GASTRONOMIC LIBRARY

Katherine Golden Bitting

:panē nr̄m quoti-
dianū da nobis hodie:

"Give us this day our daily bread"
—the universal supplication of all people in all times and places.

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1800

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THE KATHERINE GOLDEN BITTING
COLLECTION ON GASTRONOMY

Presented by A. W. BITTING

APICIUS REDIVIVUS.

THE COOK'S ORACLE:

CONTAINING

PRACTICAL RECEIPTS

FOR

ROASTING, BOILING, FRYING, BROILING, } VEGETABLES, FISH, HASHES, MADE DISHES, &c. &c.

On the most Economical Plan for Private Families;

ALSO,

THE ART OF COMPOSING

THE MOST SIMPLE, AND MOST HIGHLY FINISHED

BROTHS, GRAVIES, SOUPS, SAUCES,

AND FLAVOURING ESSENCES:

The Quantity of each Article

BEING ACCURATELY STATED BY WEIGHT OR MEASURE;

THE HUMBLEST NOVICE

MAY WORK WITH THE SAME CERTAINTY AS THE

EXPERIENCED COOK.

THE RESULT OF ACTUAL EXPERIMENTS

MADE IN

THE KITCHEN OF A PHYSICIAN,

FOR THE PURPOSE OF COMPOSING

A Culinary Code for the Rational Epicure,

AND AUGMENTING

THE ALIMENTARY ENJOYMENTS OF PRIVATE FAMILIES;

COMBINING ECONOMY WITH ELEGANCE;

AND SAVING EXPENSE TO HOUSEKEEPERS,

AND TROUBLE TO SERVANTS.

THE SECOND EDITION,

CAREFULLY REVISED.

LONDON:

PRINTED FOR JOHN HATCHARD, PICCADILLY;

AND SOLD BY

MESSRS. SIMPKIN AND MARSHALL, STATIONERS' COURT;

UNDERWOODS, FLEET STREET; OGLE AND CO. HOLBORN;

OTRIDGE, 39, STRAND; AND STODART, 81, STRAND;

And by all Booksellers and Newsmen in Town or Country.

1818.

" The main business of my book is to increase the comforts of moderate Families and moderate Fortunes, and I have taken as much pains to bring the Enjoyments and Indulgencies of the most Opulent, within reach of the middle ranks of Society, as I have in directing the preparation of those elaborate made dishes, and *piquante* relishes, the most ingenious and accomplished ' Officers of the Mouth' have invented for the amusement of profound Palaticians, and thorough bred *Grands Gourmands* of the first magnitude. These are so composed as to be as agreeable and useful to the stomach, as they are inviting to the appetite; nourishing without being inflammatory, and savoury without being surfeiting, endeavouring to hold the balance even, between the agreeable and the wholesome, and the Epicure and the Economist."

Vide RUDIMENTS OF COOKERY, page 120.

TO

TASTEFUL PALATES,

KEEN APPETITES,

AND

CAPACIOUS STOMACHS:

THE FOLLOWING RECEIPTS,

COMPOSED

FOR THEIR RATIONAL RECREATION,

ARE RESPECTFULLY INSCRIBED.

PREFACE.

THE following Receipts are not a mere marrowless collection of shreds, and patches, and cuttings, and pastings, from obsolete works, but a *bonâ fide* register of practical facts, accumulated by a perseverance not to be subdued, or evaporated, by the igniferous terrors of a roasting fire in the dog-days. The Receipts have been written down by the fireside, "with a spit in one hand, and a pen in the other," in defiance of the combined odoriferous and califacient repellents, of Roasting and Boiling, Frying and Broiling; the author submitting to a labour no preceding Cookery-Book-maker, perhaps, ever attempted to encounter; having *eaten* each Receipt, before he set it down in his book. As they have all been heartily welcomed by a sufficiently well educated Palate, and a rather fastidious Stomach; perhaps this certificate of the eatability of the respective preparations, will partly apo-

logize for my Book containing a smaller number of them, than some preceding writers on this gratifying subject, have transcribed, for the profit and amusement of "every man's master," the *STOMACH**.

I have endeavoured to describe every article, in so plain and circumstantial a manner, as I hope will be easily understood, even by the amateur, who is wholly unacquainted with the practical part of Culinary concerns. Old housekeepers may think I have been tediously minute on many points, which may appear trifling, because former writers on this subject seem to have considered the Rudiments of Cookery quite unworthy of attention. But these little delicate distinctions, constitute all the difference between a common table and an elegant one, and are not trifles to the novice, who must learn them either from the communication of others, or blunder on till his own slowly-accumulating and dear-bought experience teaches him. A wish to save trouble and time to young inexperienced Housekeepers and Cooks, and to bring the enjoy-

* "The Stomach is the grand organ of the human system, upon the state of which, all the powers and feelings of the individual depend."—*See* HUNTER's *Culina*, page 18.

ments and indulgencies of the most opulent within reach of the most moderate fortunes, were the motives for publishing this book; and I could accomplish it only by supposing the reader, when he first opens my book, to be as ignorant of Cookery, as I was when I first thought of writing on the subject.

I have done my best to contribute to the comfort of my fellow creatures; and I hope, by a careful attention to the directions herein given, the most ignorant will easily learn to prepare food, not only in an agreeable and wholesome, but in an elegant and economical manner.

The cardinal virtues of Cookery, "CLEANLINESS, FRUGALITY, NOURISHMENT, AND PALATEABLENESS," preside over each preparation; for I have not presumed to insert a single composition, without previously obtaining the "*imprimatur*" of an enlightened and most indefatigable "*COMMITTEE OF TASTE*," (composed of the most persevering and profound Palaticians, and thorough-bred GRANDS GOURMANDS of the first magnitude,) whose persevering and cordial co-operation I cannot too highly praise; and here do I most gratefully record the unremitting zeal they manifested during their arduous progress of proving the

respective Recipes, who were so truly philosophically and disinterestedly regardless of the wear and tear of teeth and stomach, that their labour appeared a pleasure to them. This laudable perseverance, has enabled me to give the most inexperienced amateur an unerring guide, how to excite as much pleasure as possible on the palate, with as little trouble as possible to the principal viscera.

In short, as I have already intimated, every attention has been paid in directing the proportions of the following Compositions, not merely to make them inviting to the Appetite, but agreeable and useful to the Stomach; nourishing without being inflammatory, and savoury without being surfeiting.

I have written for those who make nourishment the chief end of eating*, and do not

* Although pleasing the palate be the main end in most books of Cookery, it is my aim to blend the toothsome with the wholesome; for, after all, however the hale Gourmand may at first differ from me in opinion, the latter, is the chief concern; since if he be even so entirely devoted to the pleasure of eating, as to think of no other, still the care of his health becomes part of that; if he is sick, he cannot relish his food.

" The term Gourmand or Epicure, has been strangely perverted; it has been conceived synonimous with a gluttony like that of the great eater of Kent; or a fasti-

desire to provoke appetite beyond the power and necessities of nature; proceeding, however, on the purest Epicurean principles, of indulging the Palate, as far as it can be done, without injury or offence to the Stomach. The pleasures of the table, have always been highly appreciated, and carefully cultivated in all countries and in all ages; and, in spite of the Stoics, every one will allow they are the first we enjoy, the last we leave, and those we taste the oftenest. A sound Stomach may be said to be the mainspring of all our comfort; and

dious appetite only to be excited by fantastic dainties, as the brains of peacocks or parrots, the tongues of thrushes and nightingales, or the teats of a lactiferous sow. In the liberal acceptation which I give to the term Epicure, it means only the person who relishes his food cooked according to scientific principles; that is to say, so prepared, that the palate is delighted, rendered of easy solution in the stomach, and ultimately contributing to health; exciting him, as an animal, to the vigorous enjoyment of those recreations and duties, physical and intellectual, which constitute the happiness and dignity of his nature." For this etymological illustration, I am indebted to my scientific friend, Apicius Cœlius, junr., with whose erudite observations several of the pages of this work are enriched, as will be understood when the signature A. C. junr. is affixed.

there would be no difficulty in proving that it influences (much more than people in general imagine) all our actions: the destiny of nations (says an ingenious French Author) has often depended upon the more or less laborious digestion of a prime minister*. The great philosopher *Pythagoras*, in his *Golden Verses*, shows himself to have been extremely nice in eating, and makes it one of his chief principles of morality to "abstain from beans." Our great English moralist, Dr. Johnson, (says Boswell,) was a man of very nice discernment in the science of Cookery, and talked of good eating with uncommon satisfaction. "Some people," said he, "have a foolish way of not minding, or pretending not to mind what they eat; for my part, I mind my belly very studiously and very carefully, and I look upon it, that he who does not mind his belly, will hardly mind any thing else." Mr. B. adds, "I never knew a man who relished good eating more than he did: when at table, he was totally absorbed in the business of the moment: nor would he, unless in very

* "He that would have a *clear* head, must have a *clean* stomach, says old Cheynè. — *See his Essay on Health, &c.* 1724, page 34.

high company, say one word, or even pay the least attention to what was said by others, till he had satisfied his appetite*."

The Receipts, are the results of Experiments, carefully made, and accurately and circumstantially detailed; *the time requisite for dressing being stated, and the quantities of the various articles contained in each composition being carefully set down in number, weight, and measure*†; a precision never

* The fact is, that this great man, had found out, that animal and intellectual vigour, are much more entirely dependent on each other, than is commonly understood by common men; especially, in those constitutions, whose chylypoetic and digestive organs are capricious and easily put out of tune, or absorb the "materia vitæ" so indolently, that it is only now and then, that the "sensorium commune" vibrates with the full tone of accurately considerative and creative energy. We wish, the restorative process was performed by us poor mortals, in as easy and simple a manner, as Baron Munchausen says it is in the cooking animals in the moon, who "lose "no time at their meals, as they open their left side, "and place the whole quantity at once in their stomach, "then shut it again till the same day in the next month; "for they never indulge themselves with food more than "twelve times in a year;—all but gluttons and epicures "must prefer this method to ours."—*Vide Gulliver Revived*, 12mo. 1786. Kearsley. Page 188.

† The Weights are Avoirdupois; the Measure, the graduated glass used by Apothecaries, which appeared more accurate and convenient than any, the pint being

before attempted in Cookery books, but which I found indispensable, from the impossibility *of guessing* the quantities intended by such obscure expressions as have been usually employed for this purpose in former works; for instance: a little bit, or a good bit of butter, a handful of this, and a nip or pinch of that, a sprinkling of salt, a shake of pepper, a squeeze of lemon, a dash of vinegar, a dust of flour, are the constant phrases; and season it to your palate, (meaning the cook's,) is another form of speech: now, if she has any, it is very unlikely that it is in unison with that of her employers, as, by continually sipping *piquante* relishes, it becomes blunted and insensible, and soon loses the faculty of appreciating delicate flavours, so that every thing is done at random.

These Culinary technicals* are so differently

divided into sixteen ounces, and the ounce into eight drachms: by a wine-glass, is to be understood two ounces of apothecaries' liquid measure; by a large or table spoonful, half an ounce; by a small or tea spoonful, a drachm, or half a quarter of an ounce, i. e. nearly equal to two drachms avoirdupois. At HANCOCK's glass warehouse, in Cockspur Street, Charing Cross, you may get measures divided into tea and table spoons. No cook should be without one, who wishes to be regular in her business.

* "In the present language of Cookery, there has been a woful departure from the simplicity of our

estimated by different cooks, and " the rule of thumb" is so extremely indefinite, that if the same dish be dressed by two persons, it will

ancestors; such a farrago of unappropriate and unmeaning terms, many corrupted from the French, others disguised from the Italian, some misapplied from the German, while many are a disgrace to the English. What can any person suppose to be the meaning of *a shoulder of lamb in epigram*, unless it were a poor dish, for a pennyless poet? *Aspect of fish*, would appear calculated for an Astrologer, and *shoulder of mutton surprised*, designed for a sheep-stealer."—A. C. jun.

The following specimen of the unaccountably whimsical Harlequinade of Foreign Kitchens is from " La Chapelle," Modern Cook, London, 1744.

" A Turkey," in the shape of " a Football," or " a Hedge-hog."—" A Shoulder of Mutton," in the shape of a " Bee-Hive."—" Entrée of Pigeons," in " the form of a Spider," or Sun-Fashion, or " in the form of a Frog," or, in " the form of the Moon."—Or, " to make a Pig taste like a Wild Boar:" Take *a living* Pig, and *let him* swallow the following drink, viz. boil together in vinegar and water, some rosemary, thyme, sweet basil, bayleaves, and sage; when you have *let* him swallow this, *immediately whip him to death*, and then roast him. But the most extraordinary of all the Culinary Receipts that have been under my eye, is the following diabolically cruel directions of Mizald's. " *How to roast and eat a Goose alive.*"—Take a GOOSE, or a DUCK, or some such *lively creature*, (but a Goose is best of all for this purpose,) pull off all her feathers, only the head and neck must be spared: then make a

generally be so unlike, that nobody would imagine they had worked from the same directions; nor will they assist a person who has

fire round about her, not too close to her, that the smoke do not choke her, and that the fire may not burn her too soon; nor too far off, that she may not escape free: within the circle of the fire let there be set small cups and pots full of water, wherein salt and honey are mingled; and let there be set also chargers full of sodden apples, cut into small pieces in the dish. The Goose must be all larded, and basted over with butter, to make her the more fit to be eaten, and may roast the better: put then fire about her, but do not make too much haste, when as you see her begin to roast; for by walking about, and flying here and there, being cooped in by the fire that stops her way out, the unwearied Goose is kept in; she will fall to drink the water to quench her thirst, and cool her heart, and all her body, and the apple sauce will make her dung, and cleanse and empty her. And when she roasteth, and consumes inwardly, always wet her head and heart with a wet sponge; and when you see her giddy with running, and begin to stumble, her heart wants moisture, and she is roasted enough. Take her up, set her before your guests, and she will cry as you cut off any part from her, and will be almost eaten up before she be dead: it is very pleasant to behold!!!"—*See* WECKER's *Secrets of Nature*, in folio. London, 1660, pp. 148, 309.

We suppose Mr. Mizald stole this receipt from the kitchen of his Infernal Majesty; probably, it might have been one of the dishes the devil ordered when he invited Nero and Caligula to a feast.—A. C. jun.

not served a regular apprenticeship in the Kitchen, more than reading "Robinson Crusoe" would enable a sailor to steer safely from England to India.

These generalizing expressions in Cookery, are the more surprising, as the confectioner is regularly attentive, in the description of his preparations, to give the exact quantities, though his business, compared to cookery, is as unimportant, as the ornamental is inferior to the useful. The maker of blanchmange, custards, and trifles, and the endless and useless collection of pretty playthings for the palate, is scrupulously exact, even to a grain, in his ingredients; whilst Cooks affect to be most unintelligibly indefinite, although they are intrusted with the administration of our *food, upon the proper preparation of which, all our powers of body and mind depend; their energy, being invariably, in the ratio, of the performance of the restorative process*, i. e. the quantity, quality, and perfect digestion of what we eat and drink; and a sufficient portion of sound sleep, "the chief nourisher in life's feast, great Nature's second course." Unless the Stomach be in good humour, every part of the machinery of life must vibrate with languor.

We may compare the human frame, to a watch, of which, the heart is the main spring,

the stomach the regulator, and what we put into it, the key, by which the machine is set agoing; according to the quantity, quality, and proper digestion of what we eat and drink, will be the pace of the pulse, and the action of the system in general: and when a due proportion, is preserved between the quantum of exercise, and that of excitement, all goes well: if the machine be disordered, the same expedients are employed for its readjustment, as are used by the watch maker; it must be carefully cleaned, and then judiciously oiled.

Thus does the general health always, and the very life often, of invalids, and those who have weak and infirm stomachs, depend upon the skill of the cook. Our forefathers were so sensible of this, that in days of yore, no man of consequence, thought of making a day's journey without taking his "*Magister Coquorum*" with him. The rarity of this talent, in a high degree is so well understood, that besides very considerable pecuniary compensation, his Majesty's first and second Cooks are now Esquires by their office; and we have every reason to suppose they were persons of equal dignity heretofore. In Dr. Pegge's "*Forme of Cury*," 8vo. London, 1780, we read, that when Cardinal Otto, the Pope's

Legate, was at Oxford, A.D. 1248, his brother officiated as "*Magister Coquinæ.*" This important post, has always been held as a situation of high trust and confidence; and the "*Magnus Coquus,*" Chief Cook, or *Master-Kitchiner,* has, time immemorial, been an officer of considerable dignity, in the palaces of Princes.

I believe it is a generally received opinion, which the experience of every individual can confirm, that the food we fancy most, appears to sit easiest on the stomach: the functions of digestion, must go on more merrily, when exercised by food we relish, than when we eat merely because it is the usual hour of dining, or swallow something out of necessity, to amuse the gastric juice, and "lull the grinding stomach's hungry rage."

Instinct, speaks pretty plainly, to those whose instruments of digestion are in a delicate and impaired state, and commonly pleads with more perfect truth (for those materials they stand most in need of,) than any dietetic rules that can be contrived.

To affirm that such a thing is wholesome, or unwholesome, without considering the subject in all the circumstances to which it bears relation, and the unaccountable idiosyncracies of parti-

ocular constitutions, is, with submission, talking nonsense. Every man must consult his Stomach; whatever agrees with that perfectly well, is wholesome for him, whilst it continues to do so, whenever natural appetite calls for food.

Celsus spoke very sensibly when he said, "that a healthy man under his own government, ought not to tie himself up by strict rules, nor to abstain from any sort of food; that he ought sometimes to fast and sometimes to feast." When applied to eating, nothing is more true than that

"*Bonarum rerum, consuetudo pessima est.*"

The author of this work wishes he had leisure to devote more time to the subject. An ingenious chemist, and an intelligent cook, might form a very complete work, by taking for their text Dr. George Pearson's admirably arranged catalogues of Food, Drink, and Seasoning; the most comprehensive abstract of this subject we have ever seen. This epitome was printed for his Lectures on Therapeutics, &c. which the author attended in 1801.

No regimen of life can be laid down that will suit every body;

"Try all the bounties of this fertile globe,
There is not such a salutary food
As suits with every stomach."

DR. ARMSTRONG'S *Art of Preserving Health*, book ii. line 120.

No food is so delicious that it pleases all palates; and nothing, can be more correct, than the old adage, " one man's meat is another man's poison."

It would be as difficult, for a Laplander to convince our good citizens, that train oil, is a more elegant relish, than their favourite turtle, as for the former, to fancy, that Birch's or Angell's soup, can be as agreeable, as the grease and garbage, which custom, has taught him, to call delicious.

The Cook, therefore, should *be extremely cautious of seasoning high*, and leave it to the Eaters, to add the condiments, according to their own palate and fancy: for this purpose, " *The Magazine of Taste*," or " *Sauce-box**," will be found an invaluable acquisition, as its contents, will instantaneously, produce any flavour that may be desired.

I have a very good reason to give in support of my doctrine, that *what the appetite desires most, the stomach will digest best*†, which is, that mastication‡, the first act of the important process of

* Vide No. 463.

† See the third and following pages of the ninth chapter of the " Rudiments of Cookery."

‡ To chew long, and leisurely, is the only way to extract the quintessence of our food, to completely enjoy the taste of it, and to render it easily convertible into

digestion, is then more perfectly performed; because, as we naturally detain upon our palate, those things which please it, the food we relish most, is consequently most broken down by chewing, and most intimately incorporated with the saliva.

To encourage the best performance of the machinery of mastication, the Cook must take care that her dinner is not only well dressed, but

laudable chyle, by the facility it gives to the gastric juices to dissolve it without trouble. The pleasure of the palate, and the health of the stomach, are equally promoted by this salutary habit, which all should be taught to acquire in their infancy. The more tender the meat is, the more we may eat of it. From thirty to forty (according to the tenderness of the meat) may be given as the mean number of munches, that solid meat requires, to prepare it for its journey down the *red lane*, less will be sufficient for tender, delicate, and easily digestible white meats. The sagacious *gourmand*, must calculate this precisely, and not waste his precious moments in useless jaw-work, or invite an indigestion by neglecting mastication. I cannot give any rules for this, as it depends so much on the strength or weakness of the subject, especially the state of the Teeth and maxillary glands: every one ought to ascertain the condition of these useful working tools, and to use them with proportionate diligence is an indispensable exercise which every rational epicure will cheerfully perform, who has a proper regard for the welfare of his

that each dish, be sent to table, with its proper accompaniments, in the neatest, and most elegant manner.

Remember, that to excite the good opinion of the eye, is the first step towards awakening the appetite.

Decoration, is much more rationally employed, in rendering a plain, wholesome, and nutritious dish inviting, than in the elaborate embellish-

stomach. The Teeth should be cleaned after each meal with a "TOOTH PRESERVER," (*i. e.* a very soft brush,) and then rinsed with tepid water—especially, *never neglect this at night;* nothing destroys the Teeth so fast as suffering animal food to stick between them. It is the rage now with many Dentists to recommend brushes so hard, that they fetch blood like a lancet wherever they touch, and instead of "TEETH PRESERVERS," may be called very properly "GUM BLEEDERS."

Mastication is the source of all good digestion; with it, almost any thing may be put into any stomach with impunity: without it, digestion must be always difficult, and frequently impossible: and be it remembered, it is not merely what we eat, but what we digest well, that nourishes us. The sagacious *gourmand* is ever mindful of his motto,

"*Masticate, denticate, chump, grind, and swallow;*"

The four first acts of which he knows he must perform well, before he dare attempt the fifth."

N.B. PATENT MASTICATORS, may be had of Palmer, cutler, in St. James's-street.

ments which are crowded about custards and trifles.

Not only the health and comfort of the family, but so many other things, are of necessity, intrusted to their discretion, that honest and frugal Cooks who know their business, and conscientiously study the interest of their employers, deserve every encouragement, and no reward or indulgence is too great for them; *and if you are not liberal enough, to give it to them in money, you invite them, to levy contributions on every article confided to their care;* therefore do not be surprised, should they now and then strip your meat of its fat, crib your candles, and cabbage your potatoes, to increase the weight of the grease-pot. Depend upon it, "true self-love and social are the same:" "do as you would be done by:" give those you are obliged to trust, every inducement to be honest, and no temptations to play tricks.

"It is impossible, for a Cook in a large family, to attend to the business of the kitchen with any degree of certain perfection, if employed in other household concerns. It is a service of such importance, and so difficult to perform even tolerably well, that it is sufficient to engross the entire attention of one person at the least. Yet, this is a maxim, which is neither understood

nor admired in some families, where the Cook is expected to be a house servant also, and Coals are meted out to her by the quart, and Butter by the Pat, &c. Nevertheless, these ignorant and unreasonable masters and mistresses, are surprised, if most of their ragouts, and sauces, &c. are spoiled; and the roasts either burnt up, or not half done; but how can it be otherwise, when the Cook is obliged to be the slave of the bell?" &c. as well as of the spit.

A good Cook, has really quite enough to do if she attends perfectly to her own business; and those who wish to have their tables well served, must not require any more of her, and are fortunate mortals if they regularly obtain this. Mistress of her time, she will devote the whole of it to her art; rising with the sun in winter, and by six in summer, her first care will be to set every thing to rights in her kitchen, see that all her utensils are perfectly clean, and arrange them in their proper places. This done, she will put on her soup-kettle, and will not leave it, till she has well skimmed it: she will then go early to market, to have the opportunity of selecting from those shops which have the best choice, and charge reasonably. On her return home, she will prepare the dinner according to the bill of fare which she has settled with her master the

evening before; i. e. her made dishes, ragouts, &c. &c. for the second course; lard and trim the roasts; and, in a word, get every thing ready in time, so that the service may not meet with any obstruction.

When this time comes, she seasons her soup, garnishes all her dishes, and disposes them in the order they are to appear in.

Besides understanding the management of the spit, the stewpans, and the rolling-pin, a complete Cook must know how to go to market, write legibly, and keep accounts: she must, moreover, have a full share of cleanliness, good temper, and activity; never give herself airs, but receive, as the highest testimonies of her employers' regard, whatever observations may be made on her work, as the most unequivocal proofs of their desire to make her thoroughly understand their taste, and retain her in their service. She must entirely enter into all their plans of economy, and endeavour to make the most of every thing, as well for her own honour, as her master's profit, and will take care that the meat which is to make its appearance a second time in the parlour, is handsomely cut with a sharp knife, and put away on a clean dish. Those in the Parlour will best ensure this attention from their servants, by setting them a

good example, by cutting bread, meat, cheese, &c. fairly, and not hacking and mangling it, as if they had not so much consideration for those in the Kitchen, as a good Sportsman has for his Dogs*.

* I once heard a gentle hint on this subject, given to a gluttonous gormandizer, who by looking too long at a Stilton cheese, was at last so completely overcome by his microscopic eye exciting his ungovernable appetite, that he became quite unconscious of every thing but the *mity* object of his contemplation, and began to pick out, in no small portions, the primest parts his eye could select from the centre of the Cheese. The good-natured Founder of the Feast, highly pleased at seeing the ecstacies each morsel created in its passage over the palate of the enraptured *Gourmand*, thus encouraged the perseverance of his guest—"Cut away, my dear sir, cut away, use no Ceremony, I pray: I beg you will pick all the best of my Cheese—the rind, and the rotten, will do very well for my wife and family."

The guest who wishes to ensure a hearty welcome and frequent invitation at the board of hospitality, instead of unblushingly demanding of the fair hostess, that the prime "tit bit" of every dish be put on his plate, must receive, (if not with pleasure, or even content), with the liveliest expressions of thankfulness, whatever is presented to him. If he does not like his fare, he may console himself with the reflection, that he need not expose his mouth to the like mortification again; but mercy to the feelings of the mistress of the mansion, must forbid his then appearing otherwise than absolutely delighted with it, notwithstanding it may be

In those houses where the Cook enjoys the confidence of her employer so much as to be intrusted with the care of the store-room,*

his extreme antipathy. If he likes it ever so little, he will find occasion to congratulate himself on the advantage his digestive organs will derive from his making a moderate dinner, and some consolation from contemplating how superior a relish he is creating for the following meal, anticipating the (to him) rare and delicious zest of (that best sauce) good appetite, and unrestrained indulgence of his gormandizing fancies at the chop-house he frequents.

Never intrust a Bachelor with the important office of Carver, or place him within reach of a Sauce-boat. These Chop-house Cormorants, who

" Criticise your wine, and analyze your meat,
Yet on plain pudding deign at home to eat,"

are generally tremendously officious in serving out the loaves and fishes of other people, are the terror of all good Housewives, and to obtain their favourite Cut will so unmercifully mangle your Joints, that a dainty dog would hardly get a meal from them after, which managed by the considerative hands of an old Housekeeper, would furnish a decent dinner for a large family."—Vide " *Almanach des Gourmands.*"

* In well regulated Private families, the most convenient custom seems to be, that the Cook keep a housebook, containing an account of the miscellaneous articles she purchases—and the butcher's, baker's, butterman's, green-grocer's, fishmonger's, milkman's and washing bills are brought in every Monday; these it is the duty of the Cook to examine, before she presents them to

which is not very common, she *will keep an exact account of every thing as it comes in*, for her own satisfaction, as well as that of her employer, and will not trust the key of this room to any one; she will also keep an account of every thing she takes from it, and manage with as much consideration and frugality as if it was her own property she was using, endeavouring to disprove the adage, that "plenty makes waste." The honesty of a Cook must be above all suspicion: she should obtain, and, in spite of the numberless temptations that daily offer to bend her from it, preserve a character of spotless Integrity, remembering that it is the fair price of Independence, which all wish for, but none without it can hope for: *only a fool, or a madman, will be so silly or so crazy, as to expect to reap, where he has been too idle to sow.*

"If we now take a review of the qualifica-

her employer every Tuesday morning to be discharged. See "Ten Minutes' Advice on the Management of Income, Hatchard, Piccadilly, 1810;" and Dr. Trusler's "Domestic Management, or the Art of managing a Family;" and by the same author, another work well worth the purchase of Young Housekeepers, called, "The Honours of the Table, or the Art of Carving:" the latter has been copied in a mutilated state into almost every Cookery Book that has been made during the last thirty years.

" tions* we have set down as indispensable, to " form that highly estimable domestic, " a com- " plete, good Cook," we shall find (says the " Epicurean Editor of the *Almanach des Gour-* " *mands*,) how very few deserve that name. The " majority of those who set up for masters and " mistresses of this art, are of mean ability; " selfish, and pilfering every thing they can: " others add indolence to insolence: those who

* " She must be endowed with a full portion of common sense; quick and strong of sight; her hearing most acute, that she may be sensible when the contents of her vessels bubble, although they be closely covered, and that she may be alarmed before the pot boils over: her auditory nerve ought to discriminate (when several saucepans are in operation at the same time,) the simmering of one, the ebullition of another, and the full toned wabbling of a third.

" It is imperiously requisite that her organ of smell be highly susceptible of the various effluvia, that her nose may distinguish the perfection of aromatic ingredients, and that in animal substances it shall evince a suspicious accuracy between tenderness and putrefaction: above all, her olfactories should be tremblingly alive to mustiness and empyreuma.

" It is from the exquisite sensibility of her palate, that we admire and judge of the Cook; and from the alliance between the olfactory and sapid organs it will be seen, that their perfection is indispensable."—A. C. junr.

" understand their business, (which are by far the " smallest number,) are too often, either most " ridiculously saucy, or insatiably thirsty: in a " word, a good subject, in this class, is a *rara* " *avis* indeed, and too often brings to our me- " mory the old adage—" *God sends meat*," " *the* " *Devil sends Cooks.*"

Happy the master who finds a servant, who with a proper knowledge of her business unites a zeal and pride to perform it to the best of her abilities, and is, moreover, honest and cleanly: for the rest, he must be indulgent; and such a servant, a very little experience in life, will teach him, it is for his own interest, and comfort, to treat with some consideration. Give her liberal wages*, and treat her with kindness,

* Profit, sweetens labour, and if you wish to be well served, give your Cook good wages—better, than are generally given—if you will not, you need only expect to get a servant who is not worth having, or who will only stay with you till she can better herself. When you consider, that a good servant, eats, no more, than a bad one, and how much, a Cook to whom the conduct of the kitchen is confided, can save you, by her management—surely, no housekeeper will deem it an unwise speculation, to invite, the honesty and industry of their domestics, by setting them an example of liberality—at least, show them, that " according to their pains, shall be their gains." Those Economists,

but without familiarity. When you make out the bill of fare for the next day, do not pass any dish without observation, but never betray the slightest discontent at any other time—*(unless the other domestics think the Cook is in favour with her master, it is impossible she can command those in his kitchen,)* qualifying your censure by telling her,

"The reason, why I point out faults so small,
Is, 'cause 'tis better to have none at all."

DR. KING'S *Art of Cookery.*

who do not like this doctrine, must put up with such poor creatures, as dire necessity drives to them, and the mistress of the house, be content, to do half the work, herself. Ye, who think, that to protect and encourage Virtue, is the best preventive from Vice, give your female servants liberal wages, and let your charity begin at home—not, that (if after doing your duty there, your hearts still swell big with benevolence,) I have any objection, to see, your names ornamenting the lists of subscribers, to Foundling Hospitals, and Female Penitentiaries.

Good mistresses make good servants; and on the contrary, bad mistresses make bad servants. I asked a Cook once, who had lived some years in her place, how she could think of sending up a dinner so ill-dressed, when (having lived with me) I knew she was capable of dressing it better: her answer was, she had no satisfaction, in taking pains, to dress a dinner well, for her mistress had neither *smell* nor *taste*. It is the connoisseur who makes the artist.—Vide *Domestic Management*. Symonds, 62, Wardour-street, Soho, 8vo. page 8.

Take every opportunity of encouraging her. Due praise, is the most agreeable reward a woman can receive, and more gratifying than pecuniary compensation; and it is the way to make a faithful servant, who will be a treasure. If you are a master, do not deprive yourself of a good servant, for a slight offence; if you are a servant, do not throw yourself out of a good place, for a slight affront.

I did not presume, to offer any observations on the subject, till I had carefully perused the works of preceding Cookery Book makers, and submitted (with no small pains,) to a patient and attentive consideration of every preceding work, connected with the subject, that I could meet with. Most of these books* vary but little

*Sir Thomas Elyot, Cookerie	1539
The Good Husives Handmaid	1550
Dawson's Good Huswife's Jewell	1610
The Philosopher's Banquet	1633
The Complete Cook	1662
The Court and Kitchen of Elizabeth	1664
May's Accomplished Cook	1665
Sir Kenelm Digby's Cookery	1669
Countesse of Kent's Choice Secrets, &c.	1671
The True Gentleman's Delight	1671
Murrel's two Books of Cookerie and Carving	1672
Cookery dissected by Wm. Rabisha	1673
Kitchen Physick	1675

from each other, except in the prefatory matter: cutting and pasting seem to have been much

Hannah Wooley's Rare Receipts 1684
The Accomplish'd Ladies Delight 1686
The Kitchin Physician 1688
The Complete Servant Maid 1691
Thos. Tryon's Seventy-five noble Dishes 1696
The Compleat Cook's Guide 1701
The Cook's Vade Mecum 1705
Hall's Royal Cookery 1719
The Queen's Do. 1709
Dr. Salmon's Cookery 1710
Incomparable Secrets in Cookery 1710
The Compleat Cook 1710
The Court and Country Cook 1712
Lamb's Royal Cookery 1726
Howard's Cookery 1726
Carter's System of Cookery 1730
Mrs. Eales' Receipts 1733
Smith's Cookery 1734
Dr. King's Art of Cookery in Verse 1740
Antient Cookery from a MS. in the Library of the Royal Society
Bailey's Cookery 1736
Three hundred Receipts in Cookery 1734
Kidder's Receipts for the use of his Scholars 1750
Directions for Housekeeping and Cookery 1741
The Family Piece 1741
The Ladies' Companion 1743
Adam's Luxury and Eve's Cookery 1744
La Chapelle's Modern Cook 1754
Mrs. Glasse's Art of Cookery 1757

oftener employed than the pen and ink: any one who has occasion to refer to two or three of

The Cook's Cookery and Comments, on Mrs. Glasse	1754
Bradley's Country Housewife	1753
Martha Bradley's British Housewife	1755
Harrison's Family Cook	1751
Mrs. Phillips' Cookery	1758
Verral's Cookery	1759
Primitive Cookery	1767
Clermont's Cookery	1776
Sarah Harrison's Housekeeper's Pocket Book	1777
Sarah Jackson's Cook Director	1755
Pegge's Forme of Cury, compiled by the Master Cooks A. D. 1390	1780
Mason's Cookery	1780
Dalrymple's Cookery	1781
Montague's Cookery	1781
Kellet's Cookery	1780
The Complete Housewife	1790
Brigg's Cookery	1791
Moxon's Cookery	1790
Warner's Antiquitates Culinanæ, 4to.	1791
Frazer's Cookery	1791
Cole's Cookery	1791
The French Family Cook (a translation of La Cuisiniere Bourgeoise)	1793
Borella's Housekeeper's Guide	1780
Henderson's Cookery	1790
Collingwood and William's Cookery	1801
Dr. Pearson's arranged Catalogues of Food, Drink, &c.	1801
Molland's Cookery	1808

them, will find the receipts almost always "*verbatim et literatim;*" equally unintelligible to

Melroe's Cookery	1810
Frugal Housewife	1811
Macdonald's Family Cook	1808
Farley's Cookery	1811
Hunter's Culina	1807
Smith's Female Economist	1810
Simpson's System of Cookery	1813
Domestic Cookery	1813
Domestic Receipts	1810
Nutt's Royal Cook	1809
Millington's Cookery	1805
Raffald's Cookery	1806
Martin's English Housekeeper	1795
Burford's Complete Instructor	1816
Reynolds's Professed Cook	1815
Young's Epicure	1815
Mrs. Carter's Frugal Housewife	1810
Mrs. Powell's Art of Cookery	1811
Mrs. Fisher's English Cook	1813
Ude's French Cook	1813
Hammond's Modern Domestic Cookery	1816
The School for Good Living	1814
The Epicure's Almanack	1815
Domestic Management	1813
Family Receipts	1810
Essay on Diet	1757
La Cuisiniere Bourgeoise	1798
Le Parfait Cuisinier	1811
Le Nouveau Cuisinier	1812
La Science du Maitre d'Hotel	1776

those who are ignorant of, and useless to those who are acquainted with, the business of the kitchen.

During the Herculean labour of my tedious progress through these books, I have often wished the authors had been satisfied with giving us the results of their own practice and experience*, instead of idly perpetuating the

Le Cuisinier Imperial Pays Vaud 1812
L'Art du Cuisinier, par Beavilliers 1814
Manuel des Amphitryons 1808
Almanach des Gourmands, &c. 8 toms. 1808

The above works are in my own library; many others my friends have favoured me with the perusal of, in number altogether, amounting to not less than 150 volumes.

* Thomas Carter, in the preface to his "*City and Country Cook*," London, 1738, says, "What I have published, is almost the only book, one or two excepted, which of late years has come into the world, that has been the result of the author's own practice and experience: for though very few eminent practical Cooks have ever cared to publish, what they knew of the art, yet they have been prevailed on, for a small premium from a bookseller, to lend their names, to performances in this art, unworthy their owning."

Robert May, in the introduction to his "*Accomplished Cook*," 1665, says, "*To all honest and well-intending persons of my profession, and others, this book cannot but be acceptable, as it plainly and profitably discovers the mystery of the whole art;* for which, though I may be

errors, and prejudices, and plagiarisms, of their predecessors, and copying their strange, unaccountable, and uselessly extravagant farragos, and heterogeneous compositions*, which fill their pages; combinations no rational being would ever think of either dressing or eating, and without ascertaining the practicability of preparing the receipts, and their eatability when done, they should never have ventured to re-

envied by some, that only value their private interests above posterity and the public good; yet, (he adds,) God and my own conscience would not permit me to bury these, my experiences, with my silver hairs in the grave."

* Such as *to farce* (the culinary technical for *to stuff*,) a boiled leg of lamb with red herrings and garlick, with many other receipts of as high a relish; and of as easy digestion as *the devil's venison*, i. e. a roasted tiger stuffed with tenpenny nails, or the "Bonne Bouche," the Rareskin Rowskimowmowsky, offered to Baron Munchausen "a fricassee of pistols, with gunpowder and alcohol sauce,"—see the *Adventures of Baron Munchausen*, 12mo. Symonds, Paternoster Row, 1792, page 200. It is astonishing how cheap Cookery Books are held by practical Cooks; when I applied to an experienced artist to recommend me some books that would give me a notion of the first principles and rudiments of Cookery, he replied with a smile—"You may read *Don Quixote*, or *Peregrine Pickle*, they are both very good books."

commend them to others; so that the reader may put the same *quære*, as *Jeremy*, in Congreve's comedy of "*Love for Love*," when *Valentine* observes, "There's a page doubled down in Epictetus, that is a feast for an Emperor."—*Jer.* Was Epictetus a real Cook, or did he only write receipts?

Half of these books, are made up with pages cut out of obselete works, such as the "*Choice Manuel of Secrets*," the "*True Gentlewoman's Delight*," &c. of as much use, in this age of refinement, as the following curious quotation from "*The Accomplished Lady's Rich Closet of Rarities, or Ingenious Gentlewoman's Delightful Companion*," 12mo. London, 1653, chapter 7, page 42: "A gentlewoman being at table, abroad or at home, must observe to keep her body straight, and lean not by any means with her elbows, nor by ravenous gesture discover a voracious appetite; take not in your wine too greedily, nor drink not till you are out of breath, but do things with decency and order, gnaw no bones, keep your fingers from your mouth, throw not any thing over your shoulders:" with the addition, of what they call "a choice collection, of excellent and approved family receipts, of sovereign efficacy in all manner of maladies:" the proper appellation for

which would be, " a dangerous budget of medical vulgar errors;" commonly concluding, with a bundle of extracts from " *The Gardener's Calendar*," " *The Vintner's Vade Mecum*," and " *The Publican's Daily Companion*." But let us remember, that

> " One science only will one genius fit,
> So wide is art, so narrow human wit."

Without interfering with the physician or the gardener, the publican or the vintner, we shall confine our Book to the business of the kitchen, and endeavour to improve the ignorant, and remind the skilful Cook, how, and when, to make the best and the most of every thing. *I have taken much more pains than any of my predecessors, to teach the young Cook how to perform, in the best manner, the common business of her profession;* and being well grounded in the RUDIMENTS of COOKERY, she will be able to execute the orders that are given her, with ease to herself, and satisfaction to her Employers, and send up a delicious dinner, with half the usual expense and trouble. I have endeavoured to lessen the labour, of those who wish to be thoroughly acquainted with their profession; and an attentive perusal of the following pages, will save them much of the irksome

drudgery, attending an apprenticeship at the stove; an ordeal so severe, that few pass it without irreparable injury to their health*; and many, lose their lives, before they learn their business.

A good dinner is one of the greatest enjoyments of human life; but the practice of cookery is attended with not only so many disgusting and disagreeable circumstances, and even dangers, that we ought to have some regard for those who encounter them for our pleasure, and we ought to reward their attention, by rendering their situation every way as agreeable and comfortable as we can, for mere money is not a sufficient compensation to a complete Cook.

* " Buy it, with health, strength, and resolution,
And pay for it, a robust constitution."

See the preface to " *The Cook's Cookery*," page 9. This work, which is very scarce, was, we believe, written to develope the mistakes in what he calls " the Thousand Errors," i. e. " *The Lady's Cookery*," i. e. Mrs. Glasse's, i. e. Sir John Hill's.

" Cleanliness, and a proper ventilation to carry off smoke and steam, should be particularly attended to in the construction of a kitchen; and the grand scene of action, the fire-place, should be placed where it may receive plenty of light: hitherto the contrary has prevailed, and the poor Cook is continually basted with her own perspiration." — A. C. junr.

To say nothing of the deleterious vapours and pestilential exhalations of the charcoal, which soon undermine the health of the heartiest, the glare of a vivid scorching fire, and the smoke so baneful to the eyes and the complexion, are continual and inevitable dangers; and a Cook must live in the midst of them, as a soldier in the field of battle, surrounded by bullets, and bombs, and Congreve's rockets; with this only difference, that for the first, every day is a fighting day, that her warfare is almost always without glory, and most praiseworthy achievements pass not only without reward, but frequently without even Thanks; for the most consummate Cook is, alas! seldom noticed by the master, or heard of by the guests; who, while they are eagerly devouring his turtle, and drinking his wine, care very little who dressed the one, or sent the other. This observation applies especially to the SECOND COOK, or first Kitchen Maid, in large families, who have by far the hardest place in the house, and are worse paid, and truly verify the old adage, "the more work, the less wages." If there is any thing right, the Cook has the praise—when there is any thing wrong, as surely the kitchen maid has the blame. Be it known, then, that this humble domestic, is expected by the Cook to take the

entire management of all Roasts and Boils, Fish and Vegetables—i. e. *the most important part of an Englishman's dinner.*

The master, who wishes, to enjoy the rare luxury, of a table regularly well served in the best style, must treat his Cook as his friend, and watch over his health* with the tenderest care, and especially, be sure, his Taste does not suffer, from his Stomach being deranged by Bilious attacks, &c.

The most experienced artists, cannot be sure of their work, without Tasting; they must be incessantly Tasting. The spoon of a good Cook, is continually passing from the Stewpans to his Tongue; for nothing, but frequent Tasting his Sauces, Ragouts, &c., can discover to him what progress they have made, or enable him, to season A Soup with any certainty of success: his Palate, therefore, must be in the highest state of excitability, that the least fault may be perceived in an instant.

But, alas! the constant empyreumatic fumes of the stoves, the necessity of frequent drinking,

* The greatest care should be taken by the man of fashion, that his Cook's health be preserved: one hundredth part of the attention usually bestowed on his dog, or his horse, will suffice to regulate his animal system.—A. C. junr.

and often of bad beer, to moisten a parched throat; in short, every thing around him conspires quickly to vitiate the organs of taste; the palate becomes blunted, its quickness of feeling and delicacy, on which the sensibility of the organs of taste depends, grows daily more obtuse, and in time becomes quite indurated, and the gustatory nerves unexcitable and unmoveable.

When you find your Cook neglect his business, that his ragouts are too highly spiced or salted, and his cookery has too much of the "haut goût," you may be sure that his index of taste wants regulating, that his palate has lost its sensibility, and it is high time to call in the assistance of the apothecary, who will prepare him well, by two days' aqueous diet, and give him a purging potion, composed of manna, senna, and salts, regulating the dose according to the greater or less insensibility of his palate; give him a day's rest, and then purge him again; let him have two days' rest after his second dose of physic, and you may then hope to have at the head of your stoves a man altogether renovated.

This receipt, to ensure good cheer, is no joke, but the actual practice in those kitchens where the master is proud of the reputation of his

table. Great Cooks, submit to the operation, without a murmur; but, to bind others, it should be made the first condition in hiring them. Those who refuse, prove they were not born to become masters of their art; and their indifference to fame, will rank them, as they deserve, among those stupid slaves, who pass their lives in as much obscurity as their own stewpans.

To the preceding observations from the "*Almanach des Gourmands*," we may add, that the *Mouthician* will have a still better chance of success, if he can prevail on his master to observe the same *regime* which he orders for his Cook.

I have here done my utmost candidly to communicate, in as clear and intelligible a manner as I am able, the whole truth of the heretofore abstruse mysteries of the culinary art; herein, I hope, so plainly developed, that the most ignorant student in the occult art of cookery, may comprehend and work from my receipts with the utmost facility: and thus they will soon acquire the enviable art of adorning the table with that splendid frugality, which cannot fail to give every possible satisfaction.

I am well aware of the extreme difficulty of the task I have undertaken, in attempting to teach those who are entirely unacquainted with the subject, and to convey my ideas correctly by

mere receipts to those who have never shook hands with a stewpan, nor had any opportunity of seeing the work performed. In my anxiety to be readily understood, I have, perhaps, been under the necessity of occasionally repeating the same directions in different parts of the book: but I chose rather to be censured for repetition, than for omission or obscurity.

It has been customary to fill a certain number of pages with the *Art of Carving**, and *Bills of*

* Buy Dr. Trusler's *Art of Carving*. You will find a wholesome hint on this subject in page xxi. of this Preface. Ceremony, does not in any thing, more commonly and completely triumph over comfort, than in the administration of "the honours of the table." Those who serve out the loaves and fishes, very seldom seem to understand, that he fills that situation best, who in the shortest time, fills the plates of the greatest number of hungry guests surrounding him.

A dexterous Carver, (especially if he be possessed with that determined enemy to ceremony and sauce, a keen appetite,) will help half a dozen people, in half the time, one of your would-be-thought polite folks, occupies in making civil faces and compliments, to a single guest.

Half the trouble of waiting at table, may be saved, by giving each guest, two plates, two knives and forks, two pieces of bread, a spoon, a wine glass, and a tumbler, and placing the wines and sauces, and the Magazine of Taste, 463, &c. as a *dormant*, in the centre of the table; one neighbour may then help another.

Fare, (the best set I have seen are in *Simpson's Cookery,)* and "*proper rules to be observed in marketing, in knowing and buying poulterers', fishmongers', and butchers' ware, giving a true insight into the mystery of each;*" and, indeed, all the skill of the most accomplished Cook will avail nothing, unless she is furnished with prime provisions. The best way to procure these is to deal with shops of established character: you may pay, perhaps, ten or fifteen per cent more than you would were you to deal with those who pretend to sell cheap, but you will be more than in proportion better served. Every trade has its tricks and deceptions, and those who follow them can deceive you if they please, and they are too apt to do so, if you provoke the exercise of their over-reaching talent. Challenge them to a game at "catch who can," by entirely relying on your own judgment: and you will find nothing but very long experience, can make you equal to the combat of marketing to the utmost advantage.

THE BEST RULE FOR MARKETING, is to *pay ready money* for every thing, *and to deal with the most respectable tradesmen* in your neighbourhood. If you leave it to their integrity to supply you with a good article, at the fair market price, I have, from my own experience, every reason to

believe, you will be supplied with better provisions, and at as reasonable a rate, as those Bargain-Hunters, who trot around around around about a market, till they are trapped to buy some unchewable old Poultry*, starved tough

* COURT OF REQUESTS, *Tuesday, Nov. 5*, 1816.

HOWARD *v.* PHILLIPS.

This was a case of some importance to the public. The defendant, a walking poulterer, was summoned by the plaintiff, a widow lady residing near the Asylum, to show cause why he did not pay back to her four shillings, which he had obtained from her under false representations. The plaintiff stated, that the defendant called at her house on Wednesday last, and inquired if she wanted a fine fowl, as he had some he could recommend. She desired he would select her one she might depend upon as being young and good. He accordingly picked out one which he said he could recommend as being a young one, and she took it upon his recommendation, and paid him four shillings. At dinner, however, to her great dismay, on attempting to carve this *delicate young chicken*, she discovered that so great an attachment had the bones and joints formed to each other from long acquaintance, that they successfully resisted all her attempts to separate them, and she was obliged to give over the attempt. A favourite pug dog was then allowed to commence his operations upon the breast, but so thick was the skin, and so solid the flesh, that he, after much labour, found himself *foiled*, as his mistress had been before him. On the following day

Mutton, stringy Beef, or stale Fish, (at a little less than the price of prime and proper food):

the plaintiff applied to the defendant, sending back the fragments of the *young chicken*, and desiring to have her money back again; but the defendant positively refused, either to receive back his property, or to refund the money he had received; upon which refusal the plaintiff summoned him.

Mrs. Howard's servant corroborated her statement, and added, that defendant, as he was quitting the house, desired her to boil the fowl double the time her mistress told her, because it was a *large one*. It was accordingly boiled more than double the usual time.

The defendant did not attempt to deny that the fowl was an old one, but said, he was himself deceived by the person of whom he purchased it, and the plaintiff having seen it before she paid for it, could not complain of any imposition being practised upon her.

The Court, however, decided that the defendant should refund the four shillings, and pay all the costs. It was plain, that when he sold the fowl, he was aware of the imposition he was practising. He had given evidence of this himself, by desiring the servant to boil it longer than the usual time. At the same time, however, that the Court thus gave judgment against the defendant, they could not avoid censuring, to a certain extent, the plaintiff, and all those who encouraged persons of the defendant's description, by dealing with them. Little doubt could exist in the mind of any one, that most of the fowls thus hawked about the streets were stolen, at least by those who sold them to the hawkers; and whilst the thieves could find so ready a

with *savings* like these, they toddle home in triumph, cackling all the way, like a goose that has got ankle deep into good luck.

When you order Meat, Poultry, or Fish, tell the Tradesman when you intend to dress it, and he will then have it in his power to serve you with provision that will do him credit, which the finest Meat, &c. in the world, will never do, unless it has been kept a proper time to be ripe and tender. If you have a well-ventilated larder, in a shady, dry situation, you may make still surer, by ordering in your meat and poultry, such a time before you want it as will render it tender, which the finest meat cannot be, unless hung a proper time; (see 2d Chapter of the Rudiments of Cookery;) according to the season and nature of the meat, &c., but always till it has made some advance towards putrefaction! the tendency to which, commences the moment life is extinguished. The allowing this process to proceed to a certain degree, renders the meat much more easy of solution in the stomach,

market for their plunder, there was little chance that the robbing of fowl-houses would be put an end to.

The defendant being informed, that unless the debt and costs were immediately paid, an execution would forthwith issue against him, paid the sum demanded, and departed.

without diminishing the nutritious quality of it. Before you go to market*, look over your larder, and it will save you much time and trouble to make out a list of the several articles you want, because when once your kitchen business is begun, you must never leave off till it is finished: if you have forgotten any article indispensable for the day's dinner, request your employers to send one of the other servants for it: for as Cook you must never quit your post till your work is complete.

It is not expected that the most expert artist can perform his work in a perfect manner, without a sufficient number of proper instruments: you cannot have neat work without nice tools; nor can your victuals be well dressed, without an apparatus appropriate to the work required: it will be to little purpose to provide good provisions, without proper utensils† to prepare them in.

* Especially on a Saturday. No well-regulated Family, must suffer the disorderly Caterer, to be jumping in and out to the Chandler's shop on a Sunday morning.

† "A surgeon may as well attempt to make an incision with a pair of sheers, or to open a vein with an oyster knife, as a Cook pretend to dress a dinner without proper tools to do it." — *Preface to* VERALL'S *Cookery*, 8vo. London, 1759, page vi.

ADVICE TO COOKS*.

N. B. *Read the preceding Preface before you read the following Address.*

On your first coming into a family, lose no time in immediately getting into the good graces of your fellow-servants, that you may learn from them the customs of the kitchen, and the various rules and orders of the house; especially, take care, to be on good terms with the servant who waits at table; you will then hear how your work has pleased in the parlour, and be enabled to rectify any mistake: and request the favour of an interview with your master or mistress, that you may depend as little as possible, on second-hand opinions: if you are a good Cook,

* A Chapter of Advice to Cooks, will, we hope, be found as useful as it is original: all we have on this subject in the works of our predecessors, is the following: "I shall strongly recommend to all Cooks of either sex, to keep their stomachs free from strong liquors, and their noses from snuff."—*Vide* Clermont's *Professed Cook*, page 30, 8vo. London, 1776.

MARKETING TABLE.

BEEF

The relative value of each Joint.

The prices were fixed (Jan.1.1817,) by an eminent Butcher who sells an article of first rate quality, & though the price should vary, the relative *value will be exhibited.*

THE HIND QUARTER OF BEEF

		per lb
1	*Sir Loin*	0 . 9
2	*Rump*	0 . 9
3	*Edge Bone*	0 . 6
4	*Buttock*	0 . 7
5	*Mouse D°*	0 . 6
6	*Veiny Piece*	0 . 7
7	*Thick Flank*	0 . 6
8	*Thin D°*	0 . 6½
9	*Leg*	0 . 2½

THE FORE QUARTER

		per lb.
10	*Fore Rib, 6 Ribs*	0 . 9
11	*Middle D° 3 D°*	0 . 7
12	*Chuck D° 3 D°*	0 . 5
13	*Shoulder, or Leg of Mutton Piece*	0 . 6
14	*Brisket*	0 . 6
15	*Clod*	0 . 4½
16	*Neck, or Sticking Piece*	0 . 3½
17	*Shin*	0 . 2½
18	*Cheek*	

VEAL

		per lb.
1	*Loin, best end*	0 . 11
2	*D° chump end*	0 . 11
3	*Fillet*	1 . 1
4	*Knuckle, Hind*	0 . 7
	The whole Leg	0 . 10½
5	*Neck, best end*	0 11
6	*D° scrag end*	0 . 8
	The whole Neck	0 . 9½
7	*Blade Bone*	0 . 10
8	*Breast, best end*	0 . 11
9	*D° brisket end*	0 . 10
10	*Knuckle, Fore*	0 . 7
	The Head	

MUTTON

		per lb.
1	*Leg*	0 . 8
2	*Loin, best end*	
3	*D° chump end*	
4	*Neck, best end*	0 . 7
5	*D° scrag end*	0 . 5
6	*Shoulder*	0 . 7
7	*Breast*	0 . 5
	Head	
	The Chine, two Loins	0 . 8
	The Saddle, two Necks	
	The Haunch is a Leg, and part of the Loin	

and have fair play, you will soon become the favourite domestic, if your Master is a Man of Taste: but in proportion, as you rise in his estimation, you will excite all the tricks, that envy, hatred, and malice, can suggest to your jealous fellow-servants, therefore always endeavour to apply direct to your employers, and beg of them to explain to you, as fully as possible, how they like their victuals dressed, whether much or little done*, and of what complexion they wish the Roasts, of a gold colour, or well browned, and if they like them frothed; do they like Soups and Sauces, thick or thin, or white or brown, clean or full in the mouth, and what flavours they fancy, especially of spice and herbs; for it is impossible the most Accomplished Cook can please their palates, till she has first learned their particular taste†. It is

* Meat that is not to be cut till it is cold, must be thoroughly done, especially in summer.

† "De gustibus non est disputandum." Tastes are as different as faces, and without a most attentive observation of the directions given by her employers, the most experienced Cook will never become a sagacious *Palatician*, or get any credit. It will not go far to pacify the rage of a ravenous *gourmand*, who likes his chops broiled brown and done enough, (so that they can appear at table decently, and not blush when they are cut,) to be told that some of the customers at

not sufficient that she knows how to dress things the best way, she must also learn the way her employers like best. The organ of Taste, is more rarely found in perfection, and is sooner spoiled, by the operations of time, or excessive use, than either of the other senses:—where Nature has been most bountiful of this faculty,

Dolly's chop-house choose to have them only half done, and that this is the best way of eating them. I believe we all think that is the best way which we relish best, and which agrees best with our stomachs: in this, reason and fashion, all powerful as they are on most occasions, yield to the imperative caprice of the palate.

"The Irishman loves usquebaugh; the Scot loves
ale, called blue cap;
"The Welshman he loves toasted cheese, and makes
his mouth like a mouse trap."

Our Italian neighbours now eat many things we think carrion. *Vide* RAY's *Travels*, page 362 and 406. While the Englishman boasts of his beef, the Frenchman dresses his favourite frog and soup, the Tartar feasts on horseflesh, and the Chinaman on dogs; and what at one time, or in one country, is considered as beautiful, fragrant, or savoury, is at another time or place regarded as deformed and disgustful.

Assafœtida was called, by the ancients, "*food for the Gods.*" The Persians, Indians, and other eastern people, now eat it in sauces, and call it expressly by that name: while the Germans call it "*Devil's Dung.*"—See POMET *on Drugs*, 4to. London, 1744.

its sensibility is so easily blunted, by a variety of unavoidable circumstances, that the Tongue, is very seldom, in high condition for appreciating delicate flavours, or accurately estimating, the relative force, of the various materials, the Cook has to combine, to produce that harmonious relish, (which extorts the highest praise one Cook can give another,) which they express, by saying, a Ragout "tastes of every thing, and tastes of nothing:" (this is "kitchen gibberish," for a Sauce in which the component parts are well proportioned). The Editor of the "*Almanach des Gourmands*" observes: "However exquisitely and delicately sensitive, nature may have formed the organs of Taste, it is only during those few happy moments, that they are perfectly awake, and in perfect good humour—(alas! how very seldom they are in perfect good humour!) that the most accomplished and experienced Cook has a chance of working with any degree of certainty, without the auxiliary tests of the balance and the measure: by the help of these, when you are once right, it is your own fault if you are ever otherwise."

The sense of Taste, is never for a single hour, in the same state, (its activity, depends very much on the health of the individual, and) such is the extremely intimate sympathy, between the

Stomach and the Tongue, that when the former is satisfied with food, the latter, loses its excitability in the like proportion—this, is the cause, that "good appetite is the best sauce;" and the dish we find relishing and savoury at luncheon, is insipid at dinner, and at supper, quite tasteless. *The incessant Exercise of Tasting, a Cook is obliged to submit to, during the Education of her Tongue*, frequently impairs, the very faculty she is trying to improve, ("'tis true, 'tis pity, and pity 'tis," says a *grand gourmand*, "'tis true,") thus, her too anxious perseverance, to become an accomplished Palatician, may diminish the *tact*, and exhaust the power, and often destroy, the Index, without which she cannot work at all.

Therefore, the sagacious Cook, instead of idly and wantonly wasting the excitability of her Palate, (on the sensibility of which, her reputation and fortune depends,) when she has ascertained the relative flavours of the various ingredients she employs, will call in the balance and the measure to do the ordinary work, and endeavour to preserve her organ of Taste, with the utmost care, that it may be a faithful Oracle, to refer to, on Grand occasions, and new Compositions.

Always avoid over-dressing, and especially

over-seasoning, Soups and made dishes with Peppers or Spices, as they are faults that cannot be mended*; and *take especial care that all your Meat, Poultry, &c. has been killed long enough to be tender*, before you dress it, or the best Cook in the world will get no credit, be she ever so careful in managing her spit and stewpan. After you have done your utmost, you will not get much credit by cooking to perfection, if more than one dish goes to table at a time: to be eaten in perfection, the interval between its being taken out of the stewpan, and put into the mouth, must be as short as possible: but ceremony, that most formidable enemy to good cheer, too often decrees it otherwise, and the guests seldom get a bit of an "*entremet*" till it is half cold. It will save you infinite trouble and anxiety, if you can prevail on your employers to use the "SAUCE-BOX," No. 463, hereinafter described in the chapter of sauces. With the help of this "delicious Magazine of Taste," every one in company may flavour their soup and sauce, and adjust the vibrations of their palate, exactly to their own fancy: but if

* If your roasts and boils are a little under-done; with the assistance of the stewpan, the gridiron, or the Dutch oven, you may soon repair the mistake of the spit or the pot.

the Cook give a decidedly predominant, and *piquante* flavour to a dish, to tickle the tongue of two or three visiters whose taste she knows, perhaps she may thereby make the dinner disgusting to all the other guests. Never undertake more work than you are quite certain you can do to perfection; and if you are ordered to prepare a larger dinner than you think you can send up with ease and neatness, or to dress any dish you are not acquainted* with, rather than run the risk of spoiling a single dish, by which, perhaps, you may lose all your credit, request your employers to let you have some help, for it requires no small care and contrivance to have all things done as they should be, and all hot together, and

> "A feast must be without a fault;
> And, if 'tis not all right, 'tis naught."

But

> "Good nature will some failings overlook,
> Forgive mischance, not errors of the Cook;

* And such is the endless variety of Culinary preparations, it would be as vain and fruitless a search as that for the philosopher's stone, to expect to find a Cook who is quite perfect in all the operations of the spit, the stewpan, and the rolling-pin: you will as soon find a watchmaker who can make, put together, and regulate every part of a watch.

As, if no salt is thrown about the dish,
Or nice crisp'd parsley, scatter'd on the fish;
Shall we in Passion from our Dinner fly,
And hopes of pardon to the Cook deny,
For things which Mrs. GLASSE herself might oversee,
And all mankind commit as well as she?"

Vide KING's *Art of Cookery.*

Take care to begin your business betimes, or it will be impossible to have your dinner ready at the time it is ordered*: to be half an hour

* In an invitation to dinner, five o'clock seems to be generally understood to mean six; five precisely, half past five; and five most precisely, (so that dinner may be on the table within ten minutes after, allowing this for the variation of watches,) five o'clock exactly. *If the guests have any respect for their host, or prefer a well-dressed dinner to one that is spoilt, instead of coming half an hour after, they will take care to make their appearance a quarter of an hour before the time appointed:* the dinner that would have been most excellent at five, must be uneatable if not sent to table till half past five: the operations of the Cook are governed by the Clock, and *the moment the Roasts, &c. are ready,* they must go to table, if they are to be eaten in perfection. *It is the least punishment that a blundering ill-bred Booby can receive, who comes half an hour after the time he was bidden, to find the soup removed, and the fish cold.* BOILEAU, the French satirist, has a shrewd observation on this subject. "I have always been punctual at the hour of "Dinner," says the Bard, "for I knew, that all those "whom I kept waiting at that provoking interval,

after the time, is so frequent a fault, that there is the more merit attached in being ready at the appointed hour *. This is certainly sometimes a rather difficult task to perform; and in the best regulated families, you can only be sure of your time by thus properly arranging your business†.

" would use those unpleasant moments to sum up all " my faults. Boileau, is indeed a man of genius," they would say, " and a very honest man; but that dilatory procrastinating way he has got into, would mar the virtues of an angel."

* Those who desire regularity in the service of their table, should have a DIAL, of not less than twelve inches diameter, placed over the kitchen fire-place, carefully regulated, to keep time exactly with the clock in the hall or dining parlour; with a frame on one side, containing A TASTE TABLE, of the peculiarities of the master's palate, and the particular rules and orders of his kitchen; and on the other side, of the REWARDS given to those who attend to them, and for long service.

† With all our love of punctuality, we must not forget that the first consideration must still be, that the dinner " be well done when 'tis done." If any accident occurs, which is likely to prevent your sending the soup, &c. to table at the moment it is expected, send up a message to your employers, stating the circumstance, and bespeak their patience for as many minutes as you think you shall want to be ready. This is better than either keeping the company waiting without an apology; or dishing your dinner before it is done enough, and so disgusting the stomachs of the guests at the first appearance of it.

At all times have a boiler of water hanging over the fire, or so close to it, that the water may be constantly hot for any purpose you may want it. Remember to have your kitchen chimney swept once a month; many good dinners have been spoiled by the soot falling, and many houses burnt down — the best security against this, is for the Cook to have a long birch broom, and every morning brush down all the soot within reach of it.

When you have a very large entertainment to prepare, first attend to your broths and gravies for your soups and sauces, and by all means get these ready the day before. The pastry, jellies, &c. you may prepare while the broths are doing: then truss your game and poultry, and trim and shape your collops, cutlets, &c., put them in plates, and arrange them upon the dresser in regular order; next see that your roasts and boils are all nicely trimmed, trussed, and singed, and quite ready for the spit or the pot. Get all your vegetables neatly cut, pared, picked, and clean washed in the cullender: provide a tin dish to hold your fine herbs; onions and shallots, parsley, marjoram, thyme, tarragon, chervil, and burnet, minced *very fine*, and lemon peel grated, or cut thin, and chopped very small, pepper and salt ready mixed, and your

spice-box * and salt-seller always at hand, so that every thing you want may be ready for your stove-work, and you need not be scampering about the kitchen in a whirlpool of confusion, hunting after these trifles, while the dinner is waiting: nothing, can be done in perfection, that must be done in a hurry; therefore, if you wish the dinner to be sent up to please your master and mistress, and do credit to yourself, set a high value on your character for punctuality: this shows the establishment is orderly, is extremely gratifying to the master and his guests, and is most praiseworthy in the attendants.

* In one drawer under your Spice-Box, keep ready ground, in two ounce stopper bottles, the several spices separate; and also that mixture of them which we call "Ragout Powder:" in another, keep your dried and powdered, sweet, savoury, and soup-herbs, &c., and a set of weights and scales: you may have a third drawer, containing flavouring essences, &c., an invaluable auxiliary in finishing soups and sauces: (see the account of the "MAGAZINE OF TASTE," or "SAUCE-BOX," No. 463, in the chapter of Sauces:) have also ready, some thickening, made of the best white flour sifted, mixed with soft water with a wooden spoon till it is the consistence of thick batter, a bottle of plain browning, some strained lemon-juice, and some good glaze or portable soup.

" But, remember, you cannot obtain this de-
" sirable reputation, without good management
" in every respect; and if you wish to ensure
" ease and independence in the latter part of
" your life, you must not be unwilling to pay
" the price for which only they can be obtained,
" and earn them by a diligent and faithful *
" performance of the duties of your station in
" your young days, which, if you steadily
" persevere in, you may depend upon ultimately
" receiving the reward your services deserve.

" Quiet steady perseverance, is the only sure
" spring to infallibly promote your progress on
" the road to independence: and if your
" employers do not immediately appear to be
" sensible of your endeavours to contribute
" your utmost to their comfort and interest,
" be not easily discouraged; persevere steadily
" in the right path; patiently and conscien-
" tiously attend to your duties; and those you
" serve must soon discover the inestimable
" value of such a faithful and intelligent prime
" minister in their kitchen."

* N. B. If you would take half the pains, to deserve the regard of your master, by being *a good and faithful servant*, you take to be considered *a good fellow-servant*, so many of you, would not in the decline of life, be left destitute of those comforts which age requires.

RUDIMENTS OF COOKERY.

CHAPTER I.

BOILING.

This most simple of culinary processes is not often performed in perfection, though it requires less nicety and attendance than roasting, though to skim your pot well, and keep it really boiling (the slower the better) all the while, and to know how long is required for doing the joint, &c. comprehends almost the whole art and mystery. This, however, demands a patient and perpetual vigilance, of which few persons are capable. The Cook must *take especial care that the water really boils all the while she is cooking, or she will be deceived in the time;* and make up a sufficient fire (a frugal Cook will manage with much less fire for boiling than she uses for roasting) at first, to last all the time, without much mending or stirring. When it is coming to a boil, there will

always, from the cleanest meat and clearest water, rise a scum to the top of the pot: this proceeds partly from the foulness of the meat, and partly from the water, and must be carefully taken off as soon as it rises: if you neglect this, and suffer it to boil, the scum will fall, and stick to the meat. On this, depends the good appearance of all boiled things. When you have scummed well, throw in some cold water and a little salt, which will throw up the rest of the scum. The oftener it is scummed, and the cleaner the top of the water is kept, the cleaner will be the meat. If let alone, it soon boils down and sticks to the meat *; which, instead of looking delicately white and nice, will have that coarse and filthy appearance we have too often to complain of, and the butcher and poulterer, get blamed for the carelessness of the Cook in not scumming her pot. Many put in milk, to make what they boil look white; but this does more harm than good: others wrap it up in a cloth; but this is needless; if the scum be attentively removed, it will have a much more delicate colour and finer flavour

* If, unfortunately, this should happen, the Cook must carefully take it off when she dishes up, either with a clean sponge or a paste-brush.

than it has when muffled up. This may give rather more trouble — but those who wish to excel in their art must never consider any thing, but how the processes of it can be most perfectly performed; and a Cook who has a proper pride and pleasure in her business, will make this her maxim on all occasions. Remove the dirt, instead of defending the meat against it.

Put your meat into plenty of cold* water, not less than a quart to a pound, so that it may get gradually warm through before the outside becomes hard: begin to *reckon the time* from its first coming to a boil. The old rule of 15 minutes to a pound of meat, we think rather too little; for the slower it boils, the tenderer, plumper, and whiter it will be. From 20 to 30 minutes to a pound will not be found too much for gentle simmering by the side of the fire; allowing more or less time, according to the thickness of the joints; always remembering, the slower it boils the better: without some practice it is difficult to teach any art; and

* Cooks, however, as well as doctors, disagree; for some say, that "all sorts of fresh meat should be put in when the water boils." I prefer the above method, for the reason given.

common Cooks seem to suppose, they cannot but be right, if they put meat into a pot, and set it over the fire for a certain time, making no allowance, whether it simmers without a bubble, or boils a gallop.

Meat will take rather longer time boiling in cold than in warm weather; and, if it be frozen, must be thawed before boiling as before roasting, by lying some time in cold water: or, a much better plan is, the night before you dress it, to bring it into a place of which the temperature is not less than fifty degrees of Fahrenheit's thermometer. The size of the vessels should be adapted to what they are wanted to contain: the larger the saucepan is, the more room it takes up on the fire, and a larger quantity of water requires a proportionate increase of fire to boil it. In small families, we recommend TIN saucepans, &c. as lightest and safest; and if proper care is taken of them, and they are well dried after they are cleaned, they are by far the cheapest, for the purchase of a new tin saucepan, is little more than the expense of tinning a copper one. Take care that the covers of your boiling pots fit close, not only to prevent unnecessary evaporation of the water, but that the smoke of the fire may not insinuate itself under the edge of the lid,

and give the meat a bad taste. Never let your meat or poultry remain in the water after it is done enough, as that makes it sodden, and lose its flavour.

Beef and mutton a little underdone * is not a great fault—by some people it is preferred; but lamb, pork, and veal, are uneatable if not thoroughly boiled.

A trivet set on the bottom of your boiling pots, raising the contents about two inches from the bottom, will be found a great improvement, and prevent that side of the meat which comes next the bottom from getting a burn, or being done too much. If you have not a trivet, use four skewers, or a soup-plate laid the wrong side upwards.

Take care of the liquor you have boiled your meat in; for in these times, no good housewife has any pretensions to rational economy, who boils a joint without making some sort of soup, (see chapter 7.) If the liquor be too salt, only use half the quantity, and the rest water; and wash salted meat well with cold water before you put it into the boiler.

In whatever way the flesh of animals is

* Especially very large joints, which are to be hashed or broiled.

cooked, a considerable diminution takes place in its weight; but less by boiling than by any of the other ways of dressing; and, independent of the smaller loss of weight by boiling, it is the most economical cookery, as it affords the opportunity of converting a considerable quantity of water into a nourishing and wholesome soup, which receives the nutritive matter and juices of the meat; whereas, by roasting, broiling, or baking, they are evaporated and lost. We here give the results of some experiments, made on purpose to show the comparative loss of weight by the various culinary processes.

Beef by boiling lost	26½	per cent.
Ditto by baking	30	per ditto.
Ditto by roasting	32	per ditto.
Mutton by boiling, lost	22	per ditto.
Ditto by roasting	32	per ditto.

Thus the diminution by cookery amounts to from one-fifth to one-third of the weight.

N. B. Some send up in the dish a teacupful of the liquor the meat has been boiled in.

To make GRAVY for boiled meat, see No. 327.

RUDIMENTS OF COOKERY.

CHAPTER II.

ROASTING.

In all studies, it is the best practice, to begin with the plainest and easiest parts; and so on, by degrees, to such as are more difficult: we, therefore, treated of plain boiling, and we now proceed to roasting*: we shall then gra-

* The muscular flesh of animals, which is the subject of culinary operations, is composed of many elements. A nice discrimination of these parts is by no means necessary for our present purpose; it will be sufficient to point out, that of muscular flesh one part becomes coagulated at the boiling heat of 212° of Fahrenheit, and resembles, in its properties, the white of an egg; it has, therefore, been called albumen. Another component part is the animal glue or jelly, termed gelatin; and the other is the coloured juice contained within the smaller vessels, which, in compliance with custom, we denominate gravy. In the preparation of food by boiling and roasting, the albumen is coagulated: the same effect takes place in the drawing of gravy. In this latter operation, the gelatin and fluids contained

dually unravel, to our culinary students, the art and *mystery* (until we candidly and clearly develop it in this work) of making, with the least trouble and expense, the most delicious and highly finished Made-dishes.

Let the young Cook never forget, that cleanliness is the first Cardinal Virtue of the Kitchen; and the first preparation for roasting is to take care that the spit be properly cleaned with sand and water: nothing else. When it has been well scowered with this, dry it with a clean cloth. *If spits are wiped clean, as soon as the meat is drawn from them, and while they are hot, a very little cleaning will be required.* The less the spit is passed through the meat, the better*; and

in the smaller vessels are extracted; and the albumen, coagulated with the fibrous matter, remains.

It will be evident, from this statement, that roasted meat is more nutricious than boiled; because, at the boiling heat, a great quantity of the gelatinous part is extracted by the water. — A. C. junr.

* As many SMALL families have not the convenience of roasting with a spit, a remark upon ROASTING BY A STRING is necessary. — Let the Cook, *before* she puts her meat down to the fire, pass a strong skewer through *each end* of the joint: by this means, when it is about half done, she can with ease turn the bottom upwards; the gravy will then flow to the part which has been

take especial care it be even balanced on the spit, that its motion may be regular, and the fire operate equally on each part of it; therefore be provided with balancing* skewers, and cook-holds, and see it is properly jointed.

All your attention in roasting, will be thrown away, if you do not *take care, that your meat has been kept long enough to be tender*†. The only

uppermost, and the whole joint cut and eat most deliciously gravy-full.

A BOTTLE-JACK, as it is termed by the furnishing ironmongers, is a valuable instrument for roasting. A DUTCH OVEN, is another very convenient utensil, for roasting light joints, or warming them up.

* Amongst the inventions, in the collection of the Society of Arts, in the Adelphi, is the model of a roasting balance, called the OXFORD BALANCE, which is not thrust into the meat, but is screwed temporarily on the spit, and adjusted to the utmost nicety.

