p. 107. Or, after scalding them till the skins come easily off, drain them from the water, lay them on a clean table, or board, and with both hands rub off the skins, and afterwards wash them clean in water. The almonds must be pounded to a paste, so that no particle of them can be felt; unless they are moistened frequently with rose water, cream, or whites of eggs, they oil, or grow yellow and ill tasted. The mortar has already been described, in p. 130. It requires a good deal of strength to work almond biscuits, and the more they are worked the whiter they are and the more light. Seed cakes, &c. are often made in the mortar, and are very light; the sugar and butter being sooner wrought with the pestle when a great quantity is made.

Too many almonds should not be put into the mortar at once, half a pound or so will be found sufficient; when they are pounded smooth take them out and put in more.

Common Almond Biscuits.

Almonds, ½ bitter, 2 pounds 8 ounces.
Loaf Sugar, finely sifted, 5 pounds.
4 Dry Biscuits.
The whites of 20 Eggs.

Blanch and wash the almonds, and according to the size of the mortar put in a quantity of the almonds, bruise them with the pestle and add the white of an egg. The method for pounding almonds, &c. in the mortar, formerly described, is by driving the pestle quick round and round the sides of the mortar, not by beating, an operation which requires to be done with all your strength. Observe, not to allow the almonds to be too dry, nor too soft, always adding another white of an egg to keep them in proper temper. When they are all pounded, and eighteen of the whites wrought in, pound the biscuits very small, put in all the almond paste and mix it well all together, then add the sugar by degrees, working it well; add the other two whites, and if still too stiff, add three or four more to reduce it to a proper consistency to be laid upon sheets of paper, but not so thin as to drop. They are formed in the shape of large almonds, thus. Take up a table spoonful of the paste, and with a table knife form them on the spoon, by taking up a piece on the knife and turning it over to give it a long shape, and to taper towards one end; then let it fall from the edge of the knife on the paper, dust them with sugar. They require a moderate, cool oven.

Maccaroons.

Common.	*lib.*	*oz.*		*French.*	*lib.*	*oz.*
Sugar - -	2	8		Almonds -	1	0
Almonds, one half bitter	2	0	*Or,*	Sugar - -	3	0
The whites of 4 Eggs.				The whites of 6 Eggs.		

For Common Maccaroons.—After the almonds are blanched, wash, and dry them crisp, and either put them through a large pepper, or coffee mill; or pound them pretty small. (*The sugar for almond biscuits ought always to be put through a lawn sieve, and the finer the sugar the better will be the article made from it.*) Cast up the whites light and put the almonds, sugar, and eggs, into the mortar and work it well; but if too stiff add more whites.

French Maccaroons.

The almonds, when blanched and washed, are pounded with whites of eggs very fine, and not too stiff; the sugar is then added by degrees, and well wrought, then the six whites added also by degrees, to make them of the proper consistency for dropping, but not too thin. Then proceed to drop them upon wafer sheets, dust them with sugar, and fire them of a light brown colour, in a pretty brisk oven; when cold break them off; if dropped on paper they will come easily off, if not scorched on the bottom.

Nelson Biscuits.

Almonds, ½ bitter, 1 pound. Sugar, 4 pounds.
The whites of nine Eggs.

These are the lightest of almond biscuits, and are much esteemed. Blanch and chop the almonds very small with a knife; take a pound of the sugar, put it in a pan with as much water as wet it, (say four table spoonfuls) let it boil a little, put in the almonds, stir them till dry, and turn them out on a sheet of

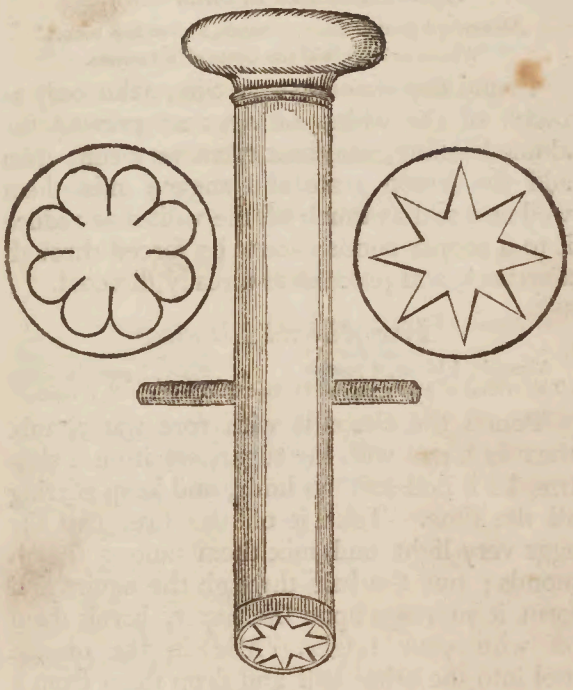
paper to cool. Beat up the whites of the eggs very light, mix in the almonds, then the rest of the sugar, well together; then lift them out, and with your fingers shape them upon sheets of paper, or wafers, in the form of gingerbread nuts; fire them in a slow oven.

Squirt Biscuits.

Almonds, 1 pound. Sugar, pounded, 3 pounds.
The whites of 6 Eggs, and a few Raisins, or preserved Cherries.

Blanch and dry the almonds crisp, and put them through a coffee mill, or pound them small in a mortar; use only as much of the whites as will preserve them from oiling, as they must be made very stiff; add the sugar by degrees, and work it till it appear solid and like the paste of ships biscuit; then add more whites to reduce it to the consistency that you can with a little strength force it through the squirt. Put in the star, fill the squirt two thirds full, put in the rammer, and place the head against your breast, take hold of the two handles, and by pressing the rammer, force the paste through the squirt upon a table. When you have forced all the paste through, cut and form it into rings and other figures; lay them on half sheets of paper, or wafer paper, put a preserved cherry, or raisin, in the centre of the rings. One half of the paste may be wrought up with pounded cassia, and put through the squirt. They require a very slow oven.

The Rammer.



The Squirt,

Or syringe mould, is made of tin, the barrel is twelve inches in length, and $2\frac{3}{8}$ inches in diameter. The rammer is of wood, and made to fill the barrel exactly. The stars are made of thin plate brass; the centre is cut out to form stars, &c. according to fancy; there is a ring soldered upon the inside of the mouth of the squirt, upon which the star rests; the opening from one point of the star to the other should not exceed half an inch. The star is cut out by means of a fine steel saw.

Squirt Biscuits another way.

Almonds, 1 pound. Sugar, 2 pounds 8 ounces.
Whites of Eggs, and the Grate of 6 Lemons.

Pound the almonds very fine, take only as much of the whites of eggs as prevent the almonds oiling, and beat them very stiff, then add the lemon grate and sugar; mix them well and add as much of the whites as reduce it to a proper consistence to be forced through a syringe, and proceed as already directed.

Fine Almond Biscuits.

Almonds, ½ bitter, 4 pounds. Sugar, 5 pounds.
The whites of 12 Eggs, and Orange Peel, cut small, 8 ounces.

Pound the almonds with rose water, mix them in a pan with the sugar, set it on a slow fire, let it boil half an hour, and keep stirring all the time. Take it off the fire, cast the eggs very light and mix them among the almonds; put the half through the squirt and form it in rings upon the paper, break them off with your finger. Mix in the orange peel into the other half and drop them from a spoon with a knife, but do not glaze them. They require a slow oven.

D'Arcy Biscuits.

Almonds, 1 pound. Sugar, 1 pound 8 ounces.
Bitter ditto, 4 ounces. The whites of 8 Eggs.

Pound the almonds with whites of eggs very fine, but not too soft; cast the sugar with as many whites as will make a very thick icing, as if for a cake; then add the almonds, mix well together, and drop them on paper; dust them with sugar, and fire them in a moderate oven.

Ratafia Biscuits.

Fine Sugar, 2 pounds.
The whites of 7 Eggs.
Sweet Almonds, 1 pound.
Bitter ditto, 4 ounces.

Pound the almonds with whisky and two whites of eggs; cast the sugar very light with five whites, mix the almonds and drop them on papers the size of half a nutmeg, with a knife and spoon; fire them in a moderate oven.

Or,

	lib.	*oz.*		*lib.*	*oz.*
Almonds, ½ bitter -	2	8	Fine Sugar, put through a silk sieve -	2	8
The whites of 14 Eggs.			Ditto, to be mixed with the Almonds -	1	4
Whisky, 1 pint (mutchkin).					

The almonds are pounded with the whisky, and if not soft enough add the whites of four eggs, but generally there is enough; cast the two pounds eight ounces sugar, with the ten whites, very light, and mix the pound four ounces in the mortar with the almonds; then mix all together and drop them off the spoon with a knife.

Ratafia Drops.

	lib.	*oz.*		*lib.*	*oz.*
Almonds, ½ bitter -	2	0	Sugar, finely pounded and put through a silk sieve	6	0
The whites of 12 Eggs.					

This is the lightest and best way of making ratafia biscuits, with which chantillys, &c. are made for deserts.

Pound the almonds with the whites very smooth, then add the sugar by degrees, and work it well, the more it is wrought they are the lighter. When wrought into a good paste, make it thin with more whites, it will take, perhaps, sixteen more to make it of a consist-

ence for dropping, it is then put into the case and dropped.

The Method of Dropping.

Make a case of white leather 18 inches by 8, open at both ends. In the one end tie a tin pipe wide enough to admit the point of your little finger, and in shape of a peppermint cutter; have two or three rings, or ridges, of tin soldered upon it, and tie the leather firmly upon it. The other end keep open to put in the ratafia paste; after which tie it close, squeeze out the paste at the pipe, and drop them on papers. They rise very light, and require a moderate oven. Sometimes they are made altogether of bitter almonds.

Rock, or Millefruit Biscuits.

Blanch a pound of almonds, slice them the long way in four or five slices; take four ounces finely pounded sugar and the white of an egg, beat them up till light and mix in the almonds; then, with your hand, place them in lumps on wafer paper, as high as you can pile them. The icing, for variety, may be coloured with lake, or cochineal.

Or,

	lib.	*oz.*		*lib.*	*oz.*
Blanched Almonds -	0	10	Angelica preserved -	0	6
Ditto ditto bitter	0	2	Sugar - - -	0	6
Preserved Orange Peel	0	6	The whites of Eggs.		
Ditto Lemon do.	0	6			

Make an icing with the sugar and whites of eggs, cut the almonds in narrow slices, the orange and lemon peel, and angelica, cut in strips about half an inch long and a quarter of

an inch in breadth; mix all together and add a little orange flower water. Lay them in little heaps on wafer paper, or fine paper three fold; dip a pencil in the cochineal extract, or in dissolved lake, and touch them here and there. The oven should be of the heat to fix and dry the icing only; when cold they easily come off the paper.

Rout Biscuits.

Almonds, 2 pounds.
Sugar, 3 pounds.
The whites of 8 Eggs.
The Grate of 2 Lemons.

Blanch and dry the almonds, pound them with the sugar, and put them through a hair sieve. Or pound the almonds very small, then add the sugar (being previously pounded) and the whites, work them all well together; take it all out, except a small bit, which work into a paste, and so go through the whole. The half is put through the squirt, or syringe, and made into various forms, the other half is rolled out and cut into shapes; to a part may be added some ground cinnamon, as a variety. They require a slow oven.

Raspberry Biscuits.

Sugar, 2 pounds.
Almonds, 2 pounds.
The whites of 8 Eggs.
Raspberry Jam.

Blanch and dry the almonds, pound them with the sugar, and put them through a hair sieve, then put them and the whites into the mortar, and work them well for half an hour. Take out the paste, roll it on a table to the thickness of a quarter of an inch, spread a little raspberry jam on the one half and double over it the other; roll it out again to the same

thickness. Ice it, then cut it out in any shape you please; part of the icing may be coloured and ornamented with nonpareils, &c. They require a slow oven.

Rout Cakes.

Flour, 1 pound. Sugar, 8 ounces.
Pounded Almonds, 4 ounces. The yolks of 8 Eggs.

Cast the sugar and eggs light, then add the flour and almonds, pour it into a tablet frame, or sheet of paper buttered, with the edges an inch turned up and twisted; then spread it equally with a knife When fired, make an icing with some fine sugar and the white of an egg, it may be either white or coloured; lay it over the bottom of the cake, and with a sharp knife cut them in various shapes; they are then ornamented with nonpareils, &c.

Or,

Take the yolks of three dozen eggs, beat them very light with one pound sugar, then mix in four ounces bitter almonds pounded very fine, and one pound flour; pour it in a broad frame, two inches deep and twelve inches square, fire them in a slow oven. When baked and near cold, ice it over the bottom with an icing of any, or various colours; cut it out in a variety of shapes and ornament it. Or, when the icing is dry, dip a pencil in strong gum water and go over them in any pattern you fancy; have nonpareils ready of various colours, into which they are dipped, according to the device on the cake, as green for trees, and other colours for flowers, &c. They look very pretty when used as gar-

nishing in a desert, or mixing with other sweetmeats; sentences, or mottoes, may be pencilled upon them, and when dipped in various coloured nonpareils, look very well.

Almond Tumbles.

Blanch and pound very fine, four ounces almonds, add a little gum dragon, previously steeped in water till soft. When well beaten, cast the whites of two eggs, which add to the almonds, then add by degrees a pound of refined sugar pounded and put through a silk sieve; work it well with your hand till it be the consistence of a paste, and very tough; roll it out and cut it in shapes according to fancy. Bake them on buttered plates, in a quick oven.

Tumblets.

Sugar, 1 pound. Flour, 1 pound. The yolks of 8 Eggs.

Beat the yolks with a little rose water and add the size of a walnut of butter; beat in first the sugar and then the flour, form it into balls and fire them in a slow oven. Or, one pound of sugar, the white of an egg well beaten, and the grate of a lemon; they are then made up into little balls and fired in a slow oven, or in a pan, over the fire.

Almond Cake.

Sweet Almonds, 1 pound. Sugar, 8 ounces.
Bitter ditto, 2 ounces. Eggs, 8.

Pound the almonds with a little rose water and whites of eggs, then beat up the yolks of eight, and the whites of three eggs, with the sugar, very light; add the grate of a lemon

with a little of the juice, mix in the almonds, and bake it in small pans, in a moderate oven.

Liqueur Biscuits.

Take a pound of Jordan almonds, lay them in cold water to blanch, but do not let them split; cut them in slices the broad way of the almonds; have ready a pound of refined sugar finely pounded and sifted. As you cut the almonds put them in a bason, and strew the sugar amongst them to keep them from adhering to one another, which would spoil the appearance of the biscuits; stir them frequently, and as you cut the almonds stir in more sugar. Have a penny worth of gum dragon ready dissolved in rose water (it should be laid in water the night before), beat the whites of two eggs light, which, with the gum dragon, mix with the almonds and sugar, and afterwards add two spoonfuls of flour. When these are all well mixed, put them on wafer paper, as broad as maccaroons, and about half an inch thick. Open them with a paste knife, to make them as hollow as you can, and flat on the top; be very quick in doing it, as they may fall down. Put them in a pretty warm oven, but not to scorch them; when they are rather more than half baked take them out, wash them over with the white of an egg beaten to a froth, and scrape, or grate, some loaf sugar over them. Set them again into the oven till ready; when cold pack them up. They may be flavoured with any oil, essence, powder, &c.

March Pans,

Are a composition of almonds finely pounded and made into a paste with sugar. Blanch and pound one pound of almonds with rose water, add half a pound fine sugar pounded, work them well together to a thin paste; then, with a spattula, spread the paste upon sheets of wafer paper, and put them into a slow oven to bake. They are then iced as directed in icing cakes, and ornamented with dragee, or nonpareils, gold leaf, &c.

Lemon and Orange Biscuits.

Almonds, 2 pounds. Loaf Sugar, finely pounded, 6 pounds.
The Grate of 12 Oranges.
If for Lemon, the Grate of 9 Lemons.

Pound the almonds (a few of them may be bitter) very fine, with whites of eggs, to a proper consistence; sift the sugar through a silk, or lawn sieve, put it by degrees to the almonds, and work them well together; if it is too stiff add one or more whites. Drop them in the shape and size of ratafia biscuits.

Masapan Biscuits.

Sweet Almonds, 1 pound. Sugar, pounded, 1 pound 8 oz.
Bitter ditto, 8 oz. The whites of 12 Eggs.

Pound the almonds very fine with rose water, put the almonds and sugar into a small pan, on a clear fire; stir them constantly while on the fire, until they gather together in a lump and come clean from the bottom of the pan. Take it out and lay it on your baking table, with a little flour under to keep it from the table, work it well with both hands,

until it grows tough. Then roll it out in long sticks the thickness of your little finger, cut them in lengths of three or four inches, and form them into rings, eighth figures, &c.; they are then placed on the back of a split sieve and dried slowly for some days, and when quite hard packed up until you need them. When wanted, for the above quantity make an icing with twelve whites of eggs and finely pounded refined sugar, cast it very light and white, flavour it with orange flower water; it should not be too thick. Then dip in the biscuits, and lay them on a wire riddle, with a vessel below it to receive what drops from them. As soon as the icing has opened in the middle of the rings, set them into a very cool oven to harden the icing, but not so long as discolour them. They may be dipped in icing of various colours, or ornamented with nonpareils, &c. according to fancy.

PUFFS.

Lemon Puffs.

Mix a pound of finely sifted sugar with the grate and juice of two lemons; beat the whites of three eggs very light, then mix in the sugar and beat them up together; dust sugar on the papers and drop them by spoonfuls, at proper distances from each other; fire them in a slow oven.

Orange Puffs,

Are made the same way.

Almond Puffs.

Take two ounces sweet almonds, blanched and pounded fine with a little rose water, beat

the whites of three eggs, add the almonds and sugar to make it into a paste; drop them on papers dusted with sugar, and fire them in a moderate oven.

Chocolate Puffs.

Take half a pound of chocolate grated fine, and a pound of loaf sugar pounded, made into a paste with the whites of two eggs beaten to a snow; sift some sugar upon tins, and put them in small pieces on the tins, or in any shape you please, according to fancy. They are sometimes coloured.

CHAP. XV.

GINGERBREADS, &c.

Fine Gingerbread.

Treacle, 8 pounds.
Flour, 12 ditto.
Orange Peel, 2, 3, or 4, do.
Fresh Butter, 1 pound 8 oz.
Ground Ginger, 4 oz.
Ground Jamaica Pepper, 5 oz.
Caraway Seeds, 8 oz.
Pot, or Pearl Ashes, 6 oz.
Alum, 2 oz.

Rub the butter very fine into the flour and then mix in the fruits and spiceries, afterwards the treacle; wash out the dish with water, in which dissolve the ashes; then melt the alum in a little water on the fire, mix all well together, and form it into loaves, cakes, &c.

Or,

Put the flour, fruits, and spiceries, into a deep can, put the treacle into a pan and set it on the fire with the butter. When the butter is

dissolved pour it into the flour; dissolve the ashes into the pan with two gills of water, which also pour in, melt the alum with one gill water, which also add, then mix all well together; let it lie forty-eight hours, then work it well on the table, and mould it into any size you please.

Gingerbread Nuts.

Take a pint of treacle, two pounds raw sugar, a peck, or eight pounds flour, one pound of butter, six ounces ashes, and spiceries as before, with fruits according as you want it rich, and proceed as already directed. This makes most excellent cakes, or nuts.

N. B. The orange peel put into the above composition should be cut in narrow stripes of one inch long. The frames they are baked in should be rubbed over with melted butter, and before putting the loaves and cakes into the oven brush them over with an egg whipped up; and if the gloss is not very perceptible when they are baked, go over them with a brush dipped in a little raw sugar and water, immediately upon taking them out of the oven. From the above list of the ingredients, any quantity may be made by taking the half, the fourth, or eighth part of each.

German Gingerbread.

Flour, 6 pounds. Treacle, 4 pounds.
Pot Ashes, 3 oz.—Alum, 1 oz.—Spiceries.

Melt the pot ashes in hot water and mix it with the treacle; lay down the flour, make a hollow in the middle to hold the treacle, mix

them with your paste knife, but do not cut the paste above half through; make a very small hole in the top for a vent. Beat up yolks of eggs and a little milk, or water, with which brush over the tops.

Another kind

Is made thus. Roll out the puff paste to a proper thickness, and with a tin cutter cut them out in circles, or diamonds, of any size you want. The one half of them are bottoms, the other half are for laying above them; you cut out a piece in the centre of each top with a small cutter, of the same shape, leaving an edge of half an inch or more, in proportion to the size. With a brush dipped in water go round the bottoms, lay the tops on, glaze them with an egg, lay them on tins and fire them. When used, fill them with any preserved fruit, such as raspberries, gooseberries, strawberries, marmalades, jellies, &c.; and put above the fruit an ornamented top made of flour and water and dried in the oven, as directed in pastry, p.

They require a quick oven, but take care they are not scorched; they rise very high if the paste is properly made. The quicker pastry is made and finished the better, as much handling spoils it. Another kind of puffs are made by cutting the paste with a tea saucer, or tin cutter of that size. Lay on the fruit and double it over, first wetting the edges to make it join; pinch it neatly round and glaze it with an egg.

Tart Cases.

Tart cases are now much in use, as they are

ready at all times. Roll out the paste thinner than the eighth part of an inch, and line the insides of your tart-pans; cut the paste off close by the edges round about, which may be done by the pressure of your thumb upon the edge of the tart-pan. Make little balls of the paste that is left, or of flour and water, which put into the middle of each; when they are baked, with the point of your knife take out the balls. For ornament to the tops, roll out a piece of paste, and with a paste runner cut it in very narrow strips, which make into various shapes, of fruits, gates, roses, &c. These cases, when used, are filled with preserved fruits, and the tops laid over.

A Second Paste.

To a pound of flour take eight ounces butter, pull the butter in small pieces, mix it with the flour, and with cold water, make it into a lump and roll it out; double and roll it out again. An egg well beaten may be mixed amongst it.

A Short Paste for Tarts.

Take the above quantity and rub down the butter into the flour very fine; beat up an egg, and make a paste with water not too stiff; a spoonful or two of sugar may be added.

A Paste for Small Standing Tarts.

Make a paste of flour with butter and water, boiling equal proportions of each; make it a good stiffness and form it into cases; fill them with gooseberries, strewing raw sugar over them. Or, with cranberries, apples, or rhubarb stalks,

cut down, when gooseberries are not in season. Keep a piece for covers, which roll out very thin; wet the edges of the tarts, lay on the cover, clip it round, and pinch them neatly. Make a few holes on the top with a fork, glaze them with an egg, or sugar and water.

Paste D'Arcy,

A very rich Paste for all kinds of Sweetmeat Tarts, Cheesecakes, &c.

This paste rises very little. Work eight ounces of butter and six ounces pounded sugar with your hand in a bason, until very white and light; beat up four eggs very light, which add, with a little pounded cinnamon and the grate of a lemon; stir in flour to make it into a paste, but not very stiff, line your pans, &c.

A Short Crust for Tarts.

Take a pound of flour and ten ounces butter, rub it down and take as little water as possible to make it stiff.

A General Paste for Pies.

Take one pound flour and six ounces butter, break it in small pieces and mix it with the flour. Make the paste with cold water, roll it out twice, cover your dishes, then ornament them.

Standing Crusts for Large Pies.

Take two pounds flour and one pound butter, boil the butter with a pint (mutchkin) of water, and make the flour into a very stiff paste; form it before it grows cold.

Another.

Boil three pounds butter with half a gallon (a pint) water, skim off the butter into the flour; make a paste with as little of the water as you can and work it well. It requires strength to make this crust, but if well done it will answer for the largest pies.

Paste for Raised Pies.

Take four pounds flour and four ounces butter, put it on the fire with a pint and a half ($1\frac{1}{2}$ mutchkin) of water, make it into a paste and add three or four eggs; work it well together until quite smooth. Roll it out to a proper thickness (from one half to a whole inch), cut out the bottom and top; then a long piece for the sides, of the proper depth. Brush round the bottom with whites of eggs, and set up the sides, keeping them rather within the edge of the bottom; pinch it neatly round to make them adhere together, then fill the pye and go round the upper sides of the crust and the outer edges of the cover, with a brush dipped in the eggs. Lay on the cover, pinch it neatly round, then ornament it with festoons and figures according to fancy.

Or,

After setting up the sides of the shape, line it well with paper and then fill it up with bran; keep it high in the middle to support the top. Cover it also with paper, then lay on the cover; do not wet the edges, but pinch it neatly round; afterwards ornament it, glaze it over with egg, and bake it a light brown.

When cold, loosen the top with a knife, take out the bran and paper clean, and keep the pye for use, to be filled at any time. Or fill a tin shape and put it within the pye.

Crust with Beef Drippings.

Take a pound of beef drippings, boil them in water, strain, and let it cool; take off the hard fat and scrape off any discoloured part, or drops, which may adhere to it. Do this three times, work it well into two pounds flour, and make the paste with cold water.

Rice Paste.

Boil half a pound of Carolina rice with a small quantity of water; drain all the water from it, beat it in a mortar with a small bit of butter and an egg, to a fine paste.

Paste Crocrants.

Make a stiff paste with flour and water, work it smooth, then roll it very thin, cut it to the size of the shape you wish it to cover; then, with a paste knife, or lance, and a small runner, and other tin shapes, cut it out in flowers, landscapes, animals, birds, &c. Lay it on the mould, or shape, carefully, and fire it in a very slow oven, to prevent its being discoloured. Or, the paste, after being rolled out, may be put on the mould, and cut out according to fancy. They are put over sweetmeats, jellies, &c. in deserts. A block of wood, resembling a dome, and turned smooth, makes a very beautiful appearance.

Potatoe Paste

Is made with boiled potatoes, pounded while

warm and butter added to render them tough, also the yolks of eggs. When well wrought, roll it out and cover the dish before it becomes cold.

Pyramid of Paste.

Make a rich puff paste, p. , according to the size of the dish you want; roll it out to $\frac{1}{4}$ of an inch thick, cut it out with a set of tin paste cutters, which are made of eight different sizes, to go into each other. Having cut out all the different sizes, take the smallest cutter and take a piece out of the centre of each, except the largest. The cutters are either round or oval, and scolloped in the edges. Lay them on papers and glaze them with an egg. After they are baked lay them above one another upon a dish; fill the cavity with any preserved fruit, on the top lay any ornament, or a sprig of myrtle; pour cream into the dish when served.

Italian Pyramid

Is made in the same way; only, instead of tin cutters you cut a piece of paper the size of the inside of the plate; it looks best of an oval form. Cut out the bottom by laying the paper over the paste and cutting round; then, with a pair of scissars, cut a strip of an inch broad round the paper; lay it on the paste and cut round again. Take another strip from the paper and so proceed, making every one less than the other. After having cut them out, ornament the edges with the paste knife, by vandycking, or scolloping, the paste all round; then cut a round or oval piece out of

the centre of each, except the largest, or bottom one, corresponding with the shape and in proportion to the size. Leave a broad border, because if too much is taken out of the middle it will require a great quantity of fruit to fill up the cavity. Bake them on sheets of tin, or paper, place the largest on the dish, and lay over it apples preserved, in slices, with a little of the syrup; put over it the next in size, and over it preserved rasps, and so proceed, putting layers of different kinds of preserves. On the top place a preserved orange filled with custard; fix a sprig of myrtle, or candied angelica, in it; decorate the edges of the plate with mixed preserves, &c.

For variety, after the cake is dressed out with the fruit, and the top put on, make an icing with sugar and eggs as directed in p. 149; divide it in three or four parts, colour each part, one with cochineal extract, another green with the juice of spinage, &c. Glaze the cake from top to bottom, in stripes of red, green, blue, yellow, &c; then dry it before a fire, turning it equally; or set it in the oven if very cold. The paste may be cut out all of one size, and laid above each other; put a layer of preserves betwixt each, ornamenting the top one. Make four figures with paste in shape of an S, about four inches long; bake and glaze them with an icing; when dry, make also five small cakes, or puffs, to go betwixt every two of the figures, fill them with jelly, or marmalade. Boil up some syrup to carmil degree, into which dip the ends of the figures, placing them upright, or cross ways, on the top, so

that the end of each may touch the top of the other; place a cake betwixt each; after being glazed put one of them on the top of the whole. Make a chain of paste, and with the carmil sugar fix it round the top; if done with taste it is a fine ornament.

CHAP. II.

TARTS.

Apples and Pears.

Pare and core the apples, or pears, stew them with a little water till very tender, and like beaten marmalade; sweeten it to your taste, add for seasoning pounded cinnamon, orange or lemon peel, a little lemon juice, or grate. Line the tart-pans with puff paste, fill them with the apples; roll out a piece of paste about twelve inches long, cut it in narrow strips with a waved runner, bar the pans across and across, or in festoons, according to fancy.

Or,

After preparing the apples as above, pare a few Seville oranges thin and boil the parings tender in water; shred it small, which add, with the juice of one or two, according to your taste; it should be cold before it is put into the pans, or shapes. They eat very nice cold, when served with a small tureen of cream.

Marmalade Tarts.

After lining the tart-pans with puff paste,

or paste D'Arcy, fill them nearly full with chip, or plain marmalade, bar, or ornament them. In like manner are all kinds of tarts made with preserved fruits.

Prune Tarts.

Take French plumbs, or prunes, scald them, take out the stones, break and blanch the kernels. A few bitter almonds pounded may be used, if there is not time for preparing the kernels. Stew the prunes with a little water, sweeten to your taste, add the kernels and a little marmalade and port wine; if you chuse, add a little pounded cinnamon and cloves, or nutmeg. If you wish a dish filled, it should be lined with puff paste; the prunes should be cold before putting them into the paste. Cut a long strip of paste, the breadth of the edge of the dish, which put round, after first wetting the edge with a brush dipped in water; cut out a piece to cover the dish, then lay bars across and across the middle of the dish. Then cut out a corresponding piece from the middle of the cover, lay it on and scollop the edges round the dish with the back of a knife; ornament and glaze it. It should remain no longer in the oven than bake the paste.

Cherry Tarts.

Stone the cherries, and for each pound take twelve ounces sugar and one gill water, boil and skim it and then add the cherries; boil them till the sugar has penetrated them well, and when cold fill the tart-pans and bar them.

A Rich Tart D'Arcy.

Take a dozen apples, scald them, and when cold skin and take out the pulp, or rub them through a split wood riddle, which will keep back the seeds, core, and skins. Cast light five or six eggs and beat in the apple pulp, add the juice of a bitter orange, boil the skin tender and cut it small. Or else take marmalade in place of the orange, add a little pounded nutmeg, cloves, and cinnamon, two ounces fresh butter melted like a cream and sugar to your taste; mix all well together, line the tart-pans with puff paste, fill them, and ornament, or bar them across with paste, cut with a runner. After they are baked ice them over, and when hardened a little in the oven serve them.

Tart D'Moi.

Line a dish with puff paste, put in a layer of sweetmeats, then biscuits, next butter, or marrow, then preserved sweetmeats, or jellies, and so proceed until the dish is full. Make a rich custard, which pour over it; cover the top as directed in covering the prune tart; glaze and bake it.

Peaches and Apricots,

Should be taken before they are fully ripe; they are pared, stoned, and cut in quarters, a layer of pounded sugar and a layer of the fruit is put alternately into a sauce pan; when a syrup, they are stirred about and boiled for some time, till the sugar penetrate them and

they become tender. When cold, proceed as directed for making prune tarts.

Fresh Strawberry and Raspberry Tarts.

To each pound of fruit take twelve ounces sugar, clarify and boil the sugar to blow strong, put in the fruit with two gills currant juice to each pound; boil them till clear, and when cold fill the tart-pans, &c.

Or,

Put a layer of sugar and then a layer of rasps, or strawberries, into the tarts, put on the covers and bake them; then make a liquor thus. Take four gills of cream, the yolks of three eggs, beaten with a little sugar; open the tops and pour in a sufficient quantity of it into each tart; close the tops again and set them into the oven for a few minutes.

Rhubarb Tarts

Are only made before the gooseberries are ripe, and are a good substitute for that fruit. Take the stalks of garden rhubarb, not too thick, peel and cut them in pieces of two inches, or cut small like gooseberries; put them into a small pan with a sufficient quantity of very thin syrup, about a pint (mutchkin) to a pound of the stalks; boil them ten or fifteen minutes, when cold fill your tarts.

Gooseberry Tarts.

If for covered tarts, pick them clean, lay sugar under and over, close them up and bake them. If open tarts, put the berries, with a proper quantity of sugar to sweeten them, on

the fire, stew them till they burst, and when cold fill the tart-pans, &c.

Almond Tarts.

Take eight ounces almonds, blanch and pound them in a mortar with sherry wine, adding from time to time eight ounces pounded sugar; then mix it up with eight ounces grated bread, and add cream to bring it to a proper consistence, season it with nutmeg, &c. When it is baked, put in a few strips of candied orange, or citron. It may be coloured green with spinage juice, if you chuse it.

Angelica Tarts.

Pare and core some pippins, or nonpareils, peel the stalks of angelica, cut them into small pieces, and take of each an equal quantity; boil the apples gently in as much water as will cover them, mixed with a little lemon peel and sugar, until the liquor becomes a thin syrup; strain it off, put it on with the angelica, let it boil ten minutes, cover the pans with paste, put a layer of the apples and then the angelica till full; pour in some syrup, and cover them.

Icing for Tarts.

Take four ounces of treble refined sugar pounded and sifted through a lawn sieve, and the white of an egg, beat them up very light and white, if too thick, or thin, add more white of eggs, or sugar. It is laid on the tarts with a feather, or brush, after they are baked, and then put into a very close oven just to harden; take care they do not brown.

Fine Short Bread, called Pitceathly Bannocks.

Flour, 1 peck, or 8 pounds.
Butter, salt or fresh, or one half each, 4 pounds.
Sugar, pounded, 1 pound.
Caraway Comfits, 8 oz.
Orange Peel, cut small, 8 oz.
Almonds blanched (if you chuse) 8 oz.

Mix the flour, sugar and peel, all together, leaving one pound to roll it out; lay it on the table, make a hole in the middle to contain the butter, put the butter into a pan and make it boil. After settling a little, pour it into the flour and mix it up as quickly as you can; divide it in four or six parts, or into as many pieces as you want cakes; roll or knead them out to the thickness you wish, keeping them square. They are usually made about an inch thick. Prickle them on the top, strew on the caraway comfits, and cut four ounces orange peel in small strips of two inches in length, which also lay on here and there; roll it over to make them sink into the paste, then pinch them neatly round; lay them on sheets of paper, then on tins, and bake them in a moderate oven. They should be well soaked and not browned. *Or*,

When the butter is very fine, work the butter and flour together without melting, which will make excellent shortbread. Melting the butter takes out any sediment, or salt, which in this way must remain; therefore, unless the butter is fresh and good, it will impart its flavour to the bread and spoil the taste.

Plain Shortbread.

Flour, 8 pounds. Butter, 3 pounds.

Boil the butter and mix it well with the

flour, then add water to make it a proper stiffness. It is rolled out thinner than the rich shortbread. Some add two gills of yeast to make it rise. Roll it out to the size and thickness you want, prickle and pinch the cakes, then fire them in a moderate oven.

Petticoat Tails.

Roll out the rich shortbread the thickness of $\frac{3}{8}$ of an inch, prickle it well, cut a circle of 18 inches in diameter; then cut out a small circle in the middle of five inches in diameter, cut the outer pieces in eight equal parts and pinch them all neatly round; or cut the paste with a runner.

CHAP. III.

CHEESECAKES.

Observation.—Cheesecakes should be quickly put through hand, especially those composed of almonds, which are apt to oil and have a bad taste, which spoils their lightness. The oven should be moderate, not to scorch them but to give time for rising.

Lemon Cheesecakes.

Take the peel of two lemons, boiled very tender and pounded in a mortar, four ounces almonds, blanched and pounded with rosewater; beat light four ounces or more sugar with the yolks of six eggs, and half a pound of butter melted; mix them all well together,

lay a puff paste in the pans, fill them half full, and ornament them with bars, or cut tops.

Orange Cheesecakes,

Are made the same way as the lemon. Or, take marmalade in place of boiling the skins.

Almond Cheesecakes.

Take half a pound sweet and two ounces bitter almonds, blanch and pound them with the white of an egg; beat up six eggs (leaving out four whites) with half a pound of sugar, when light mix in the almonds; melt ten ounces fresh butter, and when near cold stir it in; add the grate of a lemon, line the pans with paste, and fill them half full. Or, take the same quantity of almonds, six ounces sugar, six ounces butter, and six yolks of eggs; proceed as before and glaze them with an egg.

Bread Cheesecakes.

Slice a penny loaf as thin as possible and pour on it a pint (mutchkin) of boiling cream; let it stand two hours; then beat eight eggs, half a pound of butter, and seasoning of nutmeg, cloves, or cinnamon, which mix well together, and then add the cream and bread, with half a pound currants and a glass of wine or brandy; line with paste; then fill the patty, or queencake pans, bar them across and glaze them.

Rice Cheesecakes.

Boil four ounces rice till it is tender, and put it into a sieve to drain; beat up four eggs, which mix with the rice and half a pound melted butter,

two gills cream, six ounces sugar, a glass of brandy and spiceries; beat all well together, and fill the pans, or small raised crusts; bar or ornament them.

Common Cheesecakes.

Put a spoonful of runnet into a quart (choppin) of warm milk, drain the whey from the curd through a hair sieve, put it in a mortar with four ounces butter, four ounces sugar, and spiceries, two Naples biscuits, the yolks of four eggs, one ounce pounded almonds, and a glass of brandy, or wine. Mix all together, add six ounces currants, with which fill the patty pans, and bar them across.

Curd Cheesecakes.

Take one gallon (2 pints) milk, set it as for cheese, whey it, and break the curd; put it in a mortar with six yolks and four whites of eggs; sugar, spiceries, and wine, to your taste. Mix these well together, set over the fire two gills cream, make it into a hasty pudding with flour, then mix all well together, fill the small pans and bar them.

Potatoe Cheesecakes.

Take six ounces potatoes, four ounces lemon peel, four ounces sugar, and four ounces butter. Boil the peel tender, pare or scrape the potatoes, boil them tender and bruise them; beat the lemon peel and sugar, then beat all together. When all are cold put paste in the pans, fill them more than half full, and sift a little sugar on the top. This quantity makes a dozen.

Cheesecakes.

Take of old biscuits, diet loaves, and almond biscuits; pound the whole in a mortar, adding eggs to reduce it to a proper consistence, sugar and butter in proportion, and lemon grate; when all are well mixed fill the pans nearly full.

CHAP. IV.

CUSTARDS.

Observation.—Custards should be made in a pan that is well tinned and rinsed, with a spoonful of water, to prevent the ingredients sticking to the bottom. Two or three marbles, by rolling about, may have the same effect. Custards should not boil, but ought to be taken off the fire before attaining that degree of heat. They may be baked in china coffee cups; sometimes a little puff paste is put round the edge and vandycked.

Almond Custards.

Take a pint (mutchkin) of cream, blanch and beat four ounces almonds with two spoonfuls of rosewater, sweeten it to your taste, and add spiceries if you incline; beat up the yolks of four eggs, and stir all together in a pan over the fire till it is thick; do not let it boil; pour it into cups and bake them in the oven, or before the fire.

Rice Custards.

Take a pint (mutchkin) of sweet milk, stir in two ounces ground rice, set it on the fire to boil, and add two ounces fresh butter; let all boil for some time, then add two eggs beat light. Keep stirring on the fire until they thicken, but not to boil again; season it with lemon grate, sugar, &c. Or, boil in a quart of cream or milk, some mace, nutmeg, or cinnamon; strain it, add some whole rice boiled in water or milk, and a little brandy; sweeten, and add two or three yolks of eggs beat up, put it over the fire, stir it till it grows thick, and then pour it in cups; either bake or serve them hot.

Lemon Custards.

Take half a pound sugar and the juice of two lemons, the rhind of one pared very thin, the other boiled tender, and pounded, or rubbed through a sieve; add two gills of wine, let them boil some time, take out the lemon peel and a little of the liquor, which cool; pour the rest into the dish, or dishes, intended for it. Beat up four yolks and two whites and mix with the cool liquor; strain it into the dish and mix all together, set them in boiling water on a slow fire; when done enough, grate the rhind of a lemon on the top and brown it over with a hot iron.

Orange Custard.

Boil the skin of a bitter orange tender, and beat it smooth in a mortar, add a spoonful of brandy and the juice of the orange, four ounces sugar and the yolks of four eggs; beat all well together ten minutes, and add by degrees

a pint (mutchkin) boiling hot cream, or milk. Keep beating them till cold, pour them in cups and set them in a dish of hot water; let them firm, and stick orange peel on the top. It is served either hot or cold.

Beest Custards.

Set a pint of beest over the fire, with a stick of cinnamon, or other spiceries, to flavour it; let it be boiling hot, take it off and have ready mixed a spoonful of cream and the same of flour, with the grate of a lemon or a few drops of the essence; pour the hot beest in by degrees, stirring it all the time; sweeten, and bake it either in crusts or cups.

Baked Custards.

Take a pint (mutchkin) of cream, boil it with spiceries, and when cold mix in the yolks of four eggs and two whites cast up, and a little sack or brandy, with sugar; pour it in cups and bake them.

Plain Custards.

Take a pint (mutchkin) of sweet cream, put it on the fire with some cinnamon and lemon peel; let it boil until it has the flavour wanted, but keep stirring one way. Cast the yolks of eight eggs till light, stir in a gill of cold cream, and put it by degrees to the hot cream; add spiceries and sweeten it to your taste, pour it in cups and bake them; a little wine may be added.

Egg Cheese, or Curd Puff.

Take three pints of new milk, boil it with

eight ounces sugar; cast the yolk of two dozen eggs light, add a pint (mutchkin) sherry, or other white wine, and the juice of three lemons; boil the rhind among the milk; when the milk has boiled stir in the eggs, wine, and lemon juice. Let all boil till it curdles like cheese, pour it into a sieve to drain all the whey from it; put it into moulds, made of tin and pierced with small holes; they are in the form of steeples, temples, &c. Press the curd hard, that all the whey may run from it; let it remain to firm, then turn it carefully out into a dish, pour round it cream seasoned with spiceries and sugar. This makes a very beautiful appearance in a desert, or as a middle dish.

Almond Butter.

Take four ounces almonds, blanch and pound them very fine, with new milk or rose-water, two pints (a choppin) cream; beat very light the yolks of twelve eggs, and mix with the cream; add a pint (mutchkin) new milk to the almonds, mix them well and strain it amongst the cream. Set the whole on the fire and continue stirring until it turns to a tender curd; put it into a drainer, that all the whey may run from it, and press it a little; then put it into a mortar with eight ounces pounded sugar, and, if you chuse, a little lemon grate, or spiceries; work it to a paste, and serve. It may be pressed into moulds according to fancy.