† The time, meat should hang to be tender, depends, entirely on the degree of heat and humidity of the air: if not kept long enough it is hard and tough; if too long, it loses its flavour: it should hang where it will have a thorough air, and dry it well with a cloth night and morning, to keep it from growing damp and musty. When you dress it, pare off the outsides, for they sometimes get a bad taste. If you fear meat will not keep till the day it is wanted, par-roast or par-boil it, and it will then keep a couple of days longer; then dress it in the usual way, only it will require rather less time.

way to make sure of this, is to have it home, and hang it up in your own larder. If you have not a good airy place for this purpose, bespeak your meat and poultry three or four days before you wish to dress it. *The Cook and the Butcher as often lose their credit, by meat being dressed too fresh, as the Fishmonger by fish that is too stale.* Dr. Franklin, in his philosophical experiments, tells us, that game or poultry, &c. killed by ELECTRICITY, may be dressed immediately, and will be deliciously tender.

Make up the fire in time; let it be proportioned to the dinner to be dressed, and about four inches longer, at each end, than the thing to be roasted, or the ends of the meat cannot be done nice and brown. The chemists talk of their several degrees of heat, and *the Cook must be as particular to proportion her fire to the business she has to do.*

The fire, that is but just sufficient to receive the noble sirloin, will parch up a lighter joint. From half an hour, to an hour, before it is necessary to begin to roast, prepare the fire, by putting a few coals on, which will be sufficiently lighted by the time you wish to make use of your fire; rake out the bottom, and press it down, so as to make the fire solid and good: between the bars, and on the top, put small

round coal, or large coals, according to the bulk of the joint, and the time the fire is required to be strong; after which, throw all your cinders (wetted) at the back. Never put your meat down to a burnt up fire, if you can possibly avoid it; but having a large dinner to cook, should the fire become fierce, be sure to place the spit at a considerable distance, and allow your meat a little more time. Preserve the fat, by covering it with paper; keep by you, for this purpose, paper called "kitchen paper," and fine twine, to tie it on: pins and skewers can by no means be allowed, as they are so many taps, to let out the gravy of your meat; besides, the paper with the heat of the fire often starts from them and catches light, to the great injury of the meat.

If the thing to be roasted be thin and tender, the fire should be little and brisk; and when you have a large joint to roast, make up a sound, strong fire; it must be equally good, in every part of the grate, especially at the ends, or your meat cannot be equally roasted, nor have that uniform colour on every part of it, which constitutes the beauty of good roasting.

Give the fire a good stirring before you lay the joint down; examine it every quarter of an hour, while the spit is going round; keep it

clear at the bottom, and take care there are no smoky coals in the front of it, which will spoil the look and taste of the meat, and hinder it from roasting evenly. When the joint to be roasted, is thicker at one end than the other, place the spit slanting, so that the thickest part is nearest the fire, and the thinnest preserved from being overmuch roasted.

Take care not to put your meat too near the fire; the larger the joint, the farther it must be kept from the fire *: if once it gets scorched, the outside will become hard, (and acquire a disagreeable empyrheumatic taste,) and the fire being prevented from penetrating into it, the meat will appear enough, before it is little more than half done, besides losing the pale brown colour, which it is the greatest Beauty of Roast meat to have.

* From 14 to 10 inches is the usual distance at which meat is put from the grate, when first put down: it is extremely difficult, to offer any thing, like an accurate general rule for this, as it depends so much upon the size of the fire, and of that of the thing to be roasted. Till some Culinary Philosopher shall invent a thermometer to ascertain the degree of heat of the fire, and a graduated spit rack to regulate the distance from it, the process of ROASTING is attended by so many ever-varying circumstances, that it must remain among those which can only be performed well, by very frequent practice and attentive observation.

If you wish your jack to go well, keep it as clean as possible, oil it, and then wipe it; if the oil is not wiped off again, it will gather dust: to prevent this, as soon as you have done with your jack, cover it up. Never leave the winders on whilst the jack is going round, unless, you do it, as Swift says, that it may fly off, and knock those troublesome servants on the head who will be crowding round your kitchen fire.

Be very careful, to place the dripping-pan at such a distance from the fire, as just to catch the drippings: if it is too near, the ashes will fall into it, and spoil the Drippings*; (which we shall hereafter show, will be found not only an excellent substitute, but for many purposes decidedly superior to either butter or lard; —to clarify drippings, see No. 83, and Pease and Dripping Soup, No. 219); if it is too far from the fire to catch them, you will not only lose your drippings, but the meat will be blackened, and spoiled by the fœtid smoke, which will arise when the fat falls on the live cinders.

* This the good housewife will take up occasionally, as by leaving it all in the dripping-pan, until the meat is taken up, it not only becomes very strong, but when the meat is rich and yields much of it, it is apt to be spilt in basting.—To CLARIFY DRIPPINGS, see No. 83.

The time Meat will take Roasting, will vary according to the temperature of the weather: the same weight will be twenty minutes, or half an hour longer in cold weather *, than it will be in warm.

It is difficult, to give any specific rule for time; but if your fire is made as before directed, your meat skreen sufficiently large to guard what you are dressing from currents of air, and the meat is not frosted †, you cannot do better, than follow the old general rule of allowing a quarter of an hour to the pound; a little more

* *If the meat is frozen*, the usual practice is to put it into cold water till it is thawed, then dry and roast it as usual; but we recommend you to bring it into the kitchen the night before you want to roast it, and the warm air will thaw it better than any other way.

† A good meat skreen is a great saver of coals. The tin ones made by Lloyd, furnishing ironmonger, near Norfolk Street, Strand, are infinitely the best; as they also answer all the purposes of a large Dutch oven, plate warmer, warm hearth, &c. He also sells BRIGHT BLOCK TIN CONCAVE REFLECTORS, to screw on the ends of the spit, about six inches from the meat: these are very useful and economical, as they not only save fire, but are indispensably necessary to *brown the ends* of your joints; without which, these parts will seldom be done as they should be. The same, and all other kitchen and ironmongery goods, are excellently well made by Brownley, Greek Street, Soho.

or less, in proportion as the piece is thick or thin, the strength of the fire, the nearness of the meat to it, and the frequency with which you baste it; the more it is basted, the less time it will take, as it keeps the meat soft and mellow on the outside, and the fire thereby acts with more force upon it.

It is a good general rule, when your joint is half done, to remove the spit and drippingpan back, and stir up your fire thoroughly, that it may burn clear and bright for the browning: when the steam from the meat, draws towards the fire *, it is a sign of its being done enough; but you will be the best judge of that, from the time it has been down, the strength of the fire you have used, and the distance your spit has been from it.

Half an hour before your meat is done, make some gravy, *(as per Receipt, No.* 326,) and just before you take it up, put it nearer the fire to brown it, baste it, and dredge it with flour carefully; *you cannot do this delicately nice, without a very good light;* the common fault, seems to be

* When the steam begins to arise, it is a proof that the whole joint is thoroughly saturated with heat; any unnecessary evaporation, is a waste of the best nourishment of the meat.

using too much flour; the meat should have a fine light varnish of froth, not the appearance of being covered with a paste; those who are particular about the froth, must use Butter instead of dripping; *(see Receipt to Roast a Turkey, No. 57;)*

"and send up what you roast, with relish-giving froth,"

says my poetical predecessor Dr. King, so presenting an agreeable appearance to the eye, the palate may be prepossessed in its favour at first sight. A Good Cook, is as anxiously attentive to the appearance, and colour of her Roasts, as a Court Beauty is to her Complexion, at a Birthday Ball.

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

That Made-dishes, are the most difficult preparations, I think really deserves to be reckoned among the culinary vulgar errors; for in these the Cook has nothing to do but follow the Receipt, and cannot very easily fail: but in plain roasting and boiling, it is not easy to repair a mistake once made; and all the dis-

cretion and attention of a steady careful Cook, must be unremittingly upon the alert*.

* A celebrated French writer has made the following observations on roasting:

"The art of roasting victuals to the precise degree, is one of the most difficult in this world, and you may find a thousand good cooks sooner than one perfect roaster: (See "*Almanach des Gourmands*," vol. i. p. 37.) In the mansions of the opulent they have, besides the chief cook, a Roaster, (perfectly independent of the former,) who is exclusively devoted to the spit. All erudite gourmands know these two important functions cannot be performed by one artist, and that it is quite impossible at the same time to direct the operations of the spit, and the stewpan."—Further on, the same author observes: "No certain rules can be given for roasting, the perfection of it depending on many circumstances which are continually changing; the age, size, shape, and nature of the pieces, the quality of the coals, the temperature of the atmosphere, the currents of air in the kitchen, the more or less attention of the roaster; and, lastly, the time of serving. For supposing the dinner ordered to be on table at a certain time, if the fish and soup are much liked, and detained longer than the roaster has calculated; or, on the contrary, if they are dispatched sooner than is expected, the roasts will in one case be burnt up, in the other not done enough—two misfortunes equally to be deplored. The first, however, is without a remedy; *five minutes on the spit more or less, decides the goodness of this mode of cookery;*' and it is almost impossible to seize the precise instant when it ought to be eaten;

A diligent attention to time, the distance of the meat from, and judicious management of, the fire, and frequent bastings*, all the general rules we

which epicures in roasts express, by saying, 'It is done to a turn.' So that there is no exaggeration in saying, the perfect roaster, is even more rare, than the professed cook.

"In small families, where the cook is also the roaster, it is almost impossible the roasts should be well done; the spit claims exclusive attention, and is an imperious mistress, who demands the entire devotion of her slave. But how can this be? When the cook, is obliged at the same time, to attend her fish and soup kettles, and watch her stewpans and all their accompaniments, it is morally and physically impossible; if she gives that delicate and constant attention to the roasts, which is indispensably requisite, the rest of the dinner must often be spoilt; and most cooks would rather lose their character as a roaster, than neglect the made-dishes and 'entremets,' &c. where they think they can display their culinary science, than sacrifice these to the roasts, the perfection of which, will only prove their steady vigilance and patience.

* Our ancestors were very particular in their bastings and dredgings, as will be seen by the following quotation from "*May's Accomplished Cook*," London, 1665, p. 136.—"The rarest ways of dressing of all manner of roast meats, either flesh or fowl, by sea or land, and divers ways of breading or dredging meats to prevent the gravy from too much evaporating.

Dredgings.

1. Flour mixed with grated bread.

can prescribe for roasting in perfection; we shall deliver particular rules for particular things, as the several articles occur, and do our utmost endeavours to instruct our reader as completely as words can describe the process, and teach.

" The management of common things so well,
" That what was thought the meanest shall excel:
" That Cook's to British palates most complete,
" Whose sav'ry skill gives ZEST to common meat:
" For what are your soups, your ragouts, and your sauce,
" Compar'd to the fare of old England,
" And old English Roast Beef!"

*** TAKE NOTICE, *that the time given in the following Receipts is calculated for those who like their meat thoroughly roasted.*

Some good housewives order very large joints to be rather underdone — as they then make a better Hash or Broil.

2. Sweet herbs dried and powdered, and mixed with grated bread.

3. Lemon peel dried and pounded, or orange peel mixed with flour.

4. Sugar finely powdered, and mixed with pounded cinnamon, and flour, or grated bread.

5. Fennel seeds, corianders, cinnamon, and sugar, finely beaten, and mixed with grated bread or flour.

To make GRAVY for Roasts, see (No. 326.)

N. B. ROASTS, to be eaten in perfection, must not be put on the table, till the Soup and Fish are removed.

6. For young pigs, grated bread or flour mixed with beaten nutmeg, ginger, pepper, sugar, and yolks of eggs.

7. Sugar, bread, and salt mixed.

Bastings.

1. Fresh butter.
2. Clarified suet.
3. Minced sweet herbs, butter and claret, especially for mutton and lamb.
4. Water and salt.
5. Cream and melted butter, especially for a flayed pig.
6. Yolks of eggs, grated biscuit, and juice of oranges.

RUDIMENTS OF COOKERY.

CHAPTER III.

FRYING.

FRYING is often a convenient mode of cookery, as it may be performed on a fire which will not do for roasting or broiling; and by the introduction of the pan between the meat and the fire, things get more equally dressed. The Dutch Oven is another very convenient utensil for small things, and a very useful substitute for the jack, the gridiron, or fryingpan. A frying-pan should be about two inches and a half deep, with perpendicular sides, and the articles should float in the hot fat, carefully keeping them from the sides.

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

is by far the most delicate for frying; but to have the best oil is very expensive, and bad oil spoils every thing that is dressed with it. For general purposes, and especially for fish, or bread, clean fresh lard* is as good as any thing to fry with: it is not so expensive as oil or clarified butter, and does almost as well, except for cutlets and collops. Butter often burns, before you are aware of it, and what you fry will get a dark and dirty appearance. If you use Oil, it must be the best olive or salad oil; the inferior eating oil is often bad tasted and stale. Cooks in large kitchens, where there is a great deal of frying, commonly use two parts of mutton suet, and one part of beef suet, (if from the kidney, all the better).

Drippings, if clean and fresh, are very good to fry with; if they are not clean, they may be easily clarified by the means directed for that purpose in (No. 83.)

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

To fry fish, parsley, potatoes, or any thing that contains much water, *your fire must be*

* If drained through a hair sieve, it will do a second time as well as it does the first.

very sharp and clear, and the fat extremely hot *, which you may be pretty sure of, when it has done hissing and is still. We cannot insist too strongly on this point: *if the fat is not very hot, you cannot fry fish either to a good colour, or firm and crisp* †.

Bread, eggs, and little things must be put into the pan as soon as the fat is melted; be-

* To be quite certain, the best way is to throw a little bit of parsley or bread into the pan; if it fries crisp, the fat is ready; if it burns the bread, it is too hot; cut a turnip in slices and put in it; this takes off the heat of the fat and the burnt taste sooner than any thing.

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

‡ If this unfortunately happens, be not in the least alarmed, but immediately wet a blanket and hold it close all round the fire-place, and as soon as the current of wind is stopped, the fire will be extinguished: with a CHARCOAL STOVE there is no danger of the chimney catching, as the diameter of the pan exceeds that of the fire.

cause less fat being wanted, it gets hot so much sooner; such articles would be burnt instead of fryed.

Always have a good light to fry by, that you may see when you have got the right colour: a *lamp* fixed on a stem with a loaded foot, which has an arm that will lengthen out, and slide up and down like a reading candlestick, *is a most useful appendage to kitchen fire-places*, which are very seldom light enough for the nicer operations of cookery. After all, if you do not thoroughly *drain the fat from what you have fried*, especially from those things that are full dressed in bread crumbs, your cooking will do you no credit.

To fry fish in general, *see the Receipt to fry soles*, (No. 145,) which is the only circumstantial account of the process that has yet been printed. If the cook will study it with a little attention, she will soon learn to fry fish in the utmost perfection.

Fried things should have colour enough given them by pressing them against the pan, to brown them nicely, (and not have the appearance of being boiled), that the eye may be immediately able to inform the palate, how a chop has been cooked. Frying, though one of the most common of culinary operations, is one of those that is least commonly performed well.

RUDIMENTS OF COOKERY.

CHAPTER IV.

BROILING.

Cleanliness is extremely essential in this mode of cookery. Keep your gridiron quite clean between the bars, and bright on the top; and when it is hot, wipe it well with a linen cloth; just before you use it, rub the bars with clean mutton suet, which will prevent the meat from being marked by the gridiron; take care to prepare your fire in time, so that it may burn very clear; *the briskness and clearness of the fire are indispensible;* or you cannot give your meat that browning which constitutes the perfection of this mode of cookery, and gives a relish to food it cannot receive any other way. Very frequent turning is necessary to some things, and very little to others; be very attentive to watch the moment any thing is done; never hasten in any manner any thing that is broiling, lest you make smoke and spoil

it. Let the bars of the gridiron be all hot through, but yet not burning hot upon the surface: this is the perfect and fine condition of the gridiron; for if it is hastily heated, the bars will be hot enough to scorch the things laid on them on the outside. The bars keep away as much heat as their breadth covers. It is absolutely necessary they should be thoroughly hot before the thing to be cooked be laid on them. The bars of gridirons should be made concave, and terminate in a trough to catch the gravy; and also keep the fat from dropping into the fire and making a smoke, which will spoil your broil. The UPRIGHT GRIDIRONS are the best, as they can be used at any fire, without fear of smoke; and the gravy is preserved in the trough under them.

RUDIMENTS OF COOKERY.

CHAPTER V.

VEGETABLES.

THERE is nothing in which the difference between an elegant and an ordinary table is more seen, than in the dressing of vegetables, more especially of greens: they may be equally as fine at first, at one place as at another; but their look and taste are afterwards very different, and this entirely from the careless way in which they are cooked. They are in highest perfection, when in greatest plenty, *i. e.* when in full season.

By season, I do not mean those early days, that *luxury* in the *buyers*, and avarice in the sellers about London force the various vegetables; but that time of the year in which by nature, common culture, and the mere operation of the sun and climate, they are in most plenty and perfection in this country. As to the quality of vegetables, freshness is their

chief value and excellence; the eye easily discovers if they have been kept too long; they soon lose their beauty in all respects. Roots, greens, &c. and the various productions of the garden, when first gathered, are plump and firm, and have a fragrant freshness, no art can give them again, when they have lost it by long keeping; though it will revive them a little to put them into cold spring water for some time. They are in greatest perfection just before they come to their full growth. Soft water will preserve the colour best of such as are green; if you have only hard water, put to it a teaspoonful of salt of wormwood, or pearl-ash.

Take care to *wash and cleanse them* from dust, dirt, and insects: *this requires great attention:* pick off all the outside leaves, and trim them nicely, and lay them in a pan of clean water for an hour before you dress them. They should always be boiled in a saucepan by themselves, and have plenty of water: if meat is boiled with them in the same pot, they will spoil the look, and taste of each other.

The water must always boil before you put in your greens, which should boil briskly, in an open saucepan; the quicker they boil, the greener they will be; when the vegetables sink, they are generally done enough, if the water

has been kept constantly boiling. *Take them up immediately, or they will lose their colour and goodness.* Drain the water from them thoroughly before you send them to table. *This humble branch of cookery, requires the most vigilant attention:* if Vegetables are too long over the fire, they lose all their beauty and flavour; *if not thoroughly boiled tender, they are tremendously indigestible,* and much more troublesome during their residence in the stomach, than underdone meats. To preserve or give colour in cookery, many good dishes are spoiled, but the rational Epicure, who makes nourishment the main end of eating, will be content to sacrifice the shadow, to enjoy the substance. Vide *Obs.* to (No. 322.)

Once for all, take care your vegetables are fresh; for as the fishmonger often suffers for the sins of the cook, so the cook often gets undeservedly blamed for the sins of the greengrocer: Vegetables in this metropolis, are often kept so long, that no art can make them either look or eat well.

N. B. When Greens, &c. are *quite fresh gathered,* they will not require so much boiling, by at least a third of the time, they take when they have been gathered the usual time, those are that are brought to public markets.

RUDIMENTS OF COOKERY.

CHAPTER VI.

FISH.

This department of the business of the kitchen depends more upon practice than any other; a very few moments, more or less, will thoroughly spoil Fish; which to be eaten in perfection, must never be put on the Table till the Soup is taken of. So many circumstances operate on this occasion, it is almost impossible to write general rules. There are decidedly different opinions, whether the water should be cold, tepid, or boiling. The Dutch, who are famous for dressing fish, always use the latter. *See* (No. 141.) We, believe for some of the fame the Dutch cooks have acquired, they are a little indebted to their situation enabling them always to have fish in perfection, it costing them little more than the trouble of catching it: and that the superior excellence of the fish in Holland, is because none are used, unless

they are brought alive into the kitchen, (mackerel excepted, which die the moment they are taken out of the water) The Dutch are as nice about this as, *Seneca* says, the Romans* were; who, complaining of the luxury of the times, says, "they are come to that daintiness, they will not eat a fish, unless upon the same day that it is taken, that it may taste of the sea, as they express it."

On the Dutch flat coast, the fish are all taken with nets; whereas, on our rocky coast, fish are mostly caught by bait and hook, which immediately kills them. The fish are brought alive by land, to the Dutch markets in water-casks with air holes in the top. Salmon, and other fish, are thus preserved in rivers, in a well-hole, in the fishing boat.

The good folks of this metropolis are so often disappointed, by having fish which have been kept too long, that they are apt to run into the other extreme, and suppose no fish will either dress well, or eat well, unless it is absolutely alive. Several respectable fishmongers have, however, assured the editor, that

* They had salt water preserves for feeding different kinds of Sea fish; those in the ponds of Lucullus, at his death, sold for 25,000*l.* sterling.

they are as often in danger of losing their credit, by selling fish too fresh, and especially turbot and cod, which must be kept a day or two, before they will eat well. Like meat, they require a certain time before they are in the best condition to be dressed: and then they recommend them to be put into hot water, (salted in proportion of about a quarter of a pound of salt to a gallon of water,) that you have just stopped the boiling of, by pouring in, just before you put in the fish, a pint of cold water, and let them boil slowly till done; the sign of which is, that the fish will leave the bone. It is the business of the Fishmonger to clean them well, &c. but the careful cook will sometimes find it necessary to wash them again.

Obs. Experienced Housewives have been known to put a piece of alum (as big as a large hazel nut) into the water, to make the fish firmer.

N. B. Fish, like meat, requires more cooking in cold than in warm weather; and if it becomes frozen, must be thawed by the means we have directed for meat, in the 6th page of the 2d Chapter of the Rudiments of Cookery. To go to market for fish, SEE MR. WM. TUCKER'S OBSERVATIONS, after (No. 182.)

FISH SAUCES, *i. e.* Quintessence of Anchovy,

see (No. 433.) Soy, (No. 436.) Mushroom Catsup, (No. 439.) Cayenne, or Chilli Vinegar, (No. 405.) Lemons or Lemon Juice, &c. must be found at all well served Tables; but Cooks who are jealous of the reputation of their Taste; and Housekeepers who value their Health, will prepare these articles at home; there are quite as many reasons why they should, as there are for the preference usually given to Home-baked Bread, and Home-brewed Beer, &c.

RUDIMENTS OF COOKERY.

CHAPTER VII.

BROTH, GRAVIES, AND SOUPS.

It is hardly necessary to give any more cautions to the cook to pay continual attention to the condition of her stewpans * and soup-kettles, which should be examined every time they are used; these and their covers must be kept perfectly clean and well tinned, not only on the inside, but about a couple of inches on the outside; so many mischiefs arise from their getting out of repair, and *if not kept nicely tinned, all your good work will be in vain;* the broths and soups will look green and dirty, and taste bitter and poisonous, and will be spoiled both for the eye and palate, and your

* We prefer the form of a stewpan, to the soup-pot, because the former is more convenient to skim; the most useful size is 12 inches diameter by 6 inches deep, this we would have of Silver—or Iron, or Copper lined (not plated) with Silver.

credit will be lost; and as the health, and even life of the family depends upon this, the Cook may be sure her employers had rather pay the Tinman's bill than the Doctor's; therefore, attention to this cannot fail to engage the regard of the Mistress, between whom and the Cook, it will be my utmost endeavour to promote perfect Harmony.

If a servant has the misfortune to scorch or blister the tinning of her saucepan, which will happen sometimes to the most careful cook, I advise her, by all means, immediately to acquaint her employers, who will thank her for so candidly mentioning the accident; and censure her deservedly if she conceals it. Take care to be properly provided with sieves and tammy cloths, spoons and ladles, and make it *a rule without an exception*, never to use them till they are well cleaned, and thoroughly dried, nor any stewpans, &c., without first washing them out with boiling water, and rubbing them well with a dry cloth and a little bran, to clean them from accidents of grease and sand, &c. or any bad smell they may have got since they were last used: never neglect this. Though we do not suppose our cook to be such a naughty slut, as to wilfully neglect her broth

pots, &c. till she has thoroughly cleaned* them; yet we may recommend her to wash them immediately, and be sure they are thoroughly dried before the fire, before they are put by, and kept in a dry place, for damp will rust and destroy them very soon: attend to this the first moment you can spare after the dinner is sent up; and never put by any soup, gravy, &c., in a metal utensil; stone or earthen vessels should be used for this purpose. Cultivate regular habits of cleanliness, &c. in all your business, which you will then get through easily and comfortably. I do not mean that restless spirit of "the Tidy one," who is always frisking about, in a whirlpool of bustle and

* Stewpans and soup-pots, with round bottoms such as saucepans are made with, will wear twice as long, and are cleaned with half the trouble, as those whose sides are soldered to the bottom; for the sand and grease get into the joined part, and it is next to an impossibility, to dislodge the dirt completely. Take care also, that the lids fit as close as possible, that the broth, soup, &c. may not waste by evaporation. They are good for nothing, unless they fit tight enough to keep the steam in, and the smoke out. Stewpans and saucepans should be always bright on the upper rim, where the fire does not burn them; but to scour them to the bottom, is not only giving the Cook needless trouble, but wearing out the vessels.

confusion; and is always dirty, under pretence of being always cleaning.

Broths differ from soups, as they are inferior in strength, and composed with fewer ingredients; they are more easy to make, and lead to the art of making gravies, soups, and sauces.

Lean juicy beef, mutton, or veal, form the basis of these: procure those pieces which afford the most and the richest succulence, and as fresh killed as possible*. Stale meat will make your broth thick and bad tasted, and fat meat is not only wasted, but occasions the broth very soon to turn sour. This only applies to those broths which are required to be perfectly clear: we shall show hereafter, that fat and drippings may be so combined with vegetable mucilage, as to afford, at the small cost of 10d. per gallon, a very nourishing, palatable, and balsamic soup. See Soup-Herb-Soup in twenty minutes, (No. 228,) and Soon-made Savoury Soup (No. 229,) and Pease Soup (218,) &c.

* In general, it has been considered the best economy to use the cheapest and most inferior meats for soup, &c. and to boil it down to rags. I think this a false frugality; and advise you to buy good pieces of meat and only stew them till they are done enough to be eaten.

The following Broth Herbs, Soup Roots, and Seasonings,

Scotch barley,	Mushrooms*,
Pearl barley,	Champignons,
Flour,	Parsnips,
Bread,	Carrots,
Raspings,	Beet roots,
Oatmeal,	Turnips,
Peas,	Garlick,
Beans,	Shallots, see (No. 402.)
Rice,	Onions†,
Vermicelli,	Leeks,
Maccaroni,	Cucumber,
Isinglass,	Celery,
Potatoe mucilage, (448,)	Celery seed‡,

* Mushroom Catsup, made as (No. 439,) or (No. 440,) will answer all the purpose of mushrooms in soup or sauce, and no store-room should be without a stock of it.

† All Cooks agree in this opinion,
No savoury dish without an Onion.

Sliced onions fried quite brown, with some butter and flour, are excellent to heighten the colour and flavour of brown soups and sauces; the older and drier the onion, the stronger its flavour, and the Cook will regulate the quantity she uses accordingly.

‡ The concentration of flavour in Celery seeds is such, that half a drachm of it, will impregnate a gallon of soup, with more relish than two or three heads of the

Parsley*,	Allspice†,
Common thyme*,	Cinnamon†,
Lemon thyme*,	Ginger†,
Orange thyme*,	Nutmeg†,
Knotted marjorum*,	Clove†,
Sage*,	Mace†,
Mint,	Black pepper†,
Winter savoury*,	White pepper†,
Sweet basil*,	Lemon-peel‡,
Bay leaves,	Lemon-juice‖,
Tarragon,	Seville orange juice§,
Chervil,	Essence of Anchovy, see (No. 433.)
Burnet,	

Wine and mushroom catsup, (No. 439), combined in fifty different proportions, will make

fresh vegetable. This valuable acquisition to the soup-pot deserves to be universally known. See also (No. 409,) Essence of Celery.

* See (No. 419) and (No. 420,) and (No. 459.) Basil is often not to be procured, (see No. 397,) to procure and preserve the flavour of sweet and savoury herbs, celery, &c.

† See (No. 421,) and (No. 457.)

‡ See (No. 407,) and (No. 408.)

‖ If you have not fresh orange or lemon juice, or the chrystalized lemon acid, a little good vinegar is the best substitute for it.

§ The juice of the Seville orange is to be preferred to lemon-juice; the flavour is finer and the acid milder.

an endless variety* of excellent broths and soups, quite as pleasant to the palate, and incalculably more useful and agreeable to the stomach, than consuming pheasants and partridges, and the long list of inflammatory *piquante*, and rare and costly articles, recommended by former Cookery book-makers, whose elaborately compounded soups, are like their made dishes; in which, though variety is aimed at, every thing has the same taste, and nothing its own. *The general fault of our English soups, seems to be the employment of an excess of Spice, and too small a proportion of roots and herbs*†.

Besides the ingredients I have enumerated, many culinary scribes indiscriminately cram into

* The erudite editor of the "*Almanach des Gourmands*," vol. ii. p. 30, tells us, that ten folio volumes would not contain the receipts of all the soups that have been invented in that grand school of good eating, the Parisian kitchen.

† "Point des Legumes, point de Cuisiniere," is a favourite culinary adage of the French kitchen; and deserves to be so; a better soup may be made with a couple of pounds of meat and plenty of vegetables, than our common Cooks will make you with four times that quantity of meat; all for want of knowing the uses of soup roots, and sweet and savoury herbs.

almost every dish, anchovies*, garlick†, bay leaves, and that hot fiery spice Cayenne pepper, which strange, passing strange to believe, has somehow or other unaccountably acquired a character for being very wholesome, whilst

* Soy, Cavice, Coratch, Anchovies, Curry powder, Browning, Catsups, Pickle liquor, Beer, and Wine, are occasionally very convenient auxiliaries to finish soups, &c.: the proportion of wine should not exceed a large wineglassful to a quart of soup: this is as much as can be admitted, without the vinous flavour becoming remarkably predominant; though much larger quantities are ordered in many books; so much are they overloaded with relish, that if you make soups according to their receipts, and will eat enough of them, they will certainly make you drunk, if they don't make you sick — all this, frequently arises from an old Cook measuring the excitability of the eaters' palates, by his own, which may be so blunted by incessant tasting, that to awaken it, requires wine instead of water, and Cayenne and garlick, for black pepper and onion. Cooks too often season SOUP, (which is intended to constitute a principal part of a meal,) as highly as SAUCE, of which only a spoonful may be relish enough for a plate of insipid Viands.

† Many a good dish is spoiled, by the cook not knowing the proper use of this, which is to give a flavour, and not to be predominant over the other ingredients: a morsel mashed with the point of a knife, and stirred in, is enough. See (No. 402.)

the weaker peppers and spices, are universally cried down, as destroying the sensibility of the palate, and stomach, &c., and being the source of a thousand mischiefs. The best thing that has been said in praise of pepper, is, "that "with all kinds of vegetables, as also with "Soups and Fish, either black or Cayenne "pepper may be taken freely: they are the "most useful stimulants to *old* stomachs, and "often supersede the cravings for strong drinks; "or diminish the quantity otherwise required." See *Carlisle on Old Age*, London, 1817. We *leave those who love these things, to use them as they like;* their flavour can be very extemporaneously produced by Chilly-juice, or essence of Cayenne, Eshallot wine, and Essence of Anchovy*. We again caution the Cook to *avoid over-seasoning, especially with those predominant flavours, which, however agreeable they may be to some, are more extremely disagreeable to others.*

Truffles and morels are also set down as a part of most receipts. These have a very rich, high flavour, and are delicious additions to some dishes, or sent up as a stew by themselves, when they are fresh and fine: but in

* For preparing these, you will find the best receipts in the chapter of sauces, &c. See (Nos. 405, 402, & 433.)

this state they are not served up half a dozen times in a year at the first nobleman's table in the kingdom: when they are dried, they generally lose their flavour, and serve only to soak up good gravy, from which they take more taste than they give. The great *art of composing a rich soup*, is so to proportion the several ingredients one to another, that no particular taste be stronger than the rest; but to produce such a fine, harmonious, and delicious relish, that the whole is delightful: this requires a very judicious combination of the materials, and constitutes the "*chef-d'œuvre*" of culinary science.

In the first place, take care that the roots and herbs be perfectly well cleaned, and proportion the water not only to the quantity of meat*, and other ingredients, but to the sort of fire you intend to use. If you have a brisk fire, a great deal more water must be put in than you intend to have broth; but if it be to stew gently, then little more water need be put in at first than is expected at the end; for when the pot is covered quite close†, and the

* Generally a pound of meat to a quart of water, for soups; and double that quantity for gravies.

† It is of the first importance, that the cover of a

fire gentle, very little is wasted. In most cases, gentle stewing is incomparably the best, and both the meat and the soup eat the better for it.

By quick and strong boiling, not only all the volatile and finest parts of the ingredients are evaporated, and fly off with the steam, but the coarser parts are rendered soluble; so you lose the good, and get the bad. The slower they stew or simmer the better. Soups will generally take from three to six hours.

If possible, always prepare your broths and soups the evening before you want them. This will not only give you more time to attend to the rest of your dinner the next day; but when the soup is cold, the fat may be much more easily and completely removed from the surface of it: when you decant it, take care not to disturb the settlings at the bottom of the vessel, which are so fine, that they will escape through your tammis, or sieve, and can only be got rid of in this manner. The full flavour of the ingredients can only be extracted by very long and slow simmering; during which, *take care to prevent the evaporation of the steam, by covering your pot as*

soup kettle should fit very close, or the broth will evaporate before you are aware of it.

close as possible: perhaps the best stewpot is the cast iron digester*, made by Moser and Co. in Greek Street, Soho: in this the nutritive qualities of the meat are preserved, the steam being prevented escaping by the lid fitting exactly into a screw groove.

Your clear soups must be perfectly transparent, and your thickened soups about the consistence of rich cream.

Bread raspings, bread crumbs†, biscuit powder‡, isinglass, potatoe mucilage, fat skimmings and flour, or flour and butter, or flour, or oatmeal and water rubbed well together, and the *materials* commonly used *to thicken*‖, and give a body to our soups. To give that glutinous

* The water in the digester is never made to boil, so that there is no exhalation of volatile parts; and although the solution is made with great success, and may be carried to any degree required, yet, if it go not too far, the meat may be rendered very tender, while it retains its most sapid parts, and remain eatable, and useful in the family.

† To thicken with bread: take the crumb of a French roll, boil it in a little of the soup, beat it in a mortar, and rub it through a sieve, or coarse cloth; pour this into your soup, and give it a boil up afterwards.

‡ In the proportion of a teacupful to a quart of soup.

‖ Whatevever materials are used for this purpose, must be gradually mixed with the soup, till they are thoroughly incorporated with it; and it should have,

quality of taste, so much admired in mock-turtle, there is nothing like *a cow-heel*, (which is an improvement to almost every soup,) it must not be a ready dressed one, such as are sold at the tripe shops, from which all the glutinous part has been extracted, but one that has only been scalded and scraped. To their very rich gravies, &c. the French add the breasts of partridges and fowls, beaten to a pulp in a marble mortar; a piece of the beef you have, which has been boiled to make broth or gravy, pounded in the like manner, with a bit of butter and flour, and gradually well incorporated with the gravy or soup, will be found an excellent substitute for these more expensive articles. *Meat from which broth has been made*, and all the juice has been extracted, is then excellently well prepared for potting, see (No. 503,) and is quite as good, or better than that which has been baked till it is dry*; indeed if it be pounded, and seasoned in the usual manner, it will be an elegant and savoury

at least, half an hour's gentle simmering after: if it is at all lumpy, pass it through a fine hair sieve. See (No. 257.)

* If the Gravy, is not completely drained from it, the article potted, will turn sour in a couple of days.

luncheon or supper dish, and costs nothing, but the trouble of preparing it, which is very little, and a delicious relish is procured, for sandwiches, &c., of what heretofore, has been by the poorest housekeeper, considered the perquisite of the cat.

Keep some spare broth, lest your Soup liquor waste in boiling, and get too thick. If it is too thin, or too weak, take off the cover of your soup-pot, and let it boil till some of the watery part of it has evaporated, or else, add some of the Thickening materials we have before mentioned; and have at hand some plain browning: see (No. 322,) and the *Obs.* thereon. This simple preparation is much better than any of the compounds bearing that name, as it colours your sauce or soup, without much interfering with its flavour, and is a much better way of colouring soup, &c. than burning the surface of the meat. When soups and gravies are kept from day to day, in hot weather, they should be warmed up every day, and put into fresh scalded tureens, or pans; in temperate weather, every other day may be enough. We hope we have now put the common Cook into possession of the whole arcana of Soupmaking, without much trouble to herself, or expense to her employers; and that it will not be said, in

future, that an Englishman only knows how to make Soup in his Stomach, by swilling down a large quantity of Ale, or porter, to quench the thirst occasioned by the Meat he eats: JOHN BULL may now make his soup "secundem artem," and save his principal viscera a great deal of trouble.

*** *In the following Receipts we have directed the spices* and flavouring to be added at the usual time; but it would greatly improve the soups, if the wine, spices, &c., which are used to finish them, were not put in above fifteen or twenty minutes before the finish. A continued strong heat soon dissipates the spirit of the wine, and evaporates the aroma and flavour of the spices and herbs.*

In ordering the proportions of MEAT, BUTTER, WINE, &c. *the proper quantity is set down, and less will not do:* we have carried Economy quite as far as possible; and to attempt further, would be "*spoiling the broth for a half-pennyworth of salt.*"

Since writing the above, the following cor-

* These, Economists recommend to be pounded; they certainly go farther, as they call it; but we think they go too far, for they go through the sieve, and make the soup look grouty and dirty.

roboration of my opinion has been given me by that scientific culinary amateur, *Apicius Cœlius, junr.*

" The great fault of ancient and of modern cookery has consisted in the employment of the various articles of seasoning or condiment, which, on the application of heat, evaporate, and, from the volatization of their more subtle parts, the true flavour of these substances have been destroyed. Wine, spices, anchovy, and many ingredients, when stewed for a considerable time, lose the best part of their flavour."

" A. C. junr."

I conclude these remarks, with observing, that many persons imagine Soup tends too much to relax the Stomach—so far from being prejudicial, we consider the moderate use of such liquid nourishment, to be highly salutary. Does not all our food, and drink, even though cold, become in a few minutes a kind of warm soup in the stomach; and therefore, Soup, if not eaten too hot, or in too great a quantity, and of proper quality, is attended with great advantages, especially to those who drink but little.—Fluids used in the form of Soup, unite with our juices much sooner, and better, than

when drunk cold and raw—on this account, Soup, is the best nourishment for old people, and those whose digestive organs are impaired. After catching cold, in nervous headachs, cholics, and different kinds of cramp in the stomach, warm Broth is of excellent service, and after intemperate feasting, to give the stomach a holiday, by a days diet on mutton broth or a Vegetable Soup, or (No. 218,) &c. is the best way to restore its Tone. See also (No. 568.)

RUDIMENTS OF COOKERY.

CHAPTER VIII.

GRAVIES AND SAUCES.

The Spirit of each dish, and ZEST of all,
Is what ingenious Cooks the relish call;
For though the market sends in loads of food,
They all are tasteless, till that makes them good.

"KING'S *Art of Cookery.*"

IT is of as much importance that the Cook should know how to make a boat of good Gravy for her roast Poultry, &c. as that should be sent up of proper complexion, and nicely frothed: in this Chapter we shall endeavour to introduce to her all the materials* which

* See in page fifth of the seventh chapter of the Rudiments of Cookery, a catalogue of the ingredients in soups, sauces, &c.

give flavour, in Sauce, (which is the Essence of Soup, and intended to contain more relish in a teaspoonful, than the former does in a table-spoonful.) And the artificial methods, of making substitutes for those ingredients, that are always expensive, and often not to be had at all. This is the most difficult part of the business of the Kitchen, and most interesting, in as much as a great deal of the elegance of Cookery depends upon the accompaniments to each dish being appropriate, and well adapted to it. I can assure my readers, no attention has been wanting on my part to render this department of the work worthy their perusal: each receipt, is the faithful narrative of actual and repeated experiments, and has received the most deliberate consideration before it was here presented to them. It is given in the most circumstantial manner, and not in the technical, and mysterious language former writers on these subjects seem to have preferred: by which their directions are useless and unintelligible to all who have not regularly served an apprenticeship at the stove. Thus, instead of minutely enumerating the quantities, and explaining the process of each composition, they order a ladleful of *Stock*, a pint of *Consommé*, and a spoonful of *Cullis;* as if a private

family Cook had always at hand a soup-kettle full of *Stock*, a store of *Consommé*, and the larder of a London tavern, and the spoons and pennyworths were the same in all ages.

It will be to very little purpose I have taken so much pains to teach how to manage the roasts and boils, if the Cook cannot, or will not make the several sauces that are usually sent up with them. The most homely fare may be made relishing, and the most excellent and independent, improved by a well made sauce*, which is as a varnish to a picture: I shall therefore endeavour to give the plainest directions how to produce, with the least trouble and expense† possible, all the various compo-

* It is the duty of a good sauce, (says the editor of the "*Almanach des Gourmands*," vol. v. page 6,) to insinuate itself, all round and about the maxillary glands, and imperceptibly awaken into activity each ramification of the organs of taste: if not sufficiently savoury, it cannot produce this effect, and if too *piquante*, it will paralyze, instead of exciting, those exquisitely delicious titillations of tongue, vibrations of palate, and voluptuous gustatory orgasmas, that only the most accomplished philosophers of the mouth, can produce on the highly educated palates of thrice happy *Grand Gourmands*.

† To save time and trouble is the most valuable frugality; and if the mistress of a family will condescend

sitions the English kitchen affords for the amusement of John Bull, and hope to present not only a wholesome, but palatable variety to suit all tastes, and all pockets; so that the Cook may give satisfaction in all families: the more combinations of this sort she is acquainted with, the better she will comprehend the management of every one of them.

I have only rejected some outlandish farragoes*; from a conviction they were by no means adapted to an English palate, though they have been received into some English books, for the sake of swelling the volume*: I believe they will never be received by an

to devote a little time to the profitable and pleasant employment of preparing some of the concentrated essences, the manner of making which I have so plainly described in the following chapter, many dishes may be dressed with half the usual time and trouble, and flavoured and finished with much more certainty than by the common methods. A small portion, of the time, which young Ladies sacrifice, to torturing the strings of their Piano-Forte, employed in obtaining these domestic accomplishments — might not make them worse wives, or less agreeable companions to their Husbands.

* Were these books reduced to their Quintessence; many a bulky author would make his appearance in a Penny Paper. *See Spectator*, No. 124. Obs. on the Art of Book-making, &c.

Englishman's stomach, unless for the reason they were admitted into the cookery book; i. e. because he has nothing else to put in it. However "*les Entrées Masquées*" may tickle the fancy of foreigners and demi connoisseurs, who often leave the substance, to pursue the shadow, and prefer wonderful and whimsical metamorphoses, to things intrinsically excellent, in whose mouth mutton seldom meets with a welcome, unless accompanied by venison sauce — Pork dressed as Veal, and Veal as Pork, and Game and Poultry in the shape of Craufish or Hedgehogs. These Travesties rather show the patience than the science of the Cook, and the bad taste of those who prefer such Baby-tricks to old English nourishing and substantial plain Cookery. I could have made this the biggest book* with half the trouble it has taken me to make it the best. I have taken as much pains in describing, in the fullest manner, how to make in the easiest, most agreeable, and most economical way, those common sauces that daily contribute to the

* I intend here to offer to all such as please to peruse it, "a plain book, which is all and every part of it Book, and nothing but solid book from beginning to end."—Vide preface to Dr. FULLER's "*Introductio ad Prudentiam.*" London, 12mo. 1721.

comfort of the middle ranks of society; as I have, in directing the preparation of those extravagant and elaborate double relishes, the most ingenious and accomplished "*Officers of the Mouth*" have invented for the amusement of profound Palaticians, and thorough bred *Grands Gourmands* of the first magnitude: these I have so reduced the trouble and expense of making, as to bring them within the reach of moderate fortunes; still preserving all that is valuable of their taste and qualities; so ordering them, that they may delight the palate, without disordering the stomach; by leaving out those inflammatory ingredients which are only fit for an "iron throat, and adamantine bowels," and those costly materials, which no rational being would destroy, for the wanton purpose of merely giving a fine name to the compositions they enter into, to whose excellence they contribute nothing else: for instance, consuming two partridges to make sauce for one, when half a pint of my game gravy, (No. 329,) will be infinitely more acceptable to the unsophisticated appetite of Englishmen, for whose proper and rational recreation I sat down to compose these receipts: if I gain their patronage, which I have done my utmost to deserve, by devoting much time to the business of the kitchen; and

by repeated and expensive experiments have investigated the various processes of making each sauce that I thought admitted of the smallest improvement: I shall be fully gratified: aye, if it even happens that my book is not bought up with quite so much avidity by those high bred epicures, who are unhappily so much more nice than wise, that they cannot eat any thing dressed by an English Cook, and consider it barbarously unrefined, and intolerably ungenteel, to endure the sight of the best bill of fare that can be contrived, if written in the vulgar tongue of Old England*. Let your sauces each display a decided character; send up your plain sauces (see Oyster, Lobster, &c.) as pure as possible; they should only taste of the material from which they take their name.

The imagination, of most Cooks, is so in-

* Though some of these people seem at last to have found out, that an Englishman's head may be as full of gravy as a Frenchman's, and willing to give the preference to native talent, retain an Englishman or woman as prime minister of their kitchen; still they seem ashamed to confess it, as they commonly insist, as a "sine qua non," that these English domestics should understand the "*parlez vous*;" and notwithstanding they are perfectly initiated in all the minutiæ of culinary concerns, consider them ineligible, if they cannot scribble a bill of fare in *French*.

cessantly on the hunt for a relish, that they seem to think, they can not make sauce sufficiently savoury, without putting into it, every thing, that ever was eaten; and too fond of supposing every addition must be an improvement, frequently destroy the natural flavour of their plain sauces, by overloading them with salt and spices, &c.*: but, remember, these will be deteriorated by any addition, save only just salt enough to awaken the palate. On the contrary, of compound sauces the ingredients should be so nicely proportioned, that no one be predominant; so that, from the equal union of the combined flavours, such a fine mellow mixture is produced, whose very novelty cannot fail of being acceptable to the persevering gourmand, if it has not pretensions to a permanent place at his table. An inge-

* Spices and Herbs are generally very absurdly and injudiciously jumbled together. Why have clove and allspice, or mace and nutmeg in the same sauce, or marjorum, thyme and savory; or onions, leeks, eshallots and garlick: one will very well supply the place of the other, and the frugal cook may save something considerable by attending to this, to the advantage of her employers, and her own time and trouble. In many of our receipts, we have fallen in with the fashion of ordering a mixture of spices, &c. which the above hint will enable the culinary student to correct.

nious Cook will form as endless a variety of these compositions as a musician with his seven* notes, or a painter with his colours; no part of her business offers so fair and frequent an opportunity to display her abilities.

To be a profound Palatician, and complete mistress of the art of cleverly extracting and combining flavours †, besides having the gift of a good taste‡, requires all the experience, all the genius, and all the dexterity and skill of the most accomplished and exquisite professor, and especially, an intimate acquaintance with, and an attentive consideration of the palates of those for whom she is working.

Take especial care to have your sauces sent

* The seven principal articles in Sauces and Soups, are, MUSHROOMS, *see* (No. 439), ONIONS (No. 420), SWEET HERBS, ANCHOVY (No. 453), LEMON JUICE and PEEL, WINE and SPICE.

† If your palate becomes dull by repeatedly tasting, the best way to refresh it, is to wash your mouth well with milk.

‡ There are as many degrees of sensibility of palate, as there are of gradation, of perfection in the Eyes and Ears of Painters and Musicians; and after all the pains the Editor has taken in this elaborate work, without nature has given the organ of taste in a due degree, his book will alas! no more make an APICIUS, than it can a REYNOLDS or an ARNE.

to table as hot as possible. Nothing need be more unsightly, than the surface of a sauce in a frozen state, or garnished with grease on the top; to remove every particle of which, draw a piece of filtering paper over it: the same may be said of all made dishes, of whose paraphernalia the sauce forms a conspicuous part: remember to let your sauces boil up for a moment after you have put in wine, anchovy, or thickening, that their flavours may be well blended with the other ingredients *.

N. B. Although I have been very exact in giving the particular quantity of each ingredient used in the following Sauces, as they are generally made, still the Cook's judgment and discrimination must direct her to lessen or increase any of the articles, according to the taste of those she works for. When you open a bottle of Catsup, Essence of Anchovy, &c. throw away the old cork, and stop it closely with a new taper cork that will fit it very tight;

* Before you put eggs or cream into a sauce, have all your other ingredients well boiled, and your sauce or soup of proper thickness, because neither eggs nor cream will contribute much to thicken it. After you have put them in, do not set the stewpan on the stove again, but hold it over the fire, and shake it round one way till the sauce is ready.

always use the best superfine velvet corks. Economy in corks is very unwise, as in order to save a mere trifle, in the price of the cork, you run the risk of losing the valuable article it is intended to preserve. It is a *vulgar error*, that a bottle must be well stopped, when the cork is forced down even with the mouth of it, this being a sure sign that the cork is too small, it should be re-drawn and a larger one put in.

TO MAKE BOTTLE CEMENT.

Half a pound black rosin, same quantity of red sealing wax, quarter oz. bees wax, melted in an earthen or iron pot; when it froths up, before all is melted and likely to boil over, stir it with a tallow candle, which will settle the froth till all is melted and fit for use. Red wax 10d. per lb. may be bought at Mr. Dew's, Blackmore Street, Clare Market.

N. B. This cement is of very great use in preserving things that you wish to keep a long time, which without its help would soon spoil, from the clumsy manner the bottles are corked.

RUDIMENTS OF COOKERY.

CHAPTER IX.

MADE DISHES.

UNDER this general head we range our receipts for Hashes, Stews, Fricasees, and Ragouts*; of these there are a great multitude, affording the ingenious Cook an inexhaustible store of very rich and pleasing variety: we have very few general observations to make, after what we have already said in the chapter of Gravies, Sauces, Soups, &c., which apply to the present chapter, as they form the principal part of the accompaniment of most of these dishes. *Be careful only to stew your made dishes, &c. till they are just tender,* and not do them to rags. We have given receipts

* Gravy for ragouts, &c., should be thickened till it is of the consistence of good rich Cream. When you have a large dinner to dress, always keep ready mixed some fine sifted flour and water well rubbed together till quite smooth and about as thick as batter.

for the most easy and simple way to make hashes, &c.; for only those who are well skilled in Culinary arts, know how good things may be dressed up in this way, so as to be as agreeable and nutritious as they were the first time they were cooked; *the main business of this book is to increase the comforts of moderate families and moderate fortunes.* I have also given the plainest directions, for preparing the more composite and elaborate made dishes, still keeping constantly in mind, not to make either the Stomach or the Purse suffer for the pleasure of the Palate; endeavouring to hold the balance even, between the agreeable and the wholesome, and the Epicure and the Economist. This is by no means so difficult a task as some gloomy philosophers (uninitiated in Culinary Science,) have tried to make the world believe, by telling us, that every thing that is nice, must be noxious; and every thing that is nasty, must be wholesome. But as honest Will Shakspeare, declares he never found a Philosopher who could endure the tooth-ach patiently: Apicius, protests he has not yet overtaken one who did not love a Feast.

I promise those who do me the honour to put my receipts into practice, they will find that the most nutritious and truly elegant dishes,

are not always the most difficult to dress, the most expensive, or the most indigestible: be it known to all whom it may concern, that in these compositions, knowledge will go farther than expense; and if some of my receipts appear to differ a little, from the rules and orders set down by preceding or co-temporary Cookery-Book-makers, let it be remembered, I have advanced nothing in this work that has not been tried, and frequent experience, has proved correct.

While we are contriving, to give every gratification, in the utmost perfection, to the lover of good eating, we have not put any temptations, in the way of the valetudinarian, that he may not occasionally partake of, not only with impunity, but with advantage: the infirm stomachs* of Invalids, sometimes, require a little indulgence, and like other bad instruments, want oiling, and screwing, and winding up

* The advantage of Repose, during the first half hour, (at least) of the labour of digestion, can only be understood by those who have experienced the comforts of the "Siesta." The Dyspeptic patient, who once tries it, will soon be convinced, "Tristram Shandy" was right enough, when he said that "both Pain and Pleasure, are best supported, in an Horizontal posture."

and adjusting with the utmost care, to keep them in tolerable order; and they will receive the most salutary stimulus, from now and then, making a full meal of a favourite dish. I believe this is not a singular notion of my own, (or a good word for my fellow spit-mates,) though, it may not exactly agree, with the fastidious fancy of *Dr. Sangrado's* disciples, that Starvation and Phlebotomy, are Sovereign Remedies for all Disorders. As abundance, of eating and drinking, is certainly the most frequent cause of the disorders of the Rich, so, privation, is the common source of complaints, among the Poor; and the cause, of the one, the cure of the other: and I hold it lawful, to excite the blunted palate, when enfeebled by age, or indisposition, luxurious living, or intemperance. An healthful impetus may be given to the system by the help of a favourite Soup*

* Good *Mock Turtle*, (see No. 246, or 247*,) will agree with weak stomachs surprisingly well. This excellent soup, is frequently ordered for dyspeptic patients, by the senior physician to one of the largest hospitals in this metropolis: as a man of science and talent, certainly in as high estimation as any of his medical cotemporaries. Ox-tail Soup, (No. 240,) Giblet Soup (No. 244,) and (No. 87,) and (No. 89,) (No. 489,) and (No. 503,) are favourite restoratives with Apicius,

or Ragout, at less expense to the machinery of life than by the use of those Spirituous Stimuli*, that merely fan a feverish fire by inflaming the

" *Experto crede*," the reader will remember " *Baglivi's*" chapter " *de Idolis Medicorum*," wherein, he tells us that " Physicians always prescribe to others, what they like themselves;" " the best answers, to all inquiries, about *the wholesomes*, are the following questions; " do you like it?" " does it agree with you?" " then eat in moderation, and you cannot do very wrong."

* All Wines, naturally possess a proportion of Alcohol (ardent spirit;) but to the foreign wines a quantity is added, to prevent their running into the acetous fermentation during the voyage to this country, and this is proportioned to the quality of the wine. In order, therefore, to ascertain the quantity which the different wines contain on an average, the experiments have been made on wines from different venders. Brandy and rum are sold at different degrees of strength; indeed, some termed *white* brandy and *white* rum, are highly rectified. The brandy and rum employed in the following experiments were obtained from a respectable wine merchant, who was desired to send samples of the articles as generally sold to the public.

A bottle of Port wine, containing twenty-six ounces, which had been in bottle seven years, produced two ounces and seven drachms of alcohol (ardent spirit).

A bottle of Port wine, containing twenty-five ounces and a half, (one year in bottle, and two years in wood,) two ounces and six drachms.

circulation for a few minutes, without, at the same time, contributing any fuel, to feed the lamp of life, which, if its construction be organically defective, or is impaired, by the wear and tear, of time or disease, will sometimes,

A bottle of pale sherry, three years old, containing twenty-five ounces, produced three ounces.

A bottle of Madeira, two years old, containing twenty-five ounces and a half, two ounces and five drachms.

A bottle of Cape Madeira, one year old, containing twenty-five ounces, two ounces and a half.

A bottle of old hock, containing twenty-one ounces, nearly an ounce.

A bottle of brandy, containing twenty-four ounces, ten ounces.

A bottle of rum, containing twenty-four and a half ounces, nine ounces and a half.

A quart of public-house ale (not bottled,) from the brewery of Mr. Wyatt, one ounce.

From a quart of common draught porter, from the brewery of Messrs. Elliot and Co., five and a half drachms.

From the foregoing results, it appears that four bottles either of port, sherry, or Madeira, contain more ardent spirit than a bottle of brandy.

Three bottles of sherry are nearly equal to one bottle of rum.

That ten bottles of hock, or ten quarts of ale, or about fourteen and a half quarts of porter, are equal to a bottle of brandy.—From Dr. REECE's *Gazette of Health.*

not burn brightly, unless it is supplied with the best oil, and trimmed, in the most skilful manner. Most of those who have written on what are most non-naturally, termed the non-naturals, have merely, laid before the public, a register, of the peculiarities of their own Palate, and the idiosyncrasies of their own Constitution. Some omnivorous Cormorants have such a craving appetite, they are raving with hunger, as soon as they open their Eyes, and bolt down half a dozen Eggs, almost before they are awake; others, are so perfectly restored by that " chief nourisher in life's feast" sound sleep; that they do not think about eating, till they have been up, and actively employed for several hours: if the latter attempts to follow the example of the former, instead, of feeling invigorated, his Stomach will be as oppressed, as a Porter is with a load he is not strong enough to carry, and under the idea of swallowing, what he hears called, strengthening nourishing things, will very soon make himself ready for the undertaker. Some, are continually inviting an indigestion, by eating Water-cresses and other undressed Vegetables " to sweeten their blood," or Oysters " to enrich it," others, fancy their dinner will not digest, without they close the orifice of their Stomach,

with a certain portion of Cheese; a third never eats Goose, without remembering that Brandy or Kyan is the Latin for it. Others make it a rule to eat nothing between breakfast and dinner, an interval, which (should not exceed five or six,) but fashion has protracted, to eight or nine hours, a much longer fast, (" a windy recreation," as friar John calls it,) than the most perfect elasticity of robust Health can endure, without straining the adjustment of the System, and creating such an over-excited, and ravenous appetite, that the Stomach, does not feel, it has had enough, till it finds, it has had too much. *None, but the most obstinately ignorant visionary, would dream, of laying down rules for governing the caprice and whims of the infirm Stomachs of Crazy Invalids.* Here, all the codes of Dietetics fail, and the suggestions of Reason, are commonly, in direct opposition, to the desires of Appetite. In all matters of importance, regarding the adjustment, of this most supreme Organ of existence, honest instinct, comes a volunteer, and nine times out of ten, makes out a fair title, to be called " unerring*."

* " As to the quality of food, though whatever is easy of digestion, singly considered, deserves the preference; yet, regard must be had to the palate and

" Instinct, than Reason, makes more wholesome meals."

See Dr. YOUNG's *Night Thoughts*, Night 6th, the Complaint, line 738. A little respect to the suggestions of Instinct, every Invalid,

appetite, because it is frequently found, that what the stomach earnestly covets, though of difficult digestion, does nevertheless digest better, than what is esteemed of easier digestion if the stomach nauseates it: I am of opinion the patient ought to eat only of one dish at a meal."—Vide SYDENHAM's *Treatise on Gout*.

" Be content with one dish at a meal, and in the choice of that consult your palate."—Vide MANDEVILLE *on Hypochondriasis*, page 316. For want of submission to this salutary rule of Temperance, as many men dig their graves with their *Teeth*, as with the *Tankard*.

" My appetite is in several things of itself happily enough accommodated to the health of my stomach: whatever I take against my liking does me harm; but nothing hurts me that I eat with appetite and delight."—Vide honest MONTAIGNE's *Essay on Experience*, book iii. chap. 13.

" The taste, considered superficially, would seem to be a sensation peculiar to the mouth, and distinct from that of hunger or thirst. But if we trace its origin, we shall be convinced that this organ, which in the mouth makes us sensible of the fitness and delicacy of meats and drinks, is the self same principle, that in the mouth, gullet, and stomach, is craving for food, and incites us to a longing after it. These three parts, properly speaking, are but one continued organ, and have but one and the same object. If the mouth cre-

will find of infinite advantage: those, who are poor in health, must live as they can: certainly, the less stimuli, any of us use, the

ates in us an aversion to any particular food, does not the gullet recoil at the approach of it? and does not the stomach immediately discharge its disagreeable contents? Hunger, thirst, and taste, are therefore three effects of the same organ. Hunger and thirst are the motions of the organ desirous of its object. The taste is the motion of the organ, in the enjoyment of this object. This unity of the organ, in regard of hunger, thirst, and taste, is the cause of these three effects being almost always in the same proportion in the same persons. The more violent the appetite for food is, the greater is the enjoyment in eating; and the more the taste is gratified, the more easily the organs defray the expense of this gratification, by digestion. This rule is general, in regard of all the sensations and all the passions. Genuine desire constitutes the proportion of the pleasure, and of the power without this mutual consent, founded on the sympathy of these organs, our sensations would destroy that being, for whose benefit they are established. It is very natural that the mouth, which first receives the aliment, and of course becomes the taster, as it were, in respect of the gullet and stomach, should be endued with a discerning property beyond them; as it is the part of a good clerk of the kitchen to distinguish himself by an elegant choice of provisions, to prevent his incurring the displeasure of his employers."—Vide the ingenious LE CAT'S *Essay on the Senses.*

better; and those combinations, which excite the circulation, at the least expense of nervous and muscular irritation, and afford the greatest portion of nourishment, must be most friendly to the stomach, when it demands restorative diet.

If strong spices and savoury herbs awaken the appetite, they in an increased ratio accelerate the action of the bowels, prematurely hurrying the food through the alimentary canal, too rapidly to allow the absorbents to do their work properly. We advise those whose stomachs stand in need of such artificial stimulants, if they value either intensive or extensive life, rather to abstain from dishes requiring a vigorous stomach, than to resort to such pernicious means of forcing the action, of a feeble one: moreover, by the too frequent or immoderate use of *piquante* sauces, &c., the papillary nerves of the palate become so blunted, that in a little time they lose all sensibility and relish for plain nourishing food, and the sensualist is punished with all the sufferings of incessant and incurable indigestion, perturbed sleep, and the horrors of the night mare, &c. &c.: however, enough has been written a thousand times over, by a thousand cautionists, to convince any rational creature, of the advan-

tages resulting to both body and mind from a simple and frugal fare: the great secret of health and longevity, is to keep up the sensibility of the stomach.

It is highly gratifying to me, to find my sentiments so frequently in unison with those of the ingenious editor of the "*Almanach des Gourmands*," indisputably, the best written book on the *savoir vivre*, and which I did not meet with till my own work was nearly ready to go to press. In the 5th volume, page 195, speaking of the immoderate use of spices, &c. he says: "The stomach, the bowels, the liver, and the other viscera, soon become affected with many unmanageable maladies, against which all the skill of Esculapius will avail nothing. Seek appetite, then, from Air, Exercise*, and abstinence, rather than from the excessive use of exotic stimulants, especially the inflammatory spices, which are burning as the sun which produces them; and however medicinal or alimentary they may be to the inhabitants of the tropics, when employed by us with the same excess, are absolute poisons.

* Dine half an hour later than usual, and give time for the digestive juices to assemble in full force.

TABLE OF WEIGHTS AND MEASURES.

To reduce our culinary operations, to as exact a certainty, as the nature of the processes would admit of; we have, wherever it was needful, given the quantities of each article. THE WEIGHTS, are avoirdupois. THE MEASURE, — the liquid graduated glass of the apothecaries; this appeared the most accurate and convenient; the pint being divided into sixteen ounces, the ounce into eight drachms. A middling size teaspoon will contain about a drachm; four such teaspoons are equal to a middling size tablespoon, or half an ounce; four tablespoons to a common sized wineglass. The specific gravities, of the various substances, being so extremely different, we cannot offer any auxiliary standards * for the weights, which we earnestly recommend the cook to employ, if she wishes to gain credit for accuracy (and refer her to our remarks on *Palatics*, and the education of a Cook's Tongue in the l. page of the preface) and uniformity in her business: these she will find it necessary to have as small as the quarter of

* A large tablespoonful of flour weighs about half an ounce.

a drachm avoirdupois, which is equal to nearly seven grains troy weight.

Glass measures, (divided into tea and table spoons,) containing from half an ounce to half a pint, may be had at HANCOCK's Glass Warehouse, Charing Cross; and at PRICE's, near Exeter Change, Strand; where also may be had, double-headed pepper and spice boxes, with caps over the gratings. The superiority of these, by preserving the contents from the action of the air, must be sufficiently obvious to every one: the fine aromatic flavour of pepper is soon lost, from the bottles it is usually kept in not being well stopped. Peppers are seldom ground or pounded sufficiently fine.

N. B. The TROUGH NUTMEG GRATERS, made by Brooks, Ironmonger in Piccadilly, (near Bond Street,) are by far the best we have seen, especially for those who want to grate a great deal in a little time.

CONTENTS.

N. B. *The Housekeeper and Cook are requested to read the* PREFACE *to this Work, and the* RUDIMENTS OF COOKERY.

BOILING.	NO.
Loss of weight by boiling, and other modes of cookery.	
Leg of MUTTON	1
Neck of Mutton	2
To Boil LAMB	3
To Boil VEAL	4
Beef Bouillie	5
To salt Beef and Pork	6
Boil a Round of salted BEEF	7
H-Bone of Beef	8
Ribs of Beef salted and rolled	9
To Boil a Calf's Head	10
Pickled Pork	11
Pigs' Pettitoes	12
Bacon	13
Ham	14
Tongue	15
Fowls	16
Rabbits	17
Tripe	18

ROASTING.	NO.
Sirloin of Beef	19
Ribs of Beef	20
Ribs of Beef boned and rolled	21
Rump of Beef	22
Observations on Roasting MUTTON	23
DEAN SWIFT's Receipt.	
A Leg	24
A Chine	25
A Saddle	26
A Shoulder	27
A Loin	28
A Neck	29
A Breast	30
A Haunch	31
Mutton, Venison fashion	32
Observations on Roasting VEAL	33
Fillet of Veal	34
A Loin	35
A Shoulder	36
Neck, best end	37

	NO.
Breast	38
Veal Sweetbread	39
Observations on Roasting Lamb	40
Hind Quarter	41
Fore Quarter	42
Leg	43
Shoulder	44
Ribs	45
Loin	46
Neck	47
Breast	48
Observations on Roasting Pork	49
A Leg	50
Leg of Pork roasted without the Skin, or Mock Goose	51
The Griskin	52
Bacon, Sparerib	53
Loin	54
A Chine	55
Roast Pig	56
Turkey	57
Capons or Fowls	58
Goose	59
Green Goose	60
Duck	61
Observations on dressing Game	62
Recipe for Sauce to Wild Fowls	
Haunch of Venison	63
Neck and Shoulder of Venison	64
Fawn	65
Hare	66
Mock Hare	*67
Rabbit	67
Pheasant	68
Mock Pheasant	69
Guinea Fowl	*69
Partridges	70
Black Cock	71
Moor Game	72
Grouse	73
Wild Ducks	74
Widgeons and Teal	75
Woodcock	76
Snipes	77
Roast Pigeons	78
Pigeons on a poor man's spit	79
Larks, and other small birds	80
Wheat Ears	81
Lobster	82
FRYING.	
To clarify Drippings	83
To melt Suet	84
Rump Steaks	85
Beef Steaks and Onions	86
Sausages	87
Sweetbreads full dressed	88
Sweetbreads plain	89
Veal Cutlets	90
Veal Cutlets full dressed	91
Lamb, or Mutton Chops	92
Pork Chops	93
BROILING.	
Beef Steaks	94
Kidneys	95
The Inside of a Sirloin of Beef	96
Fowl or Chicken	97
Pigeons	98

VEGETABLES.	NO.
Potatoes	102
Potatoes boiled and broiled	103
Potatoes fried in slices	104
Potatoes fried whole	105
Potatoes mashed	106
Potatoes mashed with Onions	107
Escalloped Potatoes	108
Roast Potatoes	109
Roast Potatoes under Meat	110
Potatoe Balls	111
Savoury Potatoe Balls	112
Casserole of Potatoes	113
Potatoe Snow	114
The Gipsies' Potatoe Pye	115
New Potatoes	116
Jerusalem Artichokes	117
Cabbage	118
Boiled Cabbage fried	119
Savoys	120
Sprouts	121
Spinach	122
Asparagus	123
Sea Kail	124
Cauliflower	125
Brocoli	126
Red Beet Roots	127
Parsnips	128
Carrots	129
Turnips	130
Mashed Turnips	131
Turnip-tops	132
French Beans	133
Green Peas	134
Cucumber stewed	135
Artichokes	136
Stew Onions	137
Roast Onions	138

FISH.	NO.
To Boil Turbot	140
Dutch method of Boiling Turbot	141
To Fry Turbot	142
To dress Brill	143
To Boil Soles	144
To Fry Soles	145
To Stew Soles	146
Fillets of Soles fried	147
Fillets of Soles, White	148
Cod Boiled	149
Salt Fish Boiled	150
Slices of Cod Boiled	151
Codlings Broiled	152
Whitings Fried	153
Skate Fried	154
Plaice or Flounders Fried	155
Water Souchy	156
Haddocks Boiled	157
Carp Stewed	158
Perch Fried	159
Perch Boiled	160
Salmon Pickled	161
Salmon Boiled	162
Salmon Broiled	163
Eels Stewed, Wiggy's way	164
Eels Fried	165
Eels Spitchcocked	166
Mackarel Boiled	167
Mackarel Soused	168
Mackarel Broiled	169
Mackarel Baked	170
Mackarel Pickled	171
Sprats Broiled	*170
Herrings Broiled	*171
Herrings Soused	172
Smelts Fried	173

	NO.
Shrimps Pickled, the American way	174
Shrimps Potted	175
Lobster Boiled	176
Crab	177
Lobster Potted	178
Lobster Cake	179
Lobster Pudding	180
Oysters	181
Oysters Scalloped	182
Oysters Stewed	*182
Mr. Wm. Tucker's Observations on Fish.	

BROTHS, GRAVIES, AND SOUPS.

N. B. *Before you attempt to make any of the following Soups, pray read the 7th Chapter of the* Rudiments of Cookery.

Beef Broth	185
Beef Gravy	186
Beef Broth for Glaze	252
Strong Beef Gravy	188
Beef Cullis	189
Family Soup	190
Veal Broth	191
Veal Gravy	192
Knuckle of Veal Soup	193
Mutton Broth	194
Mock Mutton Broth	195
Queen's morning Broth	196
Hodge Podge	197
Ox-heel Jelly	198
Jelly Broth of fragments	199
Clear Gravy Broth	200
Shin of Beef Soup	201
Harrico Mutton Soup	202
Mutton Broth with Cutlets	203
Scotch Barley Broth	204
Scotch Leek Soup	205
Rice Soup	206
Turnip Soup, White	208
Turnip Soup, Brown	209
Game Soup	210
Carrot Soup	212
Parsnip Soup	213
Celery Soup	214
Green Pease Soup	216
Green Pease Soup without Meat	217
Pease Soup	218
Pease Soup without Meat	219
Pease Soup with Pickled Pork	220
Plain Pease Soup	221
Asparagus Soup	222
Water Soup	223
Maigre Gravy Soup	224
Fish Soup	225
Onion Soup Maigre	226
Brown Soup Maigre	227
Soon made Savoury Soup	229
Dripping Soup	230
Vermicelli Soup	231
Vermicelli Soup, White	232
Maccaroni Soup	233
Maccaroni Soup, the new way	234
Cray Fish Soup	235
Prawn, or Shrimp Soup	236
Lobster Soup	237
Soup and Bouilli	238
Ox Cheek Soup	239
Ox Tail Soup	240
Ox Heel Soup	*240

	NO.
Hare Soup	241
Partridge Soup	242
Soup without Water	243
Giblet Soup	244
Mock Mock Turtle	245
Mock Turtle	246
Mock Turtle	247
English Turtle Soup	248
Malaga Tawny Soup	249
Turtle Soup	250
Turtle Fins.	
Mock Turtle Soup	251
Portable Soup	252
To Clarify Broth, &c. *	252

SAUCES AND GRAVIES.