CHAP. V.

BAKING BREAD, &c.

THE expence of private brewing, from the necessity and pressure of the times, has obliged most families to relinquish the making of ales, and it is now chiefly confined to large breweries, whereby much inconvenience has been felt by bakers, &c. from want of proper yeast. This inconvenience has been the more felt, from the yeast made in large breweries being found unfit for the purpose of making bread. The distilleries, at one time, afforded a much preferable yeast to what was got from ale brewers, but even that is now lost, from the change of practice which has taken place within these few years in the art of distilling. For these reasons, a method for obtaining yeast by some other process, has occupied the attention of many, and a number of societies have been formed of bakers, throughout Scotland, for the manufacture of yeast, upon the old system of fermentation which the grain underwent previous to distillation, with the assistance of hops. They have succeeded to the utmost of their wishes, and are now independent of brewers and distillers, and have yeast at a moderate price which can at all times be depended upon. But this practice, from the expence attendant upon the building and apparatus, with the high price of cooper work, is put beyond the reach of many individuals

The following method for making yeast is therefore submitted to the public; and which I offer with confidence, as, from experience, I have no hesitation in saying, that it never fails to make a much lighter bread than any yeast which can be obtained from brewers or distillers.

Receipt for making Yeast.

Take eight ounces good hops, and three gallons (6 pints) spring water; boil them together in a clean pot, or pan, for an hour and a half, or two hours; strain it through a hair sieve into a clean pail, or tub, stir in 1½ peck (twelve pounds) flour; keep stirring it with a stick until it is quite smooth and free from any knots; put the hops again into the pan with a like quantity of water, and let it boil an hour, then strain it into a can. When the first boiling that was mixed with the flour is quite cold, which will take about six hours, put two pints (a choppin) of the old store, or yeast, to it; four hours after add the half of the second boiling and one pound more flour; six hours after add the other half with another pound flour and mix it well.

This is the first process, and in raising a store make use of yeast, but in future reserve as much of the old stock, or store, as set the next. When no yeast can be got it will do without, only giving it a few hours more time. In the course of eight or ten hours it is fit for use. Observe, that in making this yeast the greatest cleanliness must be preserved and practised, in cleaning the pail, or tub, &c. be-

cause the least particle of the old store lodging about the bottom of the pail spoils the next, by occasioning sourness.

To make Bread the Scotch way, with this Yeast.

It must be wrought very cool and requires great attention in its progress, as it comes forward in the dough much quicker than could be thought. A little more than four pints (one pint) of this yeast, will be sufficient for a sack of flour.

The Method of Working.

Take the proportion of compound from the London method, and after it is ready to form into loaves follow the same directions. Set the half sponge about two o'clock, A. M. let it remain till nine o'clock at night, then make up the full sponge and at five o'clock next morning it will be ready to make the dough. It will be full proof in three hours, but beware it does not overprove itself, because it not only flattens, but turns sour immediately, and by not attending to this particular many have erred, as also by working it too warm. It should never be so hot as new milk, unless when the weather is very cold. It should be kept always covered up, in a cool place, and will keep good fourteen days. It answers equally well in making all manner of bread where yeast is required. The same process may be carried on with the half, or quarter, of the ingredients.

Before this useful discovery, the bakers in most towns underwent much toil, and were

put to great expence in procuring yeast; but now they have nothing to fear or suffer on that account.

To make Bread after the English Method

Flour ought to be kept a month or two after being made, which makes the dough spring; when made use of too green it runs, and does not keep up. American flour, being well dried, rather grows in the dough, and in general makes the best bread. Experience only can teach as to the exact quantity of water requisite to make dough, because the quality of flour is not always the same, some kinds requiring more, others less, and it must be humoured accordingly.

The London way.

Put a bushel (four pecks) fine flour into a trough, to which add nine quarts (4½ pints) of warm water, mixed with one quart (half a pint) good yeast, stir and work it well together with your hands till it is smooth and tough; cover it up and let it rise, but be careful to watch and catch it before it falls, which will be near an hour and a half; work it down and add eight quarts (four pints) more warm water, and one pound of salt; work it well and again cover it close with a blanket. Weigh it out in quartern loaves of five pounds each, or half the size. Sweep the oven clean, put in long pieces of dried wood to keep them square; put in the loaves, and lay them close together that they may not spread; put more wood round the outside, shut up the oven

quite close. Two hours and a half will bake them.

Note.—In summer the water should be blood heat, in winter warmer, and in frosty weather very warm, but not to scald the flour, of the heat you can bear to keep your hand amongst it; otherwise, by scalding the flour the whole would be spoiled.

Leaven Bread.

Take about two pounds of the above dough to begin with, keep it in a wooden dish well covered with flour, and a cloth over it. This small piece leavens about three bushels of flour. The night before you bake, put this piece of dough into a peck of flour, and work them well together and smooth, with warm water, which by bakers is called liquor; cover it up with a cloth and blanket and set it in a warm place. Next morning it will be risen, then work it up with more warm liquor, sufficient to mix with two or three bushels of flour, adding a pound of salt for each bushel. When well mixed and wrought together, cover it up again until it rise light, then knead it well, weigh it off into quartern and half quarterns, shape them into loaves, or bricks; put them into the oven as above directed. Of this dough two pounds should be kept well covered with flour, which leavens the next batch. The greater quantity of leaven made use of, the lighter and more spongy will be the bread, and endeavour to keep it fresh; if it is kept too long betwixt the baking of one batch and the next it will turn sour.

French Bread.

Take a peck of flour, put it into a trough, or large wooden dish, mix half a pint (half a mutchkin) of good yeast with three pints (mutchkins) of warm liquor, or water, work it into the flour until it is tough, cover it up with a warm flannel cloth, or blanket, and let it rise as high as it will. Have ready six pints (mutchkins) skimmed milk, of a blood heat, and a pound of salt, work this into the flour with your hands; when well mixed, put the ends of your fingers together, work, or throw it over and over your hands, till it is quite weak, and draws into strings; cover it up with flannel as before, then make your oven very warm, by which time the dough will be ready. When you take the dough out of the trough, it must be done in the same manner as you wrought it, by placing the ends of your fingers together and winding it round your hands; lift it quickly out upon the table. It requires a large heavy knife to cut it in pieces, make it up into loaves, or bricks. They should be baked in deep iron pans; an hour and a half will bake them. A few ounces of butter may be added along with the second working; they are rasped, or chipped, over the top when cold. A part of the dough may be made into rolls; they are also fired in iron pans, and will take about half an hour to bake; when cold rasp the tops.

French Bread, or Rolls.

Warm a pint (mutchkin) of milk with two ounces butter, mix in a gill of good yeast and

a little salt; lay down four pounds flour, which make into a paste with the above liquor; put it into a dish and cover it up, set it in a warm place for an hour, to rise; then work it well and divide it into a dozen or more rolls, place them in a tin pan and bake them in a quick oven.

Light Loaves, or Rolls.

Warm two quarts (choppins) milk and water, half of each; add some salt, stir in nearly a pint (mutchkin) of good yeast, half a pound butter, and two eggs well beaten. Lay down six pounds flour and make a paste with the above liquor, form it into loaves, or rolls; two pounds currants, cleaned, with a few caraway seeds, may be added, if agreeable.

Rolls.

Rub into two pounds flour four ounces butter, very fine; warm as much milk as will make it into a dough, not too stiff, add a gill of yeast and two eggs beat up. After mixing it well let it rise (being covered up) about fifteen minutes, then break it out into rolls, place them in a pan, let them rise ten minutes, and put them in the oven.

Brentford Rolls

Are made the same way, with the addition of two or four ounces pounded sugar.

Observe, That the yeast you use be fresh, and free of any sourness, or bitterness; if so, it may be improved by mixing the yeast with water, letting it stand a night, and next day pouring off the water. In winter the dough should be

made stiffer and the liquor warmer than in summer.

Muffins.

Take two pounds flour, make it into a paste, with six gills warm milk, or milk and water, one gill yeast, and a little salt; stir the liquor well together, then pour it amongst the flour and work it well, put it into a large wooden dish, and cover it up for an hour, to rise light; then roll it out, and break it into small pieces, the size of a large walnut, which roll into balls, the dough must be covered up; lay them on a table, or board, as quick as you can, but not too close together; keep them well covered with a warm flannel cloth as you do them; by the time you have finished, those first made will be flat and ready for baking; lay them on the metal plate, and when the bottom is brownish turn them over, and so proceed. If you add to the above quantity of ingredients three ounces melted butter and two eggs beaten, it will make them very nice.

The plate is made of metal, laid upon the top of a building of a circular shape, under which is the fire, with a chimney at the back part, and narrow mouth; it may have a grate, and a place below for the ashes. When the middle of the plate is at any time too hot, put in a brick below, which will cool that part and make the heat spread round.

Crumpets

Are a thin batter made of flour, and milk and water, with a little yeast, and dropped, in large spoonfuls, upon the metal plate, which is rubbed over with a piece of butter, and should be

very hot. When they are done on the one side they are turned over.

Or,

Beat up two eggs, add two pints (mutchkins) of warm milk and water, with half a gill of yeast, mix in as much flour as will make it rather thicker than a pudding batter; pour the batter on the metal plate, the size of a tea saucer; you may do six or more at a time, according to the size of the plate. A girdle, upon the fire, will do for small quantities.

Muffins and rolls, when a few days old, by being dipped in water and toasted before the fire, will eat much better, as it, in a great degree, restores the new taste again.

Oat Cakes

Are made in the same manner as muffins, the oat meal should be finely sifted, and requires about a third part more liquor.

To prepare muffins and oat cakes for eating, toast them on both sides crisp, then pull them open with your fingers, and they will appear like an honeycomb; do not use a knife, as it spoils their appearance and makes them heavy. Put in what butter you chuse, then place the tops and bottoms together again; set them on a plate before the fire, and when you think the butter is melted turn them, so that both sides may be alike; only do not use a knife but to cut them across when ready.

Oat Cakes, as used in Scotland,

Is oatmeal made into a stiff paste with cold water, knead out into bannocks, and baked upon a hot metal plate; when one side is done

they are turned over. Or, they may be toasted by setting the cake on its edge before the fire, upon a toaster, or heater, used for heating smoothing irons, with a back to support the cake. They are made thick, or thin, as you incline; they are also made with warm water and yeast, then baked in an oven.

Hard Biscuits.

Rub into half a peck of flour eight ounces butter, and make it into a very stiff paste with cold milk and water. If you find any difficulty in kneading it, beat it out with a roller, cut it in long pieces, pile them up, and beat them out again; continue to do so until it is quite solid and smooth; make it into little biscuits and prickle them.

Rusks.

Take five pounds flour, one pound sugar, pounded, put them in a large pan, and add eight eggs, half a pound butter, two quarts (1 choppin) of new milk. Melt the butter among the milk, and add it also to the flour, and lastly half a pint (mutchkin) yeast; mix it well together, cover it up with a cloth, and put it before a good fire for half an hour, to rise; then work it up with a little more flour, cover and let it lie half an hour longer, to rise. Take it out of the pan, form it into small round biscuits, lay them on sheets of tin, and set them before the fire; cover them up for another half hour, or till light; put them in the oven and shut it close. When they are brown on the top take them out, cut them through the midst, put them again into the

oven, with the outsides up, to crisp, which should be very slowly; when cold pack them up.

Whigs.

Take two pounds flour, and one pound currants, cleaned and washed; make a cavity to hold as much water as make it into a paste, not very stiff; pour in warm water, add eight ounces butter, which dissolve in the warm water, then one gill yeast; mix it up and make it into whigs of any size you please, cover them up to rise light, then glaze them with an egg and bake them.

Wafers.

Take one pint (mutchkin) cream, or milk, and four ounces pounded sugar; dissolve the sugar in the cream, then take one half of the cream and make it into a stiff paste with fine flour, reduce it into a batter with the other half of the cream, stirring it well to make it smooth; if too thick add more cream, or milk; then beat up two eggs with a little wine, to which add some pounded nutmeg, cloves, cinnamon, or lemon grate, and stir all well together. Make your tongs hot, upon a clear fire, drop as much batter on them as will cover them, shut the tongs quick and turn them on the fire to do them equal; take a knife and run it round the tongs, to take off any of the paste that has been squeezed out; have ready a small pin, on which roll them off the tongs. They should not be discoloured with the heat, and the fire must be regulated accordingly. When one half of the batter is made into wafers, you may, with a

little lake, rosepink, gamboge, &c. colour the other half; dry them a little in the stove, and keep them in a dry place. They are used to tea, deserts, &c. This quantity will make nearly ten dozen.

CHAP. VI.

FRUIT PIES.

Observations.—Pies of every kind require particular care that the heat of the oven be proportioned to the articles baked, both as to size and quality. A light, or puff paste, requires a moderate heat. Pies, when large, must have time to soak thoroughly; they should be well covered with paper, to preserve the colour of the crust of a nice light brown. Raised pies require a quick oven; they should be well closed up, otherwise they will fall down and their shape be spoiled.

Apple Pies.

Put a layer of sugar in the dish, then of apples, pared and cored, alternately, until the dish is full. Cut in small strips some candied lemon and orange peel, pound a few cloves, nutmeg, and cinnamon, which intermix to season it, as you incline. Or, in place of peel, add two or three spoonfuls of marmalade, and a small bit of butter; then boil the parings and cores in a little water for fifteen minutes, and pour over the apples. Having made a rich puff paste roll it out to ¼ of an inch in thickness, put the plate on the middle of it, and, with a long knife, go

round the outer edge of the plate, cutting the paste, which forms the cover; then cut a strip the breadth of the rim of the dish, round, out of the paste; wet the rim and lay this round, then wet the paste upon the rim, and lay over it the cover; press it gently down with your thumbs all round, take the back of a knife and scollop the edges; roll out a little of the paste, and with the runner cut a long narrow slip, which roll up; make a hole in the middle of the cover, roll out more paste, and, with the paste knife and runner, form it into leaves of trees, make the ends fall into the hole on the top; then fill it up with the piece of paste rolled up, or made in the shape of a crown, &c.; then ornament the cover with festoons, &c. of paste. Make four small holes with the handle of the paste knife, glaze it over with the yolk of an egg and send it to the oven. Before serving it, after you take it out of the oven, beat up a few yolks of eggs and cream, according to the size of the dish, put it in a pan over the fire and continue stirring till near boiling; take out the crown, and, with a funnel, pour in the custard; or, take off the lid, and pour it over the dish, cut the paste into corner pieces and make them stand upright on the top of the pye. *Or*, The apples may be stewed, seasoned, marmalade, &c. added, and covered as directed for a prune tart, p. 189.

Pears

Are done in the same manner.

Cherry Pies.

Lay fruit, sugar, and spices, alternately,

with a few red, white, or black currants, and proceed as already directed in making apple pies.

Gooseberry Pies,

Are made in the same manner. Use raw sugar, they require a good deal of it; when ready, serve with cream.

Mince Pies.

Stone eight ounces raisins; eight ounces currants, clean picked and washed; eight ounces potatoes, boiled, skinned, and pounded; four ounces almonds, blanched and cut cross-ways in slices; eight ounces apples, pared, cored, and minced small; six ounces suet, shred very small, and four ounces raw sugar. Mix all together, adding one gill brandy, one gill port wine, pounded nutmeg, cloves, and cinnamon, to flavour it richly. Make a puff paste, line the patty pans, or shapes, fill and cover, then ornament and glaze them with an egg. The above mixture, pressed hard into a pot, will keep good some weeks.

Mince Meat Pies.

Make ready the ingredients as directed in mince pies, (the potatoes may be left out) and one pound beef finely shred, or part of a tongue boiled and shred down; mix together and fill the shapes. The squeeze of a lemon may be added; or, in place of the almonds substitute orange and lemon peel shred small.

☞ *For Meat Pies, vide Cookery.*

An Orange Fool.

Beat light six eggs, mix in the juice of six

oranges, two gills cream, four ounces sugar, a little pounded cinnamon and nutmeg; put it into a pan, stir it over a fire, till thick, put in a little bit of butter, and stir till cold, then dish it.

A Westminster Fool.

Cut a penny loaf in thin slices, wet them with wine, lay them on the bottom of a dish; beat light six eggs and two spoonfuls rosewater, mix into it two pints (a choppin) of cream, with spiceries and sugar to your taste; put it into a saucepan, stir it constantly over a slow fire, as it is apt to curdle; when it begins to grow thick pour it over the bread, when cold serve it.

Gooseberry Fool.

Take one quart (choppin) of gooseberries, set them on the fire with two pints (2 mutchkins) of water; when they begin to simmer and turn yellow and plump, throw them into a cullender, to drain; then force the pulp through, with the back of a wooden spoon, into a dish; sweeten it with sugar when cold. Take a pint of milk and the yolks of four eggs, half a nutmeg, grated, and a little pounded cinnamon and cloves; stir it softly over a slow fire. When near boiling take it off, stir it into the gooseberries; serve it when cold. If made with cream it does not require the eggs, and if not thick enough add more fruit.

An Apple Fool

Is made in the same way, stewing the apples and making use of the pulp as directed above.

French Puffs.

Boil one pint (mutchkin) of water, with one ounce butter and a little salt, then stir in as much flour as render it as thick as hasty pudding; take it off the fire, and when cold beat two eggs and mix with it; put in a large piece of fat, or lard, into the frying pan, then drop in the batter in spoonfuls, and fry them brown; lay them one above another as you do them, and serve with sugar betwixt each.

CHAP. VII.

VINEGARS, SAUCES, &c.

UNDER this head, it will be necessary to point out the method of making vinegar, also the different kinds of vinegar used in sauces. Vinegar, by being exposed to the air in a flat vessel, in time of frost, is rendered much stronger, in proportion to the degree of freezing, or thickness of the ice upon it, as the watery particles only, freeze, and are collected on the top. In this manner the inhabitants of Wallachia and Moldavia expose their wine, to increase the strength of it; they make a hole through the ice on the top with a red hot iron rod, and pour out the wine, which is then found to be stronger, and keeps better.

Vinegar.

To every gallon (two pints) of spring water, add one pound coarse Lisbon sugar; let it

boil while any scum arises, which carefully take off; pour it into tubs to cool, as you do beer. When cool for working, toast one or more pieces of bread, according to the quantity of liquor, dip the pieces, or rub them over with yeast, put them into the liquor; let it ferment two days, then stir it well and pour it into a cask, which should be iron hooped and painted. Place it where the sun may shine longest upon it, as it should not be moved; pour in the liquor, place a slate, or tile, over the bunghole; in very fine weather the bunghole may be left open part of the day. It should be made in the month of March, or beginning of April, and will be ready for use in August; but if not sour enough at that time, let it stand a few weeks longer; it is then bottled, or drawn off into another cask and cleared with isinglass. This vinegar is very strong, and fit for making every kind of pickle, for exportation or sea-stock; but for home consumption, if a third part water is added, it will be found still strong enough. For most pickles this vinegar requires no previous boiling; in green pickles, pour it over them hot two or three times.

Mushrooms.—Wash them clean and dry them; scald a nutmeg, and while hot, cut it in thin slices, add a little mace, put them in bottles, and fill them up with this vinegar. They are not so white, but will be found much better flavoured than pursuing the other method.

Common Vinegar

May be made with molasses. To four pounds

add 4½ gallons (9 pints) water, boil and skim it, pour it into a flat vessel, over a quantity of cowslips; when cool add a pint (mutchkin) of yeast, ferment and proceed as above directed.

Gooseberry Vinegar.

To every gallon of white gooseberries take 2½ gallons water; break the berries by bruising, or squeezing them with your hands. Boil the water, pour it on them after it is cold; mix them well together, let them stand three days, occasionally stirring them; then put the liquor through a sieve, and add to each gallon, one pound raw sugar, one gill of yeast; let it work a week, rack it off into another cask, bung it up, and at the end of twelve months it will be a very strong, richly flavoured vinegar.

Garlic Vinegar.

Slice two ounces garlic into two quarts (choppins) white wine vinegar, also a nutmeg sliced down, or mace. This vinegar is much esteemed by many. Shalot vinegar is made the same way.

Elder Flower, or Tarragon Vinegar.

Fill a cask three parts with good vinegar, gather the flowers while in blossom, pick them off the stalks, spread them on a sheet to dry a little in the sun, put one pound of the flowers to every two gallons of vinegar; or the flowers may be sewed into a bag of thin muslin, or linen. Stop the cask close, let it remain in a warm place four or five days, and at the end of fourteen days, it may be bottled off.

Chili Pepper Vinegar

Is made with a strong infusion of the pepper, mixed with vinegar to the strength you wish it.

Camp Vinegar.

Slice one ounce garlic, put it into a bottle with half an ounce Cayenne pepper, or four tea spoonfuls, three ditto walnut ketchup, half a dozen anchovies, cut small, two pints (mutchkins) vinegar; add as much cochineal as will give it a high colour; let it stand two months, shaking it well two or three times, and when pure strain it off, or filter it through blossom paper; put it in small bottles and seal the corks.

Wine Vinegar.

When making raisin wine, after the fruit is strained put it into a cask, and to each hundred weight prepare fourteen gallons water, as directed in making vinegar, and proceed in the same manner.

SAUCES.

Mushroom Ketchup.

The mushrooms being fresh gathered, lay a row in the bottom of a tub, throw a little salt over them, then mushrooms, alternately, only do not give them too much; let them lie twenty-four hours, then break and work them small with your hands; let them lie a few hours more, then squeeze them out in handfuls from the liquor; put the juice through a hair sieve, put it on the fire to boil with plenty of pepper and ginger bruised, until one third

is wasted; strain through a fine hair sieve, and when cold bottle it. *Or*,

Pound the mushrooms with salt, in a mortar, and after standing a night put it through a bag. Some put on the mushrooms and salt to boil a few minutes, and then squeeze them. To each gallon (two pints) take two ounces black pepper, one ounce pimento, one ounce ginger bruised, half a teaspoonful Cayenne pepper, half an ounce cloves; set it on the fire and boil it to a proper richness. When this is used, if you add a little wine, it tastes equal to any foreign ketchup.

The ketchup juice is clarified in the same manner as sugar, to each gallon add the whites of six eggs beat light; let it boil a few minutes, and then run it through a bag; put it on the fire again with the spiceries.

Coratch, or Walnut Ketchup.

Take walnuts that have been pickled twelve months, bruise them in a mortar with their liquor; pour off the thin liquor, add more vinegar, mix it well and pour it from the sediment; put it through a bag to clear, and boil it with spiceries. To each gallon of liquor take one pound shalots, one ounce garlic, two pounds anchovies, a bottle of port wine, mace and cloves, one ounce each; boil till the shalots sink down. Bottle it when cold, in small bottles, and seal the corks, dividing the spiceries among the bottles. It is not quite so good the first year, but improves in keeping, and will, if set in a cool dry place, remain good a great many years.

A Ketchup to keep Twenty Years.

To a gallon of very strong stale beer take one pound anchovies, washed from the pickle, one pound shalots peeled, half an ounce mace, one ounce whole pepper, half an ounce ginger, two quarts (choppins) mushroom flaps, rubbed small; cover all close up in a pot, let it simmer till one half is wasted, strain it through a flannel bag, and when cold bottle it up. It will keep in any climate. One spoonful to half a pound of melted butter, makes a fine fish sauce.

Fish Ketchup, or Essence of Anchovies.

Take half an ounce cloves, half an ounce mace, two ounces ginger, half an ounce black pepper, an onion, a few shalots, a bunch of thyme, or winter savory. To these ingredients add a quart (choppin) of port wine, two gills vinegar; put them into a saucepan with one pound of anchovies; let them stew gently over a slow fire for an hour, strain it through a sieve, pick out all the spiceries, and put them in the bottles with the ketchup. This sauce will keep many years if put in small bottles. This is the most approved sauce for all kinds of fresh fish, by adding of it to your taste in melted butter.

Sauce General.

Take six shalots and split them, one head of garlic, two laurel leaves; of thyme, basil, tarrogan, and truffles, a little each; half an ounce mustard seed bruised, the rhind of a small sweet orange, of cloves and mace a quarter of an ounce each, half an ounce long pepper, two

ounces salt, the juice of a lemon, six glasses of vinegar, and a pint (mutchkin) of white wine. Put all these ingredients in an earthen pot, set it on hot ashes twenty-four hours, to infuse; pour the liquor clear off and bottle it. It will keep a long time, and serve for all sorts of meat and fish sauces which require sharpness.

Sicilian Sauce for Roast Fowls.

Take half a spoonful of coriander seeds and four cloves, bruise them in a mortar; put three gills good gravy, and one gill essence of ham, in a stew pan; peel half a lemon and cut it in very thin slices, put it in with the seeds and cloves; let them boil, then add three whole cloves garlic, a head of celery sliced, two bay leaves, and a little basil. Let the whole boil till one half is wasted, then put in a glass of wine and strain it off. If too thin, add a piece of butter rolled in flour.

Sauce for Roast Meat.

Take an anchovy and wash it, put to it a glass of port wine, some gravy, a shalot cut small, and a little lemon juice; stir these together, strain it off, and mix it with the gravy which runs from the meat.

Sauce for most kinds of Fish.

Take mutton, or veal gravy, and put to it some of the liquor that runs from the fish; put it into a saucepan, with an onion, an anchovy, a spoonful of ketchup, and a glass of white wine; thicken it with a lump of but-

ter rolled in flour, and a spoonful of cream. If you have oysters, cockles, or shrimps, put them in after you take it off the fire.

Queen's Sauce, for Fish.

Put a quart (half a pint) of the liquor of pickled walnuts into a pan, with eight anchovies, a few bay leaves and shalots, with cloves, mace, and whole pepper; boil it till the anchovies are dissolved. When cold add two gills port wine, then put it in small bottles. A spoonful of this in melted butter makes a very rich sauce.

Or,

Put into a bottle two gills mushroom ketchup, one gill walnut pickle, three anchovies, two cloves garlic, bruised, and a little Cayenne pepper, shake it well and keep it for use.

Sauce Imperial.

Pound a quantity of green walnuts, express the juice, let it remain to clear for a night; then, to each pint of this liquor take one pound anchovies, half a pound shalots, two cloves garlic, two gills strong vinegar, mace, Jamaica pepper, and horse raddish scraped, a quarter of an ounce each. Boil it some time and skim it well, pour it into a bason, and when cold strain and bottle it.

☞ *For other Sauces see Cookery.*

CHAP. VIII.

PICKLING.

PREPARING pickles is now practised in almost every family, and those who make their own pickles have the satisfaction of eating them without the fear of their being hurtful, as must be the case where cleanliness is wanting, or where brass pans are made use of for the purpose of rendering them green. Pickles obtain a beautiful green by keeping them in a proper degree of heat with vine leaves, colewort, or kail blades, put under and over them, and pouring the vinegar warm upon them; repeating this until they are of a good colour.

Pickles, when kept in earthen cans, are often lost, from the porous nature of the ware, through which the pickle wastes, and air is admitted. The only proper jars for keeping pickles are the brown stone jars made in England; a few small ones ought to be kept, with a small quantity of each kind of pickle for present use. They ought not to be touched with the hands, a wooden spoon should be used for lifting them. Tie the jars carefully up each time, with a bladder and leather above it, as exposure to the air spoils them in a short time. By observing these rules pickles will keep a considerable time.

Mangoes of Cucumbers, or Melons,

Are made of the largest kinds, gathered before they are too ripe, and yellow at the ends; cut a piece out of the side, and with a tea spoon,

or bone scoop, take out the seeds; put them in a strong brine of salt and water, six or eight days, stirring them frequently every day, when they will be yellow. Put them in a pan, with plenty of vine leaves under and over them, or green kail blades; beat a little alum and put to the pickle they were taken out of, which pour over, and set them on a very slow fire five hours, until pretty green; take them out and drain them in a hair sieve. When cold, take horse raddish scraped down, mustard seed, a few heads of garlic, some pepper, and a few green cucumbers sliced, which mix together; with this fill up the cucumbers, or melons. Or, lay a layer of each until they are full, then tie on the piece with packthread which was cut out; do so to each. Make the following pickle; to every gallon of vinegar take one ounce mace, one ounce cloves, two ounces ginger sliced, two ounces long pepper, two ounces Jamaica pepper, three ounces mustard seed, tied up in a bag, four ounces garlic, and a stick of horse raddish cut in slices; put it on the fire to boil, with the cucumbers, or melons, five minutes; put them in jars, pour on the pickle, tie them down close with bladders and leather above; set them past for use.

Cucumbers in Slices.

Take large cucumbers at their full growth, but not yellow, slice them the thickness of a crown piece; slice also two onions to each dozen, and as you cut them throw a handful of salt over each row; let them stand all night, then drain the liquor from them.

They do best when laid in a pewter bason, and covered with another; others dry them with a cloth. Put them into a jar and pour on vinegar to cover them; a few hours after pour it off, put it in a pan on the fire with mace, pepper, &c. pour it over them scalding hot, and in a day or two heat it again. Repeat it three times, then tie them up for use.

Cucumbers.

Chuse the smallest, free from black spots, &c. lay them in a jar with a pickle of salt and water for a week, or till they grow yellow; if put by the side of the fire they will sooner become so. Stir them frequently every day, else they are apt to grow soft. Pour off the pickle, cover them with vine leaves, or kail blades, set the pickle on the fire, and when it boils pour it over them. Repeat this until they are a fine green; it will take four or five times boiling up; keep them always well covered with leaves, which change when the colour fades for fresh ones, and close the vessel carefully to keep in the steam. When they are greened put them in a hair sieve to drain, while you make the following pickle. To each two quarts (two choppins) vinegar take half an ounce mace, a few cloves (if very particular to have them well tasted, but they may be omitted), one ounce ginger, sliced, one ounce whole pepper, and a handful of salt. Boil this pickle five or ten minutes, pour it over them scalding hot, and tie up the jar with a bladder.

Girkins.

According to the quantity of girkins take water sufficient to cover them, and with salt make a pickle to bear an egg. Set it on the fire, let it boil a few minutes, then pour it over the girkins, cover them close up, and let them lie twenty-four hours; drain them dry and put them in a jar. Make a pickle thus; to each gallon best vinegar take one ounce pepper, one ounce ginger, with a little salt, mace, and nutmegs as you chuse. Boil all these together in a metal pot; pour it over the pickles boiling hot and cover them close. Horse raddish and mustard seed may also be added. Let them stand twenty-four hours, repeat this boiling and cooling till they are a fine colour; or, put them in a pan with the vinegar and let them simmer, but not boil, till they are green. Or, let them lie three days in a strong brine, that will bear an egg; drain them well, and pour on them the pickle ordered in the cucumber and melon mangoes.

Walnuts,

According as they are wanted, are made either black, green, white, or olive colour.

Black Walnuts.

Take the full grown nuts, before they are too hard, so that a pin may easily pierce them, gathered in a dry day; lay them in a strong pickle of salt and water for nine days, renewing the pickle every three days; throw them into a sieve and expose them to the air, which turns them black. When black put them into

stone jars for keeping; into each jar, when half full, put a large onion stuck full of cloves. To every hundred walnuts add two gills mustard seed; boil a sufficient quantity of vinegar to cover them well, and pour on them; cover them close up with bladders, when cold boil the vinegar again and pour on them; do so three times, allowing the vinegar to be cold between each boiling; tie them up for two months, then pour off the vinegar and season it thus. To each two quarts put half an ounce mace, and some cloves; of ginger, black and Jamaica pepper one ounce each, and two ounces salt; boil it ten minutes, then pour it on the pickles, and tie them close up for use.

Green Walnuts.

Get the largest double French walnuts, before the shells are hard, some pare them very thin and throw them into a tub of cold water with some bay salt and let them lie twenty-four hours; take them out, put them in stone jars, with vine leaves at the bottom, betwixt each row, and over the top. Fill up the jar with cold vinegar and let them lie a night; next day pour off the vinegar into a pot with some bay salt, let it boil, and pour it upon the walnuts hot; tie them over with an woollen cloth and let them stand a week. Rub the nuts clean with flannels, put them as before in the jars, and make a new pickle of fresh vinegar, which pour on them boiling hot. Pour off this vinegar at the end of three or four days, boil it again, with plenty of spiceries; repeat this boiling and cooling two or three times; the

last time, when cold, put in two gills mustard seed, and a stick of horse raddish sliced; tie the jars over with a bladder. They will be fit for eating in three weeks. If for keeping do not boil the vinegar; they will not be ready for use till six months after. The next year boil the pickle, and they will keep good three years.

Others pickle walnuts green thus. After gathering the walnuts good and large, and before the shells are hard, wrap them singly in vine leaves. Put vine leaves over the bottom of the jar and nearly fill it with the walnuts, taking care they do not touch each other; put a good many leaves over them, fill up the jar with common vinegar, or alegar, and cover them close, that the air get not in. Let them stand three weeks, pour off the liquor, and cover the bottom of another jar with vine leaves; as quick as you can take out the walnuts, take off the leaves and wrap them in fresh ones; pack them as before, and fill the jar with wine vinegar; let them stand three weeks, pour off the vinegar, and repack them with fresh leaves as before. Take fresh vinegar, put salt into it till it bear an egg, and add mace, cloves, nutmeg, and garlic; boil it about eight minutes, and pour it over the walnuts. Be careful to keep them covered, and when you take out any cover the jar close up; but do not put any in again that have been exposed to the air, as they are apt to spoil the whole.

White Walnuts.

Observe as mentioned before in chusing the

nuts, pare them very thin, till the white appears; as they are done throw them in a tub of salt and water, let them lie in it six hours; place a board on them to keep them under the water. Set a pan with soft water on the fire, take the nuts out of the tub and put them in the pan; let them simmer five minutes, but not boil. Have a tub ready with salt and water as before, into which throw them, lifting them with a wooden ladle; lay on a board as before, and let them remain fifteen minutes; if they are not kept under the water they grow black. Lay them on a cloth to dry, then put them into jars, with blades of mace and nutmeg, sliced down and intermixed; then pour over them best white wine vinegar till near the top, which fill up with mutton suet melted, and tie them over with bladders.

Olive Colour

Is managed in the following manner. Having, as before, gathered the nuts, put them into strong ale, alegar, or common vinegar, and tie them over with a bladder. In this state they lie one year. Then take them out and make a pickle for them, viz. To each quart strong alegar, put half an ounce each of different kinds of pepper and ginger, some cloves and mace, with a little salt; boil all together some minutes and pour over the walnuts; when cold boil it again; repeat the boiling three times, then tie them properly up, and they will keep for years. A very fine sauce is made with the liquor by adding, in proportion, one pound anchovies, one ounce

cloves, of long and black pepper an ounce each, a head of garlic, and half a pound common salt, to each gallon of the liquor; boil it till one half is reduced, and skim it well; it will keep a long time, and is excellent.

Or,

Take walnuts about midsummer, when a pin easily pierces them, put them in a deep jar, cover them over with common vinegar, change it for fresh once a fortnight three times. Then, according to the quantity to be covered, take a proportion of the following. To two gallons best vinegar, add coriander and dill seeds an ounce each, bruised; three ounces ginger sliced, one ounce mace, two ounces nutmeg sliced; make all boil a short time and pour it over the nuts hot; do so three times, letting it cool betwixt each boiling.

Raddish Pods.

Require to be gathered when young and laid in a strong pickle of salt and water a night; next day boil the pickle and pour it upon the pods, cover the jar with a cloth doubled, place a slate over it to keep in the steam. When the pickle is nearly cold pour it off, make it again boiling hot and pour over them, covering as before; repeat the boiling, letting it be nearly cold each time, until they are a fine green. Then drain them from the liquor, and cover them with the following pickle. Take white wine vinegar as much as will cover them, put it into the jar with the pods, ginger, black and Jamaica pepper, mace, and cloves, to the strength you require. Pour the vinegar boiling hot over

them, and cover with the cloth only, three or four folds, that the steam may come out a little; let them stand two days, repeating the boiling three times. When cold put in some mustard seed and horse raddish, tie them up close with a bladder and leather.

French Beans.

Take the young tender beans, put them in strong salt and water for three days, stirring them frequently; put them into a pan with vine, kail, or cabbage leaves, under and over them, pour on the brine they were steeped in, and set them over a slow fire until they are a fine green colour. Keep them close covered, throw them into a sieve to drain, and make a pickle to them of ale, alegar, or common vinegar, one gallon to the peck of beans, with spiceries and mustard seed according to your taste; pour it hot over the beans, which should be laid regularly in a jar, with the spiceries intermixed. Tie them over with a bladder. *Nasturtiums*, *Love Apples*, *Capsicums*, *Kidney Beans*, *Samphire*, and *Indian Cresses*, may be done in the same manner.

Barberries.

Take of best vinegar and water equal quantities, and to every pint of it one pound coarse sugar; set it over the fire with the juice of some barberries, or a few of them bruised with a little salt; boil it half an hour and strain it; when nearly cold pour it into the pots or glasses, over the barberries. Boil a piece of flannel in the liquor, with which cover them, and over that a bladder. *Or*,

Take a quantity of the berries, not too ripe, pick off the leaves and dead stalks, put them into jars with a large quantity of strong brine, and tie them down with a bladder. When a scum rises on the top put them into fresh pickle; but they need no vinegar, their own natural sharpness being sufficient to preserve them; cover them close.

Currants for Present Use.

Take either red or white currants, not too ripe, make them warm in strong vinegar, with as much sugar as indifferently sweeten them, and keep them well covered in the liquor.

Cauliflowers.

Take the whitest and closest cauliflowers you can get, and break the flowers in bunches, spread them on an earthen dish, lay salt all over, and let them stand three days to draw out the water. Put them in jars and pour boiling salt and water over them; let them stand a night, then drain them in a hair sieve, and put them into glasses, or bottles; fill them up with spiced vinegar, and tie them over with a bladder.

Red Cabbage.

Slice the cabbages cross-ways very thin; put them on an earthen dish, strew salt over and cover them up with another dish; let it stand twenty-four hours, then drain them in a sieve for an hour or two; lay them properly in your jar; take as much vinegar as will cover the cabbages, a few cloves, pepper, ginger, &c; some add a little cochineal, but

the true red Dutch cabbage, needs no colouring; boil the pickle, pour it over either hot or cold, and tie up the jar with a bladder. Beet roots prepared as under may be mixed, or cauliflowers.

Beet Roots.

Boil them till tender, take off the skins, and slice, or cut them like wheels, according to fancy; put them into a jar, boil as much vinegar with horse raddish and spiceries, as will cover them, pour it over and tie them close up for use.

Peaches, Plumbs, Nectarines and Apricots.

Take the fruits before they are at full growth, or just before they ripen; lay them in a strong brine of salt and water, put a board over them to keep them under, and let them lie three days. Take them out, wipe them carefully with a cloth, lay them in glasses or jars, and fill them up with the following pickle. Take as much white wine vinegar as will cover them; to each gallon take one pint best well made mustard, two or three heads garlic, a good quantity of ginger sliced, half an ounce each cloves and mace, or nutmeg; mix well all together, pour it over the fruits, tie them close with a bladder, or leather. They will be fit for use in two months. Some cut them, take out the stones, and fill them with mustard, garlic, &c. and tie them together. All these strong pickles waste with keeping, and should therefore be filled up occasionally with cold vinegar.

Onions.

Gather the smaller onions when dry enough to be laid up for use; take off the outward dry coat, boil them till tender in water; or lay them in salt and water for nine days, changing the water daily, then put them in jars and pour boiling salt and water over them; when cold pour it off, and put more boiling pickle on them, adding a few bay leaves. To a quart (choppin) of onions, take a quarter of an ounce-mace, and two ounces of ginger, mix it through them, and to each quart vinegar add two ounces bay salt; skim it well, and when cold pour it over the onions; cover them with bladders, and as the pickle wastes fill up the jar with more.

Or,

After taking off the brown skin, have ready a pan with boiling water, into which throw them, and when they appear clear lift them immediately out with a skimmer; lay them on a cloth, cover them up, and proceed to scald the rest. When they are cold, put them in wide mouthed bottles; take the best wine vinegar, make it scalding hot, and pour it over them; when they are again cold, cork and seal them.

Elder Shoots in imitation of Bamboo.

Take the largest and youngest shoots of elder, which the tree sets forth in May; the middle stalks are most tender, and largest. Strip off the outward peel, or skin, and lay them in a strong brine of salt and water for a night, then dry them with a cloth one by one. Make

a pickle, half of white wine and half vinegar, taking to each quart one ounce white pepper, one ounce ginger sliced, a little mace and Jamaica pepper. When the spice has been boiled sufficiently to give its flavour to the pickle, pour it hot on the shoots; close it up immediately, and place the jar before a good fire for two hours, turning it frequently round. If not green enough pour off the vinegar and boil it again; pour it on, and repeat the boiling and cooling three or four times.

Artichoke Bottoms.

Boil artichokes till you can pull the leaves off, clear the bottoms by taking off the chokes, and cut them from the stalks; taking care you do not let the knife touch the tops. Put them in salt and water an hour, take them out, lay them on a cloth to dry; then put them in wide mouthed glasses, with mace and ginger between them; pour on the pickle, cover them with mutton fat melted, and tie them close up with bladders and leather.

Nasturtiums.

The most proper time for gathering them is soon after the blossoms are gone off; put them in clean salt and water, changing the water daily for three days. Make the pickle strong with white wine vinegar, mace, nutmeg, shalots, pepper, salt, and horse raddish; then drain the berries from the pickle of salt and water, and put them in jars; make the vinegar, with the spiceries, scalding hot, pour it over the nasturtiums and tie them up close.

Elder Buds,

When about the size of hop buds, are pickled by putting them in strong salt and water for nine days, stirring them frequently every day. They are then put in a pan, and covered with vine leaves, and the water they lay amongst poured over them; keep them over a slow fire till they are a fine green. Make a pickle of common vinegar, mace, shalots, and ginger sliced; boil it a few minutes, pour it over the buds; when cold tie them close, and keep them in a dry place.

Samphire.

Take the samphire when green, put it in a jar with a few handfuls of salt over it, cover it with water, and let it lie twenty-four hours; then put it into a clean brass saucepan, throw in a handful of salt, and cover it with vinegar; cover the pan close and set it over a slow fire; let it remain till it is green and crisp; then take it off immediately, for if it stands to be soft it is spoiled; put it in a jar and cover it close, and when cold tie it over with a bladder. It may be kept through the year in a very strong brine of salt and water; throw it into vinegar before you use it.