N. B. *Before you make any of the following Sauces, please to read the 8th Chapter of the* RUDIMENTS OF COOKERY.

Observations on Melted Butter	254
ZEST	255
Melted Butter	256
Thickening	257
Savoury Thickening	258
Clarified Butter	259
Burnt Butter	260
Oiled Butter	*260
Parsley and Butter	261
Mock Parsley Sauce	262
Gooseberry Sauce	263
Chervil and Butter	264
Fennel and Butter, for Mackarel, &c.	265
Mackarel Roe Sauce	266
Egg Sauce	267
Pudding Sauce	268
Plumb Pudding Sauce	269
Anchovy Sauce	270
Anchovy Sauce for Roast Meat	271
Garlick Sauce	272
Lemon Sauce	273
Cucumber Sauce	135
Caper Sauce	274
Mock Caper Sauce	275
Dutch Sour Sauce for Fish	276
Cream Sauce, for Fish	277
Oyster Sauce	278
Pickled Oyster Sauce	279
Bottled Oyster Sauce	280
Cockle Sauce	281
Muscle Sauce	282
Shrimp Sauce	283
Lobster Sauce	284
Sauce for Lobster, &c.	285
Crab Sauce	286
Liver and Parsley Sauce	287
Lemon and Liver Sauce	288
Celery Sauce, White	289
Celery Sauce, Brown	290
Sorrel Sauce	291
Tomata, or Love Apple Sauce	292
Mock Tomata Sauce	293
Shallot Sauce	294
Shallot Sauce, for Boiled Mutton	295
Young Onion Sauce	296
Onion Sauce	297
Onion Sauce	298
Fried Onion Sauce	299
Sage and Onion Sauce	300
Portugal Onion Sauce	301
Carrier Sauce	302
Mint Sauce	303
Apple Sauce	304

	NO.
Mushroom Sauce	305
Mushroom Sauce, Brown.....	306
Italian Sauce with Mushrooms.....	307
Italian Ramolade	308
Italian Ramolade, hot	309
Poor Man's Sauce....	310
Garlick Gravy	311
Mr. M. KELLY's Sauce for Boiled Calf's Head, or Cow-heel.	
Mr. KELLY's Sauce Piquante.	
Tarragon Sauce.....	314
Herb Sauce Piquante	315
Truffle Sauce.....	316
Fried Parsley.....	317
Crisp Parsley.....	318
Fried Bread Sippets..	319
Fried Bread Crumbs.	320
Bread Sauce	321
Rice Sauce	*321
Plain Browning.....	322
Greening.....	323
Red.....	324
Yellow	325
Gravy, for Roast Meat	326
Gravy, for Boiled Meat	327
Wow Wow Sauce, for Bouilli Beef	328
To make Gravy.	
Beef Gravy Sauce....	329
Ragout Sauce, or strong Beef Gravy with Mushrooms ..	330
Onion Gravy.....	331
Maigre Gravy	332
Fish Gravy.....	333
Gravy Sauce for Poultry without Meat ..	334
Mock Gravy Sauce ..	335
Soup-Herb, and soon made Savoury Sauce	336
Gravy Sauce for Game	337
Orange Gravy Sauce, for Wild Ducks....	338
Woodcock Sauce	339
Snipe Sauce	340
Bonne Bouche, for Goose or Duck....	341
Savoury Sauce, for Roast Pork or Geese, &c.	342
Turtle Sauce	343
Essence of Turtle ..	*343
Wine Sauce, for Venison.....	344
Vinegar Sauce, for Venison	345
Sweet Sauce, for Venison.....	346
Mutton Gravy, for Venison	347
Curry Sauce.....	348
Soup-Herb and Savoury Powder, or Double Relish Sauce	349
Ham Sauce, for Poultry.....	350
Essence of Ham	351
Ham Sauce.....	252
Minced Ham Sauce, for Eggs or Pease	353
Sauce for Veal Cutlets	354
Grill Sauce.....	355
Sauce for Rump Steaks or Mutton Chops ..	356
Savoury Jelly for Cold Meat, &c.	357
Russian Sauce for Cold Meat	358

	NO.
Sauce for Cold Meat, Poultry, &c.	359
Sauce for Hashes of Mutton or Beef	360
Sauce for Hashed or Minced Veal	361
White Gravy Sauce	362
To make Marinade	363
Béchamel Sauce	364
Poivrade Sauce	365
Poivrade Sauce, cold	366
Sauce Tournée	367
Sauce Velouté	368
Mustard in a minute	369
Mustard, to make	370
Salt	371
Salad Sauce	372
Forcemeat Stuffings	373
Veal Stuffing	374
Veal Forcemeat	375
Stuffing for Roast Turkey, or Capon, or Fowl	376
Stuffing for Boiled Turkey	377
Goose or Duck Stuffing	378
Stuffing for Hare	379
Forcemeat Balls for Turtle, Mock Turtle, or Made Dishes	380
Egg Balls	381
Curry Balls	382
Soup-Herb Powder Balls	383
Savoury Powder Balls	384
Soup-Herb and Savoury Powder Balls	385
Zest Balls	286
Orange or Lemon-Peel to mix with Stuffing	387
Mock Cream	388
Raspberry Vinegar	389
Raspberry Vinegar, another way	390
Syrup of Lemons	391
Orange Syrup, for Puddings	392
Syrup of Orange or Lemon Peel	393
Syrup of Nutmegs	394
Syrup of Vinegar	395
Tarragon Vinegar	396
Basil Vinegar	397
Mint Vinegar	398
Essence of Vinegar	399
Garlick Vinegar	400
Eshallot Vinegar	401
Eshallot Wine	402
Camp Vinegar	403
Brochard Sauce, for Cold Meat	404
Chilli Vinegar	*405
Chilli Wine	**405
Essence of Cayenne	405
Prepared Lemon Juice	406
Essence of Lemon-Peel	407
Quint-Essence of Lemon Peel	408
Spirit of Celery	409
Preserved Juice of Fruits without Sugar	410
Essence of Ginger	411
Essence of Allspice	412
Tincture of Allspice	413
Essence of Clove and Mace	414
Tincture of Clove	415
Essence of Cinnamon	416
Essence of Marjoram	417

	NO.
Alum Finings, for clarifying Spiritous and Oleose Cordials, Compounds, &c.	418
Spirit of Sweet Herbs, for Broths, &c.	419
Soup-Herb Spirit	420
Spirit of Savoury Spice	421
Soup-Herb and Savoury Spice Spirit	422
Relish for Chops, &c.	423
Quin's Sauce	424
Fish Sauce	425
Fish Sauce	426
Keeping Mustard	427
Sour Crout	428
Sauce Superlative	429
Mock Anchovies	430
Essence of Mock Anchovies	431
Mock Essence of Anchovies	432
Essence of Anchovy	433
Anchovy Paste	434
Anchovy Powder	435
Soy	436
Essence of Walnuts	437
Walnut Catsup	438
Mushroom Catsup	439
Quintessence of Mushrooms	440
Quintessence of Oysters	441
Cockle and Muscle Catsup	442
Tomata Catsup	443
White Catsup	444
Cucumber Catsup	445
Pudding Catsup	446
Potatoe Mucilage	448
Mrs. Raffald's Browning	449
Mrs. Raffald's Lemon Pickle	450
Hash Sauce	451
Piquante Vinegar, or Sauce for Salads or Cold Meat	452
Salad Mixture	453
Curry Powder	454
Cheap Curry Powder	455
Italian Tamara	456
Savoury Ragout Powder	457
Pea Powder	458
Soup-Herb Powder, or Vegetable Relish	459
Soup-Herb and Savoury Powder, or Quintessence of Ragout	460
To preserve Sweet and Savoury Herbs	461
Pickles	462
The MAGAZINE OF TASTE	463
Toast and Water	*463
Cool Tankard, or Beer Cup	464
Cider Cup	465
Flip	466
Tewahdiddle	467
To bottle Beer	468
Rich Raspberry Wine or Brandy	469
Punch	470
Fine Red Ratifia	471
Cherry Brandy	472
Raspberry Brandy	473
Curacoa	474
Clarified Syrup	475

	NO.
Capillaire	476
Lemonade in a minute	477
Punch directly	478
Powder for Punch or Lemonade	*478
Shrub	479
Mock Arrack	480
Spiritous Syrup of Tea	481
Sodaic Powders	*481

MADE DISHES.

N. B. *See 9th Chapter of the* RUDIMENTS OF COOKERY.

Hash Mutton	484
To warm up Hashes	485
Hash Beef, the Gipsies' way	486
Cold Meat Broiled, with Poached Eggs	487
Irish Stew	488
Harrico Mutton, or Lamb	489
Ditto, the Gipsies' way	*489
Stewed Mutton Chops	490
Shoulder of Lamb Grilled	491
Lamb's Fry	492
Shin of Beef stewed	493
Brisket of Beef Stewed	494
Harricot of Beef	495
Hunter's Beef	496
Ragout of Beef	497
Rib of Beef Stewed	498
Cold Beef garnished with Jelly	499
Stewed Rump Steak	500
Rump Steak, with Onion Gravy	501
Alamode Beef, or English Turtle	502
To Pot Beef	503
Beef Cakes	504
Bubble and Squeak, or Fried Beef and Cabbage	505
Hash Beef and Roast Beef Bones Broiled	506
Ox Cheek Stewed	507
Ox Tails Stewed	508
Potted Ham	509
Marbled Veal	510
Minced Veal	511
To make an excellent hot dish of cold Veal	512
Veal Sweetbread Fricasée, white	513
Veal Sweetbread Fricasée, brown	514
Breast of Veal Stewed	515
Stewed Veal and Bacon	516
Breast of Veal Ragout	517
Veal Olives	518
Cold Calf's-head hashed	519
Calf's-head Hashed, or Ragout	520
Veal Cutlets Broiled	521
Knuckle of Veal, to Ragout	522
Knuckle of Veal Stewed with Rice	523
Mr. Gay's Receipt to Stew a Knuckle of Veal	524
Slices of Ham or Bacon	526
Relishing Rashers of Bacon	527
Hashed Venison	528

	NO.
Hashed Hare	529
Jugged Hare	*529
Hashed Ducks or Geese	530
Stewed Giblets	531
Hashed Woodcock	532
Hashed Turkey, Fowl, or Chicken	533
Pulled Turkey, Fowl, or Chicken	534
To dress Cold Fowl, Duck, Pigeon, or Rabbit	535
Fricasée of Chickens, with Mushroom	536
Fricasée of Chicken in a minute	537
Devil	538
MISCELLANEOUS.	
Toast and Cheese	539
Toasted Cheese, No. 2.	540
Buttered Toast and Cheese	541
Potted Cheese	542
Ramaquin	543
Marrow Bones	544
Eggs fried with Bacon	545
To Poach Eggs	546
To Boil Eggs in the Shell	547
Eggs Poached with Sauce of Minced Ham	548
Fried Eggs and Minced Bacon	549
Egg Tea	550
Suet Pudding, Wiggy's way	551
Yorkshire Pudding under Roast Meat, the Gipsies' way	552
Apicius's Plumb Pudding	554
Pease Pudding	555
Cumberland Pudding	556
Maccaroni Pudding	557
Rice Pudding	558
Ground Rice Pudding	559
Custard Pudding	560
Orange Pudding	561
White Wine Whey	562
Beef Tea	563
A fine strengthening Mutton Broth	564
Barley Water	565
TOOTHACH AND ANTI-RHEUMATIC EMBROCATION	567
PERISTALTIC PERSUADERS	568
STOMACHIC TINCTURE	569
PAREGORIC ELIXIR	570
Dr. CULLEN's Receipt to make Water Gruel	571
Water Gruel immediately	572
Anchovy Toast	573
Devilled Biscuit	574
To warm Water without Fire	575

THE

COOK'S ORACLE.

BOILING.

Leg of Mutton.—(No. 1.)

Cut off the shank bone and trim the knuckle of a leg of mutton, and put it into lukewarm water for an hour; wash it clean, put it on in plenty of cold water; let it boil gently; and skim it carefully. A leg of nine pounds will take three hours very gentle boiling.

Neck of Mutton.—(No. 2.)

Put four or five pounds of the best end of the neck, into a gallon and a half of water, and let it simmer slowly for two hours; it will eat most deliciously tender: it will look most delicate if you do not take off the skin till it has been boiled. Send up for sauce, that elegant and innocent relish, parsley and butter, (No. 261)

or Eshallot or caper sauce (No. 274), and turnips (No. 130), or spinage (No. 121), are expected to accompany boiled mutton.

To Boil Lamb.—(No. 3.)

A leg of lamb of five pounds should simmer very gently for about two hours. After the general rules for BOILING, we have nothing to add, only to send up with it, spinage, brocoli, cauliflower, &c., and for sauce (No. 261.)

To Boil Veal.—(No. 4.)

As this is always expected to come to table looking very delicately clean, &c., you must be careful to have clean water and a clean vessel, and constantly catch the scum, and attend to the directions before given in the preliminary observations. Send up bacon (No. 13) and greens, and parsley and butter (No. 261) with it.

Beef Bouillie.—(No. 5.)

In plain English, is understood to mean Boiled Beef; but its culinary acceptation, in the French kitchen, is fresh beef dressed without boiling, but kept gently simmering over a slow fire. English Cooks, seem to have no notion, that *good Soup, can be made without destroying a great deal of Meat:* however, by a

judicious regulation of the fire, and a vigilant attendance on the Soup kettle, this may be accomplished without much difficulty, and you shall have a tureen of such soup as the finest palate will be pleased with, and yet the meat make its appearance at table possessing its full portion of nutritious succulence. This requires nothing more, than to boil or rather *stew the meat slowly, instead of fast, and to take it up when it is done enough.* Meat cooked in this manner, affords more than double the nourishment it does dressed in the common way, is easy of digestion in proportion as it is tender, and an invigorating diet, especially valuable to the poor, whose laborious employments require support. If they could get good eating put within their reach, they would often go to the butcher's shop, when they now run to the public house. Our neighbours the French are so justly famous for their skill in the affairs of the kitchen, that, the adage says, "as many Frenchmen as many Cooks;" surrounded as they are by a profusion of the most delicious Wines and most seducing Liqueurs, offering every temptation and facility to render drunkenness delightful, yet a tippling Frenchman is a "rara avis:" for they know how so easily and completely to keep life in repair by good eating,

that they require little or no adjustment from drinking. This accounts for that "toujours gai," and happy equilibrium of spirits, which they enjoy with more regularity than any people: the elasticity of their stomachs, unimpaired by spirituous liquors, embrace and digest vigorously the food they sagaciously prepare for it, which they render easily assimilable by cooking it sufficiently—wisely contriving to get half the work of the stomach, done by fire and water.

See Receipt for Soup and Bouillie, (No. 238.)

To salt Beef and Pork.—(No. 6.)

Before you salt meat, remember to take out the kernels: there is always one in the udder of a round of beef, another in the fat in the middle of the round, and several about the thick end of the flank, and another in the mouse buttock; and if they are not taken out, all the salt in the world will not keep the meat.

The Art of Salting Meat, is to rub in the salt thoroughly and evenly into every part, and to fill all the holes full of salt where the kernels were taken out, and where the butcher's skewers were. A round of beef of 40 pounds will take a pound and a half of salt to be

rubbed in all at first, and requires to be turned and rubbed every day with the brine: it will be ready for dressing in eight or ten days *, if you do not wish it very salt. In summer, salt your meat as soon as it comes in, and take care to defend it from the flies. In winter, it will eat the shorter and tenderer if kept three or four days before it is salted; and in frosty weather, warm the salt in a frying pan, and rub it on the meat while it is hot. If you wish it to look red, rub it with Saltpetre, in the proportion of an ounce to a pound of common salt, see SAVOURY SALT BEEF (No. 496.)

An H-bone will require about half a pound of salt to be well rubbed into it; and it will be ready in four or five days, if turned and rubbed every day. The time meat requires salting, depends upon the weight of it, and how much salt is used, which if rubbed in with a heavy hand, will be ready much sooner than if only lightly rubbed.

Pork requires a longer time to cure it (in proportion to its weight) than beef, and a leg of pork should be in salt eight or ten days.

Salted meat should always be well washed

* If not to be cut till cold, two days longer salting will not only improve its flavour, but the meat will keep better.

before it is boiled, especially if it has been in salt long, that the liquor in which the meat is boiled, may not be too salt to make soup of. If your meat has been in salt a long time, and you think it will be too salt, lay it in water the night before you intend to dress it.

To Boil a Round of salted Beef.—(No. 7.)

As this is generally too large for a moderate family, so we shall write directions for the dressing half a round; *get the tongue side.*

Skewer it up as tight and as round as possible, and tie a fillet of broad tape round it, to keep the skewers in their places. Put it into plenty of cold water, and carefully catch the scum as it rises; let it boil till all the scum is removed, and then put the boiler on one side of the fire, to keep simmering till it is done. Half a round of 15lbs. will take nearly three hours very gentle boiling; if it weighs more, give it more time. When you take it up, wash it well with a paste brush, and garnish the dish with carrots: send up carrots *, turnips, and parsnips, or greens, on separate dishes. Pease pudding is very good with it, see (No. 555.)

* Dress plenty; as cold carrots (if well boiled) are a very laudable accompaniment to cold beef.

H-Bone of Beef—(No. 8.)

Is to be managed in exactly the same manner as the round, but will be sooner boiled, as it is not so solid: an H-bone of 20lbs. will be enough in about three hours and a half, and H-bones of 10lbs. in two hours. Be sure the boiler is big enough to allow it plenty of water-room; for the more water it is boiled in, and the slower it boils the better it will look, and the tenderer it will eat. The same accompanying vegetables, as in the preceding Receipt. Dress plenty of carrots, as cold carrots, are a general favourite with cold beef.

Obs.—In "Mrs. Mason's Ladies' Assistant" this joint is called *haunch-bone;* in "Henderson's Cookery," *edge-bone;* in "Domestic Management," *aitch-bone;* in "Reynolds' Cookery," *ische-bone.* We have also seen it spelt *ach*-bone, *each*-bone, and *ridge*-bone.

Ribs of Beef salted and rolled.—(No. 9.)

Briskets, and the various other pieces, are dressed in the same way. Wow Wow sauce (No. 328) is an agreeable companion to them.

To Boil half a Calf's Head.—(No. 10.)

Cut it in two, take out the brains; then wash the head well in several waters, and let

it lie in soak in warm water for an hour before you dress it. Tie the brains up in a cloth with half a dozen large leaves of sage, and put them with the head into a kettle with plenty of cold water: when it is coming to a boil, and the scum rises, carefully remove it: the meat at the neck-end becoming tender, shows that it is done enough. Half a calf's-head, without the skin on, will take from an hour and a quarter to two hours, according to its size; with the skin on, about an hour longer. Chop the brains (not very finely) with the sage-leaves that were boiled with them, and send them to table on a separate dish, with the tongue (peeled, and cut down the middle,) laid on each side of them; or, chop the brains with a shallot, a little parsley, and four hard boiled eggs, and put them into a quarter of a pint of Bechamel, or White Sauce, see (No. 364.) This dish is usually attended by bacon, see (No. 13,) or pickled pork, and greens, brocoli, cauliflowers, or peas, and always by parsley and butter, see (No. 261,) see also (No. 311,) and (No. 344.)

If you like it full dressed, score it superficially, and then beat up the yolk of an egg, and rub it over the head with a feather; powder it with a seasoning of dried and powdered lemon-thyme, parsley, pepper, and salt, and

bread crumbs, and give it a brown with a salamander, or in a tin Dutch oven: when it begins to dry, sprinkle a little melted butter over it with a paste brush. You may garnish the dish with broiled rashers of bacon, (No. 526, or 527.)

Obs.—Calf's head is one of the most delicate and favourite dishes in the list of boiled meats; but nothing is more insipid when cold: and again, nothing makes so nice a hash: therefore, always save a quart of the liquor your head was boiled in, to make sauce, &c. for THE HASH, see also (No. 520.) Cut it into slices about a quarter of an inch thick, and some slices of the bacon that was dressed to eat with the head, flour them, and lay them ready on a plate. Take the bones of the head and the trimmings, a bundle of sweet herbs, a large onion, and a blade of bruised mace: put these into a saucepan with the quart of liquor you have saved, and let it stew for an hour, then put half an ounce of butter into another stewpan: when it is melted, add a tablespoonful of flour to it, stir it well together, and mix with it by degrees the gravy you have made with the bones and trimmings, straining it through a hair sieve: season it with a glass of white wine, and a table-spoonful of catsup,

or sauce superlative, (No. 429;) give it a boil up, skim it, and then put in the calf's head and bacon to warm, *(it must not boil after,)* and it is ready.

N. B. You may garnish the edges of the dish with slices of bacon toasted in a Dutch oven, see (Nos. 526 and 527,) and slices of lemon.

Pickled Pork—(No. 11.)

Requires more time than any meat. When you cook a leg, which, when well dressed, is a favourite dish with almost every body, take care it does not boil fast; if it does, the knuckle will break to pieces, before the thick part of the meat is warm through: a LEG of seven pounds will take nearly three hours very slow boiling.—To make PEASE SOUP, EXTEMPORE, see (Nos. 218, and 555.)

If not done enough, nothing is more disagreeable: if boiled too long, it not only loses its colour and flavour, but its substance becomes soft like a jelly. It must never appear at table without a good large pease pudding, see (No. 555,) and if you please, parsnips, (No. 128,) or carrots, (No. 129,) turnips and greens, or mashed potatoes, &c. (No. 106.)

Obs. Remember not to forget your mustard pot, (No. 369, and No. 370.)

Pig's Pettitoes.—(No. 12.)

Put a thin slice of bacon at the bottom of a stewpan, with some broth, a blade of mace, a bay-leaf, a few peppercorns, and a bit of thyme: boil the feet till they are quite tender: this will take full twenty minutes: but the heart, liver, and lights, will be done enough in ten; when they are to be taken out, and minced fine.

Put them into a stewpan with some gravy, and thicken it with a little butter rolled in flour, season it with a little pepper and salt, set it over a gentle fire; let them simmer for five minutes, shaking them about very often.

While this is doing, have a thin slice of bread toasted very lightly, divide it into sippets, and lay them round the dish: pour the mince and sauce into the middle of it, and split the feet and lay them round it.

N. B. The pettitoes are sometimes fried in batter.

Obs.—If you have no gravy in the water you stew the pettitoes in, put an onion, a sprig of lemon thyme, or sweet marjoram, with a blade of bruised mace, a few black peppers, and a large teaspoonful of lemon pickle; and you will have a very tolerable substitute for gravy.

Bacon.—(No. 13.)

Put a pound of nice streaked bacon into two quarts of boiling water, and let it boil for three quarters of an hour; take it up, scrape the under side well, and cut off the rind: grate a crust of bread over it, and put it before the fire for a few minutes; it must not be there too long, or it will dry it too much and spoil it.

Two pounds will require an hour and a half, the hock or gammon being very thick, will take full a quarter of an hour to a pound more.

Ham.—(No. 14.)

Though of the bacon kind, has been so altered and hardened in the particular way of curing, it requires a very different manner of dressing.

Ham is generally not half soaked, as salt as brine, and hard as flint: if it is a very dry Westphalia ham, it must be soaked from 12 to 24 hours; but for a Yorkshire or Westmoreland ham, from 4 to 8 hours will be sufficient. Give it plenty of water room; a copper is the best thing to boil it in; put it in while the water is cold, and keep it well scummed: a middling sized ham of fifteen pounds will be enough in three hours, or three and a half;

and it will look delicately clean, and eat deliciously tender.

Pull off the skin carefully, so as to preserve it as whole as possible, as it will form an excellent covering to keep the ham moist: when you have removed the skin, rub some bread raspings through a hair-sieve, or grate a crust of bread over it, or glaze it; and trim the knuckle with a fringe of cut writing paper. You may garnish with spinage, or turnips, &c.

Obs.—To pot ham, see (No. 509) is a much more useful and œconomical way of disposing of the remains of the joint, than making essence of it, (No. 352.)

To Boil Ham, and make Glaze, &c. of the Liquor.—(No. 14*.)

Soak a ham according to your judgment, in regard to its saltness; pare it round and underneath, taking care no rusty part is left; put it in a brazing pan much of its own size, cover it with water, adding any kind of trimmings, as legs, pinions, and bones of poultry; also parings of butcher's meat, a carrot, turnip, onion and bunch of sweet herbs; when it boils, take off the scum, simmer it very gently for four or

five hours; when it is tender, take off the skin, glaze it, or strew with bread raspings: strain off the consomme it was boiled in, take off the fat, it will give an excellent flavour to any kind of soup or sauce.

Tongue.—(No. 15.)

A Tongue is so hard, whether prepared by drying or pickling, that it requires much more time, &c. than a ham: nothing, of its weight, takes so long to dress it properly.

A tongue that has been salted and dried, should be put to soak 24 hours before it is wanted, in plenty of water; a green tongue fresh from the pickle requires soaking only a few hours; put your tongue into plenty of cold water, and give it from three and a half to four hours very slow simmering, according to its size: about half an hour before it is done, take it up, peel it, and put it into the pot again to finish it. It is a general rule with most cooks, to try if the tongue will peel, and then allow it half an hour after that.

Obs.—When you choose a tongue, pick out that which has the smoothest skin, which denotes its being young, and of course it is more likely to be tender.

Turkeys, Fowls, &c.—(No. 16.)

Are all boiled exactly in the same manner, and according to the same rules, only allowing time, according to their size. For stuffings, &c. see (Nos. 374, 375, and 377.)

A chicken will take about .... 20 minutes.

A fowl 40

A large fowl or capon about an hour.

A small Turkey, an hour and a half.

A large ditto, two hours or more.

Turkeys should not be dressed till they have been killed three or four days, or they will neither boil white or eat tender.

Turkeys, and large fowls, should always have the strings or sinews of the thighs drawn out.

Fowls for boiling should be chosen as white as possible: therefore those which have black legs had better be roasted. The best use of the liver is to make sauce, see (No. 287.)

Make a good and clear fire; set on a clean pot, with plenty of pure and clear water, the more the better; and the slower it boils, the whiter and plumper the fowl will be. When there rises any scum remove it, the common method of some who are more nice than wise, is to wrap them up in a cloth, to prevent the scum attaching to them; which if it does, by

your neglecting to skim your pot, there is no getting it off afterwards, and the Poulterer is blamed for the fault of the Cook. If there be water enough, and it is attentively scummed, the fowl will both look and eat much better this way than when it has been covered up in the cleanest cloth; and the colour and flavour of your poultry will be preserved in the most charming and delicate perfection.

Obs.—Don't forget bacon and greens, and parsley and butter, (No. 261,) and liver, (No. 287,) egg, (No. 267,) or oyster sauce, (No. 278) if you please.

Rabbits.—(No. 17.)

Truss your rabbits short, put them into plenty of water, and boil them half an hour; if large ones, three quarters; smother them with plenty of white onion sauce, (No. 298,) and send up liver sauce (No. 287) in a boat.

Obs.—Ask those you are going to make liver sauce for, if they like plain liver sauce, or liver and parsley, or liver and lemon sauce, see (Nos. 287 and 288.)

Tripe.—(No. 18.)

Take care to have *fresh* tripe, and cleanse it well from the fat, and cut it into pieces about

two inches broad and four long; put it into a stewpan and cover it with milk and water, and let it boil gently till it is tender; this will take about two hours.

Boil (by themselves) some Spanish, or the whitest common onions you can get; when they are tender, which a middling sized onion will be in about twenty minutes, drain them in a hair sieve, and put them with the tripe into a tureen or soup-dish: take off the fat if any floats on the surface; but tripe dressed in this way is seldom greasy.

Obs.—Rashers of bacon, see (Nos. 526, and 527,) are a very good accompaniment to boiled tripe, cow heels, or calf's feet.

THE

COOK'S ORACLE.

ROASTING.

N.B. *If the Time we have given for Roasting, appears rather longer than what is stated in former works, we can only say, we have written from actual experiments, and the difference may be accounted for, by common Cooks generally being fond of too fierce a fire, and putting things too near to it.*

Sir-Loin of BEEF.—(No. 19.)

THE noble Sirloin* of about fifteen pounds, will require to be before the fire about four hours: take care to spit it evenly, that it may not be heavier on one side than the other; put a little clean dripping into the dripping pan, (tie a sheet of paper over it to preserve the fat†, baste

* This Joint is said to owe its *name* to King Charles the Second, who dining upon a Loin of Beef, and being particularly pleased with it, asked the name of the Joint; said for its merit it should be *knighted*, and henceforth called *Sir*-Loin.

"Our second Charles of fame faceté,
On loin of Beef did dine;
He held his sword, pleas'd, o'er the meat,
Arise, thou fam'd *Sir*-Loin."
Ballad of the New Sir John Barleycorn.

The Ballad of "The Gates of Calais" calls it

"Renown'd *Sir*-Loin, oft-times decreed
The theme of English Ballad;
On thee our kings oft deign to feed,
Unknown to Frenchman's palate:
Then how much doth thy taste exceed
Soup-meagre, frogs, and salad!"

† If there is more Fat, than you think will be eaten with the meat, cut it off, it will make an excellent pudding; or clarify it, see (No. 84,) and use it for

it well as soon as it is put down, and baste it every quarter of an hour all the time it is roasting, till the last half hour; then take off the paper, and make some gravy for it, see (No. 326,) stir the fire and make it clear: to brown and froth it, sprinkle a little salt over it, baste it with butter, and dredge it with flour; let it go a few minutes longer, till the froth rises, take it up, put it on the dish, &c. Garnish with horseradish *scraped as fine as possible with a very sharp knife.* A Yorkshire pudding, is an excellent accompaniment, (No. 595.)

Obs.—*The inside of the sirloin*, must never be cut hot, but reserved entire for the HASH, or a MOCK HARE, see (No. 67*.) *(See the Receipt to Hash or Broil Beef,)* (No. 506,) and (No. 484,) and (Nos. 486, and 487.)

Ribs of Beef.—(No. 20.)

The three first ribs, of fifteen or twenty pounds, will take three hours and a half: the

frying: for those who like their meat done thoroughly, and use a moderate fire for roasting, the fat need not be covered with paper. If your beef is large, and your family small, cut off the thin end and salt it, and cut out and dress the fillet, (*i. e.* commonly called the inside) next day as a Mock Hare, (No. 67*) thus you get three good hot dinners.

fourth and fifth ribs will take as long, managed in the same way as the sirloin. Paper the fat, and the thin part, or it will be done too much, before the thick part is done enough.

Ribs of Beef boned and rolled.—(No. 21.)

When you have kept two or three ribs of beef till quite tender, take out the bones, and skewer it as round as possible, (like a fillet of veal:) as the meat is more in a solid mass, it will require more time at the fire than in the preceding receipt; and a piece of ten or twelve pounds weight, will not be well and thoroughly roasted in less than three hours and three quarters. For the first half hour, it should not be less than 12 inches from the fire, that it may get gradually warm to the centre: the last half hour before it will be finished, sprinkle a little salt over it, and flour and froth it.

Rump of Beef—(No. 22.)

Is very difficult to spit, and should have two strong skewers tied on it to keep it steady; the usual weight is from sixteen to twenty-four pounds; and the time it must be at the fire, from four hours to four and a half.

*Roast MUTTON**.—(No. 23.)

As beef requires a large sound fire, mutton must have a brisk and sharp one: it is never well done unless the fire is quick and clear; and if you wish to have mutton tender, it should be hung as long as it will keep†; and then, good *eight-tooth* Mutton, is as fine eating as Venison.

* DEAN SWIFT'S *Receipt to Roast Mutton.*

"Gently stir and blow the fire,
Lay the mutton down to roast,
Dress it quickly I desire,
In the dripping put a toast,
That I hunger may remove,—
Mutton is the meat I love.

"On the dresser see it lie;
Oh! the charming white and red;
Finer meat ne'er met the eye,
On the sweetest grass it fed:
Let the jack go swiftly round,
Let me have it nicely brown'd.

"On the table spread the cloth,
Let the knives be sharp and clean,
Pickles get and salad both,
Let them each be fresh and green.
With small beer, good ale, and wine,
O ye gods! how I shall dine!"

† See the 2d chapter of the Rudiments of Cookery, page 66.

This will be the better for being hung up in a cool airy place for four or five days at least, in moderate weather, a week; in cold weather, ten days.

A Leg.—(No. 24.)

A leg of eight pounds will take about two hours: let it be well basted, and frothed in the same manner as directed in (No. 19.)

A Chine,—(No. 25.)

(*i. e.* the two loins) or

A Saddle,—(No. 26.)

(*i. e.* the two necks,) of ten or eleven pounds, two hours and a half: tie a sheet of paper over them: (baste the strings you tie it on with directly, or they will burn;) and let the meat be well basted.

A Shoulder,—(No. 27.)

Of seven pounds, an hour and a half; put the spit in close to the shank bone, and run it along the blade bone; take care to froth it nicely.

*A Loin**,—(No. 28.)

Of mutton an hour and a half. *The most elegant way of carving this,* is to cut it lengthwise, as you do a saddle.

N. B. Spit it on a skewer or lark spit, and tie that on the common spit, and do not spoil the meat, by running the spit through the prime part of it.

A Neck,—(No. 29.)

An hour and a half. It must be carefully jointed, or it is very bad to carve.

Obs.—If there is more fat than you think will be eaten with the lean, cut it off, and it will make an excellent suet pudding

A Breast,—(No. 30.)

An hour and a quarter.

* Common Cooks, very seldom brown the ends of necks and loins: to have this done nicely, let the fire be a few inches longer at each end, than the joint that is roasting, and occasionally place the spit slanting, so that each end, may get sufficient fire; but nothing does this in such perfection as the BRIGHT BLOCK TIN CONCAVE REFLECTORS before mentioned. This is better than taking up the meat and putting the ends before the fire; as, by the latter method, you cannot send it to table frothed.

A Haunch, —(No. 31.)

(*i. e.* the leg and part of the loin) of mutton, is spitted and managed in the same way as a haunch of Venison; (*see Receipt*, No. 63,) send up two sauce boats with it; one of rich drawn gravy, made without spice or herbs, (No. 347,) and the other of sweet sauce, (No. 346.) It generally weighs about 15 pounds, and requires about four hours to roast it.

Mutton, Venison fashion. — (No. 32.)

Take a neck of good five or six year old south-down mutton cut long in the bones; let it hang at least a week: two days before you dress it, take allspice and black pepper ground and pounded fine, a quarter of an ounce each, with a quarter of an ounce of saltpetre, and a large spoonful of brown sugar; rub them all well together, and then rub your mutton well with this mixture twice a day: when you dress it, wash off the spice with warm water, and roast it in paste, as we have ordered the haunch of venison: (No. 63,) a haunch of mutton will take double the quantity of the preparation, and one day longer preparing than the neck.

Obs. —Ingenious Epicures, have invented many methods to make Mutton eat like Ve-

nison: the above is the best imitation we have met with; some say it may be taken for Venison, others that it is full as good; the refined palate of a *Grand Gourmand* of good taste perhaps will not allow this; however, if you get prime mutton, keep it a proper time, and prepare and dress it with the accompaniments usually given to Venison, see (No. 346,) and (No. 347,) you may depend upon having a most delicious dinner: if it does not possess all the precise flavour of Venison, it is certainly the most savoury and elegant way of eating Mutton, and is not attended with any extraordinary trouble or expense.

VEAL.—(No. 33.)

Veal requires particular care to roast it a fine brown. Let the fire be the same as for beef; a sound large fire for a large joint, and a brisker for a smaller: put it at some distance from the fire to soak thoroughly, and then draw it near to finish it brown. When it is first laid down, it is to be basted with butter; when it is almost done, it is to be basted again, and lightly dredged with a little flour to froth it nicely. *With those joints which are not stuffed, send up cakes or balls of forcemeat,* (No. 374,) or

(No. 375,) *as garnish to the dish*, or fried pork sausages, (No. 87.) Bacon, and greens, are also always expected to attend veal.

Fillet of Veal,—(No. 34.)

Of from twelve to fourteen pounds, will require three hours and a half at a good fire: stuff it with forcemeat, *see Receipt*, (No. 374,) where the bone is taken out, and under the flap, that there may be some of the stuffing left to eat cold, or to season a hash: brown it and froth it in the same way as beef, and pour good melted butter over it; garnish with thin slices of lemon, and cakes or balls of stuffing, (No. 374,) or (No. 375,) or fried pork sausages, see (No. 87,) Curry sauce, (No. 348), &c.

A Loin,—(No. 35.)

Is the best part of the calf: it will take two hours and three quarters roasting. Paper the kidney fat, and the back: and some Cooks send it up on a toast, which is eaten with the kidney and fat, &c.

A Shoulder,—(No. 36.)

About three hours: stuff it with the forcemeat ordered for the fillet of veal, in the underside.

Neck, best end, —(No. 37.)

Will take two hours. The scrag part of a neck of veal is not so good roasted; it is best made into a pye, or broth.

Breast, —(No. 38.)

An hour and a half. Let the caul remain on till it is almost done, then take it off, to brown it; baste, flour, and froth it.

Veal Sweetbread. —(No. 39.)

Trim a fine sweetbread, parboil it for four or five minutes, and throw it into a basin of cold water.

Beat up the yolk of an egg, and prepare some fine bread crumbs. When the sweetbread is cold, dry it thoroughly in a cloth, run a lark spit or a skewer through it, and tie it on the ordinary spit: egg it all over with a paste brush, and powder it well with bread crumbs, and put it down to roast: twenty or thirty minutes will dress it.

For sauce, fried bread crumbs round it and melted butter, with a little mushroom catsup and lemon juice, or (Nos. 354, or 356.)

Obs.—Instead of spitting them, you may put them into a tin Dutch oven, or (No. 88, or 89, or 513.)

LAMB, — (No. 40.)

Is a delicate tender meat, easily spoiled in the dressing, unless the fire be small and brisk, and kept clear all the while; the meat must be papered on the outside; and to the usual accompaniments of roast meat, *green mint sauce*, see (No. 303,) or a salad, is commonly added; and some Cooks, about five minutes before it is done, dredge it with a little minced parsley.

Grass lamb is in season from Easter to Michaelmas.

House lamb from Christmas to Lady-day.

N. B. When green mint cannot be got, the mint vinegar, (No. 398,) is an admired substitute for it.

Hind Quarter, — (No. 41.)

Of eight pounds, will take from an hour and three quarters to two hours; baste and froth it in the same way as directed in (No. 19.)

Fore Quarter, — (No. 42.)

Of ten pounds, two hours.

N. B It is a pretty general custom, when you take off the shoulder from the ribs, to squeeze a Seville orange over them, and sprinkle them with a little pepper and salt.

Leg, — (No. 43.)

Of five pounds, an hour and a half to three quarters.

Shoulder, — (No. 44.)

With a quick fire an hour.

Ribs, — (No. 45.)

From 45 to 60 minutes.

Loin, — (No. 46.)

An hour and a quarter.

Neck, — (No. 47.)

An hour.

Breast, — (No. 48.)

Three quarters of an hour.

PORK. — (No. 49.)

The prime season for Pork, is from Michaelmas to March. Take particular care, it be done enough: other meats underdone are unpleasant, but pork is uneatable. — Remember your mustard pot, (Nos. 369 and 370.) See for sauces, (No. 304,) and (No. 341,) and (No. 342.)

Obs. — Pease pudding, (No. 555,) is as good an accompaniment to roasted, as it is to boiled

pork; and most palates, are pleased with the savoury powder set down in (No. 51,) sprinkled on the crackling.

A Leg,—(No. 50.)

Of eight pounds, will require three hours; score the skin across in narrow stripes, about a quarter of an inch apart; stuff the knuckle, with sage and onion minced fine; see Duck stuffing, (No. 61;) rub a little sweet oil on the skin with a paste brush, or a goose feather; this makes the crackling crisper and browner than basting it with dripping; and it will be a better colour, than all the art and diligence of cookery can make it any other way. This is the best way of preventing the skin from blistering.

Leg of Pork roasted without the Skin, or Mock Goose.—(No. 51.)

Parboil it for half an hour, take off the skin, and then put it down to roast; baste it with butter, and make *a savoury powder* of dried and powdered sage, ground black pepper, salt, and bread crumbs; sprinkle it with this, from time to time, as it roasts; put half a pint of made gravy into the dish, and put Goose stuffing, (No. 378,) under the knuckle skin.

The Griskin, — (No. 52.)

Of seven or eight pounds, may be dressed in the same manner: it will take an hour and a half roasting.

A Bacon Spareribb, — (No. 53.)

Usually weighs about eight or nine pounds, and will take from two to three hours to roast it well; not exactly according to its weight, but the thickness of the meat upon it, which varies very much: lay the thick end nearest to the fire. A proper BALD SPARERIB of eight or nine pounds weight, (so called because almost all the meat is pared off,) with a good steady fire, will be done in an hour and a quarter: there is so little meat on a bald spareribb, if you have a large fierce fire, it will be burnt before it is warm through.

When you lay it down, dust on some flour, and baste it with a little butter; dry twelve sage leaves, and rub them through a hair sieve: about a quarter of an hour before the meat is done, baste it, strew on the pulverized sage, dust on a little flour, and sprinkle it with a little salt.

Obs. — Make it a general rule, never to pour gravy over any thing that is roasted; by so doing, the dredging is washed off, and it eats

insipid. Some people, carve a Spareribb by cutting out slices in the thick part at the bottom of the bones: when this meat is cut away, the bones may be easily separated, and are esteemed very sweet picking. Apple sauce, (No. 304,) mashed potatoes, (No. 106,) and good mustard, (No. 370,) are indispensible.

Loin, —(No. 54.)

Of five pounds, must be kept to the fire about an hour and a half. Score the skin in stripes, about a quarter of an inch apart, and rub it with salad oil, as directed in the receipt for the leg; and you may sprinkle over it, some of the Savoury powder recommended for the Mock Goose, see (No. 51.)

A Chine, —(No. 55.)

If parted down the back-bone, so as to have but one side, a good fire will roast it in two hours; if not parted, three hours.

Roast Pig. —(No. 56.)

A Sucking Pig, is in prime order for the spit, when about three weeks old; it should be fat, and newly killed. It is not like other meats, good, as long as sweet, but loses part of its goodness every hour after it is

killed; and if not quite fresh, no art can make the crackling crisp. To be in perfection, *it should be killed in the morning, to be eaten at dinner*; and it requires the most careful roasting, (a sucking pig, like a young child, must not be left for an instant;) the ends, must have much more fire than the middle. For this purpose, is contrived an iron to hang before the middle part, called a pig iron. When the cook has not this, she must keep the fire fiercest, at the two ends. Take the crumb of a stale twopenny loaf, (*i. e.* about four ounces,) rub it through a cullender; mince fine, a handful of sage, (*i. e.* about two ounces,) and a large onion, (about an ounce and a half*); mix these together with an egg, some pepper and salt, and a bit of butter as big as an egg; fill the belly of the pig with this, and sew it up; lay it to the fire, and take a quarter of a pound of fresh butter, and keep basting it till it is quite done; do not leave it a moment, for it requires the most vigilant attendance.

Roast it at a clear brisk fire, at some distance,

* Some delicate palates, desire the Cook to par-boil the sage and onions in a little water (before they are cut;) to soften and take off the rawness of their flavour; the older and drier the onion, the stronger will be its flavour.

that the crackling may get nicely crisped and browned, without being blistered or burnt: a small three-weeks old pig will be enough* in about an hour and a half, or two hours. Before you take it off the spit, cut off the head, and part that and the body down the middle; chop the brains very fine with some boiled sage, and mix them with good veal gravy, made as directed in (No. 192,) or beef gravy, (No. 329,) or what runs from the pig when you cut its head off. Send up a tureenful of gravy, (No. 329) besides. Lay your pig back to back in the dish, with one half of the head on each side, and the ears, one at each end, which you must take care to make nice and crisp, or you will get scolded, as the good man was, who bought his wife a pig with only one ear.

Obs. — Some professors of Cookery, insist upon it, that nothing so well produces and preserves the beauty and crispness of the Crackling, as salad oil, applied as directed in the receipt to roast a leg of pork, (No. 50.) To dress Pettitoes, see (No. 12.)

N. B. A pig, is a very troublesome subject to roast, and many persons have them baked;

* Some Cooks say, the eyes dropping out is the only infallible criterion that it is done thoroughly.

send a quarter of a pound of butter, and beg the baker to baste it well.

Turkey.—(No. 57.)

A fowl, and a turkey, require the same management at the fire, only the latter will take more time. Many a Christmas dinner has been spoiled, by the turkey having been hung up in a cold larder, till it has become thoroughly frozen; and Jack frost has ruined the reputation of many a Turkey-Roaster: therefore, in very cold weather, remember the advice given you in the 3d page of the 2d chapter of the Rudiments of Cookery. Let them be carefully picked, &c. and twist up a sheet of clean writing paper, light it, and thoroughly singe the turkey all over, turning it about over the flame. Be careful, when you draw them, to preserve the liver, and not to break the gall-bag, as no washing will take off the bitter taste it gives, where it once touches. Prepare a nice clear brisk fire, for if the fire be poor and dead, your poultry will be vapid, ill-tasted, and without relish.

Prepare your stuffing according to (No. 374, or 376,) and stuff it under the breast, where the craw was taken out; paper the breast,

place the liver under one wing, and the gizzard under the other, baste it with butter, and dredge it with flour, keep it at a distance from the fire for the last half hour, that it may warm gradually, then put it nearer, and when it is plumped up, and the steam draws in toward the fire, it is nearly enough; now take off the paper, put a bit of butter into your basting ladle, and as it melts, baste the turkey with it, and dredge it lightly again with flour; this, will raise a much finer froth, than using the drippings out of the pan. A very large Turkey, of fourteen or fifteen pounds weight, will require three hours, to roast it thoroughly; a middling sized one, of eight or ten pounds, about two hours; a small one, may be done in an hour and a half.

Fried PORK SAUSAGES, see (No. 87) are a very savoury and relishing accompaniment, to either roasted or boiled poultry. A Turkey, thus garnished, is called "an Alderman in Chains." Sausage meat is sometimes used as stuffing, instead of the ordinary forcemeat. In cold weather, a turkey eats the better, for being kept eight or ten days. If you wish it to be tender, never dress it till at least four or five days after it has been killed, or a fowl till after three. Hen turkeys are preferable to Cocks,

for whiteness and tenderness, and the small fleshy ones, with black legs, are most esteemed.

Send up with them, oyster, (No. 278,) egg, (No. 267,) bread, (No. 321,) and plenty of gravy sauce, (No. 329.)

Capons or Fowls.—(No. 58.)

These, must be killed a couple of days before they are dressed, or they will eat tough: they are managed exactly in the same manner, and sent up with the same sauces as a turkey, only they require proportionately less time at the fire: a full grown fowl, about an hour and a quarter, a moderate size one, an hour, and a chicken from thirty to forty minutes.

Here also, Pork Sausages fried, are in general, a favourite accompaniment, or stuff them with turkey stuffing; *see Forcemeats*, (Nos. 374, 5, 6, and 7;) put in plenty of it, so as to plump out the fowl, which must be tied closely, (both at the neck and rump) to keep in the stuffing: some cooks, put the liver of the fowl into this forcemeat, and others, rub it up with flour and butter, to thicken and give flavour to the gravy, which again receives further improvement, by stewing the legs of the fowl in it, instead of sending them to table—and the fowl looks much better without them. Take care that

your *roast* poultry, be well *browned*, it is as indispensable, that *roasted* poultry, should have a rich *brown* complexion, as *boiled* poultry should have a delicate *white* one.

Obs.—The age in poultry makes all the difference: nothing is tenderer than a chicken, and few things are tougher or harder of digestion than an old cock or hen. The season of perfection, in poultry, is just before, they have quite come to their full growth, and before they have begun to harden.

Goose.—(No. 59.)

When your goose is well picked, singed, and cleaned, take two large onions *, *i. e.* about two ounces, and half as much green sage, chop them very fine, adding four ounces of, *i. e.* about a large breakfastcupful of stale bread crumbs, and a very little pepper and salt, (to this some cooks add half the liver, parboiling it first,) the yolk of an egg, and incorporating the whole well together, put this stuffing into the goose; do not quite fill it with stuffing, but leave a little

* If you think the flavour of raw onions too strong, cut them in slices, and lay them in cold water for a couple of hours, or add as much apple or potatoe as you have of onion.

room for it to swell. Spit it, and tie it on the spit at both ends, to prevent its swinging round, and to keep the stuffing from coming out. From an hour and a half to two hours, will roast a large full grown goose. Send up rich Gravy, and Apple sauce with it, see (Nos. 304, 329, and 341.)

For another stuffing for geese, see (No. 378,) *Chapter on Forcemeats, &c.*

Obs.—The *Michaelmas* Goose, is famous, in the mouths of the million; but, for those who eat with delicacy, it is at that time, too full grown. The true period, when the goose is in its highest perfection, is when it has just acquired its full growth, and not begun to harden. If the Midsummer goose, is insipid, the Michaelmas goose, is rank; the fine time, is between both; from the third week in June, to the second in September.

Green Goose.—(No. 60.)

The only difference between roasting a green and a full grown goose, consists, in leaving out the sage and onion, putting a seasoning of pepper and salt into it, and roasting it for forty or fifty minutes only.

The following forcemeat, is sometimes introduced: chop some sweet herbs, grate some

bread, nutmeg, pepper and salt, moisten them with an egg, and mix them with the liver cut small, and a bit of minced bacon. Fill the body of the goose with it.

Duck.—(No. 61.)

Mind your duck is well cleaned, and wiped out with a clean cloth; then take an ounce of onion, and half an ounce of green sage, chop them very fine, and mix them with two ounces, i. e. about a teacupful of bread crumbs, a very little pepper and salt, and the yolk of an egg to bind it; mix these thoroughly together, and put into the duck. For another stuffing, *see* (No. 378). Thirty, or forty minutes, will be enough to roast it, according to the size: *contrive to have the Feet delicately crisp*, as some people are very fond of them: to do this nicely, you must have a very sharp fire. For sauce, see (No. 341) and (No. 329.)

N. B. If you think the raw onion, will make too strong an impression upon your palate, parboil it.

(No. 62.)

For the following observations, I am indebted to Major Hawker's entertaining and informing

work, "*Instructions for Young Sportsmen*," London, 1816.

"*Old pheasants* may be distinguished by the *length* and *sharpness* of their *spurs*, which in the younger ones are *short* and *blunt*.

"Old partridges are always to be known during the early part of the season, by their legs being of a pale blue, instead of a yellowish brown: so that when a Londoner receives his brace of blue legged birds in September, he should immediately snap their legs and draw out the sinews, by means of pulling off the feet, instead of leaving them to torment him, like so many strings, when he would be wishing to enjoy his repast. This remedy to make the legs tender, removes the objection to old birds, provided the weather will admit of their being sufficiently kept; and indeed they are then often preferable, from having a higher flavour.

"If birds are over-kept, their legs will be dry, their eyes much sunk, and the vent will become soft, and somewhat discoloured. The first place to ascertain if they are beginning to be high, is the inside of their bills, where it is not amiss to put some hether straw, or spice, if you want to keep them for any length of time. Birds that have fallen into the water, or have not had time to get cold, should not be packed

like others, but sent openly, and dressed as soon as possible. Sportsmen are often heartily abused by their acquaintance, (I cannot yet bring myself to hackney the word *friends* quite so fluently as I ought to do) for sending them 'tough and good-for-nothing game,' while probably the blame should, in many instances, rest with themselves, or their pudding-headed cook, who may be dresses an old pheasant or hare the very day after it was killed; or perhaps, while engrossed in a story or argument, leaves it to roast away, till there remains neither juice nor flavour. *All game should be kept till properly tender.* The following sauce for wild fowl has been preferred to about fifty others; and, at one time, was not to be got without the fee of a guinea:

Recipe for Sauce to Wild Fowls.

Port wine, or claret	1 glass.
Sauce à la Russe *, (the older the better)	1 tablespoonful.
Catsup	1 ditto.
Lemon juice	1 ditto.
Lemon peel	1 slice.
Shalot, (a large)	1 sliced.
Cayenne Pepper, (the *darkest*, not that like brick dust)	4 grains.
Mace	1 or 2 blades.

* Sold by Aveling and Hill, corner of Albemarle Street, Piccadilly, and a very good sauce it is.

To be scalded, strained, and added to the mere gravy which comes from the bird in roasting. To complete this, the fowl should be cut up in a silver dish which has a lamp under it, while the sauce is simmering with it.

Haunch of Venison.—(No. 63.)

Make a paste of flour and water, as much as will cover a haunch of venison; wipe it over with a dry cloth, in every part, and take off the skin from the upper side: rub a large sheet of paper all over with butter, and cover the venison with it, then roll out the paste about three quarters of an inch thick, and lay this all over the fat side, and cover it well, with three or four sheets of strong white paper, and tie it very well on with packthread; have a strong close fire, and baste your venison, as soon as you lay it down to roast, to prevent the paper and string from burning; it must be well basted all the time. A haunch of sixteen pounds, will take four hours and a half roasting: a quarter of an hour before it is done, the string must be cut, and the paste carefully taken off; now baste it with butter, dredge it lightly with flour, and when the froth rises, and it has got a fine light brown colour, garnish the knuckle bone with a ruffle of cut writing paper, and send it

up, with good strong (but *unseasoned*) gravy in one boat, and currant-jelly sauce in the other, or currant-jelly in a side plate (not melted), see for sauces (Nos. 344, 5, 6, and 7.)

Obs. Buck venison, is in greatest perfection from Midsummer to Michaelmas, and Doe, from November to January.

Neck and Shoulder of Venison,—(No. 64.)

Are to be managed in the same way as the haunch; only, as they are smaller joints, they will not require so much time.

The best way to spit a neck, is to put three skewers through, and put the spit, between the skewers and the bones.

A Fawn,—(No. 65.)

When very young, is trussed, stuffed, and spitted the same way as a hare. But they are better eating, when of the size of a house lamb; they are then roasted in quarters, and the hind quarter is most esteemed. They must be put down to a very quick fire, and either basted all the time they are roasting, or be covered with sheets of fat bacon: when done, baste it with butter, and dredge it with a little salt and flour, till you make a nice froth on it.

Send up venison sauce with it. See the preceding receipt, or (No. 344,) &c.

Hare --(No. 66.)

This Receipt was given us by Dr. Kitchiner's Housekeeper.

The first points of consideration are, how old is the hare? and how long has it been killed? When young it is easy of digestion and very nourishing; but when old, the contrary in every respect. To ascertain the age, examine the first joint of the fore foot; you will find a small knob, if it is a leveret, which disappears as it grows older: then examine the ears; if they tear easily, it will eat tender; if they are tough, so will be the hare; which will eat better made into soup (No. 241,) or stewed, or jugged, see (No. 529,) than it will roasted. When newly killed, the body is stiff; as it grows stale, it becomes limper. As soon as you receive a hare, take out the liver, parboil it, and keep it for the stuffing, for some are very fond of it; but do not use it, if it be not quite fresh and good. Wipe the hare quite dry, rub the inside with pepper, and hang it up in a dry cool place.

Do not prepare too fierce a fire, or you will burn the outside before the inside is warm.

When you have paunched and skinned your hare, wash it, and lay it in a large pan of cold water, for four or five hours, changing the water two or three times; lay it in a clean cloth, and dry it well; then truss it. To make the STUFFING, take a twopenny loaf, and rub the crumb through a cullender, some dried sweet herbs rubbed fine, a handful of parsley, and a roll of lemon peel, cut very thin, and minced very fine, some pepper and salt, and a bit of butter as big as a walnut: mix all well together with the yolk of an egg or two, and moisten it with a little milk: (do not make it too thin, as it should be of cohesive consistence, if it is not sufficiently stiff, it is good for nothing): put this pudding into the belly, sew it up tight, *cut the neck skin to let the blood out*, or it will never appear to be done enough, spit it, and put a quart of milk* into your drippingpan, and baste it continually till you think it is nearly done, which a middling sized hare will be in about an hour and a quarter; if it wants more milk, let it have it, or it will be hard and dry. When it

* Mrs. Charlotte Mason, in her "*Complete System of Cookery*," page 283, says she has "tried all the different things recommended to baste a hare with, and never found any thing so good as small beer; our receipt says milk; which we believe is better than any thing."

is almost roasted enough, put a quarter of a pound of butter into your basting-ladle, and baste it with this, and flour it, and froth it nicely. Serve with good gravy, see (No. 329,) or (No. 347,) and currant-jelly. For another STUFFING, see receipt (No. 379.) Some Cooks cut off the head, and divide it, and lay one half on each side of the hare.

Obs. — Hares should be paunched in the field when caught, or as soon as they are brought home; make an incision in the belly, about four inches long, then lay hold of the head and ears with one hand, and the rump with the other, shaking it for a little while backwards and forwards, and the guts and stomach will fall out, leaving the heart, kidneys, and liver behind; wipe it, &c. as we have directed in the beginning of this receipt, and put in a wisp of dry straw, or hay, and sew it up; it will then keep as long again.

Cold roast hare will make an excellent Soup, see (No. 241,) chopped to pieces, and stewed in three quarts of water for a couple of hours: the stuffing will be a very agreeable substitute, for sweet herbs and seasoning. See receipt for HARE SOUP (No. 241,) HASHED HARE (No. 529.)

Mock Hare.—(No. 66.*)

Cut out the inside of a sirloin of beef, leaving the fat, to roast with the joint. Prepare some stuffing, as directed for a hare, in (No. 66, or 379); put this on the beef, and roll it up with tape, put a skewer through it, and tie that on a spit.

Obs.—If the beef is of prime quality, has been kept till thoroughly tender, and you serve with it the accompaniments that usually attend roast hare, the most fastidious palate, will have no reason to regret that the game season is over.

Rabbit.—(No. 67.)

If your fire is clear and sharp, thirty minutes, will roast a young rabbit, and forty a full grown one. Before you truss them, hold their heads for a few minutes in boiling water.

When you lay it down, baste it with butter, and dredge it lightly and carefully with flour, that you may have it frothy, and of a fine light brown. While the rabbit is roasting, boil its liver with some parsley; when tender, chop them together, and put half the mixture into some melted butter, reserving the other half for

garnish, divided into little hillocks. Cut off the head, divide it, and lay half on each side of the dish.

Obs.—A large, well grown, (but young) warren-rabbit, kept some time after it has been killed; and roasted with a stuffing in its belly, eats very like a hare, to the nature of which it approaches; and it is very nice nourishing food when young, but hard and unwholesome when old.

Pheasant,—(No. 68.)

Requires a smart fire, but not a fierce one. Thirty minutes, will roast a young bird; and forty or fifty a full grown pheasant. Pick and draw it, cut a slit in the back of the neck, and take out the craw, but don't cut the head off; wipe the inside of the bird with a clean cloth, twist the legs close to the body, leave the feet on, but cut the toes off; turn the head under the wing, and skewer the wings close to the back: baste it, butter and froth it, &c., as we have given you instructions to do in the receipt to roast fowls and turkeys.

Mock Pheasant.—(No. 69.)

If you have only one pheasant, and wish for a companion for it, get a fine young fowl, of as

near as may be the same size as the bird to be matched. Truss it with the head on, turned exactly like the pheasant's, and dress it according to the above directions. Few persons, will discover which is the pheasant, and which is the fowl, especially if the latter has been kept four or five days.

Obs.—This is certainly the best way of dressing a fowl.

Guinea Fowls, — (No. 69. *)

Are dressed in the same way as pheasants.

Partridges, — (No. 70.)

Are cleaned and trussed in the same manner as a pheasant, and the breast is so plump, it will require almost as much time roasting: send up with them rice sauce (No. 321 *,) or bread sauce (No. 321,) and good gravy (No. 329.)

*** *If you wish to preserve them longer than you think they will keep good undressed, half roast them and they will keep two or three days longer.*

Black Cock, (No. 71.) *Moor Game*, (No. 72.) *and Grouse*, (No. 73.)

Are all to be dressed, like pheasants and partridges: the black cock, will take as much

time as a pheasant, and the moor game, and grouse, as the partridge. Send up with them. Currant-jelly and fried Bread crumbs.

Wild Ducks.—(No. 74.)

For roasting a wild duck, you must have a clear brisk fire; for it must be browned upon the outside, without being sodden within. To have it well frothed, and full of gravy, is the nicety. Prepare the fire, by stirring and raking it just before the bird is laid down, and fifteen or twenty minutes will do it in the fashionable way; but if it is required a little more done, allow it a few minutes longer: if it is too much, it will lose all its fine high flavour.

For the sauce, see (No. 338) and (No. 62.)

Widgeons and Teal,—(No. 75.)

Are dressed exactly as the wild duck; only that less time is requisite for a Widgeon, and still less for a Teal.

Woodcock.—(No. 76.)

Tie them on a small bird spit, put them to roast at a clear fire; cut as many slices of bread as you have birds, toast or fry them a delicate brown, and lay them in the dripping pan under

the birds, to catch the trail*; baste them with butter, and froth them with flour; lay the toast on a hot dish, and the birds on the toast; pour some good beef gravy into the dish, and send some up in a boat, see (No. 339:) twenty or thirty minutes, will roast them. Garnish with slices of lemon.

Obs.—Some Epicures like this bird very much underdone, and we have heard them direct that a Woodcock should be just introduced to the cook, for her to shew it the fire, and then send it up to table.

Snipes,—(No. 77.)

Differ little from Woodcocks, unless in size, and they are to be dressed in the same way; but require from their smaller size, from five, to ten minutes, less time to roast them.

Roast Pigeons.—(No. 78.)

When the pigeons are trussed for roasting, chop a handful of green parsley very fine, a roll of lemon peel, stale bread crumbs, and beef suet

* This bird, it seems, has so insinuated itself into the favour of *refined gourmands*, that they pay it the same honours as the grand Lama, making a Ragout of its Excrements, and devouring them with ecstacy.

an equal quantity; and the heart and liver, and an egg to bind them, pounded together, with a little pepper and salt, or with the stuffing ordered for a fillet of veal (No. 374,) or (No. 375,) and fill the belly of each bird with it. If roasted at a hot clear fire, they will be enough, in about thirty minutes: send up Parsley and butter in the dish under them, and some in a boat, and garnish with crisp parsley.

Obs.—When pigeons are fresh, they have their full relish; there is no bird has then a finer flavour, but it goes entirely off with a very little keeping; nor is it ever so well preserved, as by roasting. A little melted butter, may be put into the dish with them, and the gravy that runs from them will mix with it into fine sauce. Pigeons are in their greatest perfection in September, and there is then the most plentiful and best food for them; and their finest growth, is just when they are full feathered. When they are in the pen-feathers, they are flabby; when they are full grown, and have flown some time, they are hard; *just at the period of their growth, when they are at perfection, and have had no time to harden, all sorts of game and poultry are best;* their juices are then perfect, and the flesh is in all its delicacy.

This was the secret of *Solomon*, the famous pigeon-feeder of Turnham Green, who is celebrated by the poet Gay, when he says,

> "That Turnham Green, which dainty pigeons fed,
> But feeds no more, for *Solomon* is dead."

Pigeons on a poor man's spit. — (No. 79.)

Fill their bellies, with parsley clean washed and chopped, the livers minced fine, grated bread and hard egg, an equal quantity of each, season it with a very little beaten mace or nutmeg, and pound all together with the yolk of an egg; tie the neck end close, so that it cannot come out; put a skewer through the legs, and have a little iron or wire roaster on purpose, with six hooks to it; on each hook hang a pigeon, fasten one end of a string to the chimney piece, and the other end to the iron (which is commonly called a poor man's spit,) flour them, and baste them with butter, turn them steadily and gently, and they will roast very nicely, and be full of gravy: garnish with crisp parsley.

Obs. — This is by far the best way of dressing pigeons, as it preserves their gravy: when you roast them on a spit, much of the gravy runs

out; if you stuff them and broil them whole, you cannot save the gravy so well, though they are very good with parsley and butter in the dish, or BROILED with pepper and salt, see (No. 98.)

Larks, and other small Birds. — (No. 80.)

These delicate little birds, are in high season in November. When they are picked, gutted, and cleaned, truss them with a leaf of red sage to every lark, between the joints of the legs; beat up the yolk of an egg, and with a feather, egg, and then sprinkle them well with bread crumbs; cut some thin slices of fat bacon, about three inches long and an inch broad; lay the birds in a row, side by side, with a piece of bacon between every two larks; spit them on a lark spit, and tie that on to a larger spit, having a slice of bacon on both the outsides of the larks; baste them well while they are roasting and sprinkle them with bread crumbs till they are well covered with them. For the sauce, fry some grated bread crisp in clarified butter, see (No. 259,) and set it to drain before the fire that it may harden: serve the crumbs under the larks when you dish them, and garnish them with slices of lemon.

Wheat Ears. — (No. 81.)

These birds are dressed in the same way as larks.

Lobster. — (No. 82.)

See receipt for boiling (No. 176.)

We give no receipt for roasting lobster, being of opinion with Dr. King, who says,

"By roasting, that which our forefathers boiled,
And boiling, what they roasted, much is spoiled."

THE

COOK'S ORACLE.

FRYING.

To clarify Drippings. — (No. 83.)

PUT your drippings into a clean saucepan over a clear fire; when it is just going to boil, take it off, and pour it into a pan half full of hot water; stir them up together, and set it in a cool place till the next day, and you will find the drippings at the top of the water as clean and white as can be.

Most people put drippings into cold water; but that sets them at once, and the foul parts cannot be deposited.

Obs.—Sweet and well cleansed drippings*,

* Mrs. Melroe, in her Economical Cookery, page 7, tells us, she has ascertained from actual experiments, that the drippings of Roast meat, combined with wheat flour, oatmeal, pease, or potatoe starch, will make delicious Soup, agreeable and savoury to the palate, and nutritive and serviceable to the stomach, and that while a joint is roasting, that good Soup may be made from the drippings of the fat, which she says is the Essence of the Meat, as seeds are of Vegetables; two ounces of Fat possessing more nutriment than eight of the lean part of the best buttock of beef that can be procured, and impregnates Soup with the identical taste of meat in the same proportion. See (No. 230.)

and the fat skimmings of the broth pot, will baste every thing as well as butter, except game and poultry, and should supply the place of butter for common fries, and are equal to lard, especially if you repeat the clarifying twice over.

To clarify Suet, to fry with.—(No. 84.)

Cut beef or mutton suet into thin slices, put it into a thick and well tinned saucepan, and set it over a very slow stove, or in an oven, till it is all melted but the skins; then strain it through a hair sieve into a clean brown pan. When quite cold, tie a paper over it and keep it for use. Hogslard is prepared in the same way.

Obs.—The waste occasioned by the present fashion of feeding cattle till the fat is nearly equal to the lean, may, by good management, be in some measure prevented, by cutting off the superfluous suet, and preparing it as above, or by making it into puddings.

Rump Steaks fried.—(No. 85.)

Let the steaks be cut rather thinner than for broiling. Put some butter into an iron frying-pan, and when it is hot lay in the steaks, and keep turning them till they are done enough; (if they don't brown, hold them down against the pan with a spoon), and lay them in a hot dish before the fire; then put a tablespoonful of

flour into the fryingpan with a quarter of a pint of hot water, a tablespoonful of ale, or small beer, that is neither bitter nor stale, a tablespoonful of mushroom catsup, a teaspoonful of salt, and half a teaspoonful of ground black pepper; rub and boil up together for a couple of minutes, and run the sauce through a hair sieve over the steaks, see also (No. 356.)

Mutton Chops. — (No. 85.*)

Same way.

Obs.—We like this way of dressing, much better than broiling, as all the gravy is preserved, and the meat eats more tender, is more equally dressed, and more evenly browned; it is indispensably necessary, that fried and broiled things should have a certain degree of brown colour, which makes the meat more relishing, and inviting to the appetite.

Beef Steaks and Onions. — (No. 86.)

Fry the steaks according to the directions given in the preceding receipt; lay them on a dish to keep hot: have ready some onions sliced as thin as possible, fry them brown in the same pan the steaks were fried in; when done, take them up with a fish slice, and lay them on the

steaks, then finish the sauce as in the foregoing receipt, or prepare the onion sauce as (No. 299.)

N. B. See onion gravy (No. 331.)

Sausages. — (No. 87.)

To prevent their bursting in the fryingpan, lay them in a deep dish, pour boiling water over them, and let them lie for five minutes; then prick them with a small fork, wipe them dry, and put them into a fryingpan, with some butter or lard, shake them about, dredge them with a little flour till they are nicely frothed, and well browned.

Some over-economical Cooks insist that no butter or lard, &c. is required, their own fat being sufficient to fry them; we have tried it, and the sausages were partially scorched, rather than fried, and had that pye-bald appearance, that all fried things have when plenty of fat is not allowed: putting them in the boiling water, and pricking them, prevents the skins from cracking.

Obs. — Poached eggs, pease-pudding, and mashed potatoes, are agreeable accompaniments. For sauce (No. 356.)

N. B. The pork sausages made by CHAPPEL, the corner of Fountain Court in the Strand, are a delicate, and most delightful "*Bonne Bouche*,"

a delicious banquet for the palate, abounding, with invigorating and easily digestible nutriment for the stomach.

Sweetbreads full dressed.—(No. 88.)

Parboil them; let them get cold, and then cut them in pieces, not more than three quarters of an inch thick, dip them in the yolk of an egg, then in fine bread crumbs, mixed with a little pepper, salt, and very little nutmeg; put some fresh butter into a fryingpan; when it boils, put in the sweetbreads, and fry them a fine brown. For sauce, mushroom catsup and melted butter, or anchovy sauce, or (No. 356), or (No. 343).

Sweetbreads plain.—(No. 89.)

Parboil them, slice them as before, and fry them a delicate brown; take care to drain the fat well from them, and garnish them with slices of lemon, and sprigs of parsley or chervil. Or, when parboiled, &c., dip them in the following batter: an ounce of flour, an egg, a tablespoonful of milk, and the same of table beer, a little white pepper and salt beaten together with a wooden spoon for ten minutes: fry them a nice brown, put a little catsup and

butter in the dish, and garnish it with fried parsley. For sauce (No. 356.)

*** *Take care to have a fresh sweetbread; for it spoils almost sooner than any thing, therefore should be parboiled as soon as it comes in. This is called blanching, or setting it. Mutton kidneys may be broiled and sent up with the sweetbreads.*

Veal Cutlets.—(No. 90.)

Let your cutlets be about half an inch thick, trim them, and flatten them with a cleaver; you may fry them in fresh butter, or good beef drippings; or first fry some bacon, and the fat of that melting will leave enough in the pan to fry your veal: when brown on one side, turn them and do the other; if the fire is very fierce, they must change sides oftener. The time they will take depends on the thickness of the cutlet and the heat of the fire: half an inch thick will take about fifteen minutes. Make some GRAVY by putting the trimmings into a stewpan with a little soft water, an onion, a roll of lemon peel, a blade of mace, a sprig of thyme and parsley, and a bay leaf; stew over a slow fire an hour, then strain it, and put half an ounce of butter into a stewpan; as soon as it is melted, mix with it a large teaspoonful of flour, stir it over the fire for a few minutes, then add the gravy

by degrees till it is all mixed, boil it up for five minutes, and strain it through a tammis sieve, and put it to the cutlets: you may add some browning, mushroom or walnut catsup, or lemon pickle, &c.; see also, sauces (No. 343) and (No. 348.)

Or,

After you have beaten your cutlets with a cleaver, dip them in egg beat up with a little salt, and then in fine bread crumbs; fry them a light brown in some clean lard: garnish with rashers of bacon.

Obs. — VEAL FORCEMEAT or stuffing, see (Nos. 374 and 5), are a very relishing accompaniment, fried and sent up in the form of balls or cakes, and laid round as a garnish.

Veal Cutlets full dressed. — (No. 91.)

Cut your veal into pieces a little bigger than a crown piece, chop fine, (or take a little of the dried powder of) parsley, lemon thyme (savoury or marjoram), lemon peel a little grated, nutmeg and mace, pepper and salt; rub these well together in a mortar, beat up the yolk and white of an egg together on a plate, dip the cutlets in it, and then strew the seasoning over them, dip them again in the egg, and then

strew some fine bread crumbs over them, put some lard into a cold fryingpan over a slow fire, and fry them a nice brown. Make gravy as in the last receipt. Forcemeat balls (No. 375), are sometimes added. For sauces (Nos. 354, 343, and 348).

Lamb or Mutton Chops, — (No. 92.)

Are dressed in the same way, and garnished with crisp parsley, and slices of lemon.

Pork Chops. — (No. 93.)

Cut as many chops as you want, about half an inch thick; trim them neatly; put a frying-pan on the fire, with a bit of butter; as soon as it is hot, put in your chops, turning them often till brown all over, they will be enough in fifteen minutes: take one upon a plate and try it; if done, season with pepper and salt. *For Gravy,* keep a tablespoonful of the fat in the pan you fried the chops in, put to it two teaspoonsful of flour, rub them well together over the fire; as soon as they look a little brown, put in a wineglass of water, to season with salt, give it a boil up, and strain it through a hair sieve into the dish, into which you are going to put your chops, or you

may send them up with their own gravy in the dish.

Obs. — A little powdered sage, &c., strewed over them, will give them a nice relish. See (No. 51).

Pork Cutlets full dressed. — (No. 93.*)

Trim them neatly, and fry them in fresh butter; when nearly done, egg them, and then cover them with sage and onion chopped fine, mixed with bread crumbs and pepper and salt, or dip them in melted butter with a shallot and parsley minced fine in it, and broil them nicely brown. For sauce, a quarter of pint of melted butter, flavoured with mushroom catsup, and a little mustard.

Obs. — Mutton and lamb cutlets are very good the same way.

THE

COOK'S ORACLE.

BROILING.

*Beef Steaks**.—(No. 94.)

THOSE who are nice about steaks never attempt to have them except in weather that permits the meat to be hung till it is tender. The best steaks are those cut from the middle of the rump, that has been killed at least four days, when they can be cut about six inches long, four inches wide, and half an inch thick, let them be beaten with a chopper, or rolling-pin, to make them tender. Take care to have a very clear brisk fire, and throw a little salt on it, to take off the sulphur, make the gridiron hot, and set it slanting, to prevent the fat from

* The season for these is from the 29th of Sept. to the 25th of March: to ensure their being tender when out of season, stew them as in Receipt (No. 500.)

dropping into the fire, and making a smoke. For want of these little attentions, this very common dish, which every body is supposed capable of dressing, seldom comes to table in perfection.

Put a tablespoonful of Catsup and a little minced shalot into a dish before the fire; while you broil the steak, turn it often, to keep the gravy in: it will be done in ten minutes; rub a bit of butter over it, and send it up garnished with horseradish. (No. 356) is the sauce usually made for steaks.

Kidneys.—(No. 95.)

Cut the kidneys through the long way, score them, and broil them over a very clear fire, turning them often till they are done, which will take about ten minutes, if the fire is brisk. Lay them on the dish, sprinkle them with a little salt and pepper, and rub a piece of butter over them; or *fry* them in butter, and make gravy for them in the pan, (after you have taken out the kidneys), by putting in a teaspoonful of flour; as soon as it looks brown, put in as much water as will make gravy for your kidneys: they take five minutes more to fry than to broil.

The Inside of a Sirloin of Beef. — (No. 96.)

Cut out the inside of a sirloin of beef, close to the bone, in steaks nearly a quarter of an inch thick; take off all the skin, and season it with pepper and salt; then warm an ounce of butter on a plate, just enough to melt it a little, (but not to make it into a thin oil), mix the yolk of an egg with it, dip the steaks in on both sides, and then in fine bread crumbs; lay them on a clean gridiron, over a clear slow fire; (if the fire is sharp, the bread crumbs will be burnt before the beef is done): when you turn them lay them on a dish, to catch the gravy: when they are dressed, put them on a hot dish with their own gravy, and a spoonful of mushroom catsup.

A Fowl or Chicken. — (No. 97.)

Pick and truss a fowl the same as for broiling, cut it open down the back, wipe the inside clean with a cloth, season it with a little white pepper and salt, and lay it on a gridiron over a clear slow fire, with the inside of the fowl towards the fire; turn it in about ten minutes, and it will take about ten minutes more to broil it till it is a fine brown. Lay it on a hot dish, pickled mushrooms, or mushroom sauce thrown

over it, or melted butter flavoured with mushroom catsup or cavice: garnish with slices of lemon, and the liver and gizzard, slit and notched, and seasoned with pepper and salt, and broiled nicely brown, and some slices of lemon. For sauce, see (No. 355.)

Pigeons. — (No. 98.)

Clean them well, split them down the backs, and pepper and salt them; broil them over a clear slow fire; turn them often, and put a little butter on them: when they are done, pour over them, either stewed or pickled mushrooms, and melted butter.

Garnish with fried sippets; or, when the pigeons are trussed as for boiling, flat them with a cleaver, taking care not to break the skin, or the backs, or breasts; season them with pepper and salt, dip them in melted butter, and dredge them well with grated bread, then lay them on the gridiron, and turn them frequently: if your fire is not very clear, lay them on a sheet of paper well buttered, to keep them from getting smoked.

The same sauce as in the preceding receipt, or (No. 343), or (348.)

Veal Cutlets (No. 521.)

THE

COOK'S ORACLE.

VEGETABLES.

Fifteen ways of dressing Potatoes.—(No. 102.)

Although this most useful vegetable is dressed almost every day, in almost every family, it is very seldom well prepared; and for one plate of Potatoes that comes to table as it should, ten are spoiled.

Be careful in your choice of potatoes; no vegetable varies so much in quality. The reddish coloured are better than the white, but the yellowish looking ones are generally the best. Choose them of a moderate size, free from blemishes, and fresh, and *buy them in the mould; they must not be wetted till they are cleaned to be cooked.* Peel and wash them, fill the saucepan

half full of potatoes of equal size*, and put to them as much cold water as will cover them about an inch: most boiled things are spoiled by having too little water, but potatoes are commonly spoiled by too much: they must merely be covered, and a little allowed for waste in boiling, so that they may be just covered at the finish.

Set them on a moderate fire till they boil, then take them off, and set them by the side of the fire to simmer only, till they are soft enough to admit a fork, (place no dependence on the usual test of their cracking or breaking, which, if they are boiled fast, some potatoes will do when they are not half done, and the inside is quite hard,) then pour the water from them, uncover the saucepan, and set it by the side of the fire for fifteen or twenty minutes, that their superfluous moisture may evaporate, and they will become perfectly dry and mealy.

You may afterwards place a napkin, folded up to the size of the saucepan's diameter, over the potatoes, to keep them hot and mealy till wanted.

This method of managing potatoes is in every

* Or the small ones will be done to pieces before the large ones are boiled enough.

respect superior to steaming them; they are dressed in half the time, and will retain no moisture.

Obs.—There are so many different sorts, and sizes of potatoes, that it is impossible to say how long they will take doing; the best way is to try them with a fork. Moderate sized potatoes, will generally be enough in fifteen or twenty minutes.

Potatoes boiled and broiled.—(No. 103.)

Dress your potatoes as before directed, and when thoroughly cooked, put them on a gridiron over a very clear and brisk fire; turn them as they brown, till they are done all over, and send them up dry, with melted butter in a cup.

Potatoes fried in slices.—(No. 104.)

Peel large potatoes, and slice them the thickness of a two-penny piece; dry them well in a clean cloth, flour them, and fry them in lard. Take care that your lard and fryingpan are quite clean; put it on a quick fire, watch it, and as soon as the lard boils, and is still, put in the slices of potatoe, and keep moving them till they are crisp; take them up and lay them to drain on a sieve; send them up with a very little salt sprinkled over them.

Potatoes fried whole.—(No. 105.)

When nearly boiled enough as per the first receipt, put them into a stewpan with a bit of butter, or some nice clean beef drippings; shake them about often (for fear of burning them,) till they are of a fine brown, and crisp: drain them well from the fat.

Obs.—It will be an elegant improvement, to the three last receipts, previous to frying or broiling the potatoes, to flour them, and then to dip them in the yolk of an egg, and then roll them in fine sifted bread crumbs, and you may then call them POTATOES FULL DRESSED.

To mash Potatoes.—(No. 106.) *See also,* (No. 112.)

When your potatoes are boiled, drain and dry them perfectly, and rub them through a cullender, into a clean stewpan: to a pound of potatoes put about half an ounce of butter, and a large tablespoonful of milk; mix them well together, and put them by the side of the fire to keep warm; if you put them too near they will get a bad taste.

Obs.—*After Lady-day*, when the potatoes are getting old and specky, this is the best way of dressing them.

Mashed Potatoes with Onions. — (No. 107.)

Prepare some boiled onions, by putting them through a sieve, and mixing them with potatoes. In proportioning the onions to the potatoes, you will be guided by your wish to have more or less of their flavour.

Escalloped Potatoes. — (No. 108.)

Mash the potatoes as before directed; then have some nice scollop shells, very clean, and well buttered; put in your potatoes, make them smooth at the top, score them across with a knife, strew a few fine bread crumbs on them, and sprinkle them with a paste brush with a few drops of melted butter, and then set them in a Dutch oven; when they are browned on the top, take them carefully out of the shells, and brown the other side. If you have no scollop shells, put them into teacups.

Roasted Potatoes. — (No. 109.)

Wash and dry your potatoes, (all of a size) and put them in a tin Dutch oven, or cheese toaster; take care not to put them too near at first, or they will get burnt on the outside before they are warmed through. Large potatoes will require two hours to roast them.

N. B. This is one of the best opportunities the Baker has to rival the Cook.

Roasted Potatoes under Meat.—(No. 110.)

Peel and wash large potatoes, put them on the fire in cold water, and let them boil till they are half done; drain the water from them, and put them into an earthen dish, or small tin pan: set them under the meat that is roasting, and baste them with some of the drippings; when they are browned on one side, turn them and brown them on the other, and send them up round the meat, or in a small dish.

Potatoe Balls.—(No. 111.)

Mix mashed potatoes with the yolk of an egg, roll them into balls, flour them, and fry them in clean drippings. Brown them in a Dutch oven.

Savoury Potatoe Balls—(No. 112.)

Are made by adding a quarter of a pound of grated ham, to a pound of mashed potatoes, or some sweet herbs, or chopped parsley and shallots, salt, pepper, and a little grated nutmeg, or other spice, with the yolk of a couple of eggs, as in the last receipt.

Obs.—They are an agreeable vegetable relish, and make a good supper dish.

Potatoe Snow.—(No. 114.)

The potatoes must be free from spots, and the whitest you can pick out; put them on in cold water, and when they begin to crack, strain the water from them, and put them into a clean stewpan by the side of the fire till they are quite dry and fall to pieces; rub them through a sieve on the dish they are to be sent up in, and do not disturb them afterwards.

The Gipsies' Potatoe Pye.—(No. 115.)

Peel and slice your potatoes very thin, into a pye dish; between each layer of potatoes, put a little chopped onion; three quarters of an ounce of onion is sufficient for a pound of potatoes; season it with pepper and salt, put in half a pint of water, and cut about two ounces of fresh butter into little bits, and lay them on the top; cover it close with puff paste. It will take about an hour and a half to bake it.

New Potatoes.—(No. 116.)

The best way to clean new potatoes when they are too young to peel, is to rub them

with a coarse cloth or a flannel, or scrubbing brush; and proceed as in the first receipt to boil potatoes.

Obs.—Some Cooks prepare sauces to pour over potatoes, made with butter, salt and pepper, or gravy, or melted butter and ketchup, or stew the potatoes in ale, or water seasoned with pepper and salt; or bake them with herrings, mixed with layers of potatoes, seasoned with pepper, salt, sweet herbs, vinegar, and water; or cut mutton or beef into slices, and lay them in a stewpan, and on them potatoes and spices, then another layer of the meat alternately, pouring in a little water, covering it up very close, and stewing slowly.

Jerusalem Artichokes—(No. 117.)

Are boiled in the same manner as potatoes, and dressed in the various ways we have just before directed for potatoes.

N. B. These should be covered with a nice white sauce.

Cabbage.—(No. 118.)

Pick Cabbages very carefully clean, and wash them thoroughly, and after washing, look them over carefully again; quarter them if you please, if they are very large. Put them into a sauce-

pan with plenty of *boiling* water; if any scum rises, take it off, put a large spoonful of salt into the saucepan, and boil them till the stalks feel tender. A young cabbage will take about twenty minutes, when full grown half an hour: see that they are well covered with water all the time, and that no smoke or dirt arises from stirring the fire. By this management, they will look as beautiful when dressed, as they did when growing.

Boiled Cabbage fried. — (No. 119.)

See receipt for *Bubble and Squeak.*

Savoys — (No. 120.)

Are boiled in the same manner; quarter them when you send them to table.

Sprouts and young Greens. — (No. 121.)

The receipt we have written for cabbages will answer as well for sprouts, only they will be boiled enough in fifteen or twenty minutes.

Spinage. — (No. 122.)

Spinage should be picked a leaf at a time, and washed in three or four waters; when perfectly clean, lay it on a sieve, or cullender, to

drain the water from it. Put a large saucepan on the fire three parts filled with water; when it boils, put a small handful of salt to it, with the spinage, let it boil as quick as possible till quite tender; it will be enough in about ten minutes, if boiled in plenty of water; if the spinage is a little old, give it a couple of minutes longer. When done strain it on the back of a sieve, squeeze it dry with a plate, or between two trenchers, chop it fine, and put it into a stewpan with a bit of butter and a little salt; a little cream is a great improvement. Spread it in a dish, and cut it into squares of proper size to help at table.

Obs. — Some grated nutmeg, and a little lemon juice, is a favourite addition with some cooks, and is added when you stir it up in the stewpan with the butter.

Asparagus. — (No. 123.)

Set a stewpan with plenty of water in it on the fire; sprinkle a handful of salt into it, and let it boil. Then put in your asparagus, prepared thus: scrape all the stalks till they are perfectly clean, throw them into the pan of cold water as you scrape them; when they are all done, tie them up in little bundles, with bass if you can get it, or tape; string cuts

them to pieces: cut off the stalks at the bottom that they may be all of a length, leaving just enough to serve as a handle for the green part; when they are tender at the stalk, which will be in about ten minutes, they are done enough. Great care must be taken to *watch the exact time of their becoming tender*, and take them up just at that instant, and they will have their true flavour and colour; a minute or two more boiling destroys both.

While the asparagus are boiling, toast a round of a quartern loaf, about half an inch thick, brown it delicately on both sides, dip it lightly in the liquor of the asparagus, and lay it in the middle of a dish; melt some butter, then lay in the asparagus upon the toast, with the ends of the stalks outwards. Pour no butter over them, but send it up in a boat. To the common melted butter, some cooks add a little pepper and salt, a teaspoonful of vinegar, and the yolk of a couple of eggs, beat up, and carefully mixed to keep them from curdling.

Sea Kale — (No. 124.)

Is tied up in bundles, and dressed exactly in the same way as asparagus.

Cauliflower. — (No. 125.)

Choose those that are close and white, trim off the outside leaves, cut the stalk off flat at the bottom, let them lie in salt and water an hour before you boil them, put them into boiling water with a handful of salt in it, and let it boil slowly till done, which a small one will be in twelve or fifteen, a very large one in about eighteen minutes; take them up carefully with a slice.

N. B. Cold cauliflower, boiled so as to eat rather crisp, is frequently dressed as a salad, and a very good accompaniment it is to cold meat.

Brocoli. — (No. 126.)

The great art in dressing brocoli is, that it be not overboiled, and yet boiled enough. Set a pan of clean cold water on the table, and a saucepan on the fire with plenty of water, and a handful of salt in it: the brocoli is prepared by stripping off all the side shoots, leaving the top; peel off the skin of the stalk with a knife, cut it close off at the bottom, and put them into the pan of cold water: when the water in the stewpan boils, and all the brocoli is ready, put it in, let it boil briskly till the stalks feel tender, and take it up with a slice, that you

may not break it; let it drain, and serve up: if some of the heads of brocoli are much bigger than the others, put them on to boil first, so that they may get all done together.

Obs.—It makes a nice supper dish served upon a toast, like asparagus.

The following Obs. the Editor received from such a source, he could not choose but insert them.

Brocoli should be dressed thus: cut off the heads from the stalks; peel the stalks, and cook them twice, or thrice, as long as the heads, by which plan, every portion is eatable; and, indeed, the stalk is the nicer of the two. Remember, the head or green part, is to be thrown into *boiling* water, to preserve the green colour; but the stalk, or white part, should be put into *cold* water, and simmered rather than boiled.

Red Beet Roots—(No. 127.)

Are not so much used as they deserve; they are boiled exactly in the same way as parsnips, only neither scraped nor cut till after they are boiled: a large root will take an hour and a half boiling; to be sent to table with salt fish, boiled beef, &c. But whoever loves red beet root, let him put it raw and unwashed into a

Dutch-oven, before a steady fire, turning it occasionally, until its tenderness be ascertained by a fork. Its flavour is highly improved, and its deep rich red colour is exquisite: the peel will pull off readily, when it is done.

Parsnips — (No. 128.)

Are to be cooked just in the same manner as carrots, only give them as much water as you can; they require more or less time according to their size, therefore match them in size, and you must try them by thrusting a fork into them as they are in the water; when that goes easily through, they are done enough: from half an hour to an hour, according to their size and freshness, will boil a large parsnip.

Obs. — Parsnips are sometimes sent up mashed in the same way as Turnips, and most cooks cut them in half before they boil them.

Carrots. — (No. 129.)

Let them be well washed and brushed, not scraped; half an hour is enough for young spring carrots; grown carrots must be cut in half, will take an hour and a half; and the large Sandwich kind full two hours. When done, rub off the peels with a clean coarse cloth,

and slice them in two or four, according to their size. The best way to try if they are done enough, is to pierce them with a fork.

Turnips. — (No. 130.)

Peel off half an inch of the stringy outside; full-grown turnips will take thirty minutes gentle boiling; (if they boil too fast, they will burst:) try them with a fork: when tender, take them up, and lay them on a sieve ten minutes, to drain the water thoroughly from them: send them up whole; do not slice them.

Obs. — Young turnips should not be peeled; and, indeed, some experienced people never peel the older ones, because the rind will readily separate from the main body, after it is boiled, and the root will be less watery and higher flavoured.

To Mash Turnips. — (No. 131.)

When they are boiled quite tender, *squeeze them as dry as possible* between two trenchers, put them into a saucepan, mash them with a wooden spoon, and rub them through a cullender, add a little bit of butter, keep stirring them till the butter is melted and well mixed with them, and they are ready for table.

Turnip Tops—(No. 132.)

Are the shoots which grow out, in the spring, of the old turnip roots. Put them into cold water an hour before they are dressed; the more water they are boiled in, the better they will look; if boiled in a small quantity of water, they will taste bitter; when the water boils, put in a small handful of salt, and then your vegetables; if fresh and young, they will be done in about twenty minutes: drain them on the back of a sieve.

French Beans.—(No. 133.)

Cut off the stalk end first, and then turn to the point and tear off the strings; let a bowl of spring water, with a little salt dissolved in it, stand before you, and as the beans are cleaned and stringed, throw them in: when all are done, put them on the fire, in boiling water, with some salt in it; when they have boiled fifteen or twenty minutes, take one out and taste it; as soon as they are tender*, take

* If you will have them very green, when they are boiled throw them instantly into cold water; when you wish to send them to table, warm them again in a tureen of boiling water.

them up, throw them into a cullender or sieve to drain, and lay them on a plate, in a little heap, highest in the middle. To send up the beans whole is much the best method, when they are thus young, and their delicate flavour and colour are much better preserved. When a little more grown, they must be cut across in two, after stringing; and for common tables, they are to be split, and divided across; but those who are nice, never have them at such a growth as to require splitting. When they are large, they look very pretty cut into lozenges; in this case they are not split.

Green Peas.—(No. 134.)

Young green peas, well dressed, are one of the most delicious delicacies of the vegetable kingdom. They must be young, or no art can boil them tender; it is equally indispensable that they be fresh gathered, and cooked as soon as they are shelled, for, by being exposed to the air, they soon lose both their colour and sweetness: if you wish to feast upon peas in perfection, you must have them gathered the same day they are dressed, and put on to boil within half an hour after they are shelled. Pass them through a riddle, *i. e.* a coarse sieve, which

is made for the purpose of separating them. This precaution is necessary, for large and small peas cannot be boiled together, as, of course, the former will take more time than the latter. For a peck of peas, set on a saucepan with a gallon of water in it; when it boils, put in your peas with a tablespoonful of salt, and two teaspoonsful of lump sugar; keep them boiling quick from twenty to thirty minutes, according to their age and size: the best way to judge of their being done enough, and indeed, the only way to make sure of cooking them to, and not beyond the point of perfection, or, as the pea eaters say of "boiling them to a bubble," is to take some out with your spoon and taste them. When they are enough, drain them on a hair sieve, put them into a pye dish, divide some butter into small bits, and lay them on the peas; put another dish over them, and turn them over; this will melt the butter through them, and is by far the best way of buttering peas.

Obs.— You may boil a few sprigs of mint in a saucepan by themselves, and garnish your dish of peas with them: it is more common to boil some mint with the peas; and when old you may boil them in water slightly sugared: see *Pea Powder* (No. 458.)

N. B. A peck of young peas will not yield more than enough for three hearty pea-eaters.

Cucumber Stewed.—(No. 135.)

Peel and cut your cucumbers into slices nearly a quarter of an inch thick; take out the seeds, and lay them on a cloth to drain off the water: and when they are dry, flour and fry them in fresh butter; let the butter be quite hot before you put in the cucumbers; fry them till they are a fine brown, then take them out with an egg slice, and lay them on a sieve to drain the fat from them: fry some sliced onions with them till they are a delicate light brown colour, lay them on a sieve to drain the fat, and then put them into a stewpan, with as much gravy as will cover them; stew slowly till they are tender; which will take about an hour: take out the cucumbers with a slice, thicken the gravy with flour and butter, give it a boil up, season it with pepper and salt, and put the cucumber in to warm, and it is ready.

The above rubbed through a tammy, or fine sieve, will then be entitled to the appellation of "CUCUMBER SAUCE."

Obs.—The relish of this dish is sometimes augmented by the addition of bay leaves, an-

chovies, catsup, wine, ale, and the savoury spices. This is a very favourite sauce with lamb or mutton cutlets, stewed rump steaks, &c. &c.

Artichokes. — (No. 136.)

Put them into cold water, wash them well, then put them into plenty of boiling water, with a handful of salt, and let them boil gently till they are tender, which will take an hour and a half, or two hours; trim them and drain them on a sieve; and send up melted butter with them.

Stewed Onions. — (No. 137.)

The large Portugal onions are the best for this purpose; take off the coats of half a dozen of these, taking care not to cut off the tops or tails too near, or the onions will go to pieces; put them into a stewpan broad enough to hold them without laying them a top of one another; just cover them with good broth; as soon as it boils fast, add to them half an ounce of lump sugar, put them over a very slow fire, so that they only simmer two hours, till the broth is reduced to a glaze; when you dish them, turn

them upside down; pour the sauce over them.

This is a very elegant preparation of onions.

Roasted Onions. — (No. 138.)

They are done best in a Dutch oven, turning them occasionally, that they may be done equally on all sides.

Ragout onions, see (No. 299.)

THE

COOK'S ORACLE.

FISH.

Turbot to Boil.—(No. 140.)

THIS excellent Fish is in season the greatest part of the Summer, and when good, its meat is at once firm and tender, and abounds with the richest gelatinous nutriment. Being drawn, and washed clean, if it be quite fresh, by rubbing it lightly over with salt, and hanging it up in a cool place, you may in moderate weather preserve it for a couple of days in high perfection. An hour or two before you want to dress it, soak it in spring water with some salt in it, then score the skin across the thickest part of the back; (this is to prevent it breaking on the breast, which will happen from the fish swelling, and cracking the skin, if this precaution is not used:) put a large handful of salt into the water, and when it boils, lay your fish on a fish strainer, put it in, and set the kettle on the side of the fire, to boil as gently as possible for about twenty minutes, (if it boils fast, the fish will break to pieces;) supposing it a middling size

fish, and to weigh eight or nine pounds. Rub a little of the inside coral spawn of the lobster, through a hair sieve, without butter; and when the turbot is dished, sprinkle the spawn over it. Garnish the dish with sprigs of curled parsley, sliced lemon, and finely scraped horseradish, anchovy paste (No. 434,) and, if you like to send it to table in full dress, surround it with some nicely fried smelts, or oysters, see (No. 173,) and (No. 183.*) Send up lobster sauce, see receipt (No. 284,) and two boats of it, if it is for a large party.

Dutch Method of Boiling Turbot.—(No. 141.)

In boiling a large turbot, four or five handfuls of salt are put into the water it is to be boiled in; which strong brine makes the fish crimp and savoury; the thick parts of the fish are cut, or scored, to admit the salt water. The salt must be put into cold water; but before the fish is put in, the water must boil strongly. A large turbot will be well boiled in half an hour. *(From* Mr. Twiss *the traveller.)*

Turbot to Fry. — (No. 142.)

Clean a small turbot well, and dry it in a cloth, beat an egg on a plate, wash the fish all over with the egg, then cover it with fine bread crumbs, that have been rubbed through a hair

sieve: have some clean lard, or dripping, in an iron fryingpan, over a hot fire; when it has done talking, and is quite still, put the fish in; in about four minutes turn it, and fry it on the other side; when done, lay it on a hair sieve, to drain the fat from it.

Lobster or shrimp sauce.

A Brill—(No. 143.)

Is dressed the same way as a turbot.

Soles to Boil.—(No. 144.)

Wash and clean your soles well; put them into a fish-kettle, with a handful of salt, and as much boiling water as will cover them; and set them on the side of the fire to boil gently about five minutes, according to their size, will be long enough, unless they be very large. Send them up on a fish-drainer garnished with sprigs of parsley.

Obs.—Slices of lemon are a universally acceptable garnish, with either fried or broiled fish; a few sprigs of crisp parsley may be added, if you wish to make it look very smart; and parsley, or fennel and butter, are excellent sauce, see (No. 261) and (No. 265,) or Chervil sauce (No. 264.)

N. B. Boiled soles are very good, dressed like eels, Wiggy's way (No. 164.)

Soles to Fry.—(No. 145.)

Be sure your soles are *quite fresh*, or all the good cooks in the world cannot make them either look or eat well. An hour before you intend to dress them, wash them thoroughly, and wrap them in a clean cloth, to make them perfectly dry, or the bread crumbs will not stick to them. Beat the yolk and white of an egg well together, on a plate, with a fork; flour your fish to absorb any moisture that may remain, and wipe it off with a clean cloth: dip them in the egg on both sides all over; or, what is better, egg them with a paste-brush, rub some stale bread through a cullender, or (if you wish them to look most delicate and highly finished) hair sieve, strew it all over the fish, so that it covers every part, and take up the fish by the head, and shake off the loose crumbs. The sole is now ready for the fryingpan.

Put a pint or more of fresh sweet olive oil, or a pound of lard*, or beef suet, (*the fat ought to*

* The fat will do two or three times, if strained through a hair sieve, and put by; if you do not find it enough, put a little fresh to it.

cover the fish; what we here order, is for soles about nine inches long, if above the middle size, cut them into pieces the proper size to help at table; they are much easier managed in the Frying-pan, and require less Fat,) into a frying-pan, over a sharp and clear fire; watch it, skim it, and when it boils*, *i.e.* when it has done bubbling, and is still, and the smoke just begins to rise from the surface, put in the fish: if the fat is not *extremely hot*, it is impossible to fry fish of a good colour, or to make them firm and crisp, (read Obs. on Frying, in the 3d Chapter of the Rudiments of Cookery.) The best way *to ascertain the heat of the fat*, is to try it with a bit of bread as big as a nut; and if it is quite hot enough, the bread will brown immediately. Put in the fish, and it will be crisp and brown on the side next the fire, in about four or five minutes; to turn it, stick a two-pronged fork near the head, and support the tail with a fish-slice, and fry the other side: one sole is enough to put in at a time, except the pan is very large, and you have plenty of fat. When your fish are fried, lay them on a large wire sieve, placed slanting, and near enough the fire to keep them

* This requires a heat of upwards of 600 degrees of Fahrenheit's thermometer—*frying*, is in fact *boiling, in fat*, or oil.

warm, till the fat is thoroughly drained from them; this will take ten or fifteen minutes*. *When soles are fried, they will keep very good in a dry place for three or four days, and will eat almost as well as when fresh dressed, if you warm them in a Dutch-oven, letting them heat very gradually, by putting it some distance from the fire, or in good gravy,* as Eels Wiggy's way (No. 164.)

Obs.—There are several general rules in this receipt which apply to all fried fish: we have been very particular and minute in our directions; for, although a fried sole is a very frequent and favourite dish, it is very seldom brought to table in perfection†. *Batter* will occasionally supply the place of egg; and *Oatmeal*, or *Flour*, or *Biscuit powder*, of bread crumbs: the latter is sold at Russell's excellent

* If you are in haste, lay the sole on a clean soft cloth, cover it with it, and gently press it upon the fish to suck up the fat from its surface.

† The very indifferent manner in which the operation of frying fish is usually performed, we suppose produced the following *jeu d' esprit*, which appeared a few months since in that ably conducted daily register, "The Morning Chronicle."

"The King's Bench Reports have cook'd up an odd dish,
An action for damages, *Fry* versus *Fish*.
But sure, if for damages action could lie,
It certainly must have been *Fish* against *Fry*."

biscuit shop, nearly opposite Villiers Street in the Strand.

Soles to Stew. — (No. 146.)

These are done the same as eels, Wiggy's way, in good gravy. See (No. 164.)

Fillets of Soles Fried. — (No. 147.)

Take the fillets of a pair of good soles, trim them neatly, and wipe them on a dry cloth; beat the yolk and white of an egg together on a plate for five minutes, dip the fillets into the egg, and then into fine stale bread crumbs, that have been rubbed through a hair sieve. Have some clean lard hot in an iron fryingpan; put in the fillets and fry them of a fine brown colour; lay them on a hair sieve as you do them, and keep them hot before the fire till all are ready.

Fillets of Soles, White. — (No. 148.)

Take off the fillets, trim them, and cut them in two; butter a clean earthen dish or pan, lay the fillets in it, and butter a paper cut to the size of the dish, and lay it close to the fillets, set it in a cool oven, or over a very slow fire, for about fifteen or twenty minutes; take them up, and dry them on a sheet of clean paper, or

on a clean napkin: dish them up on a hot dish, and pour a little good white sauce over them.

Cod Boiled.—(No. 149.)

Clean and wash your fish, and rub a little salt in the inside of it; (if the weather is very cold, a large cod is always the better for being kept a day:) put plenty of water in your fish-kettle, so that the fish may be well covered; put in a handful of salt: and when it is dissolved, put in your fish; a very small fish will require from twenty to thirty minutes, a very large one, nearly an hour; drain it on the fish plate; dish it with garnish of the roe, liver, chitterling, anchovy paste, &c.; or large native OYSTERS, dipped in batter, or egged and bread crumbed, and fried a light brown: for oyster sauce, see (No. 278.)

Salt Fish Boiled.—(No. 150.)

Salted fish requires soaking, according to the time it has been in salt; that which is hard and dry, requires two nights' soaking; the intermediate day, lay it on a stone floor; for the barrelled cod, less time will do; and for the best Dogger Bank split fish, which has not been

more than a fortnight or three weeks in salt, less time will be needful. Put it on in cold water. For egg sauce, see (No. 267,) and to boil parsnips (No. 128.) Garnish your salt fish with the yolks of a couple of eggs, cut into quarters.

N. B. Mr. Tucker's observations on cod-fish after (No. 182.) Salted fish differs in quality, quite as much as it does in price.

Slices of Cod Boiled.—(No. 151.)

Lay the slice of fish at the bottom of a fish-kettle, with as much cold spring water as will cover it, and a handful of salt; set it on a quick fire, and when it boils, set it on one side of the fire to boil gently, for ten minutes, or a quarter of an hour, according to the size of the fish. Garnish with a slice of the liver on one side, and chitterlings on the other. Oyster sauce (No. 278,) and plain butter.

Obs.—Slices of cod are very good, fried like soles (No. 145.)

Codlings Broiled.—(No. 152.)

Wash them well, dry them in a cloth, and then flour them all over, or egg and bread crumb them; lay them on a clean gridiron,

(rubbed with chalk to prevent the fish from sticking) over a slow and clear fire; when they are done on one side, turn them gently; they will take about twenty minutes, or half an hour. Anchovy sauce (No. 270.)

Whitings Fried.—(No. 153.)

Skin them, and fasten their tails to their mouths; dip them in egg, and then in bread crumbs, and fry them in hot lard; lay them in the pan with their backs towards the fire, and let the fat boil over them, but do not turn them, for they are more liable to break than any fish.

Obs.—When whitings are very scarce and dear, the fishmongers can skin and truss young codlings, so that you can hardly tell the difference. A codling has a beard under its mouth, which a whiting has not: this distinguishing mark is sometimes cut off; however, if you look, you will soon see the mark where the beard was, and thus discover if it is a whiting, or a shaved codling.

Skate Fried.—(No. 154.)

After you have cleaned the fish, divide it into fillets, dry them on a clean cloth; beat the yolk and white of an egg together on a

plate for five minutes, dip the fish in this, and then in fine bread crumbs; fry it in hot lard or drippings till it is of a beautiful brown colour; lay it on a hair sieve to drain; garnish with crisp parsley (No. 318.)

Plaice or Flounders Fried. — (No. 155.)

Flounders are perhaps the most difficult fish to fry nicely. Clean them well, and wipe them on a dry cloth to absorb all the water from them; flour them and fry them in hot lard, and send them up with plain butter, or anchovy sauce in a boat.

Water Souchy. — (No. 156.)

This, I believe, is a Dutch dish, and is made with several small fish, such as flounders, plaice, whiting, gudgeons, eels, or perch. These must be very fresh, and very clean, for what they are boiled in is sent up with them; cut notches in your fish and throw them into fresh spring water; (this is what is called crimping;) put them into a stewpan with as much water as you think will fill the dish, with some parsley leaves and parsley roots, a glass of white wine, and a tablespoonful of vinegar, and as much salt as you would for broth; take care to skim

it well when it boils; when your fish is done enough, send it up in a deep dish, with some slices of bread and butter on a plate, and carrots and turnips cut into small dice.

Haddocks Boiled.—(No. 157.)

Wash it well, and put it on to boil in as much hot water as will cover it, with plenty of salt in it; a haddock of three pounds will take twenty minutes.

Tench or Carp to Stew.—(No. 158.)

When your fish has been properly washed, lay it in a fish kettle, with a pint of port wine and a quart of good gravy: a bay leaf, a few leaves of marjoram or basil, a carrot, a large onion, a head of celery, a dozen berries of black pepper, the same of allspice, a few cloves, or a bit of mace, and an ounce of lean ham; cover the fish kettle close, and let it stew gently for half an hour; take the fish up, lay it on a hot dish, and thicken the liquor that it was boiled in with flour; season with pepper, salt, a little grated nutmeg, a tablespoonful of Essence of Anchovy, same of Mushroom Catsup, and half the quantity of Vinegar: when it has boiled ten minutes, strain it through a tammis into a clean stewpan, make it very hot, and pour it over the

fish; if there is more sauce than the dish will hold, send the rest up in a boat.

Obs.—These fish are very nice plain boiled, with parsley and butter for sauce, and some Cooks dredge them with flour, and fry them a light brown before they put them on to stew.

Perch Fried.—(No. 159.)

Wash the fish well, and wipe them on a dry cloth, flour them lightly all over, and fry them ten minutes in hot lard or drippings; when they are fried, lay them on a hair sieve to drain; send them up on a hot dish, garnished with sprigs of green parsley. Anchovy sauce.

Perch Boiled.—(No. 160.)

Clean them carefully, and put them in a fish kettle, with as much cold spring water as will cover them, with a handful of salt; set them on a quick fire till they boil; when they boil, set them on one side to boil gently for ten minutes.

Salmon Pickled.—(No. 161.)

Cut a salmon into pieces and put it into a fish kettle, with a large handful of salt, and cold spring water enough to cover it; when it boils

set it on one side of the fire to boil gently half an hour; when it is enough, dry it on a clean cloth.

Put the top of the salmon liquor into a stew-pan, to which add the same quantity of white wine vinegar, a quarter of an ounce of whole pepper, the same of allspice, and two bay leaves, set it on the fire to boil ten minutes; skim it well; take it off the fire, and when it is cold, pour it over the fish and tie it down; in three days it may be turned, and in a week it will be fit for eating, and will remain so for several months. Garnish with sprigs of fennel.

Obs.—This is in the finest condition when fresh salmon is most plentiful about Mid-summer; the season for it is from February to September*.

Salmon Boiled.—(No. 162.)

Put on a fish kettle, with as much spring water as will cover the salmon you are going to dress. When the water boils, put in a handful of salt, take off the scum, if any rises, have the

* The three marks of the goodness of pickled salmon are, 1st. The brightness of the scales, and their sticking fast to the skin. 2dly, The firmness of the flesh: and 3dly, Its fine pale red rose colour.

fish well washed, put it in, and let it boil a quarter of an hour to a pound of fish.

Salmon Broiled.—(No. 163.)

Clean the salmon well, and cut it into slices three inches thick, dry it thoroughly in a clean cloth, and rub it all over with sweet oil, or thick melted butter, and sprinkle a little salt over it; put your gridiron over a clear fire, at some distance; when it is hot, wipe it clean, and rub it with sweet oil or lard; lay the salmon on, and when it is done on one side, turn it gently and broil the other side. Anchovy sauce.

Eels Stewed Wiggy's way.*—(No. 164.)

Take two pounds of fine silver† eels; the best size are those that are a half-crown piece in circumference, quite fresh, full of life, and as "brisk as an eel;" such as have been kept out of water till they can scarce stir, are good for

* Small Soles, Turbots, Brills, &c. are excellent dressed the same way.

† The yellow eels are apt to taste muddy; the whiteness of the belly of the fish, is not the only mark to know the best; the right colour of the back is a very bright coppery hue; the olive coloured are inferior; and those tending to a green are worse.

nothing. Gut them, and rub them with salt till the slime is cleaned from them, wash them in three different waters, and divide them into pieces about four inches long: (some cooks season them with salt, and beaten mace or nutmeg, and dredge them with a little flour to dry them, and then egg and bread crumb them; and fry them in drippings till they are brown; and lay them to dry on a hair sieve.) Have ready a pint of good beef gravy (No. 329); (it must be quite cold when you put the eels into it, or the skin of the eels will crack, and the beauty of this dish consists in sending them up whole;) set them on a slow fire till they boil, then put them by the side of the fire; to simmer very gently for about a quarter of an hour, according to the size of the eels; watch them that they are not done too much; take them carefully out of the stewpan with a fish slice, so as not to bruise their skins, lay them on a dish about two inches deep; and if the sauce is not as thick as rich cream, mix a tablespoonful of flour with it, and put in also two tablespoonsful of port wine, and one of mushroom catsup, stir it into the sauce by degrees, and strain it over the fish through a tammis or sieve.

Obs.—To *kill eels instantly*, without the horrid torture of cutting and skinning them alive, pierce

the spinal marrow, close to the back part of the skull, with a sharp pointed skewer: if this be done in the right place, all motion will instantly cease.

To fry Eels.—(No. 165.)

Skin and gut them, and wash them well in cold water, cut them in pieces four inches long, season them with pepper and salt, beat an egg well on a plate, dip them in the egg, and then in fine bread crumbs; fry them in fresh clean lard, drain them well from the fat, garnish with crisp parsley; for sauce, plain melted butter, sharpened with lemon juice.

Spitchcocked Eels.—(No. 166.)

This the French cooks call the English way of dressing eels, and though not of their own invention, they frequently send it up to the best tables.

Take two middling-sized fine silver eels, leaving the skin on, cut off the heads, slit them on the belly side, and take out the bone and guts, and wash and wipe them nicely, and then cut them into pieces about three inches long, and wipe them quite dry, put two ounces of butter into a stewpan with a little minced

parsley, thyme, sage, pepper, and salt, and a very little chopped shallot; set the stewpan over the fire; when the butter is melted, stir the ingredients together, and take it off the fire, mix the yolks of two eggs with them, and dip the eel in, a piece at a time, and then roll them in bread crumbs, making as much stick to them as you can; then rub a gridiron with a bit of suet, set it high over a very clear fire, and broil your eels of a fine crisp brown: dish them with crisp parsley, and send up plain butter in a boat, and anchovy and butter.

Obs.—We like them better with the skin off; it is very apt to offend delicate stomachs.

Mackarel Boiled.—(No. 167.)

This fish loses its life as soon as it leaves the sea, and the fresher it is the better. They are very tender, and the less you handle them the better. Wash and clean them thoroughly, put them into cold water with a handful of salt in it; be careful not to let them boil fast; a small mackarel will be enough in a quarter of an hour, which you will discover by their beginning to split at the tail; do not let them stand in the water after they are done, being so delicate that the heat of the water will break them. This fish rarely appears at table in perfection; either the

mackarel is boiled too much, or the roe too little. The best way is to open a slit opposite the middle of the roe; this will allow the water access, and the roe will then be done as soon as the fish, which it seldom is otherwise; some sagacious *gourmands* insist upon it they must be taken out and boiled separately. For sauce, see (No. 263,) &c.

Mackarel Soused. —(No. 168.)

After boiling them as above directed, put into the liquor they were boiled in a few peppercorns, some salt, and half as much vinegar, boil up together, and when the mackarel are cold, pour this over them. There must be enough of it to cover them completely. They will be good in two days, and keep so a fortnight. Send them to table garnished with sprigs of fennel.

Mackarel Broiled. — (No. 169.)

Clean a fine large mackarel, wipe it on a dry cloth, and cut a long slit down the back; fill it with parsley and fennel, equal quantities of each minced fine, season it with pepper and salt and a little butter, oil it on both sides, and lay it on a clean gridiron (the bars of which you have chalked) over a very clear slow fire; when

it is done on one side turn it, be careful that it does not burn; send it up with fennel sauce in a boat, or plain butter with mushroom catsup or soy in it.

Mackarel Baked. —(No. 170.)

Cut off their heads, open them, and take out the roes, and clean them thoroughly, rub them on the inside with a little pepper and salt, put the roes in again, season them (with a mixture of powdered allspice, black pepper and salt, well rubbed together) on both sides, and lay them close in a baking pan, lay a couple of bay leaves on the top, cover them with equal quantities of cold vinegar and water, tie them down with strong white paper doubled, and bake them for an hour in a slow oven. They will keep for a fortnight.

Mackarel Pickled. —(No. 171.)

Procure them as fresh as possible, split them open, take off the heads, and trim off all the thin part of the belly, put them into salt and water for one hour, drain and wipe your fish, and put them into jars or casks, with the following preparation. Take salt and bay salt, one pound each, saltpetre and lump sugar, two

ounces each, white pepper, half an ounce, and cardamum seeds, one drachm; grind and pound the spices and salt well together, put the fish into jars or casks, with a layer of the preparation at the bottom, then a layer of mackarel with the skin side downwards; so continue alternately till the cask or jar is full; press it down and cover it close. In six months they will be fine, and fit for use, and will keep for a couple of years, or more, in prime condition, and the flavour will be delicious.

Broiled Sprats.—(No. 170.*)

Have a piece of pointed iron wire as thick as packthread, and as long as your gridiron is broad; run this through the head of your sprats, sprinkle a little flour and salt over them, put your gridiron over a clear quick fire, turn them in about a couple of minutes; when the other side is brown, draw out the wire, and send up the fish with melted butter in a cup.

Herrings Broiled.—(No. 171.*)

Wash them well, and then dry them with a cloth, dust them with flour, (chalk the bars of the gridiron to prevent the fish sticking to it,) and broil them over a slow fire till they are

well done. Send up good melted butter in a boat.

Herrings Soused. — (No. 172.)

Cut off the heads of two dozen fine fresh herrings, open and wash them very clean, season them with salt, allspice, and black pepper, put them into a pot, and cover them with white wine vinegar and water, equal parts of each, tie the pot up close, and set it on a slow oven to bake for two hours. They will keep a month or six weeks.

Smelts Fried. — (No. 173.)

Clean and dry them thoroughly in a cloth, beat an egg on a plate, and dip them in it, then in fine bread crumbs that have been rubbed through a sieve; fry them in clean lard; as soon as the lard boils and is still, put in the fish. It will take about five minutes to give them a fine gold colour. Drain them on a hair sieve. When quite dried, send them up on a hot dish, with shrimp sauce in a boat.

Pickled Shrimps, the American way. (No. 174.)

Pick the finest shrimps, and put them into

white wine vinegar with some salt in it; put them into wide-mouthed bottles.

Potted Shrimps or Prawns. — (No. 175.)

When you have picked them, powder them with a little beaten mace, or grated nutmeg, or white pepper and salt, add a little cold butter, and pound all well together in a marble mortar till it is the consistence of paste. Put it into pots covered with clarified butter, and cover them over with wetted bladder.

Lobster. — (No. 176.)

Buy these alive, for those who sell them sometimes keep them too long before they boil them, and they then have not half their flavour. Choose those that are full of motion, which is the index of their freshness. The heaviest and those of a middle size are generally the best. Never take them when the shell is encrusted, which is a sign they are old. The male lobster is preferred to *eat*, and the female on account of her eggs to make *sauce* of. The female lobster is distinguished by having a broader tail than the male, and less claws. Set on a pot of water with a tablespoonful of salt in it, having tied

the tail of the lobster fast to the body; when the water boils put it in, and, if very large, keep it boiling briskly for half an hour; wipe all the skum off it, and set it by till it is cold, then rub the shell with a very little butter or sweet oil, to make it shine; break off the great claws, crack them carefully in each joint, so that they may not be shattered, and yet come to pieces easily, cut the tail down the middle, and send up the body whole.

Obs.—The Chichester Lobsters are usually watery, owing to the obstinacy of the Fishermen, who will not give up the old custom of pegging the claws, instead of tying them, thus fretting the fish with pain; although twopence per fish more has been offered to them to leave off this cruel and impolitic system.

*** *These fish come in about April, and continue plentiful till the Oyster season begins.*

Crab.—(No. 177.)

The above observations apply to crabs, which should neither be too small nor too large. The best size are those which measure from eight to ten inches across the shoulders.

*** *Crabs make their appearance and disappearance about the same time as Lobsters. The Cromer*

Crabs are most esteemed, but numbers are brought from the Isle of Wight.

Potted Lobster. — (No. 178.)

Select fine hen lobsters when full of spawn, boil them thoroughly, pick out all the eatable parts, and pound them in a mortar, adding to them by degrees finely-pounded mace, black pepper, salt, and a little clarified butter. When the whole is well mixed, and beat to the consistence of paste, press it down hard in a preserving-pot, pour clarified butter over it, and keep it close covered.

Obs. — Some pot Lobster without pounding the meat, and only cut it or pull it into such pieces as if it was prepared for sauce; if you intend it as store, to make lobster sauce with, this is the best way to do it — but if for sandwiches, &c. the above is the best receipt, and will keep much better.

Lobster Cake. — (No. 179.)

Pick the meat out of a couple of lobsters, let one of them be a hen, (on account of the eggs,) mince and pound it in a mortar, with two boned, washed, beheaded and betailed anchovies, half an ounce of butter, the yolks of

three eggs, a teacupful of finely grated stale bread, and a little beaten mace. Furnish a preserving pot with sheets of fat bacon, put in the mixture, cover it with bacon, and bake it for an hour and a half. Let it remain till cold. When you wish to get it out, put the mould in warm water a few minutes, and it will come out. Take away the bacon. Send up the cake garnished with green parsley, &c.

Lobster Pudding. — (No. 180.)

Pick all the meat out of a hen lobster, and pound it in a mortar with a handful of bread crumbs, two yolks of eggs, and two ounces of butter, and a little pepper and salt, beat the whole well together, put in a basin or mould to boil an hour.

Obs.—The Sauce for the above, is the spawn of the lobster pounded in a mortar, with a little butter and half a tablespoonful of water. Mix it with melted butter, and pour it over the pudding. It should look quite red, and cover the bottom of the dish.

OYSTERS. — (No. 181.)

The common* Colchester and Feversham

* Those are called Common oysters which are picked

oysters are brought to market on the 5th of August; the Milton, or as they are commonly called, the melting natives*, do not come till the beginning of October, continue in season till the 12th of May, and reach the meridian of their perfection about Christmas.

Some piscivorous *Gourmands* think that oysters are not best when quite fresh from the beds; the flavour they have is too brackish and harsh, and is much ameliorated by giving them a feed, by covering them with clean water, with a pint of salt to about two gallons; (nothing else, no oatmeal, nor any other trumpery;) this will cleanse them from the mud and sand, &c. of the bed; after they have lain in it twelve hours, change it for fresh salt and water, and in twelve hours more, they will be in prime order for the mouth, and remain so two or three days: at

up on the French coast, and laid in the Colchester beds. These are never so fine and fat as the Natives, and never recover the shock their feelings receive, from being transported from their native place; these delicate little creatures are as exquisite in their own taste, as they are to the taste of others.

* Those oysters are thus called, that are born as well as bred and fed in this country, and are mostly spit in the Burnham and Mersey rivers; they do not come to their finest condition till they are near four years old.

the time of high water, you may see them open their shells, in expectation of receiving their usual food. This process of feeding oysters, is only employed when a great many come up together in their dirt, &c. The real Colchester, or Pyfleet barrelled oysters, that are packed at the beds, are better without being put in water; they are carefully and tightly packed, and must not be disturbed till wanted for table: these, in moderate weather, will keep good for a week, or ten days.

If an oyster opens his mouth in the barrel, he dies immediately.

To preserve the lives of Barrelled Oysters, put a heavy weight on the wooden top of the barrel, which is to be placed on the surface of the oysters. This is to be effected by removing the first hoop, the staves will then spread and stand erect, making a wide opening for the head of the barrel to fall down closely on the remaining fish, keeping them close together.

Obs. — Common people are indifferent about the manner of opening oysters, and the time of eating them after they are opened; nothing, however, is more important, in the enlightened eyes of the experienced oyster eater.

Those who wish to enjoy this delicious restorative in its utmost perfection, must *eat it the*

moment it is opened, with its own gravy in the under shell: if not eaten while absolutely alive, its flavour and spirit is lost. The true lover of an Oyster, will have more regard for the feelings of his little favourite, than to abandon it to the mercy of a bungling operator, but will always open it himself, and contrive to detach the fish from the shell so dexterously, that the oyster is hardly conscious he has been ejected from his lodging, till he feels the teeth of the *piscivorous gourmand* tickling him to death.

N. B. Shell fish have long held a very high rank in the catalogue of easily digestible and speedily restorative foods; of these the Oyster certainly deserves the best character, but, we think it has acquired rather more reputation for these qualities than it deserves; we believe a well dressed chop or cutlet will invigorate the heart in a much higher ratio: to support strength, there is nothing equal to animal food; moreover, when kept till properly tender, none will give the digestive organs less trouble.

Scolloped Oysters. — (No. 182.)

Parboil twenty-four Oysters in as much water as will just cover them, strain the liquor, and add to it about an ounce of fresh butter, a table-

spoonful of flour, a teaspoonful of salt, and half a teaspoonful of ground black pepper, and a roll of the rind of a lemon.

Beard and wash the oysters, and let them stew slowly for a few minutes in the above liquor, put them into scollop shells, with a little of the liquor in each, and cover them with some fine bread crumbs, put little bits of butter on the top, and bake and brown them in a Dutch oven.

N. B. Small scollop shells, that just hold enough to give to one person, are the most convenient.

Stewed Oysters. — (No. 182.*)

Large oysters will do for stewing, and by some are preferred for this purpose; but we rather love the plump, juicy, and delicious Milton; stew a couple of dozen of these, in a saucepan with their own liquor, for about five minutes. When they are coming to a boil, take them up and beard them, and strain the liquor through a tammis sieve, and lay the oysters on a dish. Put a bit of butter, as big as an egg, into a stewpan; when it is melted, put to it as much flour as will dry it up, the liquor of the oysters and the beards, and three tablespoonsful

of milk or cream, and a blade of bruised mace, and a little white pepper and salt; let it boil up for a couple of minutes, then take it off the fire, put in the oysters, and let them get warm; (they must not themselves be boiled, or they will become hard;) line the bottom and sides of a hash dish with bread sippets, and pour your oysters and sauce into it. See Obs. to Receipt (No. 278.)

Oysters fried. — (No. 183.*)

Save the liquor of twenty-four oysters, add to it some rich gravy, as a sauce for the oysters, after they have been dipped in butter singly, and fried of a delicate brown colour.

For the following observations on fish, the public are indebted to Mr. WILLIAM TUCKER, Fishmonger, Great Russel Street, Bloomsbury.

" SIR, " Oct. 18, 1816.

" In speaking of the different seasons of fish, I do not mean to say that you cannot get good or bad, except at the times I have mentioned, as they frequently will vary; for instance, there

may be a good cod in the midst of summer, or a good turbot in the midst of winter; and I have only pointed out the time when they are generally so.

" There is no article so fluctuating in price as fish, the London market being supplied principally by water carriage, from all parts of the coast, the wind cannot be fair for all; the consequence then is, frequently a great abundance of some sorts, and none, or little, of many others. A great many persons send their servants to market to get, perhaps, a turbot, or cod's head and shoulders; it very likely happens those articles are scarce and extravagant: the servants have no other order, or perhaps will not take the trouble to get other orders, but order a turbot at 30s. or 40s., whereas they might have as good a dish of any other sort for half the money. In this case the tradesman is frequently condemned as an extravagant fellow, when, perhaps, he gets nothing by selling it. I am therefore convinced that it is people's own fault that they have fish at such an extravagant price: if masters or mistresses were to go to market themselves, if one sort was dear, they could have another; or, if not convenient to go themselves, *desire the fish-*

monger to send a handsome dish, the most seasonable and reasonable, for so many persons; and if that tradesman did not use them well, he is not deserving of their custom."

"*Cod* generally comes into good season in October, when, if the weather is cold, it eats as fine as at any time in the year: towards the latter end of January, and February, and part of March, they are mostly poor, but the latter end of March, April, and May, they are generally particularly fine, having shot their spawn, they come in fine order. The Dogger-Bank cod are the most esteemed, as they generally cut in large fine flakes; the north country cod, that is caught off the Orkney Isles, are generally very stringy, or what is commonly called woolley, and sell at a very inferior price, but are caught in much greater abundance than the Dogger cod. The cod are all caught with hook, and brought alive in well boats to the London markets. The cod cured on the Dogger Bank is remarkably fine, and seldom cured above two or three weeks before brought to market; the barrel cod is commonly cured on the coast of Scotland and Yorkshire. There is a great deal of inferior cured salt fish brought from New-

foundland and Ireland. The SKULL of a Dogger Bank cod is a famous dish for an epicure, it being the richest and most luscious part of the fish; one of them is a good dish for three or four persons, and eats well either baked or boiled: the tail of a cod should always be cut in fillets or slices, and fried, which makes a good dish, and generally to be bought at a very reasonable rate; if boiled, it is always soft and watery. The Skull and tail of a cod makes an excellent Scotch dish, stewed and served up together, with anchovies, or oyster sauce, with the liquor it is boiled in, in the tureen.

" *Ling* is brought to the London market in the same manner as cod, but is very inferior to it, either fresh or salt.

" *Turbots.* The finest turbots that are brought to the London market, are caught off the Dutch coast, or German ocean, and are brought in well boats alive. The commencement of the season is generally about March and April, and continues all the summer season. Turbots, like other fish, do not spawn all at the same time; therefore there is always good and bad nearly all the year round. For this year or two past, there has been an immense quantity brought to London, from all parts, and of all qualities; a

great many from a new fishery off Hartlepool, which are a very handsome looking turbot, but by no means equal to what are caught off the Dutch coast. A great many excellent turbots are caught off Dover and Dungeness; and a large quantity brought from Scotland, packed in ice, which are of a very inferior quality, and are generally to be bought for about one fourth the price of good turbots.

" *Brills* are generally caught at the same place as turbots, and are generally of the same quality as the turbot, from the different parts. Some brills are very good, but not equal to turbot.

" *Salmon.* The earliest that comes in season to the London market, is brought from the Severn, and begins to come into season the beginning of November, but very few so early, perhaps not above one in fifty, as many of them will not shoot their spawn till January, or after, and then continue in season till October, when they begin to get very thin and poor. The principal supply of salmon is from different parts of Scotland, packed in ice, and brought by water: if the vessels have a fair wind, they will be in London in three days; but it frequently happens that they are at sea perhaps a fortnight, when the greater part of the fish

is perished, some tolerably good, and some of all qualities, and has, for a year or two past, sold as low as two pence per pound, and up to as much as eighteen pence per pound at the same time, owing to its different degrees of goodness *.

" *Salmon Gwilts*, or *Salmon Peel*, are the small salmon which come from about five or six pounds to ten pounds, are very good fish, and make handsome dishes of fish, sent to table crooked in the form of an S.

" *Berwick Trout* are a distinct fish from the gwilts, and are caught in the River Tweed, and dressed in the same manner as the gwilt.

" *Calvered Salmon* is the salmon caught in the Thames, and cut into slices alive; and some few salmon are brought from Oxford to London alive, and cut. A few slices makes a handsome, genteel dish, but is generally very expensive.

" *Mackarel* generally make their appearance off the Land's End about the beginning of April, and as the weather gets warm, they

* This accounts for the very low price at which the itinerant fishmongers cry their " *delicate Salmon*," " *dainty fresh Salmon*," and " *Live Cod*," " *New Mackarel*," &c. &c.

gradually come round the coast, and generally arrive off Brighton about May, and continue for some months, until they begin to shoot their spawn, when for above two months they are missing, until about Michaelmas, when there is a few very fat small mackarel of excellent flavour at this time make their appearance again.

" *Dutch Plaice*, when in season, and what are caught off the Dutch coast, are good fish either fried or boiled: they are frequently condemned as a bad fish, because they do not eat so firm as a turbot or brills, which is not their nature; but they are very rich nutritious fish, more so than turbot; but what are caught on our own coast are nothing equal to the others.

" *Soles* are a fish that are generally to be procured good from some part of the coast, as some are going out of season, and some coming in, both at the same time; a great many are brought in well-boats, alive, that are caught off Dover, and Folkstone, and some are brought from the same places by land carriage. The soles that are caught on that part of the coast are rather small, but exceeding good fish. The finest soles that are caught anywhere, are those that are off Plymouth, near the Eddi-

stone, and all the way up the Channel, and to Torbay; it being very deep water, and the ground a fine gravelly bottom, they feed very solid, and are caught frequently very large, eight or ten pounds per pair: they are generally brought by water to Portsmouth, and thence by land; but the greatest quantity are caught off Yarmouth and the Knole, and a great many are caught off the Forelands.

" *Red Mullets* are a very delicious fish, commonly called the sea woodcock, and are dressed with their entrails in, there being no gut, only like a string, which is like marrow itself; they only require scraping; washed tenderly with a cloth, and broiled in a buttered paper: they are so rich, they require scarcely any sauce. The best are caught off Plymouth, and all the way up the channel to Portland, and some few off Brighton.

" *Grey Mullets*, when in season, are very rich, good fish, but not equal to the red: those generally keep in the season near the fresh water. The best way of dressing those, is by baking them in a pye, or roasting, or baking them, with a pudding in their belly, and put in a tureen with some good gravy, and they eat very fine.

" *John Doreys* are a very good fish, cutting very white and firm, equal to a turbot in firmness, but not in richness: those caught off Plymouth and Torbay are the best. Lobster is requisite for sauce.

" *Whitings* are a very delicate fish, and require to be eaten very fresh; those caught off Dover and Folkstone are the best; some are brought alive, and some by land carriage.

" *Skate* is a very good fish when in good season, but no fish so bad when it is otherwise: those persons that like it firm and dry, should have it crimped; but those that like it tender, should have it plain, and eat not earlier than the second day, and if cold weather, three or four days old it is better: it cannot be kept too long, if perfectly sweet. Skate, if young, eats very fine, crimped and fried.

" *Haddocks* are a firm good fish; they are dressed many different ways. Large haddocks boiled, and oyster sauce. Haddocks salted a day or two, and eaten with egg sauce, are a very good article. Haddocks cut in fillets, and fried, eat very fine. Or if small, very well broiled, or baked with a pudding in their belly, and some good gravy.

" *Fresh Sturgeon* is esteemed a good fish by many; but, I believe, only because it does not

come plentiful enough to be common; and to the eater of fish it makes a change: as many gentlemen cannot dine without fish, it makes a variety, or becomes useful, where people want to give a course of fish entirely: a piece stewed with some good gravy is the best way of dressing; or cut in slices, and fried, as you would a veal cutlet, eats very well. Sturgeon pickled, makes a handsome winter dish for the second course.

" *Smelts* are allowed to be caught in the Thames on the first of November, and continue till May. The Thames smelts are the best and sweetest, for two reasons; they are fresher, and richer, than any other you can get: they catch them much more plentiful and larger in Lancashire and Norfolk, but not so good: a great many are brought to town from Norfolk, but barely come good, as they are a fish should always be eaten fresh; indeed all river fish should be eaten fresh, except salmon, which, unless crimpt, eats better the second or third day; but all Thames fish particularly should be eaten very fresh; no fish eats so bad kept.

" *Lobsters* are, in general, to be procured at all times; but the best time is from April to August. After that time they begin to spawn, and seldom open solid. *Crabs* nearly the same.

Prawns are best from March to August. *Crayfish* are generally to be procured good at all times; the sea crayfish are very indifferent fish, and of bad digestion; the only thing they are good for, is to make currie. Lobsters are dressed in many ways for dishes; as lobster sallad, or Italian sallad, or plain, or currie.

" *Crab* picked out of the shell, and divided in three parts, and decorated with a little lobster spawn, makes a very handsome dish for the second course, or a supper dish: some cooks and fishmongers dress them very handsome.

" *Pipers* are a very good fish: the best that are caught are in the mid channel, from off Torbay to Plymouth; they are a very handsome fish when first caught, having many beautiful colours, but soon fade; they eat a great deal like a firm fine cod: eat good with a pudding in their bellies, baked or roasted, and some good gravy; or plain, boiled as you would a haddock.

" *Gurnetts*. There are many different sorts of this fish; the red gurnett is a good deal like a piper; it is dressed the same as a piper or haddock.

" *Eels* are a good, and frequently very useful fish, as you can generally get them when you

cannot get other fish, and make a good dish, either stewed or spitchcocked.

" *Brawn* is sold by fishmongers, and is a good thing for side dishes, or the second course: the brawn makers generally commence making in November, and continue making it till March."

THE

COOK'S ORACLE.

BROTHS, GRAVIES, & SOUPS.

Beef Broth.—(No. 185.*)

WASH a shin of beef very clean, crack the bone in two or three places, add thereto any trimmings you have of meat, game, or poultry, and put them into two gallons of cold water, in an open pot, on a quick fire; watch it, stir it up well from the bottom, and the moment it begins to simmer, skim it carefully, (or you will lose the beauty of your broth, which must be perfectly clear and limpid; *on this depends the goodness of the soups, sauces, and gravies, of which*

* In culinary technicals, is called FIRST STOCK, or long Broth—in the French Kitchen "Le Grand Bouillon."

it is the basis): then add a quart of cold water, to make more scum rise, and skim it again, and when the scum has quite done rising, put in only one moderate-sized carrot, a head of celery, two turnips, two onions, and a table-spoonful of salt, for it should not have any flavour from sweet herbs, spice, or garlick, &c.; these can be added after, if desired: cover it close, and set it by the side of the fire, and let it boil very gently for four or five hours, according to the weight of your meat: when it is reduced to about six quarts, strain it through a silk or tammis sieve: skim* it carefully, and set it in the coldest place you have. The quicker it cools the better.

Obs.—This is the universal foundation for all sorts of Soups and sauces, brown or white. Stew no longer than the meat is thoroughly done to eat, and you will obtain excellent broth, without depriving the meat of its nutritious succulence: to boil it to rags, as is the common practice, will not enrich your broths, but make them thick and grouty, and destroy the meat, which when thus gently stewed for only four or five hours, will afford a relishing and wholesome

* If the grease is left on the top, it keeps the broth from cooling, and it often turns sour.

meal for half a dozen people; or make it into potted beef, as in (No. 503): or when you have strained off all the broth, cover the meat again with water, and let it go on boiling for two or three hours longer, and it will produce you some very good glaze, see (No. 251.)

Beef Gravy *.—(No. 186.)

Cover the bottom of a stewpan, that is well tinned and quite clean, with half a pound of ham or lean bacon cut into slices, a shin of beef, or six pounds of the sticking-piece cut into half pound pieces, with a carrot, an onion with two cloves stuck in it, and a head of celery; put a pint of broth or water to it, cover it close, and set it over a moderate fire till the water is reduced to as little as will just save the ingredients from burning; let it brown a little, and then put in four quarts of boiling water†; when it boils up, skim it carefully, and wipe off with a clean cloth what sticks round the edge and

* Called in some Cookery Books, "SECOND STOCK" —in the French Kitchen "JUS DE BŒUF."

† A great deal of care is to be taken to watch the time of putting in the water, for if it is poured in too soon, the gravy will not have its true flavour and colour; and if it be let alone till the meat sticks to the pan, it will get a burnt taste.

inside of the stewpan, that your gravy may be delicately clean and clear. Set it by the side of a fire, where it will stew very gently for four hours: if it has not boiled too fast, there should be about three quarts of gravy; strain through a silk or tammis sieve; take very particular care to skim it well, and set it in a cold place.

Strong Savoury Beef Gravy,—(No. 188,) *alias* "Brown Sauce," *alias* "Grand Espagnol."

Take a stewpan that will hold four quarts, lay a slice or two of bacon (about a quarter of an inch thick) at the bottom, a couple of ounces of ham, (undressed is the best,) and two pounds of beef, or veal, a carrot, a large onion, with four cloves, so stuck in it (that the end of the cloves may not tear the tammis when the sauce is strained,) one head of celery, a bundle of parsley, lemon-thyme, and savoury, about as big round as your little finger when tied close, a few leaves of sweet basil, (one bay leaf, and a shallot if you like it,) a piece of lemon-peel, and a dozen corns of allspice*: pour on this

* Truffles, morells and mushrooms, and catsups and wines, &c. are added by those who are for the extreme of *Haut Goût*.

half a pint of water, cover it close, and let it simmer gently on a slow fire for half an hour, in which time it will be almost dry; watch it very carefully, and let it catch a nice brown colour, turn your meat, let it brown on the other side, then add two quarts of boiling water*, and boil very gently for an hour and a half. *It is now rich gravy:* to convert it into

Beef Cullis, or rich and thickened Gravy. (No. 189.)

Put a tablespoonful of Thickening, (No. 257,) into a basin, with a ladleful of the gravy; stir it quick; add the rest by degrees, till it is all well mixed, then pour it back into the stewpan, where the meat, &c. is; see the sauce is of a proper thickness, and leave it by the side of the fire to simmer for at least half an hour, that the thickening may thoroughly incorporate with the gravy, the stewpan being only half covered, stirring it every now and then; a sort of scum will gather on the top, which it is best not to take off till you are ready to strain

* The general rule is to put in a pint or pint and half of water to a pound of meat, if it only simmers very gently.

it through a tammis*. Take care it is neither too pale nor too dark a colour; if it is not thick enough, put it into a clean stewpan; and let it stew longer, till it is reduced to the desired thickness; or add a bit of glaze or portable soup to it, see (No. 252): if it is too thick, you can easily thin it with a spoonful or two of warm broth, or water. When your sauce is done, stir it in the basin you put it into once or twice, while it is cooling.

Family Soup.—(No. 190.)

Put on eight or ten pounds of brisket of beef in a gallon of water; let this come very gently to a simmer, bordering on boiling; skim it carefully; when it has simmered in the gentlest manner for four or five hours, put in some carrots and turnips cut into small shapes, and two heads of celery cut small; stew about an hour and a half longer, and the soup is ready to be served up.

*** *Some are fond of small suet dumplings, as big as nutmegs, sent up in the tureen with the soup.*

* A *Tammis* is a worsted cloth, sold at the oil shops, made on purpose for straining sauces; the best way of

Veal Broth.—(No. 191.)

A knuckle of veal is best, with a quarter of a pound of undressed ham; manage these as directed in the receipt for beef broth, only take care not to let it catch a brownish colour, as this and the following and richer preparation of veal, are chiefly used for *white* soups, sauces, &c.

Veal Gravy.—(No. 192.)

About four pounds of the nut of the leg of veal, cut into half pound slices, with a quarter of a pound of ham in small dice, prepared like the beef gravy, but a great deal of care must be taken to watch the time of putting in the water; if the water is poured in too soon, the gravy will not have its true flavour, and if it be let alone till the meat sticks too much to the pan, it will catch too brown a colour.

Knuckle of Veal Soup.—(No. 193.)

A knuckle of veal of six pounds weight, will make a large tureen of excellent soup, and is

using it is for two people to twist it contrary ways: this is a much better way of straining sauce than through a sieve, and refines it much more completely.

thus easily prepared: cut a pound of bacon into slices about half an inch thick, lay it at the bottom of a soup kettle, or deep stewpan, and on this place the knuckle of veal, having first chopped the bone in two or three places, furnish it with two carrots, two turnips, a head of celery, two large onions, with two or three cloves stuck in one of them, a dozen corns of black, and the same of Jamaica pepper, and a good bundle of lemon-thyme, winter savoury, and parsley. Just cover the meat with cold water, and set it over a quick fire till it boils; having skimmed it well, remove your soup-kettle to the side of the fire, let it stew very gently for four hours, till it is quite tender; then take out the bacon and veal, and strain the soup, and set it by in a cool place till you want it, when you must take off the fat from the surface of your liquor, and decant it (keeping back the settlings at the bottom,) into a clean stewpan; put three tablespoonsful of the fat you have taken off the soup, into a small stew-pan, and mix it with four tablespoonsful of flour, pour a ladleful of soup to it, and mix it with the rest by degrees, and boil it up till it is smooth. Cut the meat and gristle of the knuckle, and the bacon into mouthfuls, and put them into the soup, and let them get warm.

Obs. — You may make this more savoury by adding catsup, &c. SHIN OF BEEF may be dressed in the same way.

Mutton Broth. — (No. 194.)

Take two pounds of scrag of mutton, let it lay in some cold water for an hour, to take the blood out, then put it in a saucepan, with three quarts of water, a teaspoonful of salt, and two large tablespoonsful of best grits, a large onion, some thyme and knotted marjoram; then set it on a slow fire, and mind you skim it well: when you have taken all the scum off, then put in three turnips, let it simmer slowly for two hours and a half, and strain it through a clean and sweet sieve.

Obs. — You may thicken broth, by boiling with it a little oatmeal, rice, Scotch or pearl barley, and when you make it for a sick person, ask what they like boiled in it; some dislike onion, others thyme, &c.

Mock Mutton Broth, without Meat, in five minutes. — (No. 195.)

Boil a few leaves of parsley with two teaspoonsful of mushroom* catsup, in three quar-

* By this method, it is said, an ingenious Cook long

ters of a pint of very thin gruel. Season with a little salt.

Obs. — This is improved by a few drops of shallot wine (No. 402,) and the same of essence of sweet herbs (No. 419.) See also, Portable Soup (No. 252.)

The Queen's morning Broth, — (No. 196.)

As Sir Kenelm Digby, in his Closet of Cookery, *page* 150, *London*, 1669, informs us, was made in the following manner:

A hen, a handful of parsley, one sprig of thyme, three of spearmint, a little balm, half a great onion, a little pepper and salt, and a clove, with as much water as will cover them; and this boiled to less than a pint, for one good porrengerful.

Hodge Podge. — (No. 197.)

Take a pound of rump steaks, the same quantity of veal cutlets and mutton chops, and

deceived a large family, who were all fond of weak mutton broth. Mushroom gravy or catsup, made as (No. 439,) approaches the nature and flavour of meat gravy, more than any vegetable juice, and is the best substitute for it in meagre soups and extempore sauces, that culinary chemistry has yet produced.

an ox-heel, cut them into pieces, about an inch square, put the whole into a soup-pot, and cover it with water, with two ounces of barley, an onion, a small bundle of sweet herbs, or three drachms of soup herb powder (No. 459,) enclosed in a bag, three heads of celery, a couple of turnips pared and cut in two, a large carrot scraped clean and split, three blades of bruised mace, two or three cloves, and half a dozen berries of black pepper; cover the soup-pot very close, so that no steam can evaporate; and if the lid does not fit tight, put a piece of paper over the pot, and then put the lid on; let it stew very gently for three hours; take out the spice, sweet herbs, and soup roots, pour the rest into a tureen, or soup-dish, and season it with a little salt.

Ox-heel Jelly.—(No. 198.)

The proportion of water to each heel is about a quart; keep it simmering gently for six or eight hours, it will make a pint of strong jelly, which is frequently used to add to mock turtle, and other soups.

Obs.—*Get a heel that has only been scalded*, not one of those usually sold at the tripe shops, which have been boiled till almost all the gelatine is extracted.

Clear Gravy Soup. — (No. 200.)

Cut half a pound of lean ham into thin slices and lay them at the bottom of a large stewpan or stockpot, with three pounds of lean beef, and a knuckle of veal; break the bones and lay them on the meat, take off the outer skin of two large onions, stick three cloves in one of them, and cut the other into slices, with two turnips; wash and clean a couple of large carrots, two heads of celery cut in pieces, and a large blade of mace: pour over these half a pint of cold water, cover the stewpan close, and set it over a smart fire, to boil quick, till the water is reduced, and the meat begins to stick to the bottom of the stewpan; turn your meat, &c.; and when there is a nice brown glaze at the bottom of the stewpan, add four quarts of clean water: watch it, and when it is coming to a boil, put in half a pint of cold water, and then take off the scum, then put in half a pint more cold water, skim it again, and continue to do so till no more scum rises. Now set it on one side of the fire, to boil gently for four hours, strain it through a clean tammis, or napkin, (do not squeeze it, or your soup will be thick,) into a clean China or stone pan, let it remain till it is cold, and then remove all

the grease: when you decant it, be careful not to disturb the settlings at the bottom of the pan: the liquor should be of a fine amber colour, and as clear as rock water: if it is not quite so bright as you wish it, put it into a stewpan, and after you have carefully skimmed it, break two whites and shells of eggs into a basin, beat them well together, put them into the soup, set it on a quick fire, and stir it with a whisk till it boils, then set it on one side of the fire to settle for ten minutes, run it through a fine napkin into a basin, and it is ready. However, if your broth is carefully skimmed, &c. according to the directions above given, it will be clear enough, without clarifying, which process impairs the flavour of the broth, in a much higher proportion than it improves its appearance.

Obs.—This is the basis of almost all the gravy soups, which are called after the various vegetables that are put into them. Carrots, turnips, onions, celery, and a few leaves of chervil, make what is commonly called "soup santé;" a pint of asparagus peas, and a cabbage lettuce, when they can be had, are an improvement; with rice, or Scotch barley, with Italian paste, or maccaroni, or vermicelli, or celery cut into lengths; it will be the soup usually called

by those names, or turnips scooped round and fried in butter, or young onions prepared in the same way, will give you a clear turnip, or onion soup. The roots and vegetables you use, must be parboiled first, or they will impregnate the soup with too strong a flavour. The seasoning for all these soups is the same, viz. salt, and a very little Cayenne pepper.

Shin of Beef Soup.—(No. 201.)

Put a large shin of beef (after having sawed the bone into several pieces,) into a stewpan, with six quarts of water, two teaspoonsful of salt, to throw up the scum, which must be carefully and completely removed as soon as it appears; then put in three whole onions, three carrots, and a couple of turnips, cut in pieces, a teaspoonful of whole allspice, and the same of black pepper: let it stew very gently for five or six hours, and strain it off into a pan, and let it remain till next day. When the meat is cold, pick out all the gristles and sinews from it, cut them into pieces as big as a small walnut, and lay them by to put into the soup; the rest of the meat (after the skins, &c. are picked out,) pound in a mortar, with a little beaten spice, salt, and a very little butter, and make it into

potted beef, (No. 503.) Next morning take off the fat from the soup, cut a large onion into slices, and fry it a fine brown (but do not let it get burned) in some of the fat you have taken off the surface of your soup liquor; put it into a clean stewpan, with your soup, and the gristles, and let them simmer together for half an hour, then rub down four tablespoonsful of flour in a teacupful of soup, add two tablespoonsful of mushroom catsup, and one of browning; give it a boil for five minutes, put it through a sieve, and it is ready for table.

Obs.—These will be found most excellent family Soups, nourishing and delicious to most palates. If the meat be simmered for three hours the evening before the soup is wanted, and suffered to stand till it is cold, much fat* may be removed from the surface of the soup, which is extremely delicate, and far superior for all the purposes that drippings are applied to. The Beef will be a most excellent and tender bouilli; and if some of the gravy be thickened, see receipt (No. 257,) and some minced ghirkins,

* See "*L'Art de Cuisinier*," par A. Beauvillier, Paris, 1814, page 68. "I have learned by experience, that of all the fats that are used for frying, that which is taken from the surface of the broth and stock-pot is by far the best."

and capers, are added to it, and poured into the dish, and over the meat, it will make it still more relishing; carrots and turnips cut, as for harricot mutton, may be added. See also (No. 328) Wow Wow Sauce.

Harrico Mutton Soup. — (No. 202.)

Divide a large neck of mutton into two parts, put the scrag end into a stewpan, with four large turnips, and two carrots, a large onion cut in two, and a gallon of water; let it stew gently over a very slow fire for two hours, till the mutton is done enough, but not till it is boiled to rags: then bruise two of the turnips, and one of the carrots through a cullender, and put them into the soup, to thicken it: cut the other part of the mutton into chops, fry them just to brown them, put them to the soup, and stew them very gently till the chops are tender, but take care not to do them to rags: cut the other turnips and carrot into shapes, and put them in the soup just before you take it up. Send it up in a soup-tureen or dish.

Mutton Broth, with Cutlets. — (No. 203.)

Cut six or eight handsome cutlets off the best end of the neck of mutton, trim off some

of the fat, and lay the cutlets on a plate; take the scrag and trimmings, and put them into a large stewpan, with a gallon of water, one head of celery, and a small bundle of parsley and thyme; set it on the fire, and when it boils skim it well, and let it simmer very slowly by the side of the fire for two hours; strain it into a clean stewpan, or broth pot, and have ready turnips, carrots, celery, and button onions, of each a small teacupful, cut into dice, or scooped with a turnip-scoop. Put the cutlets into the broth, and about a quarter of an hour before you think the cutlets are done, put in the roots and vegetables, season it with salt, and let it stew very slowly till they are just tender.

Scotch Barley Broth. — (No. 204.)

Chop a shin of Beef into four or five pieces, put it into a soup-pot, with two gallons of cold water, and set it over a brisk fire till it boils; skim it well, and put in a large carrot, a turnip, a head of celery, and a small bundle of parsley and thyme; let it stew gently for three hours, then strain it into a clean stewpan, or soup-pot, take off the fat, and put in three quarters of a pound of barley, well washed and picked, another head of celery, two turnips, a carrot,

and an onion, cut into small dice, and let it boil very gently till the barley is soft, which will take about two hours more, then season it with a teaspoonful of salt.

Obs.—Instead of a shin of beef, this is sometimes made with a neck, or breast of Mutton, or a couple of Sheep's heads, chopped to pieces.

Scotch Leek Soup.—(No. 205.)

You may make this soup to most advantage the day after a joint of mutton has been boiled; put the liquor the mutton has been boiled in, into a soup-pot, with four large leeks cut into pieces an inch long, season with pepper and salt, and let it boil slowly for an hour, then mix a quarter of a pound of oatmeal with half a pint of cold water, till it is quite smooth; pour this into the soup, let it simmer gently half an hour longer, and send it up hot.

Rice Soup.—(No. 206.)

Wash and pick a quarter of a pound of rice, put it into a quart stewpan with a pint of cold water, boil it two minutes, spread it on a hair sieve to drain; put it into a large stewpan, with three quarts of beef or veal broth; (see Receipts, No. 185 and 191;) let it boil an hour, taking off

the scum as it rises, rub it through a tammis, put half a pint of cream to it and the yolk of three eggs; it must not boil after.

Potatoe Soup.—(No. 207.)

Peel and slice a dozen potatoes, half a dozen onions, and three or four heads of celery; put them into a stewpan, with a quarter of a pound of butter, two or three tablespoonsful of oatmeal, and a pint of water; let these simmer very slowly for about an hour, then add five pints of warm water; let it stew on, till the vegetables are all well softened, so as they may be rubbed through a sieve. Season it with ground black pepper and salt.

Turnip Soup, White.—(No. 208.)

Make a gallon of clear veal or beef broth, see (No. 185,) and (No. 191;) if it is not perfectly clear, it must be clarified*: cut eight or ten turnips that are not spongy, into round balls, about as big as a nutmeg, (do not wash them,) put them into a stewpan, with two ounces of butter, and fry them of a fine gold colour, dry them on a hair sieve, or a sheet of paper, put

* See Receipt, (No. 252.)

them into the soup; set it by the stove to simmer gently for about a quarter of an hour, till the fried turnips are tender; skim it carefully, and season it with a little salt; cut some crusts of bread into bits about as big as a nutmeg, dry them on a plate before the fire, put some into the soup, and send up the rest on a plate.

Turnip Soup, Brown. — (No. 209.)

Have six turnips, two onions, or two leeks, and two heads of celery, sweat them down with half a pound of ham, till they catch a little colour; fill them up with broth, and boil till tender enough to rub them through a tammy. Scoop out twenty-four turnips, size of a marble; fry them in butter till brown, put them in the soup, and season it with salt and mace and pepper, and let it simmer gently till the fried turnips are tender.

Game Soup. — (No. 210.)

In the game season, it is very seldom that pheasants and partridges are all eaten upon a gentleman's table, consequently it will be easy for a cook to give her master a very good soup at a very little expense, by taking all the meat off the breasts, and pounding it in a mortar;

and beating to pieces the legs and bones, and boiling them in some broth for an hour. Boil six turnips, mash them, and strain them through a tammis cloth with the meat that has been pounded in a mortar, strain your broth, and put a little of it at a time into the tammis, to help you to strain all of it through. Put your soup-kettle near the fire, but do not let it boil; when ready to dish your dinner, have six yolks of eggs mixed with half a pint of cream, strain through a silk sieve, put your soup on the fire, and as it is coming to a boil, put in the eggs, and stir well with a wooden spoon; do not let it boil, as it would curdle; look if it is salt enough.

Obs.—I received the above from the same artist who wrote the receipt to dress Turtle, (No. 250.)

Carrot Soup.—(No. 212.)