Mock India Pickle,

Is made of cauliflowers, white cabbage, cucumbers, raddish pods, kidney beans, beet root, elder shoots, &c. They are put in a hair sieve, a handful of salt thrown over them, and placed in the sun, or before a fire, for a few days, to dry; when all the water is run out

of them they are put into large earthen pots in layers, and betwixt each layer a handful of brown mustard seed. Take as much common vinegar as will cover them, and to each four quarts put one ounce turmeric, boil them together and pour it hot on the pickles; let it stand twelve days by the side of the fire, or until the pickles are a bright yellow, and most of the alegar sucked up. Then take two quarts strong ale alegar, one ounce mace, one ounce white pepper, of cloves, long pepper and nutmeg, a quarter of an ounce each; beat them all together, and boil them ten minutes in the alegar; pour it on the pickles with four ounces garlic peeled, tie it close down and set it by for use. It should remain a year before it is used.

Asparagus.

Take the largest asparagus, cut off the white ends, wash the green ends in spring water, then put them in clean water and let them remain in it two or three hours. Have a broad stew pan full of spring water, in which put a good handful of salt; set it on the fire, when it boils put in the asparagus loose, but not too many at a time, lest the heads should be broken; just scald them, take them out with a broad skimmer, and lay them on a cloth to cool. The pickle is made thus. To each gallon vinegar put one quart (choppin) water, if it is very strong, and a handful of bay salt; let it boil, put the asparagus in jars, add to the pickle two nutmegs, scalded and sliced, of mace and pepper a quarter of an ounce each, pour it hot upon the pickle and cover it. After a week

boil it again, and when cold cover and set them by for use.

Lemon Pickle.

Cut a dozen lemons into six or eight divisions each; make ready one pound salt, two ounces garlic, peeled and cut, two ounces horse raddish sliced thin, of mace, or nutmeg, cloves, and Cayenne pepper, half an ounce each, and two ounces flour of mustard. Put a layer of the lemons, and then the salt, spiceries, &c. alternately, into a strong brown jar, pour over them two quarts (choppins) of good vinegar, tie up the jar, and put it in a baker's oven half an hour; or set the jar into a pan of boiling water and let the water boil round it an hour. Set the jar aside, keep it close covered, stir it daily for six weeks, and at the end of that time put it into small bottles.

Sprats to imitate Anchovies.

To a peck of fresh sprats weigh a pound and a half common salt, half a pound bay salt, salt prunella and saltpetre two ounces each, a quarter of an ounce cochineal; pound all well together in a mortar. Have stone jars in readiness to hold the quantity; put a layer of sprats, properly packed in rows, then the salt, alternately; press them hard down, and tie them up with bladders. They will be ready in six months. Smelts are done in like manner. By using the above proportion, any greater or lesser quantity may be made. When a small quantity is made at a time it is an improvement to pour some port wine over them. They make a very fine appear-

ance as a supper dish. The sprats taste very nice on bread and butter.

To one peck smelts take two ounces pepper, two ounces nutmegs, four ounces saltpetre, and one pound common salt, all beaten very fine; wash clean and gut the smelts, lay them into a jar, or anchovy barrel, in rows, with the compound betwixt each row and a few bay leaves; boil as much red wine as will cover them, which pour over and cover them; when cold, lay something heavy upon them to keep them down and tie them over with leather, or bladders.

To restore and keep Anchovies, when the Liquor is lost, or dried up.

Pour on them good beef brine, and carefully cover them up to exclude air.

Caveach, or Pickled Mackarel.

After cleaning the fish cut them into round pieces; for three large ones take half an ounce white pepper, a large nutmeg, or half the size of one of mace, six cloves, and four ounces salt. Pound them small in a mortar, make a few holes into each piece, which fill with the compound; rub them all well over with it, then fry them brown in oil, or clarified butter. After they are cold drain them out, put them into a jar, and cover them with vinegar. If they are to be long kept they must be covered on the top with oil.

Mushrooms.

Take the button mushrooms, rub them well with a little salt upon flannel, and put them

into a stew pan; pound a little mace, which mix with pepper and salt, and throw over them. When the liquor comes from them keep shaking them over the fire, which must be very moderate, until they dry up the liquor; then pour in as much vinegar as will cover them. When it is warm empty the whole into a stone jar and tie them up. They will keep good a long time.

Sour Crout.

Take the large white cabbages, when in season; cut them in quarters from top to bottom, then shred them very small as you do for pickling. Put a layer of salt, then a layer of the sliced cabbage, into a cask, strew on a little pounded coriander seeds, then salt, and so proceed, with a layer of cabbage alternately, until the cask is full; put on a slate above, with a heavy weight to press and keep it down, and set it in a dry place. When you use it put the quantity you want in a pan of warm water, let it boil five minutes and strain it. Have ready a number of small pieces of pickled pork, of four ounces weight each, and a like number of salted beef; they should be more than half boiled; put them into a stew pan with the cabbage, some fresh butter, onions thin sliced, whole pepper, pimento, and mace tied in a bit of linen; stew till tender, take out the spices, season the cabbage with a little Cayenne, serve it with fried onions and sausages round the crout.

Pickled Eggs.

Boil twelve eggs hard, carefully chip and take off the shells, put the eggs into a jar with one dram each of cloves and mace, one nutmeg sliced, some whole pepper, ginger, and a bay leaf; pour over them some boiling vinegar, cover them close up; when cold tie them over with a piece of leather, or bladder. After they have stood three days, pour off the vinegar, boil it again and pour over them; cover them, and when cold tie them close up. They will be fit for use in a month after.

END OF PART SECOND.

PART III.

THE

FAMILY COOK.

'In order to make good servants, they have only to attend to three simple rules:
'To do every thing in its proper time.
'To keep every thing to its proper use; and,
'To put every thing in its proper place.'

Cottagers of Glenburnie.'

INTRODUCTORY OBSERVATIONS.

THE number of pans and other utensils used in cooking, and the bad consequences resulting from the want of attention to cleanliness in this department, must be the only apology for again insisting upon a strict attention and care in keeping every utensil bright and clean. The tables, dressers, and shelves, should likewise be often scoured and well washed; in short, every article used in cookery, should not only be thoroughly cleaned and dried before using, but immediately after, and set aside perfectly clean and dry.

Nor ought any thing be suffered to remain in pans, pots, or saucepans, as it not only imbibes a bad taste, but, from the poisonous na-

ture of all metallic substances, must be attended with dangerous consequences to health, in proportion to the length of time it remains in them.

The tinning of copper and metal utensils very soon wears off; this should be carefully looked after, and occasionally repaired. Greasy substances, if left in copper, or brass pans, become very soon green, which shows the necessity of attention to cleanliness. Tin utensils, if allowed to remain wet, or set past without being perfectly dry, soon corrode and break out in holes.

Vegetables very soon turn sour, and have the effect of corroding any metallic substance, and in that manner become poisonous. Glazed earthen ware, from the quantity of lead and other noxious minerals of which they are composed, are equally dangerous, especially when used to hold acids.

All kinds of meat, in summer, ought to be purchased early in the morning, and carried to a safe place, where flies cannot enter; the parts which the flies touch almost immediately spoil. If you suspect any part to be flyblown, cut out the piece, and wash and dry the part all round it. In foggy weather meat of all kinds becomes clammy, and very soon spoils. To prevent which, immediately on returning from market wipe it very carefully with a soft linen cloth, and wrap it in another dry soft linen, laying it in folds between the parts where moist is most apt to gather. If hung in an airy, cold place, and the cloth shifted daily, the meat will keep good a considerable

time. After the meat has been cut in proper pieces, examine carefully if it is any where flyblown, especially under the flat of the sirloin. All these places ought to be well rubbed with a dry cloth, or salt, particularly the chine bone. The kernels, and the pipe that runs along the bone in loins, should be taken out, as they are most liable to spoil.

Meat intended to be eaten cold, whether roasted or boiled, should be overdone, more especially in hot weather, because the gravy, or juice, causes it to turn sour.

Meat or vegetables that are frosted, should be laid in cold water two or three hours before using. *Further observations will be found under the heads of Roasting, Boiling,* &c.

CHAP. I.

DIRECTIONS FOR MARKETING.

To Chuse Meats.

Beef.

Young Ox Beef, is of a red carnation colour, the grain smooth and open, the fat white, with a yellow and pink shade, and of a crumbling, oily softness. *The meat of yellow fat is seldom good.*

Cow Beef has a closer grain, the colour less bright, the fat whiter and more tender; if young it easily dents with the pressure of the finger, and immediately rises again.

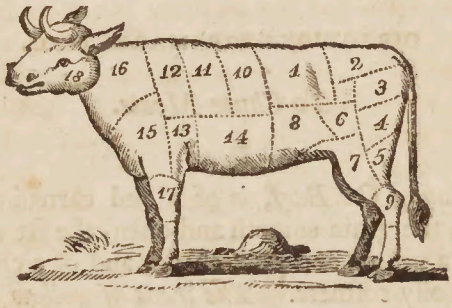
Bull Beef is of a more dusky red, the grain closer and firmer than the ox or cow, the fat hard, skinny, and smells strong.

In old meat, an appearance of a horny substance runs along the ribs, which increases in hardness with the age, while the flavour diminishes.

Meat, if *fresh*, is of a lively, flesh colour; if *stale*, of a darkish, dull colour.

The flesh of overdriven cattle has a strong smell like bull beef; and, upon pressing it hard between the fingers, yields a red juice. Before you salt such beef, make a strong pickle of salt and water, boil and skim it; when cold lay the meat in it for twenty-fours, then dry salt it.

The following cut, and description, shows the names of the various pieces, according to the English and Scotch method of dividing the carcase.



IN ENGLAND.

The Hind Quarter contains

1 Sirloin
2 Rump
3 Edgebone
4 Buttock
5 Mouse ditto
6 Veiny Piece.
7 Thick Flank
8 Thin Flank
9 Leg
10 Fore Rib, 5 ribs.

The Fore Quarter contains

11 Middle Rib, of 4 ribs.
12 Cheek, of 3 ribs.
13 Shoulder, or Leg of Mutton Piece, containing a part of the Blade Bone
14 Brisket
15 Clod
16 Neck End, or Sticking Piece
17 Shin
18 Cheek

IN SCOTLAND.

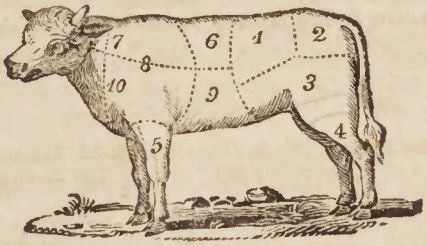
1 Middle Sirloin
2 & 3 Top of the Rump and Hook Bone
4 & 6 Middle Hook Bone and Round
5 & 9 The Hough
7 & 8 The Flank and part of the Hough
10, 11 & 12 The Fore Saye
13 & 14 The Breast and Nine-holes
15 The Lair
16 Neck and Sticking Piece
17 The Knap
18 Cheek and head

Besides these, are the tongue and palate. The entrails are the sweetbreads, kidneys, skirts, and three kinds of tripe, the double, the roll, and the red tripe.

Veal.

The flesh of the cow calf is whiter than that of the bull, and not so firm, but is preferred on account of the udder. The place which taints first in the neck and breast, is the upper end; the loin taints soonest under the kidney. If the meat is fresh, it will be white and dry, the vein in the shoulder of a bright red, or blue; but if stale, it will feel soft and clammy. The leg is known to be new by the stiffness of the joint; if limber, and the flesh slimy, with greenish or yellow specks, it is proportionally bad as these signs obtain.

The calf is divided thus.



ENGLAND.

Hind Quarter.	*Fore Quarter.*
1 Loin, best end	6 Neck, best end
2 Loin, champ end	7 Neck, scrag end
3 Fillet	8 Blade Bone
4 Hind Knuckle	9 Breast, best end
5 Fore Knuckle	10 Breast, brisket end

SCOTLAND.

1, 2, and 3, The Loin, Fillet, and Knuckle	6 Loin
	7 & 8 Back Ribs
5 Knuckle	9 & 10 Breast, Saye, and Head

In Scotland, the veal seldom exceeds four months old; therefore, it is not cut into so many divisions as is the practice in England, where it is often eight months old, and the carcase much larger. The entrails are named the pluck, which consists of the heart, liver, lungs, nut, melt, and skirts; the throat, wind-pipe, and sweetbreads.

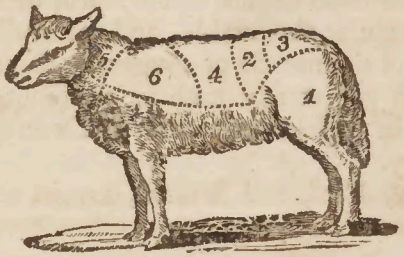
Mutton.

Choose it by the fineness of the grain, good colour, and firm, white fat; from three to five years old. The flesh of the ewe is paler than that of the wether mutton, and the grain closer. In ram mutton the grain is closer

than the ewe, the flesh a deep red, the fat spungy and very strongly flavoured.

If the mutton be young the flesh will pinch tender, the fat easily separates from the lean. If old, when pinched with the finger and thumb it will feel hard, and does not regain its shape; the fat will feel clammy and adhere by strings.

If tainted with a Rot, the flesh will appear pale, the fat a faint whitish colour, inclining to yellow, and the flesh loose at the bone; if you squeeze it hard, drops of water will stand up like sweat.



ENGLAND.

Hind Quarter.	*Fore Quarter.*
1 Leg	5 Neck, scrag end
2 Loin, best end	6 Shoulder
3 Loin, champ end	7 Breast
4 Neck, best end	

SCOTLAND.

1, 2, 3 The Gigot	The two Loins joined together
4 The Loin	are called a Chine, or Saddle
5 & 6 The Fore Quarter	of Mutton.

Lamb.

In the fore quarter of lamb the vein of the neck generally indicates its state; if it appears of an azure blue it is fresh, but if greenish, or yellow, it is stale.

The place in the hind quarter which taints soonest is under the kidneys; therefore, if it smells disagreeably and the knuckle feels limber, it is stale. The head is known by the eyes, if they are plump and lively, it is fresh; but if sunk and wrinkled, it is stale.

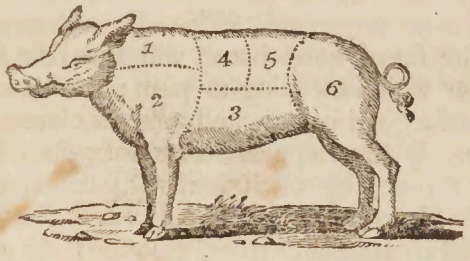
The fore quarter of lamb consists of the shoulder, neck and breast together; the hind quarter is the leg and loin. There is also the head and pluck, the fry, or sweetbreads, skirts, lambstones, and liver.

Grass lamb begins about April, or May, if the season is favourable, and generally holds good till the middle of August. House lamb may be got at any time in populous towns, and is in highest perfection in December and January.

Beef, *Veal*, and *Mutton*, are in season at all times of the year.

Pork.

In young pork the lean will break in pinching; if fresh, the skin will feel cool and smooth. If old, the skin will be thick and rough, nor will it yield on pinching; the fat, flabby and spongy. If stale, the skin will feel clammy; to know if it is tainted, examine the knuckle, which first smells. The flesh of the boar feels hard and rough, the skin thick, and the fat hard; the lean of a dusky red, and rank smell. If there are small kernels, like peas, in the fat, it is measly and unwholesome. Good pork should have a thin skin.



ENGLAND.

Fore Quarter.	*Hind Quarter.*
1 Spar Rib	4 Fore Loin
2 Hand	5 Hind Loin, (if too long, a spar rib may be cut off.)
3 Belly, or Spring	6 Leg

SCOTLAND.

1 Spar Rib	4 & 5 Sirloin
2 Breast and Shoulder	6 The Ham, or Gigot.

The entrails are named the liver, crow, kidney, skirts; sometimes called the hastlet; also the chitterlins, or guts, which are used for sausages and puddings.

Hams.

Chuse those that are short in the hock, or shank; if, upon running a large packing needle, or small bladed knife, under the bone, it comes out clean, and has a pleasant smell, it is good; but if it is smeared, and has a disagreeable, or musty scent, it is bad. A good ham has always a degree of plumpness on it, is of a clean, dark reddish colour, and pale coloured fat; if the fat is very yellow, even on the outside, depend upon finding the ham rancid.

Bacon.

The fat of good bacon will feel firm, and appear white, inclining to pink; the lean tender, of a good colour, and adheres close to the bone. If there appear streaks of yellow running through it, conclude it rusty and spoiling fast. If old, or young, *see Pork*. *Brawn* is judged by the same rules.

Venison.

The same rules apply to venison as to freshness. If young, the fat will be thick, clear, and bright; the clefts smooth and close. The parts are the neck, shoulders, breast, and haunch. The season for buck venison is the months of June, July, August, and September; and for the doe, October, November, and December.

Poultry, Game, &c.

Turkies.

The most certain sign of a cock turkey being young is the shortness of the spurs, and the smoothness and blackness of the legs; the eyes full and bright, the feet limber and moist. Sometimes the spurs are cut short and blunted by the poulterers, for the purpose of deceiving. The eyes sunk in the head, and the feet dry, denotes its being very old. Hen turkey is judged by the same rule; if with egg the vent is open, if not, it will be hard and close. Bustards are judged in the same manner.

Fowls.

Almost the same rules apply in judging of

cocks and hens. The spurs of young cocks are short and blunt, the vents close, and the comb of the capon is pale; if old, the vent is open. Hens are best when full of eggs, before beginning to lay

Chickens, when new, are stiff; if stale, they are limber and their vents green.

Geese.

When young, the bill and feet are yellow and few hairs upon them. If old, they are red, full of hairs, and dry footed. When fresh, the feet are soft and pliable; but dry and stiff when stale. Green geese are in season from May to June, till three months old. A stubble until they are six months old, and should be picked dry; but a green goose should be scalded. The same rules apply to wild geese.

Ducks,

When newly killed, have the legs supple; and if fat, the belly will be hard and thick. If stale, the feet feel dry and stiff. The feet of tame ducks feel thick and incline to yellow; wild ducks are smaller, and the feet a reddish colour. Ducks should be picked dry, and ducklings scalded.

Pigeons,

When fresh, are full and fat at the vent; but when the vent is open, green, and loose, they are stale. In old pigeons the legs are large and red, and the toes rough. Tame pigeons are preferable to wild, being larger and fatter; the wood pigeon is the largest.

The same rules apply to *Plovers*, *Fieldfares*, *Larks*, and other small birds.

Partridges.

If young, the legs are yellowish and the bill of a dark colour; if old, the legs are bluish, and the bill white. When fresh, the vent is firm; but greenish if old, and the skin peels off when rubbed with the finger.

Woodcocks,

Being birds of passage, are only found with us in winter, and are best about three weeks after their first appearance, being then recovered from their fatigue. When fat, and in good condition, they feel firm and thick, the vent thick and hard; a vein of fat also runs by the side of the breast. If newly killed, the feet are pliant, and the head and throat clean; the contrary if stale.

Hares.

If the claws are blunt and rugged, the ears dry and tough, the cleft in the lip wide and large, and the haunch thick, it is old. If young, the claws are smooth and sharp, the ears tear easily, and the cleft of the lip not much spread. If fresh and newly killed, the body will be stiff and the flesh appear pale; but if the body is pliant and the flesh blackish, it is stale. A leveret has a knob, or small bone, near the foot, on the fore leg, which distinguishes it from the hare.

In modern cookery, the hare is considered the better of being kept until it acquires a scent.

Rabbits.

In old rabbits the claws are very long and rough, with grey hairs intermixed with the wool; when young, the claws and wool are smooth. A new killed rabbit is stiff, and the flesh white and dry; but limber, the flesh bluish, and a kind of slime upon it, when stale.

FISH.

General Rule to know when Fish are Fresh or Stale.

When fresh, the gills should be of a lively red colour, firm, and not easily opened; the eyes standing plump and clear, the fins apparently full of blood, and stiff. Stale fish are judged of by the contrary marks, such as suppleness, the eyes muddy and sunk, the gills of a dark colour, and tainted smell.

Turbot and Soles.

Good turbot is thick and plump, the belly of a cream colour; if of a bluish colour they are not good. They are in season most part of the year.

Haddocks and Cod.

Chuse them with small heads, and thick over the shoulders, a very small tail, and the flesh white and firm.

Skate.

Are judged as to goodness by the same rules; they should be firm, white, and thick, not too large. The she ones are the sweetest, and are best from January to March. The female skate is known by having very few thorns on

its back. If fresh, the belly is white, of a delicate lilac colour, and the fins quite red.

Salmon.

The flesh of fresh salmon is of a fine red colour, particularly at the gills; the scales bright, and the whole fish firm and stiff. Chuse them thick over the shoulders, with small heads. The spring is the best season for them.

Herrings, Mackarel, and Whitings,

Are judged in the same way as the salmon, by the gills being of a fine red; the fish, when held out by the head, quite stiff, the eyes bright and standing well out of the head. The herrings, in particular, have, like the salmon, a fine luminous appearance over the whole body; but if the contrary signs appear, they are undoubtedly bad.

Trout

Are an excellent and beautiful fresh water fish; those that are red and yellow are the best; the females are considered the finest, and are known by having a smaller head and deeper body than the male. Chuse them by the same rule as salmon. Their season is May and June.

Tench, Flounders, Pike, Carp, Perch, and Gudgeon,

Are judged by the general rule. They are in highest perfection when dressed immediately after being caught. The sliminess of the skate, tench, and flounder, is easily removed

by using a handful of salt when cleaning them.

Smelts,

Are a fresh water fish of a silver hue, very firm when fresh and in good condition. They have a strong smell, resembling newly sliced cucumbers, or the roots of newly pulled rushes, which leaves them when dressed.

Sturgeon,

If good, cuts firm without crumbling; the flesh very white, the veins and gristles a fine blue; the grain even, the skin tender, well coloured, soft, and of a pleasant smell. The females are full of roe, which is taken and spread out on a table, beaten flat, sprinkled with salt, then dried in the open air, exposed to the sun, and afterwards dried in an oven. It should be a reddish brown colour and very dry. This is called caveach, and is eaten with oil and vinegar.

Eels

Should be dressed as soon as taken out of the water, and are in season all the year, a few of the hot months excepted.

Lobsters.

Boiled lobsters, when fresh, are stiff, and the tails pull up with a spring when you draw them out; but the tail has no spring, and is flabby, when stale. If live lobsters have not been long caught, the claws will have a quick and strong motion upon pressing the eyes with your finger; the heaviest are the best. The male lobster is known by the

narrow back part of the tail, which has no spawn under it, and the flaps of the tail are stiff and hard; those of the female are soft and the tail broader. In general the male lobster is preferred for its superior flavour; the flesh is also firmer, and the shell when boiled a deeper red. In boiling them you fill up the vent under the flaps of the tail with a wooden pin, or part of their horn, taken off for that purpose; put them in when the water boils; half an hour or three quarters, according to the size, will boil them.

Crabs, or Partans,

When fresh, like the lobsters, have a sweet smell. In chusing them, observe that the claws are stiff; break a small piece off the end of the shell to know if there is water in the body; as they are chosen by their weight, a person is often deceived by the water. The carle partan, or male crab, is esteemed the best, and is known by being longer than the quean, or female, and has a narrower flap on the breast.

Oysters,

When alive, and in full vigour, close fast upon the knife when opening them, but give way immediately when wounded. They are in season from September to April. They should be eaten immediately when opened, otherwise the fine flavour goes off. Oysters are fed, or fattened, thus. They are first well washed and made clean; then laid, bottom downwards, into a small tub, or pan, sprinkled over with flour, or oatmeal, and salt, then covered with

water; the water should be pretty salt, and the operation repeated daily. In London, the Colchester, Pyefleet, Milford, and Milton oysters, are the best; and in Scotland the Pandore is the largest and best.

Prawns and Shrimps,

When in perfection, have an agreeable smell; they are firm, and the tail, as noticed in the lobster, turns in with a spring when drawn out, and their colour bright; but when stale, their tails grow limber and lose the spring, their brightness fades, and they become pale and clammy.

Butter.

To judge of the quality of butter, either fresh or salt, certainly requires a very nice taste, and employs both the taste and smell. White, short butter, is never good; butter from cows newly calved eats rich, and is very beautiful, but will not keep when salted for winter stock. Butter from cows which feed on natural grass, is not only the best but will keep longest when salted.

Eggs.

New laid eggs, when held between your eye and a candle are quite transparent; in a short time specks appear, which increase in number and size daily; the egg then begins to grow muddy, and if very bad the yolk and white will appear mixed, it is then unfit for use. To preserve eggs for years, and in any climate, see page 152.

Cheese.

When an old cheese has a rough coat, or very dry top, it indicates worms or mites in it. If honeycombed, moist, or when pressed by the fingers it feels spungy, to a certainty there are maggots in it. If any part is spoiled, or perished, it should be pealed through to ascertain how far it has gone.

CHAP. II.

Trussing of Poultry, &c.

General Rules.—All the stubs should be carefully taken out, and when drawing poultry be careful of the gall, for should that break the bitterness would totally destroy whatever part it touches; neither can any means be used to remove it. Be careful also of the gut joining the gizzard, for should it happen to break, the inside will be gritty, and cannot be properly cleaned out.

Turkies.

Being first properly picked, break the leg bone close to the foot, draw the strings out from the thigh (it will assist you much to hang the fowl on a hook fixed in the wall); cut off the neck close to the back, leaving a sufficient portion of the crop skin to be turned over the back. Take out the crop, loosen the liver and gut at the throat end with your middle finger; cut off the vent and take out the gut; pull out

the gizzard with a long hooked iron and the liver will follow. Wipe the inside clean with a wet cloth, then cut the breast bone through on each side, close to the back, and draw the legs close to the crop; lay a cloth over the breast, and, with a rolling pin, beat the bone flat.

If for boiling, cut the legs off, put your middle finger in the inside to assist you, raise the skin of the legs and put them under the apron of the Turkey. Put a skewer into the joint of the wing and the middle joint of the leg, then run it through the body and the other leg and wing. The liver and gizzard, after being properly cleaned, are put into the pinions, the small end of the pinion turned on the back, and the legs tied to keep them in their places.

If to be roasted, it is trussed thus. Leave the legs and head on, put a skewer in the joint of the wing and tuck the legs close up; turn over the head and neck, fasten them with a skewer through the middle of the legs and body, then fasten the head to make it stand erect.

Turkey Poults

Are drawn the same way as a turkey. Separate the neck from the head and body, but preserve the skin; put a skewer through the joint of the pinion, tuck the legs close up, then run the skewer through the middle of the leg and the body; do the same to the other side. Cut off the under part of the bill, twist the skin of the neck round, and put the head on the point of the skewer, with the bill pointing

forwards; place the legs between the sidesmen and apron on each side, then run a skewer through to fix them, and cut off the toe nails. They are commonly larded on the breast.

Geese and Ducks.

After being picked and ready, cut the feet off, also the pinions, at the first joint; cut the neck off almost at the back, but leave the skin long enough to turn over. Loosen the liver, &c. at the breast end; cut it open between the vent and rump and take out the entrails. After cleaning it thoroughly and seasoning it, put the rump through the vent; flatten the breast, and place the skewers as directed for turkey poults.

Ducks are done in the same manner, only the feet are not taken off but turned close to the legs.

Fowls.

After being picked clean, cut the neck off close by the back, take out the crop, then loosen the liver, &c; cut off the vent, draw and clean it, then flatten the breast bone and season it.

If the fowl is to be boiled, cut off the nails of the feet and tuck them down close to the legs; put your finger into the inside and raise the skin of the legs, then cut a hole in the top of the skin and put the legs under it. Put a skewer through the first joint of the pinion, bring the middle of the leg close up to it, run the skewer through the middle of the leg, then through the body; do the same with the other

side. Open the gizzard and clean and separate the gall from the liver; put them within the pinions, turn the points on the back; you may tie a string over the legs to keep them in their place.

If for roasting, in addition to the above directions put another skewer into the small of the leg, then through the sidesmen; do the same on the other side; put another through the skin of the feet.

Chickens are done much in the same way. When in haste to have them ready, scald them to take off the feathers.

WILD FOWL.

General Directions for all kinds.

Pick them clean, cut the neck off close to the back, then, with your middle finger, loosen the liver and guts next to the breast; cut off the pinions at the first joint, then cut a slit between the vent and rump and draw them; clean them with the long feathers of the wing. Cut off the nails, and turn the feet close to the legs; put a skewer into the pinion, pull the legs close to the breast, and run the skewer through the legs, body, and the pinion on the other side; cut off the vent, then put the rump through it.

Pheasants, Partridges, &c.

Cut a slit at the back of the neck, take out the crop, loosen the liver and gut, cut off the vent and draw them; cut the pinion off at the first joint, clean out the inside properly and flatten the breast bone. Put a skewer into

the pinion and bring the middle of the legs close to the body, then run the skewer through the legs, body, and pinion on the other side; twist the head round and put it on the end of a skewer, with the bill fronting the breast. Run another skewer into the sidesmen, put the legs close on each side the apron and run the skewer through all.

If a cock pheasant, it will add much to the appearance to leave the beautiful crest of feathers on the head, and cover them with paper to prevent them being injured by the fire; preserve also the long feathers of the tail, which stick into the rump after it is roasted.

N. B. In this manner all kinds of muir game are trussed.

Pigeons.

Draw and clean them as directed in fowls, only the liver may remain, as they have no gall.

If for roasting, cut off the toes, then cut a slit in one of the legs and put the other through it; draw the leg close to the pinion, put a skewer through the pinions, legs, and body, and flatten the breast bone; clean the gizzard, put it in one of the pinions, and turn the points on the back.

If for a Pye.—Cut the feet off at the joint, turn the legs and stick them in the sides, close to the pinions. In stewing and boiling they are done in the same manner.

Woodcocks, Snipes, and Plovers.

These birds being very tender, require great care in handling. Having picked them,

cut the pinions off at the first joint, and, with the handle of a knife, flatten the breast bone. Turn the legs close to the thighs, tie them together at the joints, and the pinions close to the thighs; run a skewer into the pinions, and through the thighs, body, and other pinion. Skin the head, turn it, take out the eyes, put the head on the point of a skewer, with the bill close to the breast.

N. B. These birds are never drawn.

Hares.

Cut off the legs at the first joint, raise the skin of the back, draw it over the hind legs, leave the tail whole, draw the skin over the back and slip out the fore legs. Cut the skin from the neck and head, leave the ears on and skin them; take out the liver, lights, &c. and observe to draw the gut out of the vent; cut the sinews which are under the hind legs and bring them up to the fore legs; run a skewer through the hind leg, then through the fore leg under the joint, and lastly through the body; do the same on the other side. Run another skewer through the thick part of the hind legs and body; place the head between the shoulders, secure it in its place by a skewer; make the ears stand erect by running a skewer through each; tie a string round the middle of the body over the legs, to keep them in their proper place. A fawn is trussed in the same way, only the ears are cut off.

Rabbits

Are done much after the same manner as the

hare. The ears are cut off close to the head, cut open the vent, slit the legs about an inch on each side of the rump, lay the hind legs flat and bring the ends up to the fore legs; put a skewer through the hind, then through the fore leg, and the body; turn the head round and fix it on a skewer in its proper situation. If two are to be roasted together, truss them at full length with six skewers run through them both, head to tail.

Observe in Trussing, That the brightness and cleanness of the skewers is a most material consideration; any neglect of which, not only spoils the look of fowls and small meats, but likewise injures the taste.

CHAP. III.

CARVING.

General Observations.

THE seat for the carver, whether lady or gentleman, should be sufficiently high, to prevent the necessity of rising, and to command a proper view of the table. The carving knife should not be too large, and of a fine edge; a steel should be placed beside the carver. Strength is not so much required as address and practice. Orders should be given the butcher to divide the larger joints of meat; but it is preferable to break and make it ready for the table after it comes home, as they ge-

nerally cut too deep and spoil the piece. Such parts as the neck, breast, loin, and saddle, of mutton, lamb, or veal, if properly broke and divided, makes it easy for the carver to cut them down; and when the flesh upon a bone, or between ribs, would be too much, a slice may be taken out betwixt them.

Joints, or pieces that are fleshy, such as a leg, saddle of mutton, fillet of veal, or beef, should be cut in thin slices, very neat and smooth, making the knife go down to the bone each slice.

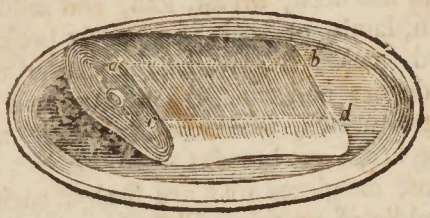
When the dish is too far removed from the carver, it not only has an awkward appearance, but renders the operation extremely disagreeable and difficult.

When there is a large party, upon cutting up wild fowl, duck, goose, or turkey, if you cut the slice from pinion to pinion, without making wings, there will be a greater number of prime pieces.

Fish being generally served before, and poultry after meat, I shall begin with fish.

When helping fish, endeavour to preserve the flakes whole; which, in fresh salmon and cod are very large; it contributes much to its appearance. On this account, the fish trowel, or knife, is best adapted for dividing it. With the fish help part of the roe, melt, or loin, to each person who may chuse it. The heads of carp, and parts of those of cod and salmon, cod sounds, and fins of turbot, are also much esteemed by many.

Salmon.



Observe, in helping this fish, that the belly is fatter and richer than any other part, therefore give, to those who like both, a small piece of each. The cut out of the belly is made in the direction *c*, *d;* and the other, out of the back, in the line *a*, *b*. Some also like the skin, to such cut thin slices with the skin on.

Mackarel.

Slit the fish along the back from the shoulders to the tail, and lay it over; do not go too near the head, as it is often discoloured. The roe of some mackarels is soft, others hard and plump; it is usual to ask whether a soft or hard roe is preferred.

Cod's Head.

A cod's head and shoulders, when in season and properly dressed, is a very handsome dish. It should be cut with the fish trowel; the parts about the back bone, on the shoulders, are the best and firmest; take off a piece quite down to the bone, and in a direct line with the eye where it divides. With each slice of the fish give a piece of the sound which lies under the back bone and lines it, the meat of which is thin, and rather darker coloured than the

fish itself; to get at it, pass the fish knife under the bone towards the head. About the head are many delicate parts, some fine kernels, and a great deal of the jelly kind, which lie about the jaw bones and the firm parts within the head. Some are fond of the palate, others the tongue; which may be got by putting a spoon into the mouth, in a line with the under part of the back bone.

The stomach of cod and haddock, when carefully washed and left with the head, is esteemed a great delicacy.

Lobsters

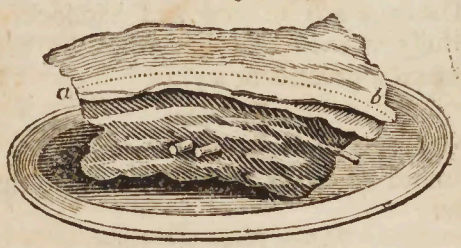
Are never sent to the table whole; the tail is the most esteemed part, and next to that the claws.

Edge Bone of Beef.

The outside of meat, when boiled, is much impaired in its flavour; for which cause, a slice an inch thick is generally cut off the whole length and breadth of the meat before the company is helped, beginning at *a*, over to *b*. The soft fat which lies on the back of the bone below *d*, very much resembles mar-

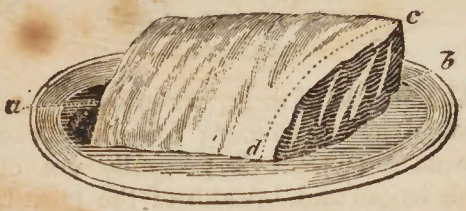
row; the firm fat must be cut in thin horizontal slices, at the edge of the meat *c*. From a difference of taste, it will be proper to ask each which they prefer. The upper part, placed as above represented on the dish, is fullest of gravy, enriched with fat, and most tender; the under side, though lean and dry, is by some preferred.

Brisket of Beef.



This part is generally boiled, and cut in neat slices, in the direction of *a b*, quite down to the bone. This is an excellent piece, and more so if corned; the fat on the upper slice is gristly and firm, but underneath is a softer and more delicate fat for those who prefer it.

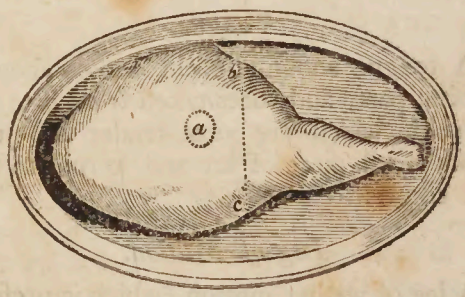
Part of a Sirloin of Beef.



For most families a whole sirloin is too large, the cut above represents part of one standing up in the dish, to show the inside, or upper

part; but when sent to table it is laid down, and the part *c* lies close on the dish; the part *c d*, is then uppermost, and the line *a b*, underneath. First cut off the outside slice quite down to the bone, in the direction *c d;* the flesh on the upper side of the ribs is firm and close, underneath the flesh is soft and tender, and by many preferred; it is often cut through the middle and cut in slices in the direction of *a b*, down to the bone; therefore, inquire whether the outside or inside is preferred; let the slices be of a moderate thickness, and give with each piece some of the fat. The inside may be prepared thus, and eats very delicately. Mince the meat in pretty large pieces, with a good deal of the fat; sprinkle it with salt, pour shalot vinegar, boiling hot, mixed with the gravy over it, and help upon hot plates, with a spoon, as quick as possible.

Ham.



A ham may be cut three ways; the *first*, and most common method, by long slices from *b* to *c;* the *second*, by taking out a small piece in the middle at *a*, and cutting thin circular slices, which is said to preserve the gravy

and keep it moist. The *third*, and most saving way, is to begin at the hock end, (of which many are fond) and proceed onwards. Ham used for pies, &c. should be cut from the under side, after taking off the outside slice.

Half a Calf's Head

Makes a most excellent dinner dish, and has a great deal of meat upon it. Cut slices from the nostril to the neck in straight lines, making the first run immediately under the eye; cut the fleshy part of the neck end in a direct line from the ear down to the lower jaw, where you will find the throat sweet bread, of which help a part with the other. Many are also fond of the eye, which take out with the point of the knife and divide it. When the jaw is taken off some very rich lean will be found round it; under the head is the palate, much esteemed by many.

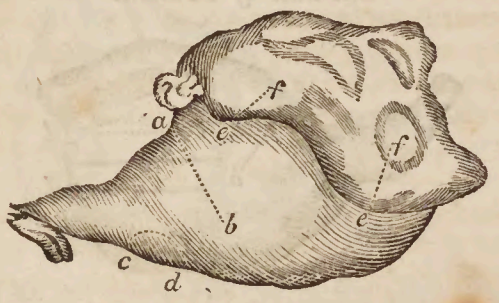
Tongue.

A tongue should be cut across about the thickest part, and slices taken from it towards the root, which are most tender and juicy; help a small piece of fat and kernel to those who chuse it.

Leg of Mutton.

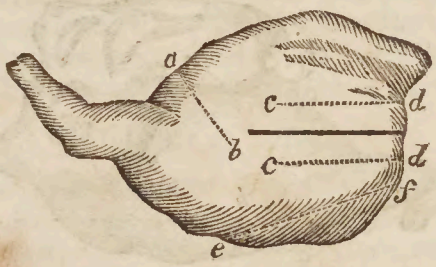
A leg of wether mutton (which is preferred on account of its superior flavour) is known by the kernel, or round lump of fat, above the letter *a*. This joint, whether boiled or roasted, is carved in the same manner. If boiled, it

should be served as it appears in the cut,

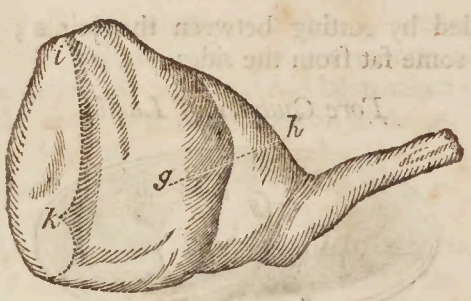


upon its back; but if roasted, turned over, as represented in the ham. The carver should turn the joint towards him, with the shank to his left hand; hold it steady with the fork, make a deep cut in the fleshy part of the hollow of the thigh quite to the bone, in the line of *a b*, which goes through the kernel of fat called the pope's eye, of which many are fond; help in deep thin slices, forward to *e*. From the line *a b*, to *e*, will be found the best and most juicy parts; others prefer the drier part about the shank, called the venison part. There are also very fine slices to be got on the back of the leg; turn it up and cut the broad end, not in the same direction as the other side, but length ways. The fat lies along the ridge, *e e*, &c. and is cut in the direction *e f*. To cut out the cramp bone, take hold of the shank with your left hand and cut down to the thigh bone at *d*; pass the knife under the cramp bone in the direction *d c*, and it is cut out.

Shoulder of Mutton.

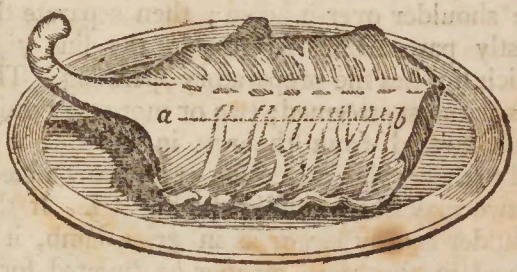


This joint is by many preferred to the leg, being very full of gravy, when properly roasted, and producing a number of very nice bits; the figure above represents it as laid in the dish with its back uppermost. The shank bone should be wrapt round with writing paper, that the carver may turn it at pleasure; the first cut is made in the hollow part in the direction *a b*, making the knife go down to the bone; the gravy immediately runs out, the part opens, and many fine slices are cut from it. The best fat lies on the outer ridge, and is cut in thin slices in the direction *e f*. When a number are at table, and the hollow part in the line *a b*, all helped away, some very good and delicate slices may be cut out on each side of the ridge of the blade bone, in the direction *c d*. The line betwixt these dotted lines shows the ridge of the blade bone, which cannot be cut across.



This cut represents the under side, where there are two parts very full of gravy, which many prefer to the upper side. One is by a deep cut in the line *g h*, accompanied with fat, and the other all lean, in a line from *i* to *k*. The parts about the shank, although coarse and dry, are by some preferred to the more rich and juicy parts.

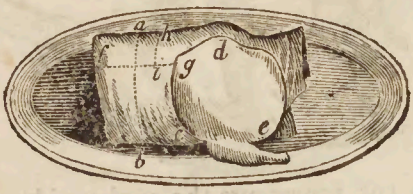
A Saddle of Mutton.