Scrape and wash half a dozen large Carrots, peel off the red outside, which is the only part that should be used for this soup; put them into a gallon stewpan, with one head of celery, an onion, and two turnips cut into thin pieces, the same as the carrots; take two quarts of common beef, veal, or mutton broth, or if you have any cold roast beef bones, they will make

very good broth for this soup; when you have put the broth to the roots, cover the stewpan close, and set it on a slow stove for two hours and a half, when the carrots will be soft enough to rub through a tammis, or hair sieve, with a wooden spoon, and add as much broth as will make it a proper thickness, i. e. almost as thick as pease soup: put it into a clean stewpan, make it hot, season it with a little salt, and send it up with some toasted bread cut into pieces, half an inch square. Some put it into the soup; but the best way is to send it up on a plate, as a side dish.

Obs. — This is a very elegant soup, and neither expensive nor troublesome to prepare: in the Kitchens of some opulent Epicures, the roots are fried in butter, before they are put on to stew: if this is not done very carefully, and with very nicely clarified fat, all the sweet flavour of the vegetables will be overpowered by the rank empyreumatic savour of the fryingpan.

Parsnip Soup. — (No. 213.)

This is made in the same manner as the Carrot soup. It is unnecessary to recapitulate the foregoing receipt.

Celery Soup.—(No. 214.)

Split half a dozen heads of the whitest celery you can get into slips about two inches long, wash them well, lay them on a hair sieve to drain, and put them into three quarts of veal gravy (see Receipt, No. 192) in a gallon soup-pot; set it by the side of the fire, to stew very gently till the celery is tender; (this will take about an hour.) If any scum rises, take it off, season with a little salt, and send it up with the same accompaniments as in the last receipt.

Obs.—When celery cannot be procured, a drachm of the Seed, which may be considered as the Essence of Celery, and can be had at any season, will give the full flavour of the fresh vegetable to a gallon of Soup, or add a little Essence of Celery (No. 409.)

Green Pease Soup.—(No. 216.)

Take two quarts of full-grown (but not old) Green Peas; put a large saucepan on the fire half full of water, and when it boils, put the peas in, with a handful of salt; let them boil till they are done enough to be eaten, then drain them in a cullender, and put them into a clean gallon stewpan, with a large onion, a

cabbage lettuce, a quarter of a pound of lean ham, and three quarts of beef broth, or gravy, made as in the receipts (No. 185, and 186;) cover the stewpan close, and set over a slow fire, to stew gently for an hour; then rub it through a tammis into another stewpan, stir it with a wooden spoon, and if it is too thick, add a little more broth; have ready boiled, as for eating, a pint of young peas, and put them into the soup; season with a little salt and sugar.

N. B. Some Cooks, while the soup is going on, slice a couple of cucumbers, as you would for eating; take out the seeds, lay them on a cloth to drain, and then fry them a light brown in a little butter; and put them into the soup the last thing before it goes to table.

Obs.—If the soup is not green enough, pound a handful of spinage in a marble mortar, and squeeze the juice through a cloth into the soup; some leaves of mint may be added, if approved.

Green Pease Soup, without Meat.—(No. 217.)

Take three pints of young green peas, put them on in a small quantity of water, give them a boil or two, and then pour away the water; put the peas into a marble mortar, and pound them to a mash. Set on a saucepan, with a

quarter of a pound of butter, an ounce of onion cut small, a sprig of thyme, marjoram, and savoury, a bunch of parsley, and a couple of large cucumbers cut in quarters; set the pan on a moderate fire, dredge in two or three table-spoonsful of flour, and stir all carefully about till the whole is well done; then pour in three quarts of water, let it boil up, and when you have skimmed it clean, put in the pounded peas; stir all well together, let it again boil up, and then strain it through a hair sieve, or tammis; it should be very thick and fine. If it does not appear sufficiently green, pound a handful of spinage, and put the juice, when properly strained, into the soup: it must not *boil* afterwards.

N. B. You may add a pint of very young peas, like as in the preceding receipt, and some cooks put in two heads of celery, and a couple of anchovies. Read the following receipt.

Pease Soup.—(No. 218.)

The common way of making this is to a quart of split peas, (whole peas are often difficult to burst,) to put three quarts of cold soft water, not more, (or it will be what "JACK ROS-BIF" calls "Soup Maigre,") notwithstanding Mother

Glasse orders a gallon, and her Ladyship's Receipt has been copied by almost every Cookery book-maker, who has strung Receipts together since. A pound of Bacon, (not very fat,) or Roast beef bones, or four Anchovies, or instead of the gallon of water, a gallon of the liquor in which meat has been boiled, tasting it first, to make sure it is not too salt*. Wash two heads of Celery, cut it, and put it in, with two Onions peeled, a sprig of Savory, or sweet Marjoram, or Lemon-Thyme, set it on the trivet, and let it simmer gently over a slow fire, stirring it every quarter of an hour (to keep the peas from sticking to the bottom,) till the peas are tender, which will be in about three hours: some Cooks, now slice a head of celery, and a couple of onions, and fry them in a little butter, and put them into the Soup, and then work the whole through a coarse hair sieve, and then through a fine sieve, or (what is better) through a tammis, with the back of a wooden spoon; put it into a clean stewpan, with half a tea-spoonful of ground black pepper †, let it boil

* If your liquor is very salt, the peas will never boil tender. Therefore when you make Pease Soup with the liquor in which salt Pork or Beef has been boiled, tie up the Peas in a cloth, and boil them first for an hour in soft water.

† Some put in dried mint rubbed to a fine powder;

again for ten minutes, and if any fat arises, skim it off. You may put in a head of Celery cut into pieces an inch long, or a score of young Button Onions. Cut a slice of bread, that has been baked two or three days, into dice half an inch square; put a tablespoonful of clean drippings or lard into an iron fryingpan, when it is melted, put in the bread, and fry it a fine delicate brown; take care that it turns about, by the shaking of the pan as it is frying, that it may be on each side of a fine light brown, see (No. 319); take it up with a fish slice, and lay it on a sheet of paper to drain the grease; be careful that this is done nicely: send these up in one side dish, and dried and powdered mint in another. Those who are for a double Relish, and are true lovers of "*haut goût*," may have some Bacon cut into small squares like the bread, and fried till it is crisp, and sent up in another little dish, or put Cucumber fried into this soup, as you have directions in (No. 216.)

Obs.—*The most economical method of making* PEASE SOUP, is to save the bones of a joint of Roast beef, and put them into the liquor in which

but as every body does not like mint, it is best to send it up on a plate, see PEA POWDER, (No. 458,) and Essence of Celery (No. 409.)

a leg of Mutton, or a leg of Pork has been boiled, and proceed as in the above receipt. A hock, or shank bone of ham, or a ham bone, or the root of a tongue, or a red or pickled herring, are favourite additions with some Cooks; others send up rice or vermicelli with pease soup*.

N.B. To make EXTEMPORE PEASE SOUP, see (No. 555.)

Pease and Dripping Soup.—(No. 219.)

Pease soup may be made savoury, full to the palate, and most excellent and agreeable, without any meat, by incorporating two ounces of fresh beef, mutton, or pork drippings, with two ounces of oatmeal, and mixing this well into the gallon of soup, made as in (No. 221.)

* My witty predecessor, Dr. HUNTER, (*see* Culina, page 97,) says, "If a proper quantity of curry powder be added to pease soup, a good soup might be made, under the title of curry pease soup. Heliogabalus offered rewards for the discovery of a new dish, and the British Parliament have given notoriety to inventions of much less importance than 'curry pease soup.'"

N. B. Celery cut into bits about an inch long, and boiled separately, and thrown into the tureen when the soup is going to table, will give another agreeable variety, and may be called CELERY AND PEASE SOUP.

Pease Soup and Pickled Pork.—(No. 220.)

A couple of pound of the belly part of pickled pork will make very good pease soup, if the pork be not too salt; if it has been in salt more than two days, it must be laid in water the night before it is used, and put on in three quarts of water, with the ingredients mentioned in the first receipt; let it boil gently for two hours, then put in the pork, and boil very gently till it is enough to eat, this will take about an hour and a half longer; when done, wash the pork clean in hot water, send it up in a dish, and pour the soup into a tureen, with the accompaniments ordered in the first receipt for pease soup.

Obs.—The meat is boiled no longer than to be done enough to be eaten; thus, you get excellent soup, without any expense of meat destroyed.

Plain Pease Soup.—(No. 221.)

To a quart of split-peas, and two heads of celery, put three quarts of soft water; let them simmer gently on a trivet over a slow fire for three hours, (stirring it up every quarter of an hour to prevent the peas burning at the bottom

of the soup kettle); when they are well softened, work them through a hair sieve, and then through a tammis into a clean stewpan, and give it a boil up; take off any scum that comes up, and it is ready. *Prepare fried bread and dried mint as in the first receipt for pease soup,* and send them up with it on two side dishes.

Obs.—This is an excellent family soup, produced with very little trouble or expense; most of the receipts for pease soup are crowded with ingredients that entirely overpower the flavour of the pease.

Asparagus Soup.—(No. 222.)

This is a soup made with the points of asparagus, in the same manner, as

Green Pease Soup

is with peas, except, that only half the asparagus is rubbed through a sieve, and the other is cut in pieces about an inch long, and boiled till tender, and sent up in the soup; to make two quarts, there must be a pint of heads to thicken it, and half a pint cut in. This soup is sometimes made by adding the asparagus heads to common pease soup.

Obs.—Some people fry an onion in a little

butter, and rub it through a sieve, and add it with the other ingredients.

Water Soup.—(No. 223.)

Clean half a dozen carrots, as many onions, a couple of parsnips, two or three heads of celery, and half a dozen turnips, a small cabbage, a pint of split peas; these, with a large teacupful of bread crumbs, put into a saucepan with five pints of cold water: place it over a slow fire, and let it boil gently for three hours; work your ingredients through a hair sieve or cullender into a clean stewpan, and season it with pepper and salt: send it up hot, with bread cut into dice. and fried, the same as directed with pease soup (No. 218.)

Obs.—To make this soup make a little stronger impression, on the gustatory organs of a "*grand gourmand*," the vegetables may be fried in butter before they are boiled, and the "*grand Cuisinier*" may add spices, &c. "*ad libitum*."

Maigre Gravy Soup.—(No. 224.)

Wash and peel two ounces of onion, two of carrots, two of turnips, and two heads of celery; cut them into thin slices, and put them into a large stewpan, with a quarter of a pound of

butter; set the stewpan over a quick fire, stir in two tablespoonsful of flour, and let them fry till they have got well browned; pour to them three quarts of boiling water, a pint of split peas, some bread raspings, or stale crusts, two blades of bruised mace, or four or five cloves, a teaspoonful of ground black pepper, and salt enough to season it; let it stew very gently for two hours; by this method your soup will be as well coloured, and the flavour as good, as if it were made with gravy. Take it off the fire and let it stand for half an hour, and then pour it off very gently, so as not to disturb the sediment at the bottom of the stewpan; your soup will then be very clear, and ready for the herbs and roots you choose to put in, such as celery, chervil, turnips, and carrots, shred fine and boiled till they are tender, (which may take almost twenty minutes,) and it is ready. You may send up fried bread on a plate, for which you will find directions in (No. 218,) and (No. 319.)

Obs. — The French sometimes add to this (which much improves it,) a couple of the sea ducks called Macreuse, which feed upon muscles, and being of a fishy nature, may be eaten on fast days.

Fish Soup. — (No. 225.)

You may make this with a Cod's Skull, or three pounds of Eels, or three pounds of Skate, or half a dozen Flounders; cut them in pieces, put them on to stew in three quarts of water, season it with four blades of bruised mace, an onion with four cloves stuck in it, a head of celery, some pepper and salt, and a bunch of sweet herbs, or three drachms of soup herb powder, (No. 459): cover them down close, and after they have simmered gently for a couple of hours, pass the liquor through a hair sieve into a clean stewpan; while this is doing, take half a pint of oysters, and pound them in a mortar with the yolks of three hard eggs, and a little pepper and salt; let all boil up together till it is of the thickness of cream; rub it through a sieve or tammy into your tureen, and send it to table.

Onion Soup Maigre. — (No. 226.)

Take two ounces of onion*, two of carrots, two heads of celery, and one turnip; slice these

* Two or three dozen very small button Onions are sometimes used for a change, fried in the same manner, whole, and put into the Soup after you have put it through a tammis.

very thin, and put a quarter of a pound of butter into a stewpan; when it boils, which you will know by its leaving off scolding, and becoming quite still, put in the above ingredients, and fry them a light brown, take care not to burn them; then add, by degrees, either three quarts of pease soup, or boiling water, two anchovies, some whole black pepper, and two penny rolls; boil together till the bread is reduced to a pulp; work it through a coarse hair sieve, and set it again upon the fire; skim it well, put in the yolks of four eggs, and pass it through a fine sieve, or tammis; send up with it fried bread cut into the form of dice, or a French roll cut into small bits and dried before the fire.

Brown Soup Maigre.—(No. 227.)

Put a gallon of water into a soup-pot, with three quarters of a pint of bread-raspings to thicken it; throw in two or three onions sliced, half a dozen cloves, a teaspoonful of whole black pepper, the same of salt; boil up together for about half an hour, and rub it through a sieve. Take some carrots, and a head of celery cut into bits, and fry them in butter; put them to the soup, and let it go on simmering till these are tender: if not brown enough, colour it with

a little burnt sugar, for which you have a receipt (No. 322.)

Soon made Savoury Soup, in Twenty Minutes. (No. 229.)

To make a quart, put an ounce of Butter, or of clean sweet drippings into a two quart stewpan, with half an ounce of Onion, and a head of Celery chopped small, fry it till it is a little brown, then add two tablespoonsful of flour, stir together till it becomes a paste, then by degrees add a pint of boiling water; now mix by degrees a tablespoonful of oatmeal, and a teaspoonful of Pea Powder (No. 458,) with a pint of cold water, and pour it into the stewpan; season it with a little pepper and salt, and a dozen corns of allspice, and rub it through a sieve or tammis: toast a slice of bread, cut it into pieces three quarters of an inch square, and send it up on a plate, or fried bread, as directed in (No. 218.)

Obs.—This has the advantage of being very quickly prepared at a very moderate expense. Those who have not tasted it, will not easily imagine, what a delicious meal is produced, by the combination of these cheap and homely ingredients.

Drippings Soup. — (No. 230.)

Wash five ounces of barley, and put it on to boil on a slow fire, in six quarts of water; skim it carefully, and when it is reduced to about five quarts, put on a head of celery, or half a drachm of celery seed, a couple of large onions, and let it boil another hour, till it is reduced to a gallon; put four ounces of oatmeal into a basin, mix it well with three ounces of clean mutton, beef or pork drippings, and these by degrees with the above liquor, adding to it a tablespoonful of pea powder (No. 458,) or the Soup-herb savoury powder (No. 460,) a teaspoonful of ground black pepper, and two teaspoonsful of salt; let all boil up together for a few minutes till it is well incorporated.

*** *Drippings intended for soup, should be taken out of the pan almost as soon as it has dropped from the meat; if it is not quite clean, clarify it.* See receipt (No. 83.)

For various receipts for Economical Cookery, see Mrs. MELROE'S *book; it is a work of great ingenuity and originality.*

Obs. — If the generally received opinion be true, that animal and vegetable foods afford nourishment in proportion to the quantity of oil, jelly, mucilage, and sugar can be extracted

from them; these soups have strong claims to the attention of the rational economist.

Vermicelli Soup.—(No. 231.)

Have ready two quarts of veal gravy, made as in receipt (No. 192,) put this into a clean gallon stewpan, put about six ounces of vermicelli to it, let it boil a few minutes, season it with salt, and send it up hot, with the crust of a French roll, cut into pieces the size of a sixpence, on a side dish.

Vermicelli Soup, White.—(No. 232.)

Put two quarts of veal broth, made as in receipt (No. 191,) into a clean gallon stewpan; put it on the stove, and when it boils, mix the yolk of three eggs with half a pint of cream, and a little salt; strain it through a hair sieve into the soup; stir it quick, but do not let it boil, or it will curdle; send it up as quick as possible.

Maccaroni Soup.—(No. 233.)

Boil six ounces of maccaroni in water for four minutes, lay it on a hair sieve that all the water may drain from it; put it into a stewpan again,

with a quarter of a pound of fresh butter, a bay leaf, an onion, with two cloves stuck in it, and half a pint of broth or water; let it simmer in the corner of the stove till done.

To make this soup, you must have a pound of good lean ham, a knuckle of veal, and an old fowl; cut your ham in slices, and lay them at the bottom of a large stewpan, cut your veal to pieces and your fowl, and put them to the ham, with a ladleful of broth, or water; set your stewpan on the fire, and let it reduce till it begins to stick to the stewpan, then cover your meat with broth, or water, skim it well, put in some salt, with two carrots, one onion, two cloves, a head of celery, two turnips, and one parsnip; let it simmer four or five hours, then strain the liquor through a hair sieve; three quarts is all you must expect, if you like to have good soup; then have a quarter of a pound of parmesan cheese grated; when ready to dish, take away the onion and bay leaf from the maccaroni, put at the bottom of your tureen a bed of maccaroni, then a bed of parmesan cheese, and so on, till all is in; pour your soup over, and send it up as hot as possible.

*** *Every article employed in this soup must be of the very best quality. It is seldom well made in this country.*

Maccaroni Soup, the new way.—(No. 234.)

This is called, in the French kitchen, "Potage à la *Camerani*," the erudite gourmand who invented it.

Prepare your maccaroni and broth as in the last receipt; mince fine all the vegetables that have been boiled in the broth, with two dozen of fowls' livers that have been parboiled; mix and chop small these with the vegetables, and lay a bed of these ingredients between the maccaroni and the cheese, of which you will want a pound.

*** *This is one of the last productions, and the reigning favourite of the French kitchen, where the desire for novelty is insatiable, and folios might be filled with their innumerable receipts for soups.*

Cray Fish Soup.—(No. 235.)

This soup is sometimes made with beef broth, and sometimes with fish, in the following manner.

Take two or three flounders, eels, gudgeons, &c. and set them on to boil in a gallon of cold water; when it is pretty nigh upon boiling, scum it well, and put in a couple of onions, and as many carrots cut to pieces, and some parsley,

a dozen berries of black and Jamaica pepper, and about half a hundred cray-fish; take off the small claws, and shells of the tails, and pound them fine, and boil them with your broth about an hour; strain off, and break in some crusts of bread to thicken it, and if you can get it, the spawn of a lobster, (the inside spawn gives the most colour,) pound it and put to your soup, and let it simmer very gently for a couple of minutes, put in your cray-fish, make hot, and send up.

Obs.—One of my predecessors recommends "cray-fish *pounded alive*, as an ingredient in his broth," *to sweeten the sharpness of the blood.*—Vide *Clermont's Cookery*, page 5, 8vo. London, 1776.

Prawn, or Shrimp Soup.—(No. 236.)

Prawns, or shrimps, make an excellent soup just in the same manner; but there is a small bag in the carcass, full of gravel, which must be taken out before you pound them for stock. Use only the tails of the prawn; but the cray-fish, body and all, except the legs and shells.

Lobster Soup.—(No. 237.)

To make a most elegant, nutritious, and de-

licious Lobster soup, you must have four large lively Young Hen Lobsters, and pick out the eggs, or outside live spawn; then boil the lobsters in salt and water for twenty or thirty minutes, according to their size; when cold, split the tails, take out the fish, crack the claws, and cut the meat into mouthfuls: take out the coral and soft part of the body, bruise part of the coral in a mortar, pick out the fish from the chines, beat part of it with coral, and with this make force-meat balls finely seasoned with mace, nutmeg, and a little grated lemon-peel, and boil them in a little of your veal broth. Make a gallon of veal broth as per receipt (No. 191,) seasoned with mace, nutmegs, and a little sweet basil; take the live spawn and bruise it in a marble mortar with a little of your veal broth, rub it through a sieve, and add it to your soup with the meat of the lobsters, and the remaining coral; let it simmer very gently for ten minutes; now have ready, the yolks of six fresh eggs, beat them up well with a little of the soup, and just give it a warm, keep stirring it all the while, and mind not to let it boil, or its fine red colour will immediately fade; turn it into your tureen, and add the juice of a good lemon.

Soup and Bouilli.—(No. 238.)

The best parts for this purpose, are either the shin, or a piece of the middle of brisket of beef, about seven or eight pounds weight; bind it round with a fillet of tape, to prevent its coming to pieces when you take it up: put a slice under it, which will enable you to put it on the dish entire; put it into a soup-pot or deep stewpan with cold water enough to cover it, and a quart over, set it on a quick fire to get the scum up, which remove as it rises; then put in two carrots, two turnips, two leeks, two heads of celery, a large onion with two cloves sticking in it, and a faggot of parsley and thyme, set your pot by the side of the fire to simmer very gently, till the meat is just tender enough to eat; this will require about five or six hours. Put a large carrot, a turnip, a large onion, and a head or two of celery into the soup whole, but take them out as soon as they are done enough, lay them on a dish till they are cold, then cut them into small squares: when the beef is done, take it out carefully, and strain the soup through a hair sieve into a clean stewpan, take off all the fat, put the vegetables that are cut into the soup, the flavour of which you may heighten,

if you like it, by adding a wineglassful of mushroom catsup, and a tablespoonful of browning. (If a thickened soup is preferred, take four large tablespoonsful of the clear pot skimmings, and four spoonsful of flour; mix it smooth together, then by degrees stir it well into the soup, pass it through a tammis sieve, and add the vegetables and seasoning the same as directed in the clear soup.) Keep the beef hot, and send it up as a remove to the soup, with, FOR SAUCE, some carrots, turnips, and two dozen button onions boiled tender in a pint of the soup, thickened with two tablespoonsful of flour, and two of skimmings mixed quite smooth; season it with a little pepper and salt, or send up Wow Wow Sauce, (No. 328,) in a boat. See also (No. 5,) "Beef Bouilli," and Stewed Shin of Beef, (No. 493.)

Ox Cheek Soup,—(No. 239.)

Should be prepared the day before it is to be eaten, as you cannot cut the meat off the head into neat mouthfuls unless it is cold; therefore, the day before you want your soup, put half an ox cheek into a large tub of cold water, soak it for a couple of hours, then break all the bones that have not been broken at the butcher's, and wash it very well in several

waters; put it into a brazing-kettle or soup-pot, just large enough to hold it, with six quarts of cold water, two heads of celery, a couple of carrots, a turnip, a leek, two large onions, with four cloves stuck in one of them, two blades of mace, a dozen berries of black pepper, same of allspice, and a bundle of sweet herbs, such as marjoram, lemon-thyme, savory, and parsley; cover the soup-pot close, and set it on a quick fire; take off the scum, which will rise when it is coming to a boil, and set it by the fireside to stew very gently for five hours; take out the head, lay it on a dish, pour the soup through a fine sieve into a stone-ware pan, and set them by in a cool place till the next day;—then set the soup on to boil away, till it is reduced to three quarts; put one ounce of butter* into a gallon stewpan; when it is melted, throw into it four large tablespoonsful of flour; when they are well mixed together, and browned by degrees, pour to this your soup, and stir it well together for half an hour, strain it through a hair sieve into a clean stewpan, and put to it the meat of the head (which, while your soup has been going on, have cut into pieces about

* Or thicken with fat skimmings, as in the next receipt.

an inch square;) let it stew half an hour longer, and season it with Cayenne pepper, salt, and a glass of good white wine, or a tablespoonful of brandy. See Ox Cheek Stewed (No. 507.)

Ox Tail Soup.—(No. 240.)

Two tails will make a tureen of soup; (desire the Butcher to divide them at the joints,) lay them to soak in warm water, while you get ready your gravy and vegetables. Cut into slices a pound or two of gravy beef, put them into a two gallon stewpan, with a quarter pint of cold water, a head of celery, two onions, with half a dozen cloves stuck in one of them, a dozen berries of allspice, the same of black pepper, two carrots, two turnips, and a bundle of savory, lemon-thyme, and parsley; put your stewpan over a slow fire till the meat looks brown, turn it about, and let it get a little colour; then put in the tails, with three quarts of boiling water, make it boil quick, and skim it carefully, as long as you see any scum rise; then cover your pot as close as possible, and set it on the side of the fire to keep simmering *till the meat becomes tender*, and will leave the bones easily; this will require two or three hours; *mind it is not done too much:* when perfectly

tender, take out the meat, and cut it off the bones, in neat mouthfuls; skim your broth, and strain it through a sieve: to thicken it with flour and butter, as directed in the preceding receipt, or put two tablespoonsful of the fat you have taken off the broth into a clean stewpan, with four or five tablespoonsful of flour, or oatmeal; set them over the fire, and stir them well together, then pour in the broth by degrees, stirring it and mixing it with the thickening; let it boil for another half hour, or till it is quite smooth, strain it through a tammis into a clean stewpan, put in the meat, with a tablespoonful of mushroom catsup, (No. 436,) and a glass of wine, and season it with salt.

Obs.—See Obs. to (No. 493.)

Ox Heel Soup—(No. 240.*)

Must be made the day before it is eaten. Procure an ox heel undressed, or only scalded, (not one that has been already boiled, as they are at the tripe shops, till almost all the gelatinous parts are extracted,) and two that have been boiled as they usually are at the tripe shops. Cut the meat off the boiled heels into neat mouthfuls, and set it by on a plate; put

the trimmings and bones into a stewpan, with three quarts of water, with the unboiled heel cut into quarters; furnish the stewpan with two onions and two turnips pared and sliced, pare off the red part of a couple of large carrots, add a couple of eshallots cut in half, a bunch of savory, or lemon-thyme, and double the quantity of parsley; set this over or by the side of a slow steady fire, and keep it simmering very gently (or the soup-liquor will evaporate,) for at least seven hours; during which, take care to remove the fat and skum, that will rise to the surface of the soup, which must be kept as clean as possible. Now strain the liquor through a sieve, and put two ounces of butter into a clean stewpan; when it is melted, stir into it as much flour as will make it a stiff paste, add to it by degrees, the soup liquor, a shallot cut in half, twenty corns of allspice, and same of black pepper, (just cracked) the peel of a lemon pared as thin as possible, a couple of bay-leaves, and a head of celery; let it go on simmering for half an hour longer; then pass it through a tammy; put in the juice of a lemon, a glass of wine, a tablespoonful of mushroom catsup, and the meat of the boiled heels; when they are warmed through, your soup is ready for the tureen.

Obs.—Those who are disposed to make this a more substantial dish, may introduce a couple of sets of goose giblets, or ox tails, or a pound of veal cutlets, cut into mouthfuls, and then stewed till tender and put into the soup.

Hare Soup.—(No. 241.)

An Old Hare, when it is so tough as to defy the teeth in any other form, will make excellent Soup.

Cut off the legs and shoulders, and divide the body crossways, *stew it very gently* in three quarts of water, with two ounces of lean ham or bacon, one carrot, two onions, with four cloves stuck in them, two blades of pounded mace, and a bundle of sweet herbs, till the whole is tender; the time this will take, depends very much upon the age of the hare, and how long it has been kept before it is dressed; as a general rule, say about three hours: when it is quite tender, take the meat off the back, cut it into small pieces, and lay it aside; cut the rest of the meat off the legs and shoulders, mince it, pound it in a mortar, with a bit of butter, and rub it through a hair sieve, to make thickening for the soup; put in the meat of the back, season with a little nutmeg and salt, a

glass of port wine, and a few grains of Cayenne pepper. Make a dozen and a half of forcemeat balls of (No. 379.)

Obs.—COLD ROAST HARE, will make excellent soup. Chop it in pieces, and stew it in three quarts of water for about an hour, and manage it as in the above receipt; the stuffing of the hare will be a very agreeable substitute for sweet herbs and seasoning.

N. B. This Soup may be made with MOCK HARE, see (No. 67.*)

Soup without Water.—(No. 243.)

Slice six pounds of lean beef, and the same of veal, put it into a stone jar with a dozen large turnips, peeled, washed, and cut in slices, two onions, and a little salt; cover the jar very close, so that no steam can evaporate, and set it on some hay (to keep the jar steady) in a large saucepan half full of boiling water; keep a kettle of water boiling, to fill this up as it wastes, set it over a slow fire to boil gently for five hours; strain your soup through a silk sieve into a clean stewpan; have ready boiled a carrot, and a turnip, cut neatly into dice; put them into the soup, let them get warm in it, and send up hot, with toasted bread cut into little pieces on a plate.

Obs.—This is certainly the very Quintessence of Meat, and "ne plus ultra" of rapidly-restorative and immediately-assimilating nourishment; but alas! it can only be served, at those tables, where the mistress of the mansion never looks at the Butcher's Bill.

We give the above receipt, because we know many "*Bons Vivants*" and invalids, will thank us for teaching them the art of bringing nourishing juices into the body, in their most concentrated form, without giving the teeth the trouble of chewing, or the stomach the labour of digesting.

Those who live too fast, are in equal haste to restore themselves full gallop. See the 106th page of the Rudiments of Cookery.

Giblet Soup.—(No. 244.)

Scald and clean two sets of Goose, or four sets of Duck giblets, (leaving out the livers,) wash them well in warm water, in two or three waters; *divide the gizzards and necks into mouthfuls**, and crack the bones of the legs; put them into a stewpan with three quarts of cold

* If the gizzards are not cut into small pieces, before they are done enough, the rest of the meat, &c. will be done too much; and knives and forks, have no business in a soup plate.

water: when they boil, take off the scum as it rises, then set them to stew very gently, till the gizzards are tender; this will take from an hour and a half, to two hours, according to the size and age of the giblets: take them up carefully with a skimmer, or a large spoon full of holes, and put them into the tureen, and cover down close to keep warm till the Soup is ready. Put the liquor they were boiled in on the fire again, with a bundle of common, or lemon-thyme, knotted or sweet marjoram, and winter savory, an onion with four cloves stuck in it, twelve berries of allspice, the same of black pepper, two blades of mace, two shallots cut in half, and two tablespoonsful of mushroom catsup, a glass of wine, and a teaspoonful of salt. Melt an ounce of butter in a quart stewpan, stir in as much flour as will make it into a paste; then pour to it a ladleful of your giblet liquor, and a tablespoonful of oatmeal; mix it thoroughly together, and pour it into the stewpan that has the giblet liquor in it; stir it well together, and let it simmer gently for an hour longer: strain your soup through a tammis into the tureen, and add the giblets to it, and serve up. There should be three quarts of soup.

Obs.—Thus managed, a set of Goose giblets, will make a quart, of healthful, nourishing, and

agreeable Soup: if you think the giblets alone will not make the soup strong enough, you may add a pound of gravy beef, or a scrag of mutton, a cow-heel, or bone of a knuckle of veal, a few leaves of sweet basil, the juice of half a Seville orange or lemon, and half a glass of wine, to each quart of soup. Those who are fond of Forcemeat, may slip the skin off the neck, tie up the end, and fill it with the following stuffing: mince fine some Sage, the yolk of a couple of Eggs boiled hard, a teacupful of bread crumbs moistened with a little milk, a little grated nutmeg, and some pepper and salt, and a raw egg well incorporated together, tie up the other end tight, put them into the soup about half an hour before you take it up.

Mock Mock Turtle, as made by E. LISTER, *Cook, No.* 106, *High Street, Mary-le-bone, whom the Editor, wishes to recommend, to those who occasionally hire an assistant Cook, see* (No. 280.)—(No. 245.)

Line the bottom of a stewpan that will hold five pints, with an ounce of nice bacon, or ham, a pound and a half of lean gravy beef, a cow heel, the inner rind of a quarter of a carrot, a sprig of lemon-thyme, winter savory,

three times the quantity of parsley, a few green leaves of sweet basil*, and two shallots; make a bundle of these, and tie up in it a couple of blades of mace: put in a large onion, with four cloves† stuck in it, twelve corns of allspice, the same of black pepper; pour on these a quarter pint of cold water, cover your stewpan, and set it on a slow fire to boil gently for a quarter of an hour; then, for fear your meat should catch, take off the cover, and watch it; and when it has got a good brown colour, fill up your stewpan with boiling water, and let it simmer very gently for two hours; if you wish to have the full benefit of your meat, only stew it till it is just tender, and cut it into mouthfuls, and put it into your soup. Put a tablespoonful of the thickening, (No. 257,) into a two-quart

* To this fine aromatic herb, the Turtle is much indebted for the spicy flavour it imparts to the Soup, and the high esteem it is held in by all good citizens of London, who, I believe, are pretty generally of the same opinion as Dr. Salmon. See his "*Household Dictionary, and Essay on Cookery*," London, 8vo. 1710, page 34, article 'basil.' "This comforts the heart, expels melancholy, and cleanses the lungs." See (No. 397.)

† Bury the cloves within the body of the onion, to save your tammis or sieve from being torn by the sharp points of the cloves, when you strain your sauce.

stewpan, pour to it a ladleful of your gravy, and stir it quick till it is well mixed, pour it back into the stewpan where your gravy is, and let it simmer gently for half an hour longer, then strain it through a tammis into a gallon stewpan: cut the cow-heel into pieces about an inch square, squeeze through a sieve the juice of a lemon, a tablespoonful of plain browning, the same of mushroom catsup, a teaspoonful of salt, half a teaspoonful of ground black pepper, as much grated nutmeg as will lie on a sixpence, and a glass of Madeira or sherry wine; let it all simmer together for about half an hour.

Forcemeat and egg balls may be added if you please; you will find a receipt for these under the article forcemeat, (Nos. 380, &c.)

*** *A pound of Veal Cutlets, cut into pieces about an inch square, and half an inch thick, and rounded and trimmed neatly from all skin, gristle, &c. and stewed till they are tender, will be a great addition. The above excellent soup costs only eighteen pence a quart.*

	s.	d.
One pound and a half of gravy beef	1	0
Cow Heel	0	7
Roots and Herbs, &c.	0	3
Butter and flour	0	4

	s.	d.
Wine	0	6
Half a lemon	0	1
Bacon	0	4
Two quarts cost only	3	0

MOCK TURTLE, *as made by* M. BIRCH, *one of Apicius's Assistants in this Work.*—(No. 246.)

Take two pounds of gravy-beef, with a small knuckle of veal, about 3lbs; chop the bone, and cut the beef in thin slices; put it into a gallon stewpan, with half a pint of water, a slice of lean ham or bacon, one turnip, one carrot, three onions, with four cloves stuck in one, a teaspoonful of black pepper, the same of allspice, a bundle of sweet herbs; put it over a slow fire till it is of a light brown, but be very careful it does not burn; then put to it two quarts of boiling water, let it simmer for two hours, then strain it off*, and put two quarts more; simmer it for three hours longer, strain it off, and set it by till next day: boil half a calf's head with the skin on, three quarters of an hour; when cold, cut the meat off in small square pieces,

* N. B. This will make excellent Gravy Sauce, &c. for the rest of your dinner.

and set them by, and put the bones and trimmings of the head into the veal broth. To thicken your soup, put an ounce of butter into a stewpan; as soon as it is melted, mix two tablespoonsful of flour with it, stirring it over the fire a few minutes; then mix the gravy with it by degrees: as soon as it boils, mix three tablespoonsful of oatmeal with cold water, and put to the soup; let it boil for ten minutes, strain it, and put it into the stewpan again with the meat, and a roll of lemon-peel; simmer it for an hour and a half, or two hours, till the meat is sufficiently tender, and finish your soup with seasoning it with two glasses of wine, half a glass of catsup, and the like quantity of lemon juice, and a small tablespoonful of essence of anchovy.

Obs.—The above is most excellent, and was eaten with unanimous and perfect approbation by the "COMMITTEE OF TASTE," (vide Preface,) who ordered it to be printed, as well as the following receipt, which exhibits all the variations of seasoning, &c.

MOCK TURTLE.—(No. 247.)

This is the dish, says "*le Grand Cuisinier Imperial de France*," which "*le chef Officier de*

Bouche d'Angleterre" prepares, when he attempts to rival the French Cookery. Endeavour to get the head and the broth ready for the soup*, the day before you want it.

Get a calf's head with the skin on, take out the brains, and wash the head several times in cold water, put it into about eight quarts of hot water, let it boil an hour; take it up, and cut the head and tongue into mouthfuls, and set them by on a dish. Now put about two ounces of butter into a two gallon stewpan, then lay in half a pound of ham, cut into slices, and three large onions cut in half; chop a knuckle of veal or shin of beef into pieces and lay them on the ham, then put in a pint of the liquor the calf's head was boiled in, cover the stewpan, and set it over a quick fire till all the liquor has boiled away, and the meat begins to stick to the bottom of the pan, and has got a little brown, stir it all up, and then fill up the stewpan with the liquor in which the calf's head was boiled; when it boils, and you have skimmed it well, put in two carrots, two turnips, two heads of celery, eight cloves, a quarter of an ounce avoirdupois weight of eschallots, cut in half,

* Those who do not like the trouble, &c. of making Mock Turtle, may be supplied with it ready made, in high perfection, at BIRCH's in Cornhill. See note at the foot of page 122.

and a bundle of equal parts of winter savory and lemon-thyme, about half that quantity of sweet basil*, and twice the quantity of parsley; so that when tied up all together, their stems are at least as big as your wrist; put in a quarter of an ounce of allspice, same of whole black pepper, a drachm of Cayenne, and the trimmings and bones of the calf's head†; cover it close, and let it stew gently for about four hours, (there should be five quarts of soup when it is finished;) and strain it off. To THICKEN IT, put about six ounces of butter into a clean stewpan; when it is melted, gradually stir in half a dozen woodenspoonsful of flour, rub it up well and moisten it with a ladleful of your Soup liquor, add to it three tablespoonsful of oatmeal, and mix all well together, till they are smoothly united, then add the remainder by degrees, stirring it all the while till thoroughly incorporated; (if it is at all lumpy, pass it through a sieve;) let it stew half an hour longer, taking off the skum as it rises, then strain it through a tammis into a clean stewpan,

* (No. 397) will impregnate your Soup with the Basil flavour at very moderate cost, when fresh Basil is extravagantly dear.

† The addition of a couple of Calf's feet, or a Cow heel, will render the Soup still more richly gelatinous.

put in the head and tongue*, and let it simmer gently till the meat is tender, (*taking care it is not overdone.*) Now SEASON IT with three tablespoonsful of Lemon Juice, same of Mushroom Catsup, (No. 439,) and two of Essence of Anchovy, (No. 433,) half a pint of Wine, two teaspoonsful of Curry Powder, (No. 455,) half a saltspoonful of Cayenne, and the peel of a Lemon pared as thin as possible; let it simmer five minutes more, take out the Lemon Peel, and your Soup is ready for the Tureen; and the most profound Palaticians have pronounced it to be a very satisfactory substitute for "the far fetcht and dear bought" TURTLE; which itself is indebted for its Title of "SOVEREIGN OF SAVOURINESS," to the rich soup with which it is surrounded; without its paraphernalia of double relishes, a "*STARVED TURTLE,*" has *not more* intrinsic sapidity than a "**FATTED CALF.**" See Essence of Turtle, (No. 343.*) and Obs. to (No. 493.)

While the Soup is doing, prepare for each tureen, a dozen and a half of Mock turtle forcemeat balls, (to make these, see (No. 375,) or (No. 390,) to (No. 396,) and a dozen Egg balls; and put them into the tureen.) BRAIN BALLS,

* Or make a Side Dish of the TONGUE, with the BRAINS chopped with some sage leaves, see (No. 10.)

† See Basil Wine (No. 397,) and Essence of Turtle, (No. 343.*)

or cakes, are a very elegant addition, and are made by boiling the brains for ten minutes, then put them in cold water, and cutting them into pieces about as big as a large nutmeg; take Savory, or Lemon-thyme dried and finely powdered, nutmeg grated, and pepper and salt, and pound them all together; beat up an egg, dip the brains in it, and then roll them in this mixture, and make as much of it as possible, stick to them, dip them in the egg again, and then in finely grated and sifted bread crumbs, fry them in hot fat, and put them into the Soup the last thing.

A VEAL SWEETBREAD, prepared as in (No. 89,) (not too much done or it will break) cut into pieces the same size as you cut the calf's head, and put in the soup, just to get warm before it goes to table, is a most superb "*Bonne Bouche;*" and Pickled tongue, cut into mouthfuls, is a favourite addition with some cooks. We order the meat to be cut into Mouthfuls, that it may be eaten with a spoon; *the knife and fork have no business in a soup plate.*

*** *Some of our culinary cotemporaries, order the Hâut-gout of this (as above directed, sufficiently relishing,) Soup to be combustibled and be-devilled, with a copious addition of anchovies, mushrooms, truffles, morells, Curry-powder, artichoke bottoms, salmons' heads and livers, oysters pounded, or lobsters and soles cut into mouthfuls, a bottle of Madeira, a pint of brandy, &c., and to complete their surfeiting*

and burn-gullet Olio, they put in such a tremendous quantity of Cayenne pepper, that no palate, that has not been educated in the Indies, can endure it.

N. B. In helping this soup, it will not be amiss to notice, that the distributor of it, should portion out the meat, forcemeat and gravy, in equal parts; however trifling, or needless this remark may appear, the writer has often suffered from the want of such a hint being given to the soup-server; who has sometimes sent a plate of mere gravy without meat; at others, of meat without gravy, and sometimes scarcely anything but forcemeat balls.

Obs. — This is a most delicious and nutritious soup, and within reach of those who "eat to live;" but if it had been composed expressly for those who only "live to eat," I do not know how it could have been made more agreeable: as it is, the lover of good eating will "wish his throat a mile long, and every inch of it palate."

English Turtle Soup. — (No. 248.)

See (No. 502.) "Alamode Beef."

Mullaga-Tawny Soup. — (No. 249.)

Take two quarts of water, and boil a nice

fowl or chicken, then put in the following ingredients, a large white onion, a large chilly*, two teaspoonsful of ginger pounded, the same of currystuff, one teaspoonful of turmeric, and half a teaspoonful of black pepper: boil all these for half an hour, and then fry some small onions, and put them in. Season it with salt, and serve it up in a tureen.

Obs.—It will be a great improvement, when the fowl is about half boiled, to take it up and cut it into pieces, and fry them and put them into the soup the last thing.

Turtle Soup.— (No. 250.)

The following receipt for dressing this richest and most delicious dish, is the present practice of an experienced French cook, a consummate master of the art, in his own words.

" The best size for taste, is from 60 to 80 pounds; this will make 6 or 8 tureens of fine soup. Kill the turtle the evening before you wish to dress it; tie a cord to the hind fins of the turtle, and hang it up with the head downwards; tie the fore fins by way of pinioning them, it would otherwise beat itself, and be

* The pod of which Cayenne pepper is made.

troublesome to the executioner; take the head with your left hand, and with a sharp knife cut off the neck as near the head as possible; there is a joint where the knife will pop through without any force. Have one or two large tubs of water ready, and when you dissect your turtle, put it on a block on the back shell, slip your knife between the calliopee and the calliopash; I mean between the breast and the edge of the back shell: when the knife has been round, and the breast is detached from the back shell, pass your fingers underneath, and with your knife detach the breast from the fins, always keeping the edge of your knife on the side of the breast, otherwise it may happen you may break the gall, which is very large, and if broken, your turtle is spoiled. Cut the breast into four pieces, next take away the guts, beginning by the liver, and cut away the gall, to be out of danger at once. The guts are to be thrown away. I have seen some cooks have them cleaned and cut in pieces, and put into the soup, but generally they are left on the gentlemen's plates: a basin of turtle is considered a treat, consequently it should be so dressed that none be left on the plate or basin. When your turtle is emptied, throw the heart, liver, kidneys, and lights, into water, cut away

the fins to the root, I mean as near to the back shell as possible, next cut the fins in the second joint, that the white meat may be separated from the green: scrape the fat that sticks against the back shell, or calliopash, take it like as if you was skimming any thing, and put it aside. Cut the calliopash into four pieces. Set a large turbot pan on the fire, and when it boils dip a fin into it for a minute, then take it out and peel it very clean; when that is done, take another, and so on till all are done; then the head, next the shell and breast, piece by piece. Be careful to have the peel and shell entirely cleaned off, then put in the same pan some clean water, with the breast and back, the four fins, and the head; let it boil till the bones will leave the meat; put with it a large faggot of turtle herbs as big as your two fists, four bay-leaves, and some thyme. If you mean to make two dishes of the fins, you must take them away when they have been boiled one hour.

Put in a small stewpan, the liver, lights, heart, and kidneys, and the fat you have put aside; take some of the liquor that the other part has been boiled in; cover your stewpan close, and let it boil gently for three hours. Clean the bones, and breast, and back, from

the green fat, and cut it into pieces an inch long, and half an inch wide; do not lose any, as the little bits are as good as the large ones; besides, it would be very difficult to cut it all of the same size. Put all these pieces on a dish in your larder till your broth is ready. To make your broth, put on a large stock-pot, and line the bottom of it with a pound and a half of lean ham, cut into slices. Cut into pieces a leg of veal of sixteen or twenty pounds weight, except a pound of the fillet that you save for the forcemeat, put the rest upon the ham, with all the white meat of the turtle, and a couple of old fowls; put it on a smart fire, with two ladlesful of broth or *consommé;* let it reduce to a glaze; when it begins to stick to the bottom, pour the liquor in which the turtle has been boiled into the pot where the other part of the turtle has been boiled, add to it a little more sweet herbs, twenty-four grains of allspice, six blades of mace, two large onions, four carrots, half an ounce of whole pepper, and some salt, let it simmer for four hours, and then strain the broth through a cloth sieve.

Put the green part of the turtle that has been cut in pieces, and nicely cleaned, with two bottles of Madeira in the same: when it has boiled a few minutes with your turtle, add to

it the broth, then put in a stewpan half a pound of butter, when it is melted, add to it four woodenspoonsful of flour, stir it on the fire till the flour is a fine brown colour, then pour some of your broth with it, mix it well, and strain it in your soup through a hair sieve: cut your liver, lights, heart, kidneys, and fat into small square pieces, and put them into your soup, with half a teaspoonful of Cayenne, two of curry powder, and four tablespoonsful of essence of anchovies; let it boil for an hour and a half, carefully skimming off the fat.

Pound your veal in a marble mortar for the FORCEMEAT, and rub it through a hair sieve with as much of the udder of your leg of veal as you have meat, put some bread crumbs into a stewpan, with milk enough to wet it, with a little chopped parsley and shallot, dry it on the fire, rub it through the wire sieve, and when cold, mix all together, that every part may be equally blended. Boil six eggs hard, take the yolks and pound them with the other ingredients, season it with salt, pepper, Cayenne, and a little curry-powder, add to it three raw eggs, and mix all well together; make small balls of your forcemeat the bigness of a pigeon's egg. Ten minutes before your soup is ready put your forceballs in, and continue to scum your soup

till you take it off the fire. If your turtle weighs eighty pounds, it requires very near three bottles of Madeira. When you dish your turtle, squeeze two lemons in each tureen; many persons like to have some eggs boiled hard, and a dozen of the yolks put in each tureen, which I think is very good.

Turtle Fins.

If you have some brown sauce, you put in a stewpan five large spoonsful of it, with a bottle of Port wine, and a pottle of mushrooms; when your sauce boils, put your four fins in; after having taken away all the small bones that are seen breaking through the skin, put with it a faggot of a few sprigs of parsley, a bit of thyme, one bay-leaf, and four cloves, and let it simmer one hour: ten minutes before you dish, put five dozen of button onions that you have ready peeled: when you dish, put in each dish a hind fin and a fore one, and look if it is salt enough."

*** *If you have no Brown sauce, put in a stewpan a quarter of a pound of butter; when it is melted, put to it two wooden spoonsful of flour, stir it on the fire till it gets a hazel colour, pour a bottle of Port wine in it, a ladleful of broth, and,*

when it boils, do as before-mentioned, and scum it well.

Mock Turtle.—(No. 251.)

This receipt is from the same source as the preceding one, and is an excellent and highly finished soup.

Have a calf's head scalded with the skin on, cut it in two, take out the brain, and wash your head well; when well cleaned, tie it up in a cloth, and let it boil till it is tender, then take it out, and let it cool till you want it. Have a pound of lean ham cut in slices, range them to the bottom of a stockpot, or braising kettle; cut two knuckles of veal into pieces, put them over your ham, put a ladleful of broth or water in your stock-pot, and set it over a brisk fire; when the meat begins to stick to the bottom, cover your meat with water; when it has been skimmed well, put two carrots, two onions, three bay-leaves, four cloves, three blades of mace, a large faggot of turtle herbs, and some salt; let it boil four hours; your broth must be reduced to six or seven quarts; strain your broth through a tammis sieve, then put in a stewpan three ounces of butter, let it melt, then put to it two wooden spoonsful of flour, stir it till it is the colour of a hazel nut, then

pour in a bottle of Madeira wine, mix it well, then pour in your broth, and stir it till it boils, put in three tablespoonsful of essence of anchovies, a teaspoonful of curry powder, and half a teaspoonful of Cayenne pepper: skim it well.

Now cut your calf's head, take only the skin, the ears, the eyes, and the tongue, all about an inch long, and half an inch wide; do not put any other meat but what is mentioned, as any other part of the head, if put with this, would go to pieces, and spoil the look of your soup; make some forcémeat balls, as mentioned in the preceding receipt for turtle; let them simmer ten minutes. When ready to dish, squeeze two lemons in each tureen; send it up as hot as possible.

Portable Soup, or Glaze.—(No. 252.)

Break the bones of a shin of beef, and a small knuckle of veal, put them into a soup-pot that will hold four gallons of water, just cover your meat with water and set it on the fire to heat gradually till it nearly boils; watch it, and skim it attentively while any scum rises, pour in a quart of cold water, to make it throw up all the scum that may remain, let it come

to a boil again, and again skim it carefully: when no more scum rises, and the broth appears clear, put in what herbs or spice you please, but no salt; let it boil very gently for eight hours, strain it through a hair sieve into a large brown stone-pan; skim off all the grease before you put it by, and set it where it will cool quickly; next day remove the cake of fat from the top of it, and pour it as quietly as possible into a stewpan, (taking care not to let any of the settlings at the bottom of the stonepan go into the stewpan; this answers better than straining it;) let it boil as fast as possible, with the stewpan uncovered, on a quick fire: if any scum rises, take it off with a skimmer; now watch it all the time till it begins to thicken; then run in through a tammis into a small stewpan; set it over a gentler fire, and keep stirring it with a wooden spoon till it is reduced to the thickness of a very thick syrup; take the utmost care that it does not burn; (*a moment's inattention now will lose you all your labour, and the soup will be spoiled:*) have ready some little preserving pots, let them be quite dry, pour the soup into them*. When

* You will get a pint of excellent broth by washing out the stewpan with a pint of boiling water.

cold, it will be of the consistence of a thick hard glue, and will keep good for many months, if it is put in *a cool dry place.* Damp will soon destroy it.

Obs.—The uses of this concentrated Essence of Meat are numerous. As a general keeping stock, it is the most convenient basis for making extempore broths, soups, gravies, and sauces. To make a pint of broth, pour a pint of boiling water on a piece of the soup, about as big as a small walnut, stir it till it is melted, add a little salt, and the broth is ready: if you have time and opportunity, if there is no seasoning in the soup, either of herbs or spice, it will be a great improvement to boil a bit of parsley and thyme, and half a dozen corns of black pepper or allspice, in the water you melt the soup in: this will produce you as good a broth as need be, or you may add a teaspoonful of (No. 429,) or (No. 402,) or (No. 439.)

An ounce of portable soup, melted in a quart of water, is just the same thing as the quart of gravy was before it was so boiled away into portable soup.

N. B. If you are a careful manager, you need seldom purchase meat, on purpose to make this, as when you dress a large dinner, you make good glaze at very small cost, by taking care

of all the trimmings and parings of the meat, game and poultry you are going to use; wash them well, and put them into a stewpan and cover them with cold water, and proceed as in the above receipt; and see Obs. on (No. 185.)

To Clarify Broth or Gravy. — (No. 252.*)

Put on the broth in a clean stewpan, break the white and shell of an egg, beat them together, put them into the broth when it is coming to a boil, stir it very quick with a whisk; when it has boiled a few minutes, strain it through a tammis or a clean napkin.

Obs. — A steady careful Cook, will seldom have occasion to clarify her Broths, &c. if prepared according to the directions given in (No. 200.)

THE

COOK'S ORACLE.

GRAVIES AND SAUCES.

Melted Butter

APPEARS to be so simple and easy to prepare, it is certainly very surprising it is not uniformly well made, and is a matter of general astonishment, that what is done so often in every English kitchen, is so seldom done right. Foreigners, say we have only one Sauce for Vegetables, Fish, Flesh, Foul, &c., and that, we hardly ever make good.

It is spoiled nine times out of ten, more from idleness than from ignorance, and rather because the cook won't do it, than because she can't do it, which can only be the case when the housekeeper will not allow butter to do it with:

for be it known to frugal and economical housewives, that good melted butter cannot be made with mere flour and water; *there must be a full and proper proportion of butter.* As it must be *always on the table,* and is the foundation of almost all our English sauces, I have tried every way of making it, and I trust, at last, I have written two receipts, which if the Cook will carefully observe, she will constantly succeed in giving satisfaction. In the quantities of the various sauces I have ordered, I have had in view the providing for a moderate family of half a dozen people. I recommend the Cook never to pour sauce over the meat, or even to put it into the dish; for, however well made, some of the company may have an antipathy to it; Tastes are as different as Faces: moreover, if it is sent up separate in a boat, it will keep hot longer, and what is left of it may be put by for another time, or used for another purpose.

Lastly, observe, that in ordering the proportions of MEAT, BUTTER, WINE, SPICE, &c. in the following receipts, *the proper quantity is set down,* and that *a less quantity will not do;* and in some instances, those who are fond of the extreme of *piquance,* will require an addition. If we have erred, it has been on the right side, from an anxious wish to combine economy with

elegance, and the toothsome, with the wholesome. The following we recommend as an elegant Relish to finish Soups and Sauces. See (No. 336.)

ZEST,

For Chops, Sauces,

AND

Made Dishes.

(No. 255.)

This exquisitely piquante and savoury quintessence of Ragout, imparts to whatever it touches the most delicious and highly flavoured relish ever imagined, to awaken the palate with delight, refresh appetite, and instantly excite the good humour of (every man's master) the Stomach.

Invented by the Editor: and sold by the Publisher of this work, No. 190, Piccadilly; at BUTLER'S herbshop, opposite Henrietta Street, Covent Garden; and by BALL, oilman, &c. 81, New Bond Street.

Melted Butter.—(No. 256.)

Keep a pint stewpan for this purpose only.

Cut two ounces of butter into little bits, that it may melt more easily, and mix more readily; put it into the stewpan with a large teaspoonful (i. e. three drachms) of flour, and a tablespoonful of milk. When well mixed, add three tablespoonsful of water; hold it over the fire, and shake it, (all the while the same way,) till it just boils up; then pass it through a sieve to ensure its being quite smooth. It will be of the thickness, and look, and taste like good cream.

Obs.—This, we think, is incomparably the best way of preparing melted butter; as the milk mixes with the butter much more easily, and more intimately than water alone can be made to do. This is of proper thickness to be mixed at table with Flavouring essences, catsup, or cavice, &c. If made merely to pour over vegetables, add a little more milk to it, or use only two drachms of flour.

Thickening.—(No. 257.)

Clarified butter is best for this purpose; but if you have none ready, put some fresh butter into a stewpan over a slow clear fire; when it

is melted, add fine flour sufficient to make it the thickness of paste; stir it well together with a wooden spoon for twenty minutes, till it is quite smooth, and the colour of a guinea: pour it into an earthen pan, and keep it for use. It will keep good a fortnight in summer, and a month in winter. A large spoonful will generally be enough to thicken a quart of gravy.

Obs.—This in the French kitchen is called *Roux*. Be particularly attentive to the making of it; if it gets any burnt smell or taste, it will spoil every thing it is put into. When cold, it should be thick enough to cut out with a knife, like a solid paste. It is a very essential article in the kitchen, and is the basis of consistency in most made dishes, soups, sauces, and ragouts: if the gravies, &c. are too thin, add this thickening, more or less, according to the consistence you would wish them to have. In making thickening, the less butter, and the more flour you use the better; they should be thoroughly worked together, and the broth, or soup, &c. you put them to, added by degrees; take especial care to incorporate them well together, or your sauces, &c. will taste floury, and have a disgusting, greasy appearance; therefore, after you have thickened your sauce,

add to it some broth, or warm water, in the proportion of two tablespoonsful to a pint, and set it by the side of the fire, to raise any fat, &c. that is not thoroughly incorporated with the gravy, which you must carefully remove as it comes to the top. This is called cleansing, or finishing the sauce.

*** *Half an ounce of butter, and a tablespoonful of flour, are about the proportions for a pint of sauce, to make it as thick as good cream.*

Savoury Thickening. — (No. 258.)

Put a quarter of a pound of Butter into a stewpan with the meat of half a dozen Anchovies, three minced shallots, and four large blades of pounded Mace; stir together, and by degrees add as much Flour as will make it a stiff paste; put it into a pot to heighten the flavour of your Brown Sauces.

Obs.—The cook will vary the spices, &c. according to the taste of those she works for.

Clarified Butter. — (No. 259.)

Put the Butter in a nice clean stewpan, over a very clear slow fire, watch it, and when it is melted, carefully skim off the buttermilk, &c. which will swim on the top; let it stand a

minute or two for the impurities to sink to the bottom, and then pour the clear butter through a sieve, into a clean basin, leaving the sediment at the bottom of the stewpan.

Obs.—Butter thus purified, will be as sweet as any Marrow, and is a very useful covering for all potted meats and fish, and equal to the finest Lucca oil for frying fish, &c.

Burnt Butter.—(No. 260.)

Put two ounces of fresh butter into a small fryingpan, when it becomes a dark brown colour, add to it a tablespoonful and a half of good vinegar, and a little pepper and salt.

Obs.—This is used as sauce for boiled Fish, or poached Eggs.

Oiled Butter.—(No. 260.*)

Put two ounces of fresh butter into a saucepan, set it at a distance from the fire, so that it may melt gradually, till it comes to an oil, and pour it off quietly from the dregs.

Obs.—This will supply the place of Olive oil, and by some Epicures is preferred to it, either for Salads, or Frying.

Parsley and Butter.—(No. 261.)

Wash some parsley very clean, pick it carefully leaf by leaf, and put a teaspoonful of salt into half a pint of boiling water, and boil the parsley two or three minutes, drain it on a sieve, and mince it quite fine, and then bruise it to a pulp. The delicacy and excellence of this elegant and innocent Relish depends upon the parsley being minced very *very* fine; put it into a sauce boat, and mix with it by degrees about half a pint of good melted butter, (No. 256,) only do not put so much flour to it, as the parsley will add to its thickness.

Obs.—This, with the addition of the juice of half a lemon, is in Foreign Cookery books generally called "Dutch Sauce."

Mock Parsley Sauce.—(No. 262.)

If you cannot get any parsley, you may easily communicate the flavour of it to your sauce, by tying up half a drachm of parsley seed in a piece of clean muslin, and boiling it for ten minutes in five tablespoonsful of water; use this water to melt your butter with; this will impose on the Palate; to cheat the Eye, parboil a little spinage, and chop it fine, and stir it into melted butter.

Gooseberry Sauce.—(No. 263.)

Boil half a pint of green Gooseberries for five minutes, drain them on a hair sieve, and put them into half a pint of melted butter. Some add grated Ginger; and the French, minced Fennel.

Chervil and Butter.—(No. 264.)

This is the first time this very delicious herb, which has so long been a favourite with the sagacious French cook, has been introduced into an English book. Its flavour is a strong concentration of the combined taste of Parsley and Fennel, but more aromatic and agreeable than either; and is so excellent a sauce with boiled Poultry or Fish, I cannot account for its being so little known in the English kitchen. You may make most exquisite sauce with it by preparing it, &c. as we have directed for Parsley and butter.

Obs.—Drs. Lewis and Aitken are most respectable and well-accredited writers on chemistry, &c. and I trust those, who feel "*l'esprit du corps,*" will forgive me, for saying they have written also like men of taste on culinary subjects, as the following quotation from their *Materia Medica*, 8vo. London, 1791, vol. i. page

319, will testify. *See cherefolium or chervil.* "It is a salubrious culinary herb, sufficiently grateful, both to the palate and stomach."

Fennel and Butter, for Mackarel, &c. (No. 265.)

Is prepared in the same manner as we have just described the parsley and butter.

Obs. — For mackarel sauce, or boiled soles, &c. some people take equal parts of fennel and parsley; others add a sprig of mint, or a couple of young onions minced very fine.

Mackarel Roe Sauce. — (No. 266.)

Boil the roes of mackarel, (soft roes are best,) bruise them with a spoon with the yolk of an egg, beat up with a very little pepper, and salt, and some fennel and parsley boiled and chopped very fine, mixed with almost half a pint of thin melted butter, see (No. 256.)

Mushroom catsup, walnut pickle, or soy, may be added at table by those who like them.

Egg Sauce. — (No. 267.)

This agreeable accompaniment to roast poultry, or salt fish, is made by putting three

eggs into boiling water, and boiling them for ten minutes, when they will be hard; use only two of the whites; first cut the whites, then the yolks, into bits about a quarter of an inch square, put them into a sauce-boat, pour to them half a pint of melted butter, and stir together.

Obs.—The melted butter for egg sauce need *not* be made *quite* so thick as plain melted butter.

N.B. Some Cooks garnish Salt Fish with two or three eggs cut in half.

Pudding Sauce.—(No. 268.)

Bruise a stick of genuine Cinnamon, (cassia will not do,) set it over the fire in a saucepan, with just as much water as will cover it, give it a boil, and then put in a couple of table-spoonsful of fine lump sugar powdered, a quarter of a pint of white wine, a roll thin pared lemon-peel, and a bay-leaf; boil all up together; strain it through a sieve, and send it up hot in a sauceboat. See Pudding Catsup (No. 446.)

Plum Pudding Sauce.—(No. 269.)

A glass of sherry, half a glass of brandy, (or

" Cherry-Bounce") and two teaspoonsful of pounded lump sugar, in a quarter of a pint of thick melted butter: grate nutmeg on the top.

Anchovy Sauce.—(No. 270.)

Take off the meat of two or three anchovies, pound them in a mortar with a little bit of Butter, rub them through a double hair sieve, with the back of a wooden spoon, and stir them into half a pint of melted butter, see (No. 256;) or, stir a tablespoonful of Essence of Anchovy, see (No. 433) into half a pint of melted butter, (No. 256.)

Obs.—Foreigners make this Sauce with good beef or veal gravy instead of melted butter, frequently adding to it some of their flavoured vinegars, as Elder or Tarragon, Pepper and fine Spice, Sweet herbs, Capers, Eshallots, &c. They serve it with most roast meats.

Garlick Sauce.—(No. 272.)

Pound two cloves of Garlick in a marble mortar, with a piece of fresh butter about as big as a nutmeg; rub it through a double hair sieve, and stir it into half a pint of melted butter, or beef gravy, or make it with Garlick Vinegar, see (No. 400,) and (Nos. 401 and 402.)

Lemon Sauce.—(No. 273.)

Pare a lemon, and cut it into slices twice as thick as a half-crown piece; divide these into dice, and put them into a quarter of a pint of melted butter.

Obs.—Some Cooks mince a bit of the Lemon Peel (pared very thin) *very fine*, and add it to the above.

Caper Sauce.—(No. 274.)

To make a quarter pint, take a tablespoonful of Capers, and two teaspoonsful of Vinegar. The most elegant manner of cutting Capers, is to mince one third of them very fine, and divide the others in half; put them into a quarter of a pint of melted butter. Remember to stir them the same way as you did the melted butter, or it will oil.

Obs.—Some boil, and mince fine a few leaves of Parsley, and add these to the sauce; others squeeze in a quarter of a Seville orange, or half a lemon; take care that nothing but the clear juice goes in.

Keep your Caper bottle very closely corked, and do not use any of the Caper liquor; if the capers are not well covered with it, they will soon spoil, and it is an excellent ingredient in

hashes, &c. The Dutch use it as a Fish sauce, mixing it with melted butter.

Mock Caper Sauce.—(No. 275.)

Cut some pickled gherkins into bits, about as big as capers; put them into half a pint of melted butter, with two teaspoonsful of lemon juice, or nice vinegar, and flavour it with a small teaspoonful of essence of shallots or garlick, see (Nos. 400, 401, and 402.)

Dutch Sour Sauce, for Fish.—(No. 276.)

Beat up the yolks of two eggs, and put them into a stewpan with two ounces of butter, a tablespoonful of flour, two blades of mace, and a tablespoonful of elder vinegar, or the same quantity of lemon juice; melt over a gentle fire, stirring the ingredients together all the while the same way, stirring in gradually a quarter pint of the water the fish was boiled in.

Cream Sauce, for Fish.—(No. 277.)

Put the meat of two Anchovies pounded with a bit of butter, and rubbed through a sieve, one teaspoonful of Soy, or two of Mushroom catsup, into half a pint of good cream, in which,

rub down a teaspoonful of flour to thicken it, and give it a boil.

Obs.—This is a very delicate and delicious sauce, and where good cream can be easily procured, much preferable to the butter sauces.

Oyster Sauce.—(No. 278.)

Choose Plump and Juicy Natives for this purpose; and *don't open them till you want them*, see Obs. to (No. 181.)

Save their liquor, shave them, take away the gristly part, and put them into a stewpan over the fire with the beards and liquor; as soon as they begin to look plump and white, take them from the fire, strain the liquor, and put to it a spoonful of veal gravy or milk; (some add six berries of black pepper, the juice of half a roll of the peel of a lemon, and most think it much improved by a little soy or catsup, or essence of anchovy, or a bit of mace:) let this simmer for ten minutes, then strain it through a fine sieve, and let it stand till cold; then put two ounces of butter into a stewpan with two teaspoonsful of fine flour, mix your liquor by degrees with it, put milk or cream, to make the quantity you wish, give it a boil up, and put in only the soft part of the oysters;

set them by the side of the fire to keep hot; *take care they do not boil, or they will become hard.*

N. B. Cream is much better than melted butter to make this sauce.

Obs.—It will very much heighten the flavour of your sauce, to pound the soft part of four oysters, and rub it through a hair sieve, and then stir it into the sauce: this ESSENCE OF OYSTER is much better than any of the other additions usually employed to increase the *piquance* of this sauce. See (No. 441.)

Bottled Oyster Sauce.—(No. 280.)

To make half a pint of sauce, put two ounces of butter into a stewpan, with three drachms of Oyster powder, two drachms of flour, and almost half a pint of new milk; set it on a slow fire, stir it till it boils, and season it with salt.

The Oyster powder is made with Milton oysters, prepared by a peculiar process, which preserves the flavour of the fish in as delicate perfection as when first opened. If closely corked, and kept in a dry place, they will remain good for years.

Made by E. LISTER, late Cook to Dr. KITCHINER, and sold at No. 106, High

Street, Mary-le-bone, see (No. 245,) by the PUBLISHER OF THIS WORK, and by Messrs. BALLS, 81, New Bond Street.

Obs.—This extract, is a most incomparable succedaneum, while Oysters are out of season, and in such inland parts as seldom have any, is an invaluable addition to the list of fish sauces: it is also equally good with boiled fowl or rump steak, and is especially worthy the notice of country housekeepers—and as a Store Sauce for the Army and Navy.

Cockle Sauce.—(No. 281.)

Wash a quart of cockles very clean, put them into a saucepan without any water, cover them close, and stew gently till they open; take the fish out of the shells, wash them in the liquor, strain it, let it stand to settle, and pour the clean liquor from the settlings into a clean stewpan with two ounces of butter, mixed with a tablespoonful of flour; you may put in half a tablespoonful of anchovy liquor, or mushroom catsup, and season it with salt; boil up together till your sauce is thick and smooth.

Muscle Sauce—(No. 282.)

Is prepared exactly in the same manner as the preceding Cockle sauce.

Shrimp Sauce. — (No. 283.)

Shell a quarter pint of Shrimps, pick them clean, wash them, and put them into half a pint of good melted butter.

Obs. — Some stew the heads and shells of the Shrimps, (with or without two blades of bruised mace,) for a quarter of an hour in four tablespoonsful of water, and strain off the liquor to melt the butter with, or add two teaspoonsful of essence of Anchovy to it, or Soy, Cavice, &c.

Lobster Sauce. — (No. 284.)

Choose a good Hen Lobster*, be sure it is fresh, so get a live one if you can, and boil it as in (No. 176,) pick out the spawn into a mortar, add to it half an ounce of butter, pound it quite smooth, and then rub it through a fine hair sieve with the back of a wooden

* You must have a Hen Lobster, on account of the live spawn, which some Fishmongers have a cruel custom of tearing from the fish, before they are boiled; lift up the tail of the Lobster, and see that it has not been robbed of its Eggs; for the goodness of your sauce depends upon its having a full share of the spawn in it, to which it owes not merely its brilliant Red Colour, but the finest part of its flavour is from the eggs.

spoon; cut the meat of the lobster into small squares, or pull it to pieces with a fork: break the chine in pieces, and put it into a stewpan with the inside of the fish, and a pint of water; let it simmer till it is reduced to about half, (this will take near an hour,) strain it through a sieve into another stewpan; when it is cold, add to it, the spawn you have bruised, an ounce of butter, and two teaspoonsful of flour: mix it well together, and set it on the fire till it is very hot, and looks perfectly smooth; if not smooth pass it through a sieve, now put to it the meat of the lobster; warm it on the fire again, *take care it does not boil, or its brilliant red colour will immediately fade.* Some who are fond of making this sauce very rich, use strong beef or veal gravy instead of melted butter, adding anchovies, spices, catsup, cavice, lemon juice or pickle, or wine to it.

Obs.—Save a little of the inside Red Coral Spawn, and rub it through a sieve (without butter); it is a very ornamental garnish to sprinkle over your fish; and if the skin of the breast of your fish is broken, (which will sometimes happen, to the most careful Cook, when there is a large dinner to dress, and many other things to attend to,) you will find

it a convenient and elegant veil, to conceal your misfortune from the prying eyes of the piscivorous *Gourmands*.

Sauce for Lobster, &c.—(No. 285.) *See also* (No. 372.)

Bruise the yolks of two hard boiled Eggs with the back of a wooden spoon, add a teaspoonful of water to them, and the soft inside and the spawn of the lobster, rub them quite smooth, with a teaspoonful of made mustard, two tablespoonsful of salad oil, and five of vinegar; season it with a very little Cayenne pepper and some salt.

Obs. — To this, elder vinegar, catsup, cavice, or anchovy essence or paste, is occasionally added.

Crab Sauce. — (No. 286.)

This is prepared in the same way as the former sauce, but is very seldom sent to table in this country, Lobster sauce being almost universally preferred, and so it will be, until John Bull is so raving mad for variety, as to fancy, every change must be charming.

Liver and Parsley Sauce. — (No. 287.)

Wash the liver of a fowl or rabbit, and boil it five minutes in five tablespoonsful of water; chop it fine, bruise it in a small quantity of the liquor it has boiled in, and with a spoon rub it through a sieve; wash about one-third the bulk of parsley leaves, put them on to boil in a little boiling water, with a teaspoonful of salt in it; lay it on a hair sieve to drain, and mince it *very* fine; mix it with the liver, and put it into a quarter pint of melted butter, and warm it up; do not let it boil.

Obs. — Some Cooks, instead of pounding, mince the liver very fine and leave out the parsley, others add the juice of half a lemon, and some of the peel grated, or a teaspoonful of vinegar, a tablespoonful of white wine, or a little beaten mace or nutmeg, or allspice, and a little essence of anchovy, or catsup.

Lemon and Liver Sauce. — (No. 288.)

Pare off the rind of a lemon, (or what is preferable when it can be had, the peel of a Seville orange) as thin as possible, so as not to cut off any of the white with it; then cut off all the white, and cut the lemon into slices about as

thick as two half-crown pieces; pick out the peps, and divide the slices into small squares; boil the liver of a fowl or rabbit, mince it fine, or pound it, and rub it through a sieve with a spoon, and mix it, by degrees, with three or four tablespoonsful of melted butter; put in the lemon, and a little of the lemon peel minced *very fine*, and give them a boil up.

Obs.—This, is sometimes made more relishing, by pounding half a shallot, or two or three leaves of chervil, or tarragon, or basil, with the liver, and moistening it with a little red wine, or some of the ingredients mentioned in the Obs. to the preceding receipt.

Celery Sauce, White.—(No. 289.)

Pick and wash four heads of nice white celery; cut it into pieces about an inch long; stew it in a pint of water, and a teaspoonful of salt, till the celery is tender*; roll an ounce of butter with a tablespoonful of flour; add this to half a pint of cream, and give it a boil up.

N. B. See (No. 409.)

* So much depends upon the age of the Celery, we cannot give any precise time for this. Young Celery will be enough in three-quarters of an hour; Old Celery will sometimes take an hour and a half.

Celery Sauce, Brown. — (No. 290.)

Pick and wash the celery very clean, and cut it into thin slices; let it boil gently in a little water till it is perfectly tender, then add a little pepper and salt; let these simmer together for a few minutes, and add a piece of butter rolled in flour, and boil up together with half a pint of beef gravy, (No. 329.)

Obs. — This is more in the French style of cookery than the former sauce, and some think it more agreeable. The other is simple and elegant; the beef gravy makes this very fine and high flavoured.

If you wish for Celery sauce, when Celery is not in season, half a drachm of celery-seed, or a little Essence of Celery, (No. 409,) will impregnate the sauce with all the flavour of the vegetable.

Sorrel Sauce. — (No. 291.)

Pound sorrel leaves sufficient to get from them two tablespoonsful of juice; pass it through a sieve, and add it to some good melted butter, with the yolk of two eggs, and a little salt, pepper, and nutmeg; warm it together without boiling.

Tomata, or Love-apple Sauce. — (No. 292.) *See also* (No. 443.)

Have 12 or 15 tomatas very ripe and very red; take off the stalk; cut them in half; squeeze them just enough to get all the water and seeds out; put them in a quart stewpan, with a capsicum, and two or three table-spoonsful of beef gravy; set them on a slow stove for an hour, or till properly melted; then rub them through a tammis into a clean stew-pan with a little white pepper and salt, and let them simmer together a few minutes.

To PRESERVE TOMATAS. — Choose them quite ripe; put them into an earthen jar, and bake them till they are tender, pulp them through a hair sieve, and to each pound add a quarter ounce of ground white pepper, two drachms of mace, one ounce of minced shallots, and three ounces of glaze, or portable soup; boil the whole together till every ingredient is tender; rub through a hair sieve, and boil the whole together again till it is the thickness of good Cream; put it into half-pint preserving pots or bottles; take care they are closely corked; when once opened, the air soon spoils it: it should be kept in a cool dry place. See Tomata Catsup, (No. 443.)

Mock Tomata Sauce. — (No. 293.)

Reduce sharp tasted apples to a pulp, as in making apple sauce; pound them in a mortar with as much turmeric as will give them colour, and as much Chili vinegar as will give the same degree of acid flavour that the tomata has; add to each pint a quarter of an ounce of shallots, shred fine; put all into a well-tinned saucepan, and mix them well together, and give them a gentle boil; when cold, take out the shallot, and put the sauce into small stone bottles: your sauce should be of the consistence of a thick syrup; this may be regulated by the Chili vinegar.

Obs. — The only difference, between this, and genuine Love-apple Sauce, is the substituting the pulp of Apple for that of Tomata, and colouring it with turmeric.