The chine, or saddle of mutton, is two loins together, the back bone running down to the tail. It is cut in long slices, beginning at the back bone in the direction of *a b*; but if the slice be too long, divide it. When the tail is left on, it is much liked by many, and is easily

divided by cutting between the joints; help also some fat from the sides.

Fore Quarter of Lamb.



Separate the shoulder from the breast and ribs (or scoven coat) by passing the knife under in the direction of *e*, *d*, *g*, *c*, as in the above cut, keeping it towards you horizontally, to prevent cutting the meat too much off the bones. If a large quarter, lay the shoulder upon another plate, and squeeze the juice of half a lemon, or Seville orange, upon the other part; sprinkle a little salt and pepper and lay the shoulder over it again; then separate the gristly part from the ribs in the line *f g*, which finishes the preparatory operation. The ribs are most esteemed; two or more may easily be separated from the rest in the line *a b*, and to those who prefer the gristly part a piece or two may be cut off in the line *k i*. If the shoulder is very large, as in grass lamb, it is carved in the same manner as directed for a shoulder of mutton, p. 274.

Fillet of Veal.

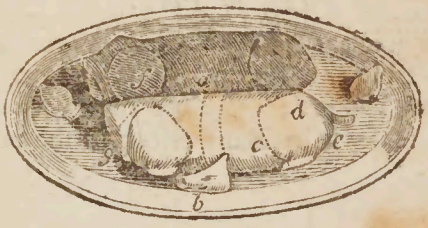
This part is the same as the round of beef in the ox. The outside skin is by many much liked, therefore, ask whether the brown outside be chosen; if not, lay it down and pro-

ceed to take off another, which will be exceeding white and delicate; cut it even and close to the bone. If the bone has been taken out, and the meat tied close, before dressing, the fillet will be quite solid, and should be cut in thin slices, very smooth. A stuffing, or delicate pudding, may be put into the flap, which should be cut so as let every one that chuses have a part along with a slice of fat; the fat, while roasting, should be covered with sheets of paper to preserve it, as it is apt to dry up. A round, or buttock of beef, is cut in the same manner.

Breast of Veal.

The part called the brisket is thickest and full of gristles; put the knife about four inches from the edge of this and cut through it, which separates the ribs from the brisket; then ask which is chosen, and help accordingly, the gristle part in pieces, or the ribs cut down and divided; serve also a piece of the sweetbread to each.

A Pig.



A pig is seldom sent whole to table, the cook usually takes off the head, splits the body down the back, and garnishes the dish

with the chops and ears. First separate the shoulder from the carcase, then the leg of one side, according to the dotted line *c*, *d*, *e*, in the cut. The most delicate part is about the neck, which cut off in the line *f g*; the ribs are the next best, and are divided into two, helping in the line *a*, *b*, with an ear, or jaw, and plenty of sauce. The joints may be divided in two, or pieces may be cut from them; the bones of a pig are merely gristles, therefore, a piece from any part may be helped without difficulty. By some the ribs are reckoned the finest part, but it produces so many choice and delicate bits, that the palate of most may be gratified.

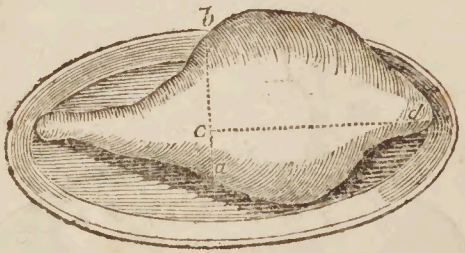
Spare Rib of Pork.

Cut slices out of the thick part at the bottom of the bones, and, when the fleshy parts are all done, separate and help the bones, which are very sweet picking. Very few admire the gravy of pork, for which cause it is served with a sauce prepared for it.

Leg of Pork.

This joint, whether boiled or roasted, is sent to table as a leg of mutton, and carved in the same manner; the close firm flesh about the knuckle, is by many esteemed the best.

Haunch of Venison.

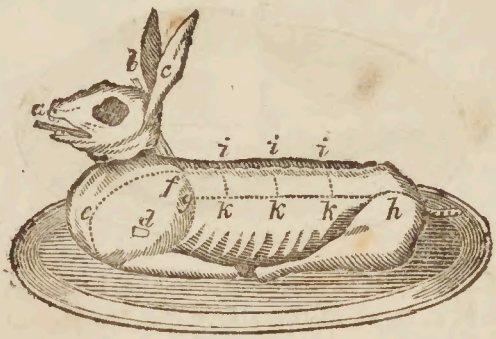


Cut it first across down to the bone, in the line *b*, *c*, *a*, as in the above cut, to let out the juice; then turn the broad end of the haunch *d* towards you; put in the point of the knife at *c* and cut as deep as you can to the end of the haunch *d*, in a direct line; then help in thin slices, cutting them either from the right or left. The fat lies deep on the left side, between *d* and *a*, and to those who are fond of it (which is a favourite part) the best flavoured and fattest slices will be found on the left of the line *c d*, the end *d* being turned towards you. In helping take care to proportion the fat and gravy, that each may have a part; let the slices be moderate, not too thick or thin; currant jelly should be placed beside, for any who chuse it.

A Haunch of Mutton,

Is the leg and part of the loin cut so as to resemble a haunch of venison, and is carved in like manner.

Hare.



The above cut represents the hare as trussed and sent to table. A skewer runs through the two shoulders, the point of which is *d*; another passes through the mouth at *a*, into the body, to keep the head in its place; and two others through the roots of the ears in the direction *b c*, to keep the ears erect. The skewers are removed when the hare is to be served.

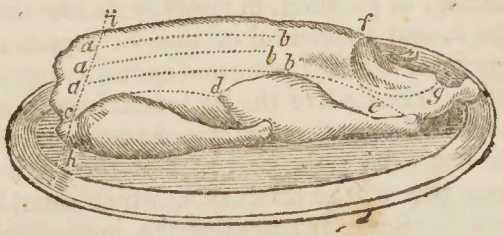
If the hare is young, the best way of cutting it up is, first to put the point of the knife under the shoulder at *g*, and cut through all the way down to the rump on one side of the back bone, in the line *g h*; do the same in like manner on the other side, by which the hare will be divided into three parts; cut the back through the spine, or back bone, into four pieces, in the lines *i k*. The back being the tenderest and most full of gravy, is esteemed the most delicate. The shoulders are then cut off in the line *e*, *f*, *g*; lay the pieces neatly on the dish as you cut them, then help the

company, and to each give a spoonful of the stuffing, or pudding, in the belly, below the letters *k*, and a spoonful of gravy; separate the legs from the back bone and cut them from the belly. The flesh of the leg is next in estimation to the back, but the meat is more close and firm, and less juicy; the best part of the leg is the fleshy part of the thigh at *h*, which should be cut off. Some are fond of the head, brains, and neck; cut the ears off at the roots, put the head upon a plate with the nose towards you; hold it firm with a fork, that it may not slip; introduce the point of the knife into the skull between the ears, force it down, and divide the head in two down to the nose at *a*.

If an old hare, put the knife close to the back bone, between it and the leg, and so cut it off; but as the hip bone may be in the way, turn the back of the hare towards you and endeavour to hit the joint between the hip and the thigh bone. When both legs are taken off, there is a nice collop on each side of the back bone; cut a long narrow slice or two in the direction *g h*, then divide the back bone into three or more parts, passing the knife between the several joints of the back; take off the shoulders, which are called the sportsman's pieces, and are by many preferred.

Carve Rabbits in the same way as directed above for the old hare, cutting the back into two pieces, which, with the legs, are most esteemed.

Goose.



Cut the apron off by the dotted line, *f*, *e*, *g*; if the goose is not stuffed have ready mixed two glasses of port wine with a teaspoonful of mustard, which pour into the body. Have the neck end of the goose towards you, and cut the breast in long slices on each side, in the direction *a b*, down to the bone, removing them only as you help each person, (this affords more prime pieces, when the company is not large.) Then, turning up the goose, proceed to take off the leg; put the fork through the small end of the leg bone, and pressing it close to the body make the knife enter at *d*; raise the joint well, then pass the knife under the leg in the direction *d e*, turn the leg back, and if a young goose it will easily separate. Next take off the wing, pass the fork through the small end of the pinion and press it close to the body; enter the knife at the notch *c*, and pass it under the wing in the direction *c d*, dividing the joint; accuracy in hitting the joint can only be obtained by practice. After taking off the leg and wing of one side, do the same on the other; but this is not often necessary, except in very large parties, where the whole goose must be cut

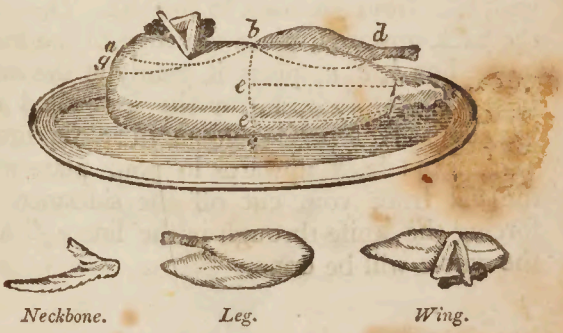
down. Take off the merrythought in the line *ih*; then the neck bones, and likewise the back and sidesmen, which are cut in the same manner as directed for a roast fowl.

The parts most esteemed are the slices from the breast, the fleshy part of the wing which is divided from the pinion, the thigh bone, or drumstick, the pinion, and the side bones. A goose is generally stuffed with sage and onion, which should be helped with a spoon after the apron is cut off, along with some gravy.

A Duck.

You first raise the legs and pinions without cutting them off; then raise the merrythought from the breast and cut slices from both sides of it.

Roast Fowl.

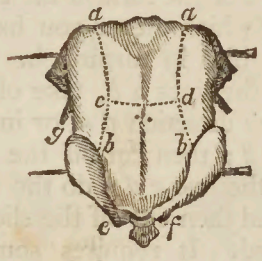


Neckbone. *Leg.* *Wing.*

The above cut represents the fowl as lying on its side, with a leg, wing, and neckbone, taken off. A roasted fowl is sent to table in the same manner as a pheasant, only without the head. Lay the fowl on your plate,

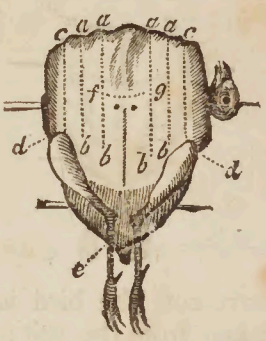
and cut off the joints in the lines *a*, *b*, *d*; lay them neatly in the dish. The wing is cut off in the direction *a b*, separating the joint with the knife; then, with the fork, lift up the pinion, drawing the wing towards the legs, which makes the muscles separate. Slip the knife between the leg and body and cut to the bone; then, with the fork, turn the leg back, and the joint, if it is a young fowl, will give way. Having thus removed the four quarters, proceed to take off the merrythought and neck bones; the first, by cutting across the breast in a half circle down to the neck; the last is done by putting in the knife at *g* and pressing it under the long broad part of the bone in the line *g b*; lift it up and break it off from the part which adheres to the breast bone, then divide the breast from the carcase by cutting through the tender ribs on each side from the neck to the tail. Next lay the back upwards, place the edge of the knife in the line *b*, *e*, *c*, press it gently at the same time with the fork, lift up the lower end and it will easily separate; then turn the lower part of the back upwards in your plate with the tail from you, cut off the sidesmen by forcing the knife through in the line *e f*, and the whole will be done.

Boiled Fowl.



Boiled fowl is divided in the same way as the roasted fowl, the legs of which are bent inwards and tucked into the belly; before it is served remove the skewers. In the above cut, the fowl is represented whole; the breast, wings, and merrythought, are generally esteemed the best parts; the legs of young fowls are most juicy. The leg should be separated from the drumstick at the joint, by introducing the knife into the hollow, then turning the thigh bone back.

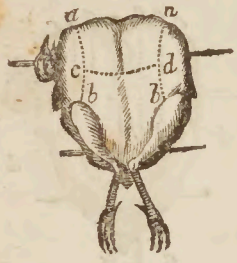
Pheasant.



The above cut represents the bird ready trussed for the spit, with the head under one

of its wings. When served the skewers are withdrawn. Fix the fork in the breast, at the two dots, by which means you have the command of the bird in turning it. Slice down the breast in the lines *a b*, take off the leg on one side in the direction *d e*, or in the circular dotted line *b d*; then cut off the wing on the same side in the line *c d*; do the same on the other side, and then cut off the slices of breast before divided. It requires some attention and practice in taking off the wings to hit the notch *a*; for if you should cut too near the neck in the line *a g*, you will hit on the neck bone, from which you must separate the wing. Cut off the merrythought in the line *f g*, by passing the knife under it, cutting down towards the neck; the other parts are cut in the same manner as directed for a roast fowl. The breast, wings, and merrythought, are most esteemed, but the leg has a higher flavour.

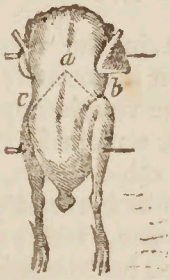
Partridge.



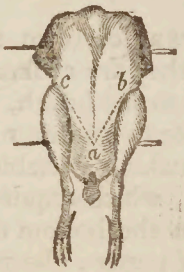
In the above cut, the bird is represented trussed, as taken from the spit; the skewers are withdrawn before serving. In carving it follow the directions for roast fowl, p. 283, 284.

The wings are taken off in the lines *a b*, and the merrythought in the line *c d*. The most esteemed parts are th wings, breast, and merrythought. The tip of the wing is reckoned the most delicate morsel of the whole.

Pigeons.



No. 1.



No. 2.

No. 1. represents the back, and No. 2. the breast, of the pigeon. They are sometimes carved in the same manner as chickens, but, from their small size, they are more generally cut in two, either from neck to tail, or across. Fixing the fork at the point *a*, and entering the knife just before it, divide the pigeon in two, cutting in the lines *a b*, and *a c*, No. 1.; at the same time bringing out the knife at the back in the direction *a b*, and *a c*, No. 2., which is the most fashionable way. The lower part is generally thought the best; dividing them from neck to tail is the fairest way.

CHAP. IV.

SOUPS AND BROTHS.

Rules to be attended to in the management of Soups, Gravies, and Broths.

NEVER let them remain in the vessel in which they are cooked; as it is not only pernicious to the health, but the vessels impart a bad taste to whatever is kept a night in them.

In making portable and other soups, and gravies, which require roots or herbs, lay the meat on the bottom of the pan, with a good piece of butter; the roots and herbs being cut, lay them over the meat, cover the vessel close, and do it slowly, which will draw out the essence, and give a superior flavour to it; then add the water, and when it boils skim off the fat. In making these, observe a due proportion, that no ingredient be more powerful to the taste than another; and also in seasoning it properly to answer the use intended.

Soups, gravies, and broths, when prepared with vegetables, very soon ferment and turn sour. Broths sometimes, in warm weather, if kept in a close vessel in a warm kitchen, will sour in two hours after they are made; therefore, when many vegetables are used, care should be taken in cooking them to hit the dinner hour as nearly as possible.

In order to separate the fat that remains on soups, mix a little flour and water smooth, then stir it into the soup and let it boil.

For Peas Soup.—Use soft water for old peas, and hard water to green peas, as it preserves their colour.

In large families, it will be found very useful to have a stock of clear jelly made from cow-heels, as it very much improves soups, gravies, &c.

Truffles and Morells, are used to thicken soups and sauces, being first washed clean and then simmered in water a few minutes. As they are very high priced, a little flour and butter mixed is often made use of for that purpose.

In preparing soups and gravies, long boiling is required to draw forth the full flavour of the ingredients; they will be better if made a day previous to using them.

Scotch Barley Broth.

For one Gallon.—Take half a pound best barley, (not pearl) put it into one and a half gallons cold water, watch when your pot boils to have it well skimmed; put in one or two carrots and turnips. Some like the roots sliced, but they are much better and sweeter when kept whole, and will suit all tastes, as they can either be taken out or allowed to remain in the broth, besides the advantage in this way of laying them round the meat on the dish. When the meat is a little salted, it should be put in with the cold water and barley, and taken out when sufficiently boiled. Fresh meat (which makes by far the richest broth) is put in after the pot boils, and likewise drawn when ready.

Four pounds of meat, either beef or mut-

ton, will make a gallon of very good broth; but if wanted stronger you can add a chicken or some more meat. A few green peas, when in season, or cauliflowers, is a great improvement; half an hour before serving add a few small onions, or a handful of chopped parsley and chives, and salt to taste. Two hours and a half, or three hours, with a moderate fire, will be sufficient for making excellent smooth broth. *Observe*, That if allowed to boil too quick the broth will taste as if flour had been mixed, and if too slow will not thicken.

Or,

Let the meat boil an hour, skim the pot very clean, then put in the barley; after it has boiled an hour longer put in the vegetables, let them boil till tender, when the broth will be ready. Chicken broth is made in the same manner.

Sheephead Broth.

Chuse the head of a white faced wether, they being generally the largest and fattest; do not let the butcher cut the neck too close to the head, otherwise you lose the most delicate part. Have the head and trotters carefully singed, the colour of the broth depending upon this operation; then split the head neatly down the face, take out the brain, and rub both head and feet well with it; let them lie at least twelve hours in this state, and upon scraping with a knife the blackness will come off with the greatest ease. Scrape and wash them thoroughly with lukewarm water, rinse well and lay them in cold water two or three hours. In cleaning the trotters, observe to cut care-

fully down betwixt the toes and take out a tough membrane, which, if left, hurts their appearance; crack an inch from the bone of each trotter to let out the marrow, which enriches the broth, and likewise tends to cleanliness, as that part is generally burnt black; then proceed as already directed for Scotch barley broth, with this difference, that the head and trotters are put in with the barley and cold water, and require much skimming; the carrots are boiled whole, slit in halfs or quarters, and laid round the head in the dish. A sheephead does not impart much richness of itself, therefore, a loin of mutton is generally boiled with it, which makes the broth very nice; the head eats best when cold. Those who are fond of brains do not open the head, but let out the liquid of the eye to rub over it, in which case very much care is required in cleaning.

Beef and Cabbage

Is made with a piece of well mixed beef, either fresh or a very little salted. Cut the cabbages in halves, quarters, or very thin slices, as if for pickling; rub the bottom of the pot well with butter, put a layer of the cabbage in, then the beef and the rest of the cabbage over it; betwixt the layers of the cabbage strew a sufficient quantity of salt and white pepper, finely ground; put in a quart (choppin) boiling water, cover it up close and let it stew; the time it takes must be regulated by the size of the meat; when ready, lay the cabbage under the meat and serve hot. Small red cabbage done in this manner are most delicate.

Cabbage Broth.

Take four pounds of well mixed beef, put it to boil in one and a half gallon water; cut a good quantity of cabbages very nice and small, and put them in boiling water with the beef; when these have boiled till the liquor appears smooth, draw the beef and put in more cabbages and a large spoonful of white pepper, tied in a thin cloth. If the meat is not sufficiently boiled put it in again; when the cabbages have fallen down and are perfectly soft, and the liquor appears mellow, season it well with salt and add ground pepper if it requires it. Many families are partial to brose made of the broth; when you are for this dish, observe the directions given under *Fish Brose*, with this difference, that the fat on the top of the pot serves in place of butter; it likewise requires more pepper than any other dish of the kind.

Leek Soup.

Put three pounds beef and an old fowl in a gallon of water, on a moderate fire, and let them boil to rags; strain the liquor through a hair sieve, or French soup strainer; put it into the pot again, and when it boils throw in a good quantity of leeks shred in half inch lengths, with a good deal of the tender green parts, a large teaspoonful finely ground pepper, a little salt, and a nice young pullet. Ten minutes before it is ready throw in a handful of tender greens, or two cauliflowers, broken in bunches; do not let the pullet be overboiled; serve it with parsley and

a little butter poured over; garnish with myrtle and stars of bacon ham. If not convenient, the old fowl may be omitted, it will be very savoury without it. Some add half a pound of prunes, and a penny loaf cut in thin slices and toasted brown without the crust.

Hotch Potch.

Make first a stock with beef or mutton, about two pounds to a gallon of water, with two pints (mutchkins) green peas, fully ripe, turnips, and carrots, sliced down. When the meat is to rags take it out, season the soup with pepper and salt and put it through a cullender; then put it again to boil with a loin, or breast, of mutton, and more carrots and turnips, cut in very small pieces. About twenty minutes before it is ready, add a pint (mutchkin) of young peas, and two or three onions; ten minutes after, if they are not thick enough of peas add another pint; adding them in this manner preserves their green colour and sweetness; dish them in a tureen, with the mutton cut in neat pieces after it is boiled. Some add lettuce and the crust of a penny loaf toasted. In giving directions for this, or any dish, it is impossible to condescend upon the exact quantity of each article, or how long it may be in preparing; the cook will in all cases regulate the first by taste and the other by the fire.

Portable Soup.

This soup is much used by travellers, and in hunting excursions, being made ready upon

the heath with very little trouble. Take of that part of beef marked in the cut p. 246, No. 5, 7, 9, or 17, called legs, about fifty or sixty pounds; take off all the skin and fat, put it into a large pot with nine gallons of spring water; after it boils, put in one ounce anchovies, half an ounce mace, a quarter of an ounce cloves, one ounce whole pepper, and eight onions, cut in two; a few sweet herbs may be added, if you incline, but they endanger its keeping, likewise the crust of a stale two-penny loaf. Stir all together, cover it close, lay a weight upon the cover to keep it so; let it boil moderately nine hours, then uncover and stir it; cover it close again, and let it boil till it is a very rich jelly, which you will know by cooling a little from time to time. When thick, take it off and strain it through a soup strainer, squeeze it hard, then put it through a hair sieve into a large earthen dish; when quite cold, take off all the fat carefully, then the clear jelly, free from the settlings at the bottom, and put it into a stewpan of sufficient size to hold it; set it upon a stove with a slow fire, stir it often, and be careful to prevent it sticking to the sides or bottom of the pan, as it is apt to burn. When it is very thick, and in lumps about the pan, pour it into broad dishes, or moulds, then fill a pan two-thirds with water, and when it boils set in the dishes, or moulds; do not let any of the water get into them. Straw or hay may be placed on the bottom to keep them steady; let the water boil until the soup is turned to a glue, take

them out and let them cool, then turn the soup out upon new flannel. Next day it may be cut in shapes and exposed to the sun till it is quite hard and dry; the pieces are then packed into tin tubes, or boxes, with writing paper betwixt each piece to prevent moulding.

To use it, a piece about one ounce weight will make a pint (mutchkin) of water very rich; pour it on boiling hot, and stir till it melts. If you want a dish of soup, a quantity of it may be boiled a few minutes with green peas, cauliflower, parsley, and chives, &c. then seasoned with salt to your taste. This also makes an excellent gravy, adding what ingredients you chuse, and is ready at all times.

Transparent Soup.

Make it as ordered below for brown soup, add the whites of eight eggs cast light and half a gill mushroom ketchup; boil it a few minutes longer, then run it through a jelly bag to clear. Serve it with toasted bread, or vermicelli.

Brown Soup.

Take eight pounds beef and a pound lean bacon ham, cut the meat in small pieces to make it part with the juice; take three onions, a large carrot, two yellow turnips, and sweet herbs to your taste; put the whole into a pot with two gallons of water, let it boil till the soup is strong and well tasted. Then cut a pound of beef into slices, or steaks, and season them with nutmeg, cloves, pimento, black pepper, and salt, pounded together; dredge with flour, and fry them crisp a nice brown;

drain them from the butter and put them amongst the soup with more spiceries and salt; boil the whole about thirty minutes and strain it through a sieve, then skim off all the fat.

Green Meagre Soup.

Take one pound green split peas, with a head of celery, two carrots, one large or two small turnips, a little winter savory, and four ounces butter. When the water boils put in the ingredients, and let it boil an hour and a half; shred some parsley, spinage, young onions and chervil, and boil them also in the stock; thicken it with crumbs of bread fried, season the whole with spices and salt to your taste.

White Soup.

To two gallons of water, put a knuckle of veal, a fowl, and a pound of lean bacon; when the pot boils skim it clean and add eight ounces rice, a little whole pepper, sweet herbs, three onions, and three heads of celery, not too large. Stew them till the soup is of the strength you wish it, then strain it through a hair sieve into an earthen dish and let it be quite cold; take off any scum and pour it gently into a saucepan, keeping back the sediment; put it on the fire with half a pound of sweet almonds blanched and pounded, let it boil fifteen minutes and strain it again, then add four gills cream and the yolk of two eggs well beaten; stir all together, keep it over the fire a few minutes scalding hot, but do not let it boil again, then pour it into a tureen and serve.

Skink Hough.

This is a Scotch dish, and made thus. Take twelve pounds of that part of the beef No. 17, in the cut p. 246, after sawing the bone across in several places put it on the fire with two gallons of water, a dozen of onions, whole pepper and salt to your taste; let it boil, skim it well, and when the gravy is rich and the meat very tender, serve it with the meat in a tureen. By omitting the onions, and adding a quantity of shred leeks and a handful of greens half an hour before serving, you have a cheaper leek soup than in page 292.

Peas Soup.

To two pounds peas take half a gallon of water, put it on the fire with some bones of beef or bacon, and a bunch of thyme, add also carrots, turnips, salt and pepper to your taste; when the peas are quite tender, put the whole through a French soup strainer, forcing through the peas with the back of a spoon; put it on the fire again, add coss lettuce, cut in small bits, and a few young onions, chopt fine; when the lettuce is tender the soup is ready. In making green peas soup, use a knuckle of veal, and if not green enough add spinage juice. Some add slices of bread browned in butter.

Observe, In making soups of all kinds, that if a digester is used there is less water required to boil them than with a common pot, which allows much of the steam to escape.

Soup Cressy.

Put into a stew pan the red part only, of ten carrots, three turnips, celery, leeks,

and onions to your taste, cut small eight ounces split peas, a quart (choppin) of water, and some beef stock; let them stew till tender, then rub the whole through a temmy cloth and add to it five or six pints (mutchkins) good veal stock, a handful of water cresses, or half a pound blanched almonds; boil and skim it clean, season it to your taste, with salt and pepper, or spiceries and sweet herbs; boil it twenty minutes, or till it is like peas soup. Some chuse it thickened with four ounces rice, or two ounces vermicelli.

Giblet Soup.

After scalding and cleaning four or more sets of goose or duck giblets, set them on the fire with two pounds lean beef, the scrag part of mutton, a knuckle of veal, or a beef rump; also four onions, a bunch of sweet herbs, a teaspoonful of pepper and one of salt, to which add six pints (mutchkins) water; skim the pot clean after it boils, and let it stew till the gizzards are quite tender, then strain the soup, pick out the giblets, put them again to boil in it, add a gill of cream, or wine, an ounce and a half of butter, and nearly two spoonfuls mushroom powder, or ketchup; after boiling a few minutes it is ready to serve. Some add the juice of a Seville orange and a little sugar.

Maccaroni Soup.

Boil a pound of best maccaroni into a quart (choppin) of good beef or veal stock, till quite tender; then put the one half into another stewpan, pour on some more stock, and boil it about an hour longer, or till the maccaroni is quite

tender; rub it through a hair sieve, then add the other half to it, also a pint of cream boiling hot, and six ounces grated parmasan cheese; make it all hot, but not to boil, serve it in a tureen, with a French roll toasted in slices and cut in pieces the size of a sixpence.

Pepper Pots.

To one gallon of water put in what vegetables you chuse, according to the season. If in summer use peas, spinage, lettuce, onions, &c. and in winter carrots, turnips, celery, onions, &c. also about three pounds of a neck of mutton, or a fowl, and three quarters of a pound pickled pork. When the pot boils skim it well, and let it stew till the meat is quite tender, a small quantity of rice may also be added; half an hour before serving put in the meat of a lobster, or crab, cleaned from the shells; season with Cayenne pepper and salt and carefully take off any fat.

A pepper pot may be made of a variety of things, observing a due proportion of fish, fowl, flesh, pulse, and vegetables.

Partridge Soup.

Skin and cut in pieces four or more full grown partridges, fry them in butter with a few slices of ham and some onions, till they are well browned; put them into a stewpan with two gallons of water, cloves, Jamaica and black pepper, and salt to your taste; let it boil till one-third is wasted, strain it through a hair sieve, and add some fried bread and stewed celery; when it is near boiling skim it clean and serve.

Potatoe Soup

Is generally made with a loin of mutton, or part of a loin of beef. The meat should boil with a pretty large carrot, and a turnip, till nearly ready, then put in as many pared potatoes as will thicken the soup; season with onion, salt and pepper, to your taste. When in season, a few green peas makes this dish an excellent substitute for hotch potch. The soup is ready when the roots are tender and the potatoes quite boiled down. It may be made of any strength you please, by adding more meat; but a very small bit of good mutton makes a tureen of fine soup for a summer dish, if you are not sparing of vegetables. When the roots and peas are young, an excellent dish may be made entirely without butcher meat, by putting a piece of good butter into the pot when the water is cold, and watching carefully that it does not boil over. Observe, that roots boiled without butcher meat require longer time to soften.

Irish Stew.

To make a good Irish stew, take a piece of nice fat mutton, cut it in thin slices, pare a quantity of potatoes, which also cut in slices, shred some onions very small, put a layer of mutton at the bottom of a stew pan, with pepper, salt, and onions, over it; then potatoes, with mutton, pepper, salt, and onions, alternately, till you have the quantity wanted; add a pint (mutchkin) of boiling water, shut the pan very close, and stew it gently an hour

over a slow fire, when the dish will be very good.

Mock Turtle Soup.

Scald and clean thoroughly a calf's head, put it on to boil with a knuckle of veal, some turnips, carrots, and sweet herbs, and as much water as covers it well; skim it clean, when the head is parboiled take it out, and cut the cheeks in small square pieces, the ears in very narrow strips, and the forehead in broader strips; skin the tongue, take out the eyes, cut out the ball, and slice the case into rings; when the stock is rich strain it, put in the head as above prepared, and let it boil till the meat is tender. The following seasoning is usually added about ten minutes before serving, but it may be varied according to taste; *viz.* some salt, white and Cayenne pepper, two spoonfuls mushroom ketchup, one of soy, a pint (mutchkin) white wine, a slice of lean bacon, some parsley, chives, tarrogan, and the juice of a lemon. The rim of the dish may be ornamented with paste and baked, the soup then poured in and garnished with forced meat balls and boiled eggs. This dish, poured into shapes and turned out when cold, makes a beautiful supper dish.

Or,

The head, after being cut in small square pieces, is put on with one gallon of water and boiled half an hour, it is then seasoned with Cayenne pepper, and the wine and lemon juice mixed, which makes a very excellent dish.

Egg Soup.

Take a knuckle of veal and a young cock, or fowl, put them on the fire to stew, with a gallon of water, till they are quite tender; strain the liquor through a temmy cloth, beat the yolks of six eggs very light and mix it in, stirring well all the time; season it with mace, or nutmeg, salt and pepper, to your taste; put it on the fire, let it be near boiling, then serve. The common way is to make it with the yolks of two eggs and boiling water, with a piece of butter, pouring the water from a tea kettle, stirring it well all the time; then pour it out of one vessel into another, backwards and forwards, to raise the froth.

Friar's Chicken.

Take four nice plump chickens, scald and pick them well, cut them in quarters and put them in three quarts boiling water; let them boil gently near half an hour; have a large handful of parsley, well picked and chopped fine, with a bunch of chives, or delicate young onions, add them and let it boil till the greens are just ready; season with a little pepper and salt; take the yolks of four, and the whites of two eggs, whip them light, take off the pot, stir in the eggs, and serve it immediately in a tureen. It is a delicate dish, and easily and quickly prepared.

Vegetable Soup.

Make a strong soup, or gravy, from any left meat, or bones; add a few carrots, onions,

turnips, and celery, cut down very fine; season with pepper and salt, let it boil till the roots are tender and then serve it.

Carrot Soup

Is made in the same manner, using carrots only, which, when tender, are rubbed through a strainer; the soup should be as thick as pease soup. Carrots, being exceeding hard of digestion, disagree with most stomachs unless dressed with a good piece of meat and highly seasoned.

Rice Soup, or Rice and Milk.

Wash four ounces best Carolina rice, rub the bottom and sides of a small Dutch pot with fresh butter, put in the rice with a pint (mutchkin) of water; let it simmer very slowly till the water is all soaked into the rice; carefully watch the water being dried up, and immediately stir in half a gallon new milk; let it boil a little and serve with sugar in a bason; a few bits of cinnamon may be boiled amongst it. This is a most excellent dish for the nursery, being both light and nourishing.

Rich Fish Soup, or Fish and Sauce.

Take a piece of good lean beef, or veal, a teaspoonful Jamaica, and one of white pepper, a few shalots, or small onions; boil with water till the liquor is rich and good, then strain it through a hair sieve, put it into a stewpan, and when it boils add salt to taste. Cut the fish in pieces that will lift easily and lay them neatly into the pan among the sauce; let them

stew ten or fifteen minutes; a spoonful of anchovy sauce, some Cayenne pepper, and a spoonful of mushroom ketchup, may be added or not, as you please.

Simple Fish Sauce.

After cleaning the fish perfectly lay them in salt water an hour, take the heads, with the gills and stomachs (which must be made perfectly clean by turning them and washers in salt and water), melt a piece of butter in a stew-pan, then place the heads so as to take little room; if you want the sauce very rich, but have too few heads, cut down one or more of the fishes; boil the whole quite down, add a teaspoonful white pepper, salt, and a few onions, ten minutes before the heads are ready; having boiled the sauce as rich as you want it, strain it through a fine hair sieve, put the liquor on to boil and lay the fish, in pieces, very neatly into it, with the roes above them, also the stomach, which pick out from the heads, and a good handful of shred parsley; season it to your taste and shut it up close for fifteen minutes to stew, on a slow fire. This is a most excellent dish.

In like manner are all the varieties of soups from fish made; they are thickened with rice, toasted bread, vermicelli, eggs, cream, &c. and seasoned with spiceries and sweet herbs according to taste.

Fish Brose

Is a dish very much esteemed in many parts of Scotland. When the sauce of the fish pre-

pared as above is ready, have a handful of oat meal nicely toasted before the fire, put it into a china bowl, or bason, with a few small pieces of butter, salt, and a good deal of pepper. Be sure the sauce is boiling; pour on a little at first and stir about till the meal is all wet, then pour in more to reduce it to the thinness you want. Observe, in stirring, to do it across the bason, and not in a circular manner. When you make this dish, take care to have plenty of sauce, not to spoil the other dish for want of it.

CHAP. V.

GRAVIES AND SAUCES.

Browning for all Kinds of Sauces and Gravies.

POUND four ounces refined sugar, which put into a frying pan with one ounce butter; when it begins to get frothy and the sugar melted hold it higher above the fire; when it is of a deep brown, pour in by degrees a pint (mutchkin) of port wine, stirring well all the time, then add half an ounce Jamaica pepper, four shalots, peeled and sliced, a few cloves and mace, three spoonfuls of ketchup, a little salt, and the rhind of a lemon; boil the whole slowly ten minutes and pour it into a bason; when cold skim and bottle it, cork and put it aside for use.

Colouring for Gravies and Soups.

Put a gill of water, four ounces lump sugar, and half a pound butter, into a small stewpan, over a slow fire; keep stirring until it is of a fine light brown, then pour in two gills more water, boil, skim, and let it cool, then bottle and cork it close; with this liquid soups and gravies are coloured.

A Clear Gravy.

Take thin slices of beef, broil some over a clear quick fire, so long only as will give a colour to the gravy; put them, along with the remaining raw slices, into a clean well tinned stewpan, with two onions, a few cloves, a little black and Jamaica pepper, and some sweet herbs; pour on boiling water to cover it, boil and skim it clean, then cover it close and let it stew till strong enough.

A very Rich Cullis, or Gravy.

Cut in slices some lean beef, veal and mutton, cover the bottom of the saucepan with the veal, then a layer of beef, a few slices of bacon, a few of carrots and onions, a little mace and cloves, a few whole black and Jamaica pepper, and sweet herbs; above that the mutton. Cover the pan close, set it on a slow fire for six or eight minutes; when the gravy draws make the fire quicker, to brown it a little; mix a small quantity of flour with water, which pour in, and immediately pour over it as much boiling water as will cover the meat well; cover it close again, and let it stew till

it is rich and good; season with salt and strain it. This will keep nearly eight days.

Brown Gravy for Fish or Roots.

Take two gills small beer (but not bitter), one gill of water, an onion, and a little lemon peel cut small, three cloves, a blade or two of mace, some whole pepper, a spoonful of mushroom ketchup, one of walnut pickle, and an anchovy; put the size of a walnut of butter into a saucepan, when it is melted shake in a little flour, let it brown, then, by degrees, stir in the ingredients; let it boil fifteen minutes and strain it through a sieve.

White Cullis for Ragoos, &c.

Take about two pounds of a leg of veal cut in slices, one pound of lean bacon, or ham, put them into a saucepan with a piece of butter, three cloves, half a nutmeg, or a few blades of mace pounded, a few mushroom bottoms, some sweet herbs, two bay leaves, shalots and onions. Cover the pan close and let them stew gently till they are a nice brown, only take care they do not burn; fill up the pan with good beef broth and some fresh cream, let it boil half an hour, stirring it frequently, then strain it through a temmy cloth, or French soup strainer.

Gravy for a Fowl.

Wash and clean the feet and giblets, stew them with a little toasted bread, an onion, a little parsley, thyme, pepper and salt; thicken it with a little flour and butter and add a teaspoonful of ketchup.

Gravy to make Mutton Taste like Venison.

Pick and clean a stale snipe, or woodcock, take out the bag, then cut the bird in pieces, put it to stew with as much unseasoned meat gravy as will be required, strain and serve it in the dish.

Savoury Jelly to put over Cold Pies.

Make the gravy from a leg, knuckle, or shoulder of veal, or the scrag end of it or mutton. If the pye is made of fowl, or rabbits, the necks and heads, with a small piece of meat, will be sufficient, and if not strong enough, a cow-heel or mutton shank; put the meat into a stewpan, with a slice of lean ham, or bacon, a few sweet herbs, with mace, pepper, and onions to your taste, a small bit of lemon peel, and three pints (mutchkins) water; put the whole into a close stewpan, or digester, when it boils skim it clean, let it stew very slowly, when the stock is strong enough strain it, and when cold, carefully lift off all the fat that none may be left; lay over the top a sheet of blossom paper, which will absorb the grease. If the jelly is not clear, pour it off from the sediment and boil it a few minutes with the whites of three eggs beaten, then pass it through a jelly bag.

A Jelly to cover Cold Fish.

Clean and boil a fish in three-fourths of a gallon of water, with a calf's foot, or cow-heel, some horseraddish, an onion, a few blades of mace, white pepper, lemon peel, and one or

two slices of lean ham, or gammon. Stew it to a strong jelly, strain it, and when cold take off all the fat, separate it from the sediment, and boil it with a glass or two of sherry and the whites of six eggs beat up, and lemon peel; let it boil without stirring a few minutes, let it stand to settle half an hour, then pass it through a jelly bag, or fine lawn sieve. It is used for covering fish with when cold.

A General Cullis.

Roll a piece of butter in flour, put it into a saucepan, stir it about till it is a fine yellow colour; put in some broth, gravy, a glass of wine, a little parsley, thyme, sweet basil, mace, cloves, mushrooms, pepper and salt according to taste; let it stew an hour over a slow fire, skim the fat clean off, and strain it through a sieve.

SAUCES.

Meat sauces are generally made with sweet herbs, mushrooms, onions, garlic, spinage, shalots, vinegar, wine, crumbs of bread, or thickened with flour; boiled or stewed with broth or gravy, and mixed with butter and spiceries, according to the taste or fancy of the person who makes them. Sauces ought to stew slowly on the fire, and when ready should be strained through a temmy cloth or hair sieve. The following are a few of those in most general use.

Sauce for Ducks.

Mix two spoonfuls of good sauce, or cullis,

with veal gravy, a little white wine, shalot chopt, pepper and salt, boil it a little, then add some lemon juice and serve.

Fresh Pork Sauce.

Fry two or three onions sliced, with oil or butter, until brown, add a little broth, or sauce, chopt mushrooms, a clove of garlic, two cloves, and a little vinegar; boil it half an hour to reduce it to the consistence of a sauce, and skim.

Shalot Sauce for Boiled Mutton.

Take two spoonfuls of the mutton gravy and the like quantity of vinegar, two or three shalots chopt small, and a little salt; put the whole into a saucepan, with a little butter rolled in flour, stir it together and let it boil a few minutes. For those who like shalots it is the best sauce for mutton.

Mushroom Sauce.

Take half a pint of cream and four ounces of butter, stir them together till thick, and add either a spoonful of mushroom pickle, pickled mushrooms, or a few fresh small ones, with salt, or a little lemon juice.

Mustard Sauce.

Slice two onions and fry them with oil or butter, when it begins to brown add a little wine vinegar, and good broth, or gravy, two slices of a lemon without the peel, two cloves of garlic, a little thyme, basil, and two cloves; boil it ten or fifteen minutes, then strain it, add a spoonful of mustard, or horseraddish,

grated and reduced to pass with pepper, salt, a few capers, and an anchovy chopt small; warm it and serve hot. It may be made equally good cold with the above ingredients and butter, oil, vinegar, and salt.

Mustard that will keep Three Years.

Boil a sufficient quantity of horseraddish in the best white wine vinegar, add to it half as much mountain or raisin wine, and a little loaf sugar. Make it into a proper consistence with the best superfine Durham flour of mustard; when cold stop it close, and it will keep good three years.

Nonpareil Sauce for Meat or Fish.

Take a slice of boiled ham, as much of the breast of a roasted fowl, a pickled cucumber, the yolk of a hard boiled egg, an anchovy, a little parsley, a head of shalot, chopped fine; boil all together for some time with a proper quantity of gravy, thick cullis, or sauce, strain and serve it.

Sauce for Boiled Fowls.

Pare the rhind of a lemon and cut it in slices, take out the seeds, cut the slices in square bits, blanch the liver of the fowl and chop it small; put them into a sauce boat, or tureen, pour over melted butter and stir it well together.

Mint Sauce

Is sugar, vinegar, and mint chopped small, and mixed together according to taste.

Gooseberry Sauce, for Green Geese or Ducklings.

Take one gill sorrel juice, half a gill white wine, some scalded gooseberries, a little sugar, ginger, and a bit of butter; mix and boil them up.

Sauce for a Roasted Goose, or Rabbit,

Is thick melted butter, made mustard, sugar and vinegar, all mixed together.

Note.—For *Sicilian Sauce for Roast Fowls*, see p. 222.
Sauce for Roast Meat. ibid.
Sauce for most kinds of Fish, ib.
Queen Sauce for Fish, 223.