Shallot Sauce. — (No. 294.)

Mince four shallots very fine; put them into a stewpan with a quarter pint of water, two tablespoonsful of vinegar, one of white wine, a quarter teaspoonful of pepper, and a little salt: stew for a quarter of an hour.

Or,

Make it in the same manner as Garlick Sauce, (No. 272.)

Or,

You may make this sauce more extemporaneously, by putting two tablespoonsful of shallot vinegar, or shallot wine, (No. 403,) and a tablespoonful of mushroom catsup, into half a pint of thick melted butter.

Obs.—This is an excellent sauce for chops or steaks, *and many* are very fond of it with roasted or boiled meat, poultry, &c.

Shallot Sauce, for Boiled Mutton.—(No. 295.)

Mince four shallots very fine, and put them into a small saucepan with a quarter pint of liquor the mutton was boiled in; let them boil up for five minutes; then put a tablespoonful of vinegar, a quarter teaspoonful of pepper, a little salt, and a bit of butter, as big as a small walnut, when rolled in flour; shake together, till it boils. See (No. 402,) Eshallot Wine.

Obs.—We like a little Lemon peel with Shallot, it is a most delectable combination.

Young Onion Sauce.—(No. 296.)

Clean and peel some young onions, cut them into thin slices, and put them into a stewpan with a slice of fat bacon, a quarter teaspoonful of pepper, and half a teaspoonful of salt; set them over the fire; when they begin to heat, moisten them with water; let them stew for ten minutes; take out the bacon, squeeze in half a lemon, and send it up hot.

Onion Sauce.—(No. 297.)

Those who like the full flavour of Onions, only cut off the strings and tops, (without peeling off any of the skins;) and put them into salt and water, and let them lie an hour; then wash them, and put them into a kettle with plenty of water, and boil them till they are tender: now skin them, and pass them through a cullender, and mix a little melted butter with them.

N. B. Some mix the pulp of Apples with the onions, others add mustard to them.

White Onion Sauce. — (No. 298.)

The following is a more delicate preparation: —Take half a dozen of the largest and whitest Onions, (the Spanish are the mildest, but these can only be had from August to December,) peel them, and cut them into thin slices, and boil them in a pint of milk, and a pint of water; when they are tender, which will sometimes take an hour (the quicker they are boiled, the whiter they will be,) drain them well on a hair sieve, and put them into a clean saucepan, with an ounce of butter, a tablespoonful of flour, half a teaspoonful of salt, and two tablespoonsful of cream, or good milk; stir it till it boils; then rub the whole through a tammy, adding cream or milk to make it the consistence you wish to have it.

Obs. — This is the usual sauce for boiled rabbits or ducks: they are laid dry in the dish, and this sauce is poured over them. There must be plenty of it; the usual expression signifies as much, for we say, *smother* them.

Another Onion Sauce.

Slice half a dozen large onions, put them into a stewpan, with two ounces of butter, put them over a gentle fire to steep until quite tender, add flour and cream, to make the sauce of a proper thickness, with a bit of salt; rub it through a tammy, and it is ready.

Brown Onion Sauce. — (No. 299.) *See also* (No. 331.)

Slice a couple of large onions, and fry them in butter, turning them till they take a brown colour; then pour in a teacupful of broth, (or water with a tablespoonful of mushroom catsup, and same of table beer,) a few pepper-corns, a little salt, and a tablespoonful of flour; cover the saucepan close, and let it simmer half an hour, till it is reduced to the thickness you wish; rub it through a tammy or fine hair sieve, and put a teaspoonful of made mustard to it, and stir well together.

Obs. — Some *very small round* young Button Onions, peeled and fried, and put in whole, when your sauce is done, will be an elegant addition to the above.

Curry Powder added to this makes excellent sauce.

Sage and Onion Sauce.—(No. 300.)

Cut an ounce of onion, into small dice, mince half an ounce of sage leaves very fine, and put them into a stewpan with an ounce of butter; fry them a little, but do not let them get any colour; make half a pint of thin melted butter, and mix it with the sage and onions; then put some bread crumbs to the melted butter and herbs; season with ground black pepper and salt; mix it well, and let it boil up.

Obs.—This is, in fact, Goose stuffing, and a very relishing sauce for Roast Pork, Geese, Ducks, or green pease on maigre days.

Portugal Onion Sauce.—(No. 301.)

Roast a couple of fine large onions in a cheese-toaster or Dutch oven, till they are somewhat more than half done; peel them, take off their top coat, and put them into a stewpan, with half a pint of good broth (or that quantity of water, with a tablespoonful of mushroom catsup,) and a tablespoonful of flour; season it with salt, a few grains of Cayenne pepper, a glass of Port wine, and the juice of half a lemon; let all simmer together till they are tender enough to rub through a cullender, mix a little bit of butter with them, and you will have a most admirable sauce.

Carrier Sauce. — (No. 302.)

My facetious predecessor, Dr. King, in his letter to Dr. Lister (*vide* "KING'S *Art of Cookery*,") says: "The following is the true receipt for making 'THE CARRIER SAUCE,' which I have from an ancient manuscript, remaining at the Bull Inn, in Bishopsgate Street:—Take seven spoonsful of spring water, slice two onions, of moderate size, into a large saucer, and put in as much salt as you can hold at thrice betwixt your forefinger and thumb if large, and serve it up. *Probatum est*, Hobson, carrier to the University of Cambridge."

Green Mint Sauce. — (No. 303.)

Wash half a handful of green mint, (to this some add one third the quantity of parsley,) pick the leaves from the stalks, mince them very fine and put them into a sauceboat, with a teaspoonful of moist sugar, and four tablespoonsful of vinegar; mix well together.

Obs.—This is an inseparable companion to hot Lamb; we think it an equally agreeable relish with cold lamb. If Green mint cannot be procured, this sauce may be made with Mint vinegar. See (No. 398.)

Apple Sauce.—(No. 304.)

Pare and core three good sized baking apples, put them into a well-tinned pint saucepan, (cover it close, because the steam helps to do them,) with two tablespoonsful of cold water; set the saucepan on a trivet over a slow fire; put them on a couple of hours before dinner, for some apples will take a long time stewing, although others will be ready in a quarter of an hour: when the apples are done enough, pour off the water, let the apples stand a few minutes to get dry; then beat them up with a fork, with a bit of butter about as big as a nutmeg, and a teaspoonful of powdered sugar.

N. B. Some add lemon peel.

Mushroom Sauce.—(No. 305.)

Pick a pint of Mushrooms (the smaller the better,) wash them very clean, and put them into a saucepan with a blade of mace, a quarter pint of milk, an ounce of butter, and a tablespoonful of flour; set them over a gentle fire, and stir them frequently till they boil; when they have boiled about ten minutes, leave them near the fire to keep hot, till wanted.

Obs.—It will be a very great improvement to

this, and the two following sauces, to add to them the juice of half a dozen mushrooms, prepared the day before, by sprinkling them with salt, the same as when you make Catsup; or add a large spoonful of good Mushroom Catsup. See also Quintessence of Mushrooms, (No. 440.)

Mushroom Sauce, Brown.—(No. 306.)

Clean half a pint of small mushrooms, put them into half a pint of beef gravy, (No. 186,) or (No. 329;) thicken with flour and butter; set them by the fire to stew gently for half an hour; take off the scum as it rises; squeeze in the juice of a lemon, and send it up.

Italian Sauce, with Mushrooms.—(No. 307.)

Cut off the stalks, peel off the skin, scrape away the gills, and wash very clean two tablespoonsful of small white mushrooms; chop them fine, and throw them into a little lemon juice to keep them white; (chop your mushrooms very fine, and as quick as possible, or they will turn black, and spoil the colour of your sauce; to prevent which, we recommend the lemon juice;) put them into a clean saucepan, with half a pint of sauce Tournée, (No. 367,) and a

teaspoonful of eschalots minced fine (and washed and dried in the corner of a clean towel;) season with nutmeg, pepper, and salt; reduce the sauce a little, and send it up.

Italian Rémoulade.—(No. 308.)

This is a cold sauce, (made without any heating,) and is very fashionable in Italy, for fish, &c. which are to be eaten cold: add to three tablespoonsful of vinegar half a teaspoonful of salt, a little pepper, and almost as much oil as vinegar; shred some parsley very fine, wash, bone, and pound, and put through a sieve a couple of anchovies; put them into the liquor, and then cut very small a teaspoonful of capers, put them in, stir well together, and send it to table. See also (No. 359.)

Obs.—We want cold sauces of this kind, and this is an exceeding good one for many things—as cold fowl, turkey, lamb, &c.—these are dry and insipid with salt alone, and our English cookery does not afford any other accompaniments to them, without heating them up, by which they lose a great deal of their sweetness. This sauce is not too sharp, for the oil softens the vinegar; and it is very finely relished with the mixed flavour of the other ingredients.

Italian Rémoulade, Hot. — (No. 309.)

Chop parsley very fine, with half the quantity of capers, shred a couple of anchovies, and peel and shave very thin two shallots; all these (being cut and prepared separately) must be mixed together: set on a stewpan with a quarter pint of gravy, add to it two tablespoonsful of oil, a spoonful of mustard, and the juice of a large lemon: when all this is hot together, put in the ingredients, seasoned with some pepper, a very little salt, and some leaves of sweet herbs, picked from the stalks, and minced fine; stir well together, and five minutes over a good fire will do it; put it through a sieve and it is ready.

Obs.—This is copied from the same school as the last sauce; it is sent up in a sauce-boat to be eaten with boiled fowls, veal, &c.

Poor Man's Sauce. — (No. 310.)

Pick a handful of parsley leaves from the stalks, mince them very fine, strew over a little salt; shred fine half a dozen young onions, add these to the parsley, and put them into a sauce-boat, with three tablespoonsful of oil, and five of vinegar; add some ground black pepper; stir together, and send it up.

Obs.—This sauce is in much esteem in France, where the people of taste, weary of so many rich dishes, to obtain the charm of variety, occasionally order the fare of the peasant.

"The rich, tir'd with continual feasts,
"For change become their next poor tenant's guests;
"Drink hearty draughts of Ale from plain brown bowls,
"And snatch the homely rasher from the coals."

DRYDEN'S *Prologue to "All for Love."*

Garlick Gravy.—(No. 311.) *See also* (No. 272.)

Slice a pound and a half of veal or beef, and pepper and salt it, lay it in a stewpan with a couple of carrots split, and three turnips, four cloves of garlick sliced, and a large spoonful of water; set the stewpan over a gentle fire in a stove, and watch when the meat begins to stick to the pan; when it does, turn it, and let it be very well browned, (but take care it is not at all burnt;) then pour in a pint and a half of gravy, and put in a bunch of sweet herbs, four blades of mace, a couple of cloves bruised, and slice in a lemon; set it on again, and let it simmer very gently for half an hour longer; throw in a little flour from time to time, till the gravy is

as thick as you wish; then take off the fat, and strain the gravy from the ingredients by pouring it through a napkin, straining and pressing it very hard.

Obs.—This was the secret of the old Spaniard, who kept the house of that name on Hampstead-heath, by which he acquired such fame for flavouring his Olios and Ragouts, &c. Those who love Garlick, will find this is an extremely rich relish.

Mr. Michael Kelly's* *Sauce for Boiled Tripe, Calfhead or Cowheel.*—(No. 311.*)

Garlick vinegar a tablespoonful, of mustard, brown sugar, and black pepper, a teaspoonful each; stirred into half a pint of oiled melted butter.

Mr. Kelly's *Sauce Piquante.*

Pound a tablespoonful of capers, and one of minced parsley, as fine as possible; then add the yolks of three hard eggs, rub them well together with a tablespoonful of mustard, bone six anchovies, and pound them, rub them

* Composer and Director of the Music at the Theatre-Royal, Drury-lane, and the Italian Opera.

through a hair sieve, and mix with two tablespoonsful of oil, one of vinegar, one of shallot ditto; rub all these well together in a mortar, till thoroughly incorporated, and then stir them into half a pint of good gravy or melted butter, and put the whole through a sieve.

Tarragon Sauce. — (No. 314.)

Pick and wash a handful of tarragon leaves, put them into a saucepan with half a pint of Gravy; let them stew till they are tender; rub them through a sieve; take three tablespoonsful of what they were boiled in, an ounce of butter, and a large tablespoonful of flour; warm these together, and add a tablespoonful of sherry, or Madeira, and same of tarragon vinegar; or the juice of half a lemon, and a teaspoonful of sugar.

Herb Sauce Piquante. — (No. 315.)

Mince a thin slice of a clove of eshallot, or garlick, with some parsley, tarragon, chervil, burnet, and basil, each in proportion to their flavours: when well washed and squeezed dry, let them simmer in a little water, without boiling; press through a sieve; add a bit of

butter, flour, pepper, and salt; boil to a good consistence, and add lemon juice to make it relishing and smart tasted.

Truffle Sauce.—(No. 316.)

Make a quart of beef gravy, (No. 186,) or (No. 329,) wash and peel a dozen truffles, put the peels into the gravy, let it boil half an hour; and strain it into a clean saucepan; now put in your truffles, let them boil half an hour longer, and your sauce is ready.

Truffles may almost always be procured at the oil shops in London, either preserved in fat, or dried.

Obs.—This is a sauce the French eat frequently with butcher's meat; they make sauces of mushrooms and morells in the same manner, which are also counted among the most alluring invitations to eating. They proceed upon much better principles than we in our cookery, who generally have butter for the foundation of our sauces.

Fried Parsley.—(No. 317.)

Let it be well picked and washed, and then put into a cloth, and swung backwards and forwards till it is perfectly dry; put it into a pan of *hot* fat, fry it quick, and have a slice ready to take it out the moment it is crisp, (if you let it stay too long, it will look black;) put it on a sieve or coarse cloth before the fire to drain.

N. B. It is not very easy to do this nicely.

Crisp Parsley.—(No. 318.)

Pick and wash a handful of young parsley, and then shake it in a dry cloth to drain the water from it; spread it on a sheet of clean paper, in a Dutch oven before the fire, and lay some very little bits of butter on it; *turn it frequently until it is quite crisp.* This is a much more easy and elegant way of preparing it, than the usual way of frying it, which is not seldom ill done.

Obs.—It is a very pretty garnish for Lamb Chops, Fried Fish, &c.

Fried Bread Sippets. — (No. 319.)

Cut a slice of bread about a quarter of an inch thick, divide it with a sharp kitchen knife into pieces two inches square; shape these into triangles or crosses: put some clean dripping or lard into an iron fryingpan; when it is melted, put in the sippets, and fry them a *delicate light brown;* take them up with a fish-slice, and drain them on a hair sieve, that they may not be greasy.

Obs. — These are a pretty garnish, and very welcome accompaniment, and improvement to the finest made dishes: they may also be sent up with peas and other soups; but when intended for soups, the bread must be cut into bits, about almost half an inch square.

Nota Bene. *If these are not done very delicately clean and dry,* they are uneatable.

Fried Bread Crumbs. — (No. 320.)

Rub a pint of crumbs of bread (which has been baked two days) through a wire sieve, or cullender; or you may rub them in a cloth till they are as fine as if they had been grated, and sifted; put them into a stewpan with half an ounce of butter, place it over a moderate fire,

and stir them about with a wooden spoon till they are the colour of a guinea; pour them into a sieve, and let them stand ten minutes to drain.

Obs. — Fried Crumbs are sent up with roasted sweetbreads, or larks, pheasants, partridges, woodcocks, and grouse, or moor game, *especially, if they have been kept long enough.*

Bread Sauce.—(No. 321.)

Cut in slices sufficient stale bread, cover it with milk, and put it on to boil, with an onion, and half a dozen corns of white pepper or all-spice, tied up in a muslin bag; let it simmer gently by the side of the fire, till the bread has soaked up the milk, take out the spice and beat it well with a wooden spoon; if you wish it to look very smooth, rub it through a sieve.

Rice Sauce.—(No. 321.*)

Steep a quarter pound of Rice in a pint of milk, with onion, pepper, &c. as in the last receipt, when the rice is quite tender (take out the spice,) rub it through a sieve into a clean stewpan; if too thick, put a little milk or cream to it.

Obs.—This is a very delicate white sauce; and at elegant tables, frequently served instead of Bread Sauce.

Plain Browning * —(No. 322.)

Is a very convenient article in the kitchen, to add to those Soups or Sauces, of which it is supposed the deep brown of their Complexion, denotes the strength and savouriness of the Composition; and it is a very good substitute for what is called "Indian, or Japanese soy," see (No. 436.) Put half a pound of Sugar, (Lump sugar is best) and a tablespoonful of water into a clean iron saucepan, set it over a slow fire, and keep stirring it with a wooden spoon till the sugar is burnt to a dark brown colour; then add to it an ounce of salt, and dilute it (with about three wineglasses of water,) till it is the thickness of Soy; let it boil, take off the scum, and strain the liquor into bottles,

* This is a favourite ingredient, with the Brewers, who use it under the name of "Essentia Bina" to colour their Beer; it is also employed by the Brandy makers, in considerable quantity, to colour Brandy; to which, besides enriching its complexion, it gives that sweetish taste, and fulness in the mouth, which custom, has taught Brandy drinkers to admire, and prefer to the finest Cogniac in its genuine state.

which must be well stopped: if you have not any of this by you, and you wish to darken the colour of your sauces, pound a teaspoonful of lump sugar, and put into a large iron spoon, with as much water as will dissolve it; hold it over a quick fire till it becomes of a very dark brown colour; mix it with your soup, &c., while it is hot.

Obs.—The above is merely a Colouring matter; most of the preparations under this title are a medley of burnt butter, spices, catsup, wine, &c., but *we recommend the Rational Epicure to be content with the natural colour of Soups and sauces*, which to a well-educated Palate, are much more agreeable, without any of these empyreumatic additions; for however they may please the Eye, they plague the Stomach most grievously, so "*open your mouth, and shut your eyes.*"

A scientific French Cook observes—"The generality of Cooks calcine Bones, till they are as black as roasted Coffee, and then throw them hissing hot, into the stewpan, to give a brown colour to their Broths: others burn sugar in an iron spoon till it is black and carbonized, and then mix it with the sauce for the made dishes, &c. The violent calcination of these and other ingredients, under the appearance of a nourishing

gravy, envelopes our food with stimulating acid and corrosive poison. Roux or Thickening, if not made very carefully, produce exactly the same effect, and the juices of beef or veal burnt over a hot fire, to give a rich colour to soup or sauces, grievously offend the stomach, and create the most distressing indigestion. The judicious Cook will refuse the help of these incendiary articles; which ignorance, or quackery only employ, at the expense of the credit of the cook, and the health of her employers."

N. B. The BEST BROWNING is good home made Glaze, or either Mushroom Catsup, or Port Wine.

Greening. — (No. 323.)

Pound a handful of spinage in a mortar, and squeeze the juice from it.

Red, — (No. 324.)

With the juice of beet root or cochineal; for

Yellow, — (No. 325.)

The yolks of eggs, or saffron steeped and squeezed.

Gravy for Roast Meat.—(No. 326.)

Most joints will afford sufficient trimmings, &c. to make half a pint of plain Gravy: and for those that do not, about half an hour before you think the meat will be done, mix a teaspoonful of salt with a full quarter pint of boiling water; and drop this by degrees on the brown parts of the joint; set a dish under to catch it, (the meat will soon brown again,) set it by, as it cools the fat will settle on the surface; when the meat is ready, remove this, and warm up the gravy, and pour it into the dish.

N. B. If any gravy comes down in the dish, the Cook (if she is a good housewife) will preserve it to enrich the hash.

Obs.—Some culinary professors, who think nothing can be excellent, that is not extravagant, call this "SCOTS GRAVY;" not, I believe, intending it, as it certainly is, a compliment to the laudable and rational frugality, of that intelligent and sober-minded people.

N. B. Apicius has this gravy brought to table in a sauce-boat, and preserves the intrinsic gravy that flows from the meat, in the Argyll.

Gravy for Boiled Meat — (No. 327.)

May be made from some parings and trimmings, or pour from a quarter to half a pint of the liquor in which the meat was boiled, into the dish with it, and pierce the inferior part of the joint with a sharp skewer.

Wow Wow Sauce for Bouilli Beef. (No. 328.)

Chop some parsley leaves very finely, quarter two or three pickled cucumbers or walnuts, and divide them into small squares; put these into a saucepan with a bit of butter as big as a large egg, a tablespoonful of fine flour, and almost half a pint of the broth in which the beef was boiled; add a tablespoonful of vinegar, the like quantity of mushroom catsup, or Port wine, or both, and a teaspoonful of made mustard; let it simmer together till it is as thick as you wish it; pour it over the bouilli, or send it up in a sauce-tureen.

Obs.— If you think the above not sufficiently relishing, add to it two teaspoonsful of capers, or a minced shallot, or one or two teaspoonsful of shallot wine, (No. 402,) or basil or elder vinegar; or strew over the meat, carrots and turnips cut into dice, minced capers, walnuts, red cabbage, or pickled cucumbers.

To make Gravy.

As the object in making gravy is to completely extract the nutritious succulence of the meat, it is necessary that the meat should be well beaten, to comminute the containing vessels; and scored, to augment the surface to the action of the water.

Take a pound of lean beef, beat it well with a rolling pin, score it in all directions, add pepper and salt, some scraped carrot, sliced onion or shallot, and allspice; put a small piece of butter at the bottom of the saucepan, and keep it over a very gentle fire for half an hour, when about a quarter pint of rich and intrinsic gravy will be obtained; add to the remaining meat as much water as will cover it, a small quantity of isinglass, and a piece of bread gradually toasted very brown; let this gently simmer for an hour, or till more than half is evaporated; strain it, and add it to the former. A. C. jun.

Beef Gravy Sauce.—(No. 329,) *for Game, Poultry, &c.*

Cut a pound of nice juicy gravy beef into thin slices, and the neck and legs and liver of a fowl, (if you make this sauce for poultry,) about an ounce of ham or nice bacon, and the bigness of an egg of fresh butter; lay them at the bottom of a stewpan, with a nosegay of a small sprig of winter savory or lemon-thyme and parsley, a roll of lemon-peel, two cloves stuck into a middling sized onion, half a dozen berries of allspice, and a dozen of black pepper; put to this three tablespoonsful of water, cover it, and set it on a slow fire till the liquor is all boiled away, and the meat has got very well browned, but *take care it is not at all burnt:* the time, this will take, depends so much on the state of the fire, that the best way to make sure of your sauce is, when it has been boiling a few minutes, to take off the cover and watch it; when the meat has got a nice brown, pour in a pint and half of boiling water; when it boils, catch the scum, and put in a crust of bread toasted very brown, (but not burnt) and let it *stew very gently* for an hour and a half, or till it is half boiled away, and reduced to about three quarters of a pint; then take a

large spoonful of thickening, (the liver of a fowl, minced and pounded with a bit of butter or the thickening, is an improvement,) made as per receipt (No. 257,) stir it into it by degrees, and let it simmer gently for a quarter of an hour longer; it should be about as thick as rich cream; strain it through a fine hair sieve, or tammis cloth, and put in a tablespoonful of Mushroom Catsup, and you have a fine rich BROWN SAUCE for fish, fowl, or ragout.

Obs.—If you wish *to make it still more relishing*, especially if it is to be eaten with game, or wild water-fowl; you may add (a quarter of an hour before your sauce will be finished,) a tablespoonful of Port wine, the juice of half a lemon, and a roll of the rind cut thin. If you think it not strong enough, use double the quantity of meat, or add a bit of glaze or portable soup in it.

N. B. At a large dinner, a pint tureen of this gravy, should be placed at each end of the table.

Ragout Sauce, or strong Beef Gravy with Mushrooms. — (No. 330.)

Choose a dozen very large flaps, (the biggest full opened mushrooms that you can get,) cut out the stalks, peel off the skin, scrape away the gills, and strew over them a little pepper and salt. Cut three pounds of steaks, half an inch thick, from a part of the beef where there is little fat; the leg of mutton, or neck piece, is very proper for this purpose. Beat the steaks well, and season them moderately with a little salt. Cover the bottom of a gallon stewpan with a couple of slices of fat bacon; upon these lay four or five of the mushrooms, then lay in some of the beef steaks, upon these the rest of the mushrooms, and the rest of the beef steaks over them. Cut to pieces two onions and four carrots, half a dozen cloves, four blades of mace, two dozen berries of black pepper, and same of allspice, as much grated nutmeg as will lay on a sixpence, and a faggot of thyme, knotted marjoram, winter savory, and parsley, whose stems when tied up will be as big as two fingers: cover the stewpan, and set it over a gentle fire, and watch how the gravy comes; when there is a good deal, set it on a better

fire, and let it boil away till the meat is nearly dry, and it begins to stick to the pan; then uncover it, stir all about, and put the vegetables and herbs undermost, that they may get brown, but *take care they are not burned:* then pour in three pints of boiling water, and put it on a slow fire to simmer gently for an hour and a half, or till your sauce is reduced to about a pint and a half. Then take a large spoonful of Thickening, made as per receipt (No. 257,) stir it into it by degrees, and let it simmer gently a quarter of an hour longer; skim it well, and strain through a tammis cloth, or hair sieve.

N.B. A wineglassful of "QUINTESSENCE OF MUSHROOMS," (No. 440,) will be a great improvement.

Obs.—This is the very "ne plus ultra" of rich gravy for sauces, ragouts, and made dishes, and far exceeds the most costly Consommés of the French Kitchen. This quintessence of mushrooms and beef is incomparably more savoury and delicious.

Onion Gravy.—(No. 331.)

Peel and slice half an ounce of onion, put it into a quart stewpan, with an ounce of butter; set it on a slow fire, and turn the onion about till it is nicely browned; now stir in half an ounce of flour; then add almost half a pint of good broth, and boil up for ten minutes, add a tablespoonful of Port wine, and same of mushroom catsup, and rub it through a tammy or fine sieve.

N. B. If this sauce is for Steaks, shred half an ounce of onions, fry them a nice brown, and put them to the sauce you have rubbed through a tammy.

Obs.—If you have no broth, put in the like quantity of water, and just before you give it the last boil up, add to it a large tablespoonful of mushroom catsup, and, if you like it, the same quantity of Port wine or good ale.

Maigre Gravy.—(No. 332.)

Put two ounces of butter into a stewpan, set it over a brisk fire; when it has done talking, dredge an ounce of flour, stir it about till it is a fine yellow colour, and then slice, and put in half an ounce of onion, and pare off the red part of a couple of carrots; turn them with a

wooden spoon till they take a good brown colour; stir well together, and add half a pint of boiling water, and season it with two or three blades of pounded mace, some lemon-thyme, or savory, and a bay-leaf, and some pepper and salt; let it stew half an hour over a slow fire, and press it through a tammis sieve: you may add Port wine, mushroom and oyster catsup, or lemon pickle, or juice.

N. B. Anchovy is frequently added.

Fish Gravy.—(No. 333.)

Skin and clean a pound of good eels, or four flounders, cut them to pieces, and put them into a saucepan with a pint of water; let them boil a little, then put in two blades of mace, a dozen corns of whole pepper, a bundle of sweet herbs, a piece of bread toasted brown, and a roll of lemon-peel; boil up all together; then put into another saucepan a piece of butter about as big as an egg; melt it, dredge in some flour, toss it about till it is brown, strain the gravy to it, and mix all well together.

Gravy Sauce for Poultry, without Meat. (No. 334.)

Take the neck, legs, liver and gizzard, mince them small, and boil them in a pint of water, with a small piece of bread toasted brown, twelve berries of Black, and the same of Jamaica pepper, a sprig of lemon-thyme, or savory, or a few leaves of basil, or a bay-leaf; (the bones of any kind of roast meat broken to pieces, and stewed with it, are a great improvement; as are also an anchovy, or the cuttings or trimmings of any joint you may have in the house;) boil slowly till your gravy is reduced nearly half; then strain it into a clean stewpan, pound the liver with a little bit of butter, and rub it through a sieve with a wooden spoon, thicken your gravy with butter and flour, and add a tablespoonful of red wine, the same of any kind of catsup you think proper, and a roll of lemon-peel; just let it boil up, and it is ready.

Mock Gravy Sauce. — (No. 335.)

Half a pint of water, half as much good small beer, or two tablespoonsful of ale, that is neither bitter nor stale, a bundle of sweet herbs, a piece of thin lemon-peel, two cloves, or a

blade of mace, or twelve berries of allspice, the same of black pepper, a tablespoonful of mushroom catsup, and the same quantity of Port wine. Put an ounce of butter into a saucepan; when it is melted, put in a quarter of an ounce of sliced onion, shake in about half an ounce of flour, stir it well with a wooden spoon till the froth sinks, and it has caught a bright brown colour; then by degrees stir in the above ingredients, and let it stew for half an hour, and strain it well through a tammis or fine sieve.

Obs.—Mushroom Catsup, supplies the place of meat, better than any thing: if you have not this, beer, wine, spices, and the aromatic roots and herbs, onions, anchovy and soy, variously combined, and thickened with flour and butter, are the usual substitutes; but those families who are frequently in want of Gravy Sauces, (without plenty of which, no Cook can support the credit of her kitchen,) should *always keep* by them *a stock of* PORTABLE SOUP OR GLAZE, see (No. 185,) and (No. 251): this, with a portion of the above materials, or a tablespoonful of "double relish," or "sauce superlative," (No. 429), or (No. 255), will make gravy immediately.

Soup-Herb, and soon made Savoury Sauce. (No. 336.)

Put an ounce and half of butter into a stew-pan; as soon as it is warm, mix with it half an ounce of flour, and stir thoroughly together for a few minutes; then add a drachm of Zest, and pour in by degrees almost half a pint of boiling water, and a large spoonful of catsup, (or if you have none, put in the like quantity of Port wine;) let it boil up for five minutes, stirring it all the time; then strain it through a fine sieve, and you have a charming extemporaneous relish for either roast or boiled poultry or game, chops, steaks, &c.

*** ZEST, see (No. 255), is sold by the Publisher of this work; by Messrs. BALL, No. 81, New Bond Street; and at Mr. Butler's herb shop, opposite Henrietta Street, Covent Garden.

Game Gravy. — (No. 337.)

Add two teaspoonsful of Port wine, and the juice of half a lemon, to half a pint of the gravy sauce for poultry, (No. 329.)

Orange Gravy Sauce, for Wild Ducks. (No. 338.)

Set on a saucepan with half a pint of Veal Gravy, (No. 192,) add to it half a dozen leaves of basil, and a small onion; let it boil up two or three times, and strain it off. Put to the clear gravy the juice of a very fine Seville orange, or two lemons, half a teaspoonful of salt, the same of pepper, and a glass of red wine; send it up hot.

Obs.—This is an excellent Sauce for Widgeon, Teal, and all kinds of wild water-fowl. The common way of gashing the breast, and squeezing in an orange, cools and hardens the flesh, and compels every one to eat duck that way: those who have the true taste for wild fowl, eat them very little done, and without any sauce. Gravies should always be sent up in a boat; they keep hot longer; it leaves it to the choice of the company to partake of it or not, as they like; and for those who choose it, there is no way of having the flavour of the pepper and orange so well.

*Woodcock Sauce**. —(No. 339.)

When the Cocks are roasted, take out the guts and livers, bruise them to a mash with a spoon, press it through your sieve, and sprinkle on them a little pepper and salt, add two large spoonsful of good gravy, and a small piece of butter rolled in flour; boil up together.

Pour it into a hot dish, cut up the woodcocks in it, and send them to table.

Snipe Sauce. —(No. 340.)

The snipe in a great measure owes its sauce to itself, and there is a way of making it very fine.

It is usual to roast these birds without drawing; when they are done enough take them off the spit, and take out the entrails and the liver, chop them upon a trencher: set on a small saucepan, with some veal gravy and red wine, seasoned with a little pepper and salt; put in the entrails and the liver, mash them well together, and squeeze in the juice of an orange; thicken your sauce with a little flour, and give it a boil, and skim it and strain it.

* See (No. 76.)

Obs.—There are two ways of using this sauce; either pour it into a dish, and lay the snipes over it, or make it into a dish with them in the following manner; cut the birds to pieces, put them into the sauce when it is well thickened, pour the whole into a dish, and squeeze in the juice of half a lemon.

Bonne Bouche, for Goose or Duck, or Roast Pork.—(No. 341.)

Mix one teaspoonful of made mustard, a saltspoonful of salt, and a few grains of Cayenne, in a large wineglassful of Port wine*; pour it into the goose by a slit in the apron, just before serving up†; or, *as all the company may not like it, send it up in a boat, with a quarter of a pint of thick melted butter.* See also (No. 300.)

* To this Apicius adds two tablespoonsful of Mushroom Catsup, (No. 439,) and instead of the saltspoonful of salt, two teaspoonsful of Essence of Anchovy, (No. 433.) If the above articles are rubbed together in a mortar, and put into a close stopped bottle, they will keep for several months.

† Thus far the above is from Dr. Hunter's "*Culina*," who says it is a secret worth knowing: we agree with him, and so tell it here; with a little addition, which we think renders it a still more gratifying communication.

Savoury Sauce for Roast Pork or Geese, &c. (No. 342.)

Mince half an ounce of onion very fine, put an ounce of butter into a pint stewpan, fry it, turning it often with a wooden spoon, till it takes a light brown colour, then stir in a large tablespoonful of flour, a tablespoonful of mushroom catsup, (with or without the like quantity of Port wine,) and a quarter pint of broth or water, a quarter of a teaspoonful of pepper, the same of salt; give them a boil, and then add a teaspoonful of mustard, and the juice of half a lemon, or one or two teaspoonsful of vinegar, or Basil Vinegar, (No. 397,) or Tarragon, (No. 396.)

Obs.—The French call this "SAUCE ROBERT," (the name of the cook who invented it,) and are very fond of it with many things.

Turtle Sauce.—(No. 343.)

Put into your stewpan a pint of beef or veal cullis, (No. 189,) or (No. 192,) add to this, a wineglass of Madeira, the juice and peel of half a lemon, a few leaves of basil*, an eshallot quartered, a few grains of Cayenne pepper, or Curry powder, and a little Essence of Anchovy;

* See Basil Wine, (No. 397.)

let them simmer together for five minutes, and strain through a tammis; you may introduce a dozen Turtle Forcemeat balls; see Receipt, (No. 380,) &c.

Obs.—This is a delicious Sauce for boiled or hashed Calf's head, stewed veal, or veal cutlets, or any dish you dress Turtle fashion. The far-fetcht and dear-bought Turtle owes all its estimation to the savoury sauce that is made for it; without, it would be as insipid, as any other Fish is without Sauce. See Obs. to (No. 493.)

Essence of Turtle.—(No. 343.*)

Essence of Anchovy, (No. 433,) one wine-glassful.
Shallot Wine, (No. 402,) ditto.
Basil Wine, (No. 397,) four ditto.
Mushroom Catsup, (No. 439,) two ditto.
Concrete-Lemon Acid, two drachms.
Lemon-peel, *very thinly* pared, three quarters of an ounce.
Curry Powder, (No. 455,) a quarter of an ounce.

Steep for a week to get the flavour of the Lemon-peel.

Obs.—This is very convenient, to extemporaneously flavour Soup or Sauce.

Wine Sauce, for Venison. — (No. 344.)

A quarter of a pint of claret or Port wine, half the quantity of gravy, broth, or water, and two tablespoonsful of sugar; let it just boil up for the sugar to melt, and send up in a sauce-boat.

Obs.—This will do equally well for a hare.

Vinegar Sauce, for Venison. — (No. 345.)

Put into a silver, or very clean and well tinned saucepan, half a pint of the best white-wine vinegar, and a quarter of a pound of the finest loaf-sugar; set it over the fire, and let it simmer gently; skim it carefully, and pour it through a flannel jelly bag, and send it up in a basin.

Obs. — Some people, like this better than *the sweet wine sauces.*

Sweet Sauce, for Venison. — (No. 346.)

Put some currant jelly into a stewpan; when it is melted, pour it into a sauce-boat.

Obs. — Many add half the quantity of Port wine.

Mutton Gravy, for Venison. — (No. 347.)

The best gravy for venison, is that made of the trimmings of the joint: if this is all used, and you have no undressed venison, cut a scrag of mutton in pieces, and fry it a little brown in an iron fryingpan; then put it into a clean stewpan, with a quart of boiling water, cover it close, and let it simmer gently for an hour, now uncover your stewpan, and let it reduce to three quarters of a pint, pour it through a hair sieve, take the fat off, and send it up in a boat. It is only to be seasoned with a little salt, that it may not overpower the natural flavour of the meat.

N. B. Some prefer the unseasoned Beef Gravy, (No. 186.)

Curry Sauce — (No. 348.)

Is made by stirring a sufficient quantity of Curry powder into gravy, or melted butter, or onion sauce, see (Nos. 297, 298, and 299,) or Onion Gravy, (No. 331.) The composition of Curry powder varies so much, that we cannot give any specific receipt as to the quantity. The Cook must add it by degrees, tasting as

she proceeds, and taking care not to put in too much.

Obs.—The Curry Powder (No. 455,) is the best we have met with.

Soup-herb, and Savoury Double Relish Sauce,—(No. 349.)

Is made in the same way, with the powder, (No. 460.)

Ham Sauce, for Poultry.—(No. 350.)

Chop the legs and feet of a fowl, and cut three or four thin slices of ham or bacon, bruise them to break the fibres, and make them part with their juice; put them into a stewpan, with half an ounce of butter, and let them sweat over a slow fire for ten minutes, strew over them some flour, and keep stirring them, moisten them with almost half a pint of water, and a tablespoonful of good small beer; season it with twelve berries of Jamaica, and the same of black pepper, and some sweet herbs; let it simmer very gently for half an hour: if not thick enough, thicken it with flour and butter, and let them warm together, and strain it.

Essence of Ham.—(No. 351.)

Boil a ham in the usual way; when it is done enough, run an iron skewer through it in several places; the gravy that comes from it is the "*true essence of ham:*" put it, while hot, into jelly glasses; the fat that runs out with the gravy will cover the top, and preserve it. The ham will still do for a cold relish, or for potting.

Obs.—This is certainly the very quintessence of ham, but so expensive, it is only attainable by *Grands-gourmands* of the first magnitude. The following preparation will supply its place at a moderate cost.

Ham Sauce.—(No. 352.)

You must have a fine and well flavoured ham, or the sauce will be good for nothing. Preserve the gravy that runs from it when cut at table; and when the ham is pretty well eaten down, so that it cannot appear again in the parlour, nor any handsome slices be cut from it, pick all the meat clear from the bone, (do not put in any of the rusty or decayed parts,) beat it well with a rolling pin, that it may be broken in every part, and put this mash into a saucepan, with a slice of fat bacon at the bottom, and

some carrot and an onion cut into slices, pour in two or three tablespoonsful of gravy, broth, or water, and set it over a slow fire for about ten minutes; stir it about till it sticks to the bottom of the stewpan; then dredge in a little flour, and keep stirring it about for some time, for it will more and more stick to the bottom; after some time, add to it its own gravy that you have saved, and pour in half a pint of gravy, (or water and a tablespoonful of mushroom catsup, if you have no gravy,) a small sprig of lemon-thyme, sweet marjoram, or winter savory, a few leaves of sweet basil, an eshallot, cut in half, a couple of bay-leaves, and a dozen corns of black pepper; cover up, and let it stew very gently, over a very slow fire, for about forty minutes; strain off the gravy through a fine sieve; skim it well; clear it with the white of an egg, give it a boil up, strain through a tammis, and when cold, bottle it for use.

Obs. — This ham sauce is made at very moderate expense, and is equal to the most extravagant essences of ham: and though thus easily and cheaply obtained, it is a very rich article of the sauce kind, and very convenient to heighten the flavour of ragouts, gravies, &c., and for veal, capons, &c. See Potted Ham, (No. 509.)

Minced Ham Sauce, for Eggs or Pease. (No. 353.)

Two or three slices of boiled ham, minced very fine, with a gherkin, and a morsel of onion, a little parsley, pepper and nutmeg; stew all together for half an hour in a pint of good gravy; when it is time to send it up, let your sauce be half boiling, and pour it over the eggs or pease, or send it up in a sauce-boat.

Sauce for Veal Cutlets. —(No. 354.)

When you have fried the cutlets, take them out, and put into the pan four tablespoonsful of water, a few sweet herbs, an onion sliced, and a little lemon-peel shred fine; thicken it with a bit of butter, rolled in flour, add a tablespoonful of Ball's cavice, or lemon pickle, give it a boil, and pour it into the dish of cutlets.

N. B. To the above, some add anchovy essence, or some of the flavoured vinegar.

Grill Sauce. —(No. 355.)

To half a pint of gravy, (No. 329,) add an ounce of fresh butter, and a large tablespoonful of flour, a large tablespoonful of mushroom or walnut catsup, two teaspoonsful of lemon juice,

one of made mustard, a saltspoonful of salt, half a one of black pepper, a quarter of the rind of a lemon grated very thin, a teaspoonful of essence of anchovies, and a little shallot vinegar, or rather shallot wine, (No. 402,) or a very small piece of minced shallot; simmer together for ten minutes, and strain it; pour a little of it over the grill, and send up the rest in a sauce tureen.

Obs.—This is a piquante relish for broiled Devils, &c.

Sauce for Rump Steaks, or Mutton Chops, &c.—(No. 356.) *See also* (No. 331.)

Take your chops out of the fryingpan, and for a pound of meat put in four tablespoonsful of boiling water, a large teaspoonful of flour, i. e. about three drachms, and a tablespoonful of mushroom or walnut catsup, or browning, (No. 322,) or (No. 449;) let it boil together a few minutes, and pour it through a sieve to the steaks.

Obs.—To the above is sometimes added a sliced onion, a minced eshallot, or a little shallot wine, see (No. 402,) see also (No. 423,) and (No. 135,) with a tablespoonful of Port wine; to these some add a pickled cucumber or walnut, cut into little bits.

Savoury Jelly for Cold Meat, Fish, &c. (No. 357.)

Spread some slices of lean veal and ham at the bottom of a stewpan, with a carrot, a bundle of sweet herbs, and a couple of onions; cover it, and let it sweat over a slow fire till it is as deep a brown as you would have it, then pour in a quart of good broth or water, and a calf's foot or cow heel, see Obs. to (No. 198.) If it is water, it must be more reduced than if it is broth; set it on to boil slowly, skim it well, and put in a dozen corns of black pepper, two blades of mace, and two drachms of isinglass; let it simmer slowly on a gentle fire for two hours; skim the fat off, and strain it through a tammis cloth; when it is cool, put to it the whites or shells of two eggs beat well together; put it in a stewpan, and with a whisk stir it quick till it boils; let it simmer on the side of the fire for ten minutes, and then run it several times through a tammis cloth, or jelly bag, as you do other jellies, till it is perfectly clear and bright; pour it over your meat or fowls, in the dish on which you send them up: (it is a very prepossessing varnish;) many cut it in bits, and garnish with it.

Obs.—This may be flavoured with elder or tarragon vinegar.

Russian Sauce for Cold Meat.—(No. 358.)

Two tablespoonsful of grated horseradish, two teaspoonsful of made mustard, one of salt, one of powdered lump sugar, and vinegar as much as will cover these ingredients.

Obs.—An excellent sauce for cold meat, and, added to melted butter, it makes a very good fish sauce. Grate or scrape the horseradish as fine as possible.

Sauce for Cold Meat, Poultry, &c.
(No. 359.)

Wash, bone, and pound an anchovy in a marble or wedgewood mortar, with the yolks of two eggs that have been boiled hard; add to it by degrees three tablespoonsful of vinegar, one teaspoonful of made mustard, and two of shallot wine (No. 402), or basil vinegar, (No. 397); when these ingredients are thoroughly mixed, add two tablespoonsful of salad oil; rub it up well till it is incorporated with the mixture, and pass it through a sieve.

Sauce for Hashes of Mutton or Beef. (No. 360.) *See also* (Nos. 451, 485, *and* 486.)

To prepare the meat, see (No. 484.) Chop the bones and fragments of the joint, &c., and put them into a stewpan, with a pint of boiling water, six berries of black pepper, and the same of allspice, a small bundle of parsley, half a head of celery cut in pieces, and a small sprig of savory, lemon-thyme, or sweet marjoram; cover up, and let it boil for half an hour. Slice half an ounce of onion and put it in a stewpan with an ounce of butter, fry it over a sharp fire for two minutes, till it takes a little colour; then stir in as much flour as will make it a stiff paste, and by degrees mix with it the gravy you have made from the bones, &c.; and let it boil very gently for a quarter of an hour; strain it through a tammis into a basin; put it back into the stewpan; to *season**

* Unless you are quite sure you perfectly understand the palate of those you are working for, show those who are to eat the hash this Receipt, and beg of them to direct you how they wish it seasoned: *half the number* of the ingredients enumerated above will be

it, see (No. 451), or cut in a few pickled onions, or walnuts, or a couple of gherkins cut in thin slices, and a tablespoonful of mushroom catsup, or lemon pickle, or walnut or other pickle liquor, or some capers and caper liquor, or a tablespoonful of table beer or ale; cover the bottom of the dish with sippets of bread, (that they may become savoury reservoirs of gravy,) toasted, and cut into triangles. You may garnish it with fried bread sippets, (No. 319.)

N. B. To hash meat in perfection, it should be laid in this gravy only just long enough to get properly warm.

Obs.—If any of the gravy that was sent up with, or ran from the joint when it was roasted be left, it will be a great improvement to the hash. If you wish it to eat like venison, instead of the onion put in two or three cloves, a tablespoonful of currant jelly, and the same quantity of Port wine.

N. B. A pint of (No. 329), is an excellent gravy to warm a hash in.

enough for most people; but as it is a receipt so often wanted in moderate families, we have given every variety we could think of. See also (No. 486.)

Sauce for Hashed or Minced Veal. (No. 361.)

Take the bones of cold roast or boiled veal, dredge them well with flour, and put them into a stewpan, with a pint of broth or water, a small onion, a little grated lemon-peel, or the peel of a quarter of a small lemon pared as thin as possible, half a teaspoonful of salt, a couple of blades of pounded mace, and to thicken it, rub a tablespoonful of flour into half an ounce of butter; stir it into the broth, and set it on the fire, and let it boil very gently half an hour, strain through a sieve, and it is ready to put to the veal to warm up. Squeeze in half a lemon, and cover the bottom of the dish with toasted bread sippets cut into triangles.

White Gravy Sauce. — (No. 362.) *See also* (No. 364.)

To a pound of lean juicy veal, notched and floured, put a quart of water. Let it stew very gently for an hour, *i. e.* till the goodness is extracted from the meat, without drawing it to the dregs: about a quarter of an hour before it is done, put to it a bit of lemon-peel. When done, strain it carefully, skim off the fat, and

put a tablespoonful of thickening, (No. 2,) to it. Season with white pepper and salt, and the juice of half a lemon.

*** *An onion or some sweet herbs, may be added.*

To make Marinade.—(No. 363.)

To a pint of beef gravy add a wineglass of vinegar, a teaspoonful of ground black pepper, four cloves bruised, an onion sliced, a sprig of thyme, and some salt; let these simmer together for half an hour, and strain through a fine sieve.

Obs.—This is called marinade; and when any thing is soaked for three or four hours in such a mixture, it is said to be marinaded.

We had the following sent us, by an anonymous friend at Kensington.

Marinade for Fish.

"To marinade a sole or other fish.—Take a large sole and fry it in oil sufficient to cover it, put it in when the oil is boiling hot; when it is crisp lay it to drain till it is cold; then take some white-wine vinegar and oil, of each an equal quantum, with some salt, white pepper, nutmeg, cloves, mace, sliced ginger, savory, and a couple of onions: let them boil together

for a quarter of an hour; put the sole into a stewpan, pour the marinade to it hot; put in as much oil as white-wine vinegar, which must be according to the quantity of the sole (which is done,) as the liquor must cover it, and it will then keep a month. Serve it up with oil, vinegar and green onion."

Bechamel, *by English Cooks commonly called* White Sauce.—(No. 364.)

Cut a quarter of a pound of lean ham, and a pound of veal into small dice, put it into a two quart stewpan, with three ounces of butter, two small young onions tied up with a sprig of parsley, with a blade of mace, or a couple of cloves, (and half a dozen mushrooms if you have them,) and set the stewpan over a clear slow stove to reduce; stir up the ingredients with a wooden spoon, and take care they do not catch colour, shake in two tablespoonsful of fine sifted flour, and turn it about and incorporate it with the sauce; when it is well mixed, moisten it by degrees with a pint and a half of new milk, taking care to keep your stewpan moving, that the ingredients may not catch; let it boil over a brisk fire for an hour; if it gets too thick, add some more milk. Do not put in

any salt, as the ham will make it salt enough; strain through a tammis. In fact, if common veal broth be boiled, with a bit of mace, scummed, thickened with flour and butter, and thinned again with some more veal broth, boiled a quarter of an hour longer, till it is reduced to the same quantity it was before you added the veal broth, passed through a fine sieve, or tammis, and have a sufficient quantity of cream to make it white, and just simmered together for five minutes, (but not suffered to boil,) you will have a genuine Béchamel.

Obs.—BECHAMEL implies a thick white sauce, approaching to a batter, and takes its name from a wealthy French Marquess, *maitre d'hotel de Louis XIV*, and famous for his patronage of *les officiers de bouche*, who have immortalized him by calling by his name this delicate composition. Most of the French sauces take their name from the person whose palate they first pleased, as "*à la Maintenon;*" or from some famous cook who invented them, as "*Sauce Robert,*" "*à la Montizeur,*" &c. We have in the English kitchen, our "ARGYLL" for Gravy, and the little "SANDWICH" monuments "*ære perennius.*" By my ZEST, (Nos. 255, and 336,) I also put in my claim to immortality of fame.

Poivrade Sauce.—(No. 365.)

Mince fine a small onion, put it into a quart stewpan, with a little butter, and a shallot shred fine, or a very little bit of garlick, with cloves, sweet herbs, and basil, if you like their flavour: when it has fried a few minutes, add half a pint of beef or veal gravy, or warm water, and a tablespoonful of vinegar; then skim and strain it well; thicken it with a little flour and butter, and squeeze in the juice of half a lemon.

Obs.—This sauce is very much used among foreigners: whoever has looked into their books of Cookery, will remember they order many of their dishes to be sent up with "Poivrade;" by which may generally be understood, a sauce, in the composition of which, an acid flavour is predominant.

Poivrade Sauce cold.—(No. 366.)

Behead and bone two anchovies, pound them in a marble mortar, with two tablespoonsful of salad oil, a teaspoonful of made mustard, some parsley leaves, and a shallot minced fine; when well mixed, add vinegar to your taste, pass it

through a hair sieve, and season it with pepper and salt.

Obs.—A very good sauce for cold meat.

Sauce Tournée. — (No. 367.)

Have ready a pint of beef or veal broth in a quart stewpan; put into another stewpan an ounce of butter; when it is melted, shake in as much flour as will make it a stiff paste; stir till it is well mixed, but be careful not to let it catch colour: mix this with the broth, and stir till it is smooth; season it with a small bundle of young onions and parsley, and six berries of allspice, (and a few mushrooms if you have them;) cover your stewpan closely, set it on the corner of the stove to simmer gently for an hour, and strain your sauce through a tammis.

Sauce Velouté.—(No. 368.)

Pour four tablespoonsful of sauce tournée into a pint stewpan; when the sauce is hot, put in two tablespoonsful of good thick cream; season with a little salt; strain through a tammis, and send it up hot.

Obs.—This is also from the French kitchen, and is, only a richer preparation of sauce tournée.

Mustard in a Minute.—(No. 369.)

Mix very gradually together, in a marble or wedgewood mortar, an ounce of flour of mustard, with three tablespoonsful of milk, (cream is better,) half a teaspoonful of salt, and the same of sugar.

Obs.—Mustard made in this manner, is not at all bitter, and may therefore be instantly brought to table.

Mustard to make.—(No. 370.)

Mix (by degrees, by rubbing together in a mortar,) the best Durham flour of mustard, with cold water in which scraped horseradish has been boiled, *rub it well together till it is perfectly smooth:* keep it in a stone jar, closely stopped: *only put as much into the mustard pot as will be used in a day or two.* The ready made keeping mustard, prepared at the oil shops, is mixed with about one fourth part salt: this is useful to preserve it, if it is to be kept long; otherwise, by all means omit it. The best way of eating salt, is in substance.

*** *See also Recipe*, (No. 427.)

Obs.—Some opulent Epicures, mix their Mustard with sherry or Madeira wine, or distilled or flavoured Vinegar, instead of horseradish water.

The French flavour their mustard with Champaigne, and other wines, capers, anchovies, tarragon or elder vinegar, garlick, shallot, celery, the various spices, and sweet, savoury, and fine herbs, and truffles, &c. &c. and seem to consider mustard, merely as a vehicle of flavours.

Salt.—(No. 371.)

Common Salt, is more relishing than basket salt; it should be *prepared* for the table by drying it in a Dutch oven before the fire; then put it on clean paper, and roll it with a rolling pin; or, what is still better, pound it in a mortar till it is quite fine, and it *will look as well as basket salt.*

*** *Select for table use, the lumps of salt.*

Obs.—Your Salt Box must have a close cover, and be kept in a dry place.

Salad Mixture.—(No. 372.)

Boil a couple of Eggs for ten minutes, and put them into a basin of cold water for half an hour; *the yolks must be quite cold and hard, or they will not incorporate with the ingredients.* Rub them through a sieve with a wooden spoon,

and mix them with a tablespoonful of water, (cream is infinitely better,) then add four tablespoonsful of vinegar; when these are well mixed, add by degrees, a teaspoonful of salt or powdered lump sugar, and the same of made mustard; when these are smoothly united, add very gradually, three tablespoonsful of oil, and rub it with the other ingredients till thoroughly incorporated with them; cut up the white of the egg and garnish the top of the salad with it. Let the sauce remain at the bottom of the salad bowl, and do not stir up the salad till it is to be eaten.

Obs.—Salad is a very compound dish with our neighbours the French; the Italians mince the white meat of Chickens into this sauce; the Dutch do the same with Lobster. This mixture is sometimes made with cream, or oiled butter, see (No. 260*,) (which many prefer to the finest Florence oil) instead of oil, and flavoured with salad mixture (No. 453,) basil, (No. 397,) cucumber catsup, (No. 445,) tarragon, or elder vinegar; essence of celery, (No. 409,) lemon pickle, essence of anchovy, (No. 433:) of these we prefer the basil vinegar, (No. 397.)

Messrs. Burgess, No. 107, Strand, sell an excellent Sauce for increasing the *piquance* of the Salad Mixture.

FORCEMEAT, STUFFINGS, (No. 373.)

Forcemeat, is now considered an indispensable accompaniment to most made dishes, and when composed with good taste, gives additional spirit and relish to even that "Sovereign of Savouriness," Turtle soup. It is also sent up in patties, and for stuffing of veal, game, poultry, &c. The ingredients, should be so proportioned, that no one flavour predominates, and instead of giving the same stuffing for veal, hare, &c., with a little contrivance, you may make as great a variety as you have dishes. I have given receipts for a dozen of the most favourite compositions, and a Table of materials, a glance at which will enable the ingenious cook to make an infinite variety of combinations: the first column containing the spirit, the second the substance of them. The poignancy of forcemeat, should be proportioned to the savouriness of the viands, to which it is intended to give an additional Zest. What would be *piquante* in a Turkey, would be insipid with Turtle. Tastes are so different, and the praise the Cook receives will depend so much on her pleasing the palate of those she works for, that all her sagacity must be exercised to produce the flavours to which her employers are partial. Most

people have an acquired and peculiar taste in stuffings, &c., and what exactly pleases one, seldom is precisely what another considers the most agreeable: and after all,

> " The very dish one likes the best,
> " Is acid, or insipid to the rest."

The consistency of forcemeats is rather a difficult thing to manage; they are almost always either too light or too heavy; this is generally owing to a predominance of either the yolk or the white of the eggs that the ingredients are mixed with, the former being the basis of firmness, the latter of lightness. Take care to pound it till perfectly smooth, and to mix all the ingredients thoroughly together till they are completely incorporated.

Forcemeat balls, must not be larger than a small nutmeg.

N. B. If not of sufficient stiffness, it falls to pieces, and makes soup, &c. grouty and very unsightly.

Materials used for Forcemeat, Stuffings, &c.

Spirit.		*Substance.*
Common thyme.	Fresh and green, or in dried powder.	Flour.
Lemon thyme.		Crumbs of bread.
Orange thyme.		Parsley.
Sweet marjoram.		Spinach.
Summer and		Boiled onion.
Winter Savory.		Yolks of hard eggs.
Sage.		Mutton.
Tarragon.		Beef.
Chervil.		Veal suet*, or marrow.
Burnet.		Calf's udder.
Basil.		Parboiled sweetbread.
Bay leaf.		Veal minced and pounded, and
Truffles and		Potted Meats, &c.
Morells.		
Mushroom Powder.		
Leeks.		
Onions.		
Eshallot.		
Garlick.		
Lemon-peel, see (Nos. 407, and 408.)		

* If you have no suet, the best substitute for it is about one third part the quantity of butter.

Spirit.	*Substance.*
Shrimps.	
Prawns.	
Lobsters.	
Oysters.	
Anchovy.	
Dressed tongue.	
Ham.	
Bacon.	
Black or white pepper.	
Allspice.	
Mace.	
Cinnamon.	
Ginger.	
Nutmegs.	
Cloves.	
Curry powder (No. 455.)	
Cayenne.	
Zest. See (No. 255.)	

For liquids, you have Lemon juice, Essence of Anchovy, see (No. 433), the various vegetable Essences, see (No. 407), and the following Receipts, mushroom or walnut catsup, and the whites and yolks of eggs.

Veal Stuffing.—(No. 374.)

Mince a quarter of a pound of beef suet, (beef marrow is better,) the same weight of bread crumbs, a drachm of parsley, a drachm and a half of sweet marjoram, or winter savory, or lemon-thyme, and the same of lemon-peel chopped as fine as possible, a little grated nutmeg, pepper and salt; pound thoroughly together with the yolk of two eggs, and white of one, and secure it in the veal with a skewer, or sew it in with a bit of twine.

Make up some of it into balls, and send them up a garnish for, or in a side dish, with roast poultry, or veal, or cutlets, &c.

Obs.—Good stuffing, has always been considered such a *chef-d'œuvre* in Cookery; it has given immortality to one artist.

> "Poor *Roger Fowler* had a generous mind,
> Nor would submit to have his hand confin'd,
> But aimed at all, yet never could excel
> In any thing but *stuffing* of his veal."
>
> KING'S *Art of Cookery*, p. 113.

Veal Forcemeat.—(No. 375.)

Of undressed lean veal, after you have scraped it quite fine, and free it from skin and sinews, two ounces, the same quantity of beef or veal suet, the same of bread crumbs, chop fine one drachm of parsley, one of lemon-peel, one of sweet herbs, one of onion, and half a drachm of allspice, (beaten to fine powder;) pound all together in a mortar, and break into it the yolk and white of an egg; rub it all up well together, and season it with a little pepper and salt.

For the above, the Editor is indebted to M. Birch, Cook to Dr. Kitchiner.

Obs.—This, is sometimes made more savoury, by the addition of anchovies, eshallots, or Cayenne, or Curry powder, &c.

Stuffing for Roast Turkey, Capon, or Fowls. (No. 376.)

Chop fine, a quarter of a pound of beef or veal suet, the same quantity of fine bread crumbs, an ounce of fat ham or bacon (that has been boiled), a drachm of lemon-thyme, same of parsley and lemon-peel, all chopped fine, or grated, a small shallot, a little grated nutmeg, pepper and salt to palate: mix thoroughly together, with the yolk and white of an egg, to bind it.

Stuffing for Boiled Turkey. — (No. 377.)

Either take the above composition for the roast turkey, or add the soft part of a dozen oysters to it, and an anchovy if you like it still more relishing.

Pork sausage meat is sometimes used to stuff turkies and fowls.

Goose or Duck Stuffing. — (No. 378.)

Chop fine, two large onions, *i. e.* about two ounces, a handful of green sage, (both unboiled,) and a little pepper and salt; some add to this a minced apple.

For another, see *Roast Goose, and Duck,* (Nos. 59 and 61.)

Apicius's Stuffing for Hare. — (No. 379.)

Two ounces of beef suet chopped fine, three ounces of fine bread crumbs, parsley a drachm, shallot half a drachm, or a small anchovy, a drachm of marjoram or lemon-thyme, or winter-savory, a drachm of grated lemon-peel, half a drachm of nutmeg, and the same of pepper and salt; mix these with the white and yolk of two eggs, (if your stuffing is not

stiff enough, it will be good for nothing,) put it in the hare, and sew it up.

*** *If the liver is* quite sound, *you may add that to the above.*

Forcemeat Balls for Turtle, Mock Turtle, or Made Dishes.—(No. 380.) *See also* (No. 375.)

Take a large breakfastcupful of bread crumbs, rubbed through a cullender, put them into a pint stewpan with a tablespoonful of the soup, as much parsley chopped fine, and stir them over the fire till it is quite a stiff paste; mix with the yolk of an egg; take it out of the stewpan, and put it on a plate to get cold: mince very fine, an ounce of suet, half a dozen leaves of common or lemon-thyme, the same of savory, and the like number of knots of sweet marjoram; beat them together in a mortar, and season them with as much pepper as will lay on a sixpence, and the same quantity of nutmeg and salt; roll up a ball as big as a nutmeg, and try it in a little boiling water; if it is too light, add to it another egg, and a little more flour, and mix it well togethe again.

Roll your forcemeat into a sausage, about as

big as your ring finger, and divide it into equal portions of about half an inch long, round these into little balls, and if you wish them a light colour, throw them into boiling water for a couple of minutes; take them out with a fish slice, and lay them on a hair sieve to dry. If you like them Brown, fry them.

*** *From* E. STEVENSON, *Cook, No.* 106, *High Street, Mary-le-bone. See* (No. 245.)

Or,

Pound some Veal in a marble mortar, rub it through a sieve with as much of the udder as you have veal, or about a third the quantity of butter; put some bread crumbs into a stewpan, moisten them with milk, add a little chopped parsley and shallot, rub them well together in a mortar, till they form a smooth paste; put it through a sieve, and when cold, pound and mix all together, with the yolks of three eggs boiled hard; season it with salt, pepper, and Curry powder, add to it the yolks of two raw eggs, rub it well together, and make small balls: ten minutes before your soup is ready put them in.

*** *By the French artist, who gave us the receipt to dress a Turtle, &c. See* (No. 250.)

Egg Balls. — (No. 381.)

Boil four Eggs for ten minutes, and put them into cold water, put the yolks into a mortar with the yolk of a raw egg, a teaspoonful of flour, same of chopped parsley, as much salt as will lay on a shilling, and a little pepper, rub well together, roll them into small balls, (as they swell in boiling,) and boil them a couple of minutes.

Brain Balls.

See (No. 247,) or beat up the brains in the way we have above directed the egg.

Curry Balls — (No. 382.)

Are made with bread crumbs, the yolk of an egg boiled hard, and a bit of fresh butter about half as big, are to be beaten together in a mortar, and seasoned with Curry powder, see (No. 455); make and prepare small balls as directed in the last receipt.

Soup-herb Powder Balls.—(No. 383.)

See (No. 467.)

Syrup of Lemons. —(No. 391.)

The best Season for Lemons, is from November to March. A pint of fresh lemon juice, to a pound and three quarters of lump sugar; dissolve it by a gentle heat, scum it, till the surface is quite clear, and add an ounce of thin cut lemon-peel; let them all simmer *(very gently)* together for a few minutes.—When cold, bottle and cork it closely, and keep it in a cool place.

Or,

Dissolve three quarters of an ounce of crystallized lemon-acid in a pint of clarified syrup, (No. 475,) flavour it with the peel, with (No. 408,) or dissolve the Lemon-acid in syrup of Lemon-peel, made as (No. 393.)

The Justice's Orange Syrup, for Puddings. (No. 392.)

Squeeze the oranges, and strain the juice from the pulp into a large pot; boil it up, with a pound and a half of fine sugar to each pint of juice; skim it well, let it stand till cold, and then bottle it, and cork it well.

Syrup of Orange or Lemon-Peel.—(No. 393.)

Of fresh outer rind of Seville orange or lemon-peel, three ounces, apothecaries' weight; boiling water, a pint and a half; infuse them for a night in a close vessel; then strain the liquor; let it stand to settle; and having poured it off clear from the sediment, dissolve in it two pounds of double refined loaf sugar, and make it into a syrup with a gentle heat.

Obs.—In making this syrup, if the sugar be dissolved in the infusion with as gentle a heat as possible, to prevent the exhalation of the volatile parts of the peel, this syrup will possess a great share of the fine flavour of the orange, or lemon-peel.

Syrup of Nutmegs.—(No. 394.)

Nutmegs grated, two ounces; boiling water, a pint; digest in a close vessel for twenty-four hours; strain, and add to it a pound of double refined and powdered loaf sugar, and an egg beat up with a little cold water: boil up together, skim it perfectly clean, and reduce it to a syrup: when cold, add a quarter pint of brandy to it.

Obs.—This syrup is strongly impregnated

with the nutmeg, and is a most agreeable and convenient ingredient in puddings, &c., and all sweet dishes in which nutmegs are used. Cloves, cinnamon, and other spices, may be prepared in the same manner.

Syrup of Vinegar. — (No. 395.)

Let two pints and a half of the best distilled wine Vinegar, be boiled with three pounds and a half of lump sugar, till a syrup is formed: this solution, is a very pleasant and cheap substitute for the syrup of Lemons.

The juice of mulberries, raspberries, and black currants, may be incorporated with syrup in a similar way; and are cooling, pleasant drinks, which may be advantageously employed for mitigating thirst in bilious and inflammatory disorders.

Tarragon Vinegar. — (No. 396.)

This very agreeable addition to soup and salad sauce, is thus made. Put a quarter pound of fresh gathered Tarragon leaves (which should be gathered just before it flowers,) into a jar, with a quart of the best distilled wine vinegar, for the space of fourteen days, in a warm situation, when it should be strained through a

flannel bag: add a drachm of isinglass, and put it into a dry jar; let it stand four-and-twenty hours, till it is fine; pour it into half pint bottles; cork them carefully, and keep them in a dry place.

Obs.—You may prepare Elder-flower, and other vinegars in the same manner: elder and tarragon are those in most general use in this country. Our neighbours, the French, prepare Vinegars flavoured with celery, cucumbers, capsicums, garlick, onion, capers, burnet, truffles, Seville orange-peel, ginger; in short, they impregnate them with almost every herb, fruit, flower and spice separately, and in innumerable combinations.

Basil Vinegar or Wine.—(No. 397.)

Steep two ounces of dried and tifted Sweet Basil, (this is in full perfection about the middle of August,) in a pint of the best white-wine vinegar, or white wine, for fourteen days, or a better way is to fill a wide mouthed bottle with the fresh green leaves of Basil, and cover them with vinegar or wine, and let them steep as above; if you wish a very strong essence, after the first fourteen days, strain the liquor on some fresh leaves, and let them steep fourteen days more.

Obs.—This is a very agreeable addition to Sauces, Soups, and made dishes; and imparts an inviting relish to the mixture usually made for Salads, see (No. 372.)

It is a secret, the makers of MOCK TURTLE, may thank us for telling; that this, will impregnate their soup, with the Basil and Acid flavours, at very small cost, when fresh Basil and Lemons are extravagantly dear. The flavour of the other Sweet and Savoury herbs, Celery, &c. may be procured and preserved in the same manner.

Green Mint Vinegar,—(No. 398.)

Is made precisely in the same manner, and with the same proportions, as the preceding receipt.

Obs.—In the early Season of Housed-Lamb, green mint is sometimes not to be got; the above is then a welcome substitute.

Essence of Vinegar.—(No. 399.)

During the intense frosts of winter, put some vinegar into shallow dishes, and the watery parts will be converted into ice; while the spirituous, or acetous basis, remains in a fluid state; by repeating this process, one pint of strong vinegar may, in very cold seasons, be reduced to a few tablespoonsful of the essence.

Garlick Vinegar. — (No. 400.)

Chop two ounces of Garlick very fine, pour on them a quart of boiling hot white-wine vinegar, stop the jar very close, and let it steep ten days, shaking it well every day; then pour off the clear liquor into small bottles.

Obs. — The Cook must be careful not to use too much of this: a few drops of it will give a pint of gravy a sufficient snack of the Garlick; the flavour of which, when slight and well blended, is one of the finest ingredients we have; although when used in excess, it is the most offensive: the best way to use Garlick, is to send up some of this Vinegar in a Cruet, and let the company flavour their own Sauce as they like.

N. B. The most elegant preparation of the Onion Tribe, is the ESHALLOT WINE (No. 402.)

Eshallot Vinegar — (No. 401.)

Is made in the same manner, and the Cook should never be without so useful an auxiliary; it costs scarcely any thing, but the little trouble of making it, and will save her an immense deal of trouble in flavouring all Soups and Sauces that she wishes to give a taste of Onion.

N. B. Eshallots are in high perfection for this purpose from the beginning of September.

Eshallot Wine.—(No. 402.)

Infuse three ounces of Eshallots, (minced fine,) in a pint of Wine for ten days, then pour off the clear liquor on three ounces more shallots, and let the wine stand on them ten days longer.

Obs.—*This is* rather the most expensive, but *infinitely the most elegant preparation of Eshallot*, and imparts the Onion flavour to Soups and Sauces, more agreeably than any: it also does not leave any unpleasant taste in the mouth or to the breath, which all the other preparations of garlick, onion, &c. do.

N. B. An ounce of scraped horseradish may be added to the above, and same of Lemon-peel.

Camp Vinegar.—(No. 403.)

Cayenne pepper, one drachm, avoirdupoise weight.

Soy, two tablespoonsful.

Walnut catsup, ditto.

Six anchovies chopped.

A small clove of garlick minced fine.

Steep all for a month in a pint of best vinegar,

frequently shaking the bottle: strain through a tammis, and keep it in small bottles, corked as tightly as possible.

Brochard Sauce, for Cold Meat.—(No. 404.)

Six shallots, minced fine.
Two tablespoonsful of made mustard.
Six anchovies pounded.
Half a pint of vinegar.
Four tablespoonsful of sweet oil.
Two teaspoonsful of ground black pepper.
Same of salt, and the rind of a lemon. Bottle it.

Essence of Cayenne.—(No. 405.)

Put an ounce of Cayenne pepper into half a pint of wine or proof spirit; let it steep for a fortnight, and then pour off the clear liquor.

This is nearly equal to fresh Chili juice.

Obs.—A few drops, will be found extremely convenient for the extempore seasoning and finishing of Soup, Sauces, &c., its flavour being instantly and equally diffused.

Chili Vinegar—(No. 405.*)

Is made by infusing an ounce of fresh Red Chillies in a pint of the best vinegar for a fortnight, or half the quantity of Cayenne pepper.

Obs.—Many people cannot eat fish without the addition of an acid, and Cayenne pepper; to such palates this will be an agreeable relish.

Chili Wine.—(No. 405.**)

Pound and steep 50 fresh Red Chilies in a quarter pint of white wine for 14 days.

Obs.—This is a "Bonne Bouche" for the lovers of Cayenne, of which it takes up a larger proportion of its flavour, than of its fire.

Prepared Lemon Juice, for Punch, &c. (No. 406.)

In the following manner, you may prepare and preserve the juice of lemons, limes, or oranges, for punch, lemonade, iced creams, &c.

Pare very thin, or rasp off the outside rinds of the fruit with a bread grater, till you have got about a quarter pint of them; put them into a wide mouthed bottle, pour in half a pint of good brandy, and set the bottle in a warm situation for three days, frequently shaking it

up. Then squeeze as much fruit as will yield a quart of juice: let it settle, and run it through a flannel bag: squeeze the brandy from the rinds, and add it to the juice of the fruits; bottle it, and cork it well.

Obs. — This will keep some time; and make the finest punch, &c., by only adding sugar, spirits, water, &c. to the palate.

Essence of Lemon-Peel. — (No. 407.)

Wash and brush clean the Lemons; let them get perfectly dry; take a lump of loaf sugar, and rub them till all the yellow rind is taken up by the sugar; scrape off the surface of the sugar into a preserving pot, and press it hard down; cover it very close, and it will keep for some time. In the same way you may get the essence of Seville orange-peel.

Obs. — This method of procuring and preserving the flavour of Lemon-peel, by making an *Oleo-saccharum*, is far superior, to the common practice of paring off the rind, or grating it, and pounding or mixing that with sugar: in this process, you obtain the whole of the fine, fragrant, essential oil, in which is contained the flavour.

Quint-Essence of Lemon-Peel. — (No. 408.)

Best oil of lemon, one drachm.

Strongest spirit of wine, two ounces,

introduced by degrees, till the spirit kills or overpowers, and completely mixes with the oil. This is a most elegant and useful preparation, possessing all the delightful fragrance and flavour of the freshest Lemon-peel.

Obs.—A few drops on the sugar you make punch with, will instantly impregnate it with as much flavour as the troublesome and tedious method of grating the rind, or rubbing the sugar on it. It will be found *a superlative substitute for fresh lemon-peel*, for every purpose that it is used for; blanc mange, jellies, custards, ice, negus, lemonade, and pies, puddings, stuffings, soups, sauces, and ragouts, to which it immediately gives a most delicious Zest.

Tincture of Lemon-Peel.—(No. 408.*)

A very easy and œconomical way of obtaining and preserving the flavour of Lemon-peel, is to fill a wide mouthed pint bottle half full of Brandy, and when you use a Lemon, pare the rind off very thin, and put it into the brandy; in a fortnight, it will impregnate the spirit with the flavour so strongly, that a teaspoonful will be enough to give a Zest to half a pint of Grog.

Essence of Celery.—(No. 409.)

Proof spirit, two ounces.

Celery seed bruised, half an ounce, avoirdupoise weight.

Let it steep for a fortnight: set the bottle for the first two or three days, where it will receive a heat of from 60 to 80 degrees, Fahrenheit's thermometer.

Obs.—A few drops will immediately flavour a pint of broth, and are an excellent addition to pease and other soups; the salad mixture of oil, vinegar, &c.

N. B. To make Celery sauce, see (No. 289.)

Preserved Juice of Fruits without Sugar. (No. 410.)

Raspberries, strawberries, mulberries, elderberries, black, red, and white currants. When full ripe, gather them perfectly dry; pick and clean them from stalks and leaves, and put them into a preserving pan over a slow charcoal fire: mash them to a pulp, and turn them into a stone pan; cover down with a cloth till they are cool; press out all the juice, and run it through a jelly bag; and to each quart add a quarter pint of brandy, or half that quantity of strong spirit of wine: cork down in clean, dry bottles: kept in a good cellar, it will be good for two years, for all the purposes of iced creams, jellies, and cooling beverage, by adding the juice of lemons, sugar, &c. &c.

Essence of Ginger. — (No. 411.)

Four ounces of powdered ginger in a quart of proof spirit, apothecaries' measure: let it stand for ten days, shaking it up each day.

Obs. — This would be more properly called "Tincture of ginger:" however, as it has obtained the name of "Essence," so let it be called.

Essence of Allspice.—(No. 412.)

Oil of pimento, a drachm, apothecaries' measure.

Strong spirit of wine, two ounces,

mixed by degrees: a few drops will give the flavour of allspice to a pint of gravy, or for mulled wine, &c.