Sauce for a Turkey

Is made with a little strong broth, or gravy, an anchovy, shalot, pepper, mace, salt, a slice of lemon, and a glass of wine, stewed a short time, then poured into the belly of the turkey.

Apple Sauce.

After the apples are pared and cored, cut them in slices, add a little lemon peel, and stew them with a little water till quite tender; take out the peel, and mash the apples with some butter and sugar to your taste.

To Melt, or Beat, Butter.

Put in some water, or milk, according as you want the sauce thick or thin, and a little flour; shake them together, that they may be mixed; put in the butter in slices, and as it melts, by a motion of your hand, keep it

running round in the saucepan, it will grow thick, smooth, and white, like cream.

Caper Sauce.

Take some strong beef or veal gravy, a little butter and flour, or some melted butter alone, add pepper and salt, then chop some capers, let them boil up and put them in a sauce boat, for boiled mutton, &c.

Onion Sauce.

Boil a few onions tender, add them to beat or melted butter, give it a boil, or stew the onions with veal gravy, season and strain it; pour it into a sauce tureen. This sauce is used for rabbits, roasted mutton, veal, or partridges.

To Crisp Parsley for Garnishing.

Wash all the sand off by plunging in water, taking care not to break or squeeze it; let it hang by the stalks to dry, and then dip it in boiling lard, lay it on the wires in a Dutch oven and crisp it well.

Celery Sauce for Roast Fowl, or Game.

Pare and wash a quantity of celery, cut it in thin bits, boil it gently in water till tender, then add a little grated nutmeg or ground mace, pepper and salt; thicken it with flour and butter, give it a boil and pour it into a sauce tureen; if you add two gills cream, it will make it very rich.

Sauce for Boiled Chickens, Cold Fowl, or Partridge.

Take the yolks of two hard boiled eggs, and the livers of the chickens, chop them very fine, put them in a saucepan, add gravy and the juice of lemon, boil it up and pour it into the sauce boat. Some chuse to the above two spoonfuls of oil and three of vinegar, a shalot, Cayenne pepper, and a teaspoonful of mustard.

Egg Sauce for Fish.

Melt four ounces butter; chop two hard boiled eggs and stir them in, then serve; or, to the above add a little lemon juice and vinegar.

Oyster Sauce.

Clean the oysters, run the liquor through a cloth, or sieve, put them in a stewpan with some of the liquor and a sufficient quantity of butter, boil them a little.

Or,

To the oysters and their liquor add a spoonful of anchovy liquor, lemon juice and mace to your taste; then add a proper quantity of butter and flour to thicken it, boil and before serving pick out the mace.

Mushroom Powder.

Pick and clean the mushrooms, scrape out the black part and cut off the roots; put them into a broad saucepan over a slow fire, with

mixed spices finely pounded, viz. cloves, mace, white and Cayenne pepper, and, if you chuse, onions sliced; let them simmer, shaking them frequently to prevent burning, till the liquor is all dried up, then spread them upon pewter plates and dry them in an oven; pound them and fill small bottles with the powder, cork them and dip the necks into wax.

Lobster Sauce.

Pound the spawn very smooth with a piece of butter and four anchovies; cut the meat of the lobster into small bits, put it into a stewpan with two gills of good gravy stock, let it boil a litttle, stirring all the time; if not thick enough add more butter rolled in flour, then stir in the spawn; it must not boil again, but be made very hot, and a little lemon juice added. It may be made without the anchovies and gravy, with salt and pepper only, it preserves the rich flavour of the lobsters, and is generally preferred this way. Crab sauce is made in like manner.

Shrimp Sauce.

Wash them, and after melting the butter put in the shrimps, give them a boil, add some lemon juice and serve.

Sauce Piquant.

Cut two onions, a carrot, a turnip, and a parsnip, in slices, a little thyme, parsley, sorrel, basil, two cloves, two shalots, and a clove of garlic; put a piece butter into a stewpan, brown it a little, put in the ingredients, keep turning them till well coloured, shake in some flour, add a spoonful of vinegar and some

stock; let it boil a few minutes, strain the liquor and season it with pepper and salt.

☞ *For other Sauces and Vinegars vide page* 216.

CHAP. VI.

BOILING MEATS.

General Rules.—All kinds of meat should be well washed and boiled very slow in plenty of water, which makes it swell and look plump; keep it clear from scum, and the pot close covered. If it boils too hasty the outside will be hardened before the inside is warmed, and the meat thereby appear discoloured. Salt meat requires to be put on with cold water; fresh meat when the water boils.

Mutton and beef, although a little underdone eats very well; but pork, veal, and lamb, ought to be thoroughly done.

The liquor in which meat has been boiled makes an excellent soup, or broth, with the addition of roots and vegetables, or barley and pease. The bones of roast meat, or shank bones of ham, also make fine pease soup, with a few stocks of lettuce, onions, and pepper. Boiling meat in a cloth well floured renders it whiter.

The time required for boiling meat cannot be condescended upon exactly, but the following calculation, it is believed, will not be far wrong. Weigh the meat, and allow for all

solid joints of mutton and beef seventeen minutes per pound; twelve pounds of veal will take three hours and a half; twelve pounds pork will require four hours, and a ham of twenty pounds four hours and a half, and so in proportion.

In the very warm months of summer, meat that is to be salted should be done that day it is killed, rubbing every part well, which makes half the quantity of salt answer the purpose. Turn and rub in the pickle daily, which will render it fit for use in three or four days. If you want it very salt, wrap it into a cloth well floured after rubbing it with salt. This method will corn fresh beef in two days, observing to put it into the pot after the water boils.

Tongues.

Dried tongues require to be steeped all night in water, and four hours boiling; a pickled tongue only to be washed from the brine, and boiled moderately three hours; if to be eaten hot stick a few cloves into it, rub it over with the yolk of an egg, strew crumbs of bread over it, and baste with butter; set it before the fire till of a light brown, serve with gravy or red wine sauce, and garnish with slices of currant jelly round the dish.

Pickled Pork,

After being washed and scraped clean, is put on with cold water and boiled till the rhind feels tender; it is generally served with boiled greens, or pease pudding.

Ham.

Put it on with cold water, if dry let it be three hours in coming to boil, and boil it slowly; a ham of twenty pounds requires two hours and a half, after being soaked thus; this will serve to regulate the time for larger or smaller ones. A very old ham, if large, will require to be soaked in water twelve or sixteen hours; while boiling skim it frequently; a green ham requires no soaking. When ready pull off the skin, rub it over with an egg, strew over it bread crumbs, baste with butter, and set it before the fire till it is a light brown; or, rub it over with raw sugar and then brown it. If it is to be made use of cold the skin may be left on to preserve the juice.

A Leg of Mutton.

Boil it according to the general directions and serve with caper sauce.

Lamb.

Follow the general directions and serve with melted butter and stewed spinage. Grass lamb is served with spinage, broccoli, and other vegetables.

Turkey.

A turkey is generally kept some days after being killed, and when trussed the body is filled with a stuffing and the vent closed with a skewer; put it on with cold water, skim it carefully and keep the pot close covered. A large turkey will take an hour and a half to boil, a small one an hour.

Fowls

Require about half an hour, or three quarters, a chicken sixteen minutes. It is an improvement in boiling poultry, to take them off the fire before they are quite ready, allowing them to remain some time in the pot close covered, which renders them white and plump; they ought to be boiled with plenty of water. House lamb may be boiled along with them, or in the same water. This liquor makes a nourishing soup, or broth, for children or weakly persons, with the addition of barley, green pease, or vegetables to taste.

Geese

Are first steeped in boiling milk, then dried with a cloth, stuffed with sage and onion shred small, and the neck and vent sewed up; then hung up till next day and put on with cold water, covered close and boiled gently an hour. Serve with onion sauce.

Ducks and Rabbits.

Boil them in plenty of water and take off the scum as it rises. A duck requires about twenty minutes, and a rabbit thirty. Serve with melted butter and parsley, or onion sauce.

Pigeons and Partridges

Also require plenty of water; about fifteen minutes will boil them. Partridges are served with melted butter and cream poured over them. Pigeons are served with melted butter and parsley, and the dish garnished with broc-

coli, cauliflower, &c. accompanied with a side dish of bacon, greens, spinage, or asparagus.

Snipes and Woodcocks

Are boiled in strong broth, or gravy, seasoned with sweet herbs and spiceries, and require ten minutes to boil.

BOILING FISH.

When purchasing salmon, haddock, cod, mackarel, and herring, always make choice of the fish with the smallest heads, broadest shoulders, and smallest tails. As soon as possible, pass a cord or iron rod through their under chop and hang them up; cut their tails almost through, and you will see a good deal of blood drop from them, although they have been a good many hours out of the water; this not only makes the fish of a delicate whiteness, but they keep good much longer. Fish of the flounder species should also be hung up, the tails cut off, and the fins pared all round to let out the blood; which, when retained, hurts the flavour, and lodging between the flakes makes it appear discoloured and full of black streaks.

A cod's head and shoulders, if very large, will require forty-five minutes to boil; a large *turbot*, an hour; *haddocks*, ten minutes; *whitings*, five minutes; *soles*, ten minutes; *crimped skate*, ten minutes; head and shoulders of *salmon* of sixteen pounds, about an hour. Observe, in boiling fish, to make the water very salt.

Cod's Head and Shoulders.

Clean the head well, lay it in a strong pickle of salt and water two hours to firm; drain it from the pickle, scald it with boiling water, and carefully take off the blackness from the skin, first the one side and then the other. Take the meat of a good haddock, a few oysters, cockles, or muscles, crumbs of bread, a little parsley, pepper, salt, and the roe of a haddock, all minced and made into a paste with an egg and a piece of butter; stuff the breast of the fish and tie it close with a tape. When the water boils, throw in a handful of salt, and, if the fish is not quite fresh, a little vinegar; let it boil half an hour, lift it carefully out, lay it on a dish, strew over it crumbs of bread and parsley shred small; place it before the fire, and baste it with butter till it is a fine brown.

For Sauce.—Prepare two pints (mutchkins) strong veal stock, with a handful of parsley and an onion shred small; thicken it with a little ground rice, or flour, add two gills of wine, twenty or thirty oysters, according to their size, a little lemon juice, pepper and salt, the meat of the tail and claws of a boiled lobster chopped small; boil it four minutes, skim it, add a table spoonful of fresh mushroom ketchup, or powder, pour it round the fish; for garnishing, lay small fishes fried, lemon in slices, or any green pickle.

Salmon.

To have this fish in perfection it should not be above twenty-four hours caught; proportion

the cut to the number of the company, or the place of the table you design it to fill; boil it with plenty of salt, dish it immediately when ready, garnish the dish with parsley, and serve it hot with beat butter in a tureen, spiced vinegar, pickled cucumbers and beans, also anchovy sauce, upon the table.

Salmon requires to be thoroughly done, whether in boiling or broiling; it is a certain sign of being ready when it parts freely from the bone.

Skate.

In chusing this fish, never fix on those having large thorns, although they may be bought much cheaper. The female skate, when good, is a thick round fish, has a very white belly, tinged with lilac, and is a most delicate fish. Observe the rules before given; wash it thoroughly in water, rub it well with a handful of salt, which takes off the sliminess, rinse it in water, and if to be boiled immediately, cut it in pieces and boil it in a good pickle of salt and water. This fish, like the salmon, requires to be well done both in boiling and broiling.

Crimped Skate,

Is the fish cut in lengths of six inches, tied hard with threads, boiled in strong salt and water, then drained, the threads cut off, garnished and served hot with beat butter, oysters, and anchovy sauce, or a little Cayenne pepper. Skate makes a pretty supper dish, served cold with vinegar and mustard.

Dry Salted Fish.

All the various kinds of dried, salted, and smoaked fish, require to be previously soaked in water, not only to soften, but to extract part of the salt in the cooking. Smoaked haddocks, should lie three or four hours in water; cod, whiting, and other very dry kinds, should be steeped in warm milk and water, and kept as near as possible in an equal degree of heat, the larger twelve hours and the smaller two, and then taken out and hung up by the tails, by which means they soften equally well as if among water. They are boiled in milk and water and kept just simmering. Large ling and cod, if laid in for winter stock, should be cut in pieces with a knife or saw, and hung in a bag in a dry place, which preserves their colour. They require six hours stewing; serve them with egg sauce in a tureen; garnish with hard boiled eggs.

To Crimp Cod.

Chuse the freshest cod you can possibly get, take out the gills and gut, scrape, fin, and clean it well, but do not open the belly. Take a haddock, cut off the meat and mince it very fine with a few of the roes, or a part of the cod's roe, a piece of fresh butter, pepper and salt; stuff the breast, head, and eyes, and fasten it well by binding a thin cloth well buttered over the head and breast. Then take a long cord with a noose, put it over the neck and make the cord go round like a cork screw; draw it very tight to form deep ridges,

and fasten it at the tail; lay it in a pan of boiling water, well salted, boil it ten or fifteen minutes, according to the size; when laid in the dish cut the cord with a pair of sharp pointed scissars at every ridge, and draw it gently away. Garnish with greens, and serve with beat butter, oysters, and anchovy sauce. A large cod done thus is a handsome top dish for dinner.

Haddocks

Are done in the same manner.

CHAP. VII.

ROASTING.

General Directions.

STUDY to regulate the fire according to the size of the meat to be roasted. A small, or thin joint, requires a clear brisk fire, that it may be done quickly; a large piece a strong and equal one. Put no salt on meat before it is put to the fire, because it draws out the gravy and makes it dry.

Place the meat at a good distance from the fire and bring it gradually nearer as it becomes hot. In spitting meat be careful that the spits are very clean and free from spots; wash and scour them well with sand and water *only*, and wipe them dry before and after using. Observe to run the spit through the worst part of the meat; in some joints it may be made

to run along a bone; if you have not exactly hit it, it is better to balance with leaden headed skewers than pierce it again. Large joints of beef, veal, and mutton, should have a piece of paper fixed over the fat; when nearly ready, observe that the smoke draws towards the fire, then take off the paper; baste it well, dredge with flour to make it froth; before taking it away sprinkle a little salt over it, which improves the flavour and makes the gravy flow when it is cut. Meat, in general, requires frequent basting before any of its own fat comes from it; use a little salt and water. Veal should be well basted with butter, or good beef dripping. In serving a leg or shoulder of mutton, lamb, or venison, twist a piece of writing paper round the shank bone.

Mutton, lamb, veal, and poultry, require a clear brisk fire, and basting when put to it. A leg of mutton of six pounds will take nearly an hour and a half, one of twelve pounds, two hours and fifteen minutes; a thick piece of beef, about twenty pounds, will take three hours, and so in proportion, but much depends upon the state of the fire. In dressing the loin, chine, and saddle of mutton, or lamb, the skin is raised and skewered on while roasting; but when nearly done it is taken off and the meat dredged and basted to make it froth.

Veal requires to be thoroughly done, allowing fifteen minutes for each pound; the fillet and shoulder may be stuffed with a pudding; the breast is roasted with the caul on, till near

ready, it is then taken off and basted with butter, adding a little flour.

Pork also requires to be well done; cut the skin in strips with a sharp knife, the knuckle may, if agreeable, be stuffed with sage and onion; it is generally served with apple sauce, or mustard and vinegar, the leg with a drawn gravy.

To keep meat hot after it is ready, place the dish over a pot of boiling water, put on a cover, and over that a cloth. This method not only keeps it hot but preserves the gravy.

Beef and Mutton.

Directions having been already given as to the time and manner, it remains only to add, that it should be served with sauces and pickles to taste, with side dishes of vegetables, making choice according to the season of the year.

Tongues and Udders.

Parboil them before roasting, stick a few cloves into the meat, if you relish it, baste with butter, and serve with gravy and sweetmeat sauce.

Veal.

Follow the directions already given; for stuffing, take four ounces suet, parsley and sweet herbs shred small, grated bread, lemon peel, pepper, salt, nutmeg, and an egg, make it into a paste and stuff the fillet; or, the bone may be taken out, the place filled with the stuffing, and then skewered. Serve with any kind of roots or vegetables that are in season, garnish with lemon in slices.

A Shoulder of Mutton Stuffed.

After cutting off the shoulder, take out the blade and shoulder bone, leaving the shank; fill up the space with a stuffing and sew it up; fix it with skewers to keep its proper shape, and spit it. Make the stuffing of grated bread, parsley, thyme, onions, beef suet, hard boiled eggs, nutmeg, pepper, salt, oysters, and anchovies, all finely shred and mixed; any or all of these, according to taste, made into a paste with eggs, serve hot with the following sauce. Stew an onion in two gills of stock, add a few oysters with their liquor, take out the onion, add a glass of wine, a little ketchup, and a spoonful of gravy; boil it four minutes, garnish with horseraddish or pickles.

A leg of mutton forced, or stuffed, is done in like manner, and served with onion sauce.

Haunch of Mutton in Imitation of Venison.

This requires very plump fat mutton; cut like venison, lay it in a pan upon its back, pour over it a bottle of port wine and let it soak twenty-four hours; cover it with paper after you spit it to preserve the fat, give it a quick fire and baste it very often with butter and some of the wine; serve with a good rich gravy and sweet sauce in separate tureens.

Pork.

Follow the directions already given as to roasting. Some parboil the pork and strip off the skin, basting it with butter; the more ge-

neral way is, to cut it in narrow strips more than half through the skin.

A Spring, when young, eats very well roasted; cut off the shank and knuckle, strew sage and onion over, roll it round and tie it with a string.

A Spareribb is basted with butter and strewed over with crumbs of bread and sage.

Pork Griskins, are done the same way.

Young Pigs, are generally stuffed with a pudding made thus. Crumbs of a loaf eight ounces, currants four ounces, fresh butter four ounces, beat with two eggs and seasoned with nutmeg, pepper, salt, and sage if you chuse. Stuff the pig and sew up the belly, rub it all over with a piece of butter upon a cloth, to make the crackling crisp, then rub it dry. A pig of twelve pounds will take about two hours and a half.

To Prepare the Pig.

Have plenty of boiling water ready, kill the pig, let it bleed well, scald it in a tub with boiling water; when the hair comes easily off lay it on a board, strew over it some pounded rosin to enable you to pull off the hair, which do as quick as you can, and any part which does not readily yield throw more boiling water upon it; when the hair is all removed, wash the pig well in pure water and dry it thoroughly with a cloth. Hang it up by the hind legs, open the lower part of the belly sufficient to admit your hand to take out the entrails; after taking them out dry the inside with a cloth,

cut off the legs by the knee joints, put in the stuffing and sew the place up.

To Roast a Pig.

The fire should be so ordered that both ends of the pig may be well done, it requires little heat in the centre, as the strength of the fire at both ends will reach the middle. Spit the pig and put it to the fire, rub it over with a little butter and dredge with flour till the skin is crisp and hard; preserve all the gravy carefully; when ready, scrape off the flour, put a piece of butter upon a cloth and rub the pig; serve it thus. Cut off the head, cut the pig in two down the back and belly and draw away the spit; place the pig on the dish with the back uppermost, cut off the ears and place one at each end; split the head in two down through the snout, and place one on each side; make a sauce of the gravy, melted butter, a glass of wine, a slice of lemon, the brain chopped fine, and a little salt and flour; give it a boil and put it into a tureen by itself.

The hind quarters of a large pig very much resemble lamb, and may be used in place of it. When skinned and roasted, serve with mint sauce and sallads. The head of young pork eats very well when stuffed with bread and sage, hung before the fire by the snout, and roasted; serve as ordered for a pig.

Ham, or Gammon of Bacon,

Is sometimes roasted; soak it in lukewarm

water a few hours, take off the skin, lay it in a dish and pour a bottle of white wine over it; let it soak fifteen minutes, then put it on the spit and fix paper all over; baste with the wine while roasting. When ready take off the paper, dredge the ham with bread crumb and parsley finely shred, then place it nearer the fire a short time to brown, and serve it hot. It is often used cold for a second course dish, garnished with green pickles.

Rolled Beef.

Soak the inside of a sirloin two days in equal parts of wine and vinegar, lay over it a rich stuffing, roll it tight up and bind it firmly; roast it on a hanging jack, or by a string, baste it with wine, sugar, and Jamaica pepper mixed; serve it with any rich gravy poured round it, and currant jelly and melted butter, in a tureen. This very much resembles hare, but is superior.

Rolled Veal.

A breast of veal is done the same way, after taking out the bones. For a stuffing, take sweet herbs, spiceries, and slices of ham and tongue previously boiled; roll it up tight and bind it; then roast it. It makes an excellent dish when stewed in a small quantity of stock, then pressed and ate cold.

Rolled Mutton

May be done in like manner. It should be stuffed as ordered for a hare, and made of the loin. Serve with wine, ketchup, lemon pickle and gravy, made into a sauce.

Roasting Poultry, Game, &c.

All these require a brisk fire. The breast of a turkey, or goose, ought to be covered with paper till near ready. To judge when meat or poultry is ready, observe that the smoke draws towards the fire.

Turkey.

After trussing it (p. 261.) make a stuffing of the meat used in filling sausages, with the addition of bread crumbs. Or, take beef suet, crumbs of bread and parsley shred small, some nutmeg, pepper, salt, and the yolks of three hard boiled eggs, mix it with raw eggs and fill the craw; a middle sized turkey will take nearly an hour and a half, a small one forty-five minutes. When nearly ready, take off the paper, dredge with flour and froth it. Serve with the following sauce; grate down some bread, put it into a saucepan with some good gravy, an onion, salt and pepper; boil it smooth, add half a gill of cream and serve it in a sauce tureen.

Goose or Duck.

After cleaning and trussing (p. 262.) shred a few onions and sage, bread crumbs, salt and pepper; put this into its body, tie up the vent and neck and spit it. When ready dredge and baste it well to make it froth, place it in the dish, pour a little boiling salt and water with a spoonful of browning, round but not over it; or put the gravy in a sauce tureen, and have another with apple sauce. If agreeable, pour a glass of port wine into a goose or

duck when placed in the dish. A large goose will require an hour, and a duck three quarters, but much depends on the strength of the fire. A green goose is served with gooseberry sauce, melted butter, a few coddled gooseberries, and a spoonful of the juice of sorrel.

Fowls.

After trussing and spitting baste with butter, and dredge with a little flour; when nearly ready baste and dredge again with flour; brisk up the fire to froth it, and give it a nice browning. The sauce may be gravy, egg, mushroom, or celery, as you chuse. Or, make a sauce with the liver and necks, stewed with some good stock and the yolk of a hard boiled egg chopped fine; take out the neck, bruise the liver, and serve in a tureen. A large fowl will take an hour, one of a middling size three quarters, a small one, or chicken, from fifteen to thirty minutes, as they are in size.

Pigeons

Will take from fifteen to twenty minutes in roasting, and are stuffed with bread crumbs, butter, shred parsley, salt and pepper. Serve with parsley and butter sauce; garnish with asparagus.

Larks and other Small Birds,

Are put on skewers and then tied upon the spit; baste with butter and strew crumbs of bread upon them; serve with fried crumbs laid round the dish.

Pheasants and Partridges

Are dressed as turkies. Pheasants take twenty,

and partridges about fifteen minutes; serve with gravy and bread sauce.

Fowl in Imitation of a Pheasant.

Pheasants being scarce, a fowl may be dressed to imitate one; truss it as a pheasant, (p. 263.) lard with bacon, and serve with gravy and bread sauce in a tureen.

Woodcocks and Snipes

Are never drawn; spit them on a bird spit, then tie it upon a large one; while roasting baste them with butter, let it drop upon slices of toasted bread and when ready serve them upon it; pour gravy over them.

Rabbits.

After being cased skewer their heads upon their backs, the fore legs into the ribs, and the hind legs double. Stuff them with bread crumbs, parsley, thyme, sweet marjoram, pepper, salt, and nutmeg grated; shred the whole very fine, make it into a paste with two eggs, four ounces butter and a little cream; sew them up, spit, baste with butter and dredge with flour; serve with parsley and butter.

Hares.

After casing a hare wash all the blood from it, lay it an hour or two in water, truss and stuff the body with a pudding, as directed for rabbits, adding a glass of port wine, then sew up the belly. Baste with milk and butter melted together, and when nearly ready dredge with flour and baste with butter to give it a froth. For sauce use melted butter and cream,

or currant jelly sauce, with gravy in the dish. The ears, when nicely cleaned, are much relished. A large hare will take two hours, and a small one an hour and a half.

Venison.

Some chuse it previously steeped in wine, with spiceries, vinegar, and lemon juice. If a haunch, the more general way is, after putting it on the spit to rub it over with butter, then fix sheets of paper to cover it well; prepare a paste of flour and water with a little butter; roll it out very thin and cover the meat; over that tie sheets of paper rubbed with butter, that the paste may not drop off; place it at some distance from the fire till thoroughly heated and baste it often. When ready, or ten minutes before serving, take off all the paper and paste, dredge it with flour and baste with butter to make it froth nicely, and when of a light brown serve it. Put good drawn gravy, from veal or mutton, in a sauce tureen, also currant jelly and wine; or a syrup sauce made of port wine and sugar, or vinegar and sugar. A large haunch of buck will require about three hours, and so in proportion; the doe does not take quite so long to roast. The neck and shoulders are done in like manner.

A Calf's Pluck.

Lay it two hours in water, then hang it up half an hour, stuff the heart with a fruit pudding, spit and tie it with a cord, roast and baste well with butter; cut the liver in steaks, broil and lay round it; serve with sauce of melted

butter, pepper, salt and water, boiled and poured over. It will take an hour and a half, or quarter, to roast.

Sturgeon.

Roast it on a spit and baste with butter; serve with a sauce made with gravy, a little lemon and orange juice, some wine, and an anchovy.

CHAP VIII.

BAKING.

THE only necessary observation here is, that whatever vessel or pan meat is baked in ought to be kept sweet and clean. Most of the articles in the former chapter may be done in the oven, observing to pour in at least a pint (mutchkin) of water with a piece of butter.

A Rump of Beef.

Cut out the bone, beat the flesh well, season it with a mixture of pepper, salt, and cloves; cut slices of bacon from the back, lay it across the meat, put it in a baking pot with butter, onions, sweet herbs, and a little water; cover the pot close, or tie over strong paper three or four fold. It will take four hours; when ready, skim off the fat, dish it and pour the liquor over.

Calf's Head.

Scald and clean the head thoroughly, put some long iron rods, or skewers, across the

top of a large earthen plate, on which lay the head, grate a nutmeg over it, sprinkle a few sweet herbs shred small, bread crumbs, lemon peel, pepper and salt; dredge with flour, stick a few bits of butter over it and in the eyes; pour a pint (mutchkin) of water into the plate, with a bunch of sweet herbs, onions and spiceries; when the head is ready, put it on a dish before the fire to keep warm while you prepare a sauce. Strain its gravy into a saucepan, add a glass of wine, a little ketchup, and if you chuse take out the brain, chop it fine, add a squeeze of lemon, a little salt and pepper; boil all five minutes, pour over the head and serve it; garnish with green.

Pigs

May be baked; follow the same method as ordered for roasting (p. 329.) Serve with veal gravy, mustard, and apple sauce.

Bullock, or Calf's, Heart.

Make a stuffing with sweet herbs, bread crumbs and spiceries; soften with raw eggs and stuff the heart; put it into a dish, and when ready, serve with gravy, melted butter and red currant jelly, in sauce tureens.

FISH.

Cod's Head.

After cleaning the fish, rub the dish with butter, and lay in the head; pour in a sufficient quantity of water, with what spiceries and salt you chuse. To those who like high seasoned dishes, put in all manner of sweet

herbs and spiceries, dredge the head with flour, and grate nutmeg over. When baked, place it over a pot of boiling water and cover it up, while you prepare a sauce from the liquor in the baking dish; boil, strain, and season it with wine ketchup, shrimps, oysters and butter; pour into the dish, serve with toasted bread cut in slices and laid round.

Turbot, Salmon, Carp, and Eels,

Are cut in slices of an inch thick, and the skin taken off, then placed in a dish, a layer of the slices and a layer of forced meat, alternately; or first the slices and then the forced meat above. Melted butter is poured over and a few bread crumbs and oysters strewed round; when it is a fine brown, it is served with melted butter, wine, and lemon juice. The forced meat is made with a part of the salmon, an eel, and a few mushrooms, seasoned with salt and spiceries, and pounded fine; the crumb of a roll boiled in milk and beat with four eggs; the whole is then mixed into a paste. Eels require no wine.

Herrings and Mackarel.

After cleaning and scaling (mackarel must be split) rub them with pepper and salt, lay them properly in a deep dish, pour vinegar over them, tie them up with strong paper and bake them. They eat well either hot or cold; some chuse a few bay leaves. Or, in place of vinegar take water, and when baked pour vinegar over them with part of their liquor; they will keep a considerable time.

CHAP. IX.

BROILING.

General Rules.

STUDY to have a strong clear fire, the tongs and gridiron perfectly clean; after the gridiron is hot, rub it over with suet. In dressing steaks turn them very often and quick, to preserve the juice; the dishes should be kept warm, as every thing broiled, if not served quite hot loses its flavour.

Beef Steaks.

Cut the steaks three-fourths of an inch thick, from the end of the spare rib, or end of the rump, which makes the most delicate steaks of any. The meat ought never to be beaten, it tends so much to make it dry; it should rather be hung in a very cool place twelve or twenty-four hours longer to tender. Observe the directions above, and when nearly ready take them off, lay them into the dish they are to be served in and press them a little, which makes the gravy pour out; lay them again on the gridiron, give each a turn and return them into the dish; strew a little salt over, cover and serve them hot; always present pickles on separate dishes. Some are fond of the dishes rubbed with garlic.

Mutton Chops.

Cut them from the back ribs, or thick of

the leg, and proceed as already directed. *Or*, dip pieces of writing paper in butter or lard, wrap the ribs separately into the papers, and broil them on a moderate fire. *Or*, Make a thick pancake batter seasoned with nutmeg, roll the chop in a little pepper and salt, then dip them into the batter; lay them into a Dutch oven and fire them quickly.

Pork Steaks.

Cut the steaks from the back ribs, if too fat pare a little off, broil it on a moderate fire. *Observe*, That pork and veal require to be thoroughly done; strew salt over and serve hot and hot.

When cooking pork or mutton steaks, take great care they are not blackened; place the gridiron always in a sloping position, which will prevent the fat from running down into the fire and making a blaze.

Veal Steaks, or Chops.

Cut it from any choice fat part, where there are no sinews, broil them a light brown frequently basting each chop with butter and white pepper; let them be thoroughly but not overdone. Strew a little salt and pour melted butter and chopped pickles over them.

Lamb Steaks

Are done several ways, but the most simple and delicate manner is, to dress them with a few mutton chops; when the mutton is nearly done, put it between two hot dishes and press it very hard, lay the mutton aside, keep the

juice hot to serve with the lamb; dish the steaks, strew a little salt and pour the mutton gravy over, serve immediately; present ketchup and hot pickles in pickle dishes.

Chickens Broiled.

Take well fed hen chickens, cut them down the back and clean every thing out; be careful to preserve the gall whole, clean the liver and gizzard, and with a small skewer fix them to the sides of the chicken; run the skewer through the body so as keep it perfectly flat to make it brown regularly; give them a heat on both sides, then baste them well with butter and a shake of pepper; they require to be broiled slowly to preserve their colour, and, like all young meats, must be thoroughly done; have a rich white sauce in a tureen, pour melted butter mixed with mushroom powder over them. Pigeons are done in the same manner.

Shoulder of Lamb or Mutton Broiled,

Is a delicate dish when well done. Chuse the small well fed mutton or lamb, put it a good distance from the fire till it is warmed through, baste it well with fresh dripping, and observe to keep up the fire, as it takes a considerable time to broil. When the juice drops clear it is ready; dish with the skin side uppermost, pour a little water and salt over it, and, if you chuse, a little lemon juice, garnish with any thing green.

Calf's Liver.

The liver of a calf is variously dressed; but

the lightest and most savoury mode is, to take the liver of good veal (which will be firm and of a fair colour), skin it nicely, cut it in slices half an inch thick, have a dish with a good quantity of butter, melted and seasoned with pepper, placed beside the fire, into which dip the slices and lay them on the gridiron; continue turning and dressing them as ordered for beef steaks, only dipping or basting with butter all the time, otherwise it becomes dry; serve it hot and pour over it a little melted butter. When properly done it will be found as delicate as the liver of a chicken.

Roddekins,

Or the stomachs of sheep, make a very nice morsel when dressed as follows. Take that part of the tripe called roddekins, of fat mutton, wash them very clean, both inside and out, lay them in salt and water three hours, rinse them again thoroughly, boil them in pure water till very tender, drain and wipe them dry, rub them well over with butter and broil them as you do steaks over a clear fire till crimp on the outside, strew a little salt over and serve them hot; present beat butter, minced cucumbers, and French beans, with spiced vinegar.

BROILING FISH.

Fresh Salmon.

Cut the fish in slices near an inch thick, dip them in butter, put them on a polished gridiron over a clear fire; let them lie till one side is ready, then turn them; you will judge

of their being ready by all the cleanness being gone; garnish with sliced lemon and myrtle. Salmon requires to be thoroughly done but not dried, ten minutes over a good fire may do it; serve with beat butter, spiced vinegar, and anchovies, mixed in a tureen.

Kipper Salmon.

Cut it in lengths of four or six inches, and two broad; soak it in water a few hours, broil it in buttered papers, or as directed for herrings. Observe it is not overdone, serve with melted butter.

Haddocks.

Procure the fish as fresh as possible, fin, scale, clean, and lay them some hours in a good pickle of salt and water, with a plate and a weight over them to keep them down, which firms them. Or, if immediately caught, after cleaning, throw them into a bason with a large handful of salt, and stir them about; then hang them up by the tails on a fish hack, and expose them to the air a few hours; rub the gridiron with fat, and when hot lay on the fishes; let them be fully half done before you attempt turning, serve them hot; present fresh butter in slices, also beat butter and ketchup in a sauce boat.

Or,

With a sharp knife, split them close down by the bone, taking care not to cut them quite through the back; cut out part of the breast bone, sprinkle with salt all over and lay them

in the open air. If done at mid-day they will be ready for a supper dish, and are a great delicacy when nicely broiled.

Haddocks Smoaked to Resemble Aberdeen, or Finnen Haddies.

The fish, when cleaned and split open as before directed, are laid in salt for two hours. To smoak them, take a quantity of saw-dust and dried moss, or peats, broken small; put several layers of the peats and saw-dust in an empty chimney place, or above a grate; at eighteen inches above fix a number of wooden rods, over which lay the fish spread out; above them may be placed another row. Kindle the peats and saw-dust, but notice it does not burn, only smoke gently. When properly managed, one fire will make several dozens; they will resemble the Aberdeen haddocks, justly in such universal repute. The fish must be newly caught, otherwise they cannot have the proper sweetness.

Or,

When a kitchen fire is made up for the night, cover it over with saw-dust, place a gridiron very high above it, lay on the fish and they will be ready in the morning to breakfast; they require very little broiling.

Haddocks cleaned, finned, and laid in salt some hours, then tied together in pairs by the tails, thrown across a thick wooden rod three feet from the fire and smoked as above, keep a long time when dried, and eat well either broiled or boiled, being previously skinned.

Herrings.

Scale and draw the gut from the breast, wipe them well with a cloth, put in each a little pepper and salt, and dry them well; if fresh and stiff do not wash them; rub the gridiron with fat, and when hot lay on the herrings; strew a little salt over and serve hot, with hot pickles and spiced vinegar in separate dishes.

Or,

As ordered in the haddocks, split them open, strew a good quantity of salt and pepper on, and lay them in the air an hour or two; then broil them; serve with spiced vinegar, or melted butter. This is called kipper herrings.

Cod Sounds.

Scald them, strip off the black skin and simmer them in water till tender; drain, flour, and broil them. Take a little brown gravy, add spiceries, a little soy and mustard, thicken it with flour and butter, boil it a little, put the sounds in a dish and pour the sauce over them.

Trout

Is done in like manner, and served with a sauce of chopped anchovies and capers, melted butter, pepper, salt, nutmeg and vinegar.

Mackarels

Are also done the same way, only they are first stuffed with the roes boiled and minced small, sweet herbs, spiceries, bread crumbs, and an egg; strew a little salt over, serve with melted butter and ketchup.

CHAP. X.

FRYING.

Beef Steaks.

Observe that the beef is tender and good, cut the steaks half an inch thick, fry them a fair colour and turn them into a warm dish; pour a large teacupful of rich gravy into the pan, with pepper and salt, a few shalots or onions shred small; let it boil till it tastes well of all the ingredients, put in the steaks, give it a boil and serve it.

Mutton

Is done in the same manner.

Venison.

Make a rich gravy with a part of the meat seasoned as you incline; fry the slices a good brown, pick them out and keep them warm in a dish, roll a piece of fresh butter in flour, put it in the pan and keep stirring till it is brown; add to it the gravy, with two large spoonfuls of pounded sugar, two glasses port wine, a little lemon juice, and half a nutmeg grated; boil all till smooth like beat butter, return the slices into the pan, make all hot and serve it.

Calf's or Lamb's Brains.

Divide them in four, soak them in a good gravy stock with a little sherry and juice of lemon, a few cloves pounded, and some grate of nutmeg, pepper and salt, parsley and chives

chopped small; dip them in a pretty thick batter and fry them a good brown in sweet lard or oil; fry some crumbs of bread, or a little soaked rice, and the yolk of an hard egg chopped and strewed over; garnish and serve them with beat butter or wine sauce.

Or,

Pound the brain smooth with a few yolks of eggs, a spoonful or two of flour, a little sugar, a slice of fresh butter melted, or a little cream, add pepper, salt, and a spoonful of bread crumbs; whip all as light as possible, drop them into the pan the size of half crowns and fry them in good dripping or oil. It is a pretty corner or supper dish when garnished as follows. Take a large dark coloured Seville orange, pare it narrow, carefully keeping the chip whole; run it round the dish in a curl, with the top and bottom of the skin placed in the middle; intersperse a few sprigs of endive or myrtle.

Tripe.

When you get it from market boiled, examine every part narrowly to make sure of its being sweet and clean. Stew it gently in a veal stock till very tender, lay it to drain, cut it in neat pieces, dip them in a good pancake, batter and fry them a fine brown in fresh lard; serve with beat butter in a sauce boat, or crisp the tripe in plenty of boiling lard without dipping it in batter, as many prefer it so.

Loin of Lamb.

Cut it in neat slices, dust them well with

pepper; if you wish the dish high seasoned add mace, nutmeg and cloves, but they are as well omitted; fry the steaks a delicate brown in fresh butter, take them out and place them on a hot dish before the fire. Make a gill of savoury gravy in the pan with a bit of fresh butter, a little pepper, salt, and flour; boil it a few minutes, take it off, add a spoonful of fresh mushroom ketchup, stir all well, pour it over the steaks and serve it hot.

Egg and Ham in Haste.

Take a few slices of pork, beef, or mutton ham, if very salt lay it in warm water a little while, dry it well and fry it gently in fresh butter, take it out and keep it hot; drop a good many eggs in a shallow dish, put a piece more butter or fresh lard into the pan; brown it a fair colour, slip in the eggs very gently and fry them, give each a good shake of pepper. Observe to keep them whole, turn but do not harden them, then lay ham and eggs alternately in a hot dish; garnish with something green and serve it.

FRYING FISH.

In frying fish one rule is applicable to every kind. Have them neatly scaled, finned, dried, and rolled in flour or crumbs; do not lay them down after being floured, as they turn clammy, but immediately put them in a very deep frying pan, or broad saucepan, with plenty of boiling lard, oil, beef dripping, or suet, previously refined. Frying requires a smart fire, otherwise the fishes break and

the appearance of the dish is lost. Fish for frying ought not to be so large as for boiling, neither should they be washed or gutted, if they are very fresh, but wiped carefully with a soft linen cloth. When they cannot be had in such perfection, draw out the gut and clean them well without opening (which leaves it in your power to stuff the breast when dressed, if you incline it); lay them four or five hours in salt and water to firm, then hang them by the tails on a fish hack to dry, or wrap them severally in a cloth to draw away any moisture; dipping them in a good pancake batter before they are fried assists the cook much in keeping them whole; but this is only required when they are not quite fresh; strain them from the dripping and serve them hot. Observe, that if fishes do not swim in dripping they seldom turn whole.

Haddocks and Whitings.

To have them in perfection they should be immediately dressed when caught; dry them well, roll them in flour and salt and fry them a fine brown in plenty of fresh lard. Whitings being of a soft nature, if far carried to market are much hurt; therefore, when a small fry is wanted, young haddocks, when fresh, are often esteemed even more than the whitings; serve them crisp and hot, garnish with fried oysters or cockles, and butter in a sauce tureen.

Flounders.

Roll them in flour or bread crumbs and

salt; observe to dip the tails in the lard before laying in the pan, to prevent their curling up; in which case they do not brown so regularly. In buying flounders, chuse the dark brown kind, called daubs, without specks on the back and a pure lilac white belly; they are far superior to all others.

Smelts,

When fresh, are easily known by their strong flavour of sliced cucumbers. Dry and roll them in flour, fry them in plenty of lard, or dripping, till of a good brown, drain them before the fire and serve them hot, garnished with crisped parsley.

Carp

Are cleaned, dipped in flour, and fried a light brown; fry slices of bread toasted and cut in corner pieces, along with the roes; serve with butter, anchovy sauce, and lemon juice; garnish with the roes and the pieces of toast and lemon.

Tench.

Fry it in clarified butter a nice brown, take it out and lay on a cloth before the fire while you prepare the following sauce. Take butter rolled in flour, put it in a stew pan and brown it a little, stirring all the time; then pour in four glasses of wine and as much boiling water, an onion sliced, a little mace, and sweet herbs to your taste; cover and stew it gently, pour it out in a dish; lay the tench into the pan with some ketchup, or mushrooms and oysters, and, if you incline, truffles and morels, first boiled in water, but a little flour may

answer as well; when it has stewed a very little, dish them, strain and pour the former sauce over them; garnish with sliced lemon. Tench are sometimes stuffed with a mixture of mushrooms, olives, pepper, salt, sweet herbs, mace, bread crumbs, yolks of eggs, butter, and one or more of the fish, skinned, boned and pounded altogether. In like manner are all kinds of fishes fried. Where a very rich dish is wanted, a strong highly seasoned sauce must be prepared, either white or brown, and when the fish have dripped pour it over them in the dish, then garnish according to fancy.

Oysters.

Take what quantity you wish of the largest sort, open and dress them, rinse them well in their own liquor and lay them on a cloth to drain; beat up an egg, add half a nutmeg grated, or a little pounded mace and some salt; dip them one by one into this, and fry them a fine brown either in lard or butter; serve with bread crumbs fried, beat butter, ketchup, and pickles, in a sauce tureen.

CHAP. XI.

STEWING.

Rump of Beef.

This is a very strong dish, and should be dressed as simply as fashion will at all admit of. Roast it till nearly half done, then put it

into a very deep stewpan with three quarts (choppins) water, some spiceries, vegetables, sweet herbs, and a few onions; cover very close, and let it stew on a regular slow fire two hours and a half or more, according to its size. When ready, dish and cover it close, skim the fat from the gravy, thicken it with truffles and morels (or a little butter and flour, or rice), boil it all together and pour it over the rump. If you wish it highly seasoned add port wine, ketchup, vinegar, and spiceries to your taste, boil it up and pour over the meat; garnish with force meat balls.

A Fillet of Veal

Is done in like manner, and the flap is filled with a stuffing; garnish according to fancy.

Breast of Veal.

Stew it in a quart (choppin) of stock, with a little parsley, chives, pepper and salt, till very tender; dish the veal and pour the gravy over. Or, while the veal is stewing, add a glass of sherry, some sweet herbs, a spoonful of mushroom powder, or a few mushrooms, with spiceries to your taste; dish the veal, strain the gravy and pour over it, garnish with stars of bacon ham, and slices of lemon.

Neck or Knuckle of Veal,

Is done in the same manner.

Neat's Tongue.

Lay it in salt and water two hours, wash it well and boil it till the skin will peel off; skin, and then return it to its own liquor, with a

large spoonful of mixed spices tied in a thin muslin bag; if the liquor is too much wasted fill it up with some good stock, a glass of white wine, a bunch of sweet herbs, or a carrot and turnip. When the tongue is quite tender dish and cover it close, strain the sauce, and, if you chuse, thicken it with a little flour and butter, add salt to your taste; pour it over the tongue and serve it.

Scots Collop.

Cut the beef in small slices, dust them with flour and pepper; brown a bit of butter in a saucepan, add a little boiling water, put in the beef and give it a gentle brown on both sides, also put in six middling sized onions. Observe that the beef does not stick to the pan, add a little more water and shut it close; let it stew till strong and rich, lift the collops and pour the gravy over; lay the onions round in the dish; or, if the collop is preferred high seasoned, stew mixed spices with it; strain the gravy, and add ketchup before it is dished.

Fowls.

Truss the fowl as for boiling with a good spoonful of pepper and salt in its belly, put it in a pot or stewpan with a pint of stock, or boiling water, and two onions; ten minutes before it is ready throw in a handful of chopt parsley and chives, dish the fowl and pour the gravy over.

Or,

Add, to the fowl and gravy, a quantity of mixed spices in a bag, a sprig of thyme, some celery

and mushrooms; dish, and cover the fowl, strain, (and if you chuse thicken the sauce), let it boil a short time, pour it over the fowl in the dish and serve it hot. Or, you may brown a bit of butter, give the fowl a few turns in it till coloured a little, then add the stock or water, &c.

Pigeons.

Make a rich stuffing with spices, sweet herbs, crumbs of bread, and an egg; stuff and close them at top and bottom, and stew them as above directed for fowls. Or, half roast and then stew them ten minutes in a very rich gravy.

Partridges

Are done much in the same way; only, being very dry birds, require a piece of butter and pepper put into their bellies, and to be well larded on the outsides; prepare a high seasoned gravy and stew them twenty-five minutes; garnish with artichoke bottoms boiled and quartered.

Ox Palates.

Boil them till the hard skin will peel easily off; if you wish them kept white, boil in equal parts of milk and water, skin and cut them in pieces an inch in breadth; prepare a rich well seasoned veal stock, simmer the palates in it till very tender, add salt, Cayenne pepper, wine, mushroom powder, and a little cream if you chuse; but the palates will be good without them; serve them hot.

Or,

If you have no wish to keep them white, have

a beef stock, or brown gravy, prepared for them; a few young mushrooms stewed in the gravy is a great improvement, and may be served in the dish or not as you please.

Veal Cutlet.

First make a pint or more of rich gravy, either of fowl or beef, pretty highly seasoned with what spiceries suits your taste, and a clove or two of garlic, or a few small onions; cut the slices of veal from the neck or loin, beat them well, but not to disfigure them; have a bit of fine butter made a delicate brown, dip the slices into a pancake batter and fry them a good colour; strain and add the gravy with a handful of minced parsley. See that no part of the veal sticks to the bottom of the pan; shut it up, let it stew ten minutes, add a little mushroom ketchup or powder, and stir all gently immediately before you dish.

Kidney Collops.

Take a piece of good veal or mutton, a teaspoonful of whole black and Jamaica pepper, boil it till the meat is gone to rags, then strain it through a hair sieve; have the kidneys nicely washed and skinned; they may be either cut in rings or chopped small; put them to the liquor over a slow fire, with a few small onions, or a head of garlic; stew till it is rich and good, and the kidneys tender; some put in a stalk of lemon thyme, and an anchovy or two, which are taken out before the collop is dished; if you are fond of spiceries a little Cayenne pepper may be added and a large spoonful of mushroom ketchup, before serving.

Minced Collops.

Take a piece of good fat beef and mince it very fine; be sure the meat is fresh. Take a small piece of veal with some white pepper and allspice, a few shalots or small onions, boil all together till the gravy is rich, strain it through a sieve, put two gills into a stew pan, when it boils put in the beef; continue all the time chopping with a sharp spoon to prevent its adhering together in lumps. If the collop is not made of fat meat it will never be good, as suet added to lean beef has not the same effect; you may make it thinner by adding more stock as you incline; before it is taken off add a spoonful of ketchup.

FISH.

Carp, Tench, and Soles.

Scale and clean the fish, wash the inside of the breast with vinegar, hang them up by the tails an hour to drip, wipe them dry, flour and fry them a pretty light brown in fresh dripping; have a stewpan ready with a sauce made with wine and water, Cayenne, cloves, onions, a few anchovies, a spoonful mushroom powder, a little salt and lemon juice; lay the fish in the dish they are to be served in, strain the sauce, and if it requires, thicken with a little butter and flour, make it boil and pour over the fish; garnish with fried bread, the roe, horseradish and lemon; or according to fancy.

Pike and Cod

Dressed in the same way eat well.

Lampreys and Eels.

Skin, clean, and dry the fish well, put them in a stewpan with a rich gravy, mixed spiceries, and a bit of lemon peel; stew till tender; take out the fish, keep them hot while you strain the sauce, add a glass of wine and thicken with the yolk of an egg, pour it boiling hot over the fish and serve them.

Soles, Plaice, and Flounders.

Fin, gut, and lay the fish an hour in salt and water, drip and dry them well, half fry them in fresh lard, or butter; take them out and make a rich sauce for them; stew them gently in it fifteen minutes, dish and serve them with anchovy or oyster sauce.

Oysters.

Open and make them perfectly clean, prepare a sauce for them with their liquor, a bit of butter, a little flour, a good grate of nutmeg, some white pepper, a piece of lemon peel, or grate, with any other seasoning you please; when this sauce is rich to your taste, put in your fish and stew them very gently a few minutes.

HASHING AND MINCING.

Meat that is underdone answers best for this purpose, and is occasionally used for side, corner, or supper dishes; minced meats are almost all dressed after the same manner; it is cut in thin small slices, or minced very fine, and half fried in fresh butter; it is then put to a good savoury stock, or well seasoned

gravy, and stewed till all is rich and good, add sauces and spiceries according to taste. The following example will suffice.

Mutton to Imitate Venison.

Cut it in thin steaks, take out all the bone and skinny parts and draw a good gravy from them; to two gills of this add a glass of red wine, some lemon peel and a little juice, a bit of butter with the flour, a spoonful of ketchup, into which stew the mutton till tender; cold roast beef, mutton, or veal, may be done the same way.

Turkies, Veal, Fowls, or Rabbits.

Mince into small pieces either of the above that have been dressed, brown a piece of fresh butter with a little flour, some shalots or onion, pepper and salt; put in the minced meat and give all a shake over a slow fire a few minutes; prepare a pint (mutchkin) of good veal stock, with sauces and seasoning to your palate, strain and put it to the mince meat; stew all gently fifteen minutes, add ketchup and serve it; garnish with very small slices of bacon ham.

CHAP. XII.

FRICASSEEING AND RAGOOING.

White Fricassee of Chickens or Rabbits.

After blanching well in water cut in quarters or joints and parboil them; then make a

sauce with part of their liquor, thus: Take a bit of veal, cut it small, an onion stuffed with white pepper, a little mace, a few button mushrooms, a little salt and a bit of lemon peel; stew them gently in this till tender, lift them out and keep them hot in their proper dish while you prepare the sauce. Beat the yolks of two eggs with a tea cupful of cream, stir over the fire till scalding hot, (do not let it boil) pour it over the chickens; it is sometimes thickened with flour and butter, in which case the eggs are unnecessary.

Cold Fowl,

Whether roasted or boiled, is cut in joints and stewed with a veal gravy, then dressed with white sauce (*vide chickens.*)

A Loin of Veal

Is cut out in steaks, dipped in yolks of eggs, and strewed over with crumbs of bread seasoned, then fried a nice brown in dripping, drained and served with white sauce and force meat, garnished with sliced lemon. Cold veal may be prepared in like manner.

Fishes of the Flounder Species.

Procure the freshest and best fish, clean and fin them, raise the skin and flesh on each side of the bone, which take out; put the flesh of two within the skin of one, and sew up the breast. Or, cut them in pieces, wipe, dry, and dust them with flour and salt; fry them crisp in a pan of boiling dripping, drain them, clean the pan and make ready a sauce with a

few oysters minced, and a little of their liquor, a few anchovies boned, a glass of white wine, some grated nutmeg, salt, and a slice of fresh butter; toss it up, put in the fish, and when thoroughly hot serve them; pour the sauce over, and garnish them with any green.

With a little variation all white fishes may be fricasseed; so that the cook, or new beginner, may draw many dishes from these few examples, when they are informed that fricasseeing is nothing but frying and then stewing the same dish in a highly seasoned sauce.

Oysters.

Scald them in their own liquor, pick them out, roll a bit of butter with flour to thicken the liquor and let it boil; beat up three eggs and mix in a few spoonfuls of the liquor, add a tea-spoonful of cinnamon powder, mace, or nutmeg, a glass of sweet wine, a few sweet and bitter almonds pounded; season with salt, put it in a stewpan with the oysters, make them scalding hot and dish them.

RAGOUTS.

Veal.

Cut steaks from the back ribs of fat veal, fry them a fine colour with parsley and bread crumbs; make a rich ragoo sauce either white or brown, thickened with truffles and morells, or in place of them butter and flour, or ground rice; stew the steaks in it till it is rich and serve it.

Brown Ragout Sauce,

Is made from rich beef gravy, or stock, with

mixed spices, Cayenne pepper, sweet herbs and vegetables, such as carrots and turnips, with ketchup, wine, and browning.

White Sauce

Is made with veal stock, or gravy, with mixed spices, white wine, lemon pickle, mushrooms or powder, Cayenne, cauliflowers, asparagus, and artichoke bottoms, yolks of eggs beat light, truffles and morels, or butter rolled in flour and cream.

These ingredients are varied according to taste, but with all or part of them, every fricassee or ragout is dressed.

CHAP. XIII.

MADE DISHES.

Beef à-la-Mode.

Is made of a buttock of beef of any size; prepare a rich force meat thus: Pick the flesh from a fowl and the same quantity of nice bacon, with mixed spices and the yolks of eggs, wine and bread crumbs; take out the bone of the meat, and pierce it through with a larding pin, force it well and bind it together to keep the shape; rub it with spiceries, lay three long rib bones in the bottom of the stew-pan to prevent its sticking, or a few well polished skewers; pour in a quart (choppin) of good stock, or water, shut it close up, let it stew gently two hours, turn the meat and stew it till ready; dish the beef, strain the liquor

into the dish and serve it hot; or cold, cut in thin slices and garnished with parsley, endive, or myrtle.

Beef à-la-Royal,

Is made with the brisket. Bone and pierce a great many holes through it, force it with rich highly seasoned force meat of different kinds, alternately, in every hole; dust it with flour, and stew it in stock, or a quart of water, till tender. Or, bake it two hours and a half, skim the gravy clean, and dish the meat, pour in the gravy and serve it.

Porcupine of Beef.

Cut the bones out of a brisket, lard with bacon, roll it up and boil it slowly three hours.

Bombarded Veal,

Is a fillet or gigot of veal done as the porcupine, and wrapped in the caul.

Mutton Kebobbed.

Cut a loin (loin and backribs) of mutton through at every joint, pick off the skin and fat, roll each piece in mixed spices finely pounded, then dip them in eggs whipped light, and strew on them bread crumbs; replace the pieces as at first side by side, tie, spit, and roast them quickly, basting well with fresh butter and their gravy as it drops; dust them twice with the spices and crumbs, take a sup of good gravy, boil it with what is in the dripping pan (thicken with a little flour if you incline) skim it well, add some ketchup, dish the mutton and pour it over.

China Chilo.

Mince a piece of any kind of good fat meat that is underdone, pepper and salt it well, take a few onions, cauliflowers, and lettuce cut down, a pint of peas, asparagus, and any other sweet vegetable you chuse; clarify a piece of butter, put all into a stewpan, with a cupful of veal soup, or water, add seasoning to your taste; shut it quite close, stew till it is rich and good; swell a dish of rice, make a cavity in the middle, into which pour it and serve it hot.

Beef à-la-Vingritte,

Is underdone beef cut in slices and stewed with a very little water and wine, spices and sweet herbs; when one side is done, turn over the other. It is served cold with the gravy strained and mixed with vinegar for a sauce.

Beef Olives.

Cut thin slices from a rump or sirloin of beef that is very tender. If it has no fat on it flatten and roll a bit within every slice, with plenty of spiceries, such as suits your taste; tie each with a packthread and fry them. Prepare a beef stock with a carrot and cauliflower pulped through a search, one gill of sherry, two dozen fried oysters, with their liquor, a little Cayenne, or white pepper, and a little lemon juice; strain the liquor and stew the olives nearly an hour, add a spoonful of fresh ketchup, or have a few mushrooms stewed in the sauce; serve it hot.

Veal Olives

Are done the same way.

Beef Bouillie.

Make choice of six or eight pounds well mixed beef, either of the brisket or thick of the loin, if you chuse it lean take the end of the rump; put it to one gallon boiling water, let it boil till tender, mince a handful of parsley, boil it in half a pint of the beef stock, mince some pickled cucumbers and beans, brown an ounce and a half of fresh butter and fry a large onion shred very small in it; then add the stock and parsley, thicken it with a spoonful of flour mixed with a little more stock, throw in the shred pickles, boil all three minutes, have the beef ready in the dish, pour the sauce over and serve it hot. To those who prefer high seasoning, the meat may be stewed with mixed spices and all manner of sweet herbs, also a rich high seasoned sauce poured over. When the meat is drawn, a very excellent soup may be made from the liquor by adding a few ounces of rice, or maccaroni, with a handful of chopt parsley and chives; keep the beef hot as before directed.

Beef Gobbets, or Mouthfuls.

Cut a piece of tender beef in small pieces, rub them well with mixed spices, powdered thyme, and garlic; fry them a good colour, then stew them till tender in a rich brown sauce; garnish with pickles and serve them.

Caparata.

Pick the flesh from a cold roast fowl, preserving the bones of the neck, back, and ribs whole; mince the meat very small, or pound

it in a mortar with the yolks of four hard boiled eggs, mixed spices, salt, and a gill of cream; stew all a few minutes with a little savoury white sauce; see that it is seasoned to taste, broil the bones of the back; dish the meat, lay the bones over, decorated with sprigs of myrtle, garnish the edges and serve. It makes a pretty supper dish.

Crocats.

Make a force meat of cold fowl or fat veal, roasted bacon and hard eggs, white pepper, pounded mace, salt, parsley chopped, bread crumbs, raw eggs and cream; knead all gently in a dish, cut some broad thin slices of raw veal, season them well and wrap a piece of the force, or minced meat, in each, lengthways, tie and dip them in batter, roll them in crumbs and parsley, fry them in boiling dripping; let them drain before the fire, garnish with green and serve with or without sauce at pleasure.

Fricandeau of Veal.

Take a piece of veal without bones or sinews, lard it well with bacon, stew till tender in beef stock, then drain off the liquor and season it with nutmeg, lemon, mushroom ketchup, white wine, salt, and a little flour to thicken, sharpen it with spiced vinegar, and, if you incline, green it with spinage juice; make a strong glaze of part of the liquor, dish and glaze it; garnish to taste.

Mutton Rumps and Rice.

Take a few rumps, boil till nearly tender in good stock sufficient to cover them, take out the rumps and put in half a pound rice, an

onion stuffed with white pepper and cloves, a grate of nutmeg and a little salt; stir till all is quite tender, keep it close while you either fry the rumps (first dipping them in a batter, spiceries and sweet herbs,) or broil them crisp; then pick out the onion, add two beaten yolks of eggs, stirring rice and all well over the fire, dish and smooth it, laying the rumps over.

Harrico of Mutton.

Make a stock of beef or mutton, with a carrot, turnip, onion, parsley, salt and spices; then take as many slices of mutton from the back ribs or neck as will make your dish. Observe that the mutton be tender, fry them a good brown; pick out the onion and roots, skim and strain the liquor, cut the carrots and turnip in rings, or stars; lay the steaks and roots in the liquor when it boils; let them all stew half an hour, dish the steaks, lay the roots neatly round and pour the sauce over.

To Curry Chickens, Fowl, Veal, &c.

Cut a chicken in small pieces, also a few onions in rings, fry both a good brown, then simmer in one pint of veal stock till the chicken is tender; twenty minutes before serving rub down a large spoonful of curry powder, a little flour, a bit of fresh butter, and half a gill of cream; immediately before it is served add a spoonful of gooseberry vinegar, or squeeze of lemon. All underdone white meats make excellent curry. Send it up with a dish of rice dressed thus: Take what quantity of rice you need, pick and throw it in boiling water, let it

boil briskly till it is soft, then throw it in a cullender, frequently turning it up, to crimp and dry, before a good fire; serve the curry and rice in separate dishes.

Rice used for puddings, soup, &c. should be put on with cold water, in a well buttered pot, or stewpan, soaked slowly and never stirred till it has sucked in all the liquor.

A Haggis

Is generally made with a sheep's draught, or pluck; wash and clean it well by slitting all the pipes and heart; parboil, then mince it small; boil the liver well and grate the half of it; shred small from ten ounces to a pound of suet, according to the size of the meat, a few onions, and half a pound of oatmeal; mix it well together, and season it with mixed spices, pepper and salt, to your taste. Have ready the haggis bag, perfectly sweet and clean, pour into the compound a quart (choppin) of good gravy, mix it up and fill the bag, press out all the air before you sew it up. If the bag is thin tie it in a cloth to prevent its bursting. A pretty large one requires about two hours boiling.

A Lamb's Haggis

Is made in like manner, with the addition of a few eggs made into a pancake batter with flour and milk, some young parsley, chives, and onions, minced small, in place of the oatmeal. This will take nearly an hour to boil.

Rabbit Smothered with Onions.

Brown a good lump of fresh butter in a

close pot, or stewpan, peel what quantity of onions you wish and brown them gently in it, observing not to darken the butter too much; cut the rabbit in pieces, or if you chuse keep it whole; have it well blanched and dried, pepper and salt it; dust a little flour, give it a good turn in the butter till it browns, then add a pint of stock, or boiling water, shut it close and stew till very tender; see that it is properly seasoned and serve it hot. Chickens are done the same way.

Rabbits Smothered White.

They must be parboiled in milk and water, seasoned with mixed spices and onions and stewed in rich white gravy.

Hen, or Chicken, Marinated.

When it has boiled half an hour take it out and make a rich savoury sauce, adding parsley, fried oysters and their liquor, wine, lemon juice, and force meat balls; put in the fowl and stew it gently seventeen minutes; dish the fowl, pour over the sauce, garnish and serve it hot.

Pigeons in Disguise.

Take five fat pigeons, clean and wipe out their insides, pepper and salt them well; take a cold fowl, or piece of raw veal, mince it very fine; also a few slices of tongue or ham, a little mace or nutmeg, salt, a handful of asparagus tops or good cauliflower chopped small, a lump of fresh butter, a few bread crumbs and a glass of sherry; knead all together, stuff and sew up the pigeons, half roast them in a Dutch oven, basting well with butter and pep-

per. Have five pieces of puff paste prepared, large enough to envelope each pigeon; lay it on its breast, fold the paste neatly over at the back and mark the legs and wings with a paste cutter; decorate the breast like a leaf, and when all done put them into an oven; bake the paste well, glaze it and serve the pigeons. The meat of chickens, or fowl, chopped, seasoned, enclosed in paste and then fried, makes a nice dish.

Pigeons in a Hole.

Take a few small fat pigeons, truss as for boiling, season them well with pepper and salt and a good piece of butter in each; put them neatly in a deep pudding dish, pour over a good pancake batter and bake them in an oven moderately hot.

Savoury Jelly.

For savoury jelly take the sinewy part of a leg of beef, a shank of veal, and a piece of good ham; boil till the strength is extracted, then add a few carrots, turnips, and onions, Cayenne and white pepper, salt, lemon peel, a stalk of thyme, half a pint (two gills) sherry, half a gill ketchup, and the whites of eggs well whipt; season it pretty high, (allow twelve whites to clarify one gallon jelly); put all on the fire, boil it a few minutes, and strain through a flannel bag repeatedly till it is quite transparent. When it is to be used for ornamental dishes, such as fowls, lobsters, &c. to every two quarts (pint) of jelly, allow an ounce of isinglass dissolved in a little water, and add with the whites.

Hen, or Chickens, in Jelly.

Take a very large plump fowl, bone it, except the rump and pinions; pick the meat of a chicken, take equal weight of boiled bacon ham, mince them fine, season with pepper and salt and what spiceries you chuse; mix all together with a few yolks of eggs, a good bit of butter and some cream, stuff and sew up the fowl, boil it gently an hour, pour a little warm milk and water over to make it look fair and white; drain and set it up to cool. Have ready a sufficient quantity of rich highly clarified veal jelly, pour in a pint, or quart, according to the size of your mould; cool it, then place the fowl breast downwards, with a Bantam's egg hard boiled and shelled at each corner, one at the neck and another at the rump, stuck with bay leaves, placing the glossy side down and the points of each outwards; then fill the mould as high as the back of the fowl; when cold dip the shape quickly in hot water and turn it on a dish.

Chickens in Savoury Jelly.

Make the jelly with calf's feet, season it with vinegar and spiceries, roast the chicken; when cold proceed as above directed.

Small Birds in Savoury Jelly.

Put a small piece of butter rolled in flour with spices and salt, in the belly of each, sew up the vents, put them in a jug, cover it close, place it in a pot of boiling water and stew till they are tender; when cold proceed as above. After the jelly in the dish is cold, put in a few of the birds, cover them

with jelly, and when it is firm lay on a few more and fill it up.

Lobster in Jelly.

Take a boiled lobster, draw off the tail and claws very carefully; crack the shell of the tail and take out the meat whole, preserving the fine red on it and the fan of the tail; crack the claws, or, when there is no possibility of getting the meat out whole, saw the shell neatly on each side and take it off, then clean out the body shell, taking care to keep the horns whole; pick the meat of another lobster, or (if not at hand) a few crab's claws minced and seasoned, stew it with a little of the jelly, fill the shell and cool it; also put two or three inches depth of jelly in the shape you intend turning; when cold lay the body shell, meat of the tail and claws, also the small legs, back downwards; draw a horn round each side of the shape as nearly as possible to imitate nature; let the jelly be as cool as it will pour well and then fill up the shape. Observe that every thing keeps its proper place; when cold dip it in hot water and turn it on its proper dish.

Salmagundy

Being greatly used as a middle dish at supper, a shape to raise it in the middle will be found a great ease in dressing it out, and may be had, either of crock or glass, at a trifling expence. The beauty of this dish depends entirely on taste in making and placing the various articles of different colours where they will have the best effect. Cover the bottom always with green;

then a layer of white, such as veal, chicken, or fowl; next grated ham or tongue, beets or cabbage, hard boiled eggs chopped fine and the white part tastefully disposed, chopped anchovies, and as many different ingredients as suits taste or conveniency piled above each other; place an ornament of green on the top; garnish with green and curled butter all over.

Or,

Place a root glass in the middle of the dish, filled with long green stalks, and green and red flowers hanging pendent over the dish; lay the gundy in neat heaps, of different colours, the size of tea cups, round in the dish; garnish the edges with the white of a hard egg cut into rings, stuck with green leaves and a scarlet pink, or daisy, in the middle of the ring.

Curled Butter.

Press it through a clean coarse hair sieve, it has a light and showy appearance.

Hedge Hog in Jelly.

Follow the direction given for making almond biscuits; make a quantity the size of an hedge hog, shape it properly, and stick it all over with blanched almonds cut like prickles, cover well with paper on the top and bake in a cool oven.

Or,

Have the block of an hedge hog made of wire and covered with paste; then cover the block with the almond paste, half an inch thick, very neatly, finish it with almond prickles as above,

and bake it; put it in jelly as directed for a lobster, using calfsfoot jelly (p. 92.); make a very stiff blamange, three inches deep, exactly to fit, turn it on the dish the hedge hog is to be turned on, place the jelly over the blamange and touch the jelly mould gently all over with a cloth squeezed from boiling water, which will make it come off easily; garnish the edge with a green wreath. This is a beautiful middle dish.

CHAP XIV.

COLLARING.

Rules to be Observed.

Roll the meat up tight and bind it firmly, which makes it cut properly without breaking and adds much to its beauty. Great attention is necessary in boiling, that it may not be under or overdone. The meat must be quite cold before it is laid in pickle; after being a night in the pickle the binding is taken off, and the meat laid in the dish. If properly managed, it will be quite solid and clear when cut.

Beef.

Take a flank of beef, cut out the bones and take off the skin, salt it with the following compound. Bay salt, salt prunella, and saltpetre, two ounces each, two pounds common salt and eight ounces raw sugar all pounded together. Rub well and turn the beef daily

for eight or ten days; take it out of this pickle, wash and wipe it dry; rub the following spices all pounded and mixed, over the inside; cloves, mace, nutmeg, Jamaica and black pepper, a quarter of an ounce each, parsley and sweet herbs shred small as you incline; roll it tight up, bind it firmly round with a coarse cloth then with tape, and boil it in plenty of water; if very large it may take six hours. Take it out and place it on a board, lay another over it and lay on heavy weights to press it; when it is cold take it out, and use it cut in slices; garnish with parsley.

Breast of Veal.

Proceed as already directed for beef; after slicing a dish, wrap the remainder close up in paper and hang it in a cool dry place till you need it again.

Lamb.

A leg or gigot, with the bone cut out, is done in like manner.

Pig.

Proceed as already directed, and when nearly boiled make a pickle with water and vinegar, salt, spiceries, and sweet herbs; boil it in this till ready, then lay the meat in a jar; when nearly cold pour this liquor over it and keep it close covered.

Breast of Mutton.

Skin and bone the mutton, rub it well over with mixed spices, pepper, salt, and sweet herbs, if you chuse; lay some pieces of the

fat within, roll it tight up and tie it with a cord; skewer and spit it, cover it with the caul of veal and roast it a nice brown; when nearly ready take off the caul and dredge with flour and butter. Make a rich gravy sauce with spiceries, sweet herbs, &c. stewed and thickened with flour and butter; set the mutton upright in a dish and pour the sauce round it; cut away the cord and garnish with lemon and force meat, &c.

FISH

Are dressed in the same manner; the bones are cut out, highly seasoned, rolled up and tied, boiled with water and vinegar; when ready, cooled, laid in a dish, and the liquor poured over them.

To Roast, or Collar, Sturgeon.

After cleaning the fish, bone and cut it in lengths of six or eight inches, mix a quantity of bread crumbs, shrimps, and oysters, chopt, lemon peel, grated nutmeg, pepper, salt, parsley, and sweet herbs; rub one side of the fish with butter and strew over it the mixture; roll up one piece very tight and over that another, strewing the mixture upon each piece as you roll them. When the roll is about four inches thick bind it tight with a cord and roll up more; the inside pieces should be parboiled, either roast them on a spit or collar them; serve with a rich sauce made of spiceries, wine vinegar, sweet herbs, ketchup, &c.

CHAP. XV.

POTTING.

WHATEVER article you pot observe that it be well covered with clarified butter, tied over with strong paper three or four fold, and well baked. When it is baked, drain it well from the gravy; the seasoning should be finely pounded. Before potting, press it well; it should be cold before the butter is poured over.

To Clarify Butter for Potting, &c.

Put the butter into a saucepan with a little water, boil, skim, and let it settle; pour it off while clear, but do not let any of the sediment go over; when it begins to thicken pour it over the meat.

Beef.

Take six pounds tender beef from the rump, or hookbone, cut it in thick slices, rub them well with a little sugar, saltpetre, and common salt; let them lie twenty-four hours, wipe and dry, then put them in a potting can, and bake them in an oven with a little butter; take them out, mince them small, and pound them in a mortar; season with salt and mixed spices finely pounded, add a little of the clear gravy they were baked in, with some fresh butter, pound and mix all together; rub the inside of the jars over with butter, pack in the beef, and press it down; have as much room as let the clarified butter be at least half an inch thick on the top; when

cold tie over a bladder and set it in a cool place. It is used in slices for supper dishes; garnish with parsley.

Tongues

Are done the same way.

Veal.

Stew a fillet of veal, or take cold stewed veal, beat it to a paste with salt and spiceries to your taste, and proceed as ordered for beef. Or, after stewing the veal take a part of the liquor, set it to stew with all kinds of spiceries and the juice of lemon, till very rich; mince the veal very small, or pound it and stir in the rich gravy; pour it into the pots and proceed as above. When poured into moulds, or cups, and turned out on dishes, they make a nice appearance as side dishes at supper; garnish with green.

Marble Veal

Is made in like manner, with the addition of a tongue boiled, skinned, pounded, and mixed amongst it; the gravy need not be so very rich; pour it in shapes, and when cold turn it out on dishes.

Beef or Veal Head.

Scald and scrape off the hair, wash well and split the head in two, lay it in plenty of cold water a night to blanch; break it to go into the pot, let it be well covered with water; when the meat comes easily off the bones take out the head, cut off all the meat, mince it pretty small, skin and cut the pallet, slit the case of the eye in rings, boil the li-

quor it was in till pretty rich, put the mince meat into a stewpan, and pour in as much of the liquor as will cover it, first taking of all the fat, season it well with salt and spices, let it stew till it jellies, and pour it into shapes. *Or*, if you wish it very rich, take a part of the liquor it was boiled in, skim off all the fat, and put it into a stewpan with as much rich beef or veal stock as will cover the meat; stew it richly with spiceries, salt and onion, a little lemon juice and a few pickles sliced; strain through a search, mix in the minced head, let it boil a few minutes and pour it into shapes; when cold turn them out. A beef head must be skinned by the butcher and done the same way; garnish with green pickles, sprigs of myrtle, cabbage, or beet root. In making this dish, either of beef or veal, the addition of one or more calf or neat feet, strengthens the jelly and improves it much.

Hares and Rabbits.

Case, wash and clean the hare, cut it in joints or pieces, and season them well; put it in a pot with a pound of fresh butter over it, tie it close and bake it in an oven; when ready pick out all the bones, pound it in a mortar with the fat it was baked in and a little of the gravy, and proceed as already directed to pot it.

Turkies, Geese, and Fowls.

Dress and bone the fowls, season them high with salt and spiceries, boil a pickled or dried tongue tender, rub it well with mixed spices, put it into the fowl and the fowl within the goose or turkey. Or, cut the fowls open, take out the

bones, lay the one within the other and roll them up as for collaring; lay them in a pan and bake them in an oven with melted butter poured over; let them remain in the liquor till almost cold, take them out and lay them on a cloth; next day remove the binding, place them in a potting pot, take the fat from the liquor, and add as much more butter as will cover it an inch above the meat, melt and pour it over them.

Pheasants, Partridges, Chickens, Pigeons, Larks, and other Small Birds.

After drawing and cleaning, season them highly with pepper, salt, and mixed spices; pack them neatly in a pan or can, cover them with butter, bake them in an oven, drain and pack them in potting cans; purify the fat and add more to cover them well, melt it and pour over them, and when cold tie them over with paper.

Ham and Chicken.

Take slices of boiled ham and a sufficient quantity of cold chicken, or fowl, beat them separately in a mortar, with spiceries to your taste, put a layer of ham and then chickens, and proceed as ordered above.

POTTING FISH.

Eels, Lampreys, Smelts, Pike, Carp, Tench, Trout, Salmon, Shrimps, Chars, and Herrings.

The eels and lampreys are skinned, cleaned, and cut in pieces; all the other kinds are

scaled, well washed and cleaned, the heads taken off, the fishes split open, and the bones taken out; then seasoned with salt, pepper, and other spiceries according to taste, laid into a pan, covered with melted butter, and baked slowly. They are then drained out of the liquor, again seasoned, and packed into pots, the fat in which they were baked taken and carefully washed in water or purified, and as much more butter added as will cover them, which is melted and poured over them when they are cold.

The butter of the articles potted may be used in frying, or making crusts for pies, &c.

SOUSING.

Turkey in Imitation of Sturgeon.

Prepare a large turkey, wipe it dry with a cloth and take out the bones, roll and tie it up; set a pot on the fire with equal parts of wine, vinegar, and water, and a good quantity of salt, boil and skim it clean; when ready, take it out and bind it tighter, boil it a few minutes longer and put it in a jar; make the pickle it was boiled in according to your taste, adding more vinegar, wine, or salt; boil and skim it, and when cold pour it over the turkey, and keep it in a cool place; serve in slices with a sauce of oil, vinegar and sugar. By many it is preferred to sturgeon.

Soused Tripe.

Tripe, after being boiled tender, is laid in a pickle of salt and water, changing it daily; when used it is cut in pieces, dipped in a pan-

cake batter, and fried a good brown; serve with melted butter.

A Pig's Feet and Ears.

Are done in the same manner.

SAUSAGES.

Bologna Sausages.

Take one pound each of bacon or ham, pork, veal, beef, and beef suet, shred them very fine, season it rich with mixed spices, or pepper and salt, the leaves of sage, and some sweet herbs cut small; fill and tie the gut, when the water boils put it in and prick it, otherwise it will burst; boil gently an hour, lift it carefully out and lay it on clean straw till cold.

Pork Sausages.

Chop the fat and lean together and season it according to taste with sage, pepper, salt, and pimento; fill the hog's guts, boil and prick them as ordered above; when used, boil them a few minutes, then broil them.

Or,

Cut the pork in slices and season it very high with pounded spices and salt, let it lie six days, mince it small and mix with shalots and garlic shred very fine; fill ox guts with this stuffing, smoak them as you do ham and dry them well. Some eat them in this manner, others boil and then broil them.

Beef, Mutton, or Veal Sausages,

Are also very good. Observe to have a proper proportion of fat and lean, and seasoning to your taste. The veal requires a mixture of

pork pounded in a mortar, which makes them eat very nice; they should be minced very small, and the guts well cleaned. The quickest way of filling them is with a funnel and a wooden pin; gather the gut upon the pipe of the funnel and hold it firm, put the meat into the funnel, and, with the pin, push in the meat till the gut is full; take it by both ends and tie knots at distances of six inches by turning through one end of the sausage. They may either be broiled or fried by themselves, or with eggs or apples. Sausages are often used without being put in skins, rolled in flour to any size and fried a nice brown.

CHAP. XVI.

DRESSING VEGETABLES, EGGS, CHEESE, &c.

Observations on Boiling Vegetables.

ALL vegetables should be cut at an early hour, before the sun grows hot, and laid in a cool place; they should be thoroughly examined for fear of insects and worms, cleaned by plunging in quantities of water, but not broken or squeezed, nor allowed to lie long in water, which blanches away their sweetness and gives them an exceeding nauseous smell in a few hours. With the exception of spinage, they should be boiled briskly in an open vessel with plenty of water and a little salt, and dished the moment they are done enough, which preserves their lively green. Boil vegetables

in pure spring water, nor ever adopt the pernicious practice of greening them with any thing more than may be obtained by care and cleanliness. Vegetables newly cut boil much sooner than those that have lain long, and are greatly superior in flavour.

Cauliflowers.

Great attention to cleanliness is requisite in boiling this delicate vegetable, as the least dust adheres to the flower and spoils it; boil it in milk and water; soften but do not overboil it; serve while the green is brisk; put no salt in the water.

Broccoli.

Cut off the hard bottom of each stock, pick off the green leaves and boil till tender in pure spring water and a little salt; or, if you chuse, break them in pieces, tie the tender stems in small bunches and boil them; serve with beat butter.

Asparagus.

Scrape the roots clean and white, pick and wash it well, tie it in small bunches and boil till tender; it should not be overboiled; dish with the tops in the middle of the dish, and serve with beat butter in a tureen.

Spinage.

Pick and wash it carefully, boil in pure water with a little salt; squeeze out the water, put in a bit of butter, a little pepper and salt; mash it fine, beat it well over the fire, dish and smooth it on the top; serve with or without poached eggs laid over, as suits you.

Or, stew it with salt, without water, till tender, then serve with beat butter or mash, as directed above.

Cabbage.

Boil them briskly in plenty of salt and water; either serve them whole or mash as ordered for spinage. They require to be well boiled being a strong vegetable; serve with butter in a tureen.

Savoy and Curled Greens.

The first requires to be slit in two, and both, when to be served with meat, should be boiled in its liquor after it is drawn; the meat may be kept hot over boiling water. *Or*, They may be mashed as spinage and served hot.

Pease

Are most delicate when young, newly pulled and shelled. Boil them quickly in salt and water, but do not quite take off the crisp; have a piece of butter, with pepper and salt, in their proper dish; throw them into a cullender, then into the dish, turn them gently up to mix them with the butter, cover and serve them.

Turnips

Are very delicate when young; peel the skin quite off, boil till tender, set them neatly on the dish and pour beat butter over; or mash with butter, pepper, and salt.

Yellow Turnips.

Take off the skins and boil them very tender with a good large carrot; strain and mash

them very fine with the red of the carrot, butter, salt and pepper; dish, smooth the top and serve them. Or, butter a melon shape, fill, and then turn it out for a corner dish. They eat well with beef or mutton steaks. A very excellent *soup* is made by adding either a roast beef or marrow bone, when boiling the roots, or mashing them as above and reducing them to a proper thinness with weak stock of any kind. The real yellow Swedish turnip is a most valuable and palatable root, being both a cure and an antidote for scorbutic complaints.

Parsnips

Are dressed exactly as young turnips.

Artichokes

Require much care to free them from insects; put them a minute very near a strong fire, beat and shake them well, and they will drop out in numbers; plunge in cold water and then boil them till the leaves come easily off; serve with melted butter in a tureen.

Potatoes.

Clean them very carefully, pack them in a pot, with the large ones at the bottom; put a large spoonful of salt and pour boiling water over; when ready drain off the water and dry them well over the fire, peel and serve them hot; but they are most delicate in their skins. *Or*, pare and throw a little salt over, and stew them without water. *Or*, wash a few of the largest potatoes, dry them well, and either roast them in a baker's, or Dutch oven, before

the fire; eat them out of their coat, like an egg, with butter, pepper, and salt.

Mashed Potatoes.

Follow the directions for turnips and cabbages.

Kenyon.

Boil a sugar loaf cabbage till tender, have a few potatoes pared and stewed, drain the cabbage and beat both together very fine with butter, pepper, and salt; make it very hot, smooth the top and serve it; it eats well either with or without butcher meat. This is an Irish dish.

Poached Eggs

Should be done in a pan, for the purpose, with a tin slip bottom; break the eggs into a tea saucer, observing not to cut the whites with the shells; let the water boil, put in saucer and all, and turn it gently from below them; in one minute they are done; draw up the slip bottom, lay them over a dish of spinage, or serve in cups, and eat with salt, pepper, and vinegar.

Omelet.

Break six eggs, beat them a little, and season with salt, pepper, and chopt parsley, grate a bit of bacon ham and mix all together; put a good piece of butter into a frying pan, when it froths pour in the omelet, make it a pretty brown, lay it on the dish, and hold a salamander or very hot smoothing iron over, a minute or two to firm it, then roll or double it over; reserve a few spoonfuls of the mix-

ture, fry them brown and garnish with stars of bacon, omelet and curled parsley.

A Plain Omelet

Is made as above, without ham or parsley.

Cottar's Eggs with Broccoli.

Boil two or three heads of broccoli, keeping them a pretty green; beat or break six eggs till the yolks and whites are well mixed; melt a piece of butter as cool as possible in a small goblet, and season with pepper and salt; pour in the eggs and keep stirring till they are pretty thick and all the raw appearance gone; place a toast soaked in cream in the middle of the dish, lay round the eggs, place the best heads of broccoli in the middle, break the others in stems and plant them round; garnish the edges with green sprigs of any kind, and serve it. It answers well for a side or corner dish at supper; the appearance is much improved by using cauliflowers in place of broccoli.

Ramakins.

Soak the crumb of a French penny loaf in cream, grate three ounces parmasan, or cheese as like to it as you can get, three ounces of fresh butter, and the yolks of five eggs; beat all very fine in a mortar, have the whites whipt quite stiff, mix all well and bake them a fine brown into spunge biscuit shapes, or long shapes made of paper. A dish of maccaroni eats well served with ramakins.

Cheese.

Toast a few slices of bread, butter them or

not as you chuse, beat a piece of very rich cheese in a mortar with pepper and mustard, put a layer over the bread and brown them in a Dutch oven.

Or,

Dust with pepper and toast the cheese on one side, lay it thick over the slices of bread, then toast it on the other side; let every one add mustard to their taste, as the fire spoils it.

Potatoe Cheese.

Pound eight ounces boiled and peeled potatoes, one ounce butter, four ounces good fat cheese, the yolks of two eggs, or a little cream, pepper, and salt; put them in patty, or scallop pans, bake them a good brown in a quick oven, or in a Dutch one before the fire; serve with butter in a sauce boat.

Maccaroni with Cheese.

Boil four ounces maccaroni till quite tender, and lay it on a sieve to drain; put it into a stewpan with a gill of cream and a bit of butter rolled with flour; let it boil a few minutes, then pour it into a dish; put a layer of this and parmasan cheese alternately, then glaze the top before the fire; serve it hot. To make it richer boil the maccaroni in veal stock.

To Dress Sago.