Tincture of Allspice.—(No. 413.)

Of Allspice bruised, three ounces, apothecaries' weight.

Brandy, a quart.

Let it steep a fortnight, occasionally shaking it up; then pour off the clear liquor: it *is a most grateful addition in* all cases where Allspice is used, *for making mulled wine extempore*, or in gravies, &c.

Essence of Clove and Mace.—(No. 414.)

Strongest spirit of wine, two ounces, apothecaries' measure.

Oil of nutmeg, or clove, or mace, a drachm, apothecaries' measure.

Tincture of Clove. — (No. 415.)

Cloves bruised, three ounces, apothecaries' weight.

Proof spirit of wine, two pints.

Let it steep ten days: strain it through a flannel sleeve.

Essence of Cinnamon. — (No. 416.)

Strongest rectified spirit of wine, two ounces.

Oil of cinnamon, one drachm, apothecaries' measure.

Essence of Marjoram. — (No. 417.)

Strong rectified spirit, two ounces.

Oil of origanum, one drachm, apothecaries' measure.

Vegetable Essences. — (No. 417.*)

The flavour of the various sweet and savoury herbs, may be obtained by picking the leaves and laying them for a couple of hours in a warm place to dry, and then filling a large mouth bottle with them, and pouring on them wine, or proof spirit, and letting them steep for fourteen days.

Alum Finings, for clarifying Spirituous and Oleose Cordials, Compounds, &c. (No. 418.)

Boil a drachm of alum in a pint of water, till it is reduced to half a pint: ten drops, made as warm as new milk, are sufficient to fine a quart of liquor: shake the bottle well two or three times a day, for three or four days, carefully giving it vent each time.

Spirit of Sweet-Herbs, for Broths, &c.* (No. 419.)

Rectified spirit of wine, two ounces.
Oil of origanum, a drachm
Lemon-thyme,
Sweet marjoram, and
Winter-savory,
dried and rubbed through a sieve, a drachm of each.
Celery seed, half a drachm:
Minced eshallots, a drachm; all the above ingredients apothecaries' measure.
Let it have fourteen days to digest.

* For the season, &c. when these herbs, &c. come in perfection, see (No. 461.)

Soup Herb Spirit.*—(No. 420.)

Of common thyme,
Lemon-thyme,
Winter-savory,
Sweet marjoram,
Fresh lemon-peel,
Sweet basil, each three drachms.
Bay leaves,
Mint,
Sage, and
Celery seed, half a drachm each: all the above avoirdupoise weight.

To be dried, and rubbed through a sieve, and infused in a pint and a quarter of brandy, or proof spirit for ten days; *this may also be infused in wine or vinegar*, but neither, extract the flavour of the ingredients half so well as the spirit.

Spirit of Savoury Spice.—(No. 421.)

Black pepper and Allspice pounded fine, three quarters of an ounce each.
Nutmeg grated, quarter of an ounce, avoirdupoise weight.

* For the season, &c. when these herbs, &c. come in perfection, see (No. 461.)

Infuse in a pint and a quarter of proof spirit for ten days, or if you don't mind the expense, infuse the ingredients enumerated in (No. 457,) in a quart of proof spirit for fourteen days.

Soup-herb, and Savoury Spice Spirit. (No. 422.)

Mix half a pint of Soup-herb spirit with a quarter pint of spirit of Savoury spice.

Obs.—*These preparations, are most invaluable auxiliaries to immediately heighten the flavour, and finish soups, sauces, ragouts, &c., and made dishes; will save much time and trouble to the Cook, and keep for twenty years.*

Relish for Chops, &c.—(No. 423.)

Pound fine, half an ounce of black pepper, and the same of Allspice, with an ounce of salt; mince fine an ounce of eshallots, put these ingredients into a pint of mushroom catsup, and set the bottle for twenty-four hours where it will receive a heat of about ninety degrees of Fahrenheit's thermometer; let it steep a week, and then strain it.

Obs.—A teaspoonful or two of this is generally a very acceptable addition, mixed with the gravy usually sent up for chops and steaks; see (No. 356.)

Receipt for QUIN's Sauce. — (No. 424.)

A pint and a half of strong old Walnut liquor.
A pound and a half of Anchovies.
A quarter of an ounce each of
Mace,
Cloves,
And fine Jamaica pepper.
Half a teaspoonful of Cayenne.
Twenty-four eshallots, and
Two ounces of scraped horseradish.
To be boiled together, and the liquor strained therefrom.

*** *This sauce is prepared as above* by Messrs. BALL, oilman, &c. 81, New Bond Street, London; *where may be had also, all kinds of Pickles, &c. of the best quality.*

Fish Sauce. — (No. 425.)

Two wineglasses of Port, and two of walnut pickle; double that quantity of mushroom catsup; a dozen anchovies pounded, the like number of eshallots sliced, a tablespoonful of soy, and a small saltspoonful of Cayenne pepper: let them simmer gently for ten minutes, strain it, and when cold, put it into half pint

bottles; well corked and sealed over, it will keep for a considerable time.

Obs.—This is commonly called *Quin's-Sauce*, and was given to me by a very sagacious sauce-maker.

Fish Sauce.—(No. 426.)

Take six Anchovies, as many Eshallots and blades of mace, a tablespoonful of scraped horseradish, half a pint of white wine, the rind (pared thin,) and the juice of a large lemon; boil all together till reduced to a quarter pint, strain it, and add two tablespoonsful of Catsup, or one of Soy.

Keeping Mustard.—(No. 427.)

Dissolve three ounces of Salt in a quart of boiling water, and pour it hot upon two ounces of scraped Horseradish; cover down the jar, and let it stand twenty-four hours: strain, and mix it by degrees with the best Durham flour of mustard, beat well together for a long time till of the proper thickness: put into a wide mouthed bottle, and stopped closely: it will keep good for months. See also (Nos. 369, and 370.)

*Sour Crout**.—(No. 428.)

Take a dozen hard white Cabbages, trim and divide them into quarters, take out all the stalks from the heart of the cabbage, cut it transversely with a knife or chaff-cutter into very small slips. Mix six pounds of salt with four ounces of juniper berries, and an ounce of carraway seed; put the cabbage into a cask, first strewing the bottom of it with some of the mixture, then a layer of cabbage; take care that the head of the cask slips down within the staves, and fits very closely to the sides; press the cover down, and lay a large stone on it. Set the cask in a shed or outhouse for three months; it will then be coming ready for use. When you use it, take off the stone and cover, scrape aside some of the top, take out what you want, and replace what you scraped off the top, and cover down your cask closely as before. Put the crout into a stewpan with a very little cold water, simmer it for half an hour, drain in a cullender; when done, put the meat you

* This appears on the table in Germany, as commonly as potatoes in England, and takes its name from soeur, salt, and kraut, cabbage, which has been corrupted into *sour crout*.

intend to dress into the stewpan, and cover it over with the crout; put just water enough to stew the meat, and to give gravy to serve up with it: when you dish up, put the crout and gravy first into the dish, and lay the meat on them.

Obs.—Some Sour Krout is so juicy as not to require any water: the fatty materials employed by the Germans to stew with it, are generally sufficient.

SAUCE SUPERLATIVE*.—(No. 429.)

Port wine and mushroom catsup, see (No. 439), a pint of each.
Vinegar, a quarter pint.
Or, instead of the vinegar,
Half a pint of walnut or other pickle liquor.
But to make sauce most superlative, instead of the vinegar or Pickle liquor, acidulate it with
Two drachms avoirdupoise of crystallized acid of lemon.
Pounded anchovies, three ounces.
Dried winter-savory, or lemon-thyme, two ounces.
Fresh lemon-peel *pared very thin*, an ounce.
Peeled and sliced eshallots, an ounce.
Allspice and
Black pepper powdered, half an ounce each.

* We hope this title will not offend those antiquaries and Economists, who to show their memory, or excuse their meauness, may quote against it the old adage, that "Good appetite is the best sauce." Allowing this to be generally true, (which is a more candid confession than could be expected from a Cook,) we dare say, the majority of our readers, will vote with us, that there are many good things, (Fish especially) that would be rather insipid, without a little Sauce of another kind.

Ginger, a quarter of an ounce.
Mace powdered, and
Cayenne, two drachms, or Curry powder, four drachms.
Celery-seed bruised, a drachm. *All avoirdupoise weight.*

Put these into a wide mouth bottle, stop it close, shake it up every day for a fortnight, and strain it, (when some think it improved by the addition of a quarter pint of soy or thick browning, see (No. 322,) or (No. 436,) and you will have a most incomparably elegant and "DELICIOUS DOUBLE RELISH, AND SAUCE SUPERLATIVE:" an extremely acceptable and most refreshing, and agreeable excitement to the organs of taste.

*** *This composition is one of the* "chef-d'œuvres" *of many experiments I have made, for the purpose of enabling the good housewives of Great Britain to prepare their own sauces: it is equally agreeable with fish, game, poultry, or ragouts, &c., and as a fair lady may make it herself, its relish, will be not a little augmented, by the certainty that all the ingredients are sweet and wholesome.*

Obs.—Under an infinity of circumstances, a Cook may be in want of the substances necessary to make Sauce; the above composition of proper proportions of the several articles from which the various gravies derive their flavour, will be

found a very admirable extemporaneous substitute, by mixing a large tablespoonful with a quarter pint of thick melted butter. Five minutes will finish a boat of very relishing sauce, nearly equal to drawn-gravy.

Mock Anchovies. — (No. 430.)

Take half a peck of fresh sprats, do not wash them, only draw them at the gills, and put them into stone jars with the following mixture. Two pounds of common salt, a pound of saltpetre, two ounces of white pepper, and the same quantity of lump sugar, pound these all well together; put a layer of this at the bottom of the jar, then a layer of sprats, and so alternately till the jar is full; tie them down close with a bladder, and keep them in a cold dry place; they will be ready for use in six months: if you turn the jar upside down twice a week, they will be ready in half that time.

Obs. — Smelts are prepared in the same manner.

Essence of Mock Anchovies. — (No. 431.)

When the preceding preparation has been kept a year or more, it may be made into essence by pounding the fish in a marble mortar, and proceeding as directed in (No. 433.)

Mock Essence of Anchovies.—(No. 432.)

Boil a quart of stale ale for a quarter of an hour, let it stand till it is cold; take five Dutch pickled herrings with their liquor, (take off the heads and roes,) pound or mince them fine, put them into the beer, with a stick of horseradish scraped fine; let it boil twenty minutes; strain it; hold a clean fryingpan over the fire that it may be quite dry, put a quarter of a pound of flour in it; keep stirring it with a wooden spoon, till it is the colour of essence of anchovies; put the liquor to it, and stir it together till it boils; let it boil a quarter of an hour; when cold, bottle it; if not of sufficient colour, put a little bole armeniac to it.

Obs.—These three preparations (although bad enough, and inserted here merely for those Economists who have so addled their brains with *Cocker's Arithmetic*, that in the case of "Purse *versus* Palate," it is quite a forlorn hope, that they will comprehend the "*Cook's Oracle*,") are among the best of the imitations of Anchovy, are frequently sold for it, and for common palates may do very well; but to impart to Artificial Anchovies the delicious flavour of the Gorgona fish, so as to impose

upon a well educated *gourmand*, we fear will still remain in the catalogue of the sauce-maker's desiderata.

QUINT-ESSENCE OF ANCHOVY*.
(No. 433.)

The goodness of this preparation, depends almost entirely on having fine mellow Fish, that have been in pickle long enough (*i. e.* about twelve months) to dissolve easily, yet are not at all rusty. Choose those that are in the state they come over in, not such as have been put into fresh pickle, mixed with Red Paint, which some oil shops are very fond of adding, (as they think) to improve the complexion of the fish, and it has been said, that some folks have a trick of putting Anchovy liquor on pickled Sprats: you

* The invention of this favourite Fish Sauce is claimed by Mr. Thos. Young; see "the Epicure," Harding, London, 1815, page 12. He says, "there still is a cabal between some of the makers of this sauce, which of them makes it best. Though they do not pretend to the invention, all of them denominate themselves the best makers. One is "the *real maker !!!*" another "*the superior !!!*" another "*the improved !!!*" another "*the original superior !!!*" with cautions to guard against the "*spurious* makers." BURGESS, No. 107, next the Savoy Steps, in the Strand, has long been famous for making this Sauce.

will easily discover this by washing one of them, and tasting the flesh of it, which in the finest Anchovies, is mellow, red, and high flavoured, and the bone moist and oily.

Put ten or twelve Anchovies into a marble mortar, and pound them to a pulp; put this into an iron or silver saucepan with a tablespoonful of cold spring water, let them stand by the side of a slow fire, frequently stirring them together, till they are melted. Now stir in half a drachm of good Cayenne pepper, and let it remain by the side of the fire for ten minutes longer; then, while it is warm, rub it through a hair sieve*, with the back of a wooden spoon. A tablespoonful will be about equal to an Anchovy. A roll of thin cut lemon-peel infused with the Anchovy, imparts a fine fresh, delicate, aromatic flavour, which very much improves this Sauce.

Obs.—The above is the proper way, to perfectly dissolve Anchovy†, and incorporate it with

* The Economist may take the thick remains that wont pass through the sieve, and pound it with some flour, and make ANCHOVY PASTE, or POWDER. See (Nos. 434 and 435.)

† Epicure Quin used to say, "of all the Banns of Marriage I ever heard, none gave me half such pleasure as the union of delicate ANN-CHOVY with good JOHN-DORY."

the water; which if completely saturated, will continue suspended. *To prevent the separation of Essence of Anchovy*, and give it the appearance of being fully saturated with the fish, various other expedients have been tried, such as dissolving the fish in thin water gruel, or thickening it with mucilage, flour, oatmeal, or gum; but when any of these things are added, it does not keep half so well as it does without them.

It must be kept very close stopped, and when you tap a bottle of sauce, throw away the old perforated cork, and put in a new superfine velvet taper cork; if the air gets to it, the fish takes the rust, and it is spoiled directly. Some of the oilmen colour* their Essence of Anchovy with bole armenian, Venice-red, &c.; but all these additions deteriorate the flavour of the sauce, and the palate and stomach suffer for the gratification of the eye, which, in culinary concerns, will never be indulged by the sagacious *gourmand*, at the expense of these two *primum mobiles* of his pursuits.

*** *If Essence of Anchovy be made for the use of Private Families, it should be with good sherry or*

* If you are not contented with the natural colour, break some Lobster's Eggs into it, and you will not only heighten the Complexion of your Sauce, but improve its Flavour. This is the only *Rouge* we can recommend.

Madeira wine, or good mushroom catsup (instead of water, as directed above,) not merely to enrich the flavour of the sauce, but it will keep better. If you like the acid flavour, dissolve them in good vinegar.

N. B. This is infinitely the most convenient way of using the Anchovy, as each guest may mix sauce for himself, and make it strong or weak, according to his own taste. It is also much more œconomical, as plain melted butter serves for other purposes at table. *This Receipt is the result of my own experiments*, and is one among many of the certificates of the sincerity of my assertion, that "I have taken some pains to increase the comforts of moderate families and moderate fortunes, and to save Expense to Housekeepers and Trouble to Servants."

Anchovy Paste, or Le Beurre d'Anchois.

(No. 434.)

Wash your anchovies, rub off the scales, and put away the head, bones, and fins; pound the meat in a marble mortar, till it becomes a smooth paste, then rub it through a fine sieve; pot it; cover it with clarified butter, and keep it in a cool place.

Obs.—This is sometimes made into a stiffer paste by using a little flour, spice, or Cayenne. This preparation is very convenient for sauces;

the latter makes a most savoury sandwich. It is an excellent garnish for fish, put in pats round the edge of the dish, or will make Anchovy Toast, or Devil a Biscuit, &c. in high style.

Anchovy Powder.—(No. 435.)

Bone the fish, pound them in a mortar, and make them into a paste with fine flour, roll it into thin cakes, and dry them in a Dutch oven before a slow fire; pounded to a fine powder, and put into a well-stopped bottle, they will keep for years. It is a very savoury relish sprinkled on bread and butter for a sandwich.

SOY.—(No. 436.) *See also* (No. 322.) *and* (No. 496.)

To one tablespoonful of water add half a pound of lump sugar: set it on the fire in an iron pot till it boils to a dark brown colour, keep stirring it, and take great care, or it will burn: when it is become quite thick, add to it an ounce of salt, and gradually as much (about three wineglasses) of water, or what is infinitely better, strong beef glaze*, or good mushroom, or

* See (No. 187,) and (No. 252.) Beef glaze is nothing more than strong Beef Gravy reduced to the consistence of a Syrup that will hang about the spoon.

walnut catsup, as will reduce it to the consistence of Soy; mix well together, and give it a boil for five minutes. Those who like a goût of acid may add a little walnut pickle.

Obs.—This will hardly be told from what is commonly called "*genuine Japanese soy*," and will answer every purpose that is used for. Burnt Treacle, or sugar, the peels of walnuts, Cayenne pepper, or Capsicums, or Chillies, Vinegar, Garlick, and pickled Herrings, (especially the Dutch,) Sardinias, or Sprats, appear to be the basis of almost all the Sauces that are now sold in the oil-shops. Although indefatigable research and experiment has put us in possession of these compositions, it would not be quite fair, to enrich the Cook, at the expense of the Oilman, &c, and we hope we have said enough on these subjects, to satisfy "the Rational Epicure."

Essence of Walnuts.—(No. 437.)

Take walnuts of the size for pickling, cut and pound them in a marble mortar, sprinkle a little salt over them, stir them up, and let them stand to settle for twenty-four hours; press off the juice; to each quart add half a pound of anchovies, the like quantity of peeled and

sliced eshallots, and a quarter of a pint of the best wine vinegar; give them a very gentle simmer for half an hour, till the anchovies are melted; then strain the liquor upon half an ounce of bruised black pepper, the same quantity of flour of mustard, a quarter of an ounce of nutmeg grated, two drachms of Cayenne pepper, a dozen bay leaves, and half a pint of Port wine; let all gently simmer together, for fifteen or twenty minutes; and then run it through a flannel bag till it is fine.

Walnut Catsup. — (No. 438.)

Take two hundred walnuts when quite tender, put them into a gallon of salt and water for a week; drain and dry them, mash them to a pulp in a marble mortar, with a pound of salt; let it rest three or four days, and press all the juice from it; to each gallon of liquor put a quarter of a pound of minced shallots, half an ounce of bruised cloves, same of mace and black pepper, one teaspoonful of Cayenne, and a quarter of a pound of salt; give it a boil up, and strain it through a flannel bag.

By adding a glass of brandy to each quart, it will keep all the better.

Or,

Take six half sieves of green walnut shells, put them into a tub, mix them up well with common salt, from two to three pounds, let them stand for six days, frequently beating and mashing them; by this time the shells become soft and pulpy, then by banking it up on one side of the tub, and at the same time by raising the tub on that side, the liquor will drain clear off to the other; then take that liquor out; the mashing and banking up may be repeated as often as liquor is found. The quantity will be about six quarts. When done, let it be simmered in an iron boiler as long as any scum arises; then bruise a quarter of a pound of ginger, a quarter of a pound of allspice, two ounces of long pepper, two ounces of cloves, with a Dutch pickled herring, (a quarter of a pound of anchovy is better;) with the above ingredients, let it slowly boil for half an hour: when bottled let an equal quantity of the spice go into each bottle; they should be kept uncorked some days, and when corked, let the bottles be filled quite up; cork them tight, seal them over, and put into a cool and dry place for one year before it is used.

N. B. For the above, Apicius is indebted to

a respectable oilman, who has many years proved the receipt.

*** *We have not tried either of the above catsups, but have them from so good a cook, that we dare say they will answer.*

MUSHROOM CATSUP. — (No. 439.)

If you love Good Catsup, gentle Reader, make it yourself, after the following directions, and you will have a most Delicious Relish for Made dishes, ragouts, soups, sauces or hashes. Mushroom gravy, approaches the nature and flavour of Meat gravy, more than any vegetable juice; and is the best substitute for it, in Meagre Soups, and Extempore Gravies, the chemistry of the kitchen has yet contrived to agreeably awaken the Palate and encourage Appetite.

I believe, the following, is the best way of extracting and preparing the Essence of Mushrooms, so as to procure, and preserve all their fine flavour, for a considerable length of time. Begin to look out for Mushrooms from the beginning of September. Fine full grown Flaps are to be preferred: put a layer of these at the bottom of a deep earthen pan, and sprinkle them with Salt, then another layer of Mushrooms,

and some more salt on them, and so on alternately, salt and mushrooms; let them remain two or three hours, by which time the salt will have penetrated the mushrooms, and rendered them easy to break; mash them well with your hands, and let them remain in salt for a couple of days, stirring them up and mashing them well each day; then pour them into a stone jar, and to each quart add half an ounce of whole black pepper; stop the jar very close, and set it in a stewpan of boiling water, and keep it boiling for two hours at least. Take out the jar, and pour the juice clear from the settlings through a hair sieve (without squeezing the mushrooms) into a clean stewpan; let it just boil up, skim it, and pour it into a clean dry jar or jug; let it stand till next day, then pour it off as gently as possible, (so as not to disturb the settlings at the bottom of the jug,) through a tammis, or thick flannel bag. Bottle it in pints or half pints; (for it is best to keep it in such quantities as are soon used:) in each pint, put a dozen berries of black pepper, the same of allspice, and a tablespoonful of brandy. Take especial care that it is closely corked, and sealed down, or dipped in Bottle Cement, (to make this, see last page of observations on Sauces, in the 8th chapter of the Rudiments of Cookery.)

If kept in a cool, dry place, it will be good for two years; but if it is badly corked, and kept in a damp place, it will soon spoil. Examine it from time to time, by placing a strong light behind the neck of the bottle, and if any pellicle appears about it, boil it up again with a few pepper-corns. We have ordered no more Spice, &c. than is absolutely necessary to feed the Catsup, and keep it from fermenting. Brandy is an excellent preservative to all preparations of this sort, Pickles, &c. &c. The less the natural flavour of the Mushrooms is overpowered the better.

Obs.—The above, is incomparably the best way of making Catsup, and a tablespoonful of it will impregnate half a pint of sauce with the full flavour of Mushroom, in much greater perfection than can be obtained either from pickled, or powder of, mushrooms.

What is commonly called catsup, is generally an injudicious composition of so many different tastes, that the flavour of the Mushroom is overpowered by a farrago of garlic, shallot, anchovy, mustard, horseradish, lemon-peel, beer, wine, spices, &c.

Ready made Catsup is little better than a decoction of spice and salt and water, with the

grosser parts of the mushrooms beaten up to a pulp.

Excellent Mushroom Catsup may be had at BUTLER'S *herb and seed shop, opposite Henrietta Street, Covent Garden.*

QUINTESSENCE OF MUSHROOMS. (No. 440.)

This most delicate and delicious relish, is made by sprinkling a little salt over either flap or button mushrooms; three hours after, mash them, and next day, strain off the liquor that will flow from them: it will not keep more than a week, but is preferable to any of the Catsups, which in order to preserve them, must have some spice, &c. which to a certain degree, destroys the flavour of the Mushrooms. *The artificial Mushroom Beds will supply this Quintessence all the year round.*

Quintessence of Oysters.—(No. 441.)

Take fine fresh Milton oysters; wash them in their own liquor, shave them, pound them in a marble mortar, boil them up in their own liquor, with an equal quantity of white wine; and to a quart add an ounce of salt, two drachms of

pounded mace, two drachms of black pepper, one of Cayenne, and same of nutmeg, and ginger grated; let it just boil up again, skim it, and rub through a sieve, and when cold, bottle it, and cork it well, and seal it down.

Obs.—See also Obs. to (No. 278.)

N. B. It is the best way to pound the salt and spices, &c. with the oysters.

Obs.– This composition very agreeably heightens the flavour of white sauces, and white made dishes, and if you add half a wineglass of brandy to each pint, it will keep good for a considerable time longer than oysters are out of season in England.

Cockle and Muscle Catsup—(No. 442.)

May be made in the same way as the Oyster Catsup.

Tomata Catsup.—(No. 443.)

Tomatas are in fine condition during the months of August and September. Gather a gallon of fine, red, and full ripe Tomatas; mash them with one pound of salt; let them rest for three days, press off the juice, and to each quart add a quarter of a pound of anchovies, two ounces of shallots, and an ounce of ground

black pepper; boil up together for half an hour, strain through a sieve, and put to it the following spices; a quarter of an ounce of mace, the same of allspice, ginger, and nutmeg, a drachm of coriander seed, and half a drachm of cochineal; pound all together; let them simmer gently for twenty minutes, and strain through a bag: when cold, bottle it, adding to each bottle a wineglass of brandy. It will keep for seven years.

Another Catsup of the Tomata, or Love-Apple.

Take any quantity of Tomatas, and put them into a deep earthen pan, after having picked out their stalks. Tie a cover of brown paper over the pan, and bake them very slowly in a *slack* oven. Rub the pulp through the back of a hair-sieve, and thus separate the seeds and skins. To every pound, by weight, of this juicy pulp, put a pint and quarter of the best malt-vinegar, half an ounce of the *little* pods of Bird-pepper (not the Capsicum); to be had at BUTLER'S Herb-shop in Covent Garden, with a drachm each of mace, ginger, cloves, allspice; and one ounce each of white pepper, and peeled shalot. Simmer them for half an hour, or until

the garlick and shallots are very soft; then pass the more liquid parts through the sieve a second time, to keep the solid dregs out. Bottle it.

N. B. This catsup is greatly improved by the addition of an eighth of Lisbon wine, after the liquor is cold.

White Catsup. — (No. 444.)

To a pint of white wine vinegar, put a dozen anchovies; set them on a trivet by the side of the fire till they are dissolved, then strain it; when cold, add a pint of sherry wine, the peel of a large lemon pared very thin, a dozen bay leaves, an ounce of scraped horseradish, two drachms of grated nutmeg, one of bruised cloves, the same of white pepper and ginger, and a dozen eshallots peeled and sliced; stop your jar very close; keep it in a warm situation for ten days, shaking it up every day, and then decant it for use.

Cucumber Catsup. — (No. 445.)

Peel and slice large Cucumbers, add one fourth part of Onions sliced, sprinkle them with salt, and let them stand for a couple of days, occasionally stirring them up; strain them through a hair sieve, and put to each quart

of liquor a handful of scraped horseradish, the peel of a Lemon, half an ounce of black pepper, two drachms of mace bruised; boil together for a quarter of an hour in a close covered vessel, and strain it: when cold, bottle it, and put to each pint a large tablespoonful of good brandy, to preserve it from fermentation, decomposition, &c. This is a very good relish with Salad.

Obs.—Either of the five preceding combinations will be found a very agreeable Zest to most white dishes.

Pudding Catsup.—(No. 446.)

Half a pint of brandy, a pint of sherry,
An ounce of mace,
And half an ounce of cloves.

Steep them for fourteen days, and then strain it, and add a quarter pint of capillaire. This will keep for years, and mixed with melted butter, is a most delicious relish to puddings, and sweet dishes. See Pudding Sauce (No. 268.)

Potatoe Mucilage. — (No. 448.)

Peel, and wash a pound of full grown Potatoes, grate them on a bread grater into a deep dish containing half a gallon of clear water; strain this through a hair sieve, and pour half a gallon more water through the sieve; save the water, and leave it ten minutes to settle; then pour off the water, and fill up the dish again with fresh water, let it settle, and repeat this every ten minutes; as long as the water is stained reddish, you must change the water, and stir it up again*: you will at last find a fine white powder at the bottom of the vessel; lay this on a sheet of paper in a hair sieve to dry, either in the sun, or before the fire, and it is ready for use. If this is well made, a tablespoonful of it mixed with two tablespoonsful of cold water, will be sufficient to thicken a quart of gravy, into which it must be stirred just before you take it up, and will go as far as two tablespoonsful of flour and butter.

Obs. — This preparation requires a little

* The criterion, whereby any one making Potatoe farina may judge of its being completed, is the purity of the water that comes from it after stirring it up.

patience and perseverance, and this is all the secret in making it: it is worth knowing, for it gives a richness and fine fulness on the palate to Gravies and Sauces at hardly any expense, which by the usual mode of producing an equal degree of consistency, would cost much more, and not be any better. As it is perfectly tasteless, it will not alter the flavour of the most delicate broth, &c.

N. B. This preparation very much resembles what is called " Indian Arrow-Root."

Mrs. Raffald's Browning.—(No. 449.)

Beat to powder four ounces of fine lump sugar; put it into a clean iron fryingpan with one ounce of butter; set it over a clear fire, and mix it very well together; when it begins to be frothy the sugar is dissolving; then hold it higher over the fire, and have ready a pint of red wine; when the sugar and butter are of a deep brown, pour in a little of the wine, stir it thoroughly together, and gradually add the rest of the wine, and keep stirring it all the time; put in half an ounce of allspice, six cloves, four shallots peeled, and two or three blades of mace, three tablespoonsful of mushroom catsup, a little salt, and the rind of a lemon peeled as

thin as possible; boil up slowly for ten minutes; pour it into a basin; when cold, take off the scum very clean, and bottle it for use.

Obs. — The above is a pleasant sauce; but the Cook must remember, it will alter the flavour, as well as colour of whatever it is added to.

Mrs. Raffald's Lemon Pickle.—(No. 450.)

Take a dozen lemons, grate off the outer rinds very thin, cut them in four quarters, but leave the bottoms whole; rub on them equally a quarter of a pound of bay salt, spread them in a large pewter dish, and let them dry gradually by the fire till all the juice is dried into the peels; then put them into a stone jar, with half an ounce of mace, quarter of an ounce of cloves, beat fine, half an ounce of nutmeg cut in thin slices, two ounces of garlick peeled, quarter of a pound of mustard-seed bruised a little, and tied in a muslin bag; pour a quart of boiling white-wine vinegar upon them, close the pitcher or jar well up, and let it stand five or six days by the fire: shake it well every day, then tie it up as close as possible, and let it stand for three months. When you bottle it, put the pickle and lemon into a hair sieve, press them well, to get out the liquor; let it stand till next day; then pour

off the fine and bottle it; let the rest stand three or four days and it will settle; pour off the fine again, and let it again settle till you have poured off all you can get fine. It may be put into any white sauce, and will not hurt the colour; is very good for fish sauce and made dishes, especially of veal; a teaspoonful is enough for white, and two for brown sauce for a fowl: it is a most useful pickle, and gives a pleasant flavour: be sure you put it in before you thicken the sauce, or put any cream in, lest the sharpness make it curdle.

Mrs. Raffald says, "I have given no directions for cullis, as I have found by experience that lemon-pickle and browning answer both for beauty and taste, (at a trifling expense,) better than the most extravagant cullisses. Had I known the use and value of these two receipts when I first took upon me the part and duty of a housekeeper, they would have saved me a great deal of trouble in making gravy, and those I served, a great deal of expense." See the preface to Raffald's *Cookery*, London, 8vo. 1806.

Obs.—We suppose Mrs. R.'s praise of these two sauces to be well deserved, as they have been copied into almost every cookery book that has been compiled since.

Hash Sauce.*— (No. 451.)

Mushroom catsup, (No. 439,) three ounces.
Eshallot wine, (No. 402,) half an ounce.
Walnut pickle, one ounce.
Browning, (No. 436,) or (No. 322,) one ounce.

Mix. If you wish it to keep for a great length of time, add half an ounce of (No. 422) to it.

Obs.—This is not only a most convenient and agreeable Relish for Hashes, but being composed of proper proportions of the ingredients usually employed to flavour and make sauce for hashes, it will save you much time and trouble, and is thus easily made. Put a piece of butter about as big as a large egg, into a stewpan, set it on the fire; and when it looks brown, put to it a tablespoonful of flour; stir it thoroughly together, and add to it six berries of black pepper, the same of allspice, and three tablespoonsful of hash sauce, (No. 451;) put to it almost a pint of boiling water, and let it simmer gently over a slow fire for a quarter of an hour, strain it through a sieve, and it is ready to receive the meat that is to be warmed in it.

* See also (Nos. 360, 434, and 486.)

Piquante Vinegar, or Sauce for Salads or Cold Meats. — (No. 452.)

Horseradish scraped fine, two ounces.
Flour of Mustard, and
Sweet basil dried and pounded, an ounce of each.
Salt, and black pepper, of each half an ounce.
Celery seed, a drachm.
Best white-wine vinegar, a quart;

poured hot over these ingredients: it will be ready for use in about a fortnight.

Salad Mixture. — (No. 453.) *See also* (No. 372.)

Take white-wine vinegar, one quart.
Salt, two ounces.

Boil them up together, and scum it well: then beat up the yolks of half a dozen eggs, with
Three tablespoonsful of made mustard.
A drachm of celery seed, and
Half a pint of olive oil, or oil of sweet almonds.

Mix this thoroughly together in a mortar, and put it to your vinegar in the stewpan; set it over a very slow fire, and keep stirring it with a wooden spoon till it is simmered to the con-

sistence of cream; then strain it, and when cold, bottle it, and cork it carefully.

N. B. See Essence of Celery, (No. 409.)

Curry Powder. — (No. 454.)

Take of the best Durham flour of mustard four ounces.

Put the following ingredients in a cool oven all night, the next morning pound them in a marble mortar, or dry them in a Dutch oven, see Note to (No. 457,) and rub them through a fine sieve.

Coriander seed, four ounces.
Turmeric, four ounces.
Black pepper, three ounces.
Cayenne pepper, half an ounce.
Ginger, one ounce.
Cinnamon, a quarter of an ounce.
Lesser Cardamoms,
Cloves,
Mace, each half an ounce.

Mix all well together, and put them into a wide mouthed bottle.

Obs. — Fennel and Cummin seed are sometimes added to the above; a few bay leaves are also occasionally used.

Dr. KITCHINER's *Curry Powder.* (No. 455.)

Dry and reduce the following spices, &c. to a fine powder, in the same way as in the foregoing receipt.

Coriander seed, three ounces.
Turmeric, three ounces.
Black pepper, one ounce.
Ginger, one ounce.
Lesser Cardamoms, one ounce.
Cayenne pepper, quarter of an ounce.
Cinnamon, quarter of an ounce.
Cummin seed, the same.

Mix together, and keep them in a well-stopped bottle.

Obs.—The first of these receipts was given me by a friend: as I have not tried it, I cannot vouch for its being the actual ingredients of what is sold as the Indian composition. This last receipt, was an attempt to imitate some of the Best Real India Curry Powder, selected for me, by a friend at the India House: the flavour approximates to the Indian Powder so exactly, the most profound *Palaticians*, have pronounced it a perfect copy of the original Curry stuff. See (No. 348,) for Curry Sauce.

Messrs. BALL, 81, New Bond Street, sell very good Curry powder.

N. B. The common fault of Curry powder, is the too great proportion of Cayenne, (to the milder aromatics from which its agreeable flavour is derived,) preventing a sufficient quantity of the Curry powder being used.

Italian Tamara.—(No. 456.)

Coriander seed, one ounce.
Cinnamon, one ounce.
Clove, one ounce.
Fennel seed, half an ounce.
Anniseed, half an ounce.

Beaten into powder, used in the same way as the Curry powder.

SAVOURY RAGOUT POWDER.

(No. 457.)

Salt,
Mustard,
Allspice, and
Black pepper ground, and grated Lemon-peel, or of (No. 407,) pounded and sifted fine, half an ounce each.
Ginger, and
Nutmeg grated, a quarter of an ounce each.
Cayenne pepper, one drachm.

Pound them patiently, and pass them through a fine hair sieve: bottle them for use. The above articles will pound much easier and finer if they are dried first in a Dutch oven * before a very gentle fire, at a good distance from it: *if you give them much heat, all the finest flavour of them will be presently evaporated*, and they will soon get a strong rank empyreumatic taste.

N. B. The above articles, infused in a quart of wine or proof spirit, make a most admirable savoury essence for soups and sauces, &c.

Obs.—The Spices in a Ragout are indispensable to give it a flavour, but not a predominant one; their presence should be rather supposed than perceived; they are the invisible spirit of good Cookery, and that happy mixture of them, and proportion to each other, and the other ingredients which produce an exquisitely delicious, yet indefinable flavour, is the "*chef-d'œuvre*" of a first-rate Cook. But this grand art of mixing and combining spices, &c., which may be termed the "Harmony of Flavours," no

* The back part of these ovens is so much hotter than that which is next the fire, that to dry things equally, their situation must be frequently changed, or those at the back of the oven will be done too much, before those in the front are done enough.

one hitherto has attempted to teach: *this is the only practical work on Cookery, wherein the Receipts are given accurately by weight or measure.*

PEA POWDER.—(No. 458.)

Pound together in a marble mortar equal parts of dried Mint and Sage; rub them through a fine sieve, and send up on a small plate, with Green Pease, or Pease-Soup, and it gives a most savoury relish to Watergruel.

If the eater of it has not the most lively imagination, he may manage to fancy, he is sipping good pease soup. See (No. 229,) Soon made Savoury Soup.

Obs.—A twelfth part of celery seed powdered may be added, if the flavour of celery is approved, and a sixth part of powdered allspice.

Soup-herb Powder, or Vegetable Relish. (No. 459.)

Of dried parsley, two ounces.
Winter-savory,
Sweet marjoram,
Lemon-thyme,
Lemon-peel, cut very thin and dried, and
Sweet basil, an ounce of each.

*** *Some add to the above, bay leaves and celery seed, a drachm each.*

Dry them in a warm, but not too hot Dutch oven: when quite dried, pound them in a mortar, and pass them through a double hair sieve: put in a bottle closely stopped, and it will retain its fragrance and flavour for a twelve-month.

N. B. These herbs are in full perfection in July and August.

Obs.—This composition of the fine aromatic herbs, is a most invaluable acquisition to the Cook: and we prefer it to the Ragout powder, as it impregnates sauce, soup, &c. with as much relish, and renders it equally agreeable to the palate, and refreshing to the gustatory nerves, without so much risk of offending the stomach, &c.

SOUP-HERB AND SAVOURY POWDER, OR QUINTESSENCE OF RAGOUT.

(No. 460.)

Take three parts of soup-herb powder to one part of savoury powder.

Obs.—These powders should be kept ready prepared; they will save a great deal of time in cooking ragouts, stuffings, forcemeat-balls, soups, sauces, &c.; kept dry and tightly corked down, their fragrance and strength may be preserved undiminished for several years.

TO PRESERVE SWEET AND SAVOURY HERBS.

(No. 461.)

For the following accurate and valuable information, the reader is indebted to Mr. BUTLER, Herbalist and Seedsman, (opposite Henrietta Street,) Covent Garden Market, where the several articles may be obtained of the best quality, at the fair market price.

It is very important to those who are not in the constant habit of attending the markets, to know when the various seasons commence for purchasing sweet herbs, &c., so necessary to be preserved when in the highest state of perfection: these are fullest of flavour just before they begin to flower; the first and last crop have neither the fine flavour nor the perfume of those which are gathered in the height of the season; that is, when the greater part of the crop of each species is ripe at the same period: take care they are gathered on a dry day, by which means they will have a better colour when dry. Cleanse your herbs well from dirt and dust, cut off the roots, separate the bunches into smaller ones, and hang them across a line

in the kitchen, where there is a moderate heat, which will dry them in an excellent manner: when perfectly dry, put them in bags, and lay them by on a shelf in the kitchen, they will keep good for twelve months, and be ready in the moment when wanted: or rub them off the stalks and put them through a hair sieve, and put the powder into well-stopped bottles, see (No. 459): by this means their flavour is still better preserved. I would recommend parsley and fennel to be dried rather quicker than the other herbs, and rubbed clean from the stalks before they are bagged: these are not generally dried, but those who have experienced the goodness of them in this state, will not willingly omit preserving them.

Basil is in the best state for drying from the middle of August, and three weeks after, see (No. 397.)

Knotted Marjoram, from the beginning of July, and during the same.

Winter Savory, the latter end of July, and throughout August.

Summer Savory, the latter end of July, and throughout August.

Thyme,

Lemon-Thyme,

Orange-Thyme*, during June and July.
Mint, latter part of June, and during July.
Sage, August and September.
Tarragon, June, July, August.
Chervil, May, June, July.
Burnet, June, July, August.
Parsley, May, June, July.
Fennel, May, June, July.
Elder Flowers, May, June, July.
Orange Flowers, May, June, July.

PICKLES†.—(No. 462.)

Commencing the list with Walnuts, I must take this opportunity of impressing the necessity of being strictly particular in watching the due season; for of all the variety of articles required in this department, to furnish the well

* A very delicious herb, that deserves to be better known.

† We are sorry we have no Receipts to give for pickling, all our leisure time having hitherto been fully occupied with Culinary experiments; we hope next year to have opportunity for proceeding to ascertain the best processes, for making in the easiest and most œconomical manner, those Domestic comforts, "Home Brewed Beer, Home Baked Bread, Pickles, Preserves, and English Wines," which will form an Appendix to this Work, and will be sold separately.

regulated store-room, nothing is so precarious,—for frequently after the first week that walnuts come in season, they become hard and shelled, particularly if the season is a very hot one, therefore let the prudent housekeeper consider it indispensably necessary they should be purchased as soon as they first appear at market; should they cost a trifle more, that is nothing compared to the disappointment of finding six months hence, when you go to your pickle jar expecting a fine relish for your chops, &c., to find nuts incased in a shell, which defies both teeth and steel: I therefore recommend looking for them from the twelfth of July; that being, I may say, the earliest possible time.

NASTERTIUMS are to be had by the middle of July.

ONIONS, the various kinds for pickling, are to be had by the middle of July, and for a month after.

GHERKINS are to be had by the middle of July, and for a month after.

CUCUMBERS are to be had by the middle of July, and for a month after.

MELONS for MANGOES are to be had by the middle of July, and for a month after.

CAPSICUMS, green, red, and yellow, the end of July, and following month.

CHILLIES, the end of July, and following month. See (No. 405,*) and (No. 405.**)
LOVE APPLES, or TOMATAS, end of July, and throughout August. See (No. 443.)
CAULIFLOWER, for pickling, July and August.
ARTICHOKES, for pickling, July and August.
JERUSALEM ARTICHOKES, for pickling, July and August, and for three months after.
RADISH PODS, for pickling, July.
FRENCH BEANS, for pickling, July.
MUSHROOMS, for pickling and catsup, September. See (No. 339.)
RED CABBAGE, August.
WHITE CABBAGE, September and October.
SAMPHIRE, August.

THE MAGAZINE OF TASTE.
(No. 463.)

This incomparable auxiliary to the Cook, (may be arranged as a pyramidical Epergne for a standing ornament in the centre of the table, or an invaluable travelling Store Chest,) we have several times made mention of, in the course of our work. The following Sketch will enable any one to fit up an assortment of flavouring materials according to their own fancy and palate, and, we presume, will furnish

sufficient variety for the amusement of a thorough-bred *Gourmand*, (if Cayenne Pepper and Garlick have not completely consumed the sensibility of his Palate,) and consists of a mahogany " Sauce Box," with four eight-ounce bottles, sixteen four-ounce bottles, and eight two-ounce bottles, containing the following ingredients.

1 Pickles.
2 Brandy.
3 Curaçao (No. 474.)
4 Syrup, (No. 475.)
5 Salad sauce, (Nos. 452, and 453.)
6 Pudding catsup, (No. 446.)
7 Sauce Superlative, or double relish, (No. 429.)
8 Walnut pickle.
9 Mushroom catsup, (No. 439.)
10 Vinegar.
11 Oil.
12 Mustard, see (Nos. 370 and 427.)
13 Salt, see (No. 371.)
14 Curry powder, (455.)
15 Soy, (No. 436.)
16 Lemon juice,
17 Essence of anchovy, (No. 433.)
18 Pepper.
19 Cayenne, or (Nos. 405, or 405**.)
20 Soup-herb powder, (No. 459.)
21 Ragout powder, (No. 457.)
22 Pea powder, (458.)
23 ZEST, (No. 255.)
24 Essence of celery, (No. 409.)
25 Sweet herbs, (419.)
26 Lemon-peel, (408.)
27 Eshallot wine, (No. 402.)
28 Powdered mint.

In a drawer under,

Half a dozen one ounce bottles.	Corkscrew.
Weights and scales.	Nutmeg-grater.
A graduated glass measure, divided into tea and table-spoons.	Table and teaspoon.
	Knife and fork.
	A steel, and a
	Small mortar.

1	5	13	21
	6	14	22
2	7	15	23
	8	16	24
3	9	17	25
	10	18	26
4	11	19	27
	12	20	28

Toast and Water. —(No. 463.*)

Take a slice of a stale loaf, about the thickness toast is usually cut; toast it carefully until it be *completely browned all over*, but not at all blackened or burnt: put this in a jug, and pour upon it as much clean boiling water as you wish to make into drink, cover the jug

with a saucer or plate, and let it stand till it is quite cold: the fresher it is made the better, and more agreeable.

Obs. — A roll of thin cut Lemon-peel infused with the bread, is a very grateful addition.

Or,

To make it more expeditiously, lay a slice of bread, a quarter of an inch thick, in a cheese-toaster before the fire, till it is brown through; put it into a mug, and just cover it with boiling water; let it stand till cold, then fill it up with cold spring water, and strain it through a fine sieve.

Obs. — The above will be found a pleasant, and excellent beverage at meals.

Cool Tankard, or Beer Cup. — (No. 464.)

A quart of mild ale, a glass of white wine, one of brandy, one of capillaire, the juice of a lemon, a roll of the peel, nutmeg grated on the top, and a sprig of borrage* or balm.

* "Borrage is one of the four cordial flowers;" it comforts the heart, cheers melancholy, and revives the fainting spirits, says Salmon in the 45th page of his "*Household Companion*," London, 1710. Combined

Cider Cup—(No. 465.)

Is the same, only substituting the Cider for the Beer.

Flip.—(No. 466.)

Beat two eggs together, and mix with them half a tablespoonful of moist sugar, and as much grated nutmeg as will lie on a shilling. Put a pint of ale into a saucepan; when it is hot, pour it into a basin to the eggs, &c., and back again into the saucepan, and back again three or four times, till it is quite smooth.

Tewahdiddle.—(No. 467.)

A pint of table beer, (or Ale, if you make it for a "Night-Cap,") a tablespoonful of brandy, a teaspoonful of brown sugar, or clarified syrup; a little grated nutmeg or ginger may be added, and a roll of lemon-peel.

Obs.—Before our readers make any remarks on this composition, we beg of them to taste it;

with the ingredients in the above receipt, we have frequently observed it produce all the cardiac and exhilarating effects ascribed to it by Dr. S.

if the materials are good, and their palate does not differ very much from that of its inventor, they will find it one of the most delicious beverages they ever put to their lips.

To bottle Beer.—(No. 468.)

When the briskness and liveliness of Malt liquors in the cask fail, and they become dead and vapid, which they generally do soon after they are tilted, let them be bottled; be careful to use clean and dried bottles; leave them unstopped for twelve hours, and then cork them as closely as possible with good and sound new corks; put a bit of lump sugar as big as a nutmeg into each bottle: it will be ripe, *i. e.* fine and sparkling, in about four or five weeks; if the weather is cold, to put it up, the day before it is to be drank, place it in a room where there is a fire.

*** *If the beer becomes too hard or stale, a few grains of Salt of Wormwood, (or what is still better, the super-Carbonate of Potash, or Soda,) added to it at the time it is drank, will very much recover it to its original state.*

N. B. GOOD SMALL BEER BOTTLED is a very refreshing and delightful Summer drink.

Rich Raspberry Wine or Brandy.—(No. 469.)

Bruise the finest ripe raspberries with the back of a spoon, strain them through a flannel bag into a stone jar, allowing a pound of fine powdered loaf sugar to each quart of juice; stir well together, and cover it down; let it stand for three days, stirring it up each day; pour off the clear, and put two quarts of sherry or Cogniac brandy to each quart of juice: bottle it off: it will be fit for the glass in a fortnight.

Punch.—(No. 470.)

The grand secret, or rather art, of making genuine British Punch, consists in the preparation of a rich and delicate Sherbet: this being accomplished, with the addition of the best Jamaica rum, or French brandy, and pure hot or cold water; the mixture may be too strong or too weak, but cannot possibly prove bad Punch.

In preparing sherbet for punch, the acids of cream of tartar, tamarinds, and various other prepared vegetable acids, as well as that particularly denominated citric acid, are occasionally employed; but, perhaps, after all, the juices of limes, lemons, and Seville oranges,

expressed from the fresh fruits, when attainable, make the sort of sherbet which seems most congenial with the nature of good British punch.

Procure a couple of ripe, sound, and fresh lemons, or limes, and a Seville orange; rub off the yellow rind of one of the lemons with lumps of fine loaf sugar, putting each lump into the bowl as soon as it is saturated or clogged with the essence or grated rind; then thinly pare the other lemon and Seville orange, and put these rinds also into the bowl, to which add plenty of sugar; pour a very small quantity of boiling water*, and immediately squeeze the juice of the fruit, followed by a little more hot water. Incorporate the whole well together with a punch ladle; and putting a little of the sherbet thus composed, try its richness and flavour by the palate. If the fruit be good, a practised punch maker will find little which requires to be regulated, and that little can soon be adjusted by supplying the aqueous, saccharine, or acid deficiencies, so as to produce a luscious and rich bodied sherbet, fit for the reception of the spirit which is to give it

* The late Count Rumford recommended a tablespoonful of Rice to be boiled in each quart of water; it imparts a softness almost equal to jelly.

animation. If straining should be found necessary, this is the period for using a lawn sieve, through which a little more hot water may afterwards be passed; and a few parings of the orange or lemon rind are generally considered as having an agreeable appearance floating in the bowl. The sherbet being thus prepared, to make it into genuine British punch, spirit should be added in the proportions of a bottle of the best Jamaica rum to every pint of the finest Cogniac brandy: the entire strength or weakness may be suited to the general inclination of the company for which it is prepared. The above quantity of fruit, with about three quarters of a pound of sugar, will make sufficient sherbet for three quarts of punch.

Pine apple rum, and capillaire syrup instead of part of the sugar, may be used, if convenient, with considerable advantage to the flavour; though it will prove excellent punch without either of these auxiliaries, or even Seville orange. The same sort of sherbet may, of course, be used for brandy punch, or rum punch singly: but punch is seldom so made in England: most persons indeed mix equal parts of rum and brandy. Arrack punch, however, is always made with that spirit alone, and usually with a simple sherbet of lime or lemon

juice, with sugar, as the flavour of the Seville orange interferes too much with the peculiar flavour of the arrack, which proves so grateful to most tastes, though to many very unpleasant. When with the richest sherbet, sometimes rendered still richer by fruit jellies, and even nutmeg, wine is mingled with the rum and brandy instead of water, the liquor is called punch royal.

The mixture of a small quantity of ale or porter, highly recommended by some in making punch, seems only advisable when it is rum punch, made without any brandy, and must, even then, be very sparingly introduced. This article, whatever may appear its value, is furnished, with regard to its principles, by one of the first practical punch makers in Europe; who could easily, by dwelling on minute circumstances, have supplied matter for a small volume; the essence of which is, however, he freely confesses, here sufficiently concentrated for every useful purpose.

With regard to the salubrity of punch, when drank in moderation, hot in winter, or cold, and even iced in summer, it affords a most grateful beverage; admirably allaying thirst, promoting the secretions, and conveying animation to the spirits. If, however, amid the

hilarity excited by the tempting fragrance, and luscious taste, which the balmy bowl seldom fails to inspire, it be too freely and too habitually drank, its powerful combination of spirit and acid, instead of proving favourable to the constitution, will infallibly tend to bring on the gout, even sooner than most wines or strong cider, unless happily prevented by using a considerable deal of exercise.

Punch, (like all the prime blessings of life,) is excellent, and salutary, when prudently enjoyed at proper seasons. We must not charge on them our own want of discretion, by which alone they are ever converted to evils.

The apparently whimsical English name of punch, like the liquor itself, is of West India origin, the word in the aboriginal language signifying simply FIVE, being the number of ingredients there used: viz. 1, acid, or lime, or lemon juice; 2, sweetness or sugar; 3, spirit, or rum, &c.; 4, water; and 5, spicy flavour, or nutmeg, &c. It is singular, too, that punch, the word for five, consists of just five letters.

From the opposite natures of the several ingredients, punch has also been sometimes called the liquor of contradictions.

*** *For this very elaborate receipt I am indebted to that excellent work,* "The Family Receipt Book,"

4*to. London: printed for Oddy and Co., Oxford Street, London, which is certainly the best collection I have seen, and deserves a place in every steward's room, as does also* " Appert's Art of Preserving Animal and Vegetable Substances."

Fine Red Ratifia. — (No. 471.)

Mash together in a tub or pan, three pounds of black Cherries, two of ripe red Gooseberries, and one of Raspberries, or Mulberries; mix with these a quarter of an ounce of cinnamon, and twenty-four cherry kernels, previously pounded in a mortar, with a pint of syrup; put all into a jar, stop it close, and keep it for ten days in a heat of about ninety degrees of Fahrenheit's thermometer: then press it through a clean napkin, let it stand twenty-four hours, and add to each quart of juice a pint of good brandy; next day strain it through a flannel bag, that it may be quite clear.

Obs. — The French Liqueurs are in general very badly imitated in England, from our substituting bitter Almonds for Peach and Apricot kernels, and common Proof spirit for their fine Cogniac brandy.

N. B. JOHNSON and Co. No. 2, Colonnade, Pall Mall, are justly famous for importing

brandy of the best quality, and selling it in a genuine state, and 40 varieties of Foreign liqueurs, &c.

Cherry Brandy. — (No. 472.)

To a pound of ripe Morella cherries mashed well with your hands, add a quart of Brandy; let them steep for three days, then press the liquor through a napkin; sweeten it with good lump sugar, let it stand a week in a covered vessel, and then bottle it. This is also the best way of making

Raspberry Brandy. — (No. 473.)

N. B. Some of the best *Cherry Bounce* we ever tasted, we purchased of RICKARDS, distiller, near St. James's Church, Piccadilly.

Curaçao. — (No. 474.)

Pour half a pint of boiling water on three ounces of fine thin cut Seville orange-peel that has been dried and pounded in a marble mortar; stop it close: when it is cold, add to it a quart of full proof brandy; let it steep fourteen days: decant it clear, and add to it a quarter pint of clarified syrup; to prepare which, see the next receipt (No. 475.)

Obs.—This is the best way of making this best of Liqueurs, which is not merely an agreeable cordial, but an essential friend to the Stomach.

Clarified Syrup.—(No. 475.)

Put a pound and three quarters (avoirdupois) of fine lump sugar into a clean stewpan, that is well tinned, with one pint of cold spring water, and set it over a moderate fire: beat about the sixth part of the white of an egg with a table-spoonful of cold water; put it to the sugar before it gets warm, and stir it well together. Watch it, and when it boils take off the scum; and keep it boiling till no scum rises: when it is perfectly clear, run it through a silk sieve, or a clean napkin: put it into a close stopped bottle; it will keep for months, and is *an elegant article on the sideboard for sweetening.*

Obs.—The proportion of sugar ordered in the above syrup, is that directed in the Pharmacopeia of the London College of Physicians. The quantity of sugar, must be as much as the liquor is capable of keeping dissolved when cold, or the syrup will be subject to ferment, and change into a vinous or sour liquor, especially in warm weather.

Capillaire. — (No. 476.)

To a pint of clarified syrup add a wineglass of curaçao.

Lemonade in a Minute. — (No. 477.)

Dissolve three quarters of an ounce (avoirdupois) of pulverized crystallized lemon acid (with a few drops of quintessence of lemon-peel,) (No. 408,) in a pint of clarified syrup, (No. 475.) Two tablespoonsful of this in a pint of water will immediately produce a most agreeable Sherbet; the addition of rum or brandy will convert this into

Punch directly. — (No. 478.)

Powder for Punch or Lemonade.
(No. 478.*)

Powder half an ounce (apothecaries' weight) of Crystallized Lemon, or Tartaric acid, with three ounces of loaf sugar, and a few drops of oil of lemon-peel; rub these ingredients thoroughly together in a marble or Wedgewood mortar, and divide it into 12 parts; by dissolving one of which in half a pint of cold water, you will immediately obtain a very agreeable Lemonade.

Shrub. — (No. 479.)

A quart of brandy, the filtered juice of two Seville oranges, and the peel pared very thin and steeped for three days, a quarter pound of lump sugar then added to it, and then strained through flannel, produces this very palatable but seductive liquor, incomparably more tempting and insinuating than any of the simple spirits, because, in combination with *sweet* ingredients, it imperceptibly stimulates, and gradually impairs the digestive organs.

Obs.—The addition of a quart of Sherry or Madeira makes this "PUNCH ROYAL;" if, instead of wine, the above quantity of water be added, it will make "PUNCH FOR CHAMBERMAIDS," according to Salmon's Cookery, 8vo. London, 1710: see page 405.

Mock Arrack. — (No. 480.)

Dissolve two scruples of flowers of Benjamin in a quart of good Rum, and it will give it the flavour of the finest Arrack.

Spirituous Syrup of Tea. — (No. 481.)

Pour a quarter pint of boiling water on three ounces, avoirdupoise weight, of fine young hyson; let it stand an hour, and add to it a pint of brandy, or proof spirit; let it steep for ten days, shaking it up every day; strain it, and sweeten it with strong clarified syrup.

Obs. — A teaspoonful or two of this in a tumbler of water, is a very refreshing beverage in summer.

Sodaic Powders. — (No. 481.*)

Take five drachms of Acid of tartar, pound it fine, and divide it into twelve parts, folding each in *white* paper.

Take six drachms of super-carbonate of Soda, pound it fine, and fold it in *blue* paper.

Fill two half-pint tumbler glasses half full of water, stir into one a powder from the *white* paper, in the other one from the *blue;* when the powders are quite dissolved, pour one to the other, and perfect soda water will be instantaneously produced in its utmost perfection.

To clean Plate.

First. Take care that your plate is quite free from grease.

Second. Take some whitening mixed with water, and a sponge, rub it well on the plate, which will take all the tarnish off; if it is very bad, repeat the whitening and water several times, making use of a brush, not too hard, to clean the intricate parts.

Third. Take some rouge powder, mix it with water to about the thickness of cream, and with a small piece of leather, (which should be kept for that purpose only) apply the rouge, which, with the addition of a little "Elbow Grease," will in a short time produce a most beautiful polish.

P. S. The Rouge Powder may be had at all Silversmiths and Jewellers.

Obs.—The above is the actual manner in which silversmiths clean their plate, and was given to us by a respectable tradesman.

THE

COOK'S ORACLE.

MADE DISHES.

To Hash Mutton.—(No. 484.)

CUT the meat you intend to hash into large handsome slices, (trim off, and throw aside all the sinews, skin and gristle, and put in, nothing but what is fit to be eaten,) and lay them on a plate, ready; prepare your Sauce as receipt (No. 360,) or (No. 451,) or (No. 486,) put in the meat, and let it simmer gently till it is thoroughly warm; *but do not let it boil, as that will make the meat tough and hard**.

* HASHES and meats dressed a second time, should *only simmer gently, till just warm through:* it is supposed they have been done very nearly, if not quite

Obs.—*Select for your Hash, those parts of the joint that are least done.*

*To warm up Hashes**, —(No. 485.)

Made Dishes, Stews, Ragouts, Soups, &c. When you have any left, put it into a deep hash dish, or tureen: when you want it, set this in a stewpan of boiling water; let it stand till the contents are quite warm; it will eat as well as when first made.

enough, already: though you will, of course, select those parts of the joint that have been least done. *In making a hash from a Leg of Mutton*, do not destroy the marrow-bone to help the gravy of your hash, to which it will make no perceptible addition; but saw it in two, twist writing paper round the ends, and send it up on a plate as a side dish, garnished with sprigs of parsley: *if it is a roast leg, preserve the* END BONE, *and send it up between the marrow bones.* This is a very pretty luncheon or supper dish.

* The Bain Marie, or WATER-BATH, see note to (No. 629,) is the best utensil to warm up all made dishes, and things that have been already sufficiently dressed, as it neither consumes the sauce, or hardens the meat; if you have not a Water Bath, a *Dutch Oven* will sometimes supply the place of it.

To Hash Beef, à la Moost-Aye, *or the Gipsies' way.*—(No. 486.)

Put a pint of broth, or a pint of water, with a large tablespoonful of mushroom catsup into a stewpan with the gravy you have saved that was left from the beef; slice a large onion very fine, and boil it till it is quite done, which will take about ten minutes; put two tablespoonsful of flour into a basin, just wet it with a little water, mix it well together, and then stir it into the broth and give it one boil up; now put in the beef, and let it simmer very gently for twenty minutes.

N. B. A teaspoonful of parsley chopped as fine as possible, and put in five minutes before it is served up, is a great addition. See also (Nos. 360, 484, 485, and 506.)

Cold Meat Broiled, with Poached Eggs. (No. 487.)

Cut some slices of meat of even and equal thickness, and broil and brown them carefully: give those slices most fire that are least done; when done, lay them in a dish before the fire to keep hot, while you poach your eggs. See (No. 546.)

This makes an excellent luncheon or supper.

Mushroom catsup and melted butter for sauce, with a few drops of shallot wine or vinegar in it. See (No. 402,) or (No. 439.)

*Irish Stew**.—(No. 488.)

Trim your chops the same as for Harrico, put them into a stewpan, with as much water as will just cover them; when it has boiled, and you have skimmed it, for six or eight chops put in one ounce of onion chopped very fine, with a teaspoonful of salt, and half the quantity of ground black pepper; let it stew very gently for an hour and a quarter; and then peel six potatoes, and when they are quite done, it is ready to serve up.

N. B. Beef steaks may be done the same way, but require more doing.

Obs.—Two sliced onions may be added to each pound of meat; flour and butter, and flavour to the palate.

* In all stews and made dishes, take care the meat does not go to rags, by doing too fast.

Harrico Mutton or Lamb.—(No. 489.)

Cut the best end of a neck of mutton into chops, one rib to each; (the French Cooks cut two chops to one bone, but it is more convenient to help when there is only one,) trim off part of the fat, and the lower end of the chine bone, and scrape it clean; flatten them with a cleaver, and lay them in a large stewpan, with an ounce of butter and a large onion; set it over a *smart fire*, (if your fire is not sharp, the chops will be done before they are coloured: the intention of frying them is) merely *to give them a browning*. Take them out and lay them in a clean stewpan, just big enough to hold them without laying them one on another. Put a tablespoonful of oatmeal and one of flour, (or two of flour and no oatmeal) to the gravy the chops were fried in, with a pint and a half of boiling water: when it has boiled up for two minutes, pour it into the stewpan to the chops, with a large onion, a carrot, and a couple of turnips, all cut into pieces, with half a teaspoonful of salt, and a quarter of a teaspoonful of ground black pepper; cover them close down, and let them simmer very gently on a slow fire till the chops are

tender*: this may take an hour and a half or two hours: *be very careful they are not stewed too much*, so take one of the chops up with your fish slice and try it: when done, take them out and lay them round a dish big enough to hold them without laying them over each other, and leave a space in the middle to receive the carrots, turnips, &c. Have ready boiled two dozen round young onions, about as big as nutmegs, five ounces of carrots cut into slices, or shaped into balls as you please, and twelve ounces of turnips divided into pieces about as big as a nutmeg; (to these some Cooks add two or three heads of Celery, cut the size of a shilling, or Stewed Cucumber, (No. 135); have them drained dry, put them into a clean stew-pan, and strain to them (by passing it through a tammis or hair sieve) the gravy the cutlets were stewed in: when the carrots and turnips are hot, put them in the middle of your chops, and serve up.

Obs. — RUMP STEAKS, VEAL CUTLETS, and BEEF TAILS, make excellent dishes dressed in the like manner.

* If they are stewed too fast, or too much, they are spoiled, and no more fit to be eaten than meat that has been boiled down for gravy.

Harrico Mutton, à la MOOST-AYE, *or the Gipsies' way.* — (No. 489.*)

When you have browned your chops, as directed in the twelve first lines of the foregoing receipt, cover them with boiling water; when the skum rises, remove it, and then put in two large turnips and carrots cut into pieces; (put in the carrots, twenty minutes before the turnips); stew gently till tender; or some stewed cucumber, (No. 135,) this may take about an hour and a half; then pass the gravy through a sieve into a basin, skim off the fat, and set the meat and vegetables by the fire to keep hot, while you thicken the gravy, by putting an ounce of butter into a stewpan; when it is melted, stir in as much flour as will make it a paste; pour the gravy to it by degrees, stir together, and give it a boil; strain it through a fine sieve or tammis into a stewpan, and let it simmer gently, while you dish up the meat and vegetables, to which pour in the gravy.

Stewed Mutton Chops. — (No. 490.)

Put them into a stewpan with water enough to cover them well, an onion cut in quarters, half a dozen corns of black pepper, and a little salt; cover the pan close, and set it over a very slow fire till the chops are tender; they,

will take about three quarters of an hour very gentle stewing: lay them in a dish, with the liquor they were stewed in. Send up turnips with them.

Obs.—Ask if caper sauce will be wanted? A few drops of (No. 402) are a good substitute for it.

Shoulder of Lamb Grilled.—(No. 491.)

Boil it till almost done, then score it in checquers about an inch square, rub it over with the yolk of egg, pepper and salt it, strew it with bread crumbs and dried parsley, and broil it over a clear fire till it is nicely browned; make a sauce for it of flour and water well mixed together with an ounce of fresh butter, a tablespoonful of mushroom or walnut catsup, and the juice of half a lemon. See also Grill Sauce (No. 355.)

N. B. Breast of Lamb is often done the same way.

Lamb's Fry.—(No. 492.)

Parboil it, wash, and wipe it dry, fry it plain, or dip it in an egg well beaten on a plate, and strew some fine stale bread crumbs over it; fry it in boiling fat, and garnish with crisp parsley, (No. 389.) For sauce (No. 355,) or (No. 356.)

Shin of Beef Stewed.—(No. 493.)

Crack the bone in two or three places, and put it into a stewpan, and just cover it with water, a bundle of sweet herbs, a large onion with four cloves stuck in it, a head of celery, a dozen berries of black pepper, and the same of all-spice: stew very gently over a slow fire till the meat is tender, this will take from about three hours and a half, to four and a half. Take three carrots and cut them into small squares; peel and cut ready in small squares a couple of turnips, and a couple of dozen of small young onions; boil them till tender, (the turnips and onions will be enough in about fifteen minutes, the carrots will require about twice as long), and drain them dry. When the beef is quite tender take it out carefully with a slice, and put it on a dish while you thicken your gravy: to do this, mix three tablespoonsful of flour with a teacupful of the beef liquor; stir this thoroughly into a pint and half of the beef liquor, let it boil up for ten minutes, scum off the fat, strain it through a sieve, put your vegetables in to warm; season with pepper, salt, and a wineglass of Mushroom Catsup, (No. 489,) or Port wine, or broth, and pour it over the beef.

Send up Wow Wow sauce, (No. 328,) in a boat.

N.B. Or, instead of sending up the beef with the bone, cut the meat into handsome pieces fit to help at table, lay it in the middle of the dish, with the vegetables and sauce round it.

Obs.—This dish has every claim to the attention of the Rational Epicure, being one of those in which "Frugality," "Nourishment," and "Palateableness," are most happily combined. We advise the Mistress of the table, to call it "RAGOUT BEEF," and it will be eaten with unanimous applause; while the homely appellation of *Shin of Beef stewed*, is enough to give your genteel eater, a locked jaw.

Our Modern Epicures (and wou'd-be-thought Palaticians) resemble the Ancient, who thought the dearest dish, must be the most delicious. Thus, they reckon Turtle and Punch to be "*sheventy-foive per shent*" more inviting to their tasteless palates, than Mock Turtle and Good Malt Liquor, however bad the former may be, and however good the latter: we wish these folks could be made to understand, that the Soup for each, and all the accompaniments are precisely the same; there is this only difference, that the former is commonly made

with a "*STARVED TURTLE*," the latter with a "**FATTED CALF.**" See (Nos. 247, 343, and 343.*)

The scarcity of tolerable good COOKS, ceases to be surprising, when we reflect how much more astonishing is the ignorance of most of those who assume the character of Scientific GOURMANDS, so extremely ignorant of "the Affairs of the Mouth," they seem hardly to "*know a Sheep's head from a Carrot*," and their real pretensions to be profound Palaticians, are as moderate, as the wine merchant's customer, whose sagacity in the selection of liquors, was only so exquisite, that he knew that Port wine was black, and that if he drank enough of it, it would make him drunk.

Brisket of Beef Stewed.—(No. 494.)

This is prepared in exactly the same way as "soup and bouilli." See (No. 5,) and (No. 238.)

Harricot of Beef.—(No. 495.)

A stewed brisket cut in slices, and sent up with the same sauce of roots, &c., as we have directed for harricot of mutton, (No. 489,) is a most excellent dish, of very moderate expense.

Savoury Salt Beef. — (No. 496.)

The tongue side of a round of beef that weighs fifteen pounds should hand two or three days; then take three ounces of saltpetre, one ounce of coarse sugar, half an ounce of cloves, or half an ounce of black pepper, and same of allspice, and pound of common salt; incorporate these ingredients by pounding them together in a marble mortar; then take the bone out, and rub the meat well with the above mixture, turning it and rubbing it every day for a fortnight.

When you dress it, bind it up tight with tape to preserve its form, and put it into a pan with a quart of water; cover the meat with plenty of fine chopped suet, and an onion or two minced small; cover the whole with a flour crust to the top or brim of the pan, and let it be baked in a moderate oven for about six hours. If the beef weighs more, put a proportionate addition of all the ingredients. The Gravy you will find a strong *Consommé*, excellent for sauce or soup, or making Soy or Browning, see (No. 436,) and being impregnated with salt, will keep several days. Cut the meat with a sharp knife to prevent waste, and keep it even and comely to the eye. This is a most excellent

standing dish, and for sandwiches: eaten with good vinegar and mustard it is equal to the best brawn, and one of the most economical and elegant articles of ready dressed keeping provisions, deserving the particular attention of those families who frequently have accidental customers dropping into luncheon or supper.

Ragout of Beef.—(No. 497.)

Beef for ragooing must be without bone; the rump is excellent: a piece of the thick flank is frequently used for this purpose, or any other that is all meat, and has some fat to it; it should be a thick short piece.

When the beef is ready, make some gravy in the following manner; take a pound and a half of some ordinary piece of beef, and a quarter of a pound of bacon cut into thin slices; and cut an onion and a shallot into thin slices, pick off the leaves of a sprig of thyme and of winter-savory; to these put a carrot split, three blades of mace, a teaspoonful of bay salt, four cloves, and a little pepper: put all these, with the sliced beef and bacon, into a quart of water, and let them boil very slowly till it comes to a pint; toward the end put in a good toast, brown and hard, but not burnt; give it a boil up, and

strain off the gravy. Now flour the piece of beef, put it into a stewpan with some butter, and fry it brown all over; when it is well browned, pour in a quart of water; stew* it slowly till it is almost enough, then put in your pint of gravy; thicken it if necessary, and add to it a large spoonful or two of mushroom catsup, or Port wine, or both; let it have a boil, and then serve it up. You may add a little elder or basil vinegar, (No. 397,) and for a change, send up with it Stewed Cucumbers, (No. 135,) or Celery, or Wow Wow Sauce (No. 328.)

Rib of Beef Stewed.—(No. 498.)

Provide one of the prime ribs, trim it neatly, and lay it in a stewpan of nearly its own bigness, putting a slice or two of bacon at the bottom: lay in your beef, and cover it with water: for seasoning, put in an onion, two carrots split and cut in pieces, a little sweet basil, thyme and parsley, a couple of blades of bruised mace, and some pepper and salt; let it stew gently till it is very tender: take it

* Slow stewing requires from twenty to thirty minutes the pound of meat.

out upon a plate, clean it well from fat, &c.; strain the liquor into a clean stone pan; thicken a quart of the gravy with flour, and let it boil away till it is reduced to the thickness you wish; then lay your meat in a dish, and pour the gravy over and round it. Send up spinach with it, or parsnips and beet root, or mashed potatoes.

Obs.—This is a very savoury, nourishing, and economical dish, and a valuable variety at a moderate table. See Wow Wow Sauce, (No. 328.)

Cold Beef garnished with Jelly.—(No. 499.)

Take six pounds of the rump of beef; let it hang three days to make it tender; rub it well with an ounce of saltpetre, and a pound of salt; let it lay four or five days, putting half a pint of water into the salting pan, that your jelly may not be too salt. Put all these into a pot as nigh its size as possible; cover it with water, and season it with a full sized carrot, and a large onion, a sprig of sweet marjoram, three times the quantity of parsley, a dozen corns of whole pepper, same of allspice; take care to skim it well, and let it simmer very gently till it is quite tender, which it ought to

be in about four hours. Take the beef out, carefully strain the broth into a larger stewpan, and take the grease off it; set it on a quick fire, and let it boil away till it is reduced to a very strong jelly: beat the whites and shells of two eggs with a little cold water, and put them to the jelly: take it off the stove, let it settle for a few minutes: but while it is hot, strain it through a very fine napkin; with a paste brush rub a little of it over the meat; (this, in culinary technicals, is termed *glazing* it;) put the remainder of the jelly into a flat dish about an inch deep: when it is thoroughly cold, cut it out into any shapes you please, and garnish the beef with it.

Obs. — Few things are cheaper than this, and I never saw it brought to table, where every one was not pleased with it. It is a very delicious dish for luncheon or supper, and will keep four or five days. Something cold of this sort is very convenient in families; and let the Cook who would make herself agreeable, always remember that it is her own interest, to study that of her employers; let her make it her business to get out of the common tract, and learn how to make some of those things that add to the variety of the Bill of Fare, without increasing the expense. The most moderate table may,

under proper management, afford sufficient changes; there need not be a perpetual, dull repetition of the same joints, plainly one after another, unless it be the fault of the provider or the Cook, for there are plenty of very pretty things that may be dressed as cheap as a plain joint.

Stewed Rump Steak. — (No. 500.)

For two pounds of rump steak, (if you fear they will not eat tender, beat them well,) line the bottom of a three quart stewpan with slices of good bacon, and on this lay the steaks, just cover them with water, a dozen corns of allspice, the same of black pepper, the red part of a carrot, a little bundle of savory, sweet marjoram, and parsley, a large onion with half a dozen cloves stuck in it, and a head of celery; cover them up closely, and let them simmer gently about an hour and a half, according to their thickness; if they are thin steaks, an hour will be enough; *take care the meat does not go to rags by doing too fast, or too much**. When the steaks are tender take them up, flour them, and fry them, *only just to brown them*, in an

* See Note to (No. 489.)

ounce of butter; make some thickening with an ounce of butter and two tablespoonsful of flour; put it into your sauce; stir it well together with a wooden spoon, adding thereto, a tablespoonful of Port wine, the same of mushroom catsup, or browning, half a teaspoonful of salt, and a quarter of a teaspoonful of ground black pepper: dish your steaks, and strain your sauce to them. VEAL CUTLETS or MUTTON CHOPS may be done the same way.

Obs.—RUMP STEAKS are in best condition from Michaelmas to Lady-day. To ensure their being tender, *give the butcher three or four days' notice of your wish for them.*

Rump Steak with Onion Gravy.—(No. 501.) *See also* (No. 331.)