To one ounce of sago take a pint (mutchkin) of water, put them in a pan over the fire and carefully stir till it grows thick; put in three table spoonfuls of wine, flavour it with lemon grate or peel, a little of the juice and sugar.

Salop.

Mix half an ounce with a pint (mutchkin) of water, stir it over the fire till it is as thick as chocolate; season it with rose or orange flower water, wine, lemon grate or juice, and sugar to your taste.

Arrow Root.

Boil two gills of water with grated nutmeg and sugar, then mix a spoonful of arrow root smooth with a little cold water, as if making starch; then, by degrees, stir it into the water and boil it one minute, adding a glass of sherry or a little brandy; when made with beef or veal stock, it is very nourishing.

Tapioca.

Wash and let it soak in water nearly half a day, simmer it on the fire till it appears clear, season it with lemon, wine, sugar, and nutmeg, to your taste.

To make Maccaroni and Vermicelli.

Make a very stiff paste with flour and eggs, work it very smooth and roll it out thin in large sheets; strew a little flour above and under each sheet to keep it from the table; when rolled out, lay all the sheets above each other, fold them longways, and, with a sharp knife, cut it in narrow strips; whilst one cuts let another turn down the strips and hang them over rods previously placed for drying them, or scatter it on a cloth onthe floor; when dry, pack it in a box for use.

Vermicelli is made in like manner, rolled out in very thin sheets, and when nearly dry

cut in narrow strips with a sharp knife; it twists up like worms as it drys. *Or*, the paste may be made weaker and forced through a small split sieve like threads.

Maccaroni may be made the one day and used the other. A paste made with a pound of flour, a little salt, four beat eggs, and one gill lukewarm water answers very well. Maccaroni made according to the above method, is by many preferred to the Italian.

CHAP. XVII.

MEAT PIES.

General Observations.

SAVOURY pies are made of a variety of articles, and if well prepared are generally relished. Some eat best when cold, in which case no fat or suet should be put into the forced meat. When the pye is very large, or composed of meats which require more dressing to render them tender than the baking of the crust will admit of, the following method may be adopted: Take a piece of well mixed beef, wash and season it with salt, pepper, and a little pimento (if agreeable to taste), all pounded together, rub it well into the meat; put it into a stewpan which will just hold it, with two or three ounces of butter, cover it close, and set it by the side of a slow fire to simmer in its own steam till it begins to shrink. When cold add more seasoning, with force meat and eggs, put it in the baking dish with a little gravy,

then cover with paste; if it is to be baked in a standing crust the gravy or jelly should not be put to it till after it is cold. *For Savoury Jelly see Chapter on Sauces and Gravies.*

Pies of poultry are generally all done after one manner, highly seasoned, bits of butter laid over them, and the dish half filled with gravy or water. Some chuse slices of bacon intermixed in chicken pies, and in pigeon pies beef steaks and eggs. For directions to make paste and crusts see p. 176.

Beef Steak Pye.

Cut the steaks from the spare rib or other tender piece of beef, beat them and season with salt and mixed spices; roll them up with fat within each, pack them in the dish but do not press them, add a proper quantity of water, then cover the dish with paste and ornament the top; glaze it with the yolk of an egg.

A Rich Veal Pye

Is made with the breast cut in pieces and seasoned highly with salt and spiceries, pounded and well rubbed into them; put a layer of the steaks, then sweetbreads, with the yolks of hard boiled eggs, a few oysters and gravy poured over the whole, and the dish covered with a puff paste; if it is relished, a few slices of lean bacon ham may be put amongst it. A Lamb pye is made in the same manner.

Veal Olive Pye.

Cut steaks from the thick part of the leg, beat them, rub them over with the yolks of eggs, season them with pounded white pepper,

salt, nutmeg, and the grate of lemons; lay very thin slices of bacon over them, then a layer of highly seasoned force meat; roll them tight about the size of two fingers, and three inches long, place them in a pye shape; make a few balls of the force meat, which lay round the dish with pickled cucumbers sliced, French beans, the yolks of eight hard boiled eggs, with the whites minced small. Make a strong gravy from the bones and skins of the veal, seasoned with onion and parsley, a glass of wine, and the juice of a small lemon, then pour it over the meat. If baked in a crust, the gravy should not be poured in until it is baked.

Force Meat for the above Pye.

Mince half a pound of veal, half a pound of suet, two anchovies, taking out the bones, some crumb of a loaf and parsley; season it well with different kinds of spiceries, beat it smooth in a mortar, adding the yolks of two eggs.

Mutton Pye.

Take the thick of a leg, or the back ribs called the spare rib, of mutton, separate each rib in steaks, season them well, lay them in the dish, pour over some gravy or water, add, if you chuse, an onion or two, cover it with puff paste, and finish it. Small pies eat very nice made with a standing crust, the meat minced small and seasoned with pepper and salt, then a little water poured over; the pye cases are then filled, covered and pinched round; make a round hole at top, and when

they are baked a little gravy may be poured into each through a funnel; onions chopped small may be added to those who relish them, but they disagree with many.

Florentine of Veal or Lamb.

Proceed as directed in making a veal pye; lay a row of veal steaks, then currants and raisins, then a row of steaks, so proceed to fill the dish, and pour over some veal gravy. Lamb is done in the same manner.

William's Pye.

Make a case of good raised crust four inches high in the sides, lay in slices of veal, then a few mushrooms; bone a chicken and pound it in a mortar with a few slices of fresh ham, not too fat; put a layer of this, then more mushrooms, next sweetbreads, first skinning and cutting them in slices, afterwards a layer of veal; season it well with pepper, salt, and sweet herbs; cover it with a good puff paste, and bake it an hour and a half in a moderate oven. When taken out pour good gravy into it.

Veal or Chicken Pye and Parsley.

Cut the slices from a neck or knuckle of a leg of veal, season them well with pepper and salt, chop, and lay a quantity of parsley on the bottom of the dish, then a layer of veal, then parsley, and so on till it is near the top; then fill the dish with new milk, cover it with paste, and bake it. When ready, pour out a little of the milk and add scalded cream in place of it.

Sweetbread Pye.

Line the inside of a deep dish with puff paste, not too thick, skin and cut the sweetbreads in pieces, put a layer of them in the bottom, then a layer of artichoke bottoms cut in pieces, next cocks combs, truffles and morels, asparagus tops, fresh mushrooms, and yolks of hard boiled eggs; season well with salt and spiceries, lay force meat balls round the edge, fill the dish almost full with water, cover and ornament it, bake it about an hour and a half; when ready, fill it up with rich veal gravy made thick with cream and flour.

Devonshire Squab Pye.

Line the dish with puff paste, put a layer of shred pippins or apples, then a layer of mutton steaks from the loin, well seasoned with salt and pepper, next a layer of the sliced apples, and onions in thin slices above, then mutton, and so on till the dish is full; pour in a sufficient quantity of water and strew over a little sugar; cover the dish and bake it.

Rich Calf's Feet Pye.

After cleaning and boiling the feet, separate the meat from the bones and chop it small; for two feet take a pound beef suet and a pound of apples, pare and core the apples and shred both very small; clean, stone, and mince half a pound of raisins, and twelve ounces currants; pound four drops mace or nutmeg, and four drops cinnamon, two ounces sweet and one ounce bitter almonds; cut four ounces candied citron and orange peel in short narrow strips; mix all well together, line your dish

with puff paste and put in the compound; pour over it a glass or two of brandy and wine, then cover and ornament it. When this is made in a tin shape, a glass ring put into the middle, covered, finely ornamented and baked, and turned out upon a dish, it is named the bride's pye, from an old adage that the lady who gets the ring will be the first bride of the party.

Pork Pye.

Cut steak pieces from a loin of pork, avoiding the rhind or bone; season with pepper, salt, and nutmeg; put a layer of the steaks, then apples, pared, cored and cut in slices; strew on sugar to taste, and so proceed with pork and apples; pour over all two or three gills white wine, according to the size of the pye, cover it with paste and bake it.

It is made in the same manner to eat cold, only no apples are put in; it is baked either in a dish or raised crust.

A Goose Pye.

Bone the goose, also a large fowl, season them very high with mace, white pepper, salt, and the grate of a lemon; boil a dried tongue till very tender, peel and cut off the root, cut it longways in three slices, put two of them into the goose and the other within the fowl, then place the fowl within the goose, close or sew it neatly up; make an oval pye shape of standing crust, put on the lid and finish it neatly; or in place of the tongue fill the fowl with force meat. When cold, it may be cut in slices for a supper side dish.

Duck Pye.

Take a full grown duck and a fowl, draw and wipe them clean, then bone and wash them, seasoning well with salt and spiceries; have ready a pickled calf's tongue boiled tender and peeled, which put, with the fowl, within the duck, draw the legs inward, lay it either in a pye dish or raised crust; the space may be filled with force meat, cover and ornament it, then bake it in a slow oven.

Very large pies are made in like manner, with a goose, a turkey, a duck, and a fowl, casing the one within the other, the goose being outmost, with a boiled tongue and small birds in the middle and force meat placed round them.

Pigeon or Chicken Pye.

Clean and truss the pigeons, season them well, put a small piece of butter within each, line the dish with puff paste, pack in the pigeons, fill up the vacancies with the necks, gizzards, livers, pinions, and hearts, well cleaned, the yolks of a few hard boiled eggs, and, if you chuse, a small beef steak in the middle; fill up the dish with water and cover it neatly, ornamenting the top; stick a few of the feet into the cover to mark what it is. Sometimes the pigeons are filled with force meat, and force meat balls laid round the top, with mushrooms, artichoke bottoms, &c. highly seasoned.

A caudle prepared as under may be poured into the chicken pye after it is baked. Beat the yolks of four eggs light with a gill of

wine and a gill of cream, sugar and nutmeg to your taste; put the pye again into the oven a few minutes. *Or*, the chickens may be filled with force meat.

Thatched Roof, or Vermicelli Pye.

Take a round deep dish, rub it over with butter, then spread vermicelli over it, but not too thick; line the dish with a good puff paste above the vermicelli, clean and truss as many pigeons as fill the dish, season them well, put a piece of butter mixed with salt and pepper into each, lay them with their breasts downwards, let the covering be flat upon the dish without ornament; when baked turn it out upon a dish, then raise the vermicelli up with a needle to resemble a thatch roof. It may be made with chickens, or any kind of meat, and has a very good appearance as a side dish at dinner, or bottom dish at supper.

Pye of Fowls.

Bone a hen and chicken, rub them over with the yolks of eggs, season them with salt, white pepper, mace, and lemon grate; line the inside of the hen with thin slices of bacon, lay in the chicken, and above it a few more slices of ham, but first fill the chicken with the following force meat: grate some bread, mince the livers and some parsley, seasoning it with pepper and salt; work the whole up into a paste with butter and the yolk of an egg; put balls of this force meat round the hen in the dish, then make a good gravy from the bones, put a little into the pye, cover and or-

nament the dish; when baked, thicken the rest of the gravy with yolks of eggs, add a glass of wine, pour it into the pye, and shake it well to mix it through.

A Christmas Pye.

These large pies require a very strong standing crust, the sides must be thick and stiff to bear the long baking they require. Take the bones out of a large turkey, a goose, a hen, a partridge, and a pigeon; season them very highly with salt, pepper, mace, nutmeg, and cloves, all finely pounded together, then case them all within each other, the turkey taking in the whole; lay it in the middle of the pye case, then prepare a hare, clean and dry it well, and cut it in quarters; also muir fowl of any kind, which, with the hare, pack close round the turkey. This pye requires a great quantity of butter put in pieces all over the top; put on the lid and finish it neatly; it requires more than four hours in a quick oven.

A Rabbit, or Shropshire Pye.

Dress and cut two rabbits in pieces, also two pounds of fat pork; season it well with pepper and salt, line the dish with a puff paste, and lay in the rabbits and pork mixed together; parboil the livers, pound them in a mortar with as much bacon, and a few sweet herbs and oysters, if you chuse; season it with salt, pepper, and nutmeg; make it into balls with the yolk of an egg and lay them above into the pye; a few artichoke bottoms cut in pieces, may also be put in; then pour over the whole a pint (mutchkin) of wine and water, equal

parts, and cover the pye; an hour and a half in a quick oven will bake it.

Partridge Pye.

Lay thin slices of veal and ham in the bottom of the dish, then the partridges; after being highly seasoned, pour over a good broth and cover it with puff paste. Or proceed as ordered above for the rabbit pye.

Patriots' Pye.

Put alternate layers of veal in slices, rabbits and chickens jointed, with force meat balls, sweetbreads cut in pieces, artichoke bottoms, and a few mushrooms, all highly seasoned; add mutton gravy, and cover the dish with rich puff paste; or make a raised crust shape four inches high, fill it as above, cover and bake it two hours. When ready, take off the lid, pour off the fat, and put in the yolks of a few hard boiled eggs cut in slices and some good gravy.

Maccaroni Pye.

Make maccaroni paste with half a pound of flour, the yolks of two eggs, two ounces butter, and as much warm milk as will make a very stiff paste, work it smooth; if the pye is very large, make the paste in proportion. Take the pye shape, butter the inside, roll out the paste, cut it in small strips like straws, and, with your hands, or with a flat board, roll them on the table round like pipe maccaroni; with these cross bar the bottom and sides of the shape, very equally and neat, then cover them with a puff paste; skin a cold

roasted hen, or young cock, and cut off all the best of the meat; break the bones, and put them to stew with an onion sliced, the paring of a lemon, and two pints (mutchkins) water; when rich, strain and season it with salt, Cayenne pepper, and nutmeg; put it on the fire with four ounces pipe maccaroni, keep stirring till the maccaroni is soft and the gravy a good deal reduced; grate four ounces very fine cheese, then fill the shape with alternate layers, thus:—first grated cheese, then maccaroni, butter in small bits, then meat, and so on. Wet the edges of the pye, cover and join it very close, as this becomes the bottom when turned out; then bake it, turn it on a dish and garnish.

Venison Pasty.

To prepare the Venison.—Take out the bones from a neck, breast, or shoulder, beat and season it, cut it in pretty large pieces, lay it in a stone jar and pour good beef gravy over it; then cover it close up, and place the jar into a pot of water on the fire, with a little sweet hay to keep the bottom of the jar from the pot; let it boil slowly three hours, take out the jar and set it past till next day; take off the cake of fat, lay the meat handsomely into the dish; if not sufficiently seasoned add more salt, pepper, and a little pimento, and pour some of the gravy over it. Venison thus prepared does not require so long time to bake, nor so thick a paste laid over.

After the venison is prepared as above, the dish is filled with it and mixed with slices of

fat mutton cut from the loin, which should be previously steeped twenty-four hours in a liquor made of equal parts of port wine and vinegar; pack the dish properly with the mutton and venison, so as to be easily divided a part to each person; put a rich puff paste round the edge and cover it with taste, ornamenting it with appropriate devices in paste, such as dogs, deer, &c. Two hours in a slow oven will bake it, a good gravy should be drawn from the bones, the one half put in before covering, and the other poured into the pasty when taken out of the oven.

Mutton or Beef Pasty in Imitation of Venison, and equally good.

Bone a small rump or sirloin of beef, or a fat loin or fore leg of mutton; after hanging several days beat it well; for ten pounds of meat take four ounces sugar, of port wine and vinegar two gills each, rub it well with the sugar and pour the wine and vinegar over it; turn and wash it frequently, let it lie three days and nights, then wash again and wipe it dry, season very high with nutmeg, white and pimento pepper, and salt, pounded together; lay it into a baking dish with nearly a pound of butter for every ten pounds of meat, and cover with a thick crust; it requires a slow oven to soak it properly. Draw a gravy from the bones, adding a glass of port wine and spiceries, which pour into the pasty when ready.

Note.—Sugar being a great preservative, answers better than salt, and gives a greater shortness to the meat.

Marrow Pasty.

Pare and core one pound apples, blanch four ounces almonds; take the yolks of four hard boiled eggs, four ounces orange peel, mince them small and mix all together with twelve ounces marrow shred small. Or, take half marrow and half fine beef suet, pour a gill of wine over them, season with pounded cinnamon and sugar; line the dish, put in the compound, and cover it neatly with puff paste.

Force Meats for Savoury Pies.

Force meat, from the rich flavour it imparts to the dish in which it makes a part, is very much used. Rules for any determined quantity, from the variety of articles and difference of taste, and the size of the dish, cannot easily be condescended on. From the following list may be taken what is most agreeable to the taste of the party, observing, that if rightly compounded the flavour of any one article should not predominate over another; but where several dishes are served in one day requiring force meat or balls, there should then be some variety, not only in this but the gravies. The first column contains the articles of which the force meat is made, and the second, that which forms and varies the taste.

Force Meat Ingredients.

Veal, Mutton, Cold Fowl	Oysters, Anchovies
Scraped Ham	Savory, Sweet Basil
Bacon, Beef Suet	Marjoram, Thyme
Crumbs of Bread	Garlic, Shalots
Pepper and Salt	Chives, Pimento and Black Pepper, Mace, Nutmeg

Nutmeg, Parsley, and raw Eggs, to bind the mixture. Cloves, the Yolks of hard boiled Eggs, Lemon Peel, &c.

Force Meat for Fowls or Meat.

Take bread crumbs, a little ham, grated or shred small, some cold veal or fowl, beef suet, onions, parsley, lemon peel, nutmeg or mace, salt and pepper; pound the whole fine in a mortar, then add two eggs beaten. This answers also for force meat patties and savoury pies.

CHAP XVIII.

PUDDINGS.

General Observations.

HAVE ready a sweet clean cloth and the water boiling; dip the cloth into the boiling water, wring it out and dredge it well, shake off the loose flour, put it over a basin, then pour in the pudding. If it is made of bread tie it loose that it may have room to swell; if of batter, tie it tight, give it a few turns in the boiling water to keep the fruit from falling to one side, and continue to give it a turn occasionally till ready. If boiled in a shape, or bowl, butter the inside first; do not let the water cease boiling while the pudding is in it; and keep the pot covered. When the pudding is ready, if it is done in a shape let it cool a few minutes, then untie the cloth; place the dish over the mouth of the shape, turn it over and lift up the shape carefully; if boiled in a cloth

dip it immediately in cold water, which makes the cloth slip easily off.

When in want of eggs, a spoonful of yeast, or some ale or beer, may supply their place. In that case the pudding must have a less quantity of milk, and requires longer boiling. It is said, that snow is an excellent substitute for eggs, either in puddings or pancakes, two large spoonfuls being allowed for one egg.

Batter Pudding.

Beat five eggs very light, mix two or three gills new milk, pass half a pound flour through a search, and whip eggs, milk, and flour, as smooth as can be; then, by degrees, add other six gills of milk, with a tea spoonful of salt and spices, if you incline; put it into a well floured cloth and boil it an hour and a quarter, pour melted butter and sugar over; or serve a sauce in a tureen of melted butter, sugar, spices, a few glasses of ginger, currant, gooseberry, sherry, port wine, or shrub. For instruction in this department see observations on puddings.

A Light Pudding.

Beat ten eggs light, stir in a pound of flour, reduce it with a quart (choppin) of milk, sweeten to your taste, and add any spiceries you please, with a little salt, a glass of rum or brandy; butter a basin or bowl, fill it, lay over it the prepared cloth, turn it over and tie it tight; boil it three quarters of an hour, and serve it with melted butter or sweet sauce.

Suet Pudding.

Shred a pound of suet very small, beat se-

ven eggs and stir in a pound of flour, reduce it to a proper consistence with milk, season with salt, ginger, &c. If you mean to bake it add a quart (choppin) of milk; to make it richer, raisins or currants, orange peel, &c. may be added. A marrow pudding is made the same way, using it in place of the suet.

Bread Pudding.

Cut the crumb of a penny loaf into thin slices and lay them into a dish; boil a quart (choppin) of milk and pour over the bread, cover it close; when the bread has soaked up the milk, put in two ounces butter and mix it well; when cold, mix in ten eggs beat light, adding salt, sugar, and spiceries to your taste; mix well together, tie it in a cloth loose to give it room to swell, and boil it an hour; turn it out, strew pounded sugar over it; serve with melted butter and wine. To make it rich, you may add half a pound currants, four ounces suet, and the grate of a lemon; giving it a longer time to boil.

Quaking Pudding.

Boil a quart (choppin) of cream, when cold add four eggs cast light, and four ounces flour; mix well with the cream, season it with sugar and spiceries, tie it close up in a bowl with a cloth buttered and dredged with flour. Boil it an hour, and turn it into a dish; serve it with pudding sauce as above.

Sago, or Millet Pudding.

Stew two ounces of sago or millet, in a pint and a half (three half mutchkins) milk; when

cold add five eggs beat light, three Naples biscuits pounded, a glass of brandy, and sugar to your taste; butter a bowl and fill it, tie it over with a cloth as formerly directed, and put it in boiling water; when ready turn it out on a dish and serve it with melted butter, wine, and sugar.

Biscuit Pudding.

Pour a pint (mutchkin) of boiling milk or cream over three large Naples biscuits, grated or pounded, cover it close; when cold, stir in five eggs after being beat very light, two ounces flour, four ounces crumbs of bread, adding sugar and spiceries to your taste; mix all well together, and boil it half an hour.

Rice Puddings.

Take six ounces ground rice, put it on the fire with a quart (choppin) of milk and two ounces fresh butter, continue stirring till it boils, if not thick enough add more rice to make it thick as hasty pudding, and let it cool; beat six eggs very light and mix with the rice, add a little salt, nutmeg, cinnamon or lemon grate, sweeten to your taste add a glass of brandy; tie it close up and boil it an hour; serve it with melted butter, wine, and sugar.

Or,

Take half a pound of whole rice, wash and stew it gently in a quart (choppin) of milk till almost dry; stir in six ounces fresh butter, beat six eggs with a gill of sweet cream, which stir into the rice when it has cooled, and season it as ordered above; add four ounces

currants well cleaned and washed, and four ounces raisins stoned; either boil or bake it, reducing to a proper thickness with good milk.

Grateful Pudding.

Grate a pound of loaf bread, mix with it a pound flour, beat eight eggs light; take a quart (choppin) new milk, then stir in the bread and flour, a pound raisins, a pound currants, eight ounces sugar, with ginger and other spiceries as you chuse; mix them well together, and proceed as already ordered; boil it an hour and a half.

Rice Puddings in Skins.

To a pound ground rice, take eight ounces beef suet very finely shred, eight ounces currants washed and picked, six ounces pounded or raw sugar, a table spoonful lemon grate, and four ounces orange peel shred, with spiceries to your taste; mix all together and put it in the skins leaving plenty of room for the rice, &c. to swell; boil them half an hour, and as you see them fill with air pierce them with a bodkin; when cold, pack them up in seeds of oatmeal. When they are to be used; boil them till thoroughly heated and soft, then broil them a little on a clear fire. Do not tie both ends of the puddings together, as they break when laid on the gridiron to broil.

Another way.

Take whole rice, wash it clean, set it on the fire with milk to swell, keep stirring all the time, as it is apt to burn, or rub the pot or stewpan well with butter, which prevents it;

when all the milk is soaked up let it cool; mix some currants with it, and eight ounces beef suet shred small; add sugar and spiceries, or lemon grate, to your taste; mix all well together, fill the skins, and proceed as ordered above.

Oatmeal Puddings in Skins.

The first preparation is the skins; when you have got them from the butcher wash and rinse them well in large quantities of water, when every thing disagreeable is taken away rinse them in salt and water, but do not strip too often, as that may occasion holes, which renders them useless; cut them in lengths of half a yard each, lay them into a dry cloth, and then prepare the stuffing, thus: One pound oatmeal free from any seeds, one pound beef suet shred very small, with a good quantity of onions shred fine and parboiled; mix a pretty large quantity of pepper and salt, try if it is properly seasoned by frying a little in a pan; if too fat, some grated calf's liver is an improvement, but they will not keep so long; in filling the skins, leave room for the meal to swell, throw them in a large pot of boiling water, and when they appear to be blown up with air, let it out with a pin, else they burst; boil them half an hour; when taken out lay them in riddles, and when cold pack them amongst oatmeal. When they are to be used, boil them ten or fifteen minutes, then broil them.

Rice and oatmeal puddings keep long good, and must prove a great convenience to families in the country, at a distance from market.

BOILED PUDDINGS.

Plum Pudding.

Pick and stone a pound of bloom, or muscatel raisins, wash a pound of currants, shred a pound fresh beef suet, blanch and pound two ounces almonds; mix in a pound of flour, two spoonfuls of grated bread, and four ounces orange and lemon peel, eight ounces pounded sugar, with a small nutmeg and a few cloves pounded; mix all these ingredients, beat up a dozen eggs light, add two gills cream, two glasses of wine, and a glass brandy, make the whole into a stiff batter, otherwise the fruit will sink to the bottom. It requires four hours to boil; serve it with melted butter, wine and sugar.

It may be made much less expensive, by taking half the quantity of fruit, milk in place of cream, only four eggs, and no wine.

Prune Pudding.

Beat up six eggs light, stir in six ounces flour, a little salt and pounded ginger, then stir in two pints (a choppin) milk, add a pound of prunes stoned and minced, tie it up in a cloth and boil it an hour; serve it with melted butter and sugar.

Damson Pudding.

Is made in like manner.

Hasty Pudding.

Set two pints (a choppin) milk on the fire to boil, put a few bay leaves to flavour and colour it, if you chuse; beat the yolks of two eggs with some milk, a little salt, and as much

flour as will make it of a proper thickness, then let it boil a few minutes, stirring all the time, take out the leaves and pour it into a dish; a little bit of butter put into it while boiling, makes it eat short; serve it with cream or milk, sugar, &c.

Scottish Hasty Pudding.

Set a quart of water to boil, season with a little salt; when it thoroughly boils, stir in, by degrees, a few handfuls of good oatmeal; stir very frequently till it has boiled five minutes, then add a little more, see it is seasoned to taste, give it another boil and pour it out; let it cool a little, and serve with milk. When oatmeal is properly boiled, much of the heating quality is destroyed. Amongst the poorer classes in Scotland, the above is very generally used for breakfast.

Another Hasty Pudding, or Milk Pottage.

Take two quarts (a pint) of milk, and three handfuls of oatmeal, stir both together, rub the bottom of a Dutch pot with butter, pour it in and keep stirring till it has boiled four or five minutes; add a little salt, pour it out, and set it to cool a little; serve with milk. It will be found a palatable and nourishing diet.

Ornamental Puddings.

Boil two pints (mutchkins) rich milk or cream, have ready crumbs of bread as much as you think will soak up the milk, but not to be too stiff, pour the boiling milk over and cover it close; when cold, beat it smooth

with a spoon, add pounded nutmeg, a few cloves, and a little cinnamon; beat the yolks of eight, and the whites of four eggs very light, with eight ounces sugar, and mix all together; take five cups, or shapes, butter the insides well, colour a part of the pudding yellow, with gamboge or safron, and fill one of the dishes; fill and colour another red with cochineal extract, one green with juice of spinage, another blue, with syrup of violets; into the other part, being the largest, mix two ounces almonds, blanched and pounded with cream or rosewater, and four ounces orange marmalade; tie covers on each very close, and put them in boiling water; they will take an hour to boil; when ready turn them out, place the white one in the middle of the dish and the others round it; sift sugar over, and serve with sauce of melted butter, wine, and sugar.

Duke of Cumberland's Pudding.

Grate eight ounces stale loaf bread, shred eight ounces beef suet, eight ounces apples, pared, cored and minced; pound a small nutmeg, or other spiceries to your taste, a little salt, the grate of a lemon, three ounces orange and lemon peel, cut small; then beat up eight eggs very light with eight ounces pounded sugar and mix in the other ingredients; butter a basin or shape, fill, and tie it over with a cloth; boil it about three hours and serve it with melted butter, lemon juice, sugar, and wine.

Eve's Pudding

Is almost the same; in place of the orange and lemon peel take eight ounces currants.

Rice Puddings with Fruits.

First swell the rice with a little water or milk, over the fire; take it off and mix in any preserved fruit, such as raisins, gooseberries, currants, cherries, &c. or gooseberries scalded, apples pared, cored, and cut small; add the proportion of eight eggs beaten light to one pound of rice, put it into a dish, tie a cloth over and boil it well; serve it with sugar and cream.

Pease Pudding.

Soak a pound of split pease an hour or two in cold water, then tie them into a cloth, allowing room for swelling; when they have boiled an hour, take and season the pudding with salt, pepper, and four ounces butter; mix it well, tie up the cloth again tight, and let it boil near an hour longer.

Luke's Pudding.

Grate the crumb of a twopenny loaf, shred three ounces beef suet or marrow very fine, two ounces orange and two ounces lemon peel, a tea spoonful pounded cinnamon, half a pound currants, and any other fruit or spiceries you chuse; stir all into a quart (choppin) new milk, add three eggs beat light, a glass of rum or sherry, and a little lemon grate or essence, with sugar to taste; it may either be boiled, or baked in a Dutch oven. When baked, the bread and milk should be scalded and cooled, then add the eggs, &c.

Apple Dumplings.

Make a rich paste, then pare and core the ap-

ples with an apple scoop, fill them with orange marmalade, or any preserved fruit or jelly; roll out the paste into pieces large enough to enclose every apple, tie them in separate cloths and throw them into boiling water; three quarters of an hour will do them.

Or,

Make a good rich paste, roll it out half an inch thick, pare and core apples, cut them small, add raw sugar, pounded cinnamon, and a little red currant jelly; make a cloth ready, put it in a bowl, lay the paste upon it, then the fruit upon the paste, bring up the paste and close it well, tie the cloth and boil it. A large one will take more than two hours to boil.

Rich Suet Dumplings.

Take equal quantities of beef suet shred small, stale loaf grated, currants cleaned and washed, say a pound each; six ounces orange peel, a tea spoonful pounded cinnamon, four ounces sugar; beat up eight eggs and mix all together with a glass of brandy or rum, roll and make a paste; make one large, or divide it into several small dumplings.

Norfolk Dumplings

Is a thick batter made with two gills milk, three eggs, a little salt and flour; they are dropped in spoonfuls in boiling water, boiled a few minutes, drained, and served with melted butter poured over them.

CHAP. XIX.

BAKED PUDDINGS.

General Observations.

BREAD and custard puddings require a moderate, and batter and rice puddings a quick, oven. Before pouring the pudding in any dish be careful to rub the bottom and sides with butter, if it is not lined with paste. For ornament, put a border of puff paste round it, and ice it over with sugar.

Vermicelli Pudding.

Take four ounces vermicelli, boil it in four gills of new milk till soft, with some cassia to flavour it; then put in half a pint (half a mutchkin) thick cream, four ounces butter melted, four ounces sugar, and the yolks of four eggs cast light; bake it without paste, in an earthen dish.

Orange or Lemon Pudding.

Boil the rhind of a Seville orange tender and beat it; or, take a sufficient quantity of the grate, or beaten marmalade, to flavour it richly. If for a lemon pudding, take lemon grate, pound two ounces sugar or other biscuits, such as Savoy, Naples, or diet loaf; beat up two eggs with half a pound sugar, till very light, add the orange or lemon grate, or rhind, and the biscuits; mix it well together, and before putting it into the oven pour in six ounces melted butter.

Or,

Sixteen eggs beaten light, half a pound melted butter, with the grate of oranges or lemons, half a pound sugar, a gill of sack, two gills cream, and four ounces biscuits, or crumb of a penny loaf, soaked in cream; mix all together and lay a puff paste round the border.

Rice Pudding.

Take six ounces ground rice to a pint (mutchkin) of milk, let the milk boil, stir in the rice, let it cool, then cast up six eggs, mix all together, and season it with four ounces of marmalade, lemon grate, currants, spiceries, and a glass of brandy; lay a border of puff paste round the dish and bar it across.

Bread and Butter Pudding.

Cut a penny loaf into thin slices as for tea, spread with butter; butter the dish and lay slices all over it, strew on a few cleaned currants, then a row of the bread, then currants and bread, to fill the dish; beat up four eggs, stir into them a pint (mutchkin) of milk, some salt and spiceries, sweeten to your taste, pour it over the bread, and bake it half an hour; half a glass of rum, sherry, or brandy, is an improvement.

Green Gooseberry Pudding.

Put in a pan over the fire a pint of gooseberries, with very little water, let them boil to a mash, bruise them through a search with the back of a spoon; beat the yolks of ten and the whites of four eggs, mix in the pulp with

two ounces melted butter, two pounds raw sugar, citron and orange peel shred small two ounces each, four ounces sugar biscuits pounded; mix all together, fill your dish, ornament it with puff paste round the edge, and bar it across.

Almond Pudding.

Blanch half a pound almonds with a few of them bitter, beat them to a fine paste with some brandy; beat the yolks of eight eggs and the whites of four, or a dozen yolks, with half a pound sugar until very light, soak three ounces bread crumb, or pounded biscuit, in three gills of cream, season it with lemon grate, mix in the almonds, pour in four ounces melted butter, set it over the fire till it grows thick, stirring all the time; line the dish with paste, put in the pudding and ornament it round; half an hour will bake it.

Potatoe Pudding.

To two pounds potatoes boiled and skinned, take half a pound butter, nine eggs (keeping out four whites), and half a pound sugar; beat the potatoes fine in a mortar, beat the eggs and sugar, add sack, nutmeg, or other spiceries, to taste; stir in the potatoes, then melt the butter, mix all together, add two gills cream or milk, then bake it.

Apple Pudding.

Pare and core a pound of apples, stew them with very little water, with some rhind or grate of lemons, or pound them in a mortar; beat eight yolks and four whites of eggs light

with six ounces sugar, add four ounces sugar biscuits dried and pounded, or Riga rusk, six ounces melted butter and a gill of cream; mix all well together and add spiceries to taste; line the pans with puff paste, cover and ornament the top; glaze with the yolk of an egg, or cross bar it.

A Dutch Pudding.

Set a pan on the fire with two gills of milk and sixteen ounces butter; when the butter is melted, stir in two pounds of flour, eight eggs beat up with six ounces sugar, a gill of good yeast, and a pound of currants well cleaned, pour it into a dish and bake it an hour; it requires a quick oven.

Rice Puddings.

Boil four ounces rice in water, with a little salt, till tender, drain and mix it with a gill of cream, four eggs beat light, two ounces melted butter, two ounces beef suet, or marrow finely shred, half a pound currants, half a glass of brandy, a few bitter almonds blanched and pounded, a little nutmeg and lemon grate; mix all together, line the dish with paste, or only put a border round, pour in the pudding, and cross bar it; lay strips of candied orange or lemon peel over the top, if you chuse; it requires a moderate oven.

From these directions a variety of puddings may be made, and by adding or diminishing the quantity of ingredients, they may be rendered more or less expensive as you incline.

CHAP. XX.

PANCAKES AND FRITTERS.

General Observations.

GREAT care should be taken that the frying pan is quite clean; take a bit of butter, or fresh lard, melt and make it touch every part of the pan, then pour it out, and wipe the pan with a cloth; put in a little more butter or lard, and when it is a pale brown put in a large spoonful of the batter, or as much as will cover the bottom of the pan, either thick or thin as you incline; make it spread quickly over; when all is firm, shake it to loosen the cake, turn it by a quick toss of the pan and do the other side; then fold it up with a knife, lay it on a dish before the fire, put in a piece more butter, and so proceed; they should be served hot, a few at a time.

Common Pancakes.

Beat six eggs light, make it thick with flour, stirring till it is perfectly smooth, reduce it to a proper thinness with milk, and season it with a little salt; they require a good piece of butter to fry them, and are served with sugar strewed over. In place of eggs they may be made with brisk table beer, or snow, allowing two spoonfuls of snow for each egg required; but either, as may be supposed, form a very poor substitute.

Cream Pancakes.

Take the yolks of four eggs, beat up with four ounces pounded sugar, add pounded cinnamon, nutmeg or cloves, to your taste; stir in a pint (mutchkin) of cream, and a little flour; make them very thin.

Fine Pancakes.

To six eggs beat light add four gills cream, four ounces sugar, and four ounces butter melted, with nutmeg and cinnamon to taste; stir in as much flour as will make the batter a proper thickness.

A Quire of Paper Pancakes.

Take four gills cream, six eggs whipt light, three spoonfuls flour, three spoonfuls of wine, one of orange flour water, sugar and spiceries, eight ounces butter, melted and made almost cold; mix all well together, butter the pan for the first pancake, let them run over the bottom of the pan as thin as brown paper, and when just coloured they are ready. As they will not bear turning, they should be quickly toasted in the frying pan before the fire, and then folded up.

Pink, or Rose Coloured Pancakes.

Boil a large beet root tender, peel and beat it fine in a stone mortar, add the yolks of five eggs, with two spoonfuls sugar, a little cinnamon and nutmeg; stir in the beet root, two spoonfuls of flour, a glass of brandy, two gills of cream; mix all well together, fry them with butter; garnish with sweetmeats, sprigs of

myrtle, or flowers. They make a very pretty side or corner dish. A little lake or rosepink, answers fully better than beet for colouring this dish.

FRITTERS.

To a pound of new made curds mix in six eggs beaten light, with sugar, a little salt, and as much flour as will make it pretty thick; set it on the fire in a saucepan, stir constantly until it is thick, dust flour upon a clean table or flat dish, pour it out and let it cool; cut it in pieces of any shape you please, fry them with butter a good colour, glaze them or not as you fancy. This composition, when mixed with pounded almonds, nuts, orange or lemon peel, &c. takes the name of the article put in; as, almond fritters, &c.

Plain Fritters.

Grate down the crumb of a twopenny loaf, add four gills of milk, set it on the fire to boil and stir till it is smooth; when cold, add the yolks of six eggs, beaten with sugar and spiceries to taste; drop it in the frying pan and make them a pale brown; serve with pudding sauce, and pounded sugar over them.

Custard Fritters,

Is a custard made the usual way with the addition of some flour, and baked; when cold cut in slices, dipped in a batter made with rich milk, eggs, and flour to thicken it, seasoned with sugar and spiceries, then fried in butter, lard, or beef dripping.

Spanish Fritters.

Take the crumb of a French roll, cut it in strips the thickness of your finger, soak in the composition ordered for custards, then fry them a good brown, and serve up with a pudding sauce.

Apple Fritters.

Pare and core the apples, cut them in thin slices, dip them in any of the batters under the head boiled puddings, fry, and serve with pudding sauce and sugar strewed over.

Potatoes boiled and sliced, then dipped in a batter as above eat very nice.

Potatoe Fritters.

Boil, peel, and beat half a pound of potatoes very fine in a mortar, with four eggs, a gill of cream, a spoonful of wine, a little lemon juice and spiceries; beat the batter very light for a considerable time; put a good piece of lard into the frying pan, drop a spoonful of the batter in spots all over the bottom, and fry them a nice brown; serve with a sauce made of lemon juice, wine, and the liquor of a few bitter almonds, blanched and pounded with water.

Fritters Royal.

Put a quart (choppin) of new milk into a saucepan, when the milk boils pour in a pint (mutchkin) wine, let it boil up, take it off, let it stand a few minutes, take out all the curd, put it in a basin and beat it with six eggs; season with nutmeg, cloves, and cinnamon, then whisk it light; add flour to make it into a

batter, sweeten and then fry them; do it quickly.

Almond Fritters or Fraize.

Blanch and pound half a pound of Jordan almonds with half a pint (half a mutchkin) of cream, beat the yolks of six and the whites of three eggs, mix all together, stir in as much grated bread as will make it a proper thickness, add sugar to taste, also spiceries if you chuse; put a good piece of butter into the frying pan, pour in the batter, keep stirring it till it is thick, then turn it into a dish and strew sugar over it.

Cream Toasts.

Cut two French rolls into slices, not too thin, lay them in a dish, pour over them a pint and a half (three half mutchkins) cream or rich milk, strew over pounded cinnamon and sugar to your taste; after soaking some time, turn them with a fish slice, that they may be soaked through, then lift them out carefully, not to break them; beat four eggs in a basin, into which dip and turn the slices, then fry them a good brown with fresh or clarified butter, grate some sugar over them, then serve. They answer well for a second course, or supper dish.

OBSERVATIONS ON DRESSING OUT TABLES.

THE same directions apply to every one who has a table to dress out; let it therefore be particularly observed, by those who would do it handsomely, that a load of expence will by no

means gain the end; it is in combining taste and consistency in the choice, cooking, and placing of the dishes, that the beauty, excellence, and elegance of a table consists.

Where only one course is intended, and a very large party is met, the table must be covered with substantial dishes, partaking of first and second, also such as form the third course. For example, examine the one course dinner in the plate, to which may be added a desert modified from the elegant one in plate 5th.

Where *first*, *second*, *third*, and *fourth* courses, are required, observe that the *first* generally consists of soups or boiled fish; the *second* of fish dressed variously, game, or boiled meats; the *third* of roast, baked, potted, and stewed meats, and made dishes; the *fourth* generally embraces both fourth course and desert, and consists of syllabubs, custards, tarts, flummeries, jellies and fruits various, both fresh and preserved.

The following is a List of Dinner Dishes.

On very large tables of one course, different soups may be placed at top and bottom, and both removed by fish of different kinds; the third remove must be baked or roasted meats, or fowls. Top dinner dishes, without soups, generally consist of fish boiled or dressed, *viz.*

Salmon or trout, haddocks, crimped cod or haddocks, cod's head and shoulders dressed, turbot flounder, turbot, sturgeon, turkey dressed to imitate sturgeon, skate, &c. &c.

These are generally removed with boiled meats, as haunch of venison, veal stewed, fowls, turkey, ducklings, capons, chicken pye, pheasants, mutton venison fashion, or house lamb stewed, &c. Observing, that if there is a third remove it must be a dressed dish, highly seasoned or baked fruit, such as suits taste or conveniency. If only two removes the second should be roasted.

Centre Dishes.

Occasionally soup, blamange with jelly over, ornamental jellies, chantillies, ornamented cakes, salver with jellies, syllabubs, custards

in cups, trifles, handsome pies, large cross-barred tarts, plum pudding, salver with a crown decked with rock candies, emblems, mottos, &c. crystal salver, with a wire crown decked with flowers or any tasteful ornament, salmagundy, sallads, &c.

Bottom Dishes.

Roast beef, saddle of mutton or lamb, haunch of venison roasted, boiled, or stewed, roasted goose, pork, pig, and hares, fillet of veal, rump of beef stewed, rump of beef with greens, &c. &c.

SUPPER DISHES.

Dishes used for genteel suppers are always light, such as small fishes broiled or fried, young fowls, small birds, or game roasted, cutlets, fricassees, fritters, pancakes, omelets, spinage and eggs, with other vegetables; cold meats in slices, either plain or potted, tripe, all kinds of shell fish, dressed variously, also tarts, puffs, custards, stewed apples, trifle, blamange, jellies in shapes, and creams various, with numberless little showy savoury dishes, as taste directs.

Again, it is to be observed, especially in suppers, that a good judgment in tastefully decorating and garnishing, goes much farther, and produces a finer effect than a great deal of expence can without it.

THREE DINNER BILLS.

No. 1.

Gigot of Mutton, remove,
Pigeon Pye.

Chickens Broiled. Crimped Haddock.

Lamb Kebobbed.

Vegetables. Cross-barred Tart

Cream.

Ham or Tongue. Soup, remove, Apple Pye. Fowls.

Custard Pudding. Cream. Vegetables.

Veal Collared. or Pigeons. Udder. Rabbit or Duckling Fricasseed.

Sirloin of Roast Beef.

No. 2.

Salmon, remove,
Pigeons in a Hole.

Crabs. Stewed Palates.

Duckling.

Vegetables. Vegetables.

Cream.

Udder. Plum Pudding. Pickled Tongue.

Wine Sauce.

Vegetables. Vegetables.

Veal Olives. Boiled Chicken, or Fowl Marinated. Fried Smelts.

Saddle of Mutton Roasted.

No. 3.

Boiled Meat, or Fish.

Vegetables. Lobster or Crab.

Pigeons in Disguise. Broth or Soup, remove, Sallads, Tart or Pye. Pickled Pork and Greens.

Fried Flounders. Vegetables.

Roast Meat.

THREE SUPPER BILLS.

No. 1.

Roast Fowl, or Fish broiled.

Vegetables. Pancakes.

Slices of Bacon Ham.

Mince Pye. Custards.

Fried Tripe. Ornamental Jellies. Marble Veal.

Whipt Cream. Tart.

Cold Tongue in Slices.

Brain Cakes. Vegetables.

Pigeons or Ducklings.

No. 2.

Broiled Fish.

Vegetables. Cockles or Muscles.

Custards.

Pickles. Cream or Butter.

Salmagundy.

Slices of Ham or Tongue. Slices of Potted Veal.

Curled Butter. Pickles.

Jellies.

Oysters Scolloped. Vegetables.

Shoulder of Lamb Broiled.

No. 3.

Stewed Tripe.

Shell Fish. Potatoes.

Curled Butter.

Slices of Ham. Sallad. Omelet.

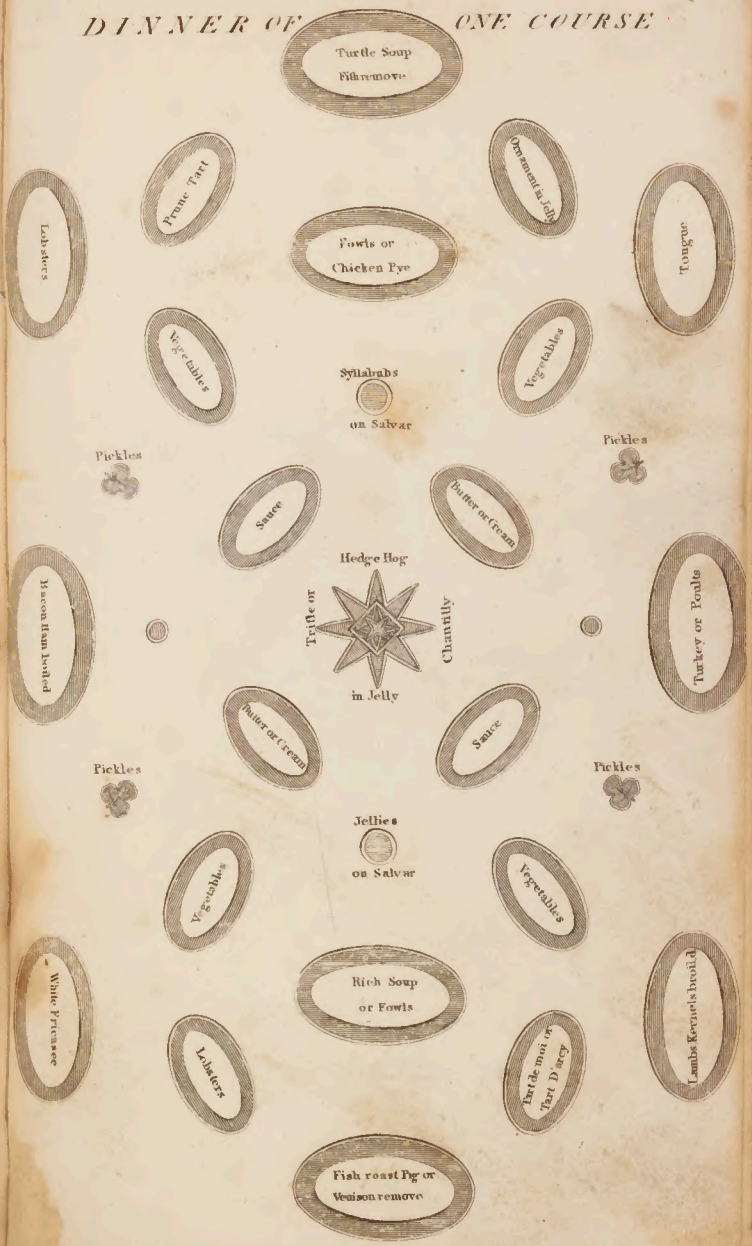
Beat Butter.

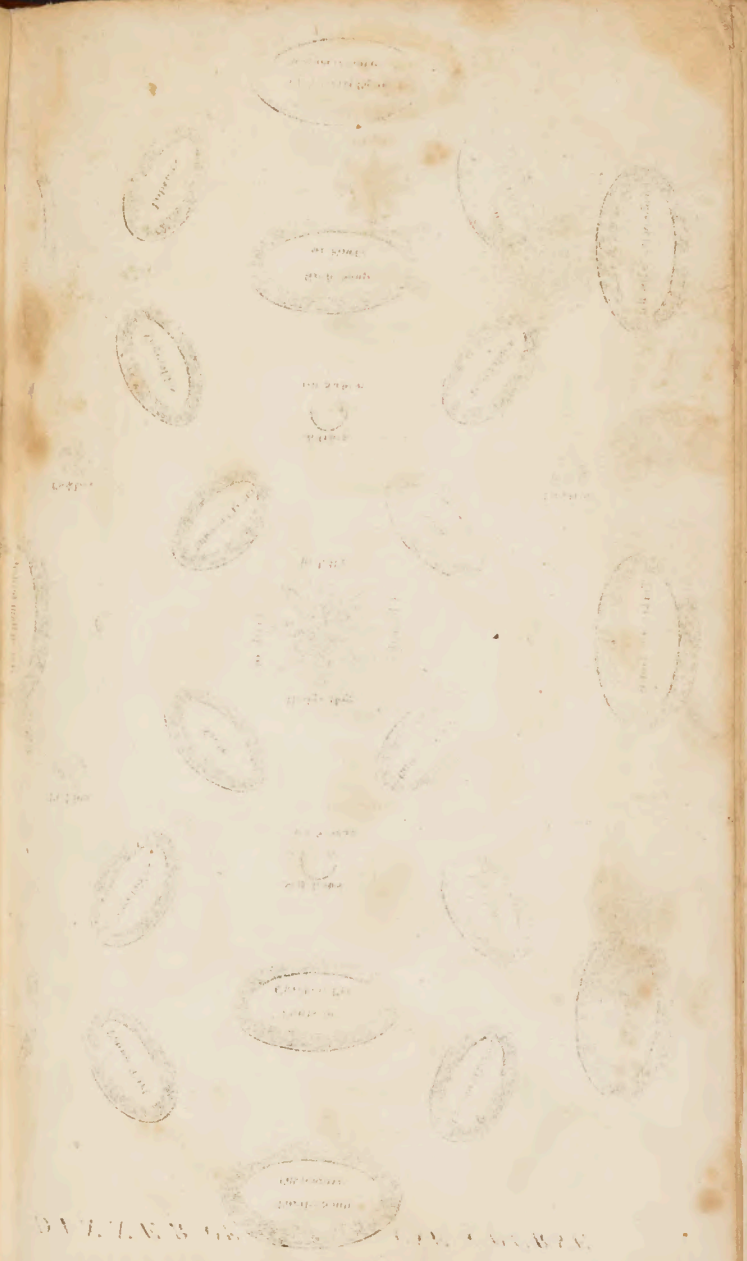
Spinage. Puffs.

Steaks.

PLATE 6.

DINNER OF ONE COURSE





APPENDIX.

CHAP I.

CURING AND SALTING MEATS, &c.

SALTING meat requires particular attention, and it must be observed as an invariable rule, that when meats are not completely covered with pickle they must be daily turned and rubbed, and that saltpetre has a tendency to harden all meats, while prunella every way answers the same purpose without producing that effect. Beef or pork may be prepared for eating in one day, equally well salted as if it had lain four days in pickle, thus: Take a piece of six or eight pounds, rub it well all over with salt, dip a cloth in water, wring it out and dust it well with flour, put the meat into it and tie it firmly; when the water boils put it in, and give it the usual time of boiling, when you will find it well corned.

Beef and Pork

Should be sprinkled with salt, and after lying a few hours hung up, when a quantity of blood will drop away; this is a very needful precaution, as *meat will not keep unless well bled;* it should then be well rubbed with salt, turned and rubbed daily till enough. A trough, tub, or lead, with a close cover, is generally used. The pickle, when boiled and skimmed, will serve again.

Scarlet Beef.

Make a compound with eight ounces raw sugar, eight ounces bay, and two pounds common salt, with two ounces salt prunella, all finely pounded; take a breast or brisket of good ox beef, or that part of the loin or flank which has least bones or the round or end of a hookbone; sprinkle it with salt and hang it up all night to drip; rub it well with the compound, to which may be added a few grains of cochineal to heighten the colour. Rub and turn it daily for eight days, when it will be ready for use; it eats well when boiled with greens or roots.

Or,

After letting it remain fourteen days in the pickle, drain it; some people like a few cloves stuck into it while pickling to give it a flavour, and a small quantity of raw sugar. When the pickle is all dropped from it, it should be smoked for a few days.

When used as Dutch beef and grated, boil a lean piece very tender, and while hot put it under a press; when cold, keep it wrapt up in fine paper, and it will keep a month ready for serving on bread and butter.

Method of Salting Beef as adopted by the late Empress of Russia.

Boil together over a slow fire six pounds common salt, two pounds lump sugar pounded, three ounces saltprunella, with three gallons water. Carefully skim it while boiling. After draining the meat from the blood by rubbing it with salt, and then hanging every part of it up, pour the pickle *cold* over it. The advantage of this pickle is, that it will keep the meat for many months, and the hardest and toughest meat will be thus rendered as mellow and tender as the flesh of a young fowl. It also imparts a delicate flavour to the meat.

Young pork will be ready for use in three or four days; hams intended for drying may remain fourteen days before they are hung up; they should be well rubbed with pollard (fine brawn) and tied up in paper, to prevent flies getting at them. When the pickle is used a second time, boil it up with a proper addition of the compound to the quantity wanted.

The Dutch way.

Take lean beef, rub it with molasses, or brown sugar, turning it frequently; after three days wipe and salt it with pounded saltprunella and salt, rub it well into the meat, turn it daily for fourteen days, then roll it tight up into a coarse cloth; put it under a cheese-press for a night, then hang it in wood smoke and turn it upside down every day; boil it in a cloth, and press it. It will grate or cut like Dutch beef.

Hunter's Beef, or Beef Ham.

For a round of beef about twenty pounds, take three ounces saltprunella, three ounces raw sugar, a quarter of an ounce cloves, one nutmeg, two ounces ginger, eight

ounces bay salt, half an ounce white pepper, all finely pounded; salt the beef a little and let it hang a day or so to drain the blood from it, then rub the compound well into it, turn and rub it every day for three weeks. When to be dressed, wash it in water to remove the spiceries, bind it tightly round with a cord, or tape, and boil it; or, put it into a pan with four gills of water, strew the meat with suet shred small, cover the top with a thick brown crust and tie paper over it; bake it five or six hours, when cold take off the crust and paper; the gravy is valuable and should be carefully preserved, as a little of it adds greatly to the flavour of soups, hashes, made dishes, &c.

Irish Beef.

To a piece of ten pounds, mix and pound a quarter of an ounce each of allspice, nutmeg, mace, cloves, pepper, and saltprunella, with one pound common salt; rub it well and proceed as already directed for scarlet beef. After lying four weeks in the pickle, take it out and cut out the bones; boil it in the same pickle it lay in, with the addition of as much water as will cover it well.

Pickled Beef to use in Fourteen Days.

Take the three ribs, or nine holes, of beef, season it well with a portion of the spiceries ordered above, with the addition of salt, garlic, and thyme; rub it well into the meat, cover it with vinegar, turn it daily for fourteen days; bone the meat and boil it in the liquor, adding more vinegar if necessary.

Beef Ham, or a Round of Beef,

Should be carefully salted; one of twenty pounds requires to be rubbed with a compound made thus: Two ounces an a half saltprunella, three ounces brown sugar, eight ounces bay salt, an ounce white pepper, to a quarter of an ounce each cloves and nutmeg, all finely pounded and well rubbed into it, then covered over with common salt; let it lie twenty days, turning it daily, then hang it up; or when it has lain fourteen days it may be boiled. When allowed to remain in the liquor it is boiled in until cold, and served up in slices, it is far more juicy and delicate. In Scotland, this is termed a *Red Rump.*

Mutton Hams.

Chuse them of wether mutton, newly killed, fat and finely grained, about fourteen pounds weight, the quantity of compound in the last receipt will be sufficient for three; warm it in a pan, then rub them well, and proceed in like manner. At the end of fifteen days hang them up; or rub them over with brawn and smoke them with wood eight days. Ham in slices, fried with egg, is a dish very much liked.

Pork Hams.

Rub them well with a compound of one pound common, two pounds bay salt, and three ounces saltprunella, all finely pounded, and, if you incline, spiceries as in the former receipt; open the ham a little at the shank, which stuff hard and tie with a cord, to shut out the air; lay them in a trough, rub and turn them daily three days, pour off the brine, and rub it with common salt, turning it daily and pouring out any brine which may collect; after twenty days press and hang them up; or, after lying three days in the compound make a very strong pickle with salt and water, to which add the pickle in the trough; boil and skim it, and when cold put in the hams, turn them daily three weeks, then hang them in wood or turf smoke till dry.

Mock Brawn,

Is made with the head and loin of young pork, rub them three days with the compound as in the former receipts; split the head, boil it and the loin till nearly tender, take out all the bones, take the meat of four cow heels boiled tender, cut them and the meat of the head in pieces, lay them on the loin, roll it tight up into a sheet of tin and boil it four hours; when ready, set it on end within a dish to drain; place a round piece of slate within the tin on the top, lay on a heavy weight to press it down; next day take it out of the case, bind it with a fillet, lay it in a sousing liquor made with salt and water boiled with some wheat brawn.

Tongues.

Clean them well, dry and rub them with common salt and a little saltprunella; lay them in a trough, turn and

PLATE 7.

SUPPER

THIS TABLE DRESSED OUT WITH DINNER DISHES LOOKS ELEGANT

THIS LINE ROUND DIRECTS HOW THE DESERT SHOULD BE PLACED

Broiled Fish or Chickens

Ornamental Frame

Tarts or Cakes

Moonshine

Shees of Tongue or Ham

Oysters

Prawns or Shrimps

Raspberry Cream

Broiled Kernels

Rich Sauce

Ornament

Cakes Jees & Jellies

Pine Apple in Jelly or any Ornamental Dish

Cakes Jees & Jellies

Pieasse of Chickens

A Capreola

Ornament

Rich Sauce

Veal Olives

Ratafia Cream

Crabs & Claws

Lobsters

Shees of Bacon Ham

Ornamental Frame

Custards in cups

Blamange

Rabbits or Veal Cutlets

rub them daily for three days, lay them upon a board that the pickle may run from them; then make a compound with a pound of common and four ounces bay salt, an ounce saltprunella, and two ounces raw sugar, taking a quantity proportioned to the number of tongues; put a good layer of common salt at the bottom of a barrel, pack in the tongues, then a layer of the compound and tongues alternately, till nearly full; place a board over and weights to keep them down, add more salt till the brine covers them. After sixteen days they will be ready for use; some may be taken out and dried.

Pickled Salmon.

To six pounds salmon, take half a bottle port wine, a quart (choppin) vinegar, with salt, pepper, and pimento, to your taste; cut the salmon in slices, put it in a saucepan, pour over the liquor and spiceries, and boil it twelve minutes; lift out the fish when cold, put it in a jar, pour the liquor over it and tie it close; it will keep six months.

Another way.

After the salmon is prepared, that is, cleaned, scaled, and split, divide it in cuts from two to four pounds each; lay as many as will cover the bottom of a large kettle, pour on water to cover it well; to one gallon water put three pints (mutchkins) strong vinegar and plenty of salt (if a small quantity is pickling, if you chuse you may add spiceries.) When the salmon is boiled, lift it carefully out, lay it on sieves to drain and cool, and proceed to boil more; boil the liquor till it be strong, add more vinegar and salt to your taste, and run it through a sieve; when quite cold, pack the salmon in small casks or cans, head the casks, fill them with the pickle and stop them close; if cans fill them with the pickle and tie them over with bladders and leather to keep out the air.

Oysters.

Procure the largest oysters, wash them clean from the shells and grit by shaking them one by one in their own liquor with a pair of small tongs; strain the liquor and put it with the oysters on the fire, skim carefully as the froth rises. English oysters require from fifteen to twenty minutes, and the Scots eight or ten, if they are to be long kept; they should only simmer. Take a pint of the liquor,

half an ounce cloves, half an ounce white pepper whole, one nutmeg, scalded and cut in slices, or a quarter of an ounce mace, and a spoonful of salt; one half of the spiceries will serve for Scots oysters; boil them ten minutes, then put in the oysters and stir them well through; put the oysters in barrels or jars, and pour over them as much of the liquor as will fill them, let them stand twenty-four hours in a cold place, then head the barrels; or, if jars, tie them close with bladders and leather. Cockles are done in like manner.

Mussels.

Shake them free of grit, &c. in their liquor, strain it, put it on with the mussels, let them boil four minutes, skimming quite clean; throw them into jars and season to your taste with ground pepper; if you chuse add spiceries. They are very excellent the first two days, but lose their richness by the third.

To Dress Large White Buckies.

This is one of the most delicate of shell fish; yet, from its snail-like appearance, the most neglected or disliked; it resembles in taste the tail of a lobster, with this distinction, that buckies are a delicate gristle. Get buckies newly fished, lay them in fresh water an hour, rinse them well, throw them in a large kettle of boiling water; boil them twenty minutes, or half an hour, then, with a wire or large pin, pick them out of the shells and throw them in cold water, squirting them through your hands to take off the tails; pull off the bonnets, or top, wash them again in salt and water, and they will be perfectly clean; sprinkle a little salt over them, put them into a jar with a few spoonfuls of water. If their shape offends cut them in pieces; serve with vinegar and pepper; they eat most delicately the day they are drest.

Sprats to imitate Anchovies, see p. 239.
Caveach, or Pickled Mackarel, p. 240.

To Salt Butter.

After the butter is well washed, and every particle of the milk expressed, for every pound of butter take one ounce of the following composition; two parts of common salt, one half part sugar, and one half part saltprunella, pounded very fine; work it well into the butter, pack it very close into cans, or kitts, which ought to be

perfectly clean, and free from taste or smell of the last butter. In six weeks it may be used, and will, on trial, be found very fine. To preserve butter kits sweet from year to year, they should, as soon as empty, be well scalded and cleaned, exposed a day to the air, filled with pickle, the heads put on, and set it in a dry place till the time of filling again.

To keep Green Peas.

Gather them when young, and on a dry day, shell and throw them into a pan of boiling water, let them boil a little, throw them in a sieve to drain, spread them on cloths two or three times doubled to dry; when thoroughly cold have ready clean dry bottles, fill them to the neck with the peas, then pour in melted suet and cork them well, tie them over with leather or bladders, and dip them into melted wax; bury them in the earth, or place them in an ice-house.

When they are to be used, have ready a pan with water boiling, put in a piece of butter and some sugar, then throw in the peas, and when they are boiled throw them into a sieve to drain; beat a good piece of butter in a sauce-pan with a little pepper and salt, give them a gentle shake or two in it, turn them into a dish and serve hot.

To keep Gooseberries.

Gather them when dry, put them in clean dry bottles well corked and the necks dipped in melted rosin or wax to exclude air, then put them in a pan of water up to the neck on a slow fire; when the water almost boils take them out, next day dig a hole in the earth, lay in the bottles and cover them up.

CHAP. II.

MADE WINES.

Observations.—There are a few rules to be observed in brewing, which are equally indispensible as they are simple. Put all liquids into clean, dry, well fumigated casks; as a wet cask checks fermentation, and a musty one effectually spoils the liquor. Never suffer fer-

mented liquors of any kind to overwork themselves before the spirit is added, nor bung the cask close while the hissing continues. Cleanliness and care must be the brewer's motto, every thing depends upon watching the fermentation and the state of the vessels.

Briton's Wine.

Take equal quantities of currants red, white, and black, red gooseberries, yellow, and green, mulberries, rasps, strawberries, grapes, cherries, and the best apples of all the various kinds, fully ripe; mash them all in a tub, to each gallon of fruit allow half a gallon of water, boil it twice a week for fourteen days, then pass it through a hair bag, or coarse temmy cloth. To a hogshead allow one hundred and twelve pounds raisins, with their stalks; mix it well, lay the bung loose on the top; when the fermentation is almost over strain it into another cask, squeezing the raisins, then add four gallons good spirits and a handful of bay leaves, bung it close; at the end of six months peg it, and if clear bottle it off; if not, add a gill of fining and shut it up other six months. If the acid predominates, correct it by adding half a pound pounded chalk, or a little salt of tartar. It improves by keeping.

Frontiniac.

Clarify eighteen pounds lump sugar, add ten gallons water, and let it boil, skim it and pour the liquor into an open headed cask; then put in three quarters of a peck of elder flowers of the white kind, in full blossom, ten pounds Smyrna raisins bruised, and the juice of six lemons; when lukewarm, add two gills good yeast, work it well down among the liquor and stir it daily five days, then squeeze the fruit and flowers quite dry from the liquor, let it settle twenty-four hours and strain it into a clean cask; when the fermentation is almost over bung it up, let it stand eight weeks, then rack it clear off into a clean cask, adding two gallons good spirits, and if not very transparent stir in half a gill of fining; bung it up and bottle it at the end of four months.

Currant Wine.

For a twenty gallon cask take nine gallons water, ten gallons (or twenty pints) good currants fully ripe, mash them well, put all through a cullender, squeeze the juice

thoroughly from the fruit, repeatedly throwing the water over and squeezing again till they are quite tasteless, then add twenty-eight pounds either lump, or good raw sugar, stir till it is dissolved, and let it remain one night; then pass all through a hair sieve into the cask, with eight ounces bitter almonds pounded; let it ferment a few days, carefully filling up the cask with currant juice or water, then add a little salt of tartar, or half a pound of chalk pounded, which takes off the acidity and renders the wine more like foreign; when the fermentation is nearly over, add half a gallon spirits, and when the hissing ceases bung it up; at the end of four months bottle it off. The above receipt makes good wine, but it may be made stronger or weaker by adding or diminishing the fruit, sugar, and spirits, and rendered mild by the addition of the tartar or chalk. *Blackberry*, *mulberry*, and *raspberry* wine, is made after the same manner.

Quince Wine.

When the fruit is fully ripe core and bruise them, and to each gallon of juice take two pounds and a half of sugar, stirring it together till the sugar is dissolved; put it in a cask and proceed as above.

Gooseberry Wine.

The fruit should be of the best kind and fully ripe; to every ten pounds of gooseberries, allow three quarts (choppins) of water, bruise the fruit, mix it well with the water, and let it stand all night; then squeeze it through a hair sieve, or bag, allowing nothing but the pulp to pass; to this quantity dissolve four pounds lump or good raw sugar, and put all into a clean cask; reserve a little juice to fill up the cask as it wastes; when the fermentation ceases stir in a gill of strong fining and bung it close; let it remain two months, then rack it off into another cask, and to every gallon of the liquor add one quart (choppin) of good spirits; bung it again, and when the weather is very cold bottle it off, putting one or two cloves into each, and corking it well. The above answers for all kinds of gooseberries, particularly the pearl kind.

Ginger Wine.

Take eighteen good lemons, pare off the rhind very

thin and lay it two days in a quart (choppin) good spirits. For a ten gallon cask (twenty pints Scots) take sixteen pounds sugar, dissolve it in four gallons of water and clarify with six whites of eggs well beat in it; bruise twenty ounces of ginger in a mortar, boil all an hour, throw it into an open headed cask, or tub, adding cold water to make up the quantity of liquor; when luke-warm squeeze in the lemon juice, mixing it well, also one gill yeast, stir it well and let it work while the fermentation seems brisk, but when it appears to weaken rack it into another cask, adding one gallon spirits, including the quart in which the rhinds were infused; when done hissing bung it close, let it remain till perfectly pure, then bottle it, observing to put it in a very cold place, as it is apt to ferment.

Orange and Raisin Wine.

Take twenty pounds raisins, lay them in warm water an hour, pour it off and bruise them well; boil six gallons (twelve pints), when blood heat pour it over the raisins, stirring it well several times a day; till the strength of the fermentation is over; then take a dozen Seville oranges, pare them very thin and infuse the rhinds in half a gallon of good rectified spirits, squeeze the oranges and make a rich clarified syrup of the juice (p. 45.) with two pounds of sugar; then strain the liquor into a cask, pressing the fruit till quite dry and tasteless; strain through the syrup, add the spirits, mix all well together and bung it up for ten weeks; if you chuse add one gill of fining and a few ounces pounded chalk or magnesia, then bottle it; the longer it is kept, it will be the better. This makes an excellent raisin wine without the oranges. The flavour is varied according to the quality of the raisins, as Malaga, sun, Smyrna, denia, sultana, Belvidera, &c.

Lemon Wine.

Take a dozen lemons, pare the half and infuse the rhinds in a quart of spirits, squeeze the whole, to which add half a gallon of water and sugar to render it sweet; make it boil, when cold add the infusion of the rhinds and one quart of any white wine, strain the whole through a jelly bag into a small cask, stop it, and at the end of three months bottle it off; as it is apt to fly, the corks

should be wired; put it in a cool place, and in two months it will be ready.

To Fine Made Wines.

Put an ounce of picked isinglass into a quart of the the wine, letting it infuse two days in a gradual heat till it is dissolved; put it into a jar with another quart of the wine, add the whites of six or eight eggs and the shells, whisk it well up and stir it into the cask with a staff, let it have vent a day or two then stop it up; in two or three weeks bottle it off.

Wine or Ale that is Sour,

May, to a certain degree, be recovered by stirring in a quantity of oyster shell powder, which is obtained by first burning them and pounding all the white soft part; or, with common magnesia or chalk bruised.

Ale or Porter that is New,

May be made to drink as if stale by mixing with every gallon forty or fifty drops of the spirit of salt.

Wine or other liquor that is fading may be recovered by mixing a little of the syrup of cloves, and then fermented by adding a little yeast; when settled, bottle it, put a small bit of sugar and a clove in each bottle and cork them well.

Ratafia.

Infuse in strong spirits a quantity of the kernels of peaches, apricots, black cherries, and geans, with an equal quantity of bitter almonds blanched and all bruised; turn up the jar or bottle twice or thrice a week for a month or more, then pour it clear off. Make a syrup of two pounds of refined sugar, add it to the liquor when it is warm; cork it close, turning up and down the jar to make all incorporate; set it in a cool place three months. If not clear filter it through blossom paper, then put it in pint bottles, cork and tie over bladders. The ratafia will be rich according to the quantity of kernels and sugar.

Imperial.

Take four ounces cream of tartar, the juice and parings of four lemons, put them in a large jar, pour on three gallons boiling water; when cold, add a quart of rum

and sugar to your taste; strain it through a bag and bottle it, corking very tight.

Noyeau.

To two gallons of brandy or highly rectified spirits, put a quart (choppin) of orange flour water, in which dissolve three pounds refined sugar; according as you want it in strength, add apricot kernels bruised and infused for six weeks, then filter it through blossom paper; bitter almonds are sometimes substituted in place of the kernels.

Madame's Cordial.

Take two ounces cinnamon, two ounces coriander seed, half an ounce cloves, four drops mace, two nutmegs, two ounces bitter, and two ounces Jordan almonds; bruise all these in a mortar and put them to one gallon strong whisky, let it stand a month, occasionally turning up the bottle the three first weeks; prepare a syrup of three pounds refined sugar well clarified; pour off the liquor, while it runs clear and filter the remaining part through blossom paper; then add the syrup warm, stirring it well to make it incorporate, cork and set it aside eight days, when you will have a most delicious cordial, by many preferred to Noyeau; bottle it in pint (mutchkin) bottles; it will keep any length of time, and in all climates.

Shrub.

Take two gallons raspberries, two gallons shrub gooseberries, and two gallons currants; express the juice thoroughly, then strain it into a cask with equal quantities of strong whisky, or any good spirit, and juice; clarify ten pounds sugar with half a gallon water, add a little salt of tartar, or a lump of chalk, lay on the bung loose the first day, next day stop the cask close; let it stand two months, rack it off into a clean cask, in which it may remain as long as you please; or, when you find it pure bottle it; this will keep twenty years. It may be made entirely with any one of the above fruits.

Spruce Beer.

Fill a twenty gallon cask half full with cold water, make the other half boil and dissolve into it eighteen pounds treacle, and ten ounces, or a pot and a half, of

fresh essence of spruce; mix it well in the cask with the cold water, when blood heat add six gills yeast, stir well together by rolling the cask, leave the bung out for three or four days to let it work, bung it close, and eight days after bottle and cork it well; put it into a very cool place on end, when it must not be moved again till ready for use, which will be in fourteen days.

White Spruce.

For a cask of ten gallons, (or twenty pints Scots) clarify twelve pounds lump sugar with two gallons of water, stir in six ounces freshest essence of spruce, incorporate this with as much cold water as will fill the cask and half a pint (mutchkin) yeast; roll the cask to mix it well, take out the bung and let it work four days, bottle it off and it will be ready to drink in ten days. A little fining improves it much.

To Make Ten Gallons, or Four Dozen Bottles, good Table Beer from Treacle.

Boil an ounce and a half of fresh hops an hour in two or three gallons of water, add three pounds and a half of treacle, and let all boil fifteen minutes longer; strain it into a cask that will hold ten gallons, and fill it up with cold water; when it is precisely blood heat stir in two gills good yeast, mix it well and let it work till the fermentation is nearly over, add half a gallon of ale or porter, then bottle it; do not fill them too full, as it is apt to burst them. Made exactly after this receipt, it cannot, in winter, be drank pleasantly sooner than ten days, and is only in perfection after fourteen days; when kept cool it will keep good many weeks; when the family have no cellar half the quantity may be made with a less proportion of molasses. it ripens sooner, but will not keep so long. The porter or ale may be omitted at pleasure; any greater quantity may be made following the same proportion. For making yeast, see page 202; raw sugar may be substituted for molasses. Those who do not have a cask may use a large jar, can, or tub, laying a cloth doubled over, skimming off the refuse and straining it through a hair sieve, before bottling it; or the hops may be boiled in a bag.

CHAP. III.

USEFUL FAMILY RECEIPTS.

Polishing Wax for Furniture.

Melt eight ounces of bees wax in a glazed pipkin, pound two ounces colophony, and stir it in; when well incorporated, warm and add by degrees four ounces spirit of turpentine, mix it well together and pour it into small pots, such as are used for pomatum. When you use it, spread a little of it on a piece of woollen cloth, and rub well all over the wood, continue the rubbing from time to time, and in a few days it will appear as if varnished.

For Tables.—Put four gills of water in a pipkin over the fire, scrape in a little white soap, when the soap is dissolved, add three ounces bees wax scraped thin, when it is melted and well incorporated it is ready to use; make a little of it warm, dip into it a small piece of flannel, rub the furniture well, a short time after apply the brush, and polish it with dry flannel.

Stains are removed with spirits of salt, or oil of vitriol, diluted with a little water; immediately when the stain disappears, wash it over with a rag dipped in water, then with a little linseed oil.

The appearance of old wainscot is much improved if it be first washed with warm beer or water, made a little acid with vinegar; rub it well with beer in which a piece of bees wax has been boiled, and a little raw sugar; when dry rub with flannel till it obtains a gloss.

To Clean Alabaster or Marble.

Pound pumice stone to an impalpable powder, mix it with vinegar, let it remain two or three hours, dip a sponge into it and rub the marble well; wash it off with soft linen rags dipped in water, and dry it well.

Chimney Pieces, &c.

Make a paste with pipe-clay, a bullock's gall, one gill each of soap lees and turpentine; lay it over the marble and let it remain a few days, take it off and repeat this again and again till the marble is clean. Muriatic acid has the same effect, but it destroys the fine polish.

Ink Stains

Are removed by using a mixture of strong soap lees and unslacked lime, finely pounded; lay it on with a brush pretty thick, and let it remain a considerable time; make a strong lye with soft soap and boiling water, then, with a brush dipped in it, rub and wash clean off all the compound, and polish it with leather.

Iron Stains

Are removed with a mixture of lemon juice and spirits of vitriol equal parts, with which wet the spots and rub well with soft linen rags.

Black Lead for cleaning Cast Metal.

Mix the black lead with strong spirits, lay it thinly upon the grate, and, with another brush dipped in the dry powder, continue to brush till of a beautiful gloss.

To Keep Iron from Rust.

Fry an eel in an iron pan, and when thoroughly browned express the oil, which put into a phial and place in the sun to clear. Iron, when anointed with this will not rust, although kept in a damp place.

Or,

Take some fresh hogs lard, dissolve a little camphor and mix with the lard, and as much black lead as will give the whole a colour; with a rag dipped in this mixture rub over the iron. This covering is easily removed at any time with hot water, the metal is then polished with oil, rotten-stone, and a piece of flannel.

To remove the Blackness from Polished Stoves and Bars.

Make a strong jelly with soft soap and water boiled together; when cold, take a spoonful and stir in emery till pretty thick, put a little on a piece of cloth, and, by rubbing, remove the blackness, then polish it with glass paper, then leather and tripoly.

A Strong Paste for Paper.

Make half a pound flour smooth with strong beer, add half an ounce pounded rosin, and boil it half an hour; when cold, beat it smooth with a flat stick.

Blacking for Boots and Shoes.

Take four ounces ivory black, three ounces raw sugar or treacle, a table spoonful of sweet oil, half a tea spoonful spirit of vitriol, and a table spoonful of copperas, mix all together with a pint (mutchkin) good vinegar.

Oil that has lost its Flavour,

May be recovered by the following process: Burn a quantity of roch alum and beat it to powder; put it in boiling water, and when it is dissolved pour in the oil and work it well with a whisk a considerable time; let it settle two days, when the oil will be embodied on the surface, which skim off, and it will be found to have in a great degree recovered its flavour.

Rancid Butter

May also in part be recovered, if when melting it, you toast a slice of bread very brown, or even black, and put amongst it, as it draws all the bad taste to itself.

To Clean and Season Feathers.

To render new feathers sweet and clean in a short time, must be an acquisition to those who deal largely in them, and also of service to families. According to the quantity to be sweetened take to each gallon of water one pound quick lime, stir it well till all the lime is dissolved, then let it settle, and pour off the clear water for use; put the feathers in a deep tub and pour on the lime water to cover them, with a staff, stir them well and let them lie four days, stirring them daily, then lift them out on sieves to drain; wash them well in pure water, drain them again, put them into nets with very small meshes, hanging them along the roof of an airy room, turn and shake them frequently, and they will drop out daily as they become dry; they are collected from time to time, put into cases, and after being well beaten they are ready for use.

The Chinese Method of rendering Cloth Water-proof.

Melt one ounce of white wax in a glazed pipkin, stir in a quart (choppin) of spirits of turpentine, and mix it well, and when cold it is ready for use; dip the cloth

into this liquid and hang it up to drain till thoroughly dry. Muslins, as well as strong cloths, are rendered impenetrable to the heaviest rains, and that without filling up the pores of the cloth, injuring its texture, or damaging in the least the most brilliant colours.

Permanent Ink for Writing on Linen.

Take silver caustic, dissolve it in twice its weight of water by working it in a glass mortar, then pour it in a phial. In another phial dissolve one dram salt of tartar in an ounce and a half of water, into which liquid the linen is first saturated, or dipped, and when dry wrote upon with a new pen dipped in the liquid of the first phial.

A Liquid to Write on Linen which resists the action of Soap or Lye.

Make a solution of silver, dissolve a little gum in distilled water, with which dilute the silver solution; then have ready a pretty strong solution of isinglass and water, into which dip the part to be wrote on; when dry write upon it, it soon becomes a very black purple.

Cement for China.

Burn oyster shells and then beat the soft part and put it through a lawn sieve; or quick lime, wet a little with the white of an egg, and join the pieces together; when hardened, scrape or wash off what adheres on each side of the china.

To Dye Linen Black.

After cleaning a quantity of iron filings boil them in water with bark of the elder-tree, into which dip the linen repeatedly till it is a clear black.

To Dye Woollen Stuffs Black.

For any ordinary use, boil the stuff first in a strong lye made by boiling walnut-tree branches and shells, or boil it along with them till of a good brown, then draw it through the above black dye, in which may also be boiled some Indian wood.

A Good Black.

First Boiling.—A pound gall nuts, a pound of elder tree bark, twelve ounces yellow chips; boil them three

hours in a sufficient quantity of water, then put in the stuff, turning it constantly about, and when you perceive it black enough take it out and cool it.

Second Boiling.—Make a lye with one ounce salamoniac, into which boil the stuff an hour, turning it all the time and again cooling it.

Third Boiling.—Take twelve ounces vitriol, two ounces shoemack, with a proper quantity of water, into which boil the stuff an hour; then cool and rinse it.

To Dye Woollen and Cotton Stuffs Red.

The stuffs are previously boiled in a lye made with two parts alum and one part tartar. The quantity of twenty yards will require three pounds Roman alum, a pound and a half tartar, and four ounces chalk; put them into a pot or copper with water, put in the stuff and boil it three hours (or five ounces alum and one ounce tartar, to each pound of woollen). To the above quantity of cloth take six pounds madder and a glass of vinegar (or half the weight of the stuff) and when the lye is of the heat that you can hold your hand amongst it put it in and mix it well, then put in the stuff, let it remain an hour turning all the time, or till you get it a fine red.

Method of Distinguishing the Real from the False Turkey Dye.

The true Turkey red is a colour the dying of which few, if any, in this country have acquired the knowledge of; to ascertain which is the real Turkey dye, take a thread or two of each and immerse them in diluted aqua fortis, or nitrous acid; the true Turkey will remain an hour without the least change, while the imitation dye will grow white in less than fifteen minutes.

Crimson Colour.

To each pound of stuff take two ounces alum, two ounces tartar, two ounces aqua fortis, in which is disolved half an ounce pewter, four ounces madder, four ounces logwood; put them all together with a quantity of water to boil, put in the stuff, boil it a considerable time, take it out, and when cool rinse it in clean water; then boil it again, adding to each pound of stuff four ounces logwood.

Yellow Colour.

Make a bath with two and a half pounds weld, for each pound cotton, incorporate one dram verdegrease with a little of the bath, then stir it in; in this the cotton is turned and wrought until it has acquired an uniform colour; it is then taken out, and a lye made with soda poured in and stirred; the cotton is again put into the bath, and kept for fifteen minutes, then taken out, wrung and carefully dried. A lemon colour is obtained by the same process, using a pound of weld to each pound of stuff, and diminishing the proportion of verdegrease accordingly; or omitting it and boiling the stuff in alum water. Or boil the stuff in a bath of alum and tartar, then boil it with fastic wood till the colour is obtained.

Anotta.

Makes also a good yellow, and answers best with silk; it is rubbed down and boiled with an equal quantity of alkali; scour the stuff well first in soap lye, and then immerse it in the prepared bath; the degree of heat is betwixt the boiling point and tepid; when the proper shade is obtained, wash it well in pure running water and beetle them. Turmeric makes also a beautiful yellow, but of no durability.

Blue.

Take a pound indigo, three pounds quick lime, and a pound and a half orpiment; the indigo is first ground in a mortar with water, by means of two iron bullets rolled about, then put into a vat and diluted to the proper degree with water, the lime is then added, well stirred, and covered up to rest a few hours; eight ounces English vitriol pounded is then stirred in, it is again covered up; a few hours after, the orpiment, in powder, is thrown in, stirred and again left to rest a few hours; it is afterwards stirred and left to settle until it cleans. The scum is then gently put aside and the silk or other stuffs, dyed in small quantities at a time, first dipping them in warm water; they are then washed in pure water and dried.

For Wool.—Take a pound indigo, four pounds potash, one pound lime, a pound or a pound and a half of orpiment, and proceed as above; keep the vat in a moderate degree of heat.

A mixture of red and blue produces violet, purple, and all the intermediate shades; blue and yellow, green; blue combined with red and yellow produces olive.

Pink.

The cloth is first washed clean and dried, then boiled in a bath made with two gallons rain or spring water and four ounces alum, taken out and dried; while drying put into the bath a few handfuls bran and boil it till it has imparted a slipperiness to the water; then strain it, put it on again with two drams cochineal and four ounces argal pounded, mixing it by degrees with the liquor; then put in the cotton cloth and boil it till it has attained the desired shade, stirring and turning it about all the time; rinse it first in chamber lye, then in plenty of pure water, then dip it in thin starch water and dry it quickly; in hanging it up to dry take care that it does not double, then put it through a callander or mangle.

Liquid for cleaning Boot Tops.

Dilute a gill vitriolic acid with two gills of water, in a pickle, then mix in half an ounce esential salt of lemons; when the effervescence is over and it is quite cool, add two gills skimmed milk and shake it frequently for five days.

To use it.

Clean all the grease, &c. from the surface of the leather with a brush and water, then, with a little Bath brick powder, or fine white sand, and a little of the liquor, brush and clean it well with a spunge and pure water, wash it clean, let it dry gradually and it will appear as new; if it is reqnired to have a brown colour, brush it before it is quite dry with a hard brush.

Or,

Mix with two ounces distilled water a dram oxy-muriate of potash; when dissolved, add two ounces muriatic acid and shake them together. In another phial mix three ounces spirits of wine, and half an ounce essential oil of lemons, when well incorporated pour it into the other phial; after they are well incorporated stop up the phial for use.

To use it.

Dip a small piece of clean spunge into the mixture and go over the leather, dry it gently and brush it well.

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