Peel and slice two large onions; put them into a quart stewpan with two tablespoonsful of water: cover the stewpan close, and set it on a slow fire till the water has boiled away, and the onions have got a little browned, then add half a pint of good broth*, and boil the onions till they are quite tender; strain the broth from

* If you have no broth, put in half a pint of water, thicken it as in the above receipt, and just before you

them, and chop them very fine; thicken the broth with flour and butter, and season it with mushroom catsup, and pepper and salt; put the onion into it, and let it boil gently for five minutes, and pour it over a Broiled Rump steak. If instead of broth, you use good beef gravy, it will be superlative.

*** *Stewed cucumber,* (No. 135,) *is another agreeable accompaniment to rump steaks.*

ALAMODE BEEF OR ENGLISH TURTLE. (No. 502.)

In the hundred and fifty volumes on Cookery, we digested, before we began to compose this work, we could not find one receipt that approached any thing like to an accurate description of the way in which this excellent dish is actually dressed in the best Alamode beef shops; from whence, of course, it was impossible to obtain any information: however, after all, the whole of the secret, seems to be the thickening the gravy (of beef that has been very slowly

give it the last boil up, add to it a large spoonful of mushroom catsup, and, if you like, the same quantity of Port wine.

stewed), and flavouring it with Bay leaves and Allspice.

Take about six pounds of the clod of beef, or the sticking piece; cut it into pieces, of two or three pounds each; put two ounces of beef drippings, (fat bacon will give it a better flavour) into a large deep stewpan; as soon as it is quite hot, flour your meat, put it into the stewpan, turn it often till it is a light brown, then cover it with boiling water; skim it when it boils, and then put in a large onion, and let it stew very slowly for three hours, then just crack thirty berries of allspice, and four cloves, put them in, with half a dozen bay leaves, a bunch of sweet herbs, and a little salt, and stew an hour longer: when you find the meat sufficiently tender*, take it up with a slice, cut it into quarter of a pound pieces, and put it into a tureen. To thicken the gravy, mix some flour or oatmeal in a teacupful of the gravy, pour it into the stewpan, and strain the soup to it.

*** *To the above many Cooks add an ounce of Champignions; but as these are almost always decayed, and often of deleterious quality, they are better left out.*

Obs.—Here is an agreeable and nutritive

* See Note to (No. 489.)

meal, almost as cheap as the "Pottage au Pierre à la Soldat," mentioned by Giles Rose in the 4th page of his dedication of the "PERFECT SCHOOL OF INSTRUCTION FOR THE OFFICERS OF THE MOUTH," 18mo. London, 1682. "Two Soldiers were minded to have a Soup, the first of them, coming into a house, and asking for all things necessary for the making of one, was as soon told, that he could have none of those things there, whereupon he went away; and the other coming in with a stone in his knapsack, asked only for a Pot to boil his Stone in, that he might make a dish of broth of it for his Supper, which was quickly granted him, and when the stone had boiled a little while, he asked for a small bit of Meat or Bacon, and a few herbs and roots, &c. just merely to give it a bit of a flavour; till by little and little, he got all things requisite, and so made an excellent Pottage of his Stone." See Obs. to (No. 493,) and (No. 247.)

To Pot Beef, Game, or Poultry, &c.
(No 503.)

Take three pounds of lean gravy beef, salt it twelve hours with half a pound of common salt, and half an ounce of saltpetre; cut off all the skin and fat; divide the lean into pound pieces, and put it into an earthen pan, or stone jar that will just hold it, cover it with the skin and fat that you cut off, and pour in half a pint of water; cover it close with paste, and set it in a very slow oven for four hours; when it comes from the oven, pour the gravy from it into a basin, (throw away the skins and fat,) shred it fine, moisten it with the gravy you poured from the meat, (which is a very strong *Consommé*, though rather salt, it will make excellent Pease Soup, or Soy, or Browning,) see (No. 322,) and pound it patiently and thoroughly in a marble mortar with some fresh butter*, till it is as fine a paste as possible, seasoning it (by degrees as you are beating it,) with a little black pepper

* The less gravy or butter, and *the more beating, the better* will be your potted beef if you wish it to keep; if for immediate eating, you may put in a larger proportion of gravy or butter, as the meat will pound easier, and look and taste more mellow.

and allspice, or cloves pounded, or grated nutmeg; put it in pots, press it down as close as possible; put a weight on it, and let it stand all night; next day when it is quite cold, cover it a quarter of an inch thick with clarified butter; to prepare which, see receipt (No. 259.) Keep it in a dry place.

Obs.—You may mince half a pound of ham or bacon, or a few anchovies, sweet herbs, or a shallot, or some flour of mustard, and pound them with the meat, with a glass of sherry, or some forcemeat; if you wish to have it *Devilish* savoury, add Ragout powder, (No. 457,) Curry powder, (No. 455,) or ZEST, (No. 255,) and moisten it with Mushroom Catsup, (No. 439,) or Essence of Anchovy, (No. 433.)

Or,

It is a very agreeable and economical way of using the remains of a large joint of either roasted or boiled beef, veal, or ham, to mince it, and moisten it with a little thick melted butter, and beat it in a mortar with the seasoning, &c., as in the former receipt. "When the Stomach requires Animal Food, and is deprived of the assistance of mastication, this kind of potted meat may be recommended as being restorative,

and easy of digestion." HUNTER'S *Culina*, page 117.

Obs.—Meat that has been *boiled* down for gravies, &c. (which has heretofore been considered the perquisite of the Cats,) and is completely drained of all its succulence, beaten in a mortar with salt, butter and spice, will make as good potted beef, as meat that has been *baked* till its moisture is quite evaporated, which it must be, or it will not keep two days.

Mem.—Meat that has not been previously salted, will not keep so long as that which has.

Beef Cakes.—(No. 504.)

If you have any cold roast beef that is underdone, mince it fine, and pound it in a marble mortar, with a little fat bacon or ham, or an anchovy; season it with a little pepper and salt; mix well, and make it into small cakes three inches long, half as wide, and half an inch thick: fry these a light brown, and serve them with good gravy.

N. B. Bread crumbs and hard yolks of eggs may be added to these Cakes.

Bubble and Squeak, or fried Beef and Cabbage. — (No. 505.)

For this, as for a hash, select those parts of the joint that have been least done; it is generally made with slices of cold boiled salted beef, sprinkled with a little pepper, and just lightly browned with a bit of butter in a frying-pan: *if it is fried too much it will be hard.* Boil a cabbage, squeeze it quite dry, and chop it small; take the beef out of the fryingpan, and lay the cabbage in it; sprinkle a little pepper and salt over it; keep the pan moving over the fire for a few minutes; lay the cabbage in the middle of a dish, and the meat round it.

Hash Beef and Roast Beef Bones Broiled. (No. 506.)

To hash beef, see Receipt to hash mutton, (Nos. 360, 451, 484, and 486.)

The best part to hash is the fillet or *inside of the sirloin,* and the good housewife will always endeavour to preserve it entire for this purpose. See Obs. to (No. 19,) and Mock Hare (No. 67.*)

Roast beef bones furnish a very relishing luncheon, or supper, prepared in the following manner, with Poached Eggs, (No. 546,) or Fried Eggs, (No. 545,) or Mashed Potatoes, (No. 106,) as accompaniments.

Divide the bones, leaving good pickings of meat on each; score them in squares, pour a little melted butter on them, and sprinkle them with pepper and salt; put them in a dish, set them in a Dutch oven, or broil then on the gridiron. For sauce, (No. 355,) or (356).

Ox-Cheek Stewed. — (No. 507.)

If convenient, prepare this the day before it is to be eaten, by cleaning it, and putting it to soak all night in salt and water; next day wipe it clean, and put it into a stewpan, just cover it with water; skim it well when it is coming to a boil, and let it gently simmer till the meat is tender: slice an ounce of onions, fry them brown in a little butter and flour, and put them into the gravy, with two whole onions with two or three cloves in each, three turnips quartered, a couple of carrots sliced, a bay leaf, a head of celery, and a bundle of sweet herbs, pepper and salt; let it stew till perfectly tender, take out the cheek, divide it into handsome pieces, fit to help at table; skim and strain the gravy; melt an ounce of butter in a stewpan, stir into it two tablespoonsful of flour, and mix with it by degrees, a pint and half of the gravy, and add to it a tablespoonful of basil or elder

vinegar, the like quantity of mushroom or walnut catsup, or Port wine, and the same of browning, and give it a boil.

Serve up in a soup or ragout dish.

Obs.—This is a very economical, nourishing, and savoury meal. See Ox-Cheek Soup (No. 329.)

Ox-Tails Stewed.—(No. 508.)

Having cut them into joints, wash them, parboil them; set them on to stew in just water enough to cover them, and dress them in the same manner as we have directed in (No. 531,) Stewed Giblets, for which they are an excellent substitute.

N. B. See Ox-Tail Soup (No. 240.)

Potted Ham.—(No. 509.)

Cut a pound of the lean of cold boiled ham; and then pound it in a mortar with a quarter of a pound of the fat, or with fresh butter, (in the proportion of about two ounces to a pound,) till it is a fine paste, some season it by degrees with a little pounded mace or allspice;) put it close down in pots for that purpose, and cover it with clarified butter a quarter of an inch thick; let it stand one night in a cool place.

Send it up in the pot, or cut out in thin slices. See Obs. on (No. 503.)

Marbled Veal.—(No. 510.)

Boil a neat's tongue till it is tender, trim off the fat and bones, cut the tongue into small pieces, and pound it in a mortar with a quarter of a pound of butter, till it is very fine; pound the like quantity of dressed veal in the same way with a little black pepper and salt; when the veal is pounded very fine, lay part of it in the bottom of an earthen pan, stick the tongue in lumps upon the veal, not in any shapes, the more careless the better, as it will look better when it is cut out; then put another layer of the veal on the tongue, and press it down close; cover it with clarified butter; send it to table cut into thin slices, and garnished with sprigs of curled parsley.

Hashed Veal.—(No. 511.)

Put a pint of Broth into a Stewpan with an onion chopped as fine as possible, let it boil ten minutes; then mix an ounce of fresh butter with two tablespoonsful of flour, stir it in the broth, and boil gently till it is quite smooth: have ready the veal, cut into neat slices, and put it in; squeeze in the juice of half a lemon, and a roll of lemon-peel; let it simmer ten minutes, and serve it up, lining the dish with bread sippets.

Hashed or Minced Veal.—(No. 511.*)

To HASH*, cut the meat into slices; to prepare MINCED VEAL, mince it as fine as possible, (do not chop it,) put it into a stewpan with a few spoonsful of veal or mutton broth, (or make some with the bones and trimmings, as ordered for veal cutlets, see (No. 90), a little lemon-peel minced fine, a spoonful of milk or cream: thicken with butter and flour, and season it with salt, a tablespoonful of lemon pickle, or catsup, &c., or a pinch of Curry powder.

* See Receipt to Hash Mutton (No. 360,) and (No. 484.)

*** *If you have no cream, beat up the yolks of a couple of eggs with a little water: line the dish and garnish with sippets of lightly toasted bread.*

Obs. — Minced veal makes a very pretty dish, put into scollop shells and bread crumbed over, and sprinkled with a little butter, and browned in a cheese toaster.

To make an excellent Ragout of cold Veal. (No. 512.)

Either a neck, loin, or fillet of Veal will furnish an excellent Ragout, with very little expense or trouble.

Cut your veal into handsome cutlets; put a piece of butter or clean dripping into a fryingpan; as soon as it is hot, flour and fry your veal of a light brown; take it out, and if you have no gravy ready, make some, as directed in the note to (No. 517,) or put a pint of boiling water into the fryingpan, give it a boil up for a minute, and strain it into a basin while you make some thickening in the following manner: put about an ounce of butter into a stewpan, as soon as it looks a little brown, mix with it as much flour as will dry it up; stir it over the fire for a few minutes, and gradually add to it the gravy you made in the fryingpan; let them

simmer together for ten minutes (till thoroughly incorporated); season it with pepper, salt, and a little mace, and a wineglass of mushroom catsup, or wine; strain it through a tammis to the meat; and *stew very gently* till the meat is thoroughly warmed.

Veal Cutlets, see (No. 90,) &c.

Veal Sweetbread Fricassée, white.—(No. 513.)

Parboil it for ten minutes in a little more water than will just cover it; then cut it into slices about three quarters of an inch thick, and add to the liquor an ounce of butter, and two teaspoonsful of flour: keep this over the fire, shaking it well till these ingredients are well mixed; put in the sweetbread again, let it stew very gently till it is done enough, and the sauce is properly thickened, then beat up a couple of yolks of eggs with a glass of white wine; add this to your sauce, stir it together, but do not let it boil. Garnish with slices of lemon.

N. B. See (No. 88,) and (No. 89.)

If you prefer a Fricassée, brown, (No. 514.)

Fry the sweetbreads brown in a little butter, then put them on to stew, and finish them as above, leaving out the eggs; if you wish it to be more savoury, add an onion, or eshallot, with a tablespoonful of browning, and one of catsup, cavice, or lemon pickle, or some Curry powder.

*** *For three other receipts to dress sweetbreads, see* (No. 88,) &c.

Breast of Veal Stewed. — (No. 515.)

A breast of veal stewed till quite tender, and smothered with onion sauce, is an excellent dish, or in the gravy ordered in the Note to (No. 517.)

Stewed Veal and Bacon. — (No. 516.)

Have a piece of fillet of veal of four or five pounds; put it into a stewpan with a pound and a half of bacon, a quart of water, two carrots, a faggot of sweet herbs, with a dozen spring onions, some sprigs of parsley, and three or four cloves; when it boils, skim it, and put

it on a very slow fire to simmer gently for about three hours: take out the bundle of herbs when you dish it.

N. B. You may thicken the broth with rice.

A. Pym's *Breast of Veal Ragoût.* (No. 517.)

Take off the under bone, and cut the breast in half, lengthways; divide it into pieces, four inches long by two inches wide, so that they may be in handsome pieces, not too large to help at once: put about two ounces of butter into a fryingpan, flour the veal, or fry it till it is a light brown*; or half roast it, (by keeping the meat whole, you will better preserve the

* Some Cooks make the gravy, &c. in the following manner: slice a large onion, fry it brown, drain all fat from it, and put it into a stewpan with a bunch of sweet herbs, a couple of dozen berries of allspice, same of black pepper, three blades of mace, and a pint and a half of water; cover down close, and boil gently for half an hour; then strain it through a sieve over the veal, and let it simmer gently for about three hours: about half an hour before it is done, mix two tablespoonsful of flour in a teacupful of cold water, mix some of the gravy with it, and then pour it into the stewpan.

N. B. Three pints of full grown green pease are sometimes added, when the Veal is put in.

succulence of the meat,) then put it into a stewpan with veal broth, if you have it, or else as much boiling water as will cover it, a bundle of sweet marjoram, common or lemon-thyme, and parsley, with four cloves, or a couple of blades of pounded mace, three young onions, or one old one, a roll of lemon-peel, a dozen corns of allspice bruised, and a teaspoonful of salt; cover it close, and let it all simmer very gently till the veal is tender, *i. e.* for about two hours and a half; then take out the meat with a slice; thicken the gravy, by putting an ounce of butter into a stewpan, with two tablespoonsful of flour; stir well together, and by degrees mix the gravy with it; boil ten minutes, and skim it well; then pass it through a tammy or sieve into a clean stewpan, and season it with two tablespoonsful of white wine, one of mushroom catsup, and same of lemon juice: cover the pan, and let it stew gently till there is just sufficient gravy to cover the meat when put in the dish: now put the Veal in to get warm, and it is ready for a ragout dish.

Obs.—Forcemeat balls, see (No. 375,) &c. truffles, morells, and Curry powder, &c., are sometimes added.

Veal Olives.—(No. 518.)

Cut half a dozen slices off a fillet of veal, half an inch thick, and as long and square as you can; flat them with a chopper, and rub them over with an egg that has been beat on a plate; cut some fat bacon as thin as possible, the same size as the veal, lay it on the veal, and rub it with a little of the egg: make a little veal forcemeat, see receipt (No. 375,) and spread it very thin over the bacon; roll up the olives tight, rub them with the egg, and then roll them in fine bread crumbs: put them on a lark spit, and roast them at a brisk fire: they will take three quarters of an hour.

Mushroom sauce, brown, (Nos. 305, or 306,) or truffle sauce (No. 316,) or beef gravy, (No. 329.) Vide chapter on sauces, &c.

Cold Calf's Head, Hashed.—(No. 519.)

See *Obs.* to boiled calf's head (No. 10.)

Calf's Head Hashed, or Ragoût.—(No. 520.) *see* (No. 247.)

Wash a Calf's head that has been skinned, and boil it for an hour and a quarter, or, if it is large, give it fifteen or twenty minutes longer: with the skin on, it will require near an hour

longer; when tender, from one half take out all the bones you can: score it superficially, and beat up an egg, and put it over the head with a paste brush, and first strew over it thyme and parsley in fine powder, then bread crumbs, and put it in the Dutch oven to brown. Cut the other half head into handsome slices, and put it into a stewpan with a quart of gravy, (No. 329,) or Turtle Sauce (No. 343,) with forcemeat balls, (Nos. 376, 380,) egg-balls, a wineglass of white wine, and some catsup, &c.; put in the meat, and let it warm up together, and skim off the fat.

Peel the tongue, and send it up with brains round it as a side dish, as directed in (No. 10,) or beat up the brains in a basin with a spoonful of flour, two eggs, lemon-peel, thyme, parsley, and a few leaves of sage; chop all fine, and mix well together with pepper, salt, and a scrape of nutmeg: fry them in little cakes, of a very light brown; dish up your hash, with the half head you browned in the middle, and garnish with crisp or curled rashers of bacon, see (Nos. 526, and 527,) and the brain cakes.

N. B. If you send up the Tongue and Brains as a side dish, (instead of garnishing the *Ragoût* with rashers of bacon,) send up a piece of bacon in a side dish, as a companion for the tongue, &c.

Veal Cutlets Broiled.—(No. 521.)

Divide the best end of a neck of Veal into cutlets, one rib to each; make some fine bread crumbs; mince a little parsley and a very little shallot as small as possible, and put it into a clean stewpan with two ounces of butter; fry it for a minute, then put it on a plate to cool: when cold, mix the yolks of two eggs with it, and season it with pepper and salt: dip the cutlets into this mixture, and then into the bread; lay them on a gridiron over a clear slow fire; they will take about a quarter of an hour: send up with them a few slices of bacon fried, or done in the Dutch oven. See (Nos. 526 and 527,) and half a pint of (No. 343,) or (No. 356.)

Knuckle of Veal, to Ragoût.—(No. 522.)

Cut a knuckle of Veal into slices about half an inch thick; pepper, salt, and flour them; fry them a light brown; put the trimmings into a stewpan, with the bone broke in several places; an onion sliced, a head of celery, a bunch of sweet herbs, and three blades of bruised mace: pour in warm water enough to cover them about an inch: cover your pot close, and let it stew very gently for a couple of hours:

thicken it with flour and butter; put in a spoonful of catsup, a glass of wine, and juice of half a lemon; give it a boil up, and strain into a clean stewpan: put in the meat and make it hot, and serve up.

Obs.—If celery is not to be had, use a carrot instead, or flavour it with celery seed, or (No. 409.)

Knuckle of Veal Stewed with Rice.
(No. 523.)

As boiled knuckle of veal cold is not a very favourite relish with the generality, cut off some steaks from it, which you may dress as in the foregoing receipt, or (No. 521,) and leave the knuckle no larger than will be eaten the day it is dressed. Break the shank bone, wash it clean, and put it in a large stewpan with two quarts of water, one onion, two blades of mace, and a teaspoonful of salt: set it on a quick fire; when it boils, take off all the scum: wash and pick a pound of rice, and put it into the stewpan with the meat, and let it stew very gently for about two hours: put the meat, &c. in a deep dish, and the rice round it.

Send up bacon with it, parsnips, or greens, and finely minced parsley and butter.

Mr. GAY's *Receipt to Stew a Knuckle of Veal.*—(No. 524.)

Take a knuckle of veal;
You may buy it, or steal;
In a few pieces cut it,
In a stewingpan put it;
Salt, pepper, and mace,
Must season this knuckle;
Then, what's joined to a place*
With other herbs muckle;
That which kill'd King Will†
And what never stands still‡;
Some sprigs of that bed§
Where children are bred,
Which much you will mend, if
Both spinage and endive,
And lettuce and beet,
With marygold meet.
Put no water at all,
For it maketh things small,
Which, lest it should happen,
A close cover clap on:
Put this pot of Wood's metal‖
In a boiling hot kettle;

* Vulgo, salary. † Supposed sorrel.

‡ This is, by Dr. BENTLEY, thought to be time, or thyme.

§ Parsley. Vide CHAMBERLAYNE.

‖ Of this composition, see the works of the copper farthing dean.

And there let it be,
(Mark the doctrine I teach,)
About, let me see,
Thrice as long as you preach*.
So skimming the fat off,
Say grace with your hat off,
O! then with what rapture
Will it fill Dean and Chapter!

Slices of Ham or Bacon. — (No. 526.)

Slices of ham, or bacon, may be broiled on a gridiron over a clear fire, or toasted with a fork; take care they are the same thickness in every part; if you wish it curled, cut it thin, curl it, and put it on a wire skewer in a cheese-toaster, or Dutch oven, for eight or ten minutes, turning it as it gets crisp.

Obs.—Slices of Ham or Bacon will eat much more mellow if soaked in hot water for a quarter of an hour, and then dried in a cloth.

Relishing Rashers of Bacon. — (No. 527.)

If you have any cold bacon in the larder, you may make a very nice dish of it by cutting it into slices about a quarter of an inch thick; grate some crust of bread, and powder them well with it on both sides; lay the rashers in

* Which we suppose to be near four hours.

a cheese-toaster: they will be browned on one side in about three minutes; then turn them and do the other.

Obs.—These are a delicious accompaniment to poached or fried eggs: the bacon, from having been boiled* first, eats extremely tender and mellow. They are a very excellent garnish round veal cutlets, or calf's-head hash, or green pease, or beans.

Hashed Venison.—(No. 528.)

If you have enough of its own gravy left, it is preferable to any, to warm it up in: if not, take a pint of mutton gravy, (No. 347,) or the bones and trimmings of the joint, (after you have cut off all the handsome slices you can, to make the hash;) put these into a pint and a half of water, and stew them gently for an hour: then put an ounce of butter into another stewpan, when melted, put to it as much flour as will dry up the butter, and stir it well together; add to it, by degrees, the gravy you have been making of the trimmings, and some red currant jelly, give it a boil up, skim it, and strain it through a sieve, and it is ready to

* To boil bacon, see (No. 13.)

receive the venison: put it in and let it just get warm: if you let it boil, it will make the meat hard.

Hashed Hare.—(No. 529.)

Divide the Hare into joints, set them by ready, and put the trimmings and gravy you have left, and half a pint of water, and a table-spoonful of currant jelly, let it boil gently for a quarter of an hour, then strain it through a sieve into another stewpan; now flour the hare, and put it into the gravy, and let it simmer very gently till the Hare is warm, (about twenty minutes) cut the stuffing into slices, and put it into the hash to get warm, about five minutes before you serve it.

Jugged Hare.—(No. 529.*)

Wash it very nicely, cut it up into such pieces as you would help at table, and put it into a stone jar*, sufficiently large, to well hold it; line the bottom of the jar with a couple of ounces of bacon: put in some sweet herbs,

* Meat dressed by the heat of boiling water, without being immediately exposed to it, is a mode of cookery that deserves to be more generally employed: it becomes deliciously tender, without being overdone, and the

a roll or two of rind of lemon, or Seville orange, and a fine large onion with five cloves stuck in it, a quarter pint of red wine, and the juice of a Seville orange or large lemon: tie the jar down closely with a bladder, so that no steam can escape; put a little hay in the bottom of a saucepan, in which place the jar, and pour in water till it reaches within four inches of the top of the jar; let the water boil for four or five hours, according to the age and size of the hare, keeping it boiling all the time, and fill up the pot as it boils away. When quite tender, strain off the gravy, (of which there will be found a good quantity, although no water was put in the jar,) clear it from fat, thicken it with flour and butter, and give it a boil up: lay your hare in a soup-dish, and pour the gravy to it.

Obs.—You may make a pudding, the same as for roast hare, see (No. 379,) and boil it in a cloth; and when you dish up your hare, cut your pudding in slices, or make forcemeat balls of it, and lay them round it for garnish.

whole of the nourishment and gravy is preserved. This, in chemical technicals, is called Balneum Maris, a WATER BATH; in culinary, BAIN MARIE; which A. CHAPPELLE, in his "*Modern Cook*," 8vo. page 25, *London*, 1744, translates, "Mary's Bath." See note to (No. 485.)

Hashed Ducks or Geese.—(No. 530.)

Cut an onion into small dice; put it into a stewpan with a little bit of butter; fry it, but do not let it get any colour: put as much boiling water into the stewpan as will make sauce for the hash; thicken it with a little flour and butter; cut up the duck, and put it into the sauce to warm; do not let it boil; season it with pepper and salt, and catsup.

Or,

à la "MOOST AYE."

Divide the duck into joints, lay it by ready on a plate: put the seasoning into a stewpan with a pint of broth, let it boil half an hour, and then rub it through a sieve; put half an ounce of butter into a stewpan, as it melts mix a tablespoonful of flour with it, stir it over the fire a few minutes, then mix the gravy with it by degrees; as soon as it boils, take off the scum, and strain through a sieve into a stewpan; put in the duck, and let it stew very gently for twenty minutes: serve up with it, sippets of bread either fried or toasted.

Stewed Giblets. — (No. 531.)

Clean two sets of giblets, as in the receipt for giblet soup, (No. 244;) put them into a saucepan (leaving out the Livers,) and just cover them with cold water; set them on the fire; when they boil, take off the scum, and season them with an onion, three cloves, two blades of mace, four berries of black pepper, the same of allspice, and half a teaspoonful of salt: cover the stewpan close, and let it simmer very gently till the giblets are quite tender; this will take from an hour and a half to two and a half, according to the age of the giblets, the pinions will be done first, and must then be taken out, and put in again to warm when the gizzards are done: watch them that they do not get too much done: take them out, and thicken the sauce with flour and butter: let it boil half an hour, or till there is just enough to eat with them; and then strain it through a tammis into a clean stewpan: cut the giblets into mouthfuls, put them into the sauce, with the juice of half a lemon, and a tablespoonful of mushroom catsup: pour the whole into a soup dish, with sippets of bread at the bottom.

Obs. — Ox-Tails, prepared in the same way, are excellent eating.

Hashed Woodcock.—(No. 532.)

Cut off the breasts, legs, and wings of ready roasted birds; lay them on the dish you intend sending to table; cover it with another dish, and set it over a saucepan of hot water: pound the bones and inside in a mortar, put them into a stewpan with half a pint of Port wine, and a little broth, thickened with a tablespoonful of flour, same of mushroom catsup, and a bit of shallot chopped fine; season it with Cayenne pepper, and salt: when it has boiled a quarter of an hour, and there only remains liquor enough for sauce, strain it through a hair sieve over the birds in the dish: garnish with fried sippets (No. 319.)

Hashed Turkey, Fowl, or Chicken. (No. 533.)

Cut them up as for a fricassee, and lay them at the bottom of a stewpan; into another stewpan put slices of bacon, the trimmings and bones of the poultry, a piece of butter as big as an egg, a tablespoonful of flour, a minced onion or eshallot, a bundle of sweet herbs, a roll of lemon-peel, a blade of bruised mace, and half a dozen pepper corns: cover it close, and let it stew for ten minutes; then add half a pint of

warm water, a tablespoonful of browning, one of lemon pickle, or catsup, and two teaspoonsful of lemon-juice: give it a boil up for two minutes, and run it through a fine hair sieve into the stewpan containing the meat of the fowl, &c.; let it simmer till it is warm, and serve it up. Do not let the sauce boil after you have put it to the fowl.

Pulled Turkey, Fowl, or Chicken.
(No. 534.)

Skin a cold chicken, fowl, or turkey; take off the fillets from the breasts, and put them into a stewpan with the rest of the white meat and wings, side-bones, and merry-thought, with half a pint of water, two tablespoonsful of table-beer, and one of Port wine; a large blade of mace pounded, a shallot minced fine, the juice of half a lemon, and peel of a quarter, some salt, and a few grains of Cayenne; thicken it with flour and butter, and let it simmer for two or three minutes, till the meat is warm. In the meantime, score the legs and rump, powder them with pepper and salt, broil them nicely brown, and lay them on or round your pulled chicken.

Obs.—Three tablespoonsful of good cream will be a great improvement to it.

To Dress Cold Fowl, Duck, Pigeon, or Rabbit.—(No. 535.)

Cut them in quarters, beat up an egg or two (according to the quantity you dress,) with a little grated nutmeg, and pepper and salt, some parsley minced fine, and a few crumbs of bread; mix these well together, and cover your fowl, &c. with this batter; have ready some dripping hot in a pan, in which fry them a light brown colour; thicken a little gravy with some flour, put a large spoonful of catsup to it, lay the fry in a dish, and pour the sauce round it. You may garnish with slices of lemon.

Fricassée of Chickens with Mushrooms. (No. 536.)

Singe and clean two young chickens, cut off their legs close to the thigh-bone, cut off the thighs and wings, divide the breast into two pieces, and put them into a two-quart stewpan with a pint of boiling water; let them boil gently half an hour with a few of the worst looking mushrooms you have, two or three sprigs of parsley, two young onions, and two blades of mace. While the chickens are boiling, clean half a pint of the smallest and whitest

mushrooms you can get with a flannel, and some lemon juice and water. When the chickens are done, take them out and put them into cold water; thicken the liquor they were stewed in with some flour and butter, boil it ten minutes, and strain it through a tammis into a clean stewpan; put in the mushrooms, trim your chickens neatly, and put them into the sauce, with some good cream; make it hot, and add two yolks of eggs mixed with a little cream, and season it with a little salt. Do not let it boil after the eggs are put in.

Obs.—Pigeons, or rabbits, tripe, and sweetbreads, are dressed in the same way.

Fricassée of Chickens in a Minute.
(No. 537.)

Cut a dressed chicken in pieces; put two ounces of butter into a stewpan; when melted, put your chicken into it with salt and pepper, a bay leaf, and mushrooms: when your chicken is firm, add two spoonsful of flour, and stir it well together; when well mixed, put in half a pint of broth or water, stir it, and at the first boil take it off the fire; break four eggs, mix the yolks with two spoonsful of cream, put it to your chickens, stir it together on the fire, but

do not let it boil, as it will curdle. When you dish, take out the bay leaf.

N. B. From the artist who wrote (No. 250.)

Devil.—(No. 538.)

The gizzard and rump, or legs, &c. of a dressed turkey, or capon, or goose, taken from the bird, and scored, and well peppered and salted, and broiled, and sent up for a relish, and being made very hot, has obtained the name of a "Devil."

Obs.—This is sometimes surrounded with (No. 356,) or a sauce of thick melted butter or gravy, flavoured with Catsup, Essence of Anchovy, Shallot wine, Curry stuff, &c. See Grill Sauce (No. 355,) or Turtle Sauce (No. 343.)

Toast and Cheese.—(No. 539.)

"Happy the man that has each fortune tried,
To whom she much has given, and much denied;
With abstinence all delicates he sees,
And can regale himself on toast and cheese."

KING'S *Art of Cookery.*

Cut a slice of Bread about half an inch thick, pare off the crust, and *toast it very slightly* on both sides, so as just to brown it, without making it hard, or burning it. Cut a slice of Cheese (good fat mellow Cheshire cheese, or

double Gloster, is much better than poor, thin single Gloster,) a quarter of an inch thick, not so big as the bread by half an inch on each side; pare off the rind, cut out all the specks and rotten parts*, and lay it on the toasted bread in a cheese toaster; carefully watch it, that it does not burn, and stir it with a spoon, to prevent a pellicle forming on the surface. Have ready good Mustard, Pepper and Salt.

If you observe the directions here given, the Cheese will eat mellow and uniformly done, and the Bread crisp and soft, and will well deserve its ancient appellation of "*rare-bit.*"

Obs.—One would think nothing can be easier than to prepare a *Welch rabbit;* and yet, not only in private families, but at taverns, it is very seldom sent to table in perfection. We have attempted to account for this in page 527.

Toasted Cheese, No. 2.—(No. 540.)

We have nothing to add to the directions given for toasting the cheese in the last receipt, except in sending it up: it will save much time in portioning it out at table, if you have half a dozen small silver or tin pans to fit into the

* Rotten cheese toasted, is the *ne plus ultra* of *haut goût*, and only eatable by the thorough-bred *Gourmand*, in the most inverted state of his jaded appetite.

cheese toaster, and do the cheese in these: each person may then be helped to a separate pan, and it will keep the cheese much hotter than the usual way of eating it on a cold plate.

Obs. — Ceremony seldom triumphs more completely over Comfort, than in the serving out of these dishes; which, to be presented to the Palate in perfection, it is imperatively indispensible, that they be introduced to the Mouth, as soon as they appear on the table.

Buttered Toast and Cheese.—(No. 541.)

Prepare a round of toast; butter it; grate over it good Cheshire cheese about half the thickness of the toast, and give it a brown.

Potted Cheese.—(No. 542.)

To a pound of fine rich mellow Cheshire cheese add two ounces, (if the cheese is dry, three ounces) of good fresh butter, pound well together in a marble mortar, and add by degrees half a drachm of beaten mace or nutmeg, and a large teaspoonful of well-made mustard, (and some add a glass of white wine); beat the ingredients well together till they are thoroughly mixed, and press it down hard in a small jar, cover it with clarified butter, and tie it down with wetted bladder. Keep it in a cool place.

Ramaquin.—(No. 543.)

A quarter of a pound of Gloster or Cheshire cheese pounded in a mortar, with half an ounce of butter, and an egg.

Cut a slice of bread half an inch thick, toast and butter it a little on both sides; spread the composition on it half an inch thick, and bake it four minutes in a Dutch oven; it should rise an inch high.

Marrow Bones.—(No. 544.)

Saw the bones even, so that they will stand quite steady; put a piece of paste into the ends; set them upright in a saucepan, and boil till they are done enough; a beef marrow bone will require half an hour or more, according to the thickness of the bone. Serve toasted bread with them.

Eggs fried with Bacon.—(No. 545.)

Lay some slices of fine streaked bacon (*not more* than a quarter of an inch thick) in a clean dish, and toast them before the fire in a cheese-toaster: first ask those who are to eat the bacon, if they wish it much or little done, *i. e.* curled and crisp, see (No. 526,) or mellow and

soft, see (No. 527); if the latter, parboil it first.

Well cleansed dripping, or lard, is better than butter to fry eggs. Be sure your frying-pan is quite clean: when the fat is hot, break two or three eggs into it; do not turn them, but, while they are frying, keep pouring some of the fat over them with a spoon: when the yolk just begins to look white, which it will in about a couple of minutes, they are enough; *the white must not lose its transparency, but the yolk be seen blushing through it:* take them up with a tin slice, drain the fat from them, trim them neatly, and send them up with the bacon round them.

Ragoût of Eggs or Bacon. —(No. 545.*)

Boil half a dozen eggs for ten minutes, throw them into cold water, peel them and cut them in halves; pound the yolks in a marble mortar, with about an equal quantity of the white meat of dressed fowl, or veal, a little chopped parsley, an anchovy, an eshallot, a quarter of an ounce of butter, a tablespoonful of mushroom catsup, a little Cayenne, some bread crumbs, and a very little beaten mace or allspice; incorporate them well together, and fill

the halves of the whites with this mixture; bake them in a Dutch oven for ten minutes, and serve them on relishing rashers of Bacon or Ham, see (No. 527.)

For sauce, melted butter, flavoured to the fancy of the eaters, with mushroom catsup, anchovy, Curry powder (No. 455,) or ZEST, (No. 255.)

"MOOST AYE'S" *receipt to Poach Eggs.* (No. 546.)

The Cook who wishes to display her skill in Poaching, must endeavour to procure Eggs that have been laid a couple of days, those that are quite new laid are so milky, that take all the care you can, your cooking of them will seldom procure you the praise of being a Prime Poacher; but you must have fresh Eggs, or it is equally impossible. The Beauty of a Poached Egg, is to have the yolk seen blushing through the white, which should only be just sufficiently hardened, to form a transparent Veil for the Egg.

Take a stewpan half full of water; while the water is heating, break the Egg into a cup, and when the water boils, remove the stewpan from the stove, and gently slip the Egg into it; it must stand till the white is set; then put it over a very moderate fire, and as soon as the water

boils, the Egg is ready; take it up with a slice, and neatly round off the ragged edges of the white, and send them upon a toast*, with or without butter; or without a toast, garnished with streaked bacon, nicely fried, or slices of broiled beef or mutton, see (No. 487,) anchovies, see (Nos. 434, and 435,) or pork sausages, (No. 87,) or spinage (No. 122.)

Obs.—The bread should be a little larger than the egg, and about a quarter of an inch thick: only just give it a fine yellow colour: if you toast it brown, it will get a bitter flavour: if you do not butter it, it is usual to moisten it by pouring a little hot water on it; and some sprinkle it with a few drops of Vinegar.

To boil Eggs in the Shell.—(No. 547.)

The fresher laid the better, put them into boiling water; if you like the white just set, two minutes boiling is enough; if you wish the yolk to be set, it will take three minutes and a half.

* "A couple of poached Eggs, with a few fine dry fried collops of pure Bacon, are not bad for breakfast, or to begin a meal," says Sir KENELM DIGBY, M. D. in his *Closet of Cookery*, London, 1669, page 167.

Obs.—A new laid egg will not require boiling so long as a stale one, by half a minute.

N. B. "Eggs may be preserved for twelve months, in a sweet and palateable state for eating in the shell, by boiling them for one minute; and when wanted for use, let them be boiled in the usual manner: the white may be a little tougher than a new laid egg, but the yolk will show no difference." See HUNTER'S *Culina*, page 267.

Eggs Poached with Sauce or minced Ham (No. 548.)

Poach the eggs as before directed, and take two or three slices of boiled ham, mince it fine, with a gherkin, a morsel of onion, a little parsley, and pepper and salt; stew all together a quarter of an hour; serve up your sauce about half boiling; put the eggs in a dish, squeeze over them the juice of half a Seville orange, or lemon, and pour the sauce over them.

Fried Eggs and minced Bacon.—(No. 549.)

Choose some very fine bacon, streaked with a good deal of lean; cut this into very thin slices, and afterwards into small square pieces; throw them into a stewpan, and set it over a gentle fire, that they may lose some of their

fat. When as much as will freely come is thus melted from them, lay them on a warm dish. Put into a stewpan a ladleful of melted bacon or lard; set it on a stove; put in about a dozen of the small pieces of the bacon, then stoop the stewpan and break in an egg. Manage this carefully, and the egg will presently be done; it will be very round, and the little dice of bacon will stick to it all over, so that it will make a very pretty appearance. Take care the yolks do not harden; when the egg is thus done, lay it carefully on a warm dish, and do the others.

*** *They reckon* 685 *ways of dressing eggs in the French kitchen; we hope we have here given sufficient variety for English palates, in the half dozen preceding receipts.*

Egg Tea—(No. 550.)

"The Jesuit that came from China, A.D. 1664, told Mr. Waller, that to a pint of tea they frequently take the yolks of two new laid eggs, and beat them up with as much fine sugar as is sufficient for the tea, and stir all well together. He also informed him, that the water must remain upon the tea no longer than while you can say the 'Miserere' psalm very eisurely; you have then only the spiritual part

of the tea, the proportion of which to the water must be about a drachm to a pint."—Sir KENELM DIGBY's *Cookery*, London, 1669, p. 167.

Obs.—The addition of the egg makes the tea a more nutritious and substantial meal for a traveller.

Suet Pudding, Wiggy's way.—(No. 551.)

Suet, a quarter of a pound; flour, three tablespoonsful; eggs, two; and a little grated ginger; milk, half a pint. Mince the suet as fine as possible, roll it with the rolling pin so as to mix it well with the flour; beat up the eggs, mix them with the milk, and then mix all together; wet your cloth well in boiling water, flour it, and tie it loose, and put into boiling water, and boil an hour and a quarter.

*** *Mrs. Glasse's has it thus:* "*when* you *have made* your *water boil, then put* your *pudding into* your *pot.*"

Yorkshire Pudding under Roast Meat, the Gipsies' way.—(No. 552.)

This pudding is an especially excellent accompaniment to a Sir-loin of beef, or a loin of veal, or any fat and juicy joint.

Six tablespoonsful of flour, three eggs, a teaspoonful of salt, and a pint of milk; so as to make a middling stiff batter, a little stiffer

than you would for pancakes: beat it up well, and take care it is not lumpy; put your dish under the meat, and let the drippings drop into it till it is quite hot and well greased; then pour in your batter; when the upper surface is brown and set, turn it, that both sides may be brown alike: if you wish it to cut firm, it will take two hours at a good fire.

N. B. The pudding should be about an inch thick when done.

Plum Pudding. —(No. 553.)

Suet chopped fine, six ounces.
Malaga raisins stoned, six ounces.
Currants nicely washed and picked, eight ounces.
Bread crumbs, three ounces.
Flour, three ounces.
Eggs, three.
Sixth of a nutmeg.
Small blade of mace; same quantity of cinnamon pounded as fine as possible.
Half a teaspoonful of salt.
Half a pint of milk, or rather less.
Sugar, four ounces; to which may be added
Candied lemon, one ounce.
Citron, half an ounce.

Beat the eggs and spice well together, mix the

milk with them by degrees, then the rest of the ingredients; dip a fine close linen cloth into boiling water, and put it in a hair sieve; flour it a little, and tie it up close; put it into a saucepan containing six quarts of boiling water; keep a kettle of boiling water alongside of it, to fill up your pot as it wastes; be sure to keep it boiling six hours at least.

Obs.—Mem. *If the water ceases to boil, your pudding will become heavy, and be spoiled;* but, if properly managed, this and the following, (No. 554,) will be as fine puddings of the kind as art can produce. Puddings are best when mixed over night, as the various ingredients by that means amalgamate, and the whole becomes more rich and fuller of flavour. The stiffer they are mixed the better; though the cook who consults her ease will not thank me for this remark, if with it she joins that which is indispensable, that the various ingredients be THOROUGHLY well stirred together. A wine-glass of brandy, is an improvement to this excellent BRITISH PUDDING; if you wish it to be most superlative, use fine Muscatel Raisins; and instead of Brandy, Noyeau or Cherry Brandy. A tablespoonful of Treacle will give it a rich brown colour. See Pudding Sauce, (No. 269,) and Pudding Catsup, (No. 446.)

Apicius's Pudding—(No. 554.)

Consists of six ounces of suet chopped very fine; three ounces of flour, three of bread crumbs, and three of sugar; beat up three eggs, with as much grated nutmeg as you can lay upon sixpence, and as much salt; mix them well together, with a quarter pint of milk, stir thoroughly together; butter a pudding mould, put the pudding into it, and tie a clean cloth round it; put it into boiling water, and keep it boiling about four hours. If it stops boiling, the pudding will be heavy and good for nothing.

N. B. Half a pound of Muscatel Raisins cut in half, and added to the above, will make a most admirable Plum-pudding.

Pease Pudding.—(No. 555.)

Put a quart of split pease into a clean cloth; do not tie them up too close, but leave a little room for them to swell; boil them slowly till they are tender; if they are good pease, they will be boiled enough in about three hours: now rub them up in the stewpan with a wooden spoon, adding to them an egg or two, an ounce of butter, and some pepper and salt; when the ingredients are well incorporated together, then

pass them through a hair sieve, and tie it up again in the cloth, and boil it half an hour longer. It is as good with boiled Beef as it is with boiled Pork.

Obs.—This is a very good companion to cold Pork or cold Beef.

N. B. This pudding, stirred into two quarts of the liquor, Pork or other meat has been boiled in, will make very good EXTEMPORE PEASE SOUP, see (No. 218,) &c.

Cumberland Pudding.—(No. 556.)

Beat four eggs well, mix them with a pint of milk, and four ounces of lump sugar pounded and sifted: raisins stoned, currants washed and picked, apples chopped fine, of each four ounces; a little grated nutmeg, and a very little salt.

Mix all well together: dip a pudding cloth in boiling water, wring it, and flour it: put your pudding in, and boil it about three hours; send it up with pudding sauce in a boat: see receipt (No. 268.)

Maccaroni Pudding.—(No. 557.)

Boil a quarter of a pound of maccaroni till it is tender; then stew it in milk, with a little cinnamon, and the rind of half a lemon: when it is perfectly well done, beat together the yolks of three eggs with the whites of two, and a glass of white wine, half a nutmeg, four bitter almonds, and sugar to your taste; line the edge, and half way down the side of your pudding dish, with puff paste, put in the oven; about half an hour will bake it.

Rice Pudding.—(No. 558.)

Wash and pick half a pound of rice very clean; boil it in a cloth till it is quite soft; then beat it in a marble mortar, with a quarter of a pound of butter, and the peel of a lemon; add to it the juice of the lemon, or a glass of white wine, three eggs, yolks and whites beat separately; spice and sugar to your taste. An hour and twenty minutes will boil it, or it is very good baked.

Ground Rice Pudding.—(No. 559.)

Put five tablespoonsful of ground rice into a stewpan with a pint and a half of cream or milk, four ounces of sugar, same of butter, and a tablespoonful of orange flour water: put on the fire, stir till it boils; let it simmer ten minutes in the corner of the stove, keep stirring it all the while; then break six eggs, mix the yolks in your pudding, and beat the whites till they are in snow; mix all together, and put them in a dish, or mould, and put it in the oven; it requires three quarters of an hour to bake it: do not take it out of the oven till it is called for.

Custard Pudding.—(No. 560.)

Boil a pint of milk; put the peel of a lemon into it, with a bit of cinnamon and three ounces of sugar; when it has boiled, break six eggs, rub them through a silk sieve; when the milk is a little cooled, mix it with your eggs, and strain it three or four times through the sieve; then take a plain mould, put a piece of paper to the bottom just to cover it, that the pudding when done may not stick to the bottom, cover it with paper, and put it in a stewpan with some

boiling water; as soon as it boils, put it in the corner of the stove that the water only simmer; it will take about forty-five minutes: put your dish upon the top of the mould, and overset it in the dish.

Orange Pudding.—(No. 561.)

Grate the peel of three oranges into a pint of milk, with three ounces of sugar and the crumb of a twopenny roll; let it just boil, strain it through a tammis cloth, add four eggs, and the juice of four oranges: bake it thirty minutes.

White Wine Whey—(No. 562.)

Is made, by pouring equal parts of white wine and skimmed milk into a basin; and after they have stood a few minutes, adding a double quantity of boiling water. In a short time the curd will collect and subside at the bottom: the whey is now to be strained into another vessel, and sweetened with sugar: a sprig of balm, or a slice of lemon, will greatly improve its flavour.

Obs.—This a salubrious beverage taken immediately before retiring to bed, for those who have undergone severe bodily fatigue, or ex-

posure to inclement weather, as it will excite a gentle perspiration, and thus obviate a cold or catarrh.

Beef Tea.—(No. 563.)

Beef tea is usually made by cutting a pound of lean beef into very thin slices or shreds, and boiling it with two blades of mace in a quart of water. When the scum rises, carefully remove it while it continues boiling, for about a quarter of an hour.

A fine strengthening Mutton Broth. (No. 564.)

Two pounds of mutton or veal cut small, a quarter pound of pearl barley, two quarts of water; let it simmer slowly till it will rub through a hair sieve to the thickness of cream; while preparing, take care to skim it well, and remove the fat.

Barley Water.—(No. 565.)

Take a couple of ounces of pearl barley, wash it clean with cold water, and put it into half a pint of boiling water, and let it boil for five minutes; pour off this water, and add to it

two quarts of boiling water: boil it to two pints, and strain it.

The above is simple barley water; to a quart of this is frequently added

Two ounces of figs, sliced.

The same of raisins, stoned.

Half an ounce of liquorice, sliced and bruised;

And a pint of water.

Boil till it is reduced to a quart, and strain.

Obs.—These drinks are intended to assuage thirst in ardent fevers and other inflammatory disorders, where plenty of mild diluting liquor is one of the principal remedies; and if not suggested by the medical attendant, frequently demanded by honest instinct, in terms too plain to be misunderstood: as the stomach sympathizes with every fibre of the human frame, no part of it can be distressed, without in some degree offending the stomach; therefore it is of the utmost importance to soothe this grand organ, by rendering every thing we offer to it as elegant and agreeable as the nature of the case will admit of: the barley drink prepared according to the second receipt, will be received with pleasure by the most delicate palate.

Toothach, and Anti-rheumatic Embrocation.
(No. 567.)

Sal volatile, three parts.
Laudanum, one part.
Mix, and rub the part affected frequently.

PERISTALTIC PERSUADERS,
(No. 568.)

To create Appetite and cure Indigestion

Suaviter in modo, et fortiter in re.

To humour that desire for the marvellous, which is so universal in medical matters, the makers of Aperient Pills, have too often, selected the most drastic purgatives, which operating considerably, in a dose of a few grains, excite much admiration in the patient, and great faith in their powers, in proportion, as a small dose, produces a great effect—not considering, how irritating, such materials must be, and consequently, how injurious, to a stomach in a state of debility, and perhaps, deranged by yesterday's excess.

If the Body or Mind be fatigued, the Stomach invariably sympathizes; and the most robust, find that when they do any thing too much, the Stomach is affronted, and does too little, unless

this mainspring of health, be in perfect adjustment, every part, of the machinery of life, will vibrate with languor. In such cases, these Pills, will be found an invaluable acquisition, especially to those Constitutions, that are naturally weak, or have been impaired by intemperance, and luxurious living.

The inventor of the "PERISTALTIC PERSUADERS," gave them that name, from the peculiar mildness of their operation: one or two pills very gently increase the action of that grand organ the stomach, and the other principal viscera, helping them to do their work a little faster, and remove what is offensive into the bowels, thus exciting appetite, accelerating digestion, and almost imperceptibly augmenting the alvine exoneration: if a more speedy and copious evacuation is desired, take three, four, or five, according to circumstances. This mild medicine may be taken *at any time*, by the most delicate FEMALES, and from their agreeable flavour, are an admirable APERIENT FOR CHILDREN, whose disorders, most frequently, arise from obstructions in the alimentary canal; and sometimes, it is not a very easy task, to prevail on a spoilt Child, to take Physic; therefore, the inventor of this pill, has made it taste, exactly like Gingerbread; for INFANTS, too young to swallow a Pill, pound

it, and mix it with currant Jelly, Honey, or Treacle.

In every disease, the most important point is carefully to watch, and constantly to keep up, a proper action in the Bowels, for want of due attention to this, millions (especially of Children) have prematurely died of medicable disorders.

In what are commoly called BILIOUS COMPLAINTS, for which, Mercury is now too often administered; if instead of two or three times a week tormenting the Bowels with that corrosive Mineral, one or two of these Pills be taken, twice or thrice a day, they will excite a constant, gently increased, action of the Viscera, and speedily and effectually cure the disease, without injury to the Constitution.

*** *These Pills are prepared from a Prescription of* W. KITCHINER, M. D., *and sold by* D. G. MIDGLEY, *Chemist, near York Buildings, Strand.*

Stomachic Tincture. — (No. 569.)

Cascarilla bark bruised, one ounce.
Orange-peel dried, one ounce.
Brandy, or proof spirit, one pint.

Let the ingredients steep for a fortnight, and decant the clear liquor.

Dose, two or three teaspoonsful in a wine-glass of water twice a day.

Obs.—This is a most agreeable aromatic tonic to create appetite and promote digestion; and when the stomach is in a state of great debility, is much more acceptable to it than any of the simple or compound tinctures of the Peruvian bark, or other bitters. This is a Sovereign remedy to strengthen the stomach; and in most nervous and languid chronic complaints of that organ, will be taken with the greatest advantage.

Paregoric Elixir.—(No. 570.)

A drachm of purified opium.
A drachm of flowers of benjamin.
A drachm of oil of anniseed.
Camphor, two scruples.

Steep all in a pint of brandy, or proof spirit: let it stand ten days, occasionally shaking it up. Strain.

A teaspoonful in half a pint of water gruel, taken the last thing at night, is a most effectual medicine to remove coughs and colds.

It is also excellent for children who have the hooping cough, in doses of from five to twenty drops in a little water.

Dr. Cullen's Receipt to make Water Gruel. (No. 571.)

The following is the most agreeable manner of making water gruel.

One ounce of oatmeal is sufficient to make two quarts of water gruel.

Put the oatmeal into three quarts of soft cold water, and set it over the fire. It must be constantly stirred till it boils; then let it boil till a third part of the water is boiled away; then pour it through a linen cloth into a bowl a little larger than sufficient to contain it. In this bowl leave it to cool; when it will be found separated into two parts, one of them a mealy cloud or sediment, and the other a very thin and clear liquor. The latter is to be carefully decanted, or poured off for use.

To render this more agreeable by the addition of sugar, acids, or aromatics, or to impregnate it with medicinal substances, I leave to the judgment of the nurse or physician.

See CULLEN's *Mat. Med.* vol. i. p. 288. edit. 2 vols. 4to. Edinburgh, 1789.

Water Gruel immediately.—(No. 572.)

Ask those who are to eat it, if they like it thick or thin; if the latter, mix well together, by degrees, two tablespoonsful of oatmeal with a quart of cold water; if desired to be thick, use three or four spoonsful, and a teaspoonful of salt; set it on the fire, and let it boil gently for fifteen or twenty minutes, occasionally stirring it to prevent the oatmeal burning at the bottom of the stewpan: skim it and strain it.

Obs.—The yolks of a couple of eggs stirred in, an ounce of fresh butter, a tablespoonful of brandy, a teaspoonful of powdered sugar, and a little grated nutmeg or ginger may be added, or a teaspoonful of ZEST, (No. 255,) or Pea Powder, (No. 458,) or some like a Shallot bruised and stirred in.

In the "*Way to save Wealth*," London, 1697, in the 8th page are directions how to live for twopence a day: the author's observations on water gruel is, that it makes "a noble and exhilarating meal."

N. B. This is the only extract the Editor gleaned during a fortnights hunt after Culinary curiosities, in the Libraries of the British Museum!! Imperfect as this work must be in some parts, and perhaps more so than the reader

expected to find it, it has occupied three years to bring it to what it is, and neither trouble or money has been spared to purchase the best information that could be procured on the several subjects.

Anchovy Toast. — (No. 573.)

Bone and wash the anchovies, and pound them in a mortar with a little fresh butter; rub them through a sieve, and spread them on a toast, see (No. 435.)

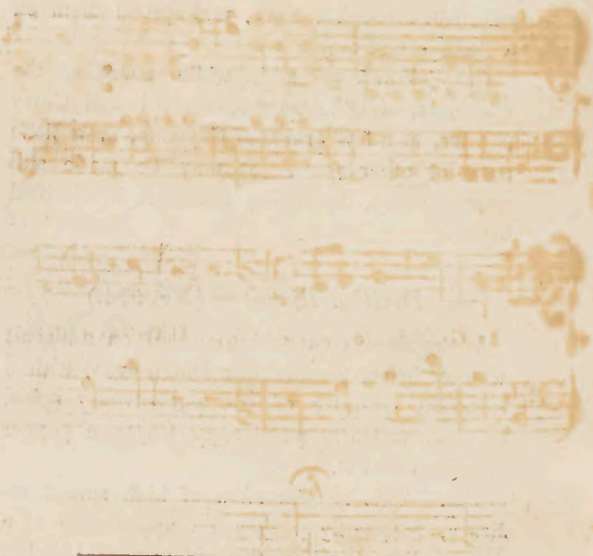
Obs. — You may add, while pounding the anchovies, a little made mustard and Curry powder, or a few grains of Cayenne, or a little mace or other spice. It may be made still more savoury, by frying the toast in clarified butter.

Devilled Biscuit — (No. 574.)

Is the above composition spread on a biscuit warmed before the fire in a Dutch oven, with a sufficient quantity of salt and savoury spice, or *Zest,* or Curry powder, or Cayenne pepper sprinkled over it.

Obs. — This *ne plus ultra* of high spiced relishes, frequently makes its appearance at a tavern dinner, when the votaries of Bacchus

are determined to vie with each other in sacrificing to the Jolly God; at the celebration of such Festive Rites, the following Anacreontic Song, composed by the President of the Committee of Taste, (who presented us with the MS.) may be an acceptable accompaniment.



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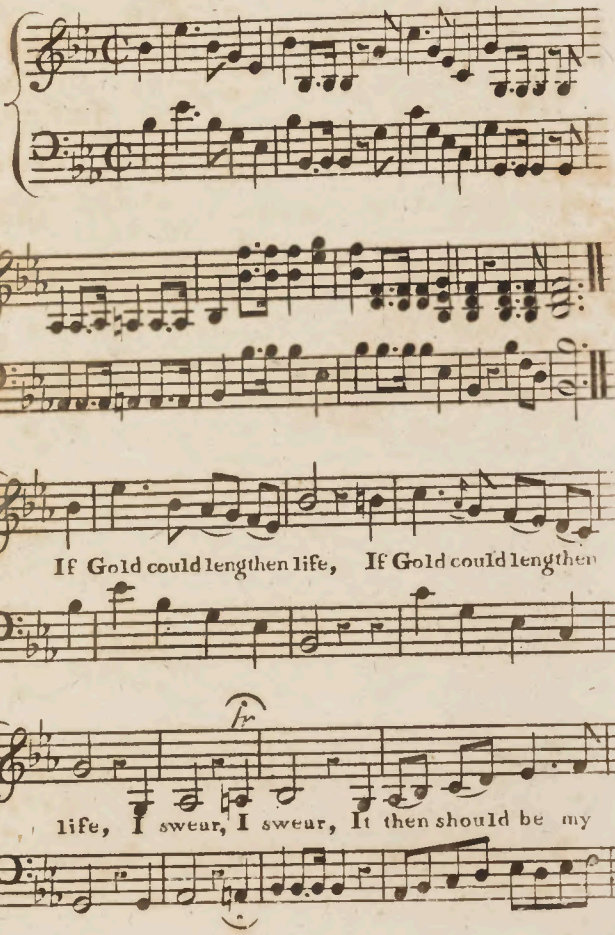
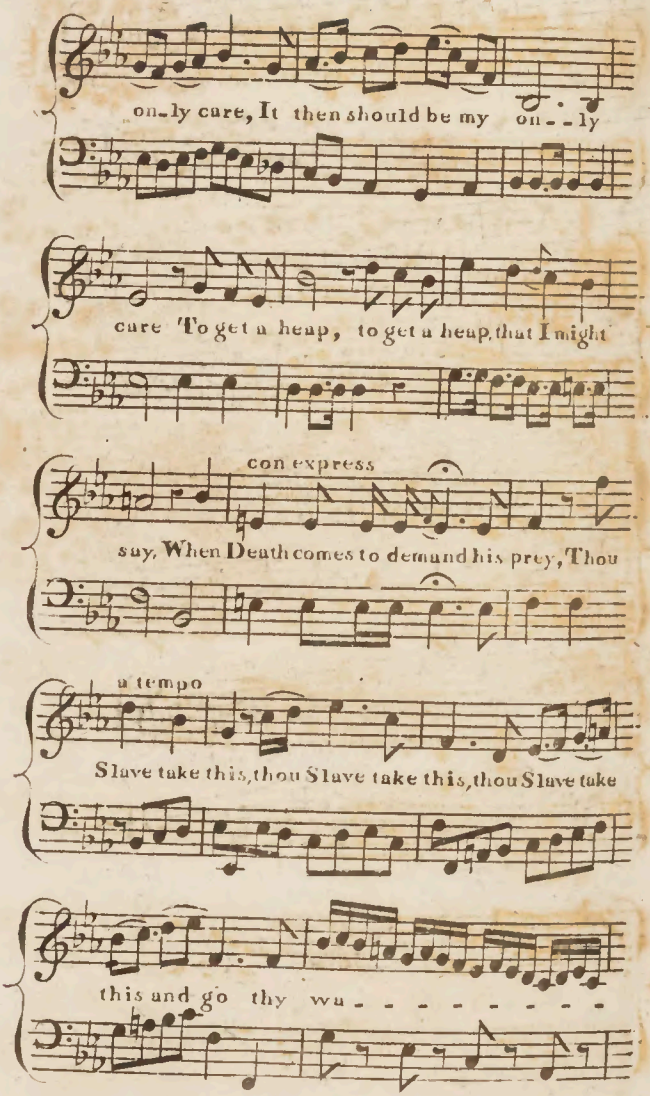
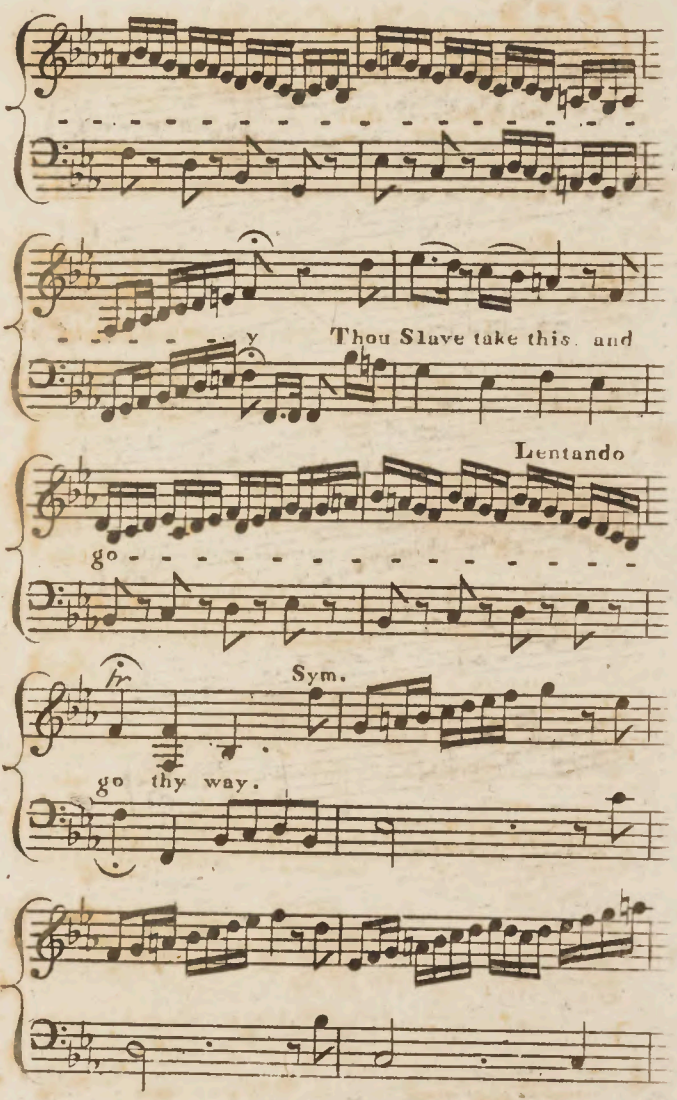
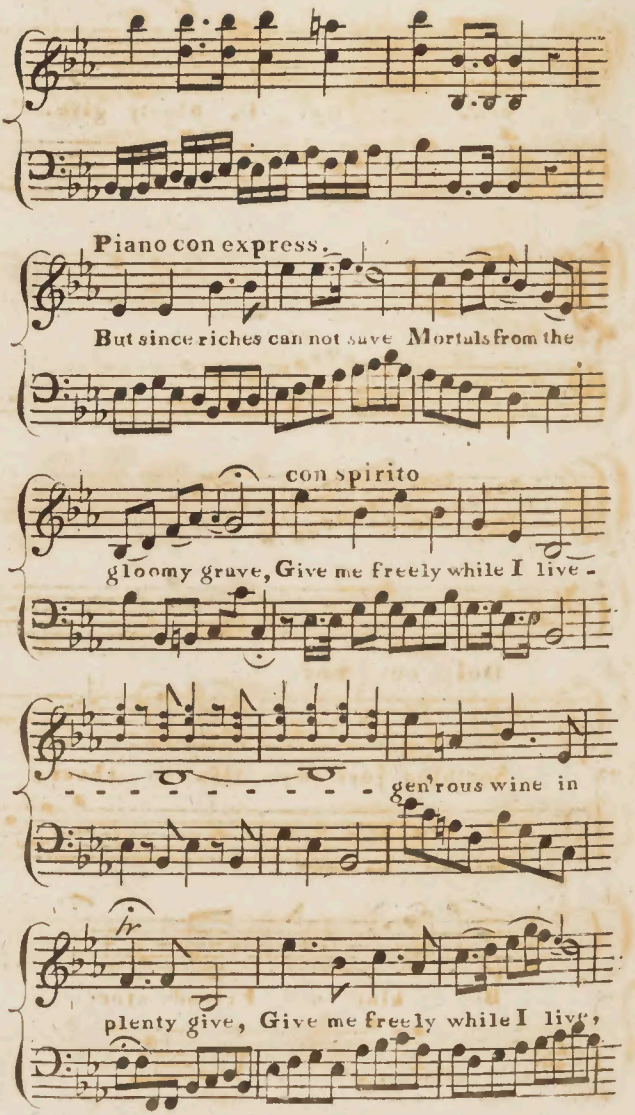
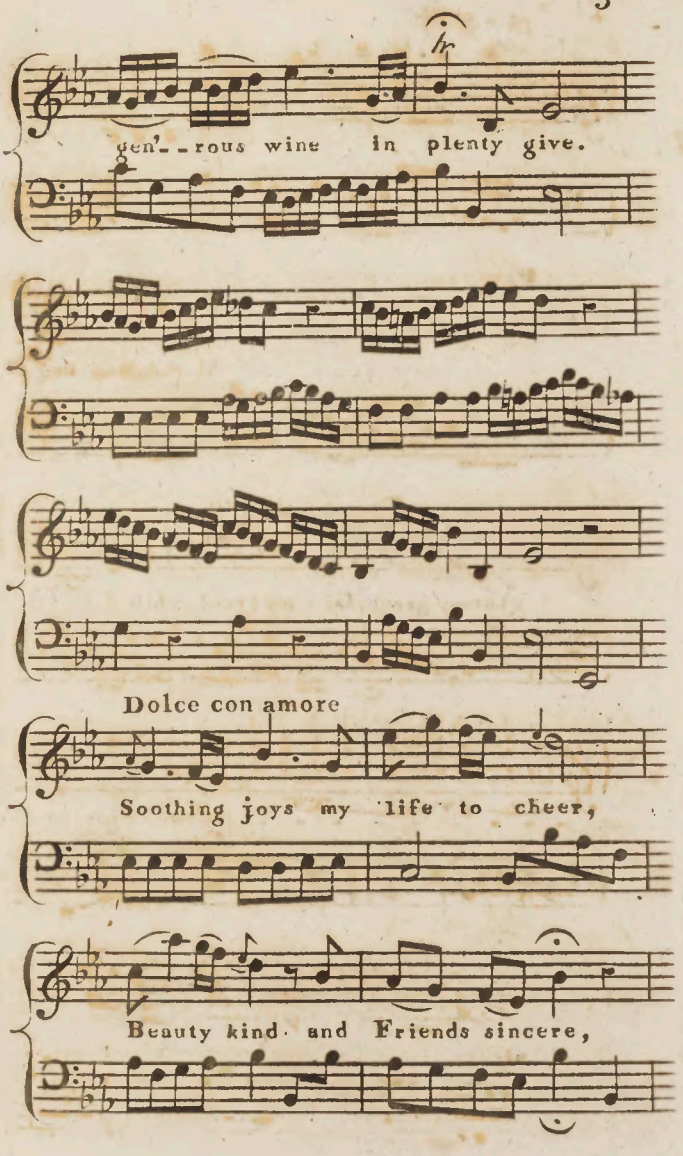
ANACREONTIC SONG

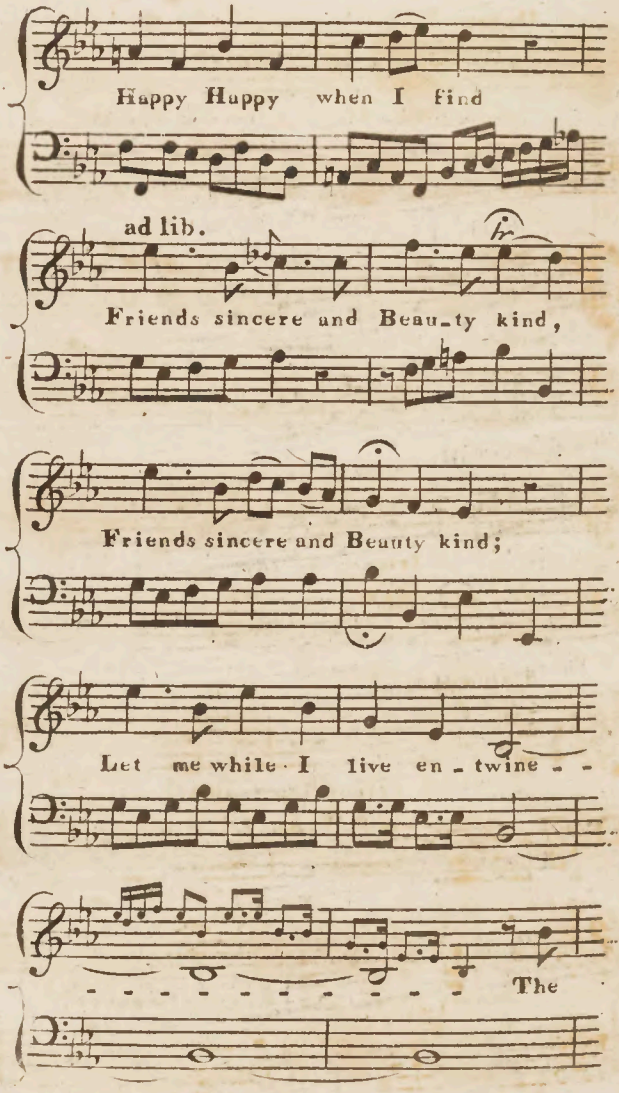


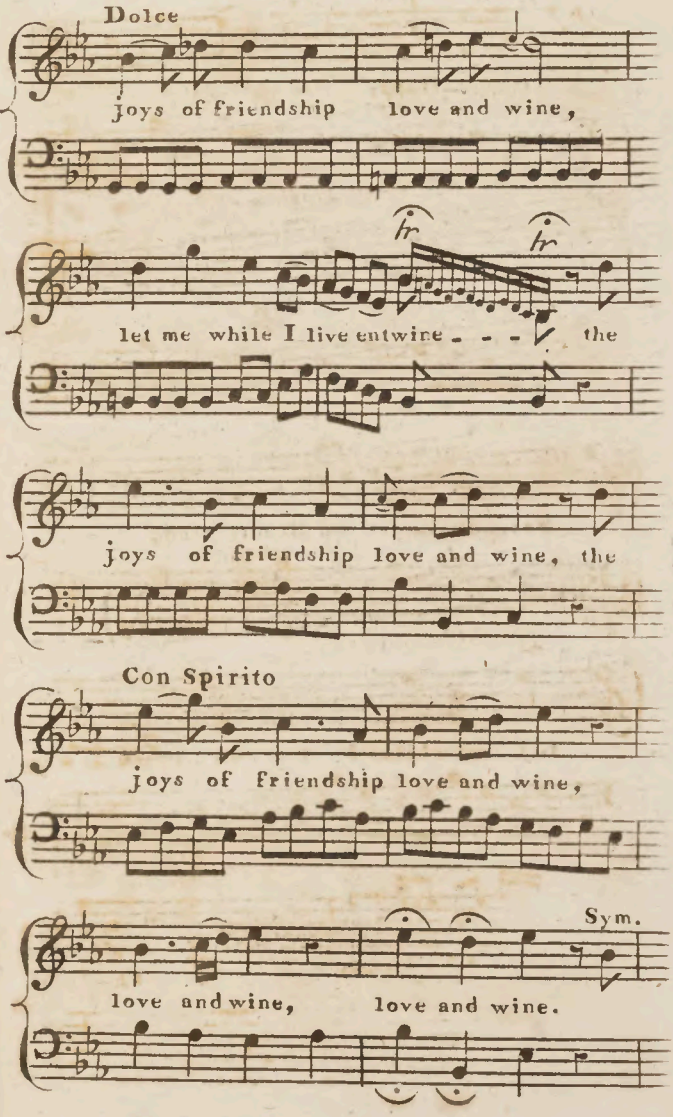

on-ly care, It then should be my on - - ly
care To get a heap, to get a heap that I might
con express
say, When Death comes to demand his prey, Thou
a tempo
Slave take this, thou Slave take this, thou Slave take
this and go thy wa - - - - - - - - -

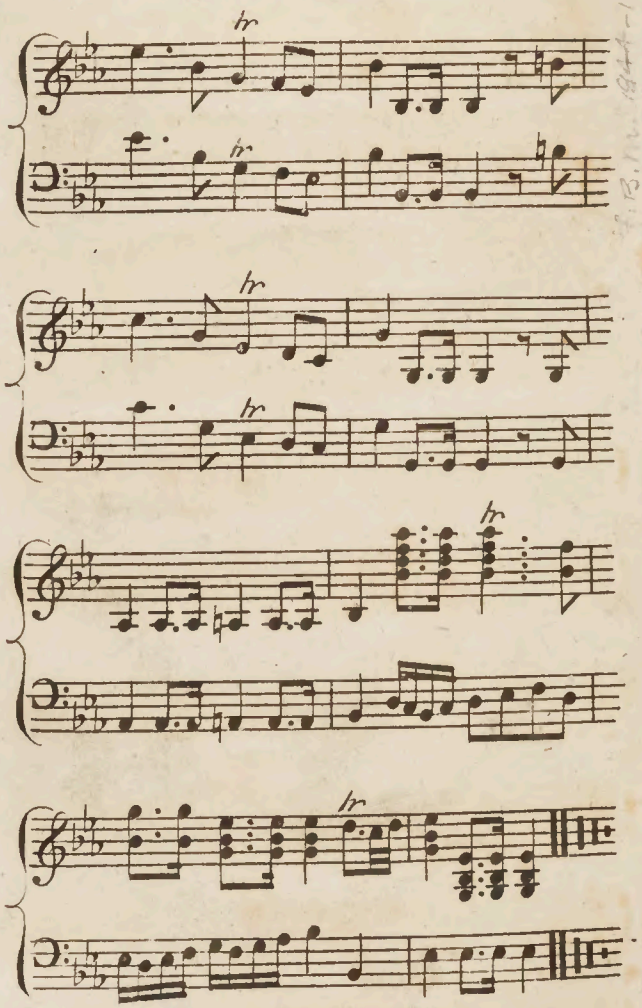

Thou Slave take this and
Lentando
go
Sym.
go thy way.


Piano con express.
But since riches can not save Mortals from the
con spirito
gloomy grave, Give me freely while I live -
- - - - - - - - - gen'rous wine in
plenty give, Give me freely while I live,


gen'_ _rous wine in plenty give.
Dolce con amore
Soothing joys my life to cheer,
Beauty kind and Friends sincere,


Happy Happy when I find
ad lib.
fz
Friends sincere and Beau_ty kind,
Friends sincere and Beauty kind;
Let me while I live en_twine - -
- - - - - - - - - - - The


Dolce
joys of friendship love and wine,
let me while I live entwine - - - the
joys of friendship love and wine, the
Con Spirito
joys of friendship love and wine,
Sym.
love and wine, love and wine.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THE KATHERIN GOLDEN BITTING
COLLECTION ON GASTRONOMY
Presented by A. W. Bitting
October 6, 1939

